

<b>WRAPS</b> <small>our signature wraps, served as half-wraps (18 half-wraps per box)</small>		PIECES	R
1. PRINCESS WRAP, HARVEST WRAP		18	530
2. PRINCESS WRAP, HARVEST WRAP, THAI CRUNCH WRAP		18	580

<b>CANAPÉS</b> <small>bite-sized appetisers</small>		PIECES	R
<b>PRINCESS CANAPÉ WRAPS</b>		24	225
free range chicken, feta, avo, rosa tomatoes, carrot, greens, celery & onion mayo			
<b>MEXI CANAPÉ WRAPS</b>		24	275
free range chicken, avo, red pepper, rosa tomatoes, rocket, sriracha, coriander, lemon olive oil dressing			
<b>THAI VEGGIE BITES</b>		35	315
cream cheese, cabbage, red pepper, carrot, cucumber, spinach, pickled ginger, thai peanut dressing			
<b>MEXI VEGGIE BITES</b>		35	345
cream cheese, red pepper, cabbage, spring onion, coriander, rocket, jalapeno, sriracha			

<b>MIXED CANAPÉS</b>		PIECES	R
1. princess canapé wraps, mexi canapé wraps		24	270
2. thai veggie bites, mexi veggie bites		35	365



## 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

**THAI CRUNCH SALAD (LARGE)** **LC** 185 245  
cashews, broccoli, carrot, red pepper, cabbage, mint, sesame, pickled ginger, greens, thai peanut dressing

**NEW** **PROTEIN SALAD POT (MINI SALAD CUPS)** **LC** 250 290  
free range boiled egg, avo, feta, red pepper, rosa tomatoes, baby spinach, creamy herb dressing

## SMOOTHIES

4 LITRES

**STRAWBERRY STINGER** 285  
strawberries, banana, frozen yoghurt, pressed apple juice

**PEANUT BUTTER BLISS** 300  
sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

**BERRY DAIRY** 300  
blackberries, raspberries, strawberries, banana, frozen yoghurt, honey, milk

**VITAMIN SEE** 315  
mango, pineapple, freshly squeezed carrot & orange juice, vitamin C (500mg)

**MANGO BERRY** 330  
mango, raspberries, coconut milk, honey, purified water

**GEM** 335  
banana, toasted almonds, frozen yoghurt, milk, honey

**PEANUT BUTTER BERRY** 335  
sugar-free peanut butter, blueberries, banana, dates, almond milk, purified water

## SNACKS

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PROTEIN BAR	36	MIXED NUTS	20
PROTEIN BALL	20	CAPPUCCINO MUFFIN	25
RAW BAR	20	BANANA CHOC NUT MUFFIN	28
FREE RANGE BEEF BILTONG sliced	37	SUPERFOOD MUFFIN	28
FREE RANGE BEEF BILTONG droëwors	37	SEASONAL FRUITS	7
FREE RANGE BEEF BILTONG snack sticks	39		

**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.