



# M E N U

K A N A K A K A V A

## TRADITIONAL FOODS

**PUPU PLATTER** \$29

A variety dish which includes poi, uala, squid luau, lomi salmon and kalua pork

## PLATES

Served with your choice of any two sides below:  
Rice, local green salad, uala, ulu, poi, garlic bread, lomi salmon, squid luau

**LAU LAU PLATE** \$24

Slow cooked pork shoulder and butterfish wrapped in taro leaves

**KALUA PORK PLATE** \$22

Pork shoulder slow cooked in Hawaiian sea salt

**FISH PLATE (Seasonal)** \$26

Your choice of seared or pan fried ahi drizzled with our house made teriyaki sauce

**TOFU PLATE** \$21

Pan fried tofu drizzled with our house made teriyaki sauce

## POKE BOWLS

Served on a bed of rice with uala, kimchi and seaweed salad

**HAWAIIAN STYLE** \$22

Ahi prepared old school hawaiian style

**SPICY NUI** \$22

Ahi, green onions, tobikko and sesame seeds mixed in our house made spicy aioli

**SHOYU SESAME TOFU** \$20

Tofu and furikake mixed in soy sauce and sesame oil, topped with green onions

\* Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs can increase your risk of food borne illness



VEGAN

## SIDE ORDERS

**LOCAL GREEN SALAD** \$7  
Mixed greens topped with sesame dressing

**UALA** \$7  
Steamed purple sweet potato

**ULU** \$7  
Breadfruit stewed in coconut milk, honey, and lemon

**POI** \$7  
Pureed taro root

**KALO** \$8  
Steamed taro root stewed in coconut milk, honey, and lemon

**GARLIC BREAD** \$7  
Vegan option available

**LOMI SALMON** \$7  
Diced tomato, onion, and cured salted salmon

**SQUID LUAU** \$10  
Squid, Octopus, and taro leaf stewed in coconut milk

**POKE (Seasonal)** \$9  
Hawaiian Style or Spicy Nui

**TOFU POKE** \$7  
Tofu and furikake mixed in soy sauce and sesame oil

**KALUA PORK** \$9  
Pork shoulder slow cooked in Hawaiian sea salt

**LAU LAU** \$9  
Pork shoulder and butterfish slow cooked and wrapped in taro leaves

**KIMCHI** \$2

**RICE** \$2

**CHILI PEPPER WATER** \$1

## WHOLE + SWEET

**FRESH WAIPIO POI BOWL** \$14  
Served with honey, granola, almonds, blueberries, bee pollen, coconut flakes, and a scoop of acai

**HAUPIA SWEET POTATO PIE** \$8  
Vegan pastry crust layered with purple sweet potato and a sweet creamy coconut pudding



# M E N U

K A N A K A K A V A

## ‘AWA OFFERINGS

ADD A DROP OF OUR HAWAIIAN ‘AWA ROOT EXTRACT FOR AN ADDITIONAL \$2

	APU (16OZ)	KANOA (64OZ)
<b>FRESH HAWAIIAN ‘AWA</b> Locally grown, harvested, and processed here on the Hawaiian Islands consisting of many different Hawaiian varieties	\$7	\$28
<b>POTENT KAVA</b> Sourced from Fiji, Tonga or Vanuatu	\$7	\$25
<b>JUICE KAVA</b> Potent Kava mixed in a blend of passion fruit, orange, guava and pineapple juices. **Add a fresh fruit li hing mui skewer for an additional \$1	\$8	\$30

## ‘AWA TO-GO

WE CHARGE AN ADDITIONAL \$2 FOR PLASTIC TO-GO JUGS

<b>FRESH HAWAIIAN ‘AWA</b> Half Gallon	\$28
Gallon	\$48
<b>POTENT KAVA</b> Half Gallon	\$25
Gallon	\$45

BRING YOUR KANAKA KAVA GLASS GROWLER TO FILL WHEN PURCHASING TO-GO AND RECEIVE A DISCOUNT!

\*\* Kava is not advisable for women pregnant or nursing. If you are taking medications please consult a health practitioner prior to use

Enjoy Responsibly

## DRINKS + ELIXIRS

<b>POG</b> A blend of passion fruit, orange, and guava juices	\$3
<b>WAI MELI JUN</b> A living probiotic beverage made with raw honey and green tea	\$7
<b>HOT CACAO</b> Made with ceremonial grade cacao paste, oat milk, maple syrup and spices	\$6
<b>FRESH COCONUT WATER</b>	\$8
<b>COCOUNT WATER</b>	\$3
<b>KOMBUCHA</b>	\$4
<b>GINGERADE</b>	\$4
<b>SHAKA TEA</b>	\$4
<b>NONI HEALTH SHOT</b>	\$3
<b>SAMBAZON YERBA MATE</b>	\$4
<b>ALKALINE WATER (CUP 16OZ)</b>	\$2
<b>ALKALINE WATER (GALLON 128OZ)</b>	\$6

## WHAT IS ‘AWA?

The plant called ‘Awa in the Hawaiian language is known throughout the world as Kava. It has become prominent in alternative medicine for its ability to reduce anxiety, soothe sore muscles, and induce relaxation, calmness and sleep without being addictive or impairing the users judgement. Uses of ‘Awa range from ceremonial observances and offerings to recreational use. The known active ingredients in ‘Awa are the Kavalactones, which creates the relaxed and euphoric effect. Experience an authentic Hawaiian tradition and join us for a shell.

*‘Awa was the food of the gods, just as poi was to the Hawaiians. No religious ceremony was complete without the ‘Awa’.*

*-Ms. M.K. Pukui ca. 1942*