

FOOD FOR THOUGHT

Free Range Chicken

We use free range chicken that is free from routine antibiotics, animal by-products and growth promoters.

Honest Ingredients

We use responsibly sourced, natural ingredients, because little bodies are better without artificial flavourants, colourants and preservatives.

Kids' Portions

We care about offering balanced portion sizes to give kids the nutrients they need to grow and develop.

Sugar-Wise

We avoid added sugars in our food and smoothies, to help you make healthier food choices.



At **Kauai**, we believe that food should not only taste good, but do you good. Nutritious foods are the building blocks for a healthy body, and good ingredients provide the basis for nutritious food, which is why we are committed to sourcing fresh, wholesome ingredients. **Naturally.**



ALL DAY BREAKFASTS

NEW PEANUT BUTTER BANANA TOAST*	19
banana, sugar-free peanut butter, honey, cinnamon	
NEW LITTLE SCRAMBLED EGGS ON TOAST*	29
free range scrambled egg	
PEANUT BUTTER CUP	35
yoghurt, banana, sugar-free peanut butter, toasted almonds, honey	
NEW SMASHED AVO TOAST*	39



WRAPS

CHEESY EGG	36
free range scrambled eggs, white cheddar	
CHEESY CHICKEN	46
free range chicken, white cheddar, celery & onion mayo	
LITTLE PRINCESS	56
free range chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo	



SMOOTHIES

250ML

NEW PEANUT BUTTER BERRY	28
blueberries, banana, dates, sugar-free peanut butter, almond milk, purified water	
STRAWBERRY STINGER	28
strawberries, banana, frozen yoghurt, pressed apple juice	
PEANUT BUTTER BLISS	29
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk	
GEM	29
banana, toasted almonds, frozen yoghurt, milk, honey	

MAKE IT YOUR OWN

- *CHOOSE YOUR TOAST: LOW GI / 100% RYE
- SWAP YOUR WRAP: LOW CARB / GLUTEN FREE