

## WELCOME TO THE FRESHEST PLACE IN TOWN!

The **Green Room Salad Bars** are based on the idea of fresh, vibrant and tasty greens as a healthier breakfast or lunch time alternative. We primarily offer fresh 'design your own' or made-to-order salads that are nutritious, satisfying, delicious and convenient.

The Green Room also offers fresh and tasty panini's, wraps, fruit salads, sandwiches, yoghurts, smoothies, juices and coffee. We know as healthy people you want to have plenty of options. That's why The Green Room has a salad bar stacked with fresh, seasonal produce delivered daily to achieve your recommended daily intake of leafy greens.

We also believe that quality matters and that's why at The Green Room we steam whole fresh chicken breast daily, so you can enjoy **REAL** chicken in your salad, wrap, panini or sandwich. We make all our dressings, spreads, yoghurts and snacks in store, meaning preservative free and guilt free!

We have an extensive range of fruit and vegetable beverages. Our smoothies and juices are not only delicious but also nutritious.

We are all about promoting **CREATIVITY**, so pop in and choose exactly what greens, toppings and dressings you would like, or simply choose one of our ready-made salads and go green!



### Catering

The **Green Room Salad Bars** are a healthy and convenient choice for your next function. We can cater for groups up to 20. You can choose from our pre-made menu or we can customise an order based on your specific needs and taste. We also offer other healthy options such as vegetable dipping platters or cheese and/or fruit platters. If everyone in the office would like Green Room for lunch, ring us by 10am, and we will have it ready to pick up at a time organised by you. (For large orders, at least 24 hrs notice may be required).

### Social Media

Keep up to date with the Green Room on



Keep an eye on our Facebook page for weekly specials.

### We Appreciate Your Reviews



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[www.thegreenroomsaladbars.com.au](http://www.thegreenroomsaladbars.com.au)

## THE GREEN ROOM SALAD BARS



mypreorder app



**FREE DELIVERY to Devonport CBD**

FRESH JUICES / SMOOTHIES / COFFEE  
SALADS / SANDWICHES / SOUPS  
DIFFERENT DAILY VARIETY OF SOUPS WINTER AND AUTUMN ONLY

29 Rooke St Devonport TAS 7310  
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[www.thegreenroomsaladbars.com.au](http://www.thegreenroomsaladbars.com.au)



BROCCOLI & CAULIFLOWER ARE FLOWERS

JUICY.

When i found out the wheatgrass was so good I knew the fruit would be jealous, I kept him secret. They found out & I was right, they weren't talking to him so I put wheatgrass in my juice & that was the end of it.

**Ready-made Salads\*:**

- Raw** – Carrot, beetroot, avocado, cucumber, cashews, pepitas, hummus, lemon.
- Chicken Pesto** – Chicken, spinach, cheese, sundried tomato, pesto, aioli.
- Caesar** – Chicken, ham, egg, cos, parmesan, croutons, Caesar dressing.
- Vego** – Sweet potato, sundried tomato, rocket, fetta, beetroot, olives, mushroom, balsamic vinegar.
- Rainbow** – Beetroot, carrot, cucumber, capsicum, mushroom, kale, lemon pepper dressing.
- Sweet Potato & Fetta** – Sweet potato, sundried tomato, fetta, spinach, red onion, aioli.
- Chicken Avo** – Chicken, sundried tomato, spinach, avocado, parmesan cheese, aioli.
- Sweet Chilli Chicken** – Chicken, carrot, cos, red onion, tasty cheese, sweet chilli sauce.
- Turkey** – Turkey, beetroot, carrot, spinach, avocado, parmesan, cranberry sauce.
- Tandoori** – Tandoori chicken, rocket, cucumber, tomato, cheese, Greek yoghurt.
- Avocado & Tuna** – Tuna, avocado, onions, apple, celery, lemon juice, spinach.



**Ready-made Sandwiches\*:**

- Choose from sliced bread (white, w/meal, w/grain) panini, wrap, gluten-free wrap or baguette.
- Chicken Avo** – Chicken, sundried tomato, spinach, avocado, tasty cheese, aioli.
- Chicken Caesar** – Chicken, ham, egg, cos, parmesan, croutons, Caesar dressing.
- Chicken Pesto** – Chicken, spinach, sundried tomato, tasty cheese, pesto, aioli.
- Sweet Chilli Chicken** – Chicken, carrot, cos, red onion, tasty cheese, sweet chilli sauce.
- Chicken Salad** – Chicken, cos, beetroot, cucumber, tomato, carrot, cheese, egg, aioli.
- Tandoori Chicken** – Tandoori chicken, rocket, cucumber, tomato, cheese, Greek yoghurt.
- Ham Salad** – Ham, spinach, red onion, cucumber, tomato, carrot, cheese, egg, aioli.
- Turkey Salad** – Turkey, beetroot, carrot, spinach, avocado, cranberry sauce.
- Vego Delight** – Sweet potato, sundried tomato, rocket, fetta, beetroot, olives, mushroom, balsamic vinegar.
- Sweet Potato & Fetta** – Sweet potato, sundried tomato, fetta, spinach, red onion, aioli.
- Breakfast** – Ham, avocado, tomato, tasty cheese, capsicum, mushroom, spinach, tomato relish.

**Made to Order Salads and Sandwiches:**

Come in store or order on mypreorder app and let us build your own awesome creation from our fresh salad bar containing over 30 different fillings, dressings and spreads. Your sandwich can then be served fresh or toasted on our grill.

**Seasonal Items:**

Our fresh salads and sandwiches are fantastic all year round but in the colder months we can warm you up with one of our hand crafted soups or curries. Ask us about the soup and curry of the week.

**Juices/Smoothies:**

We have over 25 different juices and smoothies for you to choose from to perfectly accompany your meal, or as a healthy refreshment on their own.

**Hot Drinks:**

We proudly serve Ritual Coffee and have a range of teas, hot chocolate and chai.

**Packaged Drinks:**

We stock a selection of cold drinks including: Remedy Kombucha, Health Shots, Charlies Juice, Kreol Sparkling Water, Phoenix Organic, Coconut Sparkling and Still Water.

**Snacks:**

- Protein Balls, Super Balls**
- Fruit + Natural Yoghurt** (blueberry, passionfruit, raspberry) **or CADA**
- Fruit Salad**
- Veggie Dipping Packs**
- CADA**
- Banana Bread**
- Luv Cakes** (raw cheesecakes)
- Selection of Raw Slices**
- House Made Energy Bars**
- Eggs and Avocados**
- Veggies with Hummus**
- Daily Soups** in Autumn and Winter (call in)



\* Our freshly made Salad and Sandwich range varies daily.