



MEDIA RELEASE

FOR IMMEDIATE USE
APRIL 2007

WARM UP WITH SUMOSALAD'S BRAND NEW TASTY WINTER MENU

As winter ushers in, the meat pies and hot chips with gravy start to beckon, but now with even more new healthy and delicious winter menu items from SumoSalad, it's easy to help keep those unwanted kilos away.

Whilst SumoSalad is renowned for its nutritious, mouth-watering warm and cold salads, winter is more a time for comfort foods such as hearty soups, yummy pasta and tasty toasted wraps. With this in mind, SumoSalad has designed a scrumptious new winter menu offering a wide range of healthy choices sure to fill you up over the colder months and not expand your waistline.

There is nothing better on a cold day than tucking into a piping hot soup and with SumoSalad's luscious soup selection you can be sure that you are fuelling the fire with only the freshest ingredients, and with no preservatives, dairy, wheat, yeast or gluten, which is so important for the growing number of people who suffer from food allergies.

With tempting flavours such as the brand new **Spicy Lentil & Bacon**; new vegan options including **Maltese Minestrone** and **Roast Tomato & Basil**; or old favourites Chicken and Sweet Corn and vegan Pumpkin and Rosemary, everyone is catered for when the craving for some healthy and nutritious soup slurping hits!

For something a little more substantial, SumoSalad's new winter menu offers a delicious range of fresh flavoured pastas to choose from. New items include **Chicken & Coriander Gnocchi**, **Pesto Eggplant Ravioli** and **Napolitano Tortellini**. Throw the popular Spinach and Ricotta Cannelloni into the mix and the only problem will be which one to devour...

And if you are looking for a warm tasty treat on the run, why not try Sumo's scrumptious toasted wraps and rye rolls. Sure to fill you up while not packing on the pounds, there is a range of nutritious options to get your taste buds tingling and spur you on through the day. Great new choices include **Salami, Brie & Rocket**; **Mexicana**; and **BBQ Roast Beef** toasted wraps, along with great tasting toasted rye rolls with flavours such as **Prosciutto, Fresh Pear, Blue Cheese & Rocket**; **Sun-dried Tomato, Danish Fetta, Olive Tepanade & Rocket**; and **Char-grilled Vegetables, Swiss Cheese & Rocket** – so it's up to you what takes your fancy.

"A nutritious, balanced diet is so important to maintaining a healthier lifestyle, particularly over winter when we lean towards large, comforting meals that aren't very healthy. By creating some new menu items for our customers, people will have even more delicious and healthy options to choose from this winter," says James Miller, Co-Director for SumoSalad.

This winter, be spoilt for choice and warm up at SumoSalad with their delectable, healthy new winter menu.

www.sumosalad.com

SumoSalad – Eat Large, Stay Thin.

- ENDS -

For further information, high resolution images or to organise an interview, please contact:



Magnum PR

Susan Wood & Michelle Hampton

Phone: (02) 9955 3093

Mobile: 0402 308 305 / 0408 078 067

Email: susan@magnumpr.com.au / michelle@magnumpr.com.au