

# ACAI & SMOOTHIE BOWLS

| v | 16oz | "Ah-sah-EE"

## SHAKA | 11

DRAGONFRUIT BASE  
STRAWBERRY  
PINEAPPLE  
KIWI

## RAINBOW | 12

ACAI + DRAGONFRUIT  
STRAWBERRY  
MANGO  
KIWI  
BLUEBERRY

## PARADISE | 12

PASSIONFRUIT BASE  
BLUEBERRY  
STRAWBERRY  
MANGO

## JUNGLE | 12

ACAI + SPINACH &  
SPIRULINA BASE  
MANGO  
KIWI  
BLUEBERRY

## ENDLESS SUMMER | 11

MANGO BASE  
STRAWBERRY  
PINEAPPLE  
MANGO

## LAVA | 12

ACAI + ACTIVATED  
CHARCOAL BASE  
KIWI  
MANGO  
STRAWBERRY

## TRAILBLAZER | 11

GREEN BASE  
KIWI  
BLUEBERRY  
BANANA

## CACAO ACAI | 12

ACAI + CACAO POWDER  
BASE  
BANANA  
STRAWBERRY  
RASPBERRY  
CACAO NIBS

## SUNKISSED | 11

STRAWBERRY BASE  
STRAWBERRY  
MANGO  
BANANA

## BIG WAVE | 11

BLUE PINA BASE  
KIWI  
PINEAPPLE  
BLUEBERRY  
BANANA

## ISLANDER | 11

COCONUT BASE  
PINEAPPLE  
STRAWBERRY  
BLUEBERRY

## PBJ | 12

ACAI + PB  
STRAWBERRY  
RASPBERRY  
BANANA  
PEANUT BUTTER

## COLORADO | 12

ACAI BASE  
STRAWBERRY  
BLUEBERRY  
MANGO  
BANANA

+ CO FLAG COLORS! +

## OG | 12

ACAI BASE  
BANANA  
BLUEBERRY  
STRAWBERRY  
PEANUT BUTTER

### ALL Bowls INCLUDE:

Fresh Fruit  
Granola  
Hemp/Chia Seed Mix  
Coconut Shreds  
Honey

# GET TOASTED

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## **CLASSIC AVO** | V | 8

SOURDOUGH

AVOCADO

SEA SALT

CRACKED PEPPER

CHILLI FLAKES

MICROGREENS

LEMON

+ HARD BOILED EGG

ADD 1.50

## **ALOHA** | 9.5

SOURDOUGH

AVOCADO

ARUGULA

TOMATO

FETA

HEMP HEARTS

OLIVE OIL

SEA SALT

LEMON

## **WILD THANG** | V | 9.5

SOURDOUGH

AVOCADO

MANGO

PICKLED ONION

MICROGREENS

SEA SALT

CHILI FLAKES

SRIRACHA DRIZZLE

LIME

## **POKE TOAST** | 13

SOURDOUGH

AVOCADO

POKE

CUCUMBER

MANGO

CILANTRO

SEA SALT

CHILLI PEPPERS

SESAME SEEDS

WASABI MAYO

LIME

## **CALI LOX BAGEL** | 12

EVERYTHING BAGEL

CREAM CHEESE

LOX

CUCUMBER

RED ONION

AVOCADO

CAPERS

CRACKED PEPPER

ARUGULA

LEMON

## **GARDEN TOAST** | 9

SOURDOUGH

HUMMUS

PESTO

KALE

CUCUMBER

CARROT

AVOCADO

HEMP HEARTS

CHILI FLAKES

OLIVE OIL

SEA SALT

MICROGREENS

LEMON

## **TIKI TOAST** | 9.5

SOURDOUGH

AVOCADO

SPINACH

PESTO

TOMATO

MICROGREENS

BALSAMIC

SEA SALT

CHILLI FLAKES

LEMON

## **ZEN TOAST** | V | 9.5

SOURDOUGH

AVOCADO

CUMIN CHICKPEAS

PICKLED ONION

MICROGREENS

SEA SALT

EVERYTHING SEASONING

CILANTRO DRESSING

LEMON

## **BEACH BUM** | 7

SOURDOUGH

NUTELLA

BANANA

STRAWBERRY

CHIA & HEMP

PEANUT BUTTER

HONEY

## **WAIMEA BAGEL** | 9.5

CREAM CHEESE

PESTO

TOMATO

AVOCADO

RED ONION

KALE

MICROGREENS

Gluten Free Bread  
Gluten Free Bagel  
Vegan Cream Cheese  
| 1.25 |

# SUPERFOOD SMOOTHIES

| v | 20oz |

## BEACH MONKEY | 9.25

BANANA  
CACAO NIBS  
CACAO POWDER  
PEANUT BUTTER  
FLAX  
ALMOND MILK

## PITAYA REFRESHER | 9

DRAGONFRUIT  
PINEAPPLE  
STRAWBERRY  
CHIA  
COCONUT WATER

## BLUEBERRY ACAI | 9.5

ACAI  
BLUEBERRY  
BANANA  
FLAX  
HONEY  
COCONUT WATER

## MAUI WOWIE | 8.75

PINEAPPLE  
MANGO  
BANANA  
COCONUT MILK

## PURPLE HAZE | 9.25

BLUEBERRY  
BANANA  
PINEAPPLE  
CHIA  
BLUE SPIRULINA  
COCONUT MILK

## SUBLIME | 9.5

PASSIONFRUIT  
BANANA  
MANGO  
COCONUT MILK  
DRAGONFRUIT DRIZZLE

## HULA BERRY | 9

STRAWBERRY  
BLUEBERRY  
RASPBERRY  
BANANA  
CHIA SEED  
COCONUT WATER

## STRAWBERRY BLONDE | 8.75

STRAWBERRY  
BANANA  
MANGO  
ALMOND MILK

## MATCHA MANGO | 9.25

MANGO  
PINEAPPLE  
MATCHA  
KALE & SPINACH  
BANANA  
ALMOND MILK

## PINA COLADA | 9.5

COCONUT  
PINEAPPLE  
BANANA  
COCONUT MILK  
DRAGONFRUIT DRIZZLE

## HIGH TIDE | 9.25

BANANA  
PINEAPPLE  
SPINACH & KALE  
FLAX  
BLUE SPIRULINA  
ALMOND MILK

## OASIS | 9

BANANA  
PINEAPPLE  
BLUE SPIRULINA  
ALMOND MILK

## GREEN ROOM | 9.25

SPINACH & KALE  
MANGO  
PINEAPPLE  
BANANA  
HAWAIIAN SPIRULINA  
HEMP HEARTS  
ALMOND MILK

## CLASSIC ACAI | 9.5

ACAI  
STRAWBERRY  
RASPBERRY  
BANANA  
HEMP HEARTS  
HONEY  
ALMOND MILK

ADD:

Protein, CBD,  
Collagen, MCT  
Cold Brew

Peanut Butter  
Almond Butter

| 1.75 |

# BUDDHA BOWLS & WRAPS

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| 32oz |

Add Free Range Chicken Breast | 2.5 |

## **BANH MI** | V | 12.95

QUINOA, KALE, CUMIN CHICKPEAS, AVOCADO,  
SHREDDED CARROT, CUCUMBER, JALAPENO, ROASTED  
PEANUTS, CILANTRO, HUMMUS, LIME WEDGE  
HOUSEMADE CREAMY SRIRACHA LIME DRESSING (V)

## **HAWAIIAN** | V | 12.95

QUINOA, SPINACH, CUMIN CHICKPEAS, AVOCADO,  
HUMMUS, SHREDDED CARROT, RED BELL PEPPER,  
MANDARIN ORANGE, CILANTRO, PINEAPPLE, COCONUT  
SHREDS, GREEN ONION, CASHEWS, LIME WEDGE  
HOUSEMADE SESAME CITRUS VINAIGRETTE (V)

## **MOROCCAN** | V | 12.95

QUINOA, SPINACH, CUMIN CHICKPEAS, AVOCADO,  
BEETS, POMEGRANATE, GOLDEN RAISINS, SHREDDED  
CARROT, GREEN ONION, PISTACHIO, HUMMUS, LEMON  
HOUSEMADE TURMERIC TAHINI DRESSING (V)

## **MEDITERRANEAN** | 12.95

QUINOA, SPINACH, CUMIN CHICKPEAS, AVOCADO,  
KALAMATA OLIVE, FETA, ARTICHOKE HEART, MANGO,  
TOMATO, CUCUMBER, HUMMUS, LIME WEDGE  
HOUSEMADE CILANTRO AVOCADO DRESSING (V)

## **KALE CAESAR** | V | 12.95

QUINOA, KALE, CUMIN CHICKPEAS, AVOCADO,  
SHREDDED CARROT, TOMATO, PICKLED RED ONION,  
PUMPKIN SEEDS, HEMP HEARTS, NUTRITIONAL YEAST,  
PEPPER, HUMMUS, LEMON WEDGE  
HOUSEMADE LEMON TAHINI DRESSING (V)

## **HAPPY HIPPIE** | V | 12.95

QUINOA, KALE, CUMIN CHICKPEAS, AVOCADO, HUMMUS,  
SHREDDED CARROT, CUCUMBER, TOMATO, BLUEBERRIES,  
PEPITAS, HEMP HEARTS, NUTRITIONAL YEAST, LEMON  
HOUSEMADE LEMON TAHINI DRESSING (V)

## **SUNRISE BREKKIE** | 12.95

QUINOA, KALE, SLICED HARD BOILED EGG, AVOCADO, RED  
PEPPERS, PICKLED RED ONION, TOMATO, SHREDDED CARROT,  
SUNFLOWER SEEDS, PEPITAS, HEMP HEARTS, PESTO, HUMMUS,  
MICROGREENS, CHILLI FLAKES, CRACKED PEPPER, PAPRIKA, LEMON  
HOUSEMADE TURMERIC TAHINI DRESSING (V)

# POKE BOWLS

| 32oz | Add Mac Salad 1.5 | "Poh-kay"

VEGETARIAN SUB: SPICY BEET POKE

CHOOSE BASE: KALE, WHITE RICE, BROWN RICE/QUINOA BLEND

## NORTH SHORE | 15

SHOYU AHI  
AVOCADO  
MANGO  
KIMCHI CUCUMBER  
CILANTRO  
GREEN ONION  
PONZU SAUCE

## KONA | 15

SPICY AHI  
MAC SALAD  
KIMCHI CUCUMBER  
FURIKAKE  
SRIRACHA MAYO

## VOLCANO | 15

SPICY AHI  
AVOCADO  
JALAPENO  
SEAWEED  
SESAME SEEDS  
SRIRACHA MAYO

## MAUI | 15

SWEET/SOUR SALMON  
+ SHOYU AHI  
PINAPPLE  
MANGO  
EDAMAME  
CARROT  
CILANTRO  
WASABI MAYO

## HILO | 15

SWEET/SOUR SALMON  
PINEAPPLE  
JALAPENO  
PICKLED ONION  
KIMCHI  
GREEN ONION  
WASABI MAYO

# OATS | CHIA PUDDING | COCONUT YOGURT

| 16oz | v | Choose Base ↑ | Granola Included |

## VERY BERRY | 10

STRAWBERRY  
BLUEBERRY  
RASPBERRY  
PEPITAS  
DRAGONFRUIT PUREE  
HONEY

## TROPICAL | 10

KIWI  
STRAWBERRY  
MANGO  
MACADAMIA NUTS  
COCONUT SHRED  
DRAGONFRUIT PUREE  
HONEY

## APPLE CRISP | 10

GREEN APPLE  
BANANA  
CINNAMON & NUTMEG  
HEMP & CHIA  
DRAGONFRUIT PUREE  
HONEY

## PBBJ | 10

BANANA  
PEANUT BUTTER  
RASPBERRY  
HEMP HEARTS  
DRAGONFRUIT  
HONEY

## CHOCO LOVER | 10

BANANA  
RASPBERRY  
CACAO NIBS  
CACAO POWDER  
COCONUT SHREDS  
DRAGONFRUIT PUREE  
HONEY

# FRESH JUICE

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| 16oz | 9 |

## ISLAND TIME

CELERY  
LEMON

## VITAMIN SEA

ORANGE  
CARROT  
APPLE  
GINGER  
LEMON

## PINEAPPLE EXPRESS

PINEAPPLE  
KALE  
MINT  
CUCUMBER  
APPLE  
LIME

## ELEVATED BEETS

BEET  
CARROT  
APPLE  
LEMON

# POWER-ADES

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FRESH SQUEEZED AGAVE LEMONADE

## FLAVORS

LILIKOI, LYCHEE, ACAI, MANGO,  
STRAWBERRY, MATCHA, CHARCOAL,  
BLUE MAGIC, DRAGONFRUIT, ORIGINAL

| 12oz | 4.75 |

| 16oz | 5.50 |

| 20oz | 6.25 |

# SHROOM LATTES

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W/ ADAPTOGEN MUSHROOMS & SPICES

COCONUT MILK / OAT MILK / ALMOND MILK  
HOT / ICED / BLENDED

## CHAI LATTE

## TURMERIC LATTE

## CACAO LATTE

## MATCHA LATTE

| 12oz | 4.95 |

| 16oz | 5.50 |

+ CBD, COLLAGEN, MCT 1.75

# COLD BREW

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KALADI COLD BREW

| 12oz | 4 |

| 16oz | 5 |

| 20oz | 6 |

# \*KIDS MENU\*

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| 6 EACH |

## KEIKI SMOOTHIE BOWL

BLUE SMOOTHIE BASE  
CHOICE OF 1 FRUIT  
GRANOLA & HONEY

## FUNKY MONKEY TOAST

NUTELLA, STRAWBERRY,  
BANANA, & HONEY

## YOGURT BOWL

COCONUT YOGURT  
CHOICE OF 1 FRUIT  
GRANOLA & HONEY

## SMOOTHIES

MANGO  
STRAWBERRY-BANANA  
MIXED BERRY