



Simply Healthy

Menu



Old Granny Caesar



High Energy Superman

Drinks

	HOT	COLD
CAPPUCCINO	RM8.90	RM9.90
MOCHA	RM8.90	RM9.90
BLACK COFFEE WITH MILK	RM7.90	RM8.90
BLACK COFFEE	RM6.90	RM7.90
HONEY LEMON	RM5.90	RM6.90
TEA	RM4.90	RM5.90
DIET COKE		RM4.90
100 PLUS		RM4.90

Smoothies

BANANA HUNNY SMOOTHIE Banana, honey and homemade yoghurt • rich vitamins B6 and high in calcium	RM8.90
PURPLE GLITTER SMOOTHIE Dragonfruit, lemon and homemade yoghurt • improves digestion and lowers blood pressure	RM9.90
GRAPE PINES SMOOTHIE Pineapple, grapes and homemade yoghurt • high in iron and good for digestive system	RM9.90
B.P SMOOTHIE Banana, pineapple and homemade yoghurt • rich in vitamins and prevents constipation	RM9.90
MANGO BANANA SMOOTHIE Mango, banana and homemade yoghurt • energizes body and improves complexion	RM9.90





Purple Glitter Smoothies



Mango Banana Smoothies



The Great Green

Did you know?

Chia seeds

- helps combat diabetes
- fight belly fats
- get full faster
- get more fiber

ADD RM2.50 to boost up your juices now!



Juices

PLAIN OL' ORANGE

RM6.90

Freshly squeezed orange juice

- high in vitamin C

JUST APPLES

RM6.90

A choice of green or red apples

- rich in iron and high with fiber

THE GREAT GREEN

RM6.90

Cucumber juice

- helps remove unwanted toxin

THIRST QUENCHER

RM6.90

Watermelon juice

- helps control blood pressure

GREEN MONSTER

RM7.90

Celery and cucumber

- cleanses our blood and helps lower blood pressure

O.C HEAVEN

RM7.90

Orange and carrot

- boosts immune system

APPLE CRUMBER

RM7.90

Apple and cucumber

- able to help in weight loss and especially beneficial for kidney and liver

BODY CLEANSER

RM8.90

Carrot, apple and ginger

- detox and cleanses our system

WONDER HEART

RM8.90

Carrot, pineapple and ginger

- for a healthy heart

SUPER SKIN

RM8.90

Orange, cucumber and ginger

- improves skin texture and reduces body heat

CHOLESTEROL BUSTER

RM8.90

Apple, cucumber and celery

- helps reduce cholesterol and relieves stomach upset

WILD THING

RM8.90

Watermelon, pineapple and apple

- dispel excess salt, nourishes the bladder and kidney

VITA A BOOSTER

RM8.90

Carrot with milk

- improves eye sight and helps strengthen bones



the salad bar
No. 41, Jalan SS21/60
Damansara Utama 47400
Petaling Jaya
Tel: 03-7731 2228
Fax: 03-7722 1742
<http://www.facebook.com/thesaladbar>

* free deliveries available around uptown area



All Day Breakfast Menu

BIG BREAKFAST

RM19.90

Wholemeal toast, scramble eggs, oatmeal with milk, smoked chicken slice or turkey ham, sauteed mushroom with onions with side salad, coffee/tea, fresh orange or apple juice

HEALTHY WRAPS

RM16.90

Choice of: turkey ham, chicken slice, roast chicken with side salad, coffee/tea

BREAKFAST CIABATTA

RM16.90

Poached egg with chicken ham, side salad, coffee/tea

OMELETTE SURPRISE

RM13.90

Veggie omelette, freshly cut fruits, side salad, coffee/tea

HEALTHY PANCAKES

RM10.90

Pancakes with butter & honey, side salad, coffee/tea

BREAKFAST ADD ONs

Veggie omelette RM5.80
Cheese omelette RM5.80
Poached egg (2pcs) RM4.80
Sunny side up (2 pcs) RM3.80
Scramble egg RM3.80
Chicken Sausage (2pcs) RM3.80
Oatmeal with milk RM4.80
Cereal with milk RM4.80

5 reasons not to skip breakfast

- feel more energized
- remember better
- increased concentration
- helps you get fit
- helps maintain your heart health



Big Breakfast

Create Your Own 2-3-1 Salad

FULL RM11.90 / HALF RM7.90

STEP 1: CHOOSE 2 GREENS

FULL SIZE: 210 grams greens (approx. 35 calories)

HALF SIZE: 110 grams greens (pprox. 20 calories)

☐ Iceberg

☐ Romaine

☐ Butterhead

☐ Red Coral

STEP 2: CHOOSE 3 TOPPINGS

(excluding meat, cheese, dried fruits & nuts)

additional topping @ RM1 each

☐ Boiled egg

☐ Oyster Mushroom

☐ Coutons

☐ Carrot

☐ Tomato

☐ Apple

☐ Cucumber

☐ Green Pepper

☐ Grape

☐ Olive

☐ Red Pepper

☐ Guava

☐ Onion

☐ Tofu

☐ Honeydew

☐ Pumpkin

☐ Buckwheat

☐ Mango

☐ Shitake

☐ Chickpeas

☐ Orange

☐ Sweet Corn

☐ Millet

☐ Watermelon

additional topping @ RM2.50 each

☐ Mozzarella Cheese

☐ Blackcurant

☐ Cashew Nut

☐ Parmesan Cheese

☐ Dried Apricot

☐ Wheat Flakes

☐ Chicken Sausage

☐ Dried Cranberry

☐ Pumpkin Seed

☐ Herb Chicken (80g)

☐ Mixed Peels

☐ Sunflower Seed

☐ Spicy Teriyaki (80g)

☐ Pitted Prunes

☐ Walnut

☐ Tuna (80g)

☐ Raisin

☐ Chia Seed

☐ Pasta (100g)

☐ Almond Flake

STEP 3: CHOOSE 1 DRESSING

☐ Balsamic Vinegar

☐ Extra Virgin

☐ Plain Yoghurt

☐ Russian

☐ Sweet Plum

☐ Miso

☐ Honey Mustard

☐ Italian

☐ Citrus Poppy Seed

☐ Asian

☐ Spicy Vinegar

À la Carte

OLD GRANNY CAESER SALAD

All time favourite with cheese and herbs chicken with italian dressing
with olives, tomatoes, cheese, herbs chicken & boiled egg

FULL
RM15.90
511 cal

HALF
RM10.90
276 cal

SPICY SALAD

With teriyaki chicken & spicy vinegar dressing
with carrot, onion, mushrooms, sunflower seed & teriyaki chicken

RM15.90
794 cal

RM10.90
398 cal

HIGH ENERGY SUPERMAN

Carbs & protein with chicken sausage & honey mustard dressing
with pumpkin, pitted prunes, chicken sausages, wheatflakes & boiled egg

RM15.90
608.5 cal

RM10.90
324.5 cal

R.E.D

Everything in red with chicken sausage & russian dressing
with red pepper, tomatoes, carrot, grapes & chicken sausage

RM15.90
376 cal

RM10.90
189 cal

FRUITY NUTHOUSE

Fruits and nuts with our sweet plum dressing
with apple, honeydew, grapes, cashew nuts, pumpkin seeds & almond flakes

RM15.90
1543 cal

RM10.90
772 cal

TROPICAL FRUIT SALAD

Refreshing salad with citrus poppy seed dressing
with guava, starfruit, mango, watermelon, grapes & mixed peels

RM13.90
374 cal

RM8.90
188 cal

SQUARES & ROUNDS

Something special with buckwheat, millet & chickpeas with miso dressing
with chickpeas, millets, buckwheat, olives, tomatoes & cucumber

RM13.90
746 cal

RM8.90
374 cal

VEGETARIAN SPECIAL

No onion, no garlic ...suitable for devoted vegetarians with asian dressing
with green pepper, mushrooms, carrot, tomatoes, raisins & cashew nuts

RM13.90
837 cal

RM8.90
418 cal

B.L.O.G

4 colours of food (olives, apricot, raisins & tofu) with asian dressing
with olives, raisins, orange, dried apricot, onion & tofu

RM13.90
690 cal

RM8.90
346 cal

ADD Ons for Salads, Pasta or Sandwiches

- orange or apple juice RM5.90
- * free side salad / mixed fruit cup
- soup of the day
- (B) RM4.90 *free side salad/ mixed fruit cup
- (S) RM3.90 *free side salad / mixed fruit cup

Did you know?

Eating salads

- helps sharpen your eye sight
- slim down your waist
- high source of fiber
- protect against diseases
- increase immune system



Cauliflower Fried Rice

From the Kitchen

CAULIFLOWER FRIED RICE - SPICY / GARLIC

Low calorie & carbs (rice substitute with cauliflower)

RM12.90

205 cal

TUNA PASTA SALAD

Olives, tomatoes & egg

RM14.90

437 cal

CHICKEN & MUSHROOM CARBONARA

Spaghetti with mushroom & chicken fillet

RM13.90

461 cal

DORY CARBONARA

Spaghetti with dory fillet

RM12.90

380 cal

SPICY CHICKEN PASTA

Spaghetti with chicken fillet with chili padi & basil

RM12.90

458 cal

ZESTY AGLIO

Spaghetti cooked with chilli flakes & chicken ham

RM12.90

428 cal

CHILLI MUSHROOM

Spicy spaghetti with tasty mushroom

RM10.90

351 cal

TOMATO PASTA

Tangy spaghetti with tomato puree, basil, celery, carrot & onion

RM10.90

419 cal

VEGETARIAN PASTA

Spaghetti with vegetarian puree with no onion & garlic

RM10.90

419 cal



Did you know?

Yoghurt

- is a rich source of calcium
- can lower cholesterol
- contains good bacteria for you
- loaded with vitamins

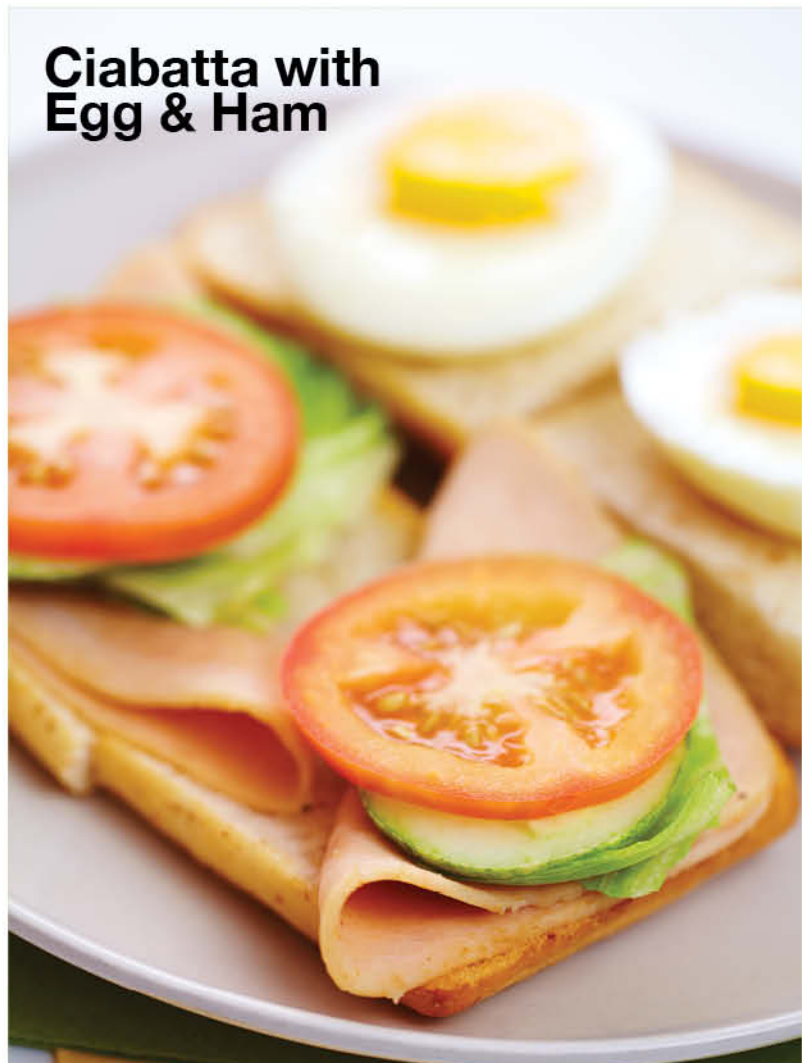
Spicy Chicken Pasta



L.C.C.T



**Ciabatta with
Egg & Ham**



Sandwich

TURKEY CLUB

Turkey ham in wholemeal bread

RM11.90

335 cal

WHOLEMEAL TORTILLA WRAP

Choice of: turkey ham, chicken slice, roast chicken

RM11.90

242 cal

CIABATTA WITH EGG & HAM

Poached egg with chicken ham

RM11.90

348 cal

L.C.C.T

Lettuce, chicken, cucumber & tomatoes

RM9.90

252 cal

YO DAWG

Sausage with melted cheese

RM9.90

404 cal

L.V (LOVE VEGES)

Vegetarian sandwich with pumpkin filling

RM9.90

186 cal

Toast

CHICKEN HAM & CHEESE TOAST

RM5.80

252 cal

CHICKEN & LETTUCE TOAST

RM5.80

225 cal

TUNA & CHEESE TOAST

RM5.80

296 cal

TUNA & LETTUCE TOAST

RM5.80

237 cal

Sides

Home made yoghurt honey + 1 topping RM5.90

* choice of fresh fruit, dried fruits or nuts

* additional toppings RM1.00

Mixed fruit cup RM4.90

Pancakes with butter & honey RM5.90

Edamame RM4.80

Soup of the Day

(B) RM5.90

(S) RM4.90

