

HELLMANN'S[®]
EST. 1913



Beyond
THE
BOWL
SALAD TRENDS



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**FOOD
CAN
ONLY GET
BETTER**

REINVENTING THE FINE ART OF FRESH

As diners increasingly lean towards health-conscious, satisfying meals, it's time to leave traditional salad staples behind. Your customers seek the same innovative and taste-packed experiences in salads as they find in the rest of your menu.

Embrace the latest trends with fresh, vibrant ingredients and infuse creativity and uniqueness into your salads. We've curated a selection of innovative recipes to customise and make your own. Let's make your salads a culinary adventure!

Yours, in great food!



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Bring on the
crunch!

THERE'S NOTHING LIKE NUTS

SEARED SIRLOIN WITH
SEASONAL LEAVES AND
CAMELISED MACADAMIA
NUTS WITH A THYME AND
LIME DRESSING

Nuts add a delicious crunch and all-natural goodness! Deliver the perfect blend of flavours and textures with this Seared Sirloin Salad, featuring fresh seasonal leaves, crunchy caramelised macadamia nuts and a zesty thyme and lime dressing.

GET RECIPE

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Go back
to your roots



HEALTHY, FLAVOURSOME & SUSTAINABLE

**ROASTED BEETROOT AND
SWEET POTATO, GINGER
PICKLED CUCUMBER AND
HERBED CROTTIN SALAD
WITH CARAMEL HONEY
& MUSTARD DRESSING**

Root ingredients are a sustainable way to craft more filling 'salad-as-a-meal' options. This salad delivers a hearty blend of roasted vegetables paired with zesty ginger, pickled cucumber and herbed Crottin cheese for the perfect balance of earthy and fresh tastes.

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Graining ground

REDISCOVERING A WORLD
OF GRAIN GOODNESS

WARM RED AND WHITE
QUINOA, CHICKEN AND
ASPARAGUS SALAD
WITH ARTICHOKE AND
POMEGRANATE CONFETTI
& ZESTY VINAIGRETTE

Grains add a nutritious and flavour-packed touch to salads! This hearty quinoa salad is a harmony of flavours, packed with tender chicken, fresh asparagus, and artichoke and pomegranate confetti.

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A pinch of Africa



AFRICAN BOTANICALS DRIVING
A TASTE REVOLUTION

**GARLIC PRAWNS ON
SAUTEED TURMERIC
NOODLES WITH A
LEMONGRASS, CHILLI
AND LIME DRESSING**

African botanicals blend traditional and modern tastes to rejuvenate your creations! Experience the vibrant flavours of Africa in this delectable dish, dressed with an exotic blend of lemongrass, chilli, and lime.

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Sowing the seeds

HIGH IN FIBRE, RICH IN INSPIRATION

SMOKED CHICKEN,
FETA AND
GUACAMOLE SALAD
WITH ORANGE AND
CHIA SEED DRESSING

FAB-FAD seeds are endlessly versatile and freshen up your salad repertoire with a boost of nutrition. Dive into this combination of smoky chicken, creamy feta, and luscious guacamole with a zesty orange and chia seed dressing for a pop of flavour.

GET RECIPE

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Berry blastoff!

SUMMER-ZING IS THE LATEST THING

WATERMELON, RICOTTA AND RASPBERRY SALAD WITH A HERBED CRÈME FRAÎCHE DRESSING

Dive into the trend of sweet-savoury delights, perfect for summer-inspired creations! This salad blends the refreshing sweetness of watermelon and raspberries with the creamy, savoury notes of ricotta cheese for a harmonious blend of flavours.

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Composing with carb



JOIN THE STARCH REVOLUTION

**MILLET, SEMI-DRIED
TOMATOES, WILTED KALE
AND CANNELLINI BEAN
SALAD WITH A BASIL AND
ROASTED GARLIC DRESSING**

Starch is a great way to create more rustic, wintery flavours that are genuinely filling! Revamp your salad game with our hearty Millet and Cannellini Bean Salad, featuring a rich basil and roasted garlic dressing for a wholesome meal bursting with flavour.

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Germinating fresh appeal

A SHOUT-OUT FOR SPROUTS

SMOKED TROUT, BOK
CHOY AND AVOCADO
SALAD WITH ALFAFA
SPROUTS AND A CREAMY
SPICY DRESSING

Sprouts bring a refreshing crispness to your salads! Experience the fresh flavours of this smoked trout salad, elevated with the delightful crunch of alfalfa sprouts and a zesty, creamy, spicy dressing.

GET RECIPE

SHOP NOW



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Feeling the
pulse of a
new generation

INSIDE THE LATEST BEAN SCENE

BLACK-EYED BEAN SALAD WITH TOASTED PITA AND EAST AFRICAN DRESSING

Pulses are a healthy, great-tasting, filling plant-based protein source! Boost your salad menu with the wholesome goodness and delightful flavours of this Black-Eyed Bean Salad, featuring a flavourful East African dressing and crunchy toasted pita.

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A touch of rocket science

TURNING OVER THE NEW LEAVES

WARM BACON & SMOKED
RED ONION AND
CRANBERRY SALAD WITH
MAPLE SYRUP & TOASTED
ALMOND DRESSING

Embrace the trend of 'dark greening' with rich, nutrient-packed dark green leaves! This salad delivers a smoky sweetness and savoury crunch to create a symphony of flavours for a perfect blend of warm, comforting ingredients.

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REAL INGREDIENTS INSPIRING A REAL SALAD REVOLUTION



DISCOVER A KALEIDOSCOPE OF FLAVOUR USING
HELLMANN'S AS A BASE FOR YOUR DRESSINGS



HELLMANN'S GREEK DRESSING

- 20% sunflower seed oil
- Contains real lemon juice & garlic

SHOP NOW



HELLMANN'S FRENCH DRESSING

- 35% sunflower seed oil
- Contains real Dijon mustard

SHOP NOW



HELLMANN'S HONEY & MUSTARD DRESSING

- 15% sunflower seed oil
- Contains real honey & Dijon mustard

SHOP NOW



HELLMANN'S CREAMY RANCH DRESSING

- Made with 33% sunflower seed oil
- Contains real buttermilk

SHOP NOW



HELLMANN'S CREAMY DRESSING

- 36% sunflower seed oil
- Contains real garlic & thyme

SHOP NOW



HELLMANN'S CREAMY DRESSING SACHETS

- Single serve for deliveries and take-away
- 180 x 15 ml portions

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JOIN THE MOVEMENT **TODAY**

We spend our lives in Chefs' whites. Always on task, rarely home. We experiment, we create, we generate happiness on a plate. Our passion is strong, our love sincere. Being a Chef is not a job. It's a calling. One that shouldn't come at a cost.

Let's stand together.

Visit **fairkitchens.com**



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Call: 0800 006 333**

(South Africa only)

**LIVING THE
FAIRKITCHENS
'CODE OF CONDUCT'**

TALK
OPENLY

EXCITE
PASSION

ACT
AS ONE

MAKE
TIME

SAY
"GOOD JOB"



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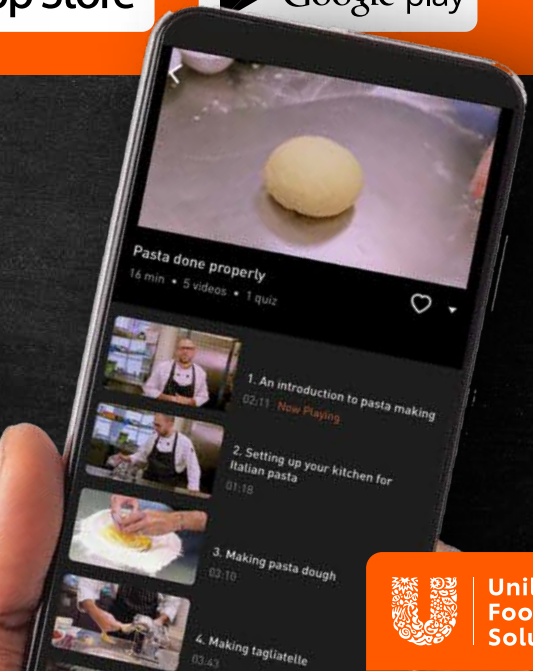
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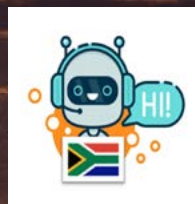
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Khuluma
CHATBOT AND LIVE CHAT

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