

BREAKFAST

Muffins, Freshly Baked Bagels or Fruit Scones \$4.25

Auntie Betty's Banana Breakfast Bagel \$6.75
ripe banana, granola and cinnamon cream cheese
topped with honey - great power breakfast

Hard Boiled Egg \$1.75

Fresh Fruit Medley \$7.50
with low-fat yogurt

1/2 Papaya with Lime \$5.25

Anahola, Aloha Granola Bar - House-made \$5.25
chocolatey chocolate chips, macadamia nuts, coconut, dried
tropical fruits and of course Kauai's own Anahola granola.

BEVERAGES

Fresh Fruit Smoothies \$6.50

Choose three of the following ingredients: Bananas, Strawberries,
Cantaloupe, Papaya, Orange, Watermelon, Pineapple

Spirulina, Vitamin C or Protein \$1.00

Imported Fiji or Voss Water \$4.25

Life Water Passion Citrus or Pomegranate Cherry \$4.75

Herbal Teas \$3.50

Starbucks Coffee \$3.75
regular or decaffeinated

Perrier Sparkling Mineral Water \$3.75

Aquafina \$3.50

Milk (skim or 2%) \$3.50

LUNCH

Tropical Fresh Fruit Soup \$4.75

Thai Summer Rolls \$9.75
soft rice wrappers filled with Kauai noodles, sprouts,
cucumber and crunchy vegetables served with tangy
dipping sauce

Kailani's Farmed Local Greens \$14.25

island freshest lettuce, cucumbers, tomatoes and sprouts
and add to these your choice of: grilled chicken breast,
seared sashimi ahi, warmed falafel. Choice of dressing:
white balsamic, ranch, olive oil, soy sesame.

"Da Wrap" \$12.00

your choice of turkey, chicken or vegetarian with falafel,
served with swiss, provolone or cheddar cheese, spinach
tortilla with a cilantro and sun dried tomato spread

Kauai's Winter Orange Salad \$10.25

butter leaf lettuce, orange, avocado, toasted cashew nuts
and low fat honey mustard dressing

Grilled Chicken Delight Sandwich \$12.25

succulent chicken breast topped with sauteed mushrooms and
onions, melted provolone cheese, light red pepper aioli

Light Tuna Salad \$11.50

farmers tomato, Maui onions, in a light aged balsamic

Oven Roasted Turkey Melt \$12.50

fresh roasted turkey breast, caramelized onions, pepper
and mushrooms with melted Jack cheese, light horseradish
mayo served on a rustic onion roll.

FRESH JUICES

Small \$6.00 Large \$7.50

ANARA SUNRISE

Ho`ola Hou - Energizing & revitalizing

Ingredients: Pineapple, Orange

It is rich in Vitamin C, A, and B Complex. It provides a perfect
balance of nutrients to protect you from colds and flu. The high
content of these vitamins is great for strengthening the heart and
blood vessels.

KUPONO SPECIAL

Maika`i no `oe - Calming and nutritious

Ingredients: Papaya, Watermelon, Lime

Also a digestive aid. Wonderful for the entire digestive system.
This juice is a good source of beta carotene, potassium, calcium,
and Vitamin C.

SHIPWRECK ZINGER

**Ho `opioio ke kino - Lowers cholesterol and rejuvenates the
entire body.**

Ingredients: Carrot, Apple, Ginger

This juice provides high quality Vitamin A, C and B complex. Its a
great drink to boost your energy.

Kauai Carrot

No ka maka `ike a ka `ili kea - For clear eyes and radiant skin.

Ingredients: Carrots

Sweet and delicious, carrot juice is a terrific source of Vitamin A,
beta carotene, Vitamin C, as well as most of the B complex. This is
a wonderful drink to revitalize your complexion and strengthen your
vision.

Veggie Delight

Ka pono - For vigor, for health, for looking and feeling great.

Ingredients: Carrot, Beet, Celery, Tomato

This is a nutritious combination of vegetables for people who work
out. It is a rich source of organic sodium. The sodium - potassium
balance in this drink alleviates muscle fatigue and is a good
remedy for headaches.

**Be creative! Incorporate a selection of our fresh
fruits and vegetables into your own favorite juice!**

Hawaii Tax will be added.