



BREAKFAST

MONDAY - FRIDAY 6:30 am - 11:00 am

SATURDAY 7:00 am - 12:00 pm

SUNDAY CLOSED

BAGELS

BAGEL CHOICES: EVERYTHING | PARMESAN | PLAIN

TOASTED BAGEL: Your Choice of Parmesan, Everything or Plain Bagel. Add Cream Cheese or Jam for .50 cents.....\$3.25

THE WORKS: Toasted Bagel of Your Choice Served A La Cart Style with Cream Cheese, Local Tomato, Red Onion, Local Organic Lettuce & Homemade Pesto.....\$9.25

THE MAGIC: Toasted Bagel of Your Choice Served A La Cart Style with Organic Coconut Oil & Red Alae Sea Salt.....\$6.00
Try it with Avocado, Egg or Organic Lettuce!

THE LOX: Toasted Bagel of Your Choice Served A La Cart Style with Alaskan Sockeye Lox, Local Tomato, Red Onion, Cream Cheese & Capers.....\$11.75

THE CUSTOM BAGEL SAMMY: Egg & Your Choice of Cheese Served on a Toasted Bagel of your Choice.....\$6.75
Add Any Additional Toppings Listed Below.

ADDITIONAL TOPPINGS

BACON \$1.50 | TURKEY \$1.50 | HAM \$1.50 | LOX \$4
EGG \$2.50 | AVOCADO \$2.50 | LOCAL TOMATO \$1 | LOCAL ORGANIC LETTUCE \$1
ONION .75 | HOMEMADE PESTO \$2

BREAKFAST SPECIALS

BREAKFAST MELT: Eggs, Bacon, Shredded Cheese, Corn N' Bean Salsa, Cilantro Dressing, wrapped up in a Tortilla & Grilled.
Served with a side of our Homemade Secret Sauce.....\$11.75

BREAKFAST SALAD: Organic Local Lettuce, Corn N' Bean Salsa, Tomato, Shredded Pepper Jack, Egg, Bacon & Cilantro Dressing.
Can be prepared w/o meat & egg.....\$11.75

OATMEAL: Served with Butter, Cinnamon & Brown Sugar.....\$4.50
Add Any Additional Toppings Listed Below for .50

ADDITIONAL OATMEAL TOPPINGS .50 EACH

RAISINS | BANANA | BLUEBERRIES | APPLE | HONEY | WALNUTS | CANDIED PECANS
COCONUT OIL | ORGANIC PEANUT BUTTER | ORGANIC MAPLE SYRUP
COCHOLATE CHIPS | RASPBERRY JAM



LUNCH

MONDAY - FRIDAY 11:00 am - 3:00 pm

SATURDAY 12:00 pm - 3:00 pm

SUNDAY CLOSED

SALADS

SERVED ON ORGANIC LOCAL GREENS OR WRAPPED IN A TORTILLA.

HALF SALAD.....\$6.75 | FULL SALAD OR WRAP.....\$12.25

SOUTHWEST SALAD: Black bean & Corn Salsa, Tomato, Cilantro Dressing, Crushed Tortilla Chips, Pepper Jack Cheese

JENNA: Blue Cheese, Fuji Apples, Candied Pecans, Dried Cranberries & Raspberry Dressing

GARDEN: Feta Cheese, Kalamata Olives, Tomato, Red Onion & Thyme Dressing

COLD SANDWICHES

ALL SANDWICHES SERVED WITH A SIDE OF SWEET POTATO SALAD, HALF SOUP OR CHIPS

CAPRESE: Lettuce, Tomato, Walnut Pesto & Mozzarella on Ciabatta.....\$12.50

BLT: Bacon, Local Lettuce, Tomato, Swiss Cheese, Mayo, Salt & Pepper on Ciabatta.....\$12.50

TUNA SALAD SAMMY: Fresh Made Tuna Salad, Lettuce, Tomato, Red Onion & Honey-Dijon on Ciabatta.....\$12.50

GRILLED ITEMS

GRILLED CHEESE: Cheddar & Provolone Cheese with Mayo on Ciabatta Served with a Half Bowl of Soup.....\$10.00

MOA: Grilled Chicken, Red Onion, Provolone Cheese & Walnut Pesto on Ciabatta Served with a Half Bowl of Soup.....\$12.50

BURRITO MELT: BBQ Glazed Chicken, Black Bean & Corn Salsa, Shredded Cheese & Cilantro Dressing.....\$12.50

OTHERS

SOUP DU JOUR: Our Daily Soup Served with Toast. HALF BOWL.....\$6.00 | FULL BOWL.....\$9.00

POTATO SALAD: SINGLE SERVING.....\$3.50 | HALF PINT.....\$5.50 | FULL PINT.....\$8.50



SMOOTHIES

SERVED ALL DAY EVERY DAY!

16oz | 20oz

THE BLUE HAWAIIAN \$8.00/\$9.00
BLUE BERRIES, MANGO, BANANA & SOY MILK

WAIMEA MONSTER \$8.00/\$9.00
KALE, MANGO, HONEY, BANANA & SOY MILK

LAZY SHAKA \$8.00/\$9.00
STRAWBERRIES, BANANA, YOGURT &
APPLE JUICE

16oz | 20oz

THE BLISS \$8.00/\$9.00
CHOCOLATE, PEANUT BUTTER, BANANA &
ALMOND MILK

LEILANI SUNSET \$8.00/\$9.00
STRAWBERRIES, MANGO, BLUEBERRIES, ACAI,
COCONUT OIL & SOY MILK

ADD-INS

SPIRULINA, PROTEIN POWDER, ORGANIC COCONUT OIL,
PEANUT BUTTER, ACAI PROTEIN, ESPRESSO SHOT

ACAI BOWLS

SERVED ALL DAY EVERY DAY!

THE KIMBAYA \$12.00
OUR ACAI SMOOTHIE BASE TOPPED WITH
HOMEMADE GRANOLA, PEANUT BUTTER,
BLUEBERRIES & HONEY

THE PUNATIC \$12.00
OUR SPIRULINA & KALE ACAI SMOOTHIE
BASE TOPPED WITH HOMEMADE GRANOLA,
HONEY & COCONUT SHAVINGS

ADDITIONAL TOPPINGS

BANANA, CANDIED PECANS, CHOCOLATE CHIPS,
WALNUTS, COCONUT SHAVINGS

ALL SMOOTHIES & ACAI BOWLS ARE MADE WITH FRESH FROZEN FRUIT. SO THEY'RE GOOD FOR YOU, DUH.