

# 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
- SLICED AVO, POACHED EGGS & TOAST** E GLU **8.50**  
free range poached eggs, sliced avo, chilli, hemp seeds, toasted sourdough
- POACHED / SCRAMBLED EGGS & TOAST** E M GLU **7.50**  
free range eggs, toasted sourdough, butter
- SUNRISE UNWRAPPED** E M GF **8.00**  
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa
- SUNRISE WRAP** E M GLU **8.00**  
free range scrambled eggs, butter, white cheddar, sautéed rosa tomatoes, baby spinach, salsa, wholewheat wrap (contains gluten)

## 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 cage-free chicken, white cheddar, jalapeno, spring onion, coriander, salsa

**STEAK & AVO QUESADILLA** M GLU 9.75

grass-fed steak, avo, 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

**SPICY AVO GREENS WRAP** GLU V 10.00

double avo, steamed broccoli, jalapeno, brown rice & quinoa, baby spinach, rocket, spring onion, salsa, coriander lime dressing

**SRIRACHA CHICKEN WRAP** E SO GLU 9.50

cage-free chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo

**SPICY CHICKEN BURRITO WRAP** M GLU 9.75

cage-free chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, salsa

**PRINCESS WRAP** CE E M GLU 10.50

cage-free chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo

**SWAP FOR GRASS-FED STEAK**

**CAESAR WRAP** E M SO GLU 11.00

cage-free chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing

**CHIPOTLE STEAK WRAP** E M GLU 9.50

grass-fed steak, cabbage, carrot, rosa tomatoes, baby spinach, smoked chipotle chilli mayo

**SPICY STEAK BURRITO WRAP** M GLU 9.75

grass-fed steak, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, salsa

# WARM BOWLS

**SPICY AVO GREENS** V GF 10.50

double avo, steamed broccoli, jalapeno, brown rice & quinoa, baby spinach, rocket, spring onion, salsa, coriander lime dressing

**PROTEIN PLATE WITH BROCCOLI** MU GF LC 12.50

cage-free chicken, steamed broccoli, side salad with lemon olive oil dressing

**PROTEIN PLATE WITH WARM GRAIN** MU GF 12.50

cage-free chicken, brown rice & quinoa, salsa, side salad with lemon olive oil dressing

# 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**  
 cage-free chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo
- CAESAR SALAD** E M SO GLU **11.00**  
 cage-free chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing
- AVO STEAK SALAD** N **10.75**  
 grass-fed steak, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing

REGULAR 350ML  
LARGE 500ML

# RAW JUICES & SHOTS

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

## SWAP YOUR PROTEIN

Choose between grass-fed steak, cage-free chicken or falafel.



## MADE FROM SCRATCH

Our dressings are house-made to add just the right amount of flavour.



REGULAR 350ML  
LARGE 500ML

## SMOOTHIES

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

## PROTEIN SMOOTHIES

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

## SUPERFOOD SMOOTHIES

	REGULAR	LARGE
<b>VITAMIN SEE</b> <span>V</span> mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	6.00	6.50
<b>ALL THE GREENS</b> <span>CE</span> <span>V</span> mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds	6.00	6.50
<b>NUT MILK</b> <span>N</span> <span>V</span> 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
<b>AMERICANO</b> <small>M</small>	<b>3.50</b>	<b>3.75</b>
<b>LATTE</b> <small>M</small>	<b>3.50</b>	<b>3.75</b>
<b>CAPPUCCINO</b> <small>M</small>	<b>3.50</b>	<b>3.75</b>
<b>DOUBLE ESPRESSO</b>		<b>2.50</b>
<b>HOT CHOCOLATE</b> <small>M</small>		<b>3.50</b>
<b>CORTADO</b> <small>M</small>	<b>2.75</b>	
<b>FLAT WHITE</b> <small>M</small>	<b>3.50</b>	
<b>FLOO FIGHTER</b>	<b>2.75</b>	
mint tea, lemon, ginger, honey, cayenne pepper		
<b>TEA</b>	<b>2.25</b>	
green, mint, yorkshire		
<b>ICED AMERICANO</b> <small>M</small>	<b>4.00</b>	<b>4.50</b>
espresso, honey, purified water, ice, milk		
<b>ICED CAPPUCCINO</b> <small>M</small>	<b>4.00</b>	<b>4.50</b>
espresso, honey, ice, milk, milk foam		

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CONVENIENTLY DELIVERED TO YOU.

Uber  
Eats



## 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.

# OUR 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**  
cage-free chicken, white cheddar, celery & onion mayo
- CHICKEN & AVO WRAP** CE E GLU **7.50**  
cage-free 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