

## **Wraps**

*Served with chips*

***Wraps are prepared fresh using organic Indian Life flour/spinach tortillas***

**Organic Rosemary Chicken Wrap** **\$11.75**  
organic chicken, brown rice&quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, vegan lemon aioli, and homemade ginger citrus vinaigrette

**Organic Barbeque Chicken Wrap** **\$11.75**  
organic chicken, homemade barbeque sauce, brown rice&quinoa blend, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, vegan lemon aioli, and homemade ginger citrus vinaigrette

**Organic Barbeque Chicken & Hummus Wrap** **\$12.75**  
organic chicken, homemade barbeque sauce, homemade organic hummus, brown rice&quinoa blend, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, vegan lemon aioli, and homemade ginger citrus vinaigrette

**Salmon Croquette Wrap** **\$11.75**  
Homemade wild Alaskan salmon patties pan fried in organic coconut oil, brown rice/quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, vegan lemon aioli, homemade ginger citrus vinaigrette, and a drizzle of spicy barbeque sauce

**Ahi or Mahi Wrap** **\$13.75**  
Fish pan fried in organic coconut oil, brown rice/quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, vegan lemon aioli, homemade ginger citrus vinaigrette, and a drizzle of spicy barbeque sauce

## Vegan & Vegetarian Wraps/Salads

### Avocado Wrap (vegan)

**\$10.75**

Avocado, brown rice/quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, fresh mint, basil, vegan lemon aioli, homemade ginger citrus vinaigrette, and a drizzle of pepper sauce.

### Hummus & Black-Eyed pea Wrap (vegan)

**\$10.75**

homemade organic hummus, organic black-eyed peas, brown rice&quinoa blend, mixed greens, fresh basil, cucumber, shredded cabbage, vegan lemon aioli, and homemade ginger citrus vinaigrette

### Garden Salad

**\$7.00**

Mixed lettuce, cucumber, tomato, red onion, shredded cabbage, fresh basil, and homemade ginger citrus vinaigrette

### Kale Salad

**\$9.75**

Curly kale massaged with lemon & olive oil, tomatoes, cucumber, red onion, shredded cabbage, fresh basil & spearmint, honey organic honey cashews.

### Garden Beet Salad

**\$10.50**

Mixed lettuce & arugula, drizzled with homemade ginger citrus vinaigrette, cucumber, red onion, shredded cabbage, fresh lemon basil, coconut bacon, feta cheese, Kauai honey/orange dressing.

### Hummus Salad

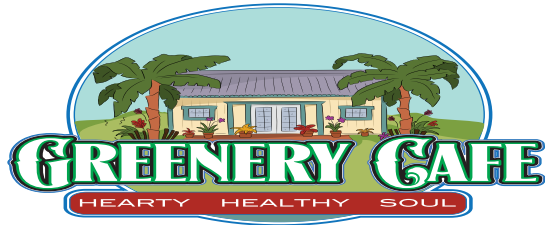
**\$10.75**

Kauai kale, massaged with lemon and olive oil, lettuce, tomato, red onion, shredded cabbage, fresh basil & spearmint, a scoop of brown rice/quinoa blend, house-made organic hummus, and homemade ginger citrus vinaigrette

### Additional salad toppings:

**organic chicken \$4.75**

**avocado \$ 2.00**



## **Plates:**

***Served with choice of 3 sides***

### **Organic Rosemary Chicken \$13.75**

***Organic boneless, skinless chicken thighs marinated in fresh rosemary and house spice blend***

### **Organic Barbeque Chicken \$13.75**

***Organic boneless, skinless chicken thighs marinated in fresh rosemary, spices, and house-made barbeque sauce***

### **Salmon Croquettes \$12.95**

***Family recipe, wild Alaskan salmon patties pan fried in organic coconut oil***

### **Fish Plate: \$14.50**

***Local fish, marinated in house seasonings, and pan fried in organic coconut oil***

### **Vegetarian Plate \$12.75**

***Your choice of 4 side dishes***

## **Sides:**

**Collard Greens    Sweet potato yams    Black-eyed peas**  
**Corn bread    Kale salad    Brown rice/quinoa blend**  
**Kimchi (spicy)    Garden salad    Namasu (pickled cucumbers)**  
**Purple potato salad**

### **Sides: a la carte, \$3.75**

**Email: [thegreenerycafe@gmail.com](mailto:thegreenerycafe@gmail.com)    (808)246-4567**

# Sandwiches:

*Served with chips*

- Organic curry chicken salad sandwich** **\$9.75**  
*Homemade chicken salad, organic lettuce, tomato, onion, fresh basil, organic mustard, organic mayo, spices*
- Grilled cheese sandwich** **\$7.00**  
*Monterey jack or cheddar cheese (Organic wheat or gluten free bread)*
- Avocado & cheese** **\$8.75**  
*Sliced avocado on organic wheat or gluten free bread, organic cheddar cheese, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil*
- Avocado/hummus (gluten free/vegan)** **\$8.75**  
*Sliced avocado on organic wheat or gluten free bread, organic cheddar cheese, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil*
- Italian chicken melt** **\$9.75**  
*Organic rosemary chicken, Monterey jack cheese, red onion, black olive, fresh basil, and Italian vinaigrette.*  
*Served with side of creamy aioli dipping sauce.*

## Soups/Stews: (based on availability)

- Coconut ginger mung bean soup, served with brown rice** **\$8.00**  
*Organic mung beans, organic coconut milk, fresh ginger, spices, fresh lemongrass*
- Turkey Chili served with brown rice** **\$9.00**  
*Shelton's natural ground turkey, organic tomatoes, organic beans, spices, and organic corn*

Email: [thegreenercafe@gmail.com](mailto:thegreenercafe@gmail.com) (808)246-4567

## Fresh brewed herbal iced tea

\*Basil/Spearmint  
12oz - \$2.75

\*Lemongrass  
16oz - \$3.75

## Kauai Noni /Ginger /with Honey (iced)

12oz. - \$5    16oz. -\$7

## Smoothies

12oz - \$6.00    16oz - \$8.00

### **Mango Sunrise**

**Mango, apple banana, ginger, turmeric, Kauai honey, rice milk**

### **Kauai Kale**

**kale, pineapple, apple banana, rice milk, fresh squeezed orange juice,**

### **Berry Protein**

**Organic mixed berries, banana, rice milk,  
organic hemp protein powder**

### **Tonia Colada**

**Pineapple, organic coconut milk, banana, ginger, rice milk**

## **Chocolate Protein shake**

**Organic vegan chocolate protein powder, organic chocolate syrup, rice milk,  
organic peanut butter, cinnamon**

## **Watermelon Juice**

**Fresh watermelon blended with ice & a splash of rice milk**

## Coffee & Blended drinks

### Pumpkin Spice Latte

(Hot or iced)

**Organic coffee, rice milk, vanilla extract, pumpkin spice, sweet potato puree, organic  
sugar**

### Coconut Crush (iced)

**Organic coffee, cinnamon, coconut milk, vanilla extract, rice milk**

12oz. \$5.75    16oz. \$7.75

**Dark Roast coffee**

**Decaf coffee**

**\$2.75**