



SALAD STORIES

EAT WITH D



EAT WITH D



SPECIAL

MEDITERRANEAN SALAD

MEDITERRANEAN SALAD

Ingredients:

- Crumbs from 2-3 carob rusks as base
- Cherry tomatoes
- Colorful peppers
- Cucumber
- Red onion
- Parsley
- Mizithra cheese
- Radishes
- Caper
- Olive oil
- Lemon juice

EAT WITH D

REGATTA

Salad



EAT WITH D

SPECIAL REGATTA *Salad*

Ingredients:

- Mixed green salad (Lollo Rosso, valerian etc)
- Grilled shrimps, cleaned
- Pistachio nuts (unsalted)
- Colourful cherry tomatoes
- Avocado, cut in cubes
- Chia seeds
- Red ground pepper
- Sunflower seeds
- Mango, cut in sticks
- Olive oil
- Fresh lemon juice



EAT WITH D

CLEMENTINE'S *Salad*



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CLEMENTINE'S *Salad*

Salad ingredients:

- Lettuce
- Lollo Rosso
- Valerian
- Chicken fillet, grilled
- Mango
- Cranberries
- Poppy seed
- Dried kumquat
- Edible flowers
(optional)

Clementine dressing ingredients:

- 2/3 cup clementine juice
- 2 tbsp. olive oil
- 1 tbsp. mustard



EAT WITH D

Made in Chios Salad



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Made in Chios

Salad

Salad ingredients: Mastiha vinaigrette

- Colourful quinoa
 - Chicken fillet, grilled
 - Goji berries
 - Rosemary
 - Almonds, unsalted
- 1 tbsp. mastiha powder
 - Juice from 1/2 lemon
 - 2 tbsp. olive oil
 - 1 tsp. honey



EAT WITH D



Mista Salad

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Ingredients:

- Beetroot steamed/lightly boiled
- Xinotiri cheese of Mykonos
- Carrot in peels
- Wild arugula
- Colorful cherry tomatoes
- Tricolor quinoa

Mista Salad

EAT WITH D

PUMPKIN FAIRYTALE Salad

EAT WITH D



PUMPKIN FAIRYTALE Salad

Salad ingredients:

- Boiled pumpkin
- Kale steamed/
lightly boiled
- Poppy seed
- Pumpkin seed
- Pomegranate or
cranberries
- Grilled talagani

Vinaigrette

ingredients:

- Juice from 1/2
lemon
- 2 tbsp. olive oil
- 1 tbsp.
mustard

EAT WITH D



CHICKPEA SALAD



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Ingredients:

- Chickpeas, cooked
- Quinoa, cooked
- Carrot
- Parsley
- Fresh onion
- Dried grapes



Tahini sauce:

- 1 1/2 tbsp. tahini
- 1 1/2 tbsp. olive oil
- 1 1/2 tbsp. lemon juice

EAT WITH D

BLOODY

Salad



EAT WITH D

BLOODY

Salad

Salad ingredients:

- Raw bulbs beetroot, grated
- Carrot, grated
- Pomegranate
- Walnuts
- Pumpkin seeds
- Medjool

Honey sauce ingredients:

- 1/2 tsp. honey
- 1-2 tbsp. balsamic
- 2-3 tbsp. olive oil

You can add balsamic with pomegranate for a change.



EAT WITH D

IRON SALAD

EAT WITH D



IRON SALAD

EAT WITH D

Salad ingredients:

- Beluga lentils, boiled
- Spinach
- Red onion
- Golden berries or dried papaya

Sauce ingredients:

- Juice from 1/2 orange
- 2 tbsp. balsamic
- 2 tbsp. olive oil

