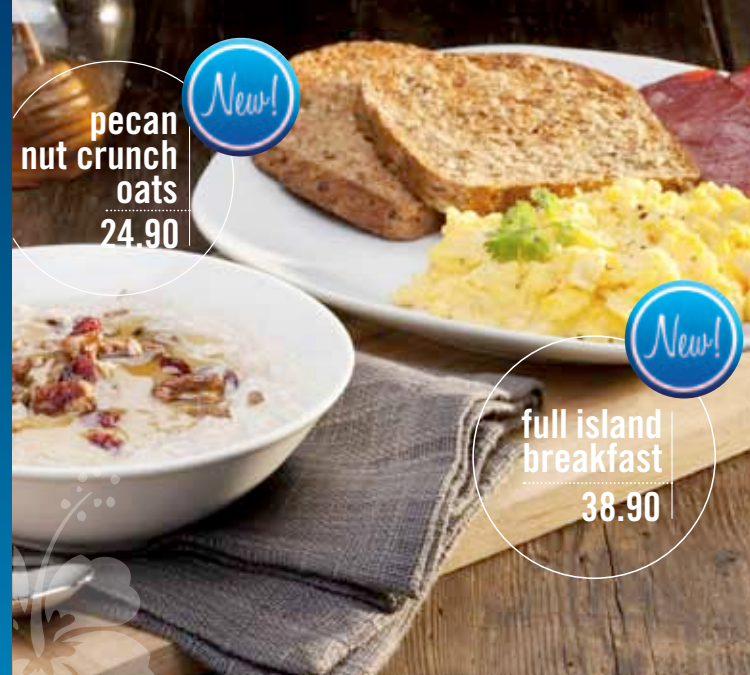


breakfasts

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. breakfast served until 12 pm

- 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



pecan nut crunch oats
24.90

New!

full island breakfast
38.90

New!

meals

WRAP SANDWICH SALAD

- CHICKEN CAESAR** 34.90 29.90 44.90
WRAP & SANDWICH honey mustard chicken, lettuce, tomato, pecorino, caesar dressing whole wheat croutons
SALAD warm grilled honey mustard chicken breast, pecorino, whole wheat croutons, cos, lettuce, rosa tomato, caesar dressing
- TEXMEX SALSA** 32.90
sautéed chicken breast or Fry's veg strips, chipotle citrus marinade, roasted chipotle tomato salsa, fresh salsa, lettuce
- "BLT"** 32.90
smoked beef, lettuce and tomato, dijon mayo
- BIG KAHUNA STEAK ROLL** 48.90
grilled marinated steak, honey & mustard basting, rosa tomato, avo spread, cos, lettuce, yoghurt dressing
- PRINCESS** 38.90 36.90 39.90
WRAP & SANDWICH chicken mayo with celery & onion, avo spread, feta, lettuce, carrot, tomato
SALAD chicken mayo with celery & onion, avo spread, feta, carrot, cucumber, red cabbage, cos, lettuce, rosa tomato, dijon dressing
- CLUB** 39.90 37.90
chicken, smoked beef, cucumber, tomato, lettuce, whole wheat croutons, blue cheese dressing
- THAI CHICKEN** 38.90 36.90 39.90
WRAP & SANDWICH chicken, bean sprouts, peanuts, sesame seeds, coriander, lettuce, carrot, tomato, thai dressing
SALAD chicken, bean sprouts, peanuts, sesame seeds, coriander, spring onion, cos, lettuce, carrot, cucumber, red cabbage, thai dressing
- SALMON** 57.90 55.90
smoked salmon trout, low fat cream cheese, cucumber, lettuce, carrot, tomato, dijon dressing
- CHEDDAR & AVO** 28.90
cheddar, avo spread, cucumber, lettuce, carrot, tomato
- SNACK WRAPS** 23.90
chicken caesar / princess / thai chicken

it's always warm on the island



big kahuna steak roll
48.90

New!

burrito ultimo
FROM 47.90

veg patty 47.90
chicken 47.90
steak 50.90

New!

serving suggestion only

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

- 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
- 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
- MEDITERRANEAN PESTO WRAP** 39.90 chicken 42.90 steak 46.90
mixed roast veg with basil pesto, rosa tomato, feta
- MEXICAN BURRITO** veg patty or chicken 46.90 steak 49.90
avo spread, beans, rice, 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
- MELTS** plain 27.90 chicken* 37.90
cheddar, mozzarella, tomato *contains spring onion

juices & hot beverages

500ml ADD 3.50
650ml ADD 6.50

- APPLE / POMEGRANATE / MANGO** 100% juice blends 350ML 14.90
- APPLE / ORANGE / CARROT** freshly squeezed 350ML 19.90
for carrot juice - add celery, cucumber, beetroot, ginger, orange, apple
- all barista brewed coffees available in decaf
- AMERICANO COFFEE** REGULAR 13.90 TALL 15.90
- CAPPUCINO** 15.90 18.90
- CAFFÈ LATTE/CHAI LATTE** 16.90 19.90
- FLAT WHITE** includes double shot of espresso 18.90
- ESPRESSO** Single shot 10.90 Double shot 11.90
- KAUAI CHAI** 15.90 17.90
- HOT CHOCOLATE** 14.90 17.90
- TEAS** ceylon, rooibos 10.90

all smoothies can be made with a non-dairy rice milk substitute 3.50
sandwiches are served on toasted whole wheat or italian rolls and most contain egg-free mayo.

chicken caesar
29.90

cheese melt
27.90

texmex salsa
32.90



something for everyone



magma wrap
FROM 42.90

Fry's 42.90
chicken 42.90
steak 46.90

moroccan wrap
FROM 42.90

Fry's 42.90
chicken 42.90
steak 46.90

mediterranean pesto wrap
FROM 39.90

veg 39.90
chicken 42.90
steak 46.90

serving suggestion only

fruit smoothies

- D L **MANGO BANG**
 pineapple, banana, coconut, mango 500ml **ADD 4.00**
650ml **ADD 8.00**
19.90
- L **LEMON BREEZE**
 lemon, pineapple, frozen yoghurt, apple **19.90**
- L **STRAWBERRY STINGER**
 strawberry, banana, apple, frozen yoghurt **20.90**
- D O **YOGA BERRY**
 raspberry, strawberry, blackberry, banana, apple **20.90**
- BERRY DAIRY**
 raspberry, strawberry, blackberry, banana, honey, low fat milk, frozen yoghurt **20.90**

smoothie delights

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

- L **THE GEM**
 almond, banana, honey, low fat milk, frozen yoghurt
- CAPPUCCINO BLAST**
 espresso, chocolate, banana, low fat milk, frozen yoghurt
- L **CHILLED CHAI LATTE**
 chai spice, fat free milk, ice, frozen yoghurt

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
- D O **GO-GOJI BERRY**
 goji berries, pomegranate, strawberry, banana
- D O **C U RIGHT**
 strawberry, pineapple, honey, mango, 500mg vitamin C
- 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 non-dairy rice milk substitute **3.50**

O FAT FREE L LOW FAT D DAIRY FREE



super fruit
FROM **23.90**

mango bang
FROM **19.90**

the gem
FROM **21.90**

strawberry stinger
FROM **20.90**

smooth & delicious



assorted muffins
17.90

flat white
includes double shot of espresso
18.90

New!

serving suggestion only

KAUAI catering

CATER FOR YOUR NEXT PARTY OR OFFICE MEETING
 with a delicious variety of canapés, wraps, veg platters, freshly squeezed juices and smoothies.

KAUAI catering is a healthy and delicious concept developed especially for corporate and private events. Our catering menu ensures that any occasion will be infused with KAUAI's exotic vibrance and natural energy.

HOW TO ORDER
 Please email catering@kauai.co.za or call Nuraan on (021) 552 0222. Orders are to be collected from your nearest store.

All platters come in KAUAI boxes.
 Black disposable serving trays with lids are available at R18.90 each.

For more information, please see the catering menu on our website www.kauai.co.za

catering



serving suggestion only



good to go
WINTER
on the island

During the winter months on Kauai, the sun sets a little earlier with a slightly darker shade of red. The waters are a little cooler and the fires are lit a bit earlier. But the garden isle still produces an abundance of fruits and keeps the locals' spirits high. Soothe your soul island style with our delicious winter warmers.

taste the island

T A K E - A W A Y