

TUCKER & BEVVY

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

LUNCH / DINNER PANINI

PESTO CHICKEN mozzarella, tomato.....	9.85
TURKEY CLUB bacon, tomato, Swiss cheese, spinach, green goddess on sourdough.....	9.85
VEGGIE STACK eggplant, sweet potato, zucchini, peppers, provolone, basil pesto on organic sprouted grain*w-nuts.....	9.85
HAM +SWISS on baguette.....	9.85
CAPRESE roasted tomato, fresh mozzarella, basil pesto on baguette.....	9.85

TODAY'S SOUP.....	6.5
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SANDWICHES & WRAPS (COLD)

CHICKEN SALAD BLT with mayonnaise + celery, apple wood bacon, tomato, organic greens.....	8.85
CURRIED CHICKEN SALAD with mayonnaise, raisins + almonds, carrot, organic greens *with-nuts.....	8.85
AUSSIE SALAD- hummus, tomato, carrot, cucumber, golden beets, organic greens, alfalfa, sweet chili sauce (vegan).....	8.85
LOCAL EGG SALAD with mayonnaise, organic greens.....	8.85
HAM + LOCAL EGG SALAD.....	8.85
TURKEY + GREENS WRAP turkey, organic greens, spinach, alfalfa, avocado green goddess.....	9.5
SMOKED AHI WRAP smoked ahi salad, capers, red onion, spinach.....	9.5
BUTTERNUT + HUMMUS WRAP with pistachio dukkah, roasted red peppers, spinach (vegan) *w-nuts.....	9.5
ROAST BEEF WRAP roast beef, potato salad, spinach, tomato, horseradish.....	9.5

ORGANIC GREEN SALADS (Gluten-Free) 32oz

ALMOND CHICKEN fresh mint, organic carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts.....	9.85
CHICKEN CHOPPED, bacon, egg, Monterey jack, grape tomatoes, cucumber, avocado-green goddess dressing.....	9.85
KALE SQUASH roasted butternut, quinoa, French lentils, tamari seeds, lemon dressing (Vegan).....	9.85
BEEF FETA WALNUT organic carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts.....	9.85
ASIAN STEAK organic carrots, cucumber, tomato, red cabbage, sesame seeds, peanuts, Asian dressing *w-nuts.....	9.85
MEDITERRANEAN CHICKEN chicken shawarma, cucumber, tomato, quinoa tabbouleh, feta, lemon-tahini dressing.....	9.85

BOWLS 16oz

ASIAN RICE NOODLES chicken, fresh mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing *w-nuts (Gluten-Free).....	8.85
BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing (Vegan).....	8.85
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes.....	8.85
CHICKEN GRAIN BOWL French lentils, quinoa, farro, local egg, pistachio dukkah, kale slaw, lemon dressing.....	9.5
VEGGIE GRAIN BOWL roasted yams + brussels sprouts, French lentils, quinoa, farro, kale slaw, tamari seeds, furikake, sweet tahini dressing.....	9.5

DIPS 8oz Hummus / Smoked Gouda / Spicy Eggplant / Curried Lentil-Butternut / House Ranch / Spinach / Kim Chee.....	5.5
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DIPS 4oz with Organic Baby Carrots.....	5.5
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CRUDITE 12oz.....	4.5
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BREAKFAST SANDWICHES and WRAPS... *Our Eggs are Local, Free-Range + Organic*

BACON EGG + CHEDDAR on Sourdough	7.5
HAM EGG + SWISS on Sourdough	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 Ciabatta	7.5
BIG BREKKIE WRAP smoked bacon, chicken sausage, scrambled eggs, potatoes, cheddar, spinach, salsa	8.85
B'FAST BURRITO turkey chorizo, scrambled eggs, potatoes, cheddar, spinach, herb crema, salsa	8.85
KEIKI GRILLED CHEESE- mozzarella + cheddar on Japanese wheat	4
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon (<i>organic sprouted grain by request</i>)	11
SMASHED AVOCADO TOAST Local Avocado, T & B pistachio dukkah on organic sprouted grain w-lemon	9.5

HEALTH BOWLS 16oz *w-nuts

Organic Acai with Fresh Fruit, House Made Organic Granola + Chia Haupia	10.5
Green Banana (<i>Organic Kale + Spinach</i>) with Fresh Fruit, House Made Organic Granola + Chia Haupia	10.5

TIM TAM WAFFLE SUNDAE vanilla ice cream, maple syrup, Tim Tam cookie *Hyatt location only* 9.5

STRAWBERRY GUAVA WAFFLE SUNDAE vanilla ice cream, strawberries, guava sauce, granola *w-nuts *Hyatt location only* 9.5

FRESH FRUIT 16oz / FRUIT PARFAIT 16oz 5.5 / 6.5

BAKED BY US...

Banana Bread with Chocolate Chunks / Mango Bread with Macadamia Nuts *w-nuts	4
Omega-3 'Li'l Beauties / Double Chocolate Brownies (GF)	4

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
Sunrise Carrot, pineapple, ginger, turmeric.....	8.5
Temple Pineapple, ginger, turmeric, black pepper	8.5
Pink Lemonade Lemon, Beet, Honey, Filtered Water	8.5
Pineapple Just Hawaiian Pineapple	8.5
Watermelon Just Hawaiian Watermelon.....	8.5
Shots 2oz (Ginger / Turmeric-Ginger / Beet).....	\$3

REAL FRUIT SMOOTHIES 12oz

Green Paradise banana, organic spinach + kale, coconut milk, apple juice.....	5.95
Tropical Storm mango, pineapple, banana, pineapple juice	5.95
Berry Berry strawberry, blueberry, raspberry, apple juice	5.95
Pina Colada pineapple, banana, coconut milk, pineapple juice	5.95
Sunset papaya, strawberry, mango, apple juice	5.95
Triple Banana banana, banana, banana, apple juice	5.95