

**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



GLUTEN-FREE



LOW CARB

<30g carb per serving



VEGAN

REGULAR 350ML  
LARGE 500ML

## SMOOTHIES

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

## PROTEIN SMOOTHIES

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

## SUPERFOOD SMOOTHIES

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

REGULAR 350ML  
LARGE 500ML

## RAW JUICES & SHOTS

### HELPER

carrot, apple, pineapple, anti-inflammatory blend (turmeric & vitamin C [500mg])

REGULAR

6.50

LARGE

7.50

### FLOO JUICE

orange, carrot, lemon, ginger, cayenne pepper

7.00

8.00

### DAILY GREENS

apple, baby spinach, cucumber, celery, chia seeds

7.25

8.25

## GRAB & GO

### APPLE OVERNIGHT OATS

overnight oats, apple, cinnamon, full cream yoghurt, honey, coconut flakes, almonds, chia seeds

6.00

### PEANUT BUTTER OVERNIGHT OATS

overnight oats, sugar-free peanut butter, cacao, full cream yoghurt, honey, cacao nibs

6.00

### NEW NUT BERRY POT

full cream yoghurt, blueberries, strawberries, hemp seeds, almond nut butter, honey, mint

6.90

### RASPBERRY YOGHURT POT

raspberries, yoghurt, toasted granola, honey

6.00

### BLUBERRY YOGHURT POT

yogurt, blueberries, strawberries, hemp seeds, mint, almond nut butter, honey

6.50

## 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

 **CR**  
CRUSTACEANS

 **E**  
EGG

 **MO**  
MOLLUSCS

 **P**  
PEANUTS

 **CE**  
CELERY &  
CELERIAC

 **N**  
TREE NUTS

 **MU**  
MUSTARD

 **M**  
MILK

 **S**  
SESAME

 **SO**  
SOYA

 **F**  
FISH

 **SU**  
SULPHUR  
DIOXIDE

 **LS**  
LUPIN SEEDS  
& FLOUR