

LUNCH

CALYPSO BOWL

Marinated Tofu, Seaweed,
Edamame, & Ali'i Mushroom Poke
Crispy Taro & Ulu
Coconut Jasmine Rice
Fresh Greens & Sprouts
Cucumber, Carrot, & Avocado
Sesame Miso Ginger Sauce

PELE AINA BOWL

Fire Spiced Raw Hummus
Roasted Kabocha, Yam, & Beet
Coconut Jasmine Rice
Fresh Greens & Sprouts
Sweet Pepper, Carrot, & Avocado
Toasted Seeds
Tangerine Chipotle Sauce

ATHENA BOWL

Ulu or Taro Falafel
Quinoa Tabouli
Classic Hummus
Fresh Greens & Veggie Dippers
Kalamata Olives & Local Feta
Yogurt Tzatziki Sauce

TARA BOWL

Curried Lentils
Lemon Quinoa
Roasted Cauliflower & Sweet Potato
Massaged Kale & Crunchy Sprouts
Toasted Seeds
Lemon Tahini Sauce

CHICKPEA SALAD BOWL

Curried "Chickpea of the Sea" Salad
on a bed of Shredded Raw Collards
with Spinach, Sprouts, Cucumber,
Carrot, & Avocado. Served with
crunchy omega crackers.

DRINKS

INFUSED WATER

HERBAL TEAS

ICED COFFEE

SIDES

MUSUBI BITES

Seared Local Ahi Tuna
and Avocado -or-
Rainbow Veggie and
Avocado inside a
sushi rice and nori roll

SESAME SLAW

Shredded Green Papaya,
Carrot, Purple Cabbage,
Daikon, & Cilantro with a
savory sesame ginger
dressing

HOMEMADE FERMENTS

Ginger Beet Kraut
Coriander Fennel Kraut
Kimchi

