



KOOKS KITCHEN

Prahran Market | South Melbourne Central
Email: sales@kookskitchen.com.au

GOURMET SALADS

Small	\$10
Medium	\$12
Large	\$16
Family	\$22

SOUP	\$9
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PRESSED JUICE

Ironman
Beetroot, celery, apple, blackberry, mint & chia
C-Bomb
Carrot, orange, pineapple, ginger & chia
Mean Green
Kale, kiwifruit, cucumber, apple, mint & chia

\$8

KOOKS KOMBO

Choose two salads, one condiment & a hot item:

Broadbean Falafel

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Polenta Chips

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Crispy Mushroom

\$14

SMOOTHIES

Mango Bliss
Mango, carrot, tumeric, ginger, banana, kombucha, coyo & chia
Berry Boost
Acai, berries, banana, maple, coyo, almond milk & chia
Protein Power
Cashews, dates, banana, maple, apple juice, almond milk & chia

\$9

SALAD MENU (SAMPLE)

Broccoli & Kale with quinoa, frekah, spring onion, peas, herbs & preserved lemon dressing
Grilled sweetcorn & zucchini, roast red peppers, jalepeno, red rice & chipotle lime dressing
Spicy tofu Asian slaw, wombok, sprouts, snow peas, herbs, cherry tomatoes & spicy peanut dressing
Cypriot grain with du puy lentils, farro, currants, capers, pinenuts, pepitas & pomegranate dressing
Roast cauliflower with chickpeas, golden raisins, almonds, fried shallots & tahini cumin dressing
Spring sprout with shaved apple, fennel, radish, edamame, sprouts & green goddess dressing
Roasted carrot with red quinoa, dried apricots, cashews, almonds, pepitas and harissa dressing
Pickled beetroot with shaved fennel, red cabbage, sour cherries, hazelnuts & sumac dressing
Grilled asparagus, globe artichokes, roast potatoes, capers, radicchio, frisee & vegan caesar dressing
Buckwheat soba with roast brussel sprouts, Asian mushrooms, parsley and truffle miso dressing