

WINTER MENU



KAUAI

ALL-DAY BREAKFAST

POWER OATS rolled oats, almonds, banana, chia seeds, goji berries, honey	48	SMASHED AVO, POACHED EGGS & TOAST	52
NEW MEXI EGG POT poached egg, mexi beans, spinach, rosa tomatoes, feta, spring onion	GF 39	POACHED / SCRAMBLED EGGS & TOAST	45
NEW MAKE IT A BOWL + poached egg, spinach	65	PESTO MUSHROOM TOAST sautéed mushrooms, pesto, rosa tomatoes, feta, cream cheese	50
PESTO EGG POT poached egg, sautéed mushrooms, rosa tomatoes, spinach, pesto, feta, parmesan	GF LC 39	SUNRISE UNWRAPPED scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, spinach	LC 60
NEW MAKE IT A BOWL + poached egg, spinach	52	SUNRISE WRAP scrambled eggs, salsa, white cheddar, sautéed rosa tomatoes, spinach	69
PROTEIN EGG POT poached egg, sautéed beef sausage, red pepper, rosa tomatoes, spinach, feta, chipotle chili, spring onion	GF LC 39	BALANCED BREAKFAST poached / scrambled eggs, sautéed beef sausage & mushrooms, rosa tomatoes, toast	82
NEW MAKE IT A BOWL + poached egg, spinach	65	PROTEIN BREAKFAST WRAP scrambled eggs, beef sausage, cream cheese, chipotle chili, red pepper, spinach, rosa tomatoes	87
BREAKFAST BOWL yoghurt, pineapple, strawberries, banana, almonds, honey, chia seeds	GF 50		
SMASHED AVO TOAST	42		

MAKE IT YOUR OWN

· CHOOSE YOUR TOAST: LOW GI / 100% RYE

SALADS

CHIPOTLE STEAK grilled steak, cabbage, carrot, spinach, rosa tomatoes, coriander, smoked chipotle chili dressing	LC 82	COBB boiled egg, white cheddar, avo, parmesan crisps, red pepper, rosa tomatoes, greens, lemon caesar dressing	GF LC 86
TUNA PROTEIN tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, spring onion, greens, lemon caesar dressing	GF LC 84	THAI CRUNCH chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	LC 95

SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	42	48	MANGO BERRY mango, raspberries, coconut milk, honey, purified water	44	50
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	42	48	GEM banana, almonds, frozen yoghurt, milk, honey	44	50
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	42	48	CAPPUCCINO FREEZE espresso, frozen yoghurt, coconut milk, cacao, milk	44	50

PROTEIN SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
NATURE'S PROTEIN vegan protein, hemp seeds, spirulina blend, banana, pineapple, coconut milk, pressed apple juice	V 49	59	CINNABOMB whey protein (grass-fed), banana, almond butter, cinnamon, honey, purified water	50	60
SALTED CARAMEL whey protein (grass-fed), dates, banana, almond butter, himalayan salt, purified water	50	60	PEANUT BUTTER BOMB whey protein (grass-fed), sugar-free peanut butter, banana, cacao, yoghurt, milk	50	60

SUPERFOOD SMOOTHIES

	350ML S	500ML L		350ML S	500ML L
VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	V 42	52	CITRUS GLO orange juice, mango, frozen yoghurt, chia seeds, collagen, citrus-spiced honey	49	59
TROPICAL GREENS mango, pineapple, spinach, ginger, pressed apple juice	V 42	52			

SNACKS & WATER

CAPPUCCINO MUFFIN	24
WATER still, sparkling (500ml)	18
WATER still (750ml)	24

CATERING MENU

CANAPÉS

	bite-sized appetisers	PIECES	N\$
PRINCESS CANAPÉ WRAPS chicken, feta, avo, rosa tomatoes, carrot, house greens, celery & onion mayo (contains egg)		24	220
MEXI CANAPÉ WRAPS chicken, avo, rosa tomatoes, rocket, sriracha, coriander, lemon olive oil dressing		24	280
THAI VEGGIE BITES cream cheese, red cabbage, red pepper, carrot, cucumber, spinach, pickled ginger, thai peanut dressing		35	320
MEXI VEGGIE BITES cream cheese, sweet corn, red pepper, red cabbage, spring onion, coriander, rocket, jalapeno, sriracha		35	350
MIXED CANAPÉS: THAI VEGGIE BITES, MEXI VEGGIE BITES		35	360

SALADS

	large salad (serves 3-4 people) / mini salad cups (10 individual mini salad cups)	WITHOUT CHICKEN	WITH CHICKEN
COBB SALAD (MINI SALAD CUPS) boiled egg, white cheddar, avo, parmesan crisps, rosa tomatoes, house greens, lemon caesar dressing (contains egg)		280	340

WRAPS

	our signature wraps, served as half wraps (18 half-wraps per box)	PIECES	N\$
1. PRINCESS WRAP, HARVEST WRAP		18	510
2. PRINCESS WRAP, HARVEST WRAP, THAI CRUNCH WRAP		18	560

SMOOTHIES

	4 LITRES
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	300
PEANUT BUTTER BLISS sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	300
BERRY DAIRY blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk	300
GEM banana, almonds, frozen yoghurt, milk, honey	320
VITAMIN SEE mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)	320

HOW TO ORDER

To place an order at Maerua Mall, please email kauai.maerumall@gmail.com or call +264 61 402 976 OR Kleinne Kuppe, please email kauai.kleinne33@gmail.com OR call +264 61 255 352. Orders need to be placed 48 hours in advance, however feel free to call us and we will try to accommodate your order soonest. Orders are to be collected from the store at which you placed your order.

[WWW.KAUAI.CO.ZA](https://www.kauai.co.za)

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WRAPS

SALSA QUESADILLA white cheddar, red pepper, salsa, jalapeno, spring onion, coriander	ADD avo +14 ADD chicken +24	59	PRINCESS chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	87
HARVEST feta, avo, cucumber, carrot, greens, celery & onion mayo, lemon olive oil vinaigrette		65	THAI CRUNCH chicken, cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing	97
NEW MEXI FRESH mexi beans, avo, spiced butternut, salsa, spinach, yoghurt coriander dressing		65	CHIPOTLE STEAK grilled steak, smoked chipotle chili mayo, cabbage, carrot, spinach, rosa tomatoes	82
TROPICAL CHICKEN chicken, pineapple, carrot, greens, thai peanut dressing		72	PRINCE grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo	90
MALAY CHICKEN chicken, cabbage, carrot, cucumber, greens, curry yoghurt, curried sunflower seeds		79	TUNA PROTEIN tuna, boiled egg, green beans, carrot, rosa tomatoes, coriander, greens, celery & onion mayo, lemon caesar dressing	82
SPICY BURRITO chicken, salsa, jalapeno & chipotle chili, red pepper, cream cheese, rocket, carrot, coriander		84		

WARM BOWLS

PROTEIN PLATE chicken breast with lemon & herb sauce, brown rice, quinoa & salsa, side salad with lemon olive oil vinaigrette	GF 79	BUTTA CHICKEN chicken & butternut curry, brown rice & quinoa, roasted cauliflower, spinach, curried sunflower seeds, carrot pickle	GF 98
CARB CONSCIOUS PROTEIN PLATE chicken breast with lemon & herb sauce, steamed broccoli, side salad with lemon olive oil vinaigrette	GF LC 89		

MAKE IT YOUR OWN

· ADD CHICKEN	+ 24
· REMOVE CHICKEN	- 24
· ADD MUSHROOMS	+ 24
· SWAP CHICKEN FOR GRILLED STEAK	+ 10

HOT DRINKS

	SHORT	TALL		SHORT	TALL
AMERICANO	25	28	RED CAPPUCCINO	30	36
CAPPUCCINO	27	32	HOT CHOCOLATE	26	30
CAFFÉ LATTE	30	36	FLOO FIGHTER mint tea, lemon, ginger, cayenne pepper, honey	28	
FLAT WHITE double espresso, steamed milk	28		TEA rooibos, ceylon, green, mint	20	
ESPRESSO	22	25			

RAW JUICES & SHOTS

	350ML S	500ML L		350ML S	500ML L
HEART BEET apple, beetroot, cucumber, lemon, mint	V 39	49	DAILY GREENS apple, spinach, cucumber, celery, chia seeds	V 45	55
FLOO JUICE orange, carrot, lemon, ginger, cayenne pepper	V 40	50	FLOO SHOT (50ML) ginger, honey, lemon, cayenne pepper		24
LEMON CUCUMBER COOLER cucumber, lemon, pineapple, celery, apple, mint	V 45	55	GINGER SHOT (25ML / 50ML)	20	36

NUTRI KNOW-HOW:

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

GF GLUTEN-FREE **LC** LOW CARB (<25g carb per serving) **V** VEGAN

All of our smoothies are gluten-free.

NEED MORE INFO?

Please check the **NUTRITIONAL GUIDE** on our website. **ADVICE ON ALLERGENS:**

Our kitchens use ingredients containing gluten, milk, celery, fish, soya, nuts, and eggs 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.

GUARANTEE

At Kauai we work hard to give you great service and a consistently nutritious and delicious product. If for any reason your experience is not up to Kauai standards, please let us know, and we'll replace or refund your order. To contact Kauai customer care call **0861 152 824** or e-mail us at care@kauai.co.za

KAUAI JUICE (PTY) LTD. Reg. No. 1997/009392/07. Cape Town Head Office: PO Box 114, Milnerton, 7435. Prices are subject to change without notice.

FRANCHISE ENQUIRIES

Please email franchising@kauai.co.za if you're interested in joining the Kauai family as a franchisee.