



Menu



High Energy Superman

All Day Breakfast Menu

BIG BREAKFAST

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

RM24.30

HEALTHY WRAPS

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

RM20.90

BREAKFAST CIABATTA

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

RM20.90

OMELETTE SURPRISE

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

RM17.40

BREAKFAST CROISSANT

Tuna, lettuce, cucumber, tomatoes with side salad and fruit cup coffee/tea

RM22.00

FRUIT SALAD BOWL WITH CHIA SEED

Strawberries, grapes, apple, walnut, plain yogurt & chia seed with coffee/tea

RM18.50



Big Breakfast

5 reasons not to skip breakfast

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

Breakfast Add Ons

VEGGIE OMELETTE	RM7.90
CHEESE OMELETTE	RM7.90
POACHED EGG (2PCS)	RM6.80
SUNNY SIDE UP (2PCS)	RM5.60
SCRAMBLE EGG (2PCS)	RM5.60
CHICKEN SAUSAGE (2PCS)	RM5.60
OATMEAL WITH MILK	RM5.60
CEREAL WITH MILK	RM5.60



Omelette
Surprise

*calories count above is approximate only excluding dressing & sauce

SALAD DRESSINGS

Oil based

ASIAN

- Savory taste of premium soy souce and roasted sesame

BALSAMIC VINEGER

- a tinge of sourish taste with olive oil

ITALIAN

- Tasty oil with garlic & Mixed herbs

MISO

- Blended miso with spring onion

RUSSION

- Sweet sour dressing with cider

XVOO

- Extra virgin olive oil

SPICY VINIGER

- Spicy dressing with a tinge of chilli flakes

Yougurt Based

CITRUS POPPY SEED

- appetizing Zesty dressing

HONEY MUSTARD

- milk taste of mustard with sweetness of honey

SWEET PLUM

- sweetness of plum in creamy yogurt dressing

* all dressing are homemade

Did you know?

Yoghurt

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





Tropical Fruit Salad



Vegetarian Special Salad

Create Your Own 2-3-1 Salad

FULL RM13.90 / HALF RM9.20

STEP 1: CHOOSE 2 GREENS

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

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

Iceberg

Butterhead

Romaine

Red Coral

STEP 2: CHOOSE 3 TOPPINGS

(excluding meat, cheese, dried fruits & nuts)

additional topping @ RM2.30 each

- | | | |
|-------------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Boiled egg | <input type="checkbox"/> Oyster Mushroom | <input type="checkbox"/> Coutons |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Tomato | <input type="checkbox"/> Apple |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Green Pepper | <input type="checkbox"/> Grape |
| <input type="checkbox"/> Olive | <input type="checkbox"/> Red Pepper | <input type="checkbox"/> Guava |
| <input type="checkbox"/> Onion | <input type="checkbox"/> Tofu | <input type="checkbox"/> Honeydew |
| <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Buckwheat | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Shitake | <input type="checkbox"/> Chickpeas | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Sweet Corn | <input type="checkbox"/> Millet | <input type="checkbox"/> Watermelon |

additional topping @ RM5.80 each

- | | | |
|--|--|---|
| <input type="checkbox"/> Mozarella Cheese | <input type="checkbox"/> Blackcurrant | <input type="checkbox"/> Cashew Nut |
| <input type="checkbox"/> Parmesan Cheese | <input type="checkbox"/> Dried Apricot | <input type="checkbox"/> Wheat Flakes |
| <input type="checkbox"/> Chicken Sausage | <input type="checkbox"/> Dried Cranberry | <input type="checkbox"/> Pumpkin Seed |
| <input type="checkbox"/> Herb Chicken (100g) | <input type="checkbox"/> Mixed Peels | <input type="checkbox"/> Sunflower Seed |
| <input type="checkbox"/> Spicy Teriyaki (100g) | <input type="checkbox"/> Pitted Prunes | <input type="checkbox"/> Walnut |
| <input type="checkbox"/> Tuna (100g) | <input type="checkbox"/> Raisin | <input type="checkbox"/> Chia Seed |
| <input type="checkbox"/> Pasta (100g) | <input type="checkbox"/> Almond Flake | <input type="checkbox"/> Avocado |

Premium Add On (RM8.00)

- Strawberry (100g)

STEP 3: CHOOSE 1 DRESSING

- | |
|---|
| <input type="checkbox"/> Balsamic Vinegar |
| <input type="checkbox"/> Russian |
| <input type="checkbox"/> Honey Mustard |
| <input type="checkbox"/> Asian |

- | |
|--|
| <input type="checkbox"/> Extra Virgin |
| <input type="checkbox"/> Sweet Plum |
| <input type="checkbox"/> Italian |
| <input type="checkbox"/> Spicy Vinegar |

- | |
|--|
| <input type="checkbox"/> Plain Yoghurt |
| <input type="checkbox"/> Miso |
| <input type="checkbox"/> Citrus Poppy Seed |

*extra dressing half portion RM2.30

*extra dressing full portion RM4.60

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

SPICY SALAD

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

HIGH ENERGY SUPERMAN

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

R.E.D

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

FRUITY NUTHOUSE

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

TROPICAL FRUIT SALAD

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

SQUARES & ROUNDS

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

VEGETARIAN SPECIAL

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

B.L.O.G

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

FRUIT SALAD BOWL WITH CHIA SEED

Serve with yogurt, honey & walnut

FULL
RM19.70
511 cal

HALF
RM 13.90
276 cal

RM19.70
794 cal

RM13.90
398 cal

RM19.70
608.5 cal

RM13.90
324.5 cal

RM19.70
376 cal

RM13.90
189 cal

RM19.70
1543 cal

RM13.90
772 cal

RM17.40
374 cal

RM11.50
188 cal

RM17.40
746 cal

RM11.50
374 cal

RM17.40
837 cal

RM11.50
418 cal

RM17.40
690 cal

RM11.50
346 cal

RM16.20
232cal

ADD Ons for Salads, Pasta or Sandwiches

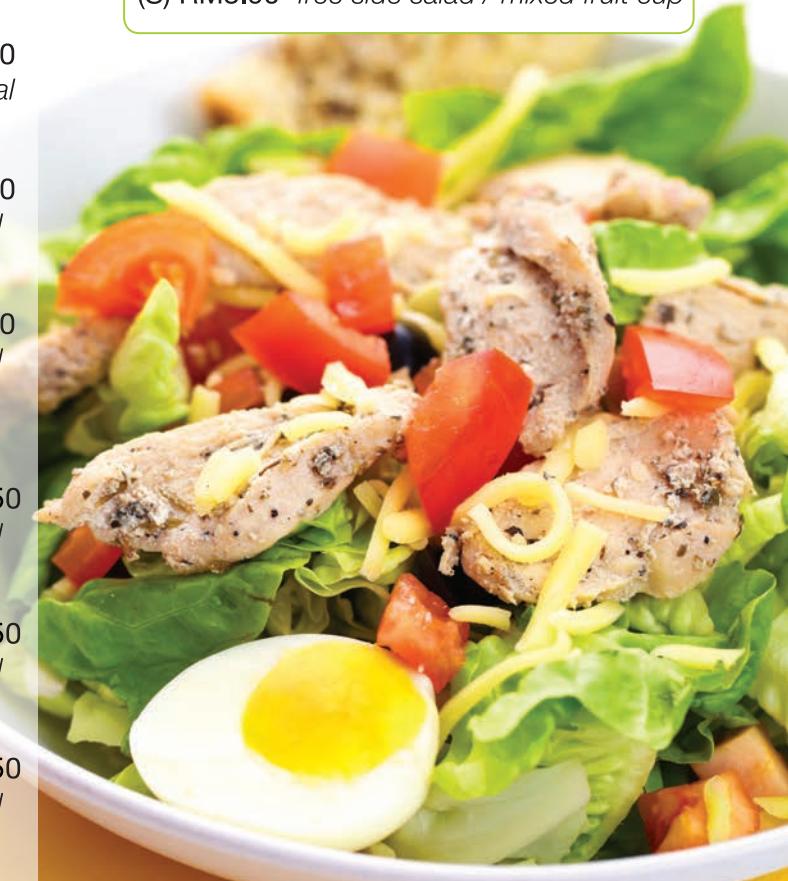
- orange or apple juice RM5.90

- * 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



Old Granny Caeser

From the Kitchen

CAULIFLOWER FRIED RICE - SPICY / GARLIC

Low calorie & carbs (rice substitute with cauliflower)

RM16.20
205 cal

TUNA PASTA SALAD

Olives, tomatoes & egg

RM18.50
437 cal

CHICKEN & MUSHROOM CARBONARA

Spaghetti with mushroom & chicken fillet

RM17.30
461 cal

DORY CARBONARA

Spaghetti with dory fillet

RM16.20
380 cal

SPICY CHICKEN PASTA

Spaghetti with chicken fillet with chili padi & basil

RM16.20
458 cal

ZESTY AGLIO

Spaghetti cooked with chilli flakes & chicken ham

RM16.20
428 cal

CHILLI MUSHROOM

Spicy spaghetti with tasty mushroom

RM13.90
351 cal

TOMATO PASTA

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

RM13.90
419 cal

VEGETARIAN PASTA

Spaghetti with vegetarian puree with no onion & garlic

RM13.90
419 cal

CHICKEN CHOP

Airfried with Wheat flakes Batter & Crispy Fries

RM23.20
419 cal

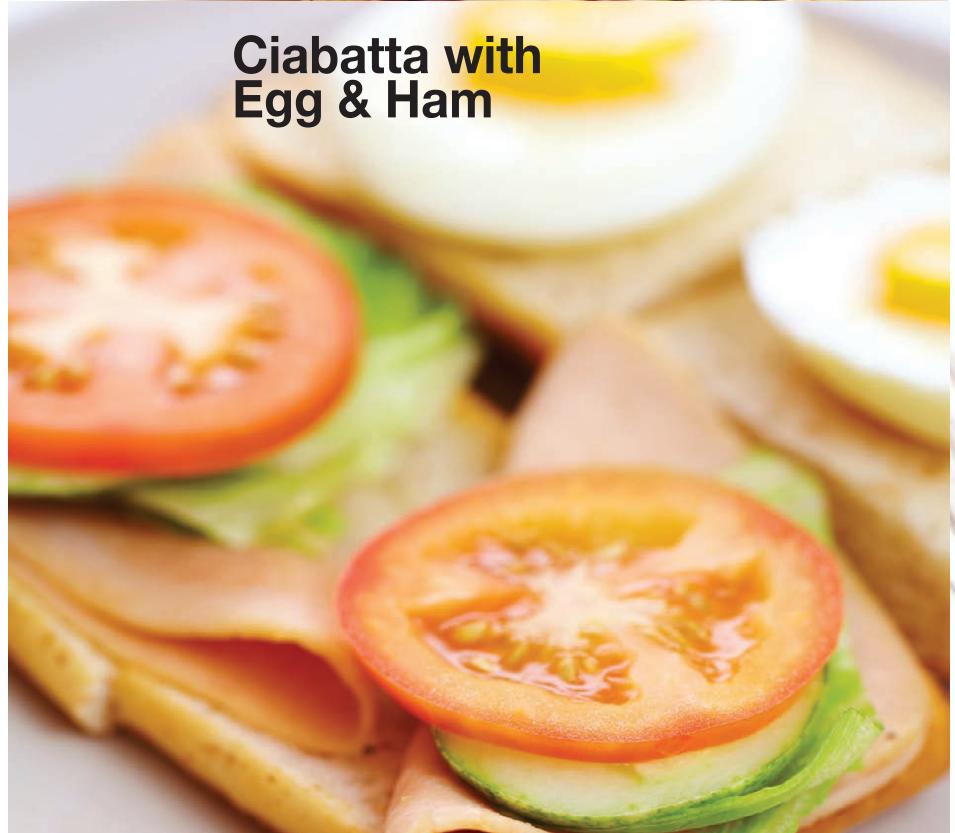


Cauliflower Fried Rice

*calories count above is approximate only excluding dressing & sauce



L.C.C.T



Ciabatta with
Egg & Ham



Chicken & Mushroom
Carbonara



Spicy Chicken Pasta

Sandwich

TUNA CROISSANT

Tuna, lettuce, cucumber, tomatoes

RM16.20

327 cal

TURKEY CLUB

Turkey ham in wholemeal bread

RM15.00

335 cal

WHOLEMEAL TORTILLA WRAP

Choice of: turkey ham, chicken slice, roast chicken

RM15.00

242 cal

CIABATTA WITH EGG & HAM

Poached egg with chicken ham

RM15.00

348 cal

L.C.C.T

Lettuce, chicken, cucumber & tomatoes

RM13.90

252 cal

YO DAWG

Sausage with melted cheese

RM13.90

404 cal

L.V (LOVE VEGES)

Vegetarian sandwich with pumpkin filling

RM13.90

186 cal

Toast

CHICKEN HAM & CHEESE TOAST

RM7.90

252 cal

CHICKEN & LETTUCE TOAST

RM7.90

225 cal

TUNA & CHEESE TOAST

RM7.90

296 cal

TUNA & LETTUCE TOAST

RM7.90

237 cal



Turkey Club

*calories count above is approximate only excluding dressing & sauce

Snack & Sweet Treats

Home made yoghurt honey + 1 topping RM8.00

* choice of fresh fruit, dried fruits or nuts

* additional toppings **RM2.30**

Mixed fruit cup RM5.70

A Basket of Crispy Fries RM8.00

* airfried french fries

Edamame RM5.60

Soup of the Day

(B) RM6.80

(S) RM5.70



Soup of the day



*calories count above is approximate only excluding dressing & sauce

BLOSSOMING TEAS - RM15.00 per pot / single

Beautiful Skin Tea (*french rose, apple flower & jasmine*)

- reduce dark spot and rich in antioxidant



Dream Tea (*chamomile & lavender*)

- reduce symptoms of flu, headache & improves sleeping quality



Antiviral Tea (*chrysanthemum buds, white chrysanthemum & wolf berries*)

- relief heatiness and good for liver protection

Digestive Tea (*jasmine, lemongrass & dried lemon*)

- improves blood circulation, protects stomach & helps digestion

Slimming Tea (*lotus, hawthorn & roselle*)

- relief constipation, lower blood pressure & cholesterol

TeaTox (*verbena, rosemary & lemongrass*)

- reduce water retention of lower part of the body

Soul Soother Tea (*osmanthus & peppermint*)

- relief sore throat with lung soothing effect

Brain Tea (*rosemary, french rose & lemongrass*)

- anti aging, improves skin texture and able to activate brain cells



Vitamin C-Tea (*french rose, lemongrass & roselle*)

- rich in vitamin C & improves metabolism

Tea 4 Heart (*roselle, hawthorn fruit & licorice*)

- decrease chances of blood vessel clogging, strengthen heart and slow down heart rate

Hot and Cold Drinks

	HOT	COLD
WHITE COFFEE	RM 6.90	RM 8.00
BLACK COFFEE	RM 5.70	RM 6.90
BLACK COFFEE WITH MILK	RM 6.90	RM 8.00
MILO	RM 6.90	RM 8.00
TEH TARIK	RM 6.90	RM 8.00
HONEY LEMON	RM 6.90	RM 8.00
TEA	RM 5.70	RM 6.90
DIET COKE		RM 5.70
COKE		RM 5.70
SODA WATER		RM 5.70
100 PLUS		RM 5.70
MINERAL WATER		RM 2.90



*calories count above is approximate only excluding dressing & sauce

Smoothies

BANANA HUNNY SMOOTHIE

Banana, honey and homemade yoghurt
• rich vitamins B6 and high in calcium

RM11.50

PURPLE GLITTER SMOOTHIE

Dragonfruit, lemon and homemade yoghurt
• improves digestion and lowers blood pressure

RM12.70

GRAPE PINES SMOOTHIE

Pineapple, grapes and homemade yoghurt
• high in iron and good for digestive system

RM12.70

B.P SMOOTHIE

Banana, pineapple and homemade yoghurt
• rich in vitamins and prevents constipation

RM12.70

MANGO BANANA SMOOTHIE

Mango, banana and homemade yoghurt
• energizes body and improves complexion

RM12.70

SKIN GLOWING SMOOTHIE

Avocado, strawberry, banana & homemade yoghurt
• rich in vitamin C, B6 & folate

RM15.00

AVOCADO SMOOTHIE

Avocado, milk & honey
• High in calcium & rich in vitamin C

RM15.00

Did you know?

Chia seeds

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



ADD RM4.00 to boost up your juices now!

Mango Banana Smoothies



Purple Glitter Smoothies



Juices

PLAIN OL' ORANGE

Freshly squeezed orange juice
• high in vitamin C

RM8.00

JUST APPLES

A choice of green or red apples
• rich in iron and high with fiber

RM8.00

THE GREAT GREEN

Cucumber juice
• helps remove unwanted toxin

RM8.00

THIRST QUENCHER

Watermelon juice
• helps control blood pressure

RM8.00



The Great Green

GREEN MONSTER

Celery and cucumber
• cleanses our blood and helps lower blood pressure

RM9.20

O.C HEAVEN

Orange and carrot
• boosts immune system

RM9.20

APPLE CRUMBER

Apple and cucumber
• able to help in weight loss and especially beneficial for kidney and liver

RM9.20

BODY CLEANSER

Carrot, apple and ginger
• detox and cleanses our system

RM10.40

WONDER HEART

Carrot, pineapple and ginger
• for a healthy heart

RM10.40

SUPER SKIN

Orange, cucumber and ginger
• improves skin texture and reduces body heat

RM10.40

CHOLESTEROL BUSTER

Apple, cucumber and celery
• helps reduce cholesterol and relieves stomach upset

RM10.40

WILD THING

Watermelon, pineapple and apple
• dispel excess salt, nourishes the bladder and kidney

RM10.40

VITA A BOOSTER

Carrot with milk
• improves eye sight and helps strengthen bones

RM10.40



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47301, Petaling Jaya

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