

Salads

Order any Salad and
enjoy \$1 discount
on our Low Fat
Frozen Yogurt.



New

Smoked Duck Salad

Crisp mixed lettuce with smoked duck slices, peaches, cherry tomatoes and tangy plum vinaigrette.



New

Chicken Salad with Lime Sherbet

Crisp mixed lettuce with chicken slices, topped with a scoop of zesty lime sherbet and lemon dressing.



All Time Favorite

Prawn & Fruit Salad

Crisp lettuce with prawns and chunky tropical fruits with mango yogurt dressing.



Grilled Chicken Salad

Crisp lettuce, cabbage and carrots with crunchy almonds and grilled chicken with thousand island dressing.



Smoked Salmon Salad

Smoked salmon in mixed greens with cabbage, onions and black olives. Served with pineapple BBQ dressing.



Caesar Salad

Crisp romaine lettuce, egg, parmesan cheese tossed with caesar dressing.



All Time Favorite

Caesar Salad with Breaded Chicken

Caesar salad topped with golden fried breaded chicken.



Caesar Salad with Breaded Fish

Caesar salad topped with golden fried breaded fish.

Ocean Crunch Salad

Crisp mixed greens with carrots topped with fish bites, calamari, breaded shrimps and pineapple BBQ dressing.



Other dressing options : • Thousand Island • Pineapple BBQ • Caesar • Mayo Yogurt



Dishes are low in fat, salt or sugar and some with added vegetables or fruits.

HOW TO SATISFY YOUR CRAVINGS WITHOUT THE GUILT?

Singapore, September 6th, 2011 – This September, Swensen's is ready to entice you with their new menu items that will satisfy your cravings without the sinful guilt afterwards.

With a burgeoning demand for healthier food choices, Swensen's is ready to jump on the bandwagon to offer you a wide variety of dishes that are healthy yet delectable for your taste buds. Packed with the freshest ingredients, we promise you that Swensen's salads topped with their signature salad dressing will leave you craving for more. What's more, if salads aren't enough, you can have your dessert and eat it. For every purchase of a salad, Swensen's offers you a \$1 discount on their low fat frozen yoghurt. So who said all desserts are sinful, you can enjoy your dessert without feeling the guilt.

Now, if you prefer main dishes over salads, Swensen's has something for everyone. Using the freshest catch of the day, the Barramundi is grilled to perfection and then drizzled with lemon butter sauce, the perfect combination for the ultimate goodness. If any fresher, you will have to catch it yourself!

With these new healthier choice items, you won't have to compromise your diet! So hurry down to one of the Swensen's outlets near you and feast away!

