

WRAPS

our signature wraps, served as half-wraps (18 half-wraps per box)

PIECES

R

1. PRINCESS WRAP, HARVEST WRAP	18	510
2. PRINCESS WRAP, HARVEST WRAP, OLD STYLE CAESAR WRAP	18	510
3. PRINCESS WRAP, HARVEST WRAP, THAI CRUNCH WRAP	18	560

CANAPÉS

bite-sized appetisers

PIECES

R

PRINCESS CANAPÉ WRAPS free range chicken, feta, avo, rosa tomatoes, carrot, greens, celery & onion mayo	24	205
MEXI CANAPÉ WRAPS free range chicken, avo, red pepper, rosa tomatoes, rocket, sriracha, coriander, lemon olive oil dressing	24	255
KALE CAESAR CANAPÉ WRAPS free range chicken, parmesan shavings, rosa tomatoes, kale, lemon caesar dressing	24	280
THAI VEGGIE BITES cream cheese, cabbage, red pepper, carrot, cucumber, spinach, pickled ginger, thai peanut dressing	35	295
MEXI VEGGIE BITES cream cheese, red pepper, cabbage, spring onion, coriander, rocket, jalapeno, sriracha	35	325
SMOKED TROUT ON CUCUMBER smoked trout, cream cheese, pickled ginger, coriander, sesame seeds on cucumber slices	GF LC 24	425
SMOKED TROUT BITES smoked trout, cream cheese, cucumber, red pepper, rocket, spring onion, lemon olive oil dressing	LC 35	465

MIXED CANAPÉS

PIECES

R

1. princess canapé wraps, kale caesar canapé wraps, mexi canapé wraps	24	250
2. princess canapé wraps, smoked trout bites, thai veggie bites	29	305
3. thai veggie bites, mexi veggie bites	35	345
4. thai veggie bites, smoked trout bites, smoked trout on cucumber	29	385

SALADS

large salad (serves 3 – 4 people)

mini salad cups (10 individual mini salad cups)

WITHOUT CHICKEN

WITH CHICKEN

AVO KALE CAESAR SALAD (LARGE) avo, parmesan shavings, parmesan crisps, rosa tomatoes, kale, greens, lemon caesar dressing	GF LC 150	200
THAI CRUNCH SALAD (LARGE) cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	V LC 165	225
COBB SALAD (LARGE) free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	GF LC 205	265
COBB SALAD (MINI SALAD CUPS) free range boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	GF LC 255	310

SMOOTHIES

4 LITRES

STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	285
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	300
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	300
MANGO BERRY mango, raspberries, coconut milk, coconut-infused water, honey	330
GEM banana, toasted almonds, frozen yoghurt, milk, honey	335
NEW PEANUT BUTTER BERRY sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water	V 335

SUPERFOOD SMOOTHIES

4 LITRES

VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (50mg)	V 315
TROPICAL GREENS mango, pineapple, kale, spinach, ginger, pressed apple juice	V 315

PLEASE NOTE:

Smoothies are served in 4 litre jugs without cups. You can order cups at an additional cost of R2 per cup.

SNACKS

PROTEIN BAR	32
PROTEIN BALL	19
RAW BAR	V 19
BILTONG FREE RANGE BEEF SLICED	35
BILTONG SNACK STICKS	38
SEED SNACK	12
MIXED NUTS	V 19
CAPPUCCINO MUFFIN	23
SUPERFOOD MUFFIN (gluten-free)	GF 26
SEASONAL FRUITS	7

NUTRI KNOW-HOW:

Use these handy icons to help you find meals that fit your lifestyle:



GLUTEN-FREE



LOW CARB

(<25g carb per serving)



VEGAN

All of our smoothies are gluten-free.

NEED MORE INFO?

Please ask for our in store **NUTRITIONAL GUIDE** to help you choose suitable menu items.