



(808-246-4567/808-635-2752)

## SALADS

Served with house vinaigrette on side

### FRESH FISH SALAD

Organic lettuce, onions, tomatoes, cabbage, cucumber,  
& Fresh Fish, \$14

### BARBEQUE CHICKEN SALAD

Organic Lettuce, cabbage, cucumber, fresh basil &  
organic barbeque chicken, & crotons \$ 13

### CURRY CHICKEN SALAD

Organic curry chicken, organic lettuce, organic grapes,  
onions, and cabbage \$ 13

### KALE SUPERFOOD SALAD (VEGAN)

Massaged Kale, grapes, sunflower seeds, cabbage,  
cucumbers, fresh basil, avocado, & caramelized apple  
\$ 14

## WRAPS

(served with chips)

### FRESH FISH WRAP

Fresh Fish, Organic Flour tortilla, onions, tomatoes,  
vegan aioli, brown rice quinoa blend, and homemade  
lemon ginger dressing \$14

### ROSEMARY CHICKEN WRAP

Organic Chicken, mix greens, cabbage, cucumber,  
basil, onions, vegan aioli, homemade dressing, and  
brown rice quinoa blend \$ 13

### HUMMUS BLACK EYED PEAS WRAP (VEGAN)

Organic Flour Tortilla, vegan aioli, mix greens,  
cucumbers, cabbage, homemade dressing, hummus,  
black eyed peas, fresh basil, & brown rice quinoa  
\$13

### AVOCADO WRAP (VEGAN)

Organic Flour Tortilla, Avocado, mix greens, onions,  
tomatoes, cabbage, fresh basil, brown rice quinoa,  
vegan aioli, spicy sauce, & homemade dressing  
\$13

## SANDWICHES

(SERVED WITH CHIPS)

**CURRY CHICKEN SALAD SANDWICH** Lettuce,  
onions, organic Wholewheat bread, tomatoes, basil,  
vegan aioli, mustard, and organic curry powder,  
organic chicken \$ 11

**AVOCADO CHEESE SANDWICH** Organic  
Wholewheat bread, local avocado, mustard, lettuce,  
tomato, red onion, cabbage, vegan aioli \$10

**VLT -Smoked Tempeh Sandwich (vegan)** \$11

**PLATES served with 3 sides:**

*brown rice / quinoa, garden salad, sweet potato yams,  
corn bread, kale salad, black eyed peas, collard greens*

**FRESH FISH PLATE (market \$)**

**ROSEMARY CHICKEN PLATE \$16**

**SOUP (vegan)**

**COCONUT GINGER MUNG BEAN SOUP** Organic Mung beans,  
organic coconut milk, onions, bell pepper, ginger, seasonings,  
lemongrass & moringa leaf or spinach (served with  
brown rice/quinoa blend). \$ 10

## TEAS/JUICES/SMOOTHIES

**BASIL SPEARMINT TEA 16oz \$4**

**LEMONGRASS TEA \$4**

**TAHITIAN LIME LEMONADE 16oz \$4**

**SUPERFOOD NONI GINGER TEA 16oz \$8**

**WATERMELON JUICE 16oz \$6**

**STRAWBERRY PROTEIN SMOOTHIE \$7**

**MANGO SUNRISE SMOOTHIE. \$8**

**KAUAI KALE SMOOTHIE \$8**