

SALAD, WRAP AND PUKU

(Toasted Flat Bread)

The Greek V GF

olives, feta, cucumber, tomato, red onion, lettuce

\$8.90*

Quinoa & avocado V DF

capsicum, carrot, sundried tomato, sunflower seeds, mesclun

\$9.50*

Roasted Kumara, feta & cashew V GF

tomato, coriander, mesclun

\$9.00*

Kumara hash deluxe V GF DF

avocado, capsicum, mushrooms, cucumber, pumpkin seeds, mesclun

\$9.90*

BLAT - Big bacon & avocado DF GF

Grilled bacon, lettuce, avocado, tomato

Falafel & cottage cheese V GF

tomato, grilled capsicum, pumpkin seeds, mesclun

Chicken, quinoa & goji berry

feta, capsicum, roasted kumara, mesclun

\$10.50*

Grilled chilli chicken & blue cheese GF

walnut, capsicum, baby spinach leaves

Lemon herb roasted chicken DF

sundried tomatoes, crispy noodles, cucumber, mesclun

Sweet chilli beef & crispy noodles DF

roasted capsicum, carrot, field mushrooms, red onion, mesclun

Smoked salmon & avocado DF

crotons, cucumber, sundried tomato, dill, lettuce

\$11.20*

The Kapai Caesar

chicken, bacon, avocado, egg, crotons, parmesan, mesclun

Tumeke - hunger buster

Sweet chilli beef, kumara hash, grilled bacon, tomato, mozzarella cheese, mesclun

\$12.00

\$8.90

Design your own from:

* Prices are for a regular salad or wrap
For a large salad or puku add \$1.00

LONG JOHNS

THE AUTHENTIC KIWI KEBAB

KEV - cajun chicken & bacon

\$10.90

BRUCE - sweet chilli beef

MURRAY - kumara hash

SHEILA - falafel

TEX - chicken, chilli beans, avocado

\$12.50

SHAZ - any two of :cajun chicken,

sweet chilli beef, kumara hash

BIG DAVE - cajun chicken,

sweet chilli beef & kumara hash

\$13.00

"All Long Johns are served hot,
with tomato, mozzarella cheese,
mesclun and aioli sauce"



BAKED POTATOES

Simple spud - bacon, cheese, tomato relish

\$7.90

A little bit fancy - avocado, feta, grilled capsicum, olives

\$8.90

Vege deluxe - chilli beans, mushroom, corn, red onion, cheese

\$8.90

Mexicano - chilli beans, avocado, cheese, capsicum

\$9.90

The Works - bacon, avocado, cheese, corn,

red onion, tomato relish

\$10.90

D.I.Y - 3 regular fillings

\$8.50



HOT SOUP

From \$3

Warm your cockles with a delicious

hot soup from the Kapai kitchen

\$6.80 or \$7.80 with bread

ADD A SIDE SOUP WITH ANY MEAL

Small \$3 Large \$5



FRESH JUICES & SMOOTHIES

100% Juice

The Daily Dose

Orange, apple, carrot, kiwifruit

Immunity Boost

Carrot, ginger, orange

Heart Tonic

Beetroot, carrot, ginger, apple

90 Mile Beach

Pineapple, lemon, orange, apple



Juice Blends

Lean Mean Kakariki Green

Avocado, kale, apple, celery, mint

60 60 Juice

Blueberries, apple, spinach, banana, guarana

Revitalizer

Pineapple, avocado, lemon, apple, kiwifruit

Good Bye Pork Pie

Mango nectar, mixed berry, apple, banana

Smoothies

The Mighty Taniwha

Banana, dates, coconut, apple, frozen yoghurt, protein shot

Feel Good Factor

Blueberries, frozen yoghurt, banana, kiwifruit, apple

Rainbow Warrior

Mango nectar, pineapple, coconut, apple, frozen yoghurt

Workout

Spirulina, kale, apple, mixed berries, banana, frozen yoghurt

SUPERFOOD SHOTS

Supergreens Blend

Whey Protein

Goji Berry

Acai Berry

Chia Seeds

Spirulina

Guarana

\$1.50



\$7.90

Kapai

LOCAL. FRESH. GOOD.

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V Vegan V Vegetarian GF Gluten Free DF Dairy Free

excludes Wrap-Puku



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www.kapai.kiwi

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\$10.50

red onion, tomato relish

D.I.Y - Chilli beans + 3 regular fillings

\$8.50

"All baked potatoes are served with sour cream"



HOT SOUP

Warm your cockles with a delicious hot soup from the Kapai kitchen

\$6.80

\$7.80

with bread

**ADD A
SIDE SOUP**

with any meal from \$3



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100% Juice

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Supergreens Blend

Spirulina

Whey Protein

Guarana

Goji Berry

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Acai Berry

Chia Seeds



\$7.90

KAPAI LOCATIONS:

1108 Cuba Mall

120 Featherston St

5 Mulgrave St

Lambton Square

Taste on Willis, 1 Willis St

ENQUIRIES:

info@kapainewzealand.co.nz

NEED CATERING?

Kapai can cater to any occasion
view our catering menu online.

www.kapai.kiwi