

# FOOD FOR THOUGHT

## Chicken

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

## 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.

## Ingredients

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

## SMOOTHIES

250ML

### STRAWBERRY STINGER

strawberries, banana, frozen yoghurt, pressed apple juice

28

### PEANUT BUTTER BLISS

sugar-free peanut butter, banana, cacao, frozen yoghurt, milk

29

### GEM

banana, toasted almonds, frozen yoghurt, milk, honey

29

### GREEN LEMON-AID

pineapple, lemon, honey, frozen yoghurt, kale, baby spinach, pressed apple juice

29

## WRAPS

low carb or gluten-free wrap ADD 12

### CHEESY EGG

free range scrambled eggs, white cheddar

35

### CHEESY CHICKEN

free range chicken, white cheddar, celery & onion mayo

45

### CHICKEN, WHITE CHEDDAR & CORN

free range chicken, white cheddar, raw corn, celery & onion mayo

49

### LITTLE PRINCESS

free range chicken, avo, rosa tomatoes, carrot, greens, celery & onion mayo

52

## YOGHURT POTS

250ML

### PEANUT BUTTER CUP

yoghurt, banana, sugar-free peanut butter, toasted almonds, honey

34



Gem



GREEN  
Lemon-aid



STRAWBERRY  
Stinger



PEANUT BUTTER  
Bliss

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.**