

Grilled Burritos 9.95

The Puerto Escondido

Cilantro chicken, beans & rice, salsa cream cheese, red onion, & avocado

Blonde Baja

Cilantro chicken, beans & rice, veggies & spicy chipotle ranch

The Ranch

Mexican beans & rice, cheese, red onion, avocado & tomato

Panini Melts 9.95

Your choice of sourdough or multigrain
Served w/ chips

Turkey Swiss

Oven roasted turkey breast, swiss cheese & pesto-mayo

Spinach Artichoke

Spinach-artichoke-garlic spread, swiss cheese, spinach, artichokes & red onion

Spicy Ham & Cheddar (Mo Bettah!)

Ham, cheddar, jalapeno-artichoke cream

Deli Sammies 8.95

Your choice of sourdough or multigrain
Served w/ chips

Spicy Chicken Sandwich

Cilantro chicken, lettuce, tomato & mayo

The Garden Goddess

Lettuce, tomato, cucumber, onion, & pesto-mayo on a toasted Everything bagel

Cold Wraps 8.95

Greek Wrap

Lettuce, tomato, cucumber, red onion, kalamata olives, feta & greek spread

Surf Club Wrap

Cilantro chicken, lettuce, tomato, red onion, bacon, w/ ranch or spicy chipotle dressing

Turkey Cranberry Wrap

Turkey, lettuce, red onion, cranberries, walnuts, cream cheese & raspberry vinaigrette

Salads 10.95

Taco Salad

Cilantro chicken, lettuce, tomato, cucumber, red onion, avocado, salsa, beans & rice, tortilla chips & ranch or spicy chipotle dressing

Cilantro Chicken Salad

Cilantro chicken, lettuce, tomato, cucumber, red onion, avocado, pepper jack & cilantro ranch dressing

Wannabe Waldorf Salad

Turkey breast, lettuce, cucumber, red onion, cranberries, walnuts, bleu cheese & raspberry vinaigrette

Keiki Menu 5.95

Cheese Quesadilla

Gooley, cheesy 12" tortilla grilled to perfection

Bumble Bee Panini

Peanut butter, honey, coconut & banana on grilled sweetbread... so good the grownups order it too



M-Sa: 7AM - 3PM
Sun: 8AM - 2PM
17 Haili St.
Hilo, HI. 96720
808 934 8844



Breakfast Burritos 8.25

The Grom

Scrambled eggs, potatoes, cheese & bacon or sausage

The Triple Crown

Scrambled eggs, potatoes, cheese, avocado, beans and rice & salsa

The Taj

Scrambled eggs, potatoes, salsa cream cheese, beans and rice, tomatoes, red onion, cilantro & sausage

Panini Melts 7.25

On sourdough or multigrain

The TomTom

Scrambled eggs, cheddar cheese & ham

The Dawny Girl

Scrambled eggs, pepper jack cheese, avocado & salsa

The Italian

Scrambled eggs, sundried-tomato pesto cream cheese & sliced tomato

The Molly 5.95

Grilled sweet bread stuffed with lilikoi jam & cream cheese

Oatmeal 4.95

Steaming oatmeal topped with roasted walnuts, dried tropical fruit & brown sugar

Sides 3.00

Add some toast or potatoes to your order

Extras: veggies \$2 / toast / potatoes / avo \$3 / deli meats, cheeses \$3.50

'Get You Going' Combos

Dawn Patrol Combo 6.95

Start the day right with a bagel sandwich w/ egg and cheese & a small coffee

Cup of Acai 6.95

Rich Brazilian acai topped with homemade granola, sliced banana & drizzled w/ honey

Bagels & Hand Blended Cream Cheeses

Bagel Choices 4.95

Plain, Multi-grain or Everything

Savory Cream Cheese Blends

Passion Fruit / Jalapeno-artichoke / spinach-artichoke / sundried-tomato pesto / Salsa

Smoothies Reg. 6.75/Lg. 7.25

The Dorian

Banana, pineapple, coconut, vanilla protein & cow or soy milk)

The Slater

Banana, mango, orange juice, vanilla protein & cow or soy milk

The Irons

Banana, peanut butter, chocolate, vanilla protein & cow or soy milk

The Machado

mixed berries, bananas, vanilla protein & apple juice

Frosty Frappes Reg. 6.75/Lg 7.25

Espresso, vanilla ice cream, & your choice of chocolate, vanilla, caramel, coconut or hazelnut syrup topped w/ whipped cream

DIY Scrambles 8.95

Choose any three. Be the boss.

bacon	spinach	pepperjack	olives
sausage	red onion	cheddar	jalapeno
ham	tomato	feta	pesto
	avocado	swiss	salsa

w/ buttered multigrain or sourdough toast

Coffee Drinks

Espresso shots

double	triple	quad
2.25	2.75	3.25

Fresh brewed hotties

	sm	med	lg
coffee.....	2.00	2.35	2.60
americano.....	2.40	2.70	2.95
cappuccino.....	3.50	3.95	4.50
chai latte.....	3.50	3.95	4.50
latte.....	3.50	3.95	4.50
mocha.....	3.95	4.50	4.95
hot tea.....	2.50		

** for \$1, add espresso shot, extra tea bag or vanilla, chocolate, caramel, coconut or hazelnut syrups*

Cold coffees

	med	lg
iced coffee*.....	2.60	3.00
iced chai.....	4.95	5.15
iced latte.....	4.75	4.95
iced mocha	4.95	5.15

Cold Drinks

Iced teas..... Reg. 2.75/Lg 3.25

Black pineapple tea or lilikoi green tea

Sodas..... 1.25

Coke, diet coke, sprite, & various Hawaiian juices & Hawaiian Pure Spring Waters