



BREAKFAST

MONDAY - FRIDAY 6:30 AM - 11:00 AM | SATURDAY 7:00 AM - 12:00 PM
SUNDAY 9:00 AM - 12:00 PM

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 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
CHOCOLATE CHIPS | RASPBERRY JAM



LUNCH

MONDAY - FRIDAY 11:00 AM - 3:00 PM | SATURDAY 12:00 PM - 3:00 PM
NO LUNCH SERVED ON SUNDAYS

SALADS/WRAPS

ALL ITEMS ARE MADE WITH LOCAL ORGANIC GREENS

HALF SALAD.....\$7.95 | FULL SALAD OR WRAP.....\$11.95

JENNA: Fuji Apples, Candied Pecans, Bleu Cheese, Dried Cranberries & Raspberry Vinaigrette.

CAESAR: Lemongrass Caesar Dressing with Yummy Beets, Kale, Carrots, Pumpkin Seeds & Fresh Crack Peppa.

GARDEN: Kalamata Olives, Kamuela Tomatoes, Red Onion, Feta Cheese, Fresh Crack Peppa & Thyme Vinaigrette.

SOUTHWEST: Black Bean & Corn Salsa, Kamuela Tomatoes, Cilantro Dressing, Pepper Jack Cheese, Crushed Tortilla Chips & Tahitian Lime.

COLD SANDWICHES

ALL SANDWICHES SERVED WITH SIDE SOUP, VEGAN MAC-SALAD, QUINOA SALAD OR POTATO SALAD. SUB GF BREAD FOR \$1.50.

TUNA: Tuna Salad, Local Organic Greens, Kamuela Tomato & Red Onion with Honey Mustard on Organic Multigrain Bread.....\$11.50

CAPRESE: Buffalo Mozzarella, Kamuela Tomato, Local Organic Greens & Walnut Pesto on Homemade Focaccia.....\$12.50
Sub GF Bread No Charge

BLT: Bacon, Local Organic Greens, Kamuela Tomato, Swiss Cheese & Mayo on Organic Multigrain Bread.....\$11.50

PASTRAMI: Pastrami, Local Organic Greens, Red Onion, Pepperoncini, Sauerkraut & Panilolo Aioli on Rye.....\$13.50

GRILLED ITEMS

ALL GRILLED ITEMS ARE COOKED ON A PANINI PRESS

GRILLED CHEESE: Cheddar & Provolone Cheese with Mayo on Organic Bread, Served with Soup.....\$10.50

MOA: Provolone Cheese, Red Onion, Walnut Pesto & Chicken on Organic Bread, Served with Soup.....\$12.50

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

ADD-ONS

HALF.....\$2.00 | FULL.....\$3.50

CHICKEN | BACON | QUINOA SALAD (GF/V) | EGG SALAD | TUNA SALAD | AVOCADO SMASH (GF/V)

SIDES

SINGLE.....\$3.50 | HALF PINT.....\$6.25 | FULL PINT.....\$10.50

QUINOA SALAD (GF/V) | VEGAN MAC-SALAD (GF/V)

PURPLE SWEET POTATO SALAD (GF)

SOUP OF THE DAY

SERVED WITH ORGANIC TOAST

HALF BOWL.....\$5.50 | FULL BOWL.....\$8.00

All of our sauces, salsas, soups & specials are homemade from scratch. Shopping locally first for organic fruits & vegetables allows us to offer a menu that's gmo-free with vegan & gluten-free options for all. Make your mama proud & eat well.



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.