

NUTRITIONAL GUIDE

SALADS

Serving size (g) Energy (Kj) Protein (g) Total Fat (g) Saturated Fat (g) Carbs (g) Sugar (g) Sodium (mg)

	REG	LGE	REG	LGE	REG	LGE	REG	LGE	REG	LGE	REG	LGE	REG	LGE		
The Greek	117	161	262	330	2.9	4.9	4.2	4.7	1.6	1.5	2.1	2.7	1.8	2.3	262	360
Quinoa & avocado	175	240	886	1220	6.0	8.2	14	19.6	2.9	4.0	11.7	15.6	6.0	8.0	41	51
Roast Kumara, Feta & Cashew	153	209	574	827	6.6	9.8	5.5	8.4	1.5	2.4	12.9	17.6	5.6	7.7	129	0
Kumara Hash Deluxe	223	293	1260	1690	7.2	9.7	20.4	27.9	3.7	5.2	19.3	24.5	4.8	6.3	289	362
BLAT - Big Bacon & Avocado	175	245	1250	0	14	0	25.9	0	8.4	0	1.7	0	1.7	0	787	0
Falafel & Cottage Cheese	200	253	597	800	11.1	13.7	4.2	6.4	0.8	1.3	11.5	15.3	3.2	4.7	364	531
Chicken, Quinoa & Goji Berry	195	258	743	1010	20.3	26.1	4.0	5.6	1.5	2.1	12.9	16.9	4.2	5.3	148	208
Grilled Chilli Chicken & Blue Cheese	139	188	675	1030	18.2	25.9	8.5	14.1	2.7	4.0	1.7	2.3	1.7	2.2	358	470
Lemon Herb Roasted Chicken	142	187	791	1060	19.7	27	2.7	3.8	0.7	1.0	18	23.3	4.3	5.9	58	77
Sweet Chilli Beef & Crispy Noodles	182	234	764	961	27	33.8	6.3	7.8	2.1	2.6	2.7	3.5	2.6	3.5	63	81
Smoked Salmon & Avocado	175	245	994	1310	13.1	16.8	13	17.9	3.0	4.2	14.1	17.3	4.5	6.2	584	737
The Kapai Caesar	226	301	1660	2240	38.7	52.6	21.6	29.3	6.6	8.9	10	12.4	1.4	1.8	1380	1890
Tvmeke - Hvnder Buster	240	320	1750	2120	43.1	58.9	21.9	22.2	8.0	8.0	9.9	14.6	3.0	4.3	1300	1810

BAKED POTATO

Serving size (g) Energy (Kj) Protein (g) Total Fat (g) Saturated Fat (g) Carbs (g) Sugar (g) Sodium (mg)

Simple spud	325	2210	23.8	32.3	16.4	33.2	2	924
A little bit fancy	344	1800	10.2	26.6	11.3	34	2.5	310
Vege deluxe	395	1800	16.2	18	10.6	45.4	6.4	474
Mexicano	443	2180	16.8	28.5	13.1	43.8	6.4	435
The works	415	2730	25.6	43.1	18.9	37.3	4	969

PUKVU

	Serving size (g)	Energy (Kj)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
The Greek	237	1440	13	5.4	1.4	57.9	2.2	903
Quinoa † avocado	285	2070	15	15.9	3.1	67.2	6.1	673
Roast Kumara, Feta † Cashew	263	1760	15.6	7.4	1.8	68.5	5.9	763
Kumara Hash Deluxe	203	1240	6.6	20.3	3.7	19.1	4.8	279
BLAT - Big Bacon † Avocado	295	2450	23.4	27.8	8.7	57.4	2.0	1430
Falafel † Cottage Cheese	322	2080	21.4	7.3	1.6	80.5	3.4	859
Chicken, Quinoa † Goji Berry	304	1920	29.1	5.9	1.8	68.5	4.4	782
Grilled Chilli Chicken † Blue Cheese	249	1860	27.4	10.4	3.0	57.3	1.9	883
Lemon Herb Roasted Chicken	252	1990	28.6	5.0	1.0	73.6	4.6	692
Sweet Chilli Beef † Crispy Noodles	292	1900	36.4	6.5	1.8	58.3	2.9	698
Smoked Salmon † Avocado	265	1950	20.1	14.4	3.2	60	4.4	1100
The Kapai Caesar	336	3140	43.5	33.1	10.8	66.4	2.0	1640
Tu-meke - Hundert Buster	265	1670	44.9	16.7	5.7	15.1	4.4	1380

WRAPS

	Serving size (g)	Energy (Kj)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
The Greek	179	752	5.9	7.4	3.4	20.9	2.8	507
Quinoa † avocado	227	1370	8.9	17.2	4.6	30.4	6.8	280
Roast Kumara, Feta † Cashew	205	1050	9.5	8.7	3.3	31.7	6.6	371
Kumara Hash Deluxe	275	1740	10	23.6	5.4	38	5.9	529
BLAT - Big Bacon † Avocado	227	1630	19.5	25.1	8.5	20.5	2.7	1270
Falafel † Cottage Cheese	190	585	10.8	4.2	0.8	11.4	3.1	360
Chicken, Quinoa † Goji Berry	179	722	19.9	4.0	1.5	12.4	3.7	143
Grilled Chilli Chicken † Blue Cheese	129	667	18.1	8.5	2.7	1.6	1.6	299
Lemon Herb Roasted Chicken	194	1270	22.4	5.9	2.5	36.7	5.3	298
Sweet Chilli Beef † Crispy Noodles	234	1420	26.6	15.6	7.2	21.4	3.6	308
Smoked Salmon † Avocado	225	1420	15.5	16.1	4.8	30.6	5.4	798
The Kapai Caesar	278	2110	41.2	24.7	8.4	27.5	2.3	1610
Tu-meke - Hundert Buster	292	2970	38	48.8	19.1	28.5	3.8	965

LONG JOHNS

	Serving size (g)	Energy (Kj)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Key	316	2070	38.6	20.2	7.4	38.8	8.1	1460
Bruce	302	2020	39.4	18.9	8.0	38.1	7.5	840
Murray	315	1850	18.4	15.1	6.3	55.5	12.4	957
Shaz (Beef & Chicken)	366	2540	56.8	24.9	9.0	38.1	7.5	867
Shaz (Beef & Hash)	395	2490	43.2	21.1	8.4	55.5	12.4	991
Shaz (Hash & Chicken)	379	2360	35.8	21.1	7.3	55.5	12.4	985
Sheila	321	2180	20.6	21	6.5	59.4	8.3	982
Tex	409	2540	33.8	29.8	9.4	47.8	11.2	1110
Big bave	449	3000	60.3	27.1	9.3	55.4	12.3	1010

DRESSINGS

	Serving size (ml)	Energy (Kj)	Protein (g)	Total Fat (g)	Saturated Fat (g)	Carbs (g)	Sugar (g)	Sodium (mg)
Aioli	20	467	0.3	12.5	1.0	0.0	0.0	41
Balsamic	20	349	0.0	8.6	0.6	1.6	1.6	10
Blue Cheese	20	466	0.4	12.4	1.1	0.0	0.0	45
Herb and Garlic	20	470	0.3	12.5	1.0	0.1	0.0	38
Honey Mustard	20	299	0.1	7.1	0.5	1.8	1.8	24
Lime Chilli Soy	20	97	0.8	0.7	0.1	3.0	2.7	601
Mango Chilli	20	60	0.1	0.1	0.0	3.2	3.1	18
Spicy Lemon	20	285	0.2	7.2	0.5	0.9	0.7	185
Thai Corriander	20	50	0.1	0.2	0.0	2.0	1.7	135

This nutritional information is based on standard Kapaï recipes. Slight variations may occur due to available supplies.

All nutritional information excludes dressings.