

<b>WRAPS</b> <small>our signature wraps, served as half-wraps (18 half-wraps per box)</small>	PIECES	R
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1. PRINCESS WRAP, HARVEST WRAP	<b>18</b>	<b>510</b>
2. PRINCESS WRAP, HARVEST WRAP, THAI CRUNCH WRAP	<b>18</b>	<b>560</b>

<b>CANAPÉS</b> <small>bite-sized appetisers</small>	PIECES	R
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<b>PRINCESS CANAPÉ WRAPS</b> <small>free range chicken, feta, avo, rosa tomatoes, carrot, greens, celery &amp; onion mayo</small>	<b>24</b>	<b>205</b>
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<b>MEXI CANAPÉ WRAPS</b> <small>free range chicken, avo, red pepper, rosa tomatoes, rocket, sriracha, coriander, lemon olive oil dressing</small>	<b>24</b>	<b>280</b>
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<b>KALE CAESAR CANAPÉ WRAPS</b> <small>free range chicken, parmesan shavings, rosa tomatoes, kale, lemon caesar dressing</small>	<b>24</b>	<b>280</b>
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<b>THAI VEGGIE BITES</b> <small>cream cheese, cabbage, red pepper, carrot, cucumber, spinach, pickled ginger, thai peanut dressing</small>	<b>35</b>	<b>295</b>
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<b>MEXI VEGGIE BITES</b> <small>cream cheese, red pepper, cabbage, spring onion, coriander, rocket, jalapeno, sriracha</small>	<b>35</b>	<b>325</b>
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<b>MIXED CANAPÉS</b>	PIECES	R
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1. princess canapé wraps, kale caesar canapé wraps, mexi canapé wraps	<b>24</b>	<b>250</b>
2. thai veggie bites, mexi veggie bites	<b>35</b>	<b>345</b>



## HOW TO ORDER

To place an order please email [catering@kauai.co.za](mailto:catering@kauai.co.za) or place an order directly at any one of the stores listed under catering on our Kauai website - [www.kauai.co.za](http://www.kauai.co.za). 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.

## SALADS

large salad (serves 3 – 4 people)  
mini salad cups (10 individual mini salad cups)

WITHOUT CHICKEN WITH CHICKEN

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

## SMOOTHIES

4 LITRES

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

## SUPERFOOD SMOOTHIES

4 LITRES

<b>VITAMIN SEE</b>		<b>315</b>
mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)		
<b>TROPICAL GREENS</b>		<b>315</b>
mango, pineapple, kale, spinach, ginger, pressed apple juice		

## SNACKS

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<b>PROTEIN BAR</b>	<b>34</b>	<b>SEED SNACK</b>	<b>12</b>
<b>PROTEIN BALL</b>	<b>19</b>	<b>MIXED NUTS</b>	<b>V 19</b>
<b>RAW BAR</b>	<b>V 19</b>	<b>CAPPUCCINO MUFFIN</b>	<b>23</b>
<b>BILTONG FREE RANGE BEEF SLICED</b>	<b>35</b>	<b>SUPERFOOD MUFFIN</b>	<b>GF 26</b>
<b>BILTONG SNACK STICKS</b>	<b>38</b>	<b>SEASONAL FRUITS</b>	<b>7</b>

### 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.