

TUCKER & BEVVY

////////// PICNIC FOOD

TOASTED SANDWICHES

Chicken + Pesto, tomato, mozzarella <i>*w-nuts</i>	9.5
Three Cheese + Roasted Tomato, Swiss, provolone, mozzarella	8.5
Pastrami Reuben-red onions, Swiss, Russian dressing	9.5
Veggie Stack- eggplant, sweet potato, zucchini, peppers, provolone, basil pesto <i>*w-nuts</i>	8.5
Turkey + Brie, roasted red peppers, baby spinach, honey mustard	9.5
Ham + Swiss	8.5
Keiki Grilled Cheese	4

SANDWICHES

Chicken BLT with green goddess dressing	7
Turkey, greens, cranberry sauce (<i>no mayo</i>)	7
Egg Salad with mayonnaise, greens	7
Curried Chicken Salad with mayonnaise, raisins + almonds, carrot, greens <i>*with-nuts</i>	7
Turkey, pesto, mozzarella, tomato (<i>no mayo</i>)	7

WRAPS

Peri Peri Chicken (<i>Aussie version of a mild Cajun chicken</i>), tomato, greens, green goddess dressing	9.5
Smoked Ahi Salad with mayonnaise, capers, grape tomatoes, red onions, baby spinach	9.5
Roasted Squash, roasted pepper cashew hummus, baby kale <i>*w-nuts (Vegan)</i>	9.5
Turkey, avocado, white bean hummus, greens (<i>no mayo</i>)	9.5

ORGANIC GREEN SALADS

Almond Chicken, sesame, mint, carrot, tomato, cucumber, Asian dressing <i>*w-nuts (GF)</i>	9.5
Kale + Roasted Squash, quinoa, French lentils, tamari seeds, lemon dressing (<i>GF, Vegan</i>)	9.5
Sesame Beets, feta, walnuts, carrot, cucumber, tomato, greens, orange-ginger vinaigrette <i>*w-nuts (GF)</i>	9.5
Peanut-Tofu Salad- cucumber, tomato, carrot, crushed peanuts, Thai peanut dressing <i>*w-nuts (GF, Vegan)</i>	9.5

NOODLE SALADS

Rice Vermicelli + Chicken, mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing <i>*w-nuts (GF)</i>	7.5
Buckwheat Soba + Organic Tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing (<i>Vegan</i>)	7.5

SIDE SALADS

Dill Potato- capers, red onion, egg, mayonnaise	5.5
Organic Pasta, basil pesto, cherry tomatoes <i>w-nuts</i>	5.5
Organic Farro, kale, red cabbage, carrot, cranberries, scallions, almonds, orange-ginger vinaigrette <i>w-nuts (Vegan)</i>	5.5

PICNIC SIDES

Fresh Fruit with T + B Organic Granola	7	Granola Shards	6.75
Fresh Fruit	5.5	Cookies	2.5
Chips / Pita Chips / Gluten-Free Crackers	2	Brownies	3.5
Veggies + Dip	5	Omega-3 'Li'l Beauties'	3.5

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MORNINGS

Spinach-Mushroom Frittata + Provolone Panini	6.5
Bacon, Egg + Cheddar Panini	6.5
Ham, Egg + Swiss Panini	6.5
Smoked Salmon Baguette with cream cheese, capers, tomatoes, cucumber.....	7.5
Ham Cheese Tomato Baguette	7
Banana Bread with Chocolate Chunks	3.5
Mango Bread with Macadamia Nuts <i>*w-nuts</i>	3.5
Toasted Corn Bread with Guava Jelly	3.5
Homemade Granola <i>*w-nuts</i>	6.75
Omega-3 'Li'l Beauties'	3.5
Illy Coffee 12oz/16oz.....	2.5/3.5

FRESH JUICES 12oz

Lean Green kale, green apple, cucumber, celery, lemon, ginger	6.5
Auntie Oxi beet, carrot, apple.....	6.5
C Holiday orange, pineapple, mint.....	6.5
Bevvy Quench watermelon, apple	6.5
Just Pineapple ...because you're in Hawaii.....	6.5

REAL FRUIT SMOOTHIES 12oz

Paradise papaya, pineapple, apple juice	5.5
Tropical Storm mango, pineapple, banana, pineapple juice.....	5.5
Berry Berry strawberry, blueberry, raspberry, apple juice.....	5.5
Pina Colada pineapple, banana, coconut milk, pineapple juice.....	5.5
Sunset papaya, strawberry, mango, apple juice	5.5
Triple Banana banana, banana, banana, apple juice.....	5.5
ADD or SUB Soy Milk, Almond Milk, Kale, Chia, Oat Bran, Protein Powder, Wheat Grass, Peanut Butter, Crushed Flax Seed	1/ea

Waiialua Sodas.....	3
Coconut Water.....	3
Arizona Green Tea.....	2
Soft Drinks	2
illy Cappuccino.....	3
Water 500ml / 750ml.....	2 / 3
Sparkling Mineral Water	3
La Gelateria- Gelati + Sorbetti	3.5