








breakfasts

change any wrap to a gluten-free wrap 7.50
change any sandwich to wheat-free rye bread 4.00
all eggs are free-range

-   **PECAN NUT CRUNCH OATS** 24.90
oats with caramelised pecan nuts & sunflower seeds, dried cranberries, honey, fat free milk
- GOOD MORNING WRAP** 38.90
scrambled eggs, smoked beef rashers, cheddar, fresh salsa, tomato
- BREAKFAST BURRITO** 36.90
scrambled eggs, cheddar, avo spread, sweet chilli sauce, fresh salsa, tomato
- SCRAMBLED EGGS** with low GI toast 24.90
-  **FULL ISLAND BREAKFAST** 38.90
scrambled eggs with smoked beef rashers, rosa tomato, low GI toast
- SMOKED SALMON SCRAMBLED EGGS** 47.90
scrambled eggs with smoked salmon trout, low GI toast, low fat cream cheese
- MORNING RISER** 31.90
scrambled eggs, cheddar, tomato, spring onion on a toasted buttered roll
ADD smoked beef rashers 7.50
-  **SEASONAL FRUIT SALAD** 26.90
ADD honey, muesli, fat free yoghurt 8.00
-   **TOASTED GRANOLA** 24.90
Toasted granola with goji berries, dried cranberries, mixed nuts, coconut shavings, milk
-  **BREAD BASKET** 3 slices of toasted low GI bread, butter, 16.90
with anchovette OR jam OR low fat cream cheese OR peanut butter

hot meals

- MEDITERRANEAN PESTO WRAP**  39.90 chicken 42.90 steak 46.90
mixed roast veg with basil pesto, rosa tomato, feta
- MOROCCAN WRAP** chicken or  Fry's veg strips, 42.90 steak 46.90
moroccan sauce, avo spread, feta, beans, coriander, carrot, tomato, Spring onion, rice
- MAGMA WRAP** chicken or  Fry's veg strips, 42.90 steak 46.90
mozzarella, cheddar, rice, beans, tomato, sweet chilli sauce, fresh salsa, spring onion
-   **THAI VEG WRAP** green curry sauce, rice, sprouts, sesame seeds, peanuts, 34.90
coriander, dried pineapple, red pepper, red cabbage, lettuce, carrot, tomato, thai dressing
-  **MEXICAN BURRITO**  veg patty or chicken 46.90 steak 49.90
avo spread, rice, beans, fresh salsa, roasted chipotle tomato salsa, chipotle citrus marinade
-   **BURRITO ULTIMO**  veg patty or chicken 47.90 steak 50.90
beans, red pepper, fresh salsa, sour cream & chipotle citrus marinade
-   **MADRAS STYLE CHICKEN CURRY BOWL** chicken 48.90
mild indian chicken curry, fresh coriander, cucumber salsa, brown rice
- MELTS**  plain 27.90 chicken* or  Fry's veg strips* 37.90
cheddar, mozzarella, tomato *contains spring onion
- HULA CHICKEN BURGER** 39.90
fresh pineapple, cheddar, sweet chilli mayo, bbq sauce, lettuce, tomato
-  **OSTRICH BURGER** 43.90
bbq sauce, sweet chilli mayo, tomato-peppadew™ relish, lettuce, tomato



VEGAN



VEGETARIAN



CHILLI



LOW FAT

change any wrap to a gluten-free wrap **7.50**
 change any sandwich to wheat-free rye bread **4.00**

	WRAP	SANDWICH	SALAD
CHICKEN CAESAR <small>WRAP & SANDWICH</small> honey mustard chicken, caesar dressing, lettuce, tomato, pecorino, whole wheat croutons <small>SALAD</small> warm grilled honey mustard chicken breast, pecorino, whole wheat croutons, cos, lettuce, rosa tomato, caesar dressing	34.90	29.90 <small>no croutons</small>	44.90
 TEXMEX SALSA <small>OR</small>  Fry's veg strips, chipotle citrus marinade, roasted chipotle tomato salsa, fresh salsa, lettuce		32.90	
"BLT" smoked beef, lettuce, tomato and dijon mayo		32.90	
PRINCESS chicken mayo with celery & onion, <small>avo spread, feta, lettuce, carrot, tomato</small>	38.90	36.90	
CLUB chicken, smoked beef, <small>whole wheat croutons, cucumber, tomato, lettuce, blue cheese dressing</small>	39.90	37.90 <small>no croutons</small>	
THAI CHICKEN <small>WRAP & SANDWICH</small> chicken, bean sprouts, peanuts, sesame seeds, coriander, lettuce, carrot, tomato, thai dressing, <small>SALAD</small> chicken, bean sprouts, peanuts, sesame seeds, coriander, spring onion, cos, lettuce, carrot, cucumber, red cabbage, thai dressing	38.90	36.90	39.90
 BIG KAHUNA STEAK ROLL <small>grilled marinated steak, honey & mustard basting, rosa tomato, avo spread, cos, lettuce, yoghurt dressing</small>		48.90	
SALMON <small>WRAP & SANDWICH</small> smoked salmon trout, low fat cream cheese, cucumber, lettuce, carrot, tomato, dijon dressing <small>SALAD</small> smoked salmon trout, rosa tomato, peppadew™, beetroot, onion, cucumber, red cabbage, cos, lettuce, carrot, dijon dressing	57.90	55.90	56.90
 CHEDDAR & AVO cheddar, avo spread, <small>cucumber, lettuce, carrot, tomato</small>		28.90	
 HUMMUS red pepper, avo spread, peppadew™, <small>cucumber, lettuce, carrot, tomato</small>	34.90	33.90	
SNACK WRAPS <small>chicken caesar / princess / thai chicken</small>	23.90		
 SUPERFOOD SALAD dried cranberries, apple, <small>bean sprouts, onion, beetroot, rosa tomato, seed mix, red pepper, cos, lettuce, carrot, cucumber, red cabbage, dijon dressing</small> <small>ADD feta 7.50</small>			39.90
GRILLED ORIENTAL CHICKEN SALAD <small>grilled chicken with a chilli & coriander glaze, orange, bean sprouts, almonds, sesame seeds, cos, lettuce, carrot, cucumber, red cabbage, honey sesame dressing</small>			46.90

club
wrap
39.90

princess
wrap
38.90

chicken
caesar
wrap
34.90

it's all good

chicken
caesar
29.90

cheese
melt
27.90

texmex
salsa
32.90

serving suggestion only



**madras style
chicken
curry bowl**
.....
48.90

New!



New!

**big kahuna
steak roll**
.....
48.90



New!

**burrito
ultimo**
FROM **47.90**

veg patty 47.90
chicken 47.90
steak 50.90

it's always warm on the island

**magma
wrap**
FROM **42.90**

Fry's 42.90
chicken 42.90
steak 46.90



**mediterranean
pesto wrap**
FROM **39.90**

**moroccan
wrap**
FROM **42.90**

veg 39.90
chicken 42.90
steak 46.90



Fry's 42.90
chicken 42.90
steak 46.90

serving suggestion only

super fruit
FROM 23.90

mango bang
FROM 19.90

the gem
FROM 21.90

strawberry stinger
FROM 20.90

something on the island for everyone

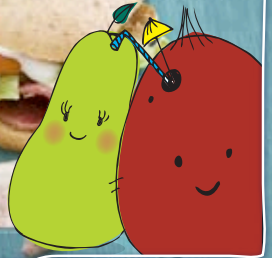
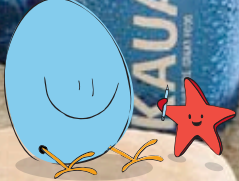


treasure melt & 350ml juice
25.90

captain's chicken & cheese & 350ml juice
31.90

the pirate's chicken & 350ml juice
26.90

starboard "BLT" & 350ml juice
27.90



fruit smoothies

350ml **19.90** 500ml **ADD 4.00**
650ml **ADD 8.00**

 **L** **MANGO BANG** pineapple, banana, coconut, mango

L **LEMON BREEZE** lemon, pineapple, frozen yoghurt, apple

PACIFIC PASSION FRUIT pineapple, banana, coconut, frozen yoghurt, granadilla

berry smoothies

350ml **20.90** 500ml **ADD 4.00**
650ml **ADD 8.00**

L **STRAWBERRY STINGER** strawberry, banana, apple, frozen yoghurt

BERRY DAIRY raspberry, strawberry, blackberry, banana, honey, low fat milk, frozen yoghurt

 **O** **YOGA BERRY** raspberry, strawberry, blackberry, banana, apple

power smoothies

350ml **23.90** 500ml **ADD 4.00**
650ml **ADD 8.00**

L **SUPER FRUIT SMOOTHIE**
blueberry, strawberry, goji berries, pomegranate, frozen yoghurt

L **BLUEBERRY LEMON TWIST** blueberry, lemon, pineapple, apple, frozen yoghurt

 **O** **GO-GOJI BERRY** goji berries, pomegranate, strawberry, banana

L **TURBO** raspberry, banana, frozen yoghurt, granadilla, with a gotu kola, ginseng, ginkgo biloba and guarana blend

 **O** **C U RIGHT** strawberry, pineapple, honey, mango, 500mg vitamin C

 **O** **SUPER GREEN** pineapple, banana, apple, spirulina blend

PEANUT BUTTER BOMB
Muscle Works® whey protein, chocolate, banana, peanut butter, fat free milk, fat free yoghurt

500ml **37.90** 650ml **ADD 4.00**
44g protein 63g protein



all smoothies can be made with a rice milk substitute **3.50**

O FAT FREE

L LOW FAT

 **DAIRY FREE**

smoothie delights

350ml **21.90** 500ml **ADD 4.00**
650ml **ADD 8.00**

THE GEM almond, banana, honey, low fat milk, frozen yoghurt

CAPPUCCINO BLAST espresso, chocolate, banana, low fat milk, frozen yoghurt

PEANUT BUTTER BLISS peanut butter, chocolate, banana, low fat milk, frozen yoghurt

L **CHILLED COFFEE LATTE** espresso, fat free milk, ice, frozen yoghurt

L **CHILLED CHAI LATTE** chai spice, fat free milk, ice, frozen yoghurt

freshly squeezed

350ml **19.90** 500ml **ADD 3.50**
650ml **ADD 6.50**

ORANGE OR APPLE

CARROT add celery, cucumber, beetroot, ginger, orange, apple

WHEATGRASS 25ml **15.90**

WHEATGRASS & PURE APPLE JUICE 75ml **16.90**

juices & beverages

350ml **14.90** 500ml **ADD 3.50**
650ml **ADD 6.50**

APPLE / GRANADILLA / POMEGRANATE / MANGO 100% juice blends

WATER 500ml still / sparkling **11.40**

hot beverages

all barista brewed coffees available in decaf

	REGULAR	TALL
AMERICANO COFFEE	13.90	15.90

CAPPUCCINO	15.90	18.90
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CAFFÈ LATTE / CHAI LATTE	16.90	19.90
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FLAT WHITE includes double shot of espresso	18.90	
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	Single shot	Double shot
ESPRESSO	10.90	11.90

KAUAI CHAI	15.90	17.90
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HOT CHOCOLATE	14.90	17.90
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FLOO FIGHTER fresh ginger, lemon, mint tea, honey, cayenne pepper ..	15.90	
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TEAS ceylon, rooibos	10.90	
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all smoothies can be made with a rice milk substitute **3.50**

0 FAT FREE

L LOW FAT

D DAIRY FREE