

Raw Beetroot Salad

A highly versatile vegetable, beetroot (or red beet) is a good source of folic acid, fibre, manganese and potassium.



Ingredients

1 large raw beetroot
2 raw apples or pears
2 tsp caraway seeds
(or to taste)
handful of currants
handful of baby spinach leaves

Your choice of dressing,
but we recommend a
combination of olive oil
and balsamic vinegar

Method

- 1 Take beetroot and finely cut, mandolin slice or grate into bowl. (In image featured we used the mandolin slicer.)
- 2 Finely chop or mandolin slice the apples/pears into the same bowl. Throw in currants and caraway seeds.
- 3 Toss the salad and serve on a bed of baby spinach leaves. Add dressing, if desired.

Letterbox Café



We are a small seaside café located on the main street of Penguin (adjacent to the post office). We offer a quirky range of dishes, from breakfast through to lunch, and use locally sourced fresh and organic ingredients where we can. Our breakfast menu is cooked-to-order and is offered between 8am and 11.30am. Our lunch options are all vegetarian and vary from day to day.



Free on and off-street parking | seating indoor and outdoor | takeout | wheelchair accessible.

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Website <http://letterboxcafe.wix.com/homepage>

Please note, we are currently closed for renovations and look forward to serving you at our reopening on Tue 8 November.

penguin.

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80a Main Road, Penguin
Open Tue-Fri | 8am-4pm
Sat-Sun | 8am-1pm