

## -SALADS & WRAPS-

\$9 salads | \$11 wraps

+ \$3 add choice of taro or 'ulu fritter

add puna goat cheese, cheddar cheese, avocado, pesto, or macnut spread for \$1 each

### Caesar



organic romaine, micro greens, balsamic eggplant, and croutons, served with vegan caesar dressing

### Farm Fare

organic lettuce, carrots, cucumbers, sunflower sprouts, tomatoes, and house made sauerkraut, served with papaya seed dressing

### HeartBeet

steamed Paauilo Forest Farm beets with local heart of palm tossed over fresh organic greens and basil leaves, served with garlic balsamic dressing

### Kale

garden fresh organic kale with goat cheese, avocado and red onion, served with sesame ginger dressing

## -ZUCCHINI PASTA-

✔ Pesto - \$9

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

✔ Sundried Tomato - \$10

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

✔ -FRITTERS-

crisped in coconut oil

\$5 per

\$7 variety

cumin taro

chipotle taro

jalapeno 'ulu

cassava

## Sugarcane ~ Kō

Sugarcane is an ancient food used in traditional cultures

for its healing

qualities. Fresh

pressed, raw

sugarcane juice is

nutritious and

satisfying. It contains

antioxidants,

electrolytes and

amino acids, making

it a great post-workout drink and

immune booster. Sugarcane has a

nutritional profile similar to wheatgrass -

containing Chlorophyll, Iron, B Vitamins,

Calcium, Potassium and Magnesium. It is

rich in complex carbohydrates and very

low in simple sugars - between

10%-15%. Is it low on the Glycemic Index

- between 30 & 40, and may be well

tolerated by some diabetics. Our cane is

grown on our family farm in Onomea

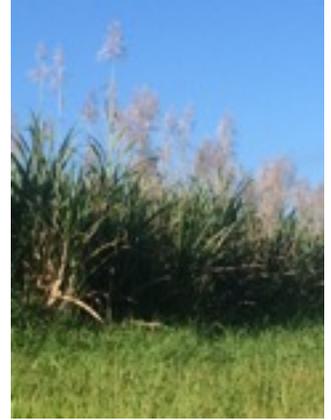
with no chemical fertilizers or pesticides.

We press it fresh and it undergoes no

further pasteurization or processing,

ensuring optimal nutrition. Cheers to

health!



# 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

Piliialoha Farms, Onomea

Puna Greens Lettuce, Puna

Pyramid Family Farm, Captain Cook

WOW Farms, Waimea



# Sweet Cane

– By The Bay –



*Sweet Cane is a family owned farm-to-table cafe, serving Hilo since 2011. Our vegetarian menu is built from the best 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.*

Due to the use of seasonal ingredients, we apologize in advance if some menu items are not available.

\*\$0.25 charge for all to-go items\*

116 Kamehameha Ave | (808) 657-4198  
Order Online at [www.sweetcanecafe.com](http://www.sweetcanecafe.com)



## -SMOOTHIES-

cane juice based  
20oz \$6.75

### - SMOOTH AND 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

### - NUTTER BUTTERS -

#### Chocolate Crave

banana, peanut butter, cacao, ice

#### Nutty Treat

pumpkin, banana, peanut butter, coconut milk

#### Hawaiian Supa'man

taro, banana, macadamia nut butter

### - GREEN GOODNESS -

#### Go Green

kale, parsley, banana

#### Kale Yeah

kale, cucumber, lemon, ginger, ice

#### Piña Kaleada

pineapple, kale, coconut milk, ice

#### Spirulina Zing

banana, pineapple, spirulina, macnut milk, ice

## -SWEET CANE DRINKS-

20oz \$5

### Fresh Pressed Raw Cane

Lilikoi Cane

Lemon Limeade

Coconut Limeade

## -IMMUNITY BOOSTS-

### Wellness Shot | 2oz \$2

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

### Noni Shot | 4oz \$4

fresh noni puree, lemon, cane

## -BOWLS-

24oz

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

**Pitaya** local dragonfruit, liliko'i, banana, cane, layered with homemade granola, topped with sliced banana & coconut flakes

or turn any smoothie into a 24 oz bowl

### Original | \$10

granola, sliced bananas, coconut flakes

### Omega | \$12

granola, bananas, coconut flakes, chia, hemp, bee pollen, honey

### Cacao | \$12

granola, bananas, coconut flakes, cacao powder, cacao nibs & chocolate sauce

### Chia Bowl | \$10

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

## -PICK ME UPS-

20oz \$6.75

### Blueberry Buzz

cane, blueberries, coffee, half n half

### Coconut Mocha

cane, coconut milk, cacao, coffee, ice

### Coconut Matcha

cane, coconut milk, matcha green tea, vanilla, ice

### Holy Cacao

cane, coconut milk, cacao, reishi, ice

## -ELIXIRS-

20oz \$6.50

### Alkalize Me

blueberries, cane, spirulina, lemon, ice

### Turmeric Mylk

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

### Protein Shake

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

### Tummy Tonic

cane, ginger, apple cider vinegar

## -COFFEE-

### Ka'u Hot Coffee

12oz \$4 · 16oz \$5

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

### Organic Kona Cold Brew

20oz \$5

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

### Organic Kona Cold Brew Blends

20oz \$6

### 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-

hot assorted teas

12oz \$3 · 16oz \$4

iced: mamaki, tulsii or mint

20oz \$5

## -SANDWICHES-

\$7.50 | add side salad \$4

local organic 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, cucumbers, micro greens and pesto

### Pickled Pepper

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

### Roasted Veggie

seasonal slow roasted veggies topped with melted cheddar cheese and tomatoes

### Sprouted Whole Wheat Bagel | \$6.50

cream cheese, avocados, tomatoes and alfalfa sprouts

### Vegan Bagel Sandwich | \$7.00

macnut spread, avocados, tomatoes, alfalfa sprouts



## -POI BOWLS-

\$7.50 | add a side garden salad \$4

### Piiialoha Farm Poi

topped with your choice:

seasonal fruit & cacao • limu salad & avocado

sauerkraut & avocado



## -DAILY SOUP SPECIAL-

\$3.75 12oz

\$5.25 20oz



Sweet Cane Staff Favorites



Blue Zones Project Approved Dishes