



# SCHOOL MENU



## SMOOTHIES

|   | 250ML<br>S | 350ML<br>M | 500ML<br>L |
|---|------------|------------|------------|
| <b>STRAWBERRY STINGER</b><br>strawberries, banana, frozen yoghurt, pressed apple juice                          | 23         | 28         | 33         |
| <b>GREEN LEMONADE</b><br>pineapple, lemon, honey, frozen yoghurt, kale, baby spinach, pressed apple juice       | 23         | 28         | 33         |
| <b>PEANUT BUTTER BLISS</b><br>sugar-free peanut butter, banana, cacao, frozen yoghurt, milk                     | 23         | 28         | 33         |
| <b>BERRY DAIRY</b><br>blueberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk               | 23         | 28         | 33         |
| <b>PEANUT BUTTER BERRY</b><br>sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water | 23         | 28         | 33         |



## COLD DRINKS

|                                       |    |
|---------------------------------------|----|
| <b>WATER</b> 500ml still or sparkling | 12 |
| <b>WATER</b> 750ml still              | 16 |
| <b>CERES</b> selection of flavours    | 16 |
| <b>CAPPY</b> selection of flavours    | 17 |
| <b>GRAPETIZER</b> white or red        | 25 |
| <b>APPLETIZER</b>                     | 25 |
| <b>ICE TEA</b> selection of flavours  | 22 |
| <b>GLACEAU VITAMIN WATER</b>          | 27 |

## SNACKS

|   |    |
|---|----|
| <b>YOGHURT OAT COOKIE</b>               | 8  |
| <b>CHOC CHIP COOKIE</b>                 | 8  |
| <b>OATS CRUNCHIE</b>                    | 8  |
| <b>ICE BITES</b>                        | 8  |
| <b>RICE CAKES</b>                       | 14 |
| <b>JUNGLE BAR</b>                       | 15 |
| <b>POPCORN</b>                          | 15 |
| <b>PROTEIN BALL</b>                     | 15 |
| <b>CAPPUCCINO MUFFIN / BERRY MUFFIN</b> | 19 |
| <b>NEW HOT CROSS MUFFIN</b>             | 20 |
| <b>NACHOS</b>                           | 20 |
| <b>BILTONG SNACK STICKS</b>             | 34 |
| <b>BILTONG SLICED</b>                   | 34 |

## AFTER CARE MEALS

Growing bodies and busy minds need healthy fuel, which is why we've developed a delicious daily Aftercare menu of balanced, nutritious meals designed especially for children.

The wide variety of hearty home-away-from-home meals and side dishes are developed to provide the perfect combination of vitamins, minerals, and nutrients vital to keep kids full, happy and healthy throughout the afternoon.

Contact your school store operator for menus and more information.

### 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](mailto: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

### 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. Please read through the **ALLERGEN GUIDE** to help you select suitable menu items.

### FRANCHISE ENQUIRIES

Please email [franchising@kauai.co.za](mailto:franchising@kauai.co.za) if you're interested in joining the Kauai family as a franchisee.

FOLLOW US ON: [www.kauai.co.za](http://www.kauai.co.za)

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**FROZEN YOGHURT** **15**

## BREAKFASTS

|   |           |
|---|-----------|
| <b>FRUIT CUPS</b>   | <b>20</b> |
| a selection of fresh seasonal fruit                               |           |
| <b>PEANUT BUTTER &amp; BANANA ALMOND POT</b>                      | <b>26</b> |
| yoghurt, banana, sugar-free peanut butter, toasted almonds, honey |           |
| <b>LITTLE SCRAMBLED EGGS &amp; TOAST</b>                          | <b>28</b> |
| free range scrambled eggs, slice of low gi toast                  |           |
| <b>AVO TOAST</b>  | <b>30</b> |
| avo, lemon juice, slice of low gi toast                           |           |
| <b>CHEESY EGG WRAP</b>  | <b>34</b> |
| free range scrambled eggs, white cheddar                          |           |

## SANDWICHES

|   |           |
|---|-----------|
| <b>TOASTED CHEESE &amp; TOMATO</b>  | <b>24</b> |
| white cheddar, tomato   |           |
| <b>CHICKEN SALAD ½ SANDWICH</b>   | <b>26</b> |
| free range chicken, yoghurt mayo (contains free range egg), tomato, cucumber, greens, white cheddar |           |
| <b>BBQ CHICKEN SANDWICH</b>   | <b>29</b> |
| free range chicken, tomato, BBQ mayo (contains free range egg)                                      |           |
| <b>CHICKEN MAYO &amp; AVO ½ SANDWICH</b>  | <b>30</b> |
| free range chicken, avo, yoghurt mayo (contains free range egg)                                     |           |
| <b>TOASTED CHICKEN MAYO</b>   | <b>32</b> |
| free range chicken, yoghurt mayo (contains free range egg)  |           |
| <b>TOASTED BOLOGNAISE PITA</b>  | <b>32</b> |
| beef bolognaise, whole wheat pita, white cheddar  |           |
| <b>PULLED CHICKEN &amp; CHEDDAR PITA</b>  | <b>36</b> |
| free range chicken, toasted whole wheat pita, white cheddar   |           |

## WRAPS

|   |           |
|---|-----------|
| <b>HARVEST WRAP</b>   | <b>35</b> |
| avo, greens, cucumber, feta, carrot, yoghurt mayo (contains free range egg)         |           |
| <b>CHICKEN &amp; CHEESE FLAT WRAP</b>   | <b>40</b> |
| free range chicken, white cheddar, yoghurt mayo (contains free range egg)           |           |
| <b>BEEF BURRITO</b>   | <b>40</b> |
| bolognaise, white cheddar, salsa, rice  |           |
| <b>BBQ CHICKEN FLAT WRAP</b>  | <b>42</b> |
| free range chicken, white cheddar, salsa, moroccan sauce                            |           |
| <b>CHICKEN, CHEDDAR &amp; CORN WRAP</b>   | <b>42</b> |
| free range chicken, white cheddar, raw corn, yoghurt mayo (contains free range egg) |           |
| <b>MOROCCAN WRAP</b>  | <b>46</b> |
| free range chicken, rice, carrot, rosa tomatoes, feta, avo, moroccan sauce          |           |

|   |           |
|---|-----------|
| <b>NEW BUTTER CHICKEN WRAP</b>              | <b>48</b> |
| Free range butter chicken, rice and chutney |           |

|  |           |
|--|-----------|
| <b>MAGMATIC WRAP</b>   | <b>46</b> |
| free range chicken, rice, rosa tomatoes, white cheddar, sweet chili sauce, tomato salsa              |           |
| <b>HONEY MUSTARD CHICKEN WRAP</b>  | <b>46</b> |
| free range chicken, rosa tomatoes, cucumber, greens, mustard mayo (contains free range egg)          |           |
| <b>PRINCESS WRAP</b>   | <b>48</b> |
| free range chicken, yoghurt mayo (contains free range egg), greens, avo, feta, rosa tomatoes, carrot |           |



## SALADS

|   |           |
|---|-----------|
| <b>HARVEST SALAD</b>  | <b>36</b> |
| avo, cucumber, carrot, rosa tomatoes, feta, greens, yoghurt mayo dressing (contains free range egg)               |           |
| <b>THAI CHICKEN SALAD</b>   | <b>46</b> |
| free range chicken, greens, cabbage, carrot, cucumber, sesame seeds, thai peanut dressing                         |           |
| <b>PRINCESS SALAD</b>   | <b>48</b> |
| free range chicken, greens, avo, carrot, rosa tomatoes, feta, yoghurt mayo dressing (contains free range egg)     |           |
| <b>CHICKEN &amp; CORN SALAD</b>   | <b>49</b> |
| free range chicken, greens, avo, carrot, rosa tomatoes, raw corn, yoghurt mayo dressing (contains free range egg) |           |

## HOT MEALS

|   |           |
|---|-----------|
| <b>PIZZA SLICE OF THE DAY</b>   | <b>20</b> |
| <b>BBQ PULLED CHICKEN PIZZA SLICE</b>   | <b>22</b> |
| <b>NEW BOBOTIE</b>  | <b>30</b> |
| Curried beef mince, carrots, baby marrow, tomato served with rice                   |           |
| <b>MAC &amp; CHEESE</b>   | <b>32</b> |
| <b>BUTTER CHICKEN &amp; RICE</b>  | <b>35</b> |
| <b>PASTA BOLOGNAISE</b>   | <b>35</b> |
| <b>BEEF LASAGNE</b>   | <b>35</b> |
| <b>CHICKEN PESTO PASTA</b>  | <b>35</b> |
| <b>NEW CHUTNEY CHICKEN</b>  | <b>38</b> |
| Free range chicken breast, apricot jam, chutney served with a side of potato wedges |           |
| <b>BEEF BURGER</b>  | <b>44</b> |
| add white cheddar +5  |           |