

# TUCKER & BEVVY

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

## LUNCH / DINNER PANINI

ISLAND STYLE BBQ CHICKEN pineapple bbq sauce, cheddar, slaw on ciabatta .....	9.5
SPICY CHICKEN bacon, tomato, pepper jack, sriracha mayo on baguette .....	9.5
TURKEY CLUB bacon, tomato, Swiss cheese, spinach, green goddess on baguette .....	9.5
CAPRESE fresh mozzarella, oven roasted tomatoes, basil pesto on baguette .....	9.5
VEGGIE STACK- eggplant, sweet potato, zucchini, peppers, provolone, basil pesto on organic sprouted grain *w-nuts .....	9.5
HAM +SWISS on baguette .....	9.5

TODAY'S SOUP .....	5.5
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ORGANIC GREEN SIDE SALAD .....	4.5
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SIDE SALADS Dill Potato / Peas + Edamame .....	5.5
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## SANDWICHES (COLD)

CHICKEN SALAD BLT with mayonnaise + celery, apple wood bacon, tomato, organic greens .....	8
CURRIED CHICKEN SALAD with mayonnaise, raisins + almonds, carrot, organic greens *with-nuts .....	8
TURKEY CRANBERRY with organic greens (no mayo) .....	8
ROASTED BUTTERNUT hummus, pistachio dukkah, roasted red peppers, organic greens (vegan) *w-nuts .....	8
AUSSIE SALAD- hummus, tomato, carrot, cucumber, golden beets, organic greens, alfalfa, sweet chili sauce (vegan) .....	8
LOCAL EGG SALAD with mayonnaise, organic greens .....	8
HAM + LOCAL EGG SALAD .....	8

## ORGANIC GREEN SALADS (Gluten-Free) 32oz

ALMOND CHICKEN fresh mint, organic carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts .....	9.5
CHICKEN CHOPPED, bacon, egg, Monterey jack, grape tomatoes, cucumber, avocado-green goddess dressing .....	9.5
MEDITERRANEAN CHICKEN middle eastern spiced chicken, quinoa tabouleh, tahini dressing .....	9.5
SMOKED AHI NICOISE smoked ahi salad, capers, red potatoes, French beans, local egg, olives, grape tomatoes, classic vinaigrette .....	9.5
KALE SQUASH roasted butternut, quinoa, French lentils, tamari seeds, lemon dressing (Vegan) .....	9.5
BEET FETA WALNUT organic carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts .....	9.5

## BOWLS 16oz

ASIAN RICE NOODLES chicken, fresh mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing *w-nuts (Gluten-Free) .....	8.5
BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing (Vegan) .....	8.5
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes .....	8.5
CHICKEN GRAIN BOWL French lentils, quinoa, farro, local egg, pistachio dukkah, kale slaw, lemon dressing .....	9.5

## DIPS 8oz

Hummus / Smoked Gouda/ Spicy Eggplant / Curried Lentil-Butternut / House Ranch / Spinach / Kim Chee .....	5
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DIPS 4oz with Organic Baby Carrots .....	5
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CRUDITE 12oz .....	4.5
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## BREAKFAST SANDWICHES... *Our Eggs are Local, Free-Range + Organic*

BACON EGG + CHEDDAR on Sourdough .....	7.5
TURKEY CHORIZO EGG + PEPPER JACK on Ciabatta .....	7.5
HAM EGG + SWISS on Sourdough .....	7.5
CHICKEN SAUSAGE EGG + MOZZARELLA on Ciabatta .....	7.5
ORGANIC SPINACH EGGS+ PROVOLONE on organic sprouted grain .....	7.5
HAM CHEDDAR TOMATO on Baguette .....	7.5
THREE CHEESE + TOMATO- cheddar, mozzarella, provolone, roasted tomato on Sourdough.....	7.5
KEIKI GRILLED CHEESE- mozzarella + cheddar on Japanese wheat .....	4
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon ( <i>organic sprouted grain by request</i> ) .....	9.5
SMASHED AVOCADO TOAST Local Avocado, T & B Pistachio Dukkah on Organic Sprouted Grain w-lemon .....	8.5

## HEALTH BOWLS 16oz \*w-nuts

Organic Acai with Fresh Fruit, House Made Organic Granola + Chia Haupia .....	9.5
Green Banana ( <i>Organic Kale + Spinach</i> ) with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	9.5

FRESH FRUIT 16oz.....	5.5
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FRUIT PARFAIT 16oz.....	6.5
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## BAKED BY US...

Banana Bread with Chocolate Chunks / Mango Bread with Macadamia Nuts *w-nuts .....	3.5
Housemade Organic Granola *w-nuts.....	6.75
Omega-3 'Li'l Beauties' .....	3.5
Double Chocolate Brownies ( <i>GF</i> ).....	3.5
S'mores Cookies / Chocolate Chunk Cookies.....	3.5

## COLD PRESSED JUICES 8oz / 16oz bottle

Lean Green Pineapple, kale, spinach, parsley, cucumber, celery, ginger .....	4.5 / 8.5
Getcha Greens Romaine, kale, spinach, parsley, cucumber, celery, ginger, lemon.....	4.5 / 8.5
Sunrise Carrot, pineapple, ginger, turmeric.....	4.5 / 8.5
Temple Pineapple, ginger, turmeric, black pepper .....	4.5 / 8.5
Pink Lemonade Lemon, Beet, Honey, Filtered Water .....	4.5 / 8.5
Pineapple Just Hawaiian Pineapple .....	4.5 / 8.5
Watermelon Just Hawaiian Watermelon.....	4.5 / 8.5
Shots 2oz (Ginger / Turmeric-Ginger / Beet).....	\$2

## 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, Coconut Milk, Kale, Spinach, Chia, Oat Bran, Protein Powder, Peanut Butter, Crushed Flax.....	1 ea