

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

Organic Smoothies

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 10:00am - 4:30pm

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*house favorite *BBQ Chicken

BBQ Chicken & Hummus (add \$2)

FISH Wrap (Ahi or Mahi Mahi) \$13.75

Curry chicken salad sandwich \$10

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

Organic Chicken Salads

Organic Chicken Cesar Salad \$9.75

Organic chicken, organic croutons, tomato, parmesan cheese, organic Cesar dressing

Organic Rosemary Chicken Salad \$10.75

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

Organic Chicken Plates

Served with choice of 3 sides

Organic Rosemary Chicken \$14.75

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

Organic Barbeque Chicken \$14.75

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

Ahi or Mahi PLATE \$14.75

Served with choice of 3 sides

*FLAVORFUL vegetarian SIDE DISHES

Collard Greens

Sweet potato yams

Purple potato salad

Kale salad

garden salad

Black-eyed peas

Corn bread

Brown rice/quinoa blend

Kimchi(spicy)

Namasu (pickled cucumbers)

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 \$11

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

Garden Salad \$7

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

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, organic cheddar cheese, lettuce, tomato, organic mustard, shredded cabbage, red onion, fresh mint & basil

Avocado/Hummus Sandwich \$10

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

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.

Hummus & Black-Eyed pea Wrap \$11.75

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

Vegetarian Sides

(a la carte \$4.50)

Add Chicken: \$5.75

Add Avocado: \$2.75

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