

BEVERAGES

COLD

Lemongrass Iced Tea -

Unsweetened small \$3 large \$4

Basil & Spearmint Iced Tea

small \$3 large \$4

Sweet Lemonade small \$3 large \$4

Mango Juice small \$3 large \$4

Watermelon Juice small \$5 large \$7

Blended Beverages

small \$6 large \$8

Strawberry Protein Smoothie

Organic strawberries, Kauai banana, organic hemp protein powder, organic rice milk

Mango Sunrise Smoothie

Organic mango, Kauai banana, Kauai ginger & turmeric, Organic rice milk

Kauai Kale Smoothie

Organic Kauai Kale, pineapple, Kauai banana, orange, organic rice milk

Super food Noni, Ginger & honey Iced Tea

Kauai noni fruit, Kauai ginger, fresh harvested Kauai Honey, blended for a refreshing & energizing experience!

Coconut Crush –blended iced coffee

small \$6 large \$8

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

HOT BEVERAGES

Black Tea \$3

Coffee \$3

Pumpkin Spice Latte \$5



Open Mon-Fri 10:30am - 4:00pm

Organic Chicken & Fish

Organic Chicken Wraps \$12.75

**Served with chips*

Prepared using organic wheat & spinach tortilla, organic boneless skinless chicken thighs, brown rice & quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, shredded cabbage, lemon aioli, and homemade ginger citrus vinaigrette

Rosemary Chicken or *BBQ Chicken

Fresh Fish Wrap \$13.75

**Served with chips*

Prepared using organic wheat & spinach tortilla, brown rice & quinoa blend, tomatoes, mixed greens, fresh basil, red onion, cucumber, lemon aioli, and homemade ginger citrus vinaigrette, mild pepper sauce

Mahi Mahi Salad \$12.75

Mahi Mahi fish pan cooked in coconut oil, lettuce, tomato, shredded cabbage, red onion, cucumber, basil, and homemade ginger citrus vinaigrette

Curry chicken salad sandwich \$10

Served on organic wheat or gluten free bread, lettuce, tomato, organic mustard, shredded cabbage, red onion, and fresh mint.

Curry Chicken Salad \$10

Organic curry chicken, red onion, cabbage, grapes, Green Leaf lettuce, served with side of orange vinaigrette

Organic Rosemary Chicken Salad \$11

Organic chicken, lettuce, tomato, shredded cabbage, red onion, cucumber, basil, and homemade ginger citrus vinaigrette

A La Cart SIDE DISHES

Collard Greens \$4

Sweet potato yams \$4

Kale salad or garden salad \$5

Black-eyed peas \$4

Corn bread \$2

Brown rice/quinoa blend \$2

Kimchi(spicy) \$4

Namasu (pickled cucumbers) 4

Vegetarian & Vegan

Superfood Kale Salad \$12

Curly kale massaged with lemon & olive oil, seedless grapes, caramelized apple, avocado, cucumber, red onion, sunflower seeds, fresh basil & spearmint, homemade ginger citrus vinaigrette

Hummus Salad \$12

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

Coconut-Ginger Mung Bean Soup

**Vegan & hearty*

16oz. \$10 8oz. \$6

Organic mung beans, organic coconut milk, fresh ginger, moringa, spices, fresh lemongrass. Served with brown rice & quinoa blend

Avocado & cheese Sandwich \$10

Sliced avocado on organic wheat or gluten free bread, cheddar cheese, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil

Avocado/Hummus Sandwich \$11

Sliced avocado on organic wheat or gluten free bread, organic hummus lettuce, tomato, shredded cabbage, red onion, fresh mint & basil.

Hummus & Black-Eyed pea Wrap \$12.75

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

Avocado Wrap \$11.75

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.

Add to your wrap...

Chicken: \$5.75

Hummus: \$3.75

Avocado: \$2.75

Cheese: \$1.25

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