

# 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
ROAST BEEF balsamic onions, roasted tomatoes, provolone, horseradish sauce on baguette.....	9.85

TODAY'S SOUP.....	6.5
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## SANDWICHES (organic sprouted grain) & COLD WRAPS

CHICKEN BLT SANDWICH with mayonnaise + celery, apple wood bacon, tomato, organic greens.....	8.95
CURRIED CHICKEN SANDWICH with mayo, raisins + almonds, carrot, organic greens *with-nuts.....	8.95
TURKEY CRANBERRY SANDWICH with organic greens.....	8.95
TURKEY PESTO SANDWICH with mozzarella, tomato.....	8.95
TURKEY + PROVOLONE SANDWICH with mayo.....	8.95
AUSSIE SALAD SANDWICH with hummus, tomato, carrot, cucumber, beets, organic greens, sweet chili sauce (vegan).....	8.95
LOCAL EGG SALAD SANDWICH with mayonnaise, organic greens.....	8.95
HAM + EGG SALAD SANDWICH.....	8.95
HAM LETTUCE TOMATO SANDWICH with organic greens, tomato.....	8.95
BACON LETTUCE TOMATO SANDWICH with organic greens, tomato.....	8.95
TUNA SALAD SANDWICH with organic greens, tomato.....	8.95
TURKEY + GREENS WRAP turkey, organic greens, avocado green goddess.....	7.5
BUTTERNUT + HUMMUS WRAP with pistachio dukkah, roasted red peppers, organic greens *w-nuts.....	7.5
ROAST BEEF WRAP roast beef, potato salad, spinach, tomato, horseradish.....	7.5
CHICKEN BLT WRAP with mayo, celery, grape tomato, organic greens.....	7.5
CURRIED CHICKEN WRAP with mayo, raisins + almonds, carrot, organic greens *with-nuts.....	7.5
BACON LETTUCE TOMATO WRAP with organic greens, tomato.....	7.5
TURKEY + PROVOLONE WRAP with organic greens, tomato.....	7.5
HAM + SWISS WRAP with organic greens, tomato.....	7.5
SPICY EGGPLANT WRAP with couscous, organic greens, carrot.....	7.5
GREEK SALAD WRAP with falafel chickpeas, organic greens, quinoa tabbouleh, feta, red onion, tomato, cucumber, Kalamata olives.....	7.5

## GREEN SALADS (Gluten-Free, Organic Greens)

ALMOND CHICKEN SALAD fresh mint, carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts.....	10.5
CHICKEN CHOPPED SALAD bacon, egg, Monterey jack, grape tomatoes, cucumber, avocado-green goddess dressing.....	10.5
KALE SQUASH SALAD roasted butternut, quinoa, French lentils, tamar seeds, lemon dressing (Vegan).....	10.5
BEET FETA WALNUT SALAD carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts.....	10.5
MEDITERRANEAN CHICKEN SALAD chicken shawarma, cucumber, tomato, quinoa tabbouleh, feta, lemon-tahini dressing.....	10.5
GREEK SALAD with falafel chickpeas, organic greens, quinoa tabbouleh, feta, red onion, tomato, cucumber, Kalamata olives, lemon dressing.....	10.5
TUNA SALAD with falafel chickpeas, organic greens, tomato, cucumber, vinaigrette.....	10.5

DIPS / DIPS w/Organic Baby Carrots Hummus / Smoked Gouda / Spicy Eggplant / House Ranch / Spinach.....	5.5
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CRUDITE.....	4.5
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## SIDE SALADS

ASIAN RICE NOODLES chicken, fresh mint, carrot, cucumber, tomato, peanuts, sesame, Asian dressing *w-nuts (Gluten-Free) .....	8.95
BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, ponzu dressing (Vegan).....	8.95
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes.....	8.95
LENTILS + GRAIN BOWL Quinoa, lentils, farro salad with kale, red cabbage, carrot, almonds, raisins, green onions, orange-ginger vinaigrette.....	8.95
POTATO SALAD Potatoes, eggs, red onion, capers, mayo .....	8.95

## 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 Sourdough.....	7.5
BIG BREKKIE WRAP smoked bacon, chicken sausage, scrambled eggs, potatoes, cheese, spinach, salsa.....	9.5
BREAKFAST BURRITO veggie chili, scrambled eggs, potatoes, cheese, spinach, salsa .....	9.5
KEIKI GRILLED CHEESE- mozzarella + cheddar on Japanese wheat .....	4
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon (organic sprouted grain by request) .....	11
SMASHED AVOCADO TOAST Local Avocado, T & B pistachio dukkah on organic sprouted grain w-lemon .....	9.5

## HEALTH BOWLS \*w-nuts

ORGANIC ACAI with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.5
GREEN BANANA (Organic Kale + Spinach) with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.5

FRESH FRUIT / FRUIT PARFAIT w-yogurt, granola .....	5.5 / 6.5
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## BAKED BY US...

Banana Bread with Chocolate Chunks / Mango Bread with Macadamia Nuts *w-nuts / Li'l Beauties / Double Chocolate Brownies .....	4.5
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## 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

PICNIC SHOPS ~ Park Shore Hotel Waikiki ~ Hyatt Regency Waikiki Beach Resort  
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