



28 Hamill Street Garbutt Townsville QLD 4814
 P (07) 4779 0400 E orders@saladsgalore.com.au
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 | \$9.61 |
| Potato and Egg | 5 Days | Potato, Onion, Egg, Fresh Parsley, herbs and Mayonnaise | \$11.87 |
| Potato, Bacon, and Egg | 5 Days | Red Skin Potato, Shallots, Egg, Fresh Parsley, Bacon flavoured chips, Herbs and Mayonnaise | \$11.87 |
| Sour Cream and Chives | 5 Days | Red Skin potato ½'s, Sour Cream, Onion, Chives, Salt and Pepper | \$9.08 |
| Whole Grain Mustard Potato Salad | 5 Days | Potato, Red Onion, Shallots, Seeded Mustard, Parsley, Salt and Pepper GLUTEN FREE | \$12.09 |
| Sweet Chilli Potato Salad | 5 Days | Red Chat Potatoes covered in a sweet chilli cream mayonnaise mixed with finely sliced shallots. GLUTEN FREE | \$9.29 |

Pasta Salads

| Salad Range | Shelf Life | Ingredients | Price Per KG |
|----------------|------------|--|--------------|
| Creamy Pasta | 5 Days | Pasta, Gherkins, Red Capsicum, Shallots, Mayonnaise, Grated Carrot | \$11.87 |
| Italian Pasta | 5 Days | Pasta, Zucchini, Tomato, Olives, Red & Green Capsicum, Herbs and Spices, Vinaigrette | \$12.29 |
| Creamy Italian | 5 Days | Pasta, Tomato, Olives, Green Capsicum, Onion, Dressing | \$13.70 |

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

*Salads Galore reserves the right to change prices or recipes of prepared salads without notice,
 Prices current as at 10.8.2023*



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Winter Warmers

| Salad Range | Shelf Life | Ingredients | Price Per KG |
|-------------------------|------------|---|--------------|
| Mediterranean Cous Cous | 3 days | Semi Sun dried Tomatoes, Red Capsicum, Red Onion, Parsley, Coriander | \$12.02 |
| Sweet Chilli Thai Salad | 5 Days | Rice noodles, Cabbage, Carrot, Celery, Shallots , Sweet Chilli and Soy Sauce. GLUTEN FREE | \$15.47 |

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 | \$14.59 |

Favourites

| Salad Range | Shelf Life | Ingredients | Price Per KG |
|----------------------|------------|--|---------------------------|
| Coleslaw | 5 Days | Cabbage, Carrot, Celery, Shallots, Mayonnaise GLUTEN FREE OPTION AVAILABLE | \$11.13 \$15.67 |
| Red Coleslaw | 5 Day | Red and Green Cabbage, Carrot, Celery, Shallots, Mayonnaise GLUTEN FREE OPTION AVAILABLE | \$11.55 \$16.16 |
| Dryslaw | 5Days | Green Cabbage, Carrot, Celery, Shallots | \$10.24 |
| Red Dryslaw | 5 Days | Red and Cabbage, Carrot, Celery, Shallots | \$10.76 |
| Mixed Bean | 5 Days | Beans, Corn, Peas, String Beans, Red & Green Capsicum, Onion, Garlic, Herbs & Spices | \$11.13 |
| Tossed Salad | 3 Days | Lettuce, Tomato, Onions, Cucumber, Celery, Red & Green Capsicum, Carrot, Olive GLUTEN FREE | \$11.13 |
| Tossed Salad Mesclun | 3 Days | Mesclun lettuce, Tomato, Onions, Cucumber, Celery, Red & Green Capsicum, Carrot, Olive GLUTEN FREE | \$12.24 |
| Fruit Salad | 3 Days | Apple, Orange, Passion Fruit, Rockmelon, Honey Dew Melon, Pineapple, Seasonal Tropical Fruit, and Fruit Salad Dressing | \$11.65 |
| Soup Mix | 5 Days | Potato, Carrot, Onion, Pumpkin portions perfect for soup making. | \$5.86 |

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| | | | |
|-----------------------------|--------|---|--------|
| Roast Vegetable Tray | 5 Days | Potato, Pumpkin, Sweet Potato, Carrot and Onion for roasting. Available in 3 kg or 5 kg amounts. | \$9.45 |
|-----------------------------|--------|---|--------|

Family Servings 500g

| | | | |
|---------------------------|--------|--|-----------|
| Garden Salads 500g | 3 Days | Mesclun mix, Red Onion, Capsicum, Tomato, Olives, Cucumber, Grated Carrot | \$6.54 EA |
| Creamy Pasta 500g | 5 Days | Pasta, Mayonnaise, Capsicum, Gherkin, Carrot, Shallot | \$6.54 EA |

Single Serve Portions

| | | | |
|---|--------|---|-----------|
| Kale & Quinoa Salad 130g | 3 Days | Kale, Quinoa, Capsicum, Pepitas, Coriander, Ginger and Lime dressing. | \$5.81 EA |
| Garden Salads 130g | 3 days | Mesclun mix, Red Onion, Capsicum, Tomato, Olives, Cucumber, Grated Carrot, French Dressing | \$5.81 EA |

Fruit Platters

| | | | |
|-------------------------------|--------|--|------------|
| Tropical fruit platter | 2 Days | Watermelon, Pineapple, Honeydew and Rockmelon Serves 6-8 people | \$34.83 EA |
| Family fruit platter | 2 days | Orange, Grape, Kiwi Fruit and Strawberries Serves 6-8 people | \$40.11 EA |

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Prepared Vegetables

| Product | Shelf Life | Price Per KG |
|----------------------|------------|--------------|
| Potato | | |
| Whole Peeled | 5 Days | \$3.83 |
| Sliced/scallop | 5 Days | \$5.20 |
| Diced | 5 Days | \$5.20 |
| Sweet Potato | | |
| Sliced Sweet Potato | 5 Days | \$7.25 |
| Diced Sweet Potato | 5 Days | \$7.25 |
| Peeled Sweet Potato | 5 Days | \$7.25 |
| Pumpkin | | |
| Pre Peeled | 5 Days | \$5.72 |
| Un Peeled | 5 Days | \$5.00 |
| Diced | 5 Days | \$5.88 |
| Grated | 5 Days | \$5.88 |
| Onion (brown) | | |
| Whole Peeled | 5 Days | \$4.35 |
| Diced | 5 Days | \$5.95 |
| Sliced | 5 Days | \$5.95 |
| Onion (red) | | |
| Whole Peeled | 5 Days | \$6.55 |
| Diced | 5 Days | \$8.20 |
| Sliced | 5 Days | \$7.45 |
| Tomato | | |
| Sliced | 5 Days | \$8.08 |
| Diced | 5 Days | \$8.10 |

| Product | Shelf Life | Price Per KG |
|--------------------------|------------|---------------|
| Capsicum | | |
| Green Diced | 5 Days | \$6.81 |
| Green Sliced | 5 Days | \$6.00 |
| Red Diced | 5 Days | \$9.05 |
| Red Sliced | 5 Days | \$9.03 |
| Other Vegetables | | |
| Sliced Mushrooms | 5 Days | \$14.58 |
| Whole Mushrooms 1 ctn | 5 Days | \$48.72 |
| Celery Sticks | 5 Days | \$8.93 |
| Cauliflower Florets | 5 Days | P.O.A |
| Broccoli Florets | 5 Days | P.O.A |
| Sliced Zucchini | 5 Days | \$7.25 |
| Cucumber Sliced | 5 Days | \$4.67 |
| Spinach 500G Bag | 5 Days | \$6.10 |
| Spring Onion Sliced 250G | 5 Days | \$4.52 |
| Carrot | | |
| Whole Peeled | 5 Days | \$4.83 |
| Shredded | 5 Days | \$5.25 |
| Sticks | 5 Days | \$6.93 |
| Diced | 5 Days | \$6.95 |
| Sliced | 5 Days | \$6.93 |
| Lettuce | | |
| Lettuce Shredded 2.5KG | 5 Days | \$14.50 |
| Chopped Cos | 5 Days | \$7.77 |
| 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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