

KAUAI

CATERING MENU.



BBQ Chicken Wrap
Berry Dairy Smoothie

WRAPS

Wraps also served 8 halves per box.

- HARVEST** E M CE MU GLU **7.95**
feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette
- SRIRACHA CHICKEN WRAP** E SO GLU **11.00**
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo
- BBQ CHICKEN WRAP** CE E GLU **9.50**
chicken, BBQ sauce, carrot, cabbage, celery, greens, crispy onions, celery & onion mayo
- AVO FALAFEL WRAP** N GLU SU V **11.00**
chickpea falafel, avo, red pepper, cabbage, cucumber, gherkins, rocket, vegan nut butter dressing
- SPICY CHICKEN BURRITO WRAP** M GLU **10.75**
chicken, jalapeno & chipotle chilli, red pepper, cream cheese, rocket, carrot, coriander, spring onion, salsa
- PRINCESS WRAP** CE E M GLU **11.50**
chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo
- HOT HONEY CHICKEN WRAP** M GLU **12.00**
hot honey chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing
- CAESAR WRAP** E M SO GLU **12.00**
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing

SALADS

- SUPERFOOD SALAD** MU N V GF LC **10.00**
avo, broccoli, cashews, red pepper, rosa tomatoes, carrot, cucumber, chia seeds, greens, lemon olive oil dressing
- SRIRACHA CHICKEN SALAD** E SO GLU **11.00**
chicken, avo, rosa tomatoes, smoky coconut shavings, red pepper, greens, sriracha mayo
- AVO FALAFEL SALAD** N V GF **10.75**
chickpea falafel, avo, red pepper, cabbage, cucumber, red onion pickle, rocket, greens, vegan nut butter dressing
- CAESAR SALAD** E M SO GLU **12.50**
chicken, parmesan shavings, sourdough croutons, smoky coconut shavings, rosa tomatoes, cucumber, greens, caesar dressing

NUTRI KNOW-HOW

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

REGULAR 350ML
LARGE 500ML

SMOOTHIES

	REGULAR	LARGE
STRAWBERRY STINGER M	5.75	6.75
strawberries, banana, frozen yoghurt, pressed apple juice		
C-BREEZE V	5.75	6.75
mango, strawberries, pineapple, pressed apple juice, vitamin C (500mg), dates		
BERRY DAIRY M	5.75	6.75
blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk		
PEANUT BUTTER BERRY P N V	6.25	7.25
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water		
PEANUT BUTTER BLISS M P	6.75	7.75
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk		

PROTEIN SMOOTHIES

	REGULAR	LARGE
SALTED CARAMEL N M	7.75	9.00
grass-fed whey protein, dates, banana, almond nut butter, himalayan salt, purified water		
NATURE'S PROTEIN V	7.75	9.00
plant protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice		
PLANT PEANUT BUTTER BOMB P GLU V	7.75	9.00
plant protein, sugar-free peanut butter, banana, cacao, oat milk, coconut milk		
PEANUT BUTTER BOMB M P	7.75	9.00
grass-fed whey protein, sugar-free peanut butter, banana, cacao, full cream yoghurt, milk		
MOCHA PROTEIN M	7.75	9.00
grass-fed whey protein, espresso, frozen yoghurt, coconut milk, cacao, milk		

SUPERFOOD SMOOTHIES

	REGULAR	LARGE
VITAMIN SEE V	6.75	7.75
mango, pineapple, carrot & orange juice, vitamin C (500mg)		
ALL THE GREENS CE V	6.75	7.75
mango, cucumber, pineapple, celery, baby spinach, pressed apple juice, chia & hemp seeds		
TROPICAL GREENS CE V	7.75	8.75
pineapple, mango, baby spinach, celery, cucumber, ginger, pressed apple juice		
NEW MATCHA MINT M	7.75	8.75
matcha, mint, pineapple, banana, frozen yoghurt, honey, milk		

**REGULAR 350ML
LARGE 500ML**

RAW JUICES & SHOTS

	REGULAR	LARGE
HELPER 	6.50	7.50
carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])		
FLOO JUICE 	7.00	8.00
orange, carrot, lemon, ginger, cayenne pepper		
DAILY GREENS  	7.25	8.25
apple, baby spinach, cucumber, celery, chia seeds		

GRAB & GO

APPLE OVERNIGHT OATS   	6.00
overnight oats, apple, cinnamon, full cream yoghurt, honey, coconut flakes, almonds, chia seeds	
PEANUT BUTTER OVERNIGHT OATS   	6.00
overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs	
NEW NUT BERRY POT   	6.90
full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint	
RASPBERRY YOGHURT POT  	6.00
raspberries, yoghurt, toasted granola, honey	
BLUBERRY YOGHURT POT  	6.50
yogurt, blueberries, strawberries, hemp seeds, mint, almond nut butter, honey	

CONFECTIONARY

CROISSANT   	2.60
HONEY & BERGAMOT GRANOLA FLAPJACK   	3.10
CARROT CAKE MUFFIN    	3.10
VEGAN DOUBLE CHOCOLATE MUFFIN  	3.10
VEGAN MIXED BERRY MUFFIN 	3.10

TO PLACE YOUR CATERING ORDER, PLEASE CONTACT WAYNE OR AGATA.

PLEASE ALLOW 48 HOURS TO PREPARE YOUR ORDER.

WAYNED@KAUAI.CO.ZA OR AGATAK@KAUAI.CO.ZA

SNACKS & DRINKS ALSO AVAILABLE. MENU OFFERING WILL CHANGE BASED ON STORE LOCATION.

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