

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

		POWER OATS with almonds, banana, honey, fat free milk	20.90
		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	
		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 scrambled eggs, cheddar, tomato,	31.90
		spring onion on a toasted buttered roll. ADD smoked beef rashers 7.50	
		SEASONAL FRUIT SALAD ADD honey, muesli, fat free yoghurt 8.00 	26.90
		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	

meals

	WRAP	SANDWICH	SALAD
CHICKEN CAESAR	34.90	29.90	no croutons
honey mustard chicken, caesar dressing, lettuce, tomato, pecorino, whole wheat croutons			
“BLT” smoked beef, lettuce, tomato, dijon mayo		32.90	
PRINCESS WRAP & SANDWICH chicken mayo with	38.90	36.90	39.90
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 chicken, smoked beef,	39.90	37.90	no croutons
cucumber, tomato, lettuce, whole wheat croutons, blue cheese dressing			
THAI CHICKEN	38.90	36.90	39.90
WRAP & SANDWICH chicken, peanuts, sesame seeds, coriander, lettuce, carrot, tomato, thai dressing			
SALAD chicken, 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			



VEGAN



VEGETARIAN

sandwiches are served on whole wheat or italian rolls and most contain egg-free mayo

"BLT"
32.90

smoked beef,
lettuce, tomato
& dijon mayo

flat white
includes double
shot of espresso
18.90

New!

**pecan nut
crunch oats**
24.90

**mediterranean
pesto wrap**
FROM 39.90

veg 39.90
chicken 42.90

New!

serving suggestion only

something on the island for everyone

hot meals

MELTS plain 27.90 chicken* 37.90 tuna 30.90
cheddar, mozzarella, tomato *contains spring onion

New! **PROTEIN PLATE** chicken breast, lemon & herb sauce, 38.90
brown rice, fresh salsa. **ADD** extra chicken breast 10.00

MEDITERRANEAN PESTO WRAP plain 39.90 chicken 42.90
mixed roast veg with basil pesto, rosa tomato, feta

MAGMA WRAP chicken or Fry's veg strips, 42.90
mozzarella, cheddar, rice, beans, tomato, sweet chilli sauce,
fresh salsa, spring onion



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super fruit

FROM 23.90

peanut butter bomb

FROM 37.90

mango bang

FROM 19.90

strawberry stinger

FROM 20.90

serving suggestion only

fruit smoothies

500ml **ADD 4.00**

650ml **ADD 8.00**

- MANGO BANG** pineapple, banana, coconut, mango **19.90**
- LEMON BREEZE** lemon, pineapple, frozen yoghurt, apple **19.90**
- YOGA BERRY** raspberry, strawberry, blackberry, banana, apple **20.90**
- BERRY DAIRY** raspberry, strawberry, blackberry, banana, honey, low fat milk, frozen yoghurt **20.90**
- STRAWBERRY STINGER** strawberry, banana, apple, frozen yoghurt **20.90**

protein smoothies

- 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
- BULK UP** Muscle Works® whey protein, banana, pineapple, apple, spirulina blend 500ml **37.90** 650ml **ADD 4.00**
44g protein 54g protein
- LOW FAT SHAKES** chocolate, vanilla or strawberry Muscle Works® whey protein, fat free milk 500ml **29.90** 650ml **ADD 3.00**
34g protein 43g protein

power smoothies

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

- SUPER FRUIT SMOOTHIE** blueberry, strawberry, goji berries, pomegranate, frozen yoghurt
- BLUEBERRY LEMON TWIST** blueberry, lemon, pineapple, apple, frozen yoghurt
- GO-GOJI BERRY** goji berries, pomegranate, strawberry, banana
- TURBO-BOOST** raspberry, banana, frozen yoghurt, apple, with a gotu kola, ginseng, ginkgo biloba and guarana blend
- C U RIGHT** strawberry, pineapple, honey, mango, 500mg vitamin C
- SUPER GREEN** pineapple, banana, apple, spirulina blend



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

FAT FREE

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

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**

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**

ORANGE / APPLE / POMEGRANATE / MANGO 100% juice blends

Energade **12.90**

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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0 **FAT FREE**

L **LOW FAT**

D **DAIRY FREE**