

## PASTRIES

**CROISSANT \$5.5**

**ALMOND CROISSANT \$7**

**CHOCOLATE CROISSANT \$7**

**BAGEL \$5**

**SCONE \$5.5**

**ENERGY BAR \$5**

**COOKIES \$4**

**CINNAMON ROLL \$6**

**BANANA BREAD \$6**

**BROWNIE (GF) \$5.5**

**ZUCCHINI MUFFIN (GF) \$6**

**QUINOA VEGAN MUFFIN \$6**

## BREAKFAST

**AVOCADO TOAST \$13**

12 grain, Keauhou avocado,  
Kalamata olives, feta cheese

**CROISSANT SANDWICH \$9**

Ham, Swiss & egg

**BREAKFAST BURRITO ✕ \$10.5**

Flour tortilla, scrambled eggs, cheddar cheese  
Portuguese sausage, tomato & onions

**FRESH FRUIT**

**Melons \$9.5 | Berries \$10**

**BAGEL SANDWICH ✕ \$10.5**

Scrambled eggs, cheddar cheese & bacon  
on a toasted plain bagel

**BREAKFAST PANINI ✕ \$10.5**

Sausage, scrambled eggs & cheese on an English Muffin

**EGG WHITE WRAP (V) ✕ \$9.5**

Whole-wheat tortilla, egg whites, cheddar cheese  
spinach & roasted red peppers

**QUICHE ✕ \$8**

Choice of **Spinach, Onion, Mushroom (V)**  
or **3 Cheese & Ham**

## CUPS & BOWLS

**COCONUT CHIA PUDDING (VGN, GF) \$9.5**

Choice of: **Blueberries,**  
**Strawberries** or **Banana**

**OVERNIGHT OATS W/FRUIT (VGN) \$9.5**

Rolled oats, flax seed chia & almond milk

**YOGURT PARFAIT (V, GF) \$9.5**

Layers of yogurt, fruit, and granola topped  
with your choice of **Honey** or **Agave**

**THE CLASSIC ACAI BOWL (VGN, GF) \$17**

Acai sorbet topped with house made granola, banana,  
blueberries, coconut & agave.

**PB&J ACAI BOWL (V, GF) \$17**

Acai sorbet blended with almond milk & peanut butter. Topped with  
house made granola, banana, honey & chia seeds

**POWER COCO ACAI BOWL (V, GF) \$17**

Acai sorbet blended with coconut water, spirulina & protein powder.  
Topped with house made granola, banana, coconut flakes & chia seeds

## LUNCH

All sandwiches & wraps are served with a **PICKLE WEDGE** & bag of **CHIPS**

### SANDWICHES

**PESTO CHICKEN PANINI \$17**

Roasted chicken, tomato & basil  
buffalo mozzarella on Ciabatta

**ROASTED TURKEY HOAGIE \$17**

Roasted turkey, lettuce, tomato, shaved  
red onion, mayo, red wine vinaigrette  
pepperoncini & provolone

**PASTRAMI PANINI \$17**

Telera roll, Swiss cheese, pastrami,  
sauerkraut with Dijon mustard

**FAVORITES ✕ \$14**

**Tuna salad** or **egg salad (V)** with lettuce  
on whole wheat

### WRAPS

**CHICKEN CAESAR ✕ \$14**

Baby romaine lettuce, chicken &  
Parmesan cheese with  
Caesar Cardini dressing

**CHICKEN CURRY \$14**

Mixed greens, yellow curried chicken  
& papaya

**HUMMUS & VEGGIE (VGN) \$13**

Bell Pepper, baby greens, tomato cucumber,  
oil & vinegar, herbs

**TURKEY CLUB ROLL UP \$15**

Roast turkey, Applewood smoked bacon  
lettuce, tomato, avocado, chipotle aioli

**CHALLAH DOG \$11**

Eisenberg Kosher beef, challah braid

### SALADS

**ASIAN CHOP ✕ \$19**

Mixed greens, cabbage, grilled chicken &  
crispy wontons with a creamy soy dressing

**CAESAR (GF) ✕ \$19**

Grilled lemon chicken  
crisp baby romaine, Parmesan cheese  
with Caesar dressing

**SOUTHWEST COBB (GF) \$19**

Blackened chicken breast, romaine  
black beans, corn, grape tomato, green  
beans, avocado, pepper jack cheese  
red pepper ranch dressing

**SPINACH & KALE (VGN, GF) \$19**

Baby spinach & kale, shredded carrots  
hearts of palm, toasted Macadamia nuts,  
dried cranberries, cherry tomato cucumber,  
Tahini lime vinaigrette