

our food



SANDWICHES



BREAKFAST SPECIAL SANDWICH

Comes with cheddar cheese and fresh eggs.

With coffee	\$ 9.99
Without coffee	\$ 8.99

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.

\$ 9.99

SMOKED SALMON

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

\$ 11.99



CAPRESSE

Mozzarella, fresh tomato & pesto.

\$ 8.99



FRESH BAGEL

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

\$10.99

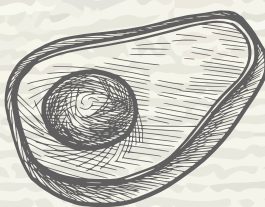


TOAST

SALMON FRESHNESS TOASTS

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

\$ 11.99



SMASHED AVOCADO TOAST

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

\$ 10.99

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.

\$ 10.99

PINK HUMMUS

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

\$ 10.99



BERRY BAGEL

Toasted plain bagel, with Greek yogurt, berries and cacao nibs. Topped with organic honey.

\$ 9.99

PEANUT BUTTER TOAST

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

\$ 9.99

APPLE TOAST

Organic apple, on two slices of multigrain bread, with cottage cheese and walnuts. Topped with organic honey and cinnamon.

\$ 9.99

TOAST ME

Bagel	\$ 3.40
2 homestyle bread (Multigrain/white/sourdough)	\$ 3.40
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.

\$ 10.99

Add Turkey for \$ 2

TURKEY

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

\$ 10.99

BACON

Bacon, egg & cheese.

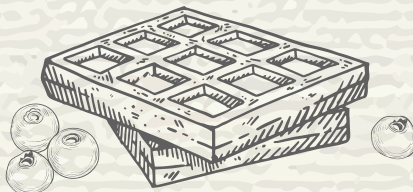
\$ 8.99

SMOKED SALMON

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

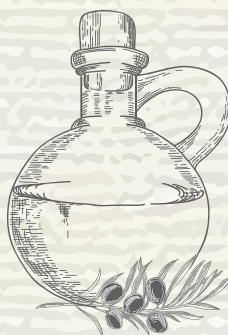
\$ 11.99

WAFFLE



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

\$ 11.99



COFEE & DELI | COLD PRESSED JUICES



organic smoothies

ANDY'S \$8.50
Blueberries. Papaya. Honey. Mango nectar juice.

PARADISE \$8.50
Pinapple. Honey. Spinach. Avocado. Mango nectar juice.

GYM JUNKIE \$9.50
Almond milk. Banana. Organic peanut butter. Organic honey. Ice.

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

CARROT TANGO \$8.50
Baby carrots. Chia seeds. Mango Juice. Banana.

MIGHTY MANNY'S \$9.50
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 \$9.90
Soy milk. Banana. Cold brew. Organic protein powder. Almond butter.

BRAZZIBERRY \$9.90
Acai juice. Frozen strawberries. Dates. Banana.

PERUVIAN DYNAMITE \$11.90
Almond milk. Banana. Dates. Maca. Cacao powder. Almond butter. Bee pollen.

FOREVER 21 \$10.90
Almond milk. Coconut meat. Organic protein. Dates. Collagen.

MINTASY \$11.90
Coconut milk. chlorophyll. Honey. Mint. Cacao nibs. Almond butter. Banana. Organic Protein powder.

EXTRA PROTEIN \$2.00

COFEE & DELI | COLD PRESSED JUICES



cold pressed juices

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 nutritious. 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.



SWEET GREEN

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



INMUNE BOOSTER

ORANGE: vitamin C
GRAPEFRUIT: fat burner
LEMON: energy, balance ph levels, dissolves uric acid
CUCUMBER: weight loss
GINGER: brain health & promotes blood pressure
CAYENNE PEPPER: restores circulatory system
HONEY: reduces gastrointestinal disorders



HULK

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



BEETHOVEN

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



CHILL AX

PINEAPPLE: immune system
APPLE: lower cholesterol
ORANGE: vitamin C
LEMON: energy, balance ph levels, dissolves uric acid
GINGER: brain health & promotes blood pressure
MINT: calming



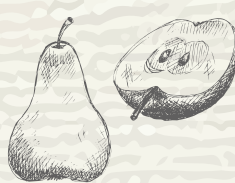
CARROT TOP

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



T STAR

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



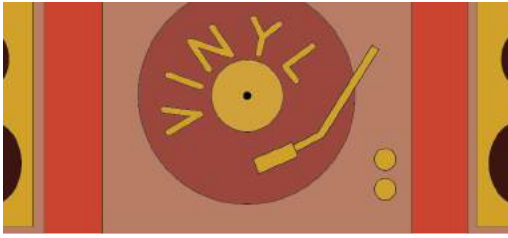
GREEN ECSTASY

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



BURNMASTER

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



Vinyl

Description: Vinyl is a classic roast (that highlights) simple yet nostalgic flavors, that remind you of the ritual of making coffee in the morning.

Flavors: Chocolate, almond and gram cracker



Hendrix

Description: Hendrix is an vibrant and defined roast with rich pronounced flavors.

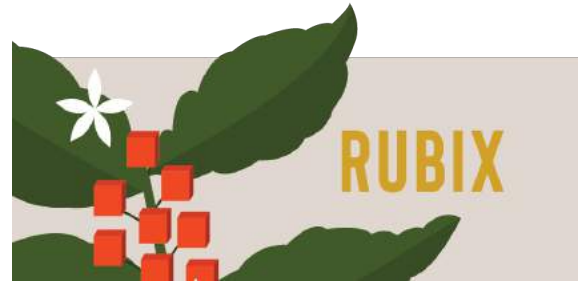
Flavors: Rich chocolate, honey and grapefruit



Hon Solo

Description: Hon Solo is a single origin coffee grown in Marcala Honduras. It is a fair trade organically grown varietal.

Flavors: Hazelnut, Coco and Blueberry



Rubix

10% Maui

Description: Rubix is a colorful blend of bright coffees chosen to complement and highlight the Maui coffee bean.

Flavors: Milk chocolate, vanilla and tangerine



Red Origin

100% Maui

Description: Red Origin is a red catuai variety of coffee grown on the island of Maui in rich volcanic Hawaiian soil.

Flavors: Milk chocolate, cinnamon and vanilla



Mokka Reserve

100% Maui

Description: Maui Mokka is a truly unique varietal grown only in a handful of places in the world! This coffee varietal has been rated as one of Hawaii's best coffees and is considered to be the champagne of Hawaiian coffee.

Flavors: Dark chocolate, blackberry and caramel



Maui Sunrise

100% Maui

Description: The Maui sunrise is a delicious morning coffee with bold upfront flavors and fresh crisp undertones! Perfect for whatever your morning ritual holds

Flavors: Milk Chocolate, Caramel, Vanilla and Toasted Almond