***SUMMER Salad***

30g Beetroot creme

15g Baby mustard green

15g roasted Pumpkin

10g roasted Sweet potatoes

15g Feta cheese

4g toasted Pumkin seeds

4g toasted sunflower seeds

4g Candied Wallnuts

15g Quinoa mix

13g Lemon honey dressing

5g Preserved Lemon Dressing

5g Dried Cranberries

**Beetroot crème**

240g Pickled beetroot

30g Tahini

8g Lemon juice

10g Olive oil

70g beetroot juice/ reduce to half

Garlic confit 3g / 3g oil

**Lemon Honey dressing**

20g Balsamico white

5g Garlic confit + 3g garlic oil

11g shallots diced

12g Brown sugar

40g honey

60g Dijon

70g white wine vinegar

50g Lemon Juice

100g mineral water

300g Canola oil