

-SALADS-

side \$4 · regular \$8 · entree \$12
add fritters \$4.00

all dressings are housemade

Farm Fare



organic summer mix greens, carrots, cucumbers, and tomatoes, with a side of housemade sauerkraut, and papaya seed dressing

Caesar

organic lettuce tossed in caesar dressing served with a side of balsamic eggplant and topped with housemate croutons (vegan)

HeartBeet

heart of palm and organic steamed beets served on a bed of lettuce

Kale

garden fresh organic kale, red onions, and local goat cheese tossed with sesame ginger dressing

-and MORE-

'Ulu Poke | \$5.50



'ulu, limu, onion, cherry tomatoes, and 'inamona mixed with macadamia nut dressing served on a bed of greens

Zucchini Pesto Pasta | \$9



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

Zucchini Tomato Pasta | \$10

pan warmed zucchini noodles topped with **sun-dried tomato sauce, botija olives, and parmesan**

Raw Nori Wrap | \$7.50



avocado, sauerkraut, carrots and sprouts with macadamia nut spread, wrapped in nori

-BUCKWHEAT PANCAKES-

-all organic & gluten free-
your choice of toppings:

fresh fruit, butter & maple syrup | \$8
OR

avocado & goat cheese | \$9

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

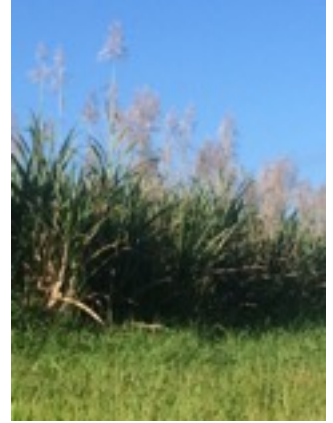
in Onomea with no chemical fertilizers or

pesticides. Korean Natural Farming

methods are used to enhance the health

of the soil and the plants. Cheers to

good health!



Sweet Cane Staff Favorites



Blue Zones Project Approved Dishes



Mahalo to our farmers

Aloha Living Foods

Big Island Bites

Clive Cheetam

Dr. Paulo's Kona Coffee & Macnut Farm

Ginger Ridge Farms

Hawaii Bee Company

Hokulele Coffee

Ohana Organics

Johnson Family Farms

Kamakani's Farm

Lone Palm Farm

Mango Mana

Nora P Galarse

Paauilo Forest Farm

Piliialoha Farms

Puna Greens Lettuce

Pyramid Family Farm

WOW Farms

OK Farms



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, and artificial flavors. We are proud to support Hawaii's food sovereignty movement.

All menu items can be made vegan and gluten free.

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 Kamañā St | (808) 934-0002

www.sweetcanecafe.com



updated March 31, 2017

- SMOOTHIES -

cane juice based \$6.25 · 16oz | \$7.25 · 20oz | \$8.25 · 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

- EXOTICS -

Durian Cacao

durian, banana, cacao, coconut milk, ice

Tropics

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

Pitaya

dragonfruit, strawberry, banana

Starburst

starfruit, goji berry, liliko'i, ice

Sunrise

papaya, pitaya, lemon, ice

Spice It Up

papaya or mango, ginger, turmeric, ice

- FEELIN' 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 -

16oz \$4.50 | 20oz \$5.50 | 24oz \$6.50

Fresh Pressed Raw Cane

Lemon Limeade

Lilikoi Cane +.50

Coconut Limeade +.50

- IMMUNITY BOOSTS -

Wellness Shot | \$2 · 2oz

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

Noni Shot | \$4 · 4oz

fresh noni puree, lemon, cane

- BOWLS -

\$8.50 · 16oz | \$10.50 · 24oz

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

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

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

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

\$10 · 16oz | \$12.50 · 24oz

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

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

Poi-fect Bowl

acai or pitaya blend, topped with granola, bananas, Pili-loha Poi and macadamia grinds

- PICK ME UP -

cane juice based

\$6.25 · 16oz | \$7.25 · 20oz | \$8.25 · 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

\$6.25 · 16oz | \$7.25 · 20oz | \$8.25 · 24oz

Alkalize Me

blueberries, 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

Tummy Tonic

cane with a splash of apple cider vinegar & ginger

- COFFEE & TEA -

Organic Kona Cold Brew | 16oz \$4.50 · 20oz \$5.50 · 24oz \$6.50

or **Hot Coffee** | 12oz \$4.50 · 16oz \$5.50

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

Organic Kona Cold Brew Blends | \$6.25 · \$7.25 · \$8.25

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

Iced Tea mamaki or mint \$4.50 · \$5.50 · \$6.50

Assorted Hot Teas \$2.50

- ICE CREAM -

Vanilla Ice Cream \$5 / 2 scoops

Seasonal sorbets \$5 / 2 scoops

- 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, tomatoes, carrots, sprouts, with housemade taronaise

Chipotle Black Bean · **Chickpea**

housemade chipotle black bean or breaded chickpea patty on a toasted whole wheat bun topped with cheddar, tomatoes, carrots, sprouts, with housemade macadamia nut spread and taronaise

Fritters | \$5

cassava fritters, or any burger above, crisped in coconut oil

- SANDWICHES -

\$8.50 | add side salad \$4

- housemade 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, cucumber, greens & pesto

Pickled Pepper

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

Roasted Veggie

roasted veggies topped with melted cheddar cheese and tomatoes

Grilled Cheese | \$6.50

cheddar cheese and sliced tomato

Bagel Sandwich | \$7

cream cheese, avocados, tomatoes and alfalfa sprouts
-vegan option available: garlic mac nut spread-

- SOUP -

\$4 · 16oz

\$5.75 · 22oz

- POI BOWL -

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