

-SALADS-

side \$4 · regular \$6.50 · entree \$12
add fritters \$4.00

Farm Fare

organic tossed greens, carrots, cucumbers, tomatoes, sunflower sprouts, and a side of housemade sauerkraut, served with papaya seed dressing

Vegan Caesar

organic baby romaine, croutons and micro greens tossed in house caesar dressing served with a side of balsamic eggplant

HeartBeet

steamed Paauilo Forest Farm beets tossed with heart of palm, basil and garlic balsamic, served over a bed of baby greens

Kale

garden fresh organic kale tossed in sesame ginger dressing with seasonal toppings

-and MORE-

'Ulu Poke | \$5.50

'ulu, limu, onion, cherry tomatoes, green onions, 'inamona served with amino macadamia nut dressing on a bed of greens

Zucchini Pesto Pasta | \$9

raw zucchini noodles tossed in **macadamia nut pesto** topped with fresh tomatoes and avocados

Zucchini Tomato Pasta | \$10

raw zucchini noodles topped with **sun-dried tomato sauce and olives**

Raw Nori Wrap | \$7.50

nori wrapped with macadamia nut spread, avocado, sauerkraut, carrots and sprouts. Your choice of sauce available at the pick up station.

-BUCKWHEAT PANCAKES-



\$8

gluten-free pancakes with your choice toppings:

avocado & goat cheese

OR

fresh fruit, butter & maple syrup

Sugarcane ~ Kō

Sugarcane is an ancient food used in traditional cultures

for its healing

qualities and

delicious taste. Fresh

pressed, raw

sugarcane juice

contains

antioxidants,

electrolytes and

amino acids, making

it a great pre & post-workout drink and

immune booster. Sugarcane has a

nutritional profile similar to wheatgrass -

containing Chlorophyll, Iron, B Vitamins,

Calcium, Potassium and Magnesium.

Raw sugarcane juice is relatively low on

the Glycemic Index - between 30 & 40,

and may be well tolerated by people

dealing with blood sugar imbalances.

Sugar cane is grown on our family farm

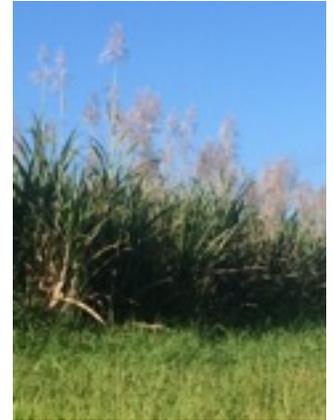
in Onomea with no chemical fertilizers or

pesticides. Korean Natural Farming

methods are used to enhance the health

of the soil and the plants. Cheers to

health!



Sweet Cane Staff Favorites 

Blue Zones Project Approved Dishes 

Mahalo to our farmers

Aloha Living Foods, Puna

Big Island Bites, Ka'u

Clive Cheetam, Kapoho

Dr. Paulo's Kona Coffee & Macnut Farm, Kona

Ginger Ridge Farms, Kea'au

Hawaii Bee Company, Pahoa

Hokulele Coffee, Ka'u

Island Harvest Organics, Pahoa

Johnson Family Farms, Opihikao

Kamakani's Farm, Ka'u

Lone Palm Farm, Kapa'au

Mango Mana, Kona

Nora P Galarse, Kea'au

Paauilo Forest Farm, Pa'auilo

Piialoha Farms, Onomea

Puna Greens Lettuce, Puna

Pyramid Family Farm, Captain Cook

WOW Farms, Waimea

OK Farms, Hilo



Sweet Cane – Cafe –



Sweet Cane is a family owned farm-to-table cafe, serving Hilo since 2011. Our vegetarian menu is built from the highest quality fresh organic ingredients, and inspired by locally sourced seasonal produce. Our kitchen is free of genetically modified ingredients, artificial flavors, colors and fillers. We are proud to support Hawaii's growing food sovereignty movement.

All menu items can be made vegan and gluten free upon request.

Menu items may change due to the use of locally grown seasonal ingredients.

In an effort to save the environment there is a \$0.25 charge for all to-go items

48 Kamanā St | (808) 934-0002
www.sweetcanecafe.com



-SMOOTHIES-

cane juice based \$5.75 · 16oz | \$6.75 · 20oz | \$7.75 · 24oz

-SMOOTH & CREAMY-

Acai Smoothie

acai, banana, blueberries, macnut milk (no cane)

Blue Crush

blueberries, bananas, coconut milk, ice

Piña Colada

pineapple, coconut milk, lemon, ice

Strawberry Lassi

strawberry, banana, yogurt

Vanilla Shake

half n half, vanilla, banana, ice

-EXOTIC FLAVORS-

Durian Cacao

durian, banana, cacao, coconut milk, ice

Tropics

mango or liliko'i, banana, coconut milk, ice

Pitaya

local dragonfruit, liliko'i, banana

Starburst

starfruit, goji berry, liliko'i, ice

Sunrise

papaya, pitaya, lemon, ice

Spice It Up

papaya or mango, ginger, turmeric, ice

-FEELING NUTTY?-

Chocolate Crave

banana, peanut butter, cacao, ice

Nutty Treat

pumpkin, banana, peanut butter, coconut milk

Hawaiian Supa'man

taro, banana, macadamia nut butter

Protein Shake

cane, macnut milk, hemp & pea protein, avocado, banana

-GET YOUR GREENS-

Go Green

kale, parsley, banana

Kale Yeah

kale, cucumber, lemon, ginger, ice

Pina Kaleada

pineapple, kale, coconut milk, ice

Spirulina Zing

banana, pineapple, spirulina, macnut milk, ice

-SWEET CANE DRINKS-

\$4 | \$5 | \$6

Fresh Pressed Raw Cane

Lemon Limeade

Lilikoi Cane +.50

Coconut Limeade +.50

Tummy Tonic +\$1 (acv & ginger)

-IMMUNITY BOOSTS-

Wellness Shot | \$2 · 2oz

ginger, turmeric, noni, liliko'i, lemon, cayenne

Noni Shot | \$4 · 4oz

fresh noni puree, lemon, cane

-BOWLS-

\$7.50 · 16oz | \$10 · 24oz

Acai acai, berries, banana, macnut milk, layered with homemade granola, topped with sliced banana & coconut flakes

Pitaya pitaya, berries, banana, cane, layered with homemade granola, topped with sliced banana & coconut flakes

Chia

soaked chia seeds, coconut milk & honey. topped with fresh sliced banana, frozen berries, and bee pollen.

+ \$2 **Omega** + chia, hemp, bee pollen & honey

+ \$2 **Cacao** + cacao powder, nibs & chocolate sauce

\$9 · 16oz | \$12 · 24oz

Super Bowl acai blend with kale & spirulina, topped with sprouted buckwheat, chia seeds & hemp seeds, goji berries & honey

Yogurt Bowl pitaya blend with yogurt, topped with homemade granola, banana, goji berries and bee pollen

-PICK ME UP BLENDS-

cane juice based

\$5.75 · 16oz | \$6.75 · 20oz | \$7.75 · 24oz

Blueberry Buzz

blueberries, coffee, half n half

Coconut Mocha

coconut milk, cacao, coffee, ice

Coconut Matcha

coconut milk, matcha green tea, vanilla, ice

-ELIXIRS-

cane juice based

\$5.75 · 16oz | \$6.75 · 20oz | \$7.75 · 24oz

Alkalize Me

blueberries, cane, spirulina, lemon, ice

Turmeric Mylk

turmeric, cane, mac nut milk, black pepper, cinnamon

Holy Cacao

coconut milk, cacao, reishi, ice

Spiced Chocolate +\$1

cane, macnut, cashew, cacao, pea protein, reishi, chaga, cinnamon & vanilla

-COFFEE-

Organic Kona Cold Brew | 16oz \$4 · 20oz \$5 · 24oz \$6

Ka'u Hot Coffee | 12oz \$4 · 16oz \$5

optional: cane, macnut milk, coconut milk, and/or half n half

Organic Kona Cold Brew Blends | \$5.50 · \$6.50 · \$7.50

Macaccino cold brew, cane, macnut milk, cacao, maca

Ginger Kick cold brew, cane, hemp seeds, ginger, vanilla

Wake Up Spice cold brew, cane, coconut milk, cinnamon, cayenne

-TEA-

Iced Tea mamaki, tulsi, or mint \$4 · \$5 · \$6

Assorted Hot \$2

-VEGGIE BURGERS-

\$9.50 | add side salad \$4



Taro · Chipotle Taro · Jalapeno 'Ulu

housemade taro or 'ulu patty on a toasted whole wheat bun topped with cheddar, sprouts, tomatoes, carrots, with housemade taronaise

Fritters | \$5

taro or chipotle taro patty crisped in coconut oil

-SANDWICHES-

\$7.50 | add side salad \$4

- organic locally made bread - gluten free bread available -

Avocado

avocado, cheddar, tomatoes, carrots and alfalfa sprouts

Macadamia Nut Pesto

housemade macadamia nut pesto, melted parmesan, tomatoes and alfalfa sprouts

Mediterranean

avocado, balsamic eggplant, cucumber, microgreens & pesto

Pickled Pepper

avocado, house made pickled peppers, tomatoes, cucumber, alfalfa sprouts and garlic mac nut spread

Roasted Veggie

seasonal slow roasted veggies topped with melted cheddar cheese and tomatoes

Grilled Cheese | \$6.00

cheddar cheese and sliced tomato

Bagel Sandwich | \$6.50

cream cheese, avocados, tomatoes and alfalfa sprouts

Vegan Bagel Sandwich | \$7.00

macnut spread, avocados, tomatoes, alfalfa sprouts

-DAILY SOUP SPECIAL-

\$4 · 12oz

\$5.75 · 20oz

-POI BOWLS-

\$8 | Pili'alo'ha Poi topped with your choice:
limu salad & avocado · sauerkraut & avocado
seasonal fruit & cacao nibs

-QUINOA BOWL-

\$9.50 | organic quinoa topped with seasonal veggies and a house made sauce.