



Media Release

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Get your hot and healthy summer body...the salad way

The Aussie summer is synonymous with beaches, bikinis and board-shorts, so SumoSalad is drawing on its strong reputation for creating nutritious and delicious meals, by once again offering three new limited edition salads to ensure Aussies eat well and look great all season long!

“SumoSalad is passionate about promoting a healthy and happy lifestyle, and these new salads are great for people wanting to indulge in tasty meals whilst also getting rid of that unwanted winter weight,” says James Miller, Co-director, SumoSalad. “With obesity being such an alarming issue in Australia, we want to demonstrate that eating healthy does not have to mean sacrificing great food and flavours.”

So put down the pies and chips and spoil your taste buds with one of SumoSalad’s three limited edition salads inspired by famous cuisines from Italy, Greece and Asia.

October-November: Your lunch break will make you melt away to the Mediterranean with the **Pesto Chicken, Avocado and Fetta Salad** that combines roasted chicken breast with Danish fetta, walnuts, avocado and fresh basil, perfected with a pesto dressing.

December-January: For some Oriental inspiration treat yourself to a **Vietnamese Chicken Salad** with chicken, cucumber, capsicum, crushed peanuts and vermicelli noodles, tossed in a Thai dressing.

February-March: The **Tzatziki Lamb Salad** combines grilled lamb with tzatziki, juicy tomato, crisp cucumber and pita bread, and is topped with zesty lemon parsley dressing for that extra zing, all the way from Greece.

All salads will be available at SumoSalad stores nationwide during the specified months in meal combination meals with a nudie juice for only \$10.95 (\$11.45 for Cairns and WA).

SumoSalad – Eat Large, Stay Thin!

www.sumosalad.com

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