

Sammich Menu

SALAD ATELIER
Every bowl's a personal masterpiece

Price not include GST

Name: _____

Dine in Take away

Food:
Choose from
A or B or C

A. Special Menu (Seasonal)		B. Side Order	
<input type="checkbox"/> Quinoa Lemak Wrap (Local Delight)	RM 16	<input type="checkbox"/> Dessert Parfait (Chilled)	RM 6
<input type="checkbox"/> Healthy Dinosaur Burger (Chicken)	RM 16	<input type="checkbox"/> Loaded Cheesy Nachos	RM 9
<input type="checkbox"/> Healthy Dinosaur Burger (Beef)	RM 16	<input type="checkbox"/> Classic Fruit Platter	RM 10
<input type="checkbox"/> Soba Seafood Noodle	RM 20	<input type="checkbox"/> Premier Fruit Platter	RM 15
<input type="checkbox"/> Seafood Sambal Spaghetti (Spicy)	RM 20		

C. Take The Challenge (Sammich)			
<input type="checkbox"/> Baby Wich	RM 14	1 bread + 4 main + 1 prime + 2 dressing	
<input type="checkbox"/> Adult Wich	RM 16	1 bread + 4 main + 1 supplementary + 1 prime + 2 dressing	
<input type="checkbox"/> Monster Wich	RM 21	1 bread + 4 main + 1 supplementary + 2 prime + 2 dressing	

Step 1: Bread			
<input type="checkbox"/> Ciabatta (6")	<input type="checkbox"/> Panini (6")	<input type="checkbox"/> Wholemeal (6")	<input type="checkbox"/> Tortilla Wrap (12")
<input type="checkbox"/> Mexican Quesadilla	<input type="checkbox"/> Poppyseed Bread (+RM1)	<input type="checkbox"/> Croissant (+RM1)	<input type="checkbox"/> Pita Bread

Step 2: Main			Additional (add RM 1.70)
<input type="checkbox"/> Lettuce	<input type="checkbox"/> Oak Leaf	<input type="checkbox"/> Kale (+RM2)	<input type="checkbox"/> Nori
<input type="checkbox"/> Japanese Cucumber	<input type="checkbox"/> Green Crisp	<input type="checkbox"/> Orange	<input type="checkbox"/> Kidney Bean
<input type="checkbox"/> Tomato	<input type="checkbox"/> Baby Spinach (+RM1.50)	<input type="checkbox"/> Couscous	<input type="checkbox"/> Raisin
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Sweet Corn	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Chickpeas (wrap only)
<input type="checkbox"/> Carrot	<input type="checkbox"/> Tofu / Bean Curd	<input type="checkbox"/> Fusilli (pasta)	<input type="checkbox"/> Pumpkin (wrap only)
<input type="checkbox"/> Mixed Capsicum	<input type="checkbox"/> Celery	<input type="checkbox"/> Edamame	<input type="checkbox"/> Potato (wrap only)
<input type="checkbox"/> Alfalfa Sprouts	<input type="checkbox"/> Black Olive	<input type="checkbox"/> Jalapeno	<input type="checkbox"/> Brown Rice (wrap only)
<input type="checkbox"/> Boiled egg	<input type="checkbox"/> Onion	<input type="checkbox"/> Nachos Crunch	<input type="checkbox"/> Beetroot (wrap only)
<input type="checkbox"/> Scrambled Egg	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Peanut Crunch	
<input type="checkbox"/> Button Mushroom	<input type="checkbox"/> Gherkin	<input type="checkbox"/> Sweet Potato (wrap only)	

Step 3: Supplementary			Additional (add RM 2.70)
<input type="checkbox"/> Avocado	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Feta Cheese	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Radishes	<input type="checkbox"/> Mango	<input type="checkbox"/> Parmesan Cheese	<input type="checkbox"/> Walnut (wrap only)
<input type="checkbox"/> Sundried Tomatoes	<input type="checkbox"/> Dragon Fruit	<input type="checkbox"/> Kurage	<input type="checkbox"/> Cashew (wrap only)
<input type="checkbox"/> Almond Flakes	<input type="checkbox"/> Roasted Eggplant	<input type="checkbox"/> Chuka Wakame	<input type="checkbox"/> Chia Seeds (wrap only)
<input type="checkbox"/> Dried Cranberries	<input type="checkbox"/> Mozzarella Cheese	<input type="checkbox"/> Anchovy	<input type="checkbox"/> Flax Seeds (wrap only)
<input type="checkbox"/> Cheddar Cheese	<input type="checkbox"/> Swiss Cheese		

Step 4: Prime			Additional (add RM 5.70)
<input type="checkbox"/> Grilled Prawn	<input type="checkbox"/> Roasted Chicken	<input type="checkbox"/> Smoked Duck	<input type="checkbox"/> Beef Bacon
<input type="checkbox"/> Smoked Salmon	<input type="checkbox"/> Chuka Idako (Octopus)	<input type="checkbox"/> Roasted Lamb	<input type="checkbox"/> Poached Chicken
<input type="checkbox"/> Spicy Chicken	<input type="checkbox"/> Spicy Butter Prawn	<input type="checkbox"/> Roasted Beef	<input type="checkbox"/> Sear Tuna
<input type="checkbox"/> Turkey Ham	<input type="checkbox"/> Teriyaki Chicken (NEW)	<input type="checkbox"/> BBQ Chicken	<input type="checkbox"/> White Tuna
<input type="checkbox"/> Dory Fish	<input type="checkbox"/> Pistachio Nuts	<input type="checkbox"/> Macademia Nuts	

Home-made Dressing			<input type="checkbox"/> Mix in	<input type="checkbox"/> Separate
<input type="checkbox"/> Capsicum Dressing	<input type="checkbox"/> Honey Yogurt	<input type="checkbox"/> Caesar	<input type="checkbox"/> Honey Balsamic	
<input type="checkbox"/> Sesame Dressing	<input type="checkbox"/> Asian Sesame	<input type="checkbox"/> Bluecheese	<input type="checkbox"/> Honey Mustard	
<input type="checkbox"/> Sauteed Garlic	<input type="checkbox"/> Avocado Lemon	<input type="checkbox"/> Ranch	<input type="checkbox"/> Wasabi Dressing	
<input type="checkbox"/> Thousand Island	<input type="checkbox"/> Italian	<input type="checkbox"/> Thai	<input type="checkbox"/> Balsamic Vinaigrette	
<input type="checkbox"/> Wasabi Yogurt	<input type="checkbox"/> Sambal Dressing (NEW)	<input type="checkbox"/> French	<input type="checkbox"/> E. Virgin Oil + Balsamic	
<input type="checkbox"/> Citrus Vinaigrette	<input type="checkbox"/> Peanut Dressing	<input type="checkbox"/> Beetroot Dressing	<input type="checkbox"/> Green Goddess (NEW)	

Drinks:
Choose from
D E or F

D. Healthy Juices (Mix 3 for RM 10)		E. Smoothies
RM 8	RM 9	RM 12
<input type="checkbox"/> Apple	<input type="checkbox"/> Avocado Juice	<input type="checkbox"/> Popeye (spinach, grape, banana, apple)
<input type="checkbox"/> Orange	<input type="checkbox"/> Banana	<input type="checkbox"/> Twin 'B's (blueberry, banana)
<input type="checkbox"/> Tomato	<input type="checkbox"/> Dragonfruit	<input type="checkbox"/> All-In (kiwi, strawberry, banana, blueberry)
<input type="checkbox"/> Carrot		<input type="checkbox"/> The Triplet (mango, strawberry, banana)
<input type="checkbox"/> Honeydew	RM 10	<input type="checkbox"/> Body Builder (protein shake)
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Mango	<input type="checkbox"/> Very Berry (strawberry, blueberry, raspberry)
<input type="checkbox"/> Papaya	<input type="checkbox"/> Kiwi	<input type="checkbox"/> 5 Greens (apple, kale, broccoli, cucumber, celery)
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Grape	<input type="checkbox"/> The Sexy Lady (spinach, grapefruit, apple, mint)
<input type="checkbox"/> Plum Lemonade	<input type="checkbox"/> Strawberry	<input type="checkbox"/> Avocado Vanilla (RM 11)
<input type="checkbox"/> Cucumber		<input type="checkbox"/> Avocado Smoothie (RM 11)

Proceed to
counter

F. Hot Caffeinated Drinks (6 Oz) (NEW)			
RM 5	RM 6		
<input type="checkbox"/> Cafe Americano	<input type="checkbox"/> Cafe Latte	<input type="checkbox"/> Cappuccino	<input type="checkbox"/> Cafe Mocha