

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 &amp; cheddar cheese on a toasted English muffin.

\$ 10.99

**SMOKED SALMON**

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

\$ 12.99

**CAPRESSE**

Mozzarella, fresh tomato &amp; 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 &amp; sesame seeds.

\$ 12.99

**SMASHED AVOCADO TOAST**

Local avocado on two slices of home style bread, feta cheese &amp; 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**

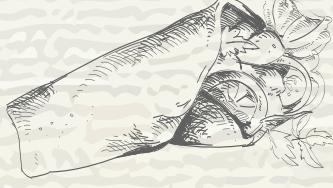
Organic peanut butter on two slices of home style bread covered with sliced banana and organic honey. Topped with chia seeds.

\$ 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 &amp; mayonnaise.

\$ 12.99

Add Turkey for \$ 2

**TURKEY**

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

\$ 12.99

**BACON**

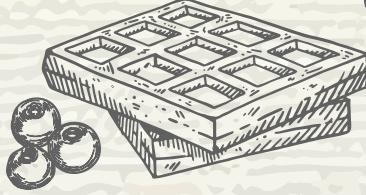
Bacon, egg &amp; cheese.

\$ 10.99

**SMOKED SALMON**

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

\$ 12.99

**WAFFLE**

Home made waffle, topped with almonds, fresh banana &amp; 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



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.



### 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



### 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



COFFEE & DELI | COLD PRESSED JUICE



coffee

## 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 a 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 a handful of places in the world! This coffee varietal has been rated as one 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.

