



28 Hamill Street Garbutt Townsville QLD 4814  
 P (07) 4779 0400 E orders@saladsgalore.com.au  
[www.saladsgalore.com.au](http://www.saladsgalore.com.au)

TRADING AS PARKE FOODS PTY LTD • ABN 52 066 064 846

### Potato Salads

Salad Range	Shelf Life	Ingredients	Price Per KG
Plain Potato Salad	5 Days	Potato, Onion, Fresh Parsley, Mint, Mayonnaise	\$9.15
Potato and Egg	5 Days	Potato, Onion, Egg, Fresh Parsley, herbs and Mayonnaise	\$11.30
Russian Potato	5 Days	Redskin Potato, Onion, Fresh Parsley, Poppy Seeds, Mustard, Herbs and Mayonnaise	\$9.80
Potato, Bacon, and Egg	5 Days	Red Skin Potato, Shallots, Egg, Fresh Parsley, Bacon flavoured chips, Herbs and Mayonnaise	\$11.30
Sour Cream and Chives	5 Days	Red Skin potato ½'s, Sour Cream, Onion, Chives, Salt and Pepper	\$8.60
Whole Grain Mustard Potato Salad	5 Days	Potato, Red Onion, Shallots, Seeded Mustard, Parsley, Salt and Pepper <b>GLUTEN FREE</b>	\$11.45

### Pasta Salads

Salad Range	Shelf Life	Ingredients	Price Per KG
Creamy Pasta	5 Days	Pasta, Gherkins, Red Capsicum, Shallots, Mayonnaise, Grated Carrot	\$11.30
Italian Pasta	5 Days	Pasta, Zucchini, Tomato, Olives, Red & Green Capsicum, Herbs and Spices, Vinaigrette	\$11.70
GF Italian Pasta	5 Days	Pasta, Zucchini, Tomato, Olives, Red & Green Capsicum, Herbs and Spices, Vinaigrette <b>GLUTEN FREE</b>	\$18.40
Creamy Italian	5 Days	Pasta, Tomato, Olives, Green Capsicum, Onion, Dressing	\$13.05

### Rice Salads

Salad Range	Shelf Life	Ingredients	Price Per KG
Hawaiian Rice (Available in Summer)	3 Days	White Rice, Pineapple, Red Capsicum, Sultanas, Shallots, Salad Dressing <b>GLUTEN FREE</b>	\$9.85

*There is a minimum of 1kg on each product ordered*

*48 business hours' notice is preferred for all orders placed*

*Townsville's Locally Owned and Operated Salads Supplier*

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 Prices current as at 12/12/2019*



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**Winter Warmers**

Salad Range	Shelf Life	Ingredients	Price Per KG
Asian Noodle	5 Days	Hokkien noodles, Oyster Sauce, Soya Sauce, Sweet Chilli sauce, Red Capsicum, Red Onion, Parsley, Coriander	\$11.60
Mediterranean Cous Cous	3 days	Semi Sun dried Tomatoes, Red Capsicum, Red Onion, Parsley, Coriander	\$11.45
Sweet Chilli Thai Salad	5 Days	Rice noodles, Cabbage, Carrot, Celery, Shallots, Sweet Chilli and Soy Sauce. <b>GLUTEN FREE</b>	\$14.66

**Vegetable Salads**

Salad Range	Shelf Life	Ingredients	Price Per KG
Mediterranean (Available in Summer)	3 Days	Tomato, Red & Green Capsicum, Red Onion, Shallots, Zucchini, Cucumber, Olives, Herbs, Vinaigrette	\$13.90
Tabouli	3 Days	Parsley, Burghal, Tomato, Cucumber, Shallots, Mints, Lemon Pepper	Upon request
Bombay Salad	5 Days	Carrot, Brown Onion, Parsley, Sultanas, Peppitas, Orange zest. <b>VEGAN /VEGETARIAN</b>	\$11.47

**Favourites**

Salad Range	Shelf Life	Ingredients	Price Per KG
Coleslaw	5 Days	Cabbage, Carrot, Celery, Shallots, Mayonnaise <b>GLUTEN FREE OPTION AVAILABLE</b>	\$10.60 <b>\$10.96</b>
Red Coleslaw	5 Day	Red and Green Cabbage, Carrot, Celery, Shallots, Mayonnaise <b>GLUTEN FREE OPTION AVAILABLE</b>	\$11.00 <b>\$11.36</b>
Dryslaw	5Days	Green Cabbage, Carrot, Celery, Shallots	\$9.75
Red Dryslaw	5 Days	Red and Cabbage, Carrot, Celery, Shallots	\$10.25
BroccoSlaw	5 Days	Broccoli, Homemade Italian Dressing, Carrot, Sultanas, Cooked Bacon	\$7.08
Mixed Bean	5 Days	Beans, Corn, Peas, String Beans, Red & Green Capsicum, Onion, Garlic, Herbs & Spices	\$10.60
Tossed Salad	3 Days	Lettuce, Tomato, Onions, Cucumber, Celery, Red & Green Capsicum, Carrot, Olive	\$10.60

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		<b>GLUTEN FREE</b>	
<b>Tossed Salad Mesclun</b>	3 Days	Mesclun lettuce, Tomato, Onions, Cucumber, Celery, Red & Green Capsicum, Carrot, Olive	\$11.60
		<b>GLUTEN FREE</b>	
<b>Fruit Salad</b>	3 Days	Apple, Orange, Passion Fruit, Rockmelon, Honey Dew Melon, Pineapple, Seasonal Tropical Fruit, and Fruit Salad Dressing	\$11.10
<b>Chunky Stir Fry</b>	5 Days	Red & Green Capsicum, Carrot, Celery, Zucchini & Onion	\$8.80
<b>Soup Mix</b>	5 Days	Potato, Carrot, Onion, Pumpkin portions perfect for soup making.	\$5.51
<b>Roast Vegetable Tray</b>	5 Days	Potato, Pumpkin, Sweet Potato, Carrot and Onion for roasting. Available in 3 kg or 5 kg amounts.	\$7.59
<b>Pastie Mix</b>	5 Days	Potato, Sweet Potato, Onion, Pumpkin diced	\$7.16

***Family Servings 500g***

<b>Garden Salads 500g</b>	3 Days	Mesclun mix, Red Onion, Capsicum, Tomato, Olives, Cucumber, Grated Carrot	\$6.20 EA
<b>Creamy Pasta 500g</b>	5 Days	Pasta, Mayonnaise, Capsicum, Gherkin, Carrot, Shallot	\$6.20 EA
<b>Russian Potato 500g</b>	5 days	Redskin Potato, Onion, Fresh Parsley, Poppy Seeds, Mustard, Herbs and Mayonnaise	\$6.20 EA

***Single Serve Portions***

<b>Baby Leaf Salad 112g</b>	3 Days	Spinach, Carrot, Red Onion, Pumpkin, Capsicum, served with a squeeze on portion of Balsamic Vinegar Dressing.	\$5.50 EA
<b>Kale &amp; Quinoa Salad 130g</b>	3 Days	Kale, Quinoa, Capsicum, Pepitas, Coriander, Ginger and Lime dressing.	\$5.50 EA
<b>Garden Salads 130g</b>	3 days	Mesclun mix, Red Onion, Capsicum, Tomato, Olives, Cucumber, Grated Carrot, French Dressing	\$5.50 EA

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***Prepared Vegetables***

Product	Shelf Life	Price Per KG
<b>Potato</b>		
Whole Peeled	5 Days	\$3.65
Sliced/scallop	5 Days	\$4.95
Diced	5 Days	\$4.95
Shredded	5 Days	\$4.70
<b>Sweet Potato</b>		
Sliced Sweet Potato	5 Days	\$6.90
Diced Sweet Potato	5 Days	\$6.90
Peeled Sweet Potato	5 Days	\$6.90
<b>Pumpkin</b>		
Pre Peeled	5 Days	\$5.45
Un Peeled	5 Days	\$4.10
Diced	5 Days	\$5.60
Grated	5 Days	\$5.60
<b>Onion (brown)</b>		
Whole Peeled	5 Days	\$3.85
Diced	5 Days	\$5.45
Sliced	5 Days	\$5.45
<b>Onion (red)</b>		
Whole Peeled	5 Days	\$6.55
Diced	5 Days	\$6.95
Sliced	5 Days	\$6.95
<b>Tomato</b>		
Sliced	5 Days	\$7.70
Diced	5 Days	\$7.70

Product	Shelf Life	Price Per KG
<b>Capsicum</b>		
Green Diced	5 Days	\$6.46
Green Sliced	5 Days	\$7.40
Red Diced	5 Days	\$8.60
Red Sliced	5 Days	\$8.60
<b>Other Vegetables</b>		
Sliced Mushrooms	5 Days	\$11.10
Whole Mushrooms 1 ctn	5 Days	\$36.40
Celery Sticks	5 Days	\$8.50
Cauliflower Florets	5 Days	P.O.A
Broccoli Florets	5 Days	P.O.A
Sliced Zucchini	5 Days	\$6.90
Cucumber Sliced	5 Days	\$4.45
Spinach 500G	5 Days	\$6.10
Spring Onion Sliced 250G	5 Days	<b>\$4.30</b>
<b>Carrot</b>		
Whole Peeled	5 Days	\$4.60
Shredded	5 Days	\$4.80
Sticks	5 Days	\$6.60
Diced	5 Days	\$6.60
Sliced	5 Days	\$6.60
<b>Lettuce</b>		
Lettuce Shredded 2.5KG	5 Days	\$12.25
Chopped Cos	5 Days	\$7.40
Shredded Cos	5 Days	\$7.40
Mesclun 500G	5 Days	\$6.80
Rocket 500G	5 Days	\$6.10

***\*Please Note:***

*Shelf Life Days are only relevant if the cold chain is strictly adhered to*

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