

# Introducing

## Contact Details & Locations



ONE STOP SHOP FOR HEALTHY EATING

**NOW** SALADS  
**FRESH JUICES & SMOOTHIES**  
**NOW** WRAPS & PITA  
**HEALTHY BREAKFAST**

*PLUS...more*



**WE DELIVER WITHIN 1KM RADIUS OF BOTH STORES**  
CHECK MAPS ONLINE OR OVERLEAF

*Introductory offer*  
**\$5 for fresh juice**  
(normal retail \$6.90)  
**\$6 for wrap or pita**  
(normal retail \$8.90)

\* offer valid only when this voucher is presented to staff

## Fresh JUICES & SMOOTHIES \$6.90

- **Liver Cleanser** – apple, beetroot, ginger & lemon  
*Love your liver with this fantastic anti-cancer combo!*
- **Immunity** – carrot, pineapple, orange & ginger  
*Zinc and vitamins galore in this delicious immune system booster*
- **Kiwi Dream** – apple, pear & kiwifruit  
*Stress less and support healthy blood pressure and cholesterol levels*
- **Cell Cleanser** – cucumber, celery, pear, apples, lemon & ginger  
*Cooling, cleansing and packed with electrolytes - perfect as a post workout replacement tonic*
- **Enzyme Boost Green Smoothie** – banana, pineapple, spinach & lemon  
*Powerful combination of enzyme and fibre rich ingredients for a healthy digestive system*
- **Vitamin Boost Smoothie** – banana, kiwifruit, spinach, mixed berries, kelp powder (optional)  
*Rich in immune-boosting anti-oxidants and iodine for thyroid health*
- **Ensalada Smoothie** – choice of flavoured Greek yoghurt, banana & mixed berries

*PLUS a choice of fizzy drinks & Arizona ice teas*



**Become a PRIORITY Member**

No points to keep adding, become an EnSalada priority member and get instant DISCOUNTS on your first purchase.

**Westfield Downtown Shopping Centre** SU19  
11-19 Customs Street West  
Downtown, Auckland 09 302 2155

**Auckland Central**  
19 Graham Street  
City, Auckland 09 377 9526

**0800 654 456**

**enquiries@ensalada.co.nz**

FREE nutritional advice available on our website, together with nutritional values and meal plans

**Log on to [www.ensalada.co.nz](http://www.ensalada.co.nz) for more information**

Priority Member Cards available  
Enquire in store today!

Looking to own your own Ensalada store,  
apply now on  
[www.ensalada.co.nz](http://www.ensalada.co.nz).

Franchises available.



**0800 654 456**

ORDER ONLINE @

**[www.ensalada.co.nz](http://www.ensalada.co.nz)**



One stop shop  
for healthy eating!



Introducing

## ENSALADA SALADS

SMALL \$6.20 MEDIUM \$9.20 LARGE \$10.90

Choice of 10 fresh mouth watering salads with homemade dressings daily

1. Beef Salad with Horseradish Dressing
2. Caesar Salad with Anchovies Dressing
3. Tandoori Chicken Salad with Greek Yoghurt Dressing
4. Chickpeas & Chorizo Salad
5. Raw Veggie Energizer
6. Tuna & Rice Salad
7. Roast Veggie Salad

Plus 3 MORE Salads which change every week

SALAD PLATTER: \$28.90 (Choice Of Any 5 Salads)

DF - Dairy Free • GF - Gluten Free • V - Vegetarian



## ENSALADA COMBOS

SERVED HOT OR COLD

- Soup & Garlic Bread \$6.20
- Salad (Small) & Garlic Bread \$7.20
- Salad (Small) & Soup (Small) \$8.50
- Salad (Small), Soup & Garlic Bread \$10.50
- Soup & Wrap/Pita \$11.50

## ANYTIME OPTIONS

- Fresh Fruit Salad Small \$6.90 Large \$7.90
- Homemade Greek Yoghurt Small \$5.20 Large \$7.20
- Greek Yoghurt & Muesli Small \$5.20 Large \$7.20
- Fruit Salad, Yoghurt & Muesli: (toasted or natural) Small \$6.90 Large \$7.90
- Choice Protein Shakes Small \$5.50 Large \$6.50

## EXTRAS

- Soup of the Day Small \$3.50 Large \$5.20
- Fresh Garlic Bread \$1.60
- Fresh Gluten Free Garlic Bread \$2.20
- Go Nutz Snack Tubs \$2.80  
(Choice of Almonds, Cashews, Chocolate Peanuts or Raisins)
- Gluten Free Corn Chips \$1.90

## WRAPS \$7.90 or PITA \$8.90

SERVED HOT OR COLD

Wraps: Plain, Sun Dried Tomatoes & Spinach  
Pitas: Plain, Wholemeal or Gluten Free

- Beef Booster (Wrap or Pita): beef, horseradish dressing, celery, onions, mushrooms & capsicum
- Indian Tandoori (Wrap or Pita): Tandoori chicken, Greek yoghurt dressing, onions, cucumber, tomatoes
- Roast Veggie (Wrap or Pita): Kumara, pumpkin, onions, green beans with lemon & coriander dressing
- Caesar Melt (Wrap or Pita): Chicken, bacon, anchovies dressing with grated cheese
- Go Veggie (Wrap or Pita): Falafel, onions, olives, cucumber & tomatoes with mustard dressing

MAKE YOUR OWN: Choice of any 2 meats, cheese & 3 dressings (WRAP \$8.90 or PITA \$9.90)



WE DELIVER  
WITHIN 1KM RADIUS  
OF BOTH STORES  
CHECK THE MAPS HERE ON  
THE RIGHT

Order online for deliveries  
in Downtown & Graham St  
from Mon-Fri  
OR call us on 0800 654456



Downtown Delivery Area



Graham St Delivery Area

0800 654 456  
www.ensalada.co.nz