



SALADS

<p>Ahi Tartare</p> <p>Fresh Ahi[^], Capers, Red Onions[^], Mixed with Caesar Dressing. Served Over a Halved Avocado[^] and a Bed of °Spinach. Topped with Parmesan Cheese, Cracked Pepper, Caesar and Arugula Pesto Dressing, and Chives</p>	<p>MP</p>	<p>Tomato Caprese Trio</p> <p>Tomatoes[^], Buffalo Mozzarella, Feta Cheese, Red Onions[^], Capers, Basil[^], °Mixed Greens with Garlic Citrus, Arugula Pesto and a °Balsamic-Olive Oil Vinaigrette Dressing</p>	<p>10.95</p>
<p>Apple Pecan Salad</p> <p>°Mixed Greens tossed with °Apples, Candied Pecans, and a House-made Raspberry Vinaigrette. Topped with Bacon[^], Strawberry, and Feta Cheese</p>	<p>12.95</p>	<p>Veganese^{(GF)*}</p> <p>°Mixed Greens and °Kale[^] tossed with °Apple, Celery[^], tossed a House-made Thai Peanut Dressing. Topped with °Carrots[^], Cucumber[^], Red Onions[^], °Peanuts, Sesame Seeds, and Mint[^]</p>	<p>11.95</p>
<p>Farm Gone Wild</p> <p>°Mixed Greens, tossed with Smoked Turkey, °Apple, Celery[^], Cucumber[^], and a House-made Raspberry Vinaigrette Dressing. Topped with Bacon[^], Orange, Strawberry, Sesame Seeds, Chili Flakes, °Cilantro, and drizzled with °Honey[^]</p>	<p>13.95</p>		

° Organically grown ingredients (When Available)
[^] Locally grown or made in Hawaii (When Available)
 Our Bacon comes from organically fed pigs



SANDWICHES

Baked Ahi	MP	The Steamer	11.95
Oven Baked Ahi [^] , Tomato [^] , Avocado [^] , °Pepper Jack Cheese, and °Curly Kale [^] on a Croissant with Organic Aioli Dressing		°Steamed Eggs, °Bacon, Tomato [^] , Avocado [^] , Red Onions [^] , °Pepper Jack Cheese and °Spinach with a House Dressing on your choice of a Bagel [^] , Croissant, or Spinach Wrap [^]	
Smoked Salmon & Bacon**	11.95	LOX Bagel	11.95
Smoked Salmon, Bacon [^] , Tomato [^] , Avocado [^] , °Spinach, Red Onions [^] , °Cream Cheese on Sourdough [^] with a House Dressing		Smoked Salmon, Red Onions [^] , Capers, °Cream Cheese on Bagel [^] with a House Dressing	
The BALT	11.25	<u>WRAP</u>	
Bacon [^] , Tomato [^] , Avocado [^] , °Pepper Jack Cheese, °Kale [^] on Croissant with a House Dressing		Spinach Turkey Caesar Wrap	10.25
Smoked Turkey Breast	11.25	Smoked Turkey, °Spinach, Tomato [^] , Avocado [^] , Parmesan Cheese, Red Onions [^] , and Caesar Dressing in Spinach Wrap	
Smoked Turkey, Tomato [^] , Avocado [^] , °Pepper Jack Cheese, and °Spinach on Sourdough [^] , with a House Dressing			

HOUSE DRESSINGS

Arugula Pesto	Kale Pesto Aioli
Garlic Citrus Aioli	Smoked Pepper Aioli
Roasted Garlic Aioli	Zesty Avocado Aioli

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HEALTH BOWLS

Acai Bowl	9.95	Aloha Bowl	12.50
°Acai blended with °Strawberry, °Blueberry, Banana [^] , and °Apple Juice. Topped with Banana [^] , Blueberry, Strawberry, °Apple, °Granola, and °Honey [^]		°Acai and °Dragon fruit blended with Poi [^] , °Strawberry, °Mango, and Coconut Milk. Topped with Strawberry, Papaya [^] , Pineapple [^] , Toasted Coconut, Chia Seeds, °Bee Pollen, Granola, °Honey [^] , and Mint [^]	
HiBlend Acai Bowl	11.50	Half A Papaya [^]	3.50
°Acai blended with °Strawberry, °Blueberry, Banana [^] , and °Apple Juice. Topped with Bananas [^] , Blueberry, Strawberry, °Apple, Kiwi, Pineapple [^] , °Granola, Toasted Coconut, °Bee Pollen, and °Honey [^]		Served with a Lemon Wedge	
Dragon Bowl	9.95	<u>PASTRIES</u>	
°Dragon fruit blended with °Strawberry, °Blueberry, Banana [^] , and Coconut Milk. Topped with Banana [^] , Blueberry, Strawberry, °Kiwi, °Granola, Toasted Coconut, and °Honey [^]		Cinnamon Raisin Bagel	5.25
		°Cream Cheese, °Raisins, Cinnamon, and °Brown Sugar on Plain Bagel [^]	
		Today's House Special	Prices Vary

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Health Bar

Hi Blend

and Cafe

JUICES

Power House Cleanse	7.95
°Apple, Cucumber^, Celery^, Grapes, °Spinach, °Kale^, Lemon, Lime, °Ginger^	
Candy Greens	7.50
°Apple, Pear, °Spinach, °Kale^	
Apple Lemonade	7.95
°Apple and Lemon	
Just Beet It	7.50
Pineapple^, °Apple, Pear, °Beet^, Mint^	
O.P.A.	7.50
Orange, Pear, °Apple,	
Greenaid	7.95
°Apple, Lemon, °Cilantro^, Celery^, Cucumber^, Lime, °Waiola Coconut Water^	
3-Carrot Bang	7.95
°Purple Haze Carrot^, °Yellow Carrot^, °Orange Carrot^, °Apple, Orange, Lemon	
Waiola Coconut Water	2.99
Add Fresh Pineapple^	+1.25

HEALTH SHOTS

Ginger Shot	2.50
°Apple, °Ginger^	
Zester Shot	2.50
°Apple, °Ginger^, Lemon	
Pineapple Express	2.50
Pineapple^, °Ginger^, Mint^	
Shot Sampler	9.00
Heart-Beet	
°Beet^, Orange, °Strawberry	
A heart healthy shot full of anti-oxidants, natural energy, and vitamins	
24-Carrot	
°Carrot^, °Ginger^, Pineapple^	
Like liquid gold, this shot combines all the good things for digestion and over all health	
Magi-Kale	
°Kale^, °Apple, Lime	
This powerhouse trio is packed with vitamins, iron, and detoxifying nutrients	

Cleanse

Finish this sampler off with our refreshing local coconut water to keep you hydrated!

Energy

Finish this sampler off with our house made cold drip to kickstart your day!

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Health Bar

Hi Blend and Cafe

SMOOTHIES

Red Dragon	7.95	Berry Banana	7.95
Orange, Grape, Lilikoi [^] , ^o Dragonfruit		Banana [^] , ^o Cherry, ^o Strawberry, Milk of your choice	
Tropical Trip	7.50	* Milk Options: ^o Soy, Almond, Coconut, & ^o Whole	
^o Mango, Pineapple [^] , ^o Spinach, ^o Kale [^] , Almond Milk		Detoxinator	7.95
* Option to Add Banana [^]		^o Curly Kale [^] , ^o Dino Kale [^] , ^o Cilantro [^] , Mint [^] , Celery [^] , ^o Mango, Orange, ^o Ginger [^]	
Green Giant	7.50	Acai Smoothie	7.95
Orange, Grape, ^o Spinach, ^o Kale [^]		^o Cherry, ^o Strawberry, ^o Blueberry, ^o Acai, ^o Soy Milk, ^o Granola	
* Option to Add Banana [^]		It's All Berry	7.95
HiBlend Smoothie	8.50	^o Cherry, ^o Strawberry, ^o Blueberry, ^o Apple Juice, Coconut Milk	
^o Curly Kale [^] , ^o Dino Kale [^] , ^o Spinach, ^o Apple, Orange, Grapes, Pineapple [^] , Banana [^] , and Drizzle of ^o Honey [^]		Grape Escape	7.95
Coco-Pakz	7.65	^o Mango, ^o Grape, ^o Apple Juice	
Banana [^] , ^o Peanut Butter, ^o Coco Powder, ^o Honey [^] , Almond Milk		Poi Pounder	7.95
Poi Pounder	7.95	Poi [^] , ^o Mango, Pineapple [^] , ^o Strawberry, Coconut Milk	

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COFFEE/ ESPRESSO

House Brew	2.29 / 2.79
°North Shore Blend - Light Roast	
°Paniolo Blend - Dark Roast	
°Cold Drip	4.15 / 5.15
°Espresso	2.49 / 2.99
°Cappuccino	3.49 / 4.49
°Americano	2.99 / 3.49
°Latte	3.49 / 4.49
°Macchiato	4.39 / 5.39
°Mocha	3.99 / 4.99
Toasted Coconut latte.	5.15 / 6.15
°Hot Chocolate	3.95 / 4.25

Flavors

Vanilla, Sugar-Free Vanilla, Caramel, Chocolate & Hazelnut

Milk

°Whole, °Soy, Almond, °Coconut, °1%

TEA

°Hot Tea	2.59 / 3.15
Lemon Chamomile, Green Tea, Mango Peach, Pineapple Strawberry, Passionfruit Orange, Maui Earl Grey	
°Iced Tea	3.45 / 3.95
Tea of the Day: Mango/Peach or Passionfruit	
°Fresh Fruit Tea	5.95
Iced Tea blended with fresh juiced Pineapple and Apple and mixed with diced Apples, Grapes, and Strawberry	

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°North Shore Blend - Light Roast	
°Paniolo Blend - Dark Roast	
°Cold Drip	4.15 / 5.15
°Espresso	2.49 / 2.99
°Cappuccino	3.49 / 4.49
°Americano	2.99 / 3.99
°Latte	3.49 / 4.49
°Macchiato	4.39 / 5.39
°Hot Chocolate	3.95 / 4.25
Toasted Coconut latte	5.15 / 6.15

Flavors

Vanilla, Sugar-Free Vanilla, Caramel, Hazelnut, Nutella, & Coconut

Milk

°Whole, °Soy, Almond, °Coconut

TEA

°Hot Tea	2.49 / 3.15
Lemon Chamomile, Green Tea, Mango Peach, Pineapple Strawberry, Passionfruit Orange, Maui Earl Grey	
°Iced Tea	3.45 / 3.95
°Fresh Fruit Tea	5.95
Iced Tea blended with fresh juiced Pineapple and Apple and mixed with diced Apples, Grapes, and Strawberry	

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