

TUCKER & BEVVY

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

LUNCH PANINI

Chicken + Pesto, tomato, mozzarella <i>*w-nuts</i>	9.5
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
Double Cheese- cheddar + mozzarella	5.5
Keiki Grilled Cheese.....	4

SANDWICHES

Chicken BLT with green goddess dressing	8
Huli Chicken with spinach, tomatoes, spicy pineapple chutney	8
Local Egg Salad with mayonnaise, organic greens.....	8
Curried Chicken Salad with mayonnaise, raisins + almonds, carrot, greens <i>*with-nuts</i>	8
Turkey, pesto, mozzarella, tomato (<i>no mayo</i>)	8

WRAPS

Classic Chicken Salad with celery and mayo, tomato, organic greens	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

ORGANIC GREEN SALADS

Almond Chicken, sesame, mint, carrot, tomato, cucumber, Asian dressing <i>*w-nuts (GF)</i>	9.5
Kale-Spinach + 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

NOODLE SALADS

Rice Vermicelli + Chicken, mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing <i>*w-nuts (GF)</i>	8.5
Buckwheat Soba + Organic Tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing (<i>Vegan</i>).....	8.5

GRAIN + LENTIL BOWLS

Veggie - Yams, Brussels sprouts, local organic egg, lentils, farro, quinoa, kale slaw, tamari seeds, nori, Tahini dressing.....	9.5
Chicken - Chicken breast (RWA), local organic egg, lentils, farro, quinoa, kale slaw, pistachio dukkah, lemon dressing <i>*w-nuts</i>	9.5

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	5.5	Chips / Pita Chips / Gluten-Free Crackers.....	2
Veggies + Dip.....	5	White Bean or Red Pepper Hummus Dip.....	5
Chia Haupia	6.5	Cookies / Li'l Beauties / Brownies	3.5/pk

TUCKER & BEVVY

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

MORNINGS... *Our Eggs are Local + Organic*

Spinach, Egg + Provolone on Sprouted Grain	7.5
Bacon, Egg + Cheddar on Sour Dough	7.5
Ham, Egg + Swiss Sour Dough	7.5
Chicken sausage, Egg + Mozzarella on Sprouted Grain.....	7.5
Ham Cheese Tomato Baguette	7
Smoked Salmon Bagel- Cream Cheese, Capers, Tomato,	9.5
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
House-made Granola <i>*w-nuts</i>	6.75
Omega-3 'Li'l Beauties	3.5
Illy Coffee 12oz/16oz.....	2.5/3.5

COLD PRESSED JUICES 16oz bottle

Lean Green Pineapple, kale, spinach, parsley, cucumber, celery, ginger	8.5
Getcha Greens Romaine, kale, spinach, parsley, cucumber, celery, ginger, lemon.....	8.5
Auntie Oxi Beet, carrot.....	8.5
Sunrise Carrot, pineapple, ginger, turmeric.....	8.5
Temple Pineapple, ginger, turmeric, cayenne	8.5
Pink Lemonade Lemon, beet, organic honey, filtered water.....	8.5
Pineapple Just Hawaiian Pineapple	8.5
Watermelon Just Hawaiian Watermelon.....	8.5

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, Peanut Butter, Crushed Flax Seed.....	1/ea

HEALTH BOWLS

Acai with chia haupia, house-made granola, seasonal fruit	9.5
Green Banana with chia haupia, house-made granola, seasonal fruit	9.5

Water 500ml / 750ml	2 / 3
Soft Drinks	2
Sparkling Mineral Water	3
Coconut Water	3