

ALL-DAY BREAKFAST

ALMOND PORRIDGE POT M GLU N	5.00
oats, almond nut butter, dates, full cream yoghurt, milk, honey, cinnamon	
PLANT PORRIDGE POT N GLU V	5.00
oats, almond nut butter, dates, oat milk, banana, cinnamon	
PEANUT BUTTER OVERNIGHT OATS M GLU P	6.00
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
POWER OATS M N GLU	6.00
oats, toasted almonds, banana, chia seeds, goji berries, milk, honey	
BREAKFAST BOWL M N GF	6.50
full cream yoghurt, pineapple, strawberries, banana, toasted almonds, honey, chia seeds	
SLICED AVO TOAST GLU V	6.50
sliced avo, chilli, hemp seeds, toasted sourdough	
SCRAMBLED EGGS & TOAST E M GLU	7.50
free range eggs, toasted sourdough, butter	

ALLERGENS

Our kitchen uses ingredients containing the following allergens: cereals with gluten, celery, eggs, fish, crustaceans, molluscs, milk, mustard, peanuts, nuts, sesame, soya, sulphur dioxide and lupin which may accidentally come into contact with your meal. We have strict food safety practices in place to avoid this, but there is a small risk of contact with these allergens.

**USE THESE ICONS
TO HELP YOU CHOOSE
MEAL ITEMS THAT
FIT YOUR ALLERGEN
REQUIREMENTS**

GLU
CEREALS
WITH GLUTEN

E
EGG

P
PEANUTS

N
TREE NUTS

M
MILK

SO
SOYA

SU
SULPHUR
DIOXIDE

CR
CRUSTACEANS

MO
MOLLUSCS

CE
CELERY &
CELERIAC

MU
MUSTARD

S
SESAME

F
FISH

LS
LUPIN SEEDS
& FLOUR

NUTRI KNOW-HOW

GF GLUTEN-FREE LC LOW CARB <30g carb per serving V VEGAN

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

SALSA QUESADILLA M GLU	6.50
white cheddar, red pepper, jalapeno, spring onion, coriander, salsa	
CAJUN CHICKEN QUESADILLA CE M GLU	9.50
cajun chicken, white cheddar, jalapeno, spring onion, coriander, salsa	
AVO FALAFEL WRAP N GLU SU V	9.75
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing	
SRIRACHA CHICKEN WRAP E SO GLU	9.50
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	
PRINCESS WRAP CE E M GLU	10.50
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	

SALADS

SUPERFOOD SALAD MU N V GF LC	8.50
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, lettuce, lemon olive oil dressing	
AVO FALAFEL SALAD N V	9.75
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing	
SRIRACHA CHICKEN SALAD E SO GLU	9.50
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo	

REGULAR 350ML
LARGE 500ML

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER V	5.00	6.00
carrot, apple, pineapple, anti-inflammatory blend (tumeric & vitamin C [500mg])		
FLOO JUICE V	6.00	7.00
orange, carrot, lemon, ginger, cayenne pepper		
DAILY GREENS CE V	6.50	7.50
apple, baby spinach, cucumber, celery, chia seeds		
LEMON CUCUMBER COOLER CE V	7.00	8.00
cucumber, lemon, pineapple, celery, apple, mint		
FLOO SHOT (50ML)	3.00	
ginger, honey, lemon, cayenne pepper		
GINGER SHOT (50ML) V	3.00	

REGULAR 350ML
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER M strawberries, banana, frozen yoghurt, pressed apple juice	5.00	5.50
C-BREEZE V mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates	5.00	5.50
BERRY DAIRY M blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	5.00	5.50
GEM M N banana, almonds, frozen yoghurt, milk, honey	5.00	5.50
PEANUT BUTTER BERRY P N V sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	5.50	6.00
MANGO LASSI M mango, honey, ginger, full cream yoghurt, milk	6.00	6.50
PEANUT BUTTER BLISS M P sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	6.00	6.50

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL M N grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water	7.00	8.00
NATURE'S PROTEIN V plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	7.00	8.00
MOCHA PROTEIN M grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk	7.50	8.50
PLANT PEANUT BUTTER BOMB P GLU V plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk	7.00	8.00
PEANUT BUTTER BOMB M P grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk	7.00	8.00

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
VITAMIN SEE V mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	6.00	6.50
ALL THE GREENS CE V mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	6.00	6.50
NUT MILK N V almond nut butter, cashews, cacao nibs, banana, dates, coconut milk, almond milk	7.00	7.50

**FREE NON-DAIRY
ALTERNATIVES
AVAILABLE**

HOT & ICED DRINKS

	REGULAR	LARGE
AMERICANO <small>M</small>	3.50	3.75
LATTE <small>M</small>	3.50	3.75
CAPPUCCINO <small>M</small>	3.50	3.75
DOUBLE ESPRESSO		2.50
HOT CHOCOLATE <small>M</small>		3.50
CORTADO <small>M</small>	2.75	
FLAT WHITE <small>M</small>	3.50	
FLOO FIGHTER	2.75	
mint tea, lemon, ginger, honey, cayenne pepper		
TEA	2.25	
green, mint, yorkshire		
ICED AMERICANO <small>M</small>	4.00	4.50
espresso, honey, purified water, ice, milk		
ICED CAPPUCCINO <small>M</small>	4.00	4.50
espresso, honey, ice, milk, milk foam		

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 @kauaiglobal

GUARANTEE

At Kauai we work hard to give you great service and a consistently nutritious and delicious product. If for any reason your experience is not up to Kauai standards, please let us know, and we'll replace or refund your order.

Prices are subject to change without notice.

KIDS MENU

- ✦ SUGAR-SMART
- ✦ KIDDIES PORTIONS
- ✦ IT'S ALL ABOUT THE INGREDIENTS

HEALTHY,
FRESH, FUN FOOD



ALL-DAY BREAKFAST

- PEANUT BUTTER BANANA POT** M P N GF **5.00**
full cream yoghurt, sugar-free peanut butter, banana, roasted almonds, honey
- LITTLE SCRAMBLED EGGS ON TOAST** E M GLU **5.50**
free range scrambled eggs, toasted sourdough bread
- PEANUT BUTTER BANANA TOAST** P GLU **5.50**
sugar-free peanut butter, banana, honey, cinnamon, toasted sourdough

WRAPS

SERVED ON A WHOLEWHEAT WRAP (CONTAINS GLUTEN)

- CHEESY EGG WRAP** E M GLU **5.00**
free range scrambled eggs, white cheddar
- CHEESY CHICKEN WRAP** CE E M GLU **7.00**
chicken, white cheddar, celery & onion mayo
- LITTLE CHICKEN & AVO WRAP** CE E GLU **7.50**
chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo

250ml

SMOOTHIES

- STRAWBERRY STINGER** M **4.50**
strawberries, banana, frozen yoghurt, pressed apple juice
- C-BREEZE** V **4.50**
mango, strawberries, pineapple, vitamin C (500mg), pressed apple juice, dates
- GEM** M N **4.50**
banana, almonds, frozen yoghurt, milk, honey
- PEANUT BUTTER BERRY** P N V **5.00**
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water
- PEANUT BUTTER BLISS** M P **5.50**
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk