

TUCKER & BEVVY

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

LUNCH / DINNER PANINI & BURRITOS

PESTO CHICKEN PANINI mozzarella, tomato.....	9.99
TURKEY CLUB PANINI bacon, tomato, Swiss cheese, green goddess	9.99
VEGGIE STACK PANINI eggplant, sweet potato, zucchini, peppers, provolone, basil pesto *w-nuts	9.99
HAM +SWISS PANINI	9.99
CAPRESE PANINI tomato, fresh mozzarella, basil pesto.....	9.99
TUNA MELT PANINI tuna salad with capers, red onion, tomato, cheddar	9.99
CHICKEN BURRITO black beans, cheddar, cilantro lime rice with poblano + corn	9.99

SANDWICHES & COLD WRAPS

CHICKEN BLT SANDWICH with mayonnaise + celery, apple wood bacon, tomato, greens	8.99
CURRIED CHICKEN SANDWICH with mayo, raisins + almonds, carrot, greens *with-nuts.....	8.99
TURKEY CRANBERRY SANDWICH with greens	8.99
TURKEY PESTO SANDWICH with mozzarella, tomato	8.99
EGG SALAD SANDWICH with mayonnaise, greens	8.99
HAM + EGG SALAD SANDWICH	8.99
TUNA SALAD SANDWICH with greens, tomato	8.99
SMASHED CHICKPEA SANDWICH with Chickpeas, Vegenaise, Cucumber, Carrot, Greens	8.99
VEGGIE PESTO SANDWICH with Roast Eggplant, Roast Yam, Red Pepper, Provolone Cheese, Greens, Pesto.....	8.99
TURKEY + GREENS WRAP turkey, organic greens, green goddess	8.99
BUTTERNUT + HUMMUS WRAP with pistachio dukkah, roasted red peppers, organic greens *w-nuts.....	8.99
SPICY CHICKEN WRAP with Spicy Chicken, greens, tomato, spicy ranch dressing	8.99
MISO GLAZED TOFU WRAP with Miso glazed tofu, greens, cucumber, tomato, green onion, sesame dressing	8.99
CURRIED CHICKEN WRAP with mayo, raisins + almonds, carrot, greens *with-nuts.....	8.99
TURKEY PROVOLONE WRAP with Turkey, provolone, greens, tomato, vinaigrette	8.99
HAM SWISS WRAP with Ham, Swiss, greens, tomato, vinaigrette	8.99

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

ALMOND CHICKEN SALAD fresh mint, carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts	10.99
CHICKEN CHOPPED SALAD bacon, egg, grape tomatoes, cucumber, blue cheese dressing.....	10.99
KALE SQUASH SALAD roasted butternut, quinoa, French lentils, tamari seeds, lemon dressing (<i>Vegan</i>).....	10.99
BEET FETA WALNUT SALAD carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts	10.99
MEDITERRANEAN CHICKEN SALAD chicken shawarma, cucumber, tomato, quinoa tabbouleh, feta, lemon-tahini dressing	10.99
GREEK SALAD with falafel chickpeas, organic greens, quinoa tabbouleh, feta, red onion, tomato, cucumber, Kalamata olives, lemon dressing	10.99
TUNA SALAD with falafel chickpeas, organic greens, tomato, cucumber, vinaigrette	10.99
CHICKEN + DUKKAH SALAD with organic greens, tomato, cucumber, dukkah, lemon wedge, lemon dressing *w-nuts	10.99
CURRIED CHICKEN SALAD with organic greens, cucumber, red cabbage, carrot, almonds, orange-ginger dressing *w-nuts.....	10.99

SIDE SALADS

ASIAN RICE NOODLES chicken, fresh mint, carrot, cucumber, tomato, peanuts, sesame, lettuce, Asian dressing *w-nuts (<i>Gluten-Free</i>)	8.99
BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, lettuce, ponzu dressing (<i>Vegan</i>).....	8.99
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes.....	8.99
LENTILS + GRAIN BOWL quinoa, lentils, farro, salad with kale, red cabbage, carrot, almonds, raisins, green onions, orange-ginger vinaigrette *w-nuts.....	8.99
HAWAIIAN MAC SALAD macaroni, egg, potato, carrot, celery, onion	8.99

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BREAKFAST PANINI & WRAPSeggs are cage free

BACON, EGG + CHEDDAR PANINI	7.99
HAM, EGG + SWISS PANINI	7.99
ORGANIC SPINACH, EGGS + PROVOLONE PANINI	7.99
HAM, CHEDDAR, TOMATO PANINI	7.99
BREKKIE WRAP smoked bacon, chicken sausage, scrambled eggs, potatoes, cheese, salsa	9.99
VEGAN BREAKFAST BURRITO plant based chorizo, plant based just egg, potatoes, salsa	9.99
KEIKI GRILLED CHEESE- mozzarella + cheddar	4.00
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon (<i>organic sprouted grain by request</i>)	11.00
SMASHED AVOCADO TOAST Local Avocado, T & B pistachio dukkah on organic sprouted grain w-lemon	9.50

HEALTH BOWLS *w-nuts

ORGANIC ACAI with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.50
GREEN BANANA (<i>Organic Kale + Spinach</i>) with Fresh Fruit, House Made Organic Granola + Chia Haupia.....	10.50

BAKED BY US...

Banana Bread with Chocolate Chunks	4.50
Mango Macadamia Nut Bread	4.50

COLD PRESSED JUICES 16oz bottle

Lean Green Pineapple, kale, spinach, parsley, cucumber, celery, ginger	8.50
Getcha Greens Romaine, kale, spinach, parsley, cucumber, celery, ginger, lemon.....	8.50
Pineapple Just Hawaiian Pineapple	8.50
Watermelon Just Hawaiian Watermelon.....	8.50

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