Salad cheat sheet

Base:
- Baby spinach
- Cos lettuce
- Mixed

Toss-ins:
- Anchovies
- Apple
- Baby peas
- Beetroot
- Capers
- Capsicum
- Carrots
- Celery
- Corn or corn spears
- Croutons
- Crunchy noodles
- Cucumber
- Jalapenos
- Mushrooms
- Olives
- Pasta or rice or quinoa
- Pineapple
- Radish
- Sprouts
- Sultanas
- Tomato
- Zucchini

Extras:
- Avocado
- Egg, hard boiled (free range)
- Grilled eggplant
- Marinated artichoke
- Marinated capsicum
- Marinated octopus
- Pickled cucumbers
- Roasted potato
- Roasted pumpkin

Onion
- Red onion
- Spring onions

Meat
- Bacon
- Chicken or turkey
- Beef
- Meat balls
- Pork, Asian roasted
- Smoked salmon
- Tuna in oil or spring water

Cheese
- Tasty or Cheddar or tasty cheese
- Feta cheese
- Mozzarella
- Parmesan

Beans and peas
- Chick peas
- Green beans
- Lentils
- Mixed beans
- Peas

Dressings:
- Aioli
- Balsamic vinegar
- Extra virgin olive oil
- Honey sesame
- Hommos
- Lemon juice
- Mayonnaise
- Pesto
- Seeded mustard
- Soy sauce or tamari

Seasonings
- Chilli flakes
- Herbs
- Roasted nuts
- Salt and pepper
- Seaweed
- Seed mix
- Sesame seeds