

our food

**SANDWICHES****BREAKFAST SPECIAL SANDWICH**

Comes with cheddar cheese and fresh eggs.

With coffee	\$ 11.99
Without coffee	\$ 10.99

BREAD CHOOSE ONE OF: CHOOSE ONE OF:

Gluten free (Add \$1)	Turkey
Croissant	Ham
Bagel	Bacon
English muffin	Avocado and tomato
White	
Multigrain	
Sourdough	

EGG SANDWICH

Fresh eggs with spinach, sliced avocado & cheddar cheese on a toasted English muffin.

\$ 10.99

SMOKED SALMON

Smoked salmon, cream cheese, fresh tomato, capers. Sprouts & onions on daily baked poppy seed bagel.

\$ 12.99

**CAPRESSE**

Mozzarella, fresh tomato & pesto.

\$ 10.99

**FRESH BAGEL**

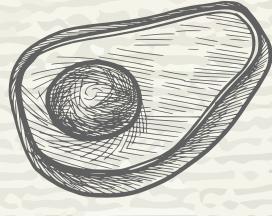
Pink Hummus, fresh tomato, spinach, cucumber, red onion, avocado and sprouts on a daily everything bagel.

\$ 11.99

**TOAST****SALMON FRESHNESS TOASTS**

Smoked salmon on two slices of home style bread with cream cheese, eggs & sesame seeds.

\$ 12.99

**SMASHED AVOCADO TOAST**

Local avocado on two slices of home style bread, feta cheese & tomato, covered with sprouts and olive oil.

\$ 12.99

Add 2 sunny eggs for \$ 1.75

**VEGAN TOAST**

Hummus, cucumber and avocado on two slices of sourdough bread. Covered with sprouts, sesame seeds and olive oil.

\$ 12.99

PINK HUMMUS

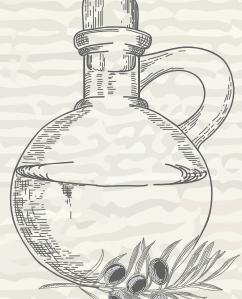
Beet-hummus, avocado, feta cheese and sprouts on two slices of sourdough bread.

\$ 12.99

**PEANUT BUTTER TOAST**

Organic peanut butter on two slices of home style bread covered with sliced banana and organic honey. Topped with chia seeds.

\$ 12.99

**TOAST ME**

Bagel	\$ 3.40
2 homestyle bread	\$ 3.40
(Multigrain/white/sourdough)	
2 Gluten Free bread	\$ 4.40
English Muffin	\$ 2.50
Butter Croissant	\$ 2.50

ADD	
Jelly or Butter	\$ 0.50
Cream Cheese	\$ 1

WRAPS**HUMMUS**

Spinach, fresh tomato, local onions, carrot, Sliced avocado, hummus & mayonnaise.

\$ 12.99

Add Turkey for \$ 2

TURKEY

Lettuce, fresh tomato, turkey, swiss cheese, sliced avocado & mayonnaise.

\$ 12.99

BACON

Bacon, egg & cheese.

\$ 10.99

SMOKED SALMON

Spinach, fresh tomato, sliced avocado, smoked salmon & cream cheese.

\$ 12.99

WAFFLE

Home made waffle, topped with almonds, fresh banana & blueberries. Side of organic maple syrup.

\$ 13.99



ANDY'S \$10.50
Blueberries. Papaya. Honey. Mango nectar juice.

PARADISE \$10.99
Pineapple. Honey. Spinach. Avocado. Mango nectar juice.

GYM JUNKIE \$11.99
Almond milk. Banana. Organic peanut butter. Organic honey. Ice.

POWER \$8.50
Spinach. Blueberries. Bananas. Maple Syrup. Almond milk. Oats.

CARROT TANGO \$10.99
Baby carrots. Chia seeds. Mango Juice. Banana.

MIGHTY MANNY'S \$11.99
Whey protein. Almond milk. Banana. Organic honey. Ice.

OMG \$11.90
Almond milk. Matcha green tea. Coconut meat. Organic protein powder. Almond butter. Dates.

MAKENA \$11.90
Soy milk. Banana. Cold brew. Organic protein powder. Almond butter.

BRAZZIBERRY \$11.99
Collagen. Acai juice. Frozen strawberries. Dates. Banana.

PERUVIAN DYNAMITE \$11.99
Almond milk. Banana. Dates. Maca. Cacao powder. Almond butter. Bee pollen.

FOREVER 21 \$11.99
Almond milk. Coconut meat. Organic protein. Dates. Collagen.

MINTASY \$11.99
Coconut milk. chlorophyll. Honey. Mint. Cacao nibs. Almond butter. Banana. Organic Protein powder.

EXTRA PROTEIN \$2.00



SWEET GREEN
CUCUMBER: weight loss
PINEAPPLE: immune system
APPLE: lower cholesterol
MINT: calming
CHLOROPHYLL: detoxification, anti-aging, anemia



BEETHOVEN

APPLE: lower cholesterol
LEMON: energy, balance ph levels, dissolves uric acid
BEETS: heart health
GINGER: brain health & promotes blood pressure
CUCUMBER: weight loss



HULK
KALE: anti cancer
CUCUMBER: weight loss
APPLE: lower cholesterol
CELERY: bladder
LEMON: energy, balance ph levels, dissolves uric acid
GINGER: brain health & promotes blood pressure
SPIRULINA: protein source, antioxidant, detoxifying



GREEN ECSTASY
KALE: anti cancer
PEAR: anti oxidant
CUCUMBER: weight loss
APPLE: lower cholesterol
LEMON: energy, balance ph levels, dissolves uric acid
SPIRULINA: protein source, antioxidant, detoxifying

Our Juice is cold pressed, organic and fresh, using the best produce the island of Maui has to offer. It delivers health benefits as well as providing energy and balance in our lives. It is no surprise that eating kale, cucumber, carrots, lemons, apples, beets and oranges is good for us. But bringing them together in an incredible pressed juice can be a step forward in changing your life! Let's call it a fresh start. Our Juices are home made, clean and nutritius. Up to 4lb of Maui's freshest produce in every juice. We support local farmers and source our produce organically.

STICK TO YOUR JUICE, STICK TO FEELING GOOD. ALL OVER AGAIN.



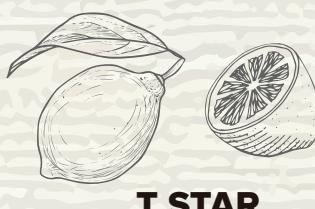
BLISS

PINEAPPLE: Immune
SYSTEM-APPLES: lower cholesterol
ORANGES: vitamin c
LEMON: energy, balance ph levels, dissolves Uric acid
GINGER: brain health & promotes blood pressure
MINT: calming



CARROT TOP

CARROT: anti-aging, cardiovascular health
ORANGE: vitamine C
APPLE: lower cholesterol



T STAR

ORANGE: vitamin C
APPLE: lower cholesterol
LEMON: energy, balance ph levels, dissolves uric acid
TURMERIC: anti inflammatory



BURNMASTER

GRAPEFRUIT: fat burner
LIME: skin care
GINGER: brain health & promotes blood pressure
APPLE: lower cholesterol
TURMERIC: anti inflammatory

