

BREAKFAST

served 7-11am

LOADED SCRAMBLES \$12

Comes with 9-grain wheat toast

STEP 1 **Choose** Tofu or Eggs*

STEP 2 **Select** as many as you like from

Spinach, Kale, Onions, Garlic, Mushrooms,
Tomatoes, Green Onions, Sweet Peppers,
Spicy Chilies, Spicy Kimchi

STEP 3 **Select** Cheddar or Swiss

STEP 4 **Choose**, Organic Salad, Local Fruit or
Home Fried Potatoes

For Gluten-Free toast add \$1
Add vegan cheese or avocado for \$2

FROM THE GRIDDLE

Banana Pancakes \$14 **V, GF**

French Toast \$12

Coconut French Toast \$13

Vegan Coconut French Toast \$13 **V**

 Banana Bread French Toast \$14 **GF**

STEEL CUT OATS \$7

Choose Almond, Soy or Coconut Milk

Choose Honey, Maple Syrup, Brown Sugar or Agave

Add Apples, Pineapple, Banana, Papaya \$1 ea


Add Flax, Chia, Hemp, Sunflower Seeds, Pumpkin
Seeds, Macadamia Nuts, Raw Almonds, Walnuts,
Raisins, Cinnamon \$1 ea

FRESH FRUIT BREAKFASTS

Tropical Fruit, Greek Yogurt & Granola Parfait \$10

Locally Grown Fruit Plate \$10 **V, GF**

Tropical Acai Bowl \$10 **V, GF**

 Tropical Pitaya Bowl \$10 **V, GF**

Dragonfruit Pulp Blended with Local Fruits,
Topped with Granola and Local Fruits

Quinoa Superfoods Bowl \$10 **V, GF**

Chilled Quinoa tossed with Maca, Raw Cacao,
Cinnamon, Goji Berries, Walnuts and Bananas.
Topped with Hemp, Chia & Local Fruits.

Sides

Home Fried Potatoes \$6 **V, GF**

Local Organic Side Salad \$5 **V, GF**

Side of Locally Grown Fruit \$6 **R, V, GF**

9-Grain Toast \$5 **V**

BEVERAGES

GOLD DRINKS

 HI Kombucha on tap \$6

Local Organic Iced Tea \$4

100% Kona Cold Brewed Coffee \$6

Fresh-Squeezed Lemonade \$4

Mamaki Lemonade \$4

Ginger Turmeric Green Tea Lemonade \$4

HOT DRINKS

Organic French Press 100% Kona Coffee

20 oz. \$10, 10 oz. \$6

Local Organic Teas 20 oz. \$10, 10 oz. \$6

Green, Black, White, Oolong or Ginger Turmeric Green

Organic Herbal Teas 20 oz. \$10, 10 oz. \$6

Ginger, Chamomile, Mint or Mamaki

JUICES

16 oz. \$9

Green Juice

Kale, Spinach, Celery, Cucumber, Green Apple, Lime

Detox Juice

Beet, Carrot, Lemon, Kale, Celery, Ginger, Turmeric

Antioxidant Juice

Beet, Carrot, Orange, Cucumber

 Immunity Juice

Orange, Lemon, Lime, Pineapple, Spirulina

Create your own combo \$10

Kale, Spinach, Beets, Carrots, Cucumber, Celery,
Apple, Ginger, Orange, Lemon, Pineapple

Add a Boost \$1 ea

Chia, Flax, Spirulina, Maca, Turmeric, Spicy Chili

WELLNESS SHOTS

2 oz. \$5

Choose from Ginger, Turmeric, Lemon, Spicy Chili,
Garlic, Spirulina, Kale, Spinach, Beet

2 oz. PROBIOTIC SHOT \$4

Choose from

Sauerkraut or Kimchi juice

SMOOTHIES

16 oz. \$9

Made with organic fruits,
blended with banana and almond milk

Mango Vanilla Mango Strawberry

Mango Pineapple Strawberry Pineapple

Add a Boost \$1 ea

Vegan Protein, Chia, Flax, Spirulina, Maca,
Raw Caco, Goji Berries

 **BODHI FAVORITE**

R raw **V** vegan **GF** gluten-free

Call in orders welcome! (808)-895-2053

*consuming undercooked eggs increases your risk of foodborne illness.

LUNCH AND DINNER

SALADS

All salads are entrée-sized

Tropical Collision \$14

Raw Coconut-Dusted Papaya, Macadamia Nuts & Spinach
✓ Papaya Seed Dressing
R, V, GF

Kung Fu Tofu \$14

Rice Noodles, Spicy Tofu, Mung Beans, Onions, Carrots, Cashews, Bok Choy & Mushrooms V, GF

Poseidon's Paka \$14

Seaweed Salad with Organic Greens, Cucumbers & Ginger Tofu V, GF

✓ **The Big Green \$13**

Organic Greens, Broccoli, Cucumber, Celery, Bell Peppers, Carrots, Mushrooms & Sprouts with Orange Agave Dressing
R, V, GF

Avo-Curry Salad \$14

Mixed Greens, Avocado, Pumpkin Seeds, Carrot, Pumpkin Curry Dressing V, GF

Blue Zones Salad \$14

Mixed Greens, Coconut Bacon, Roasted Red Peppers, Marinated Zucchini, Pickled Onion, Garbanzo & Sunflower Seeds, Lemon Sesame Dressing
V, GF

 **BODHI FAVORITE**
R raw V vegan
GF gluten-free



Blue Zones Project® inspired.
Find out more at
hawaii.bluezonesproject.com

SOUPS

All About Beans \$9

Three Bean Vegetable Chili with Island Corn V, GF
add a Grilled Cheese and Side Salad for \$5

✓ **Garden in a Grinder \$9**

Chilled Gazpacho, Avocado, Cucumber, Extra Virgin Olive Oil
R, V, GF

Mega Veggie Noodle \$9

Tons of Veggies, Brown Rice Pasta, Veggie Broth V, GF

PLATES

Paniolo Potato \$15

Three Bean Vegetable Chili over a Baked Potato, Green Onion, Tomato V, GF

✓ **Raw Thai \$15**

Zucchini "noodles", Bok Choy, Sprouts, Housemade Kimchi with Fresh Lime & Coconut Oil, Raw Cashews R, V, GF

Hummus a Tune \$13

Housemade Hummus, Cucumber, Tomato, Pickled Onion, Baby Romaine, Pita Bread V

Korean Cousins \$15

Spicy Marinated Tofu, Kimchi, Steamed Bok Choy, Brown Rice and Sprouts V, GF

Bowling for Veggies \$16

Tofu Fried Brown Rice with Veggies, Tamari, Tahini V, GF

Awapuhi Noodle Bowl \$16

Island-made Ramen Noodles with Garlic Tofu, Carrots, Kale, Broccoli & Sprouts in a Ginger-scented Broth V

Nahkon Noodles \$16

Creamy Coconut Green Curry, Brown Rice Pasta with Hamakua Mushrooms & Veggies, with Snow Pea Sprouts and Mac Nuts V, GF

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SANDWICHES & WRAPS

Served with organic greens and a pickle
For gluten-free bread, add \$2

The Loaded Melt \$11

9-Grain Bread, Avocado, Tomato, Spinach & Cheddar Cheese, Grilled to Perfection

✓ **All Wrapped Up \$11**

Mixed Greens, Hummus, Avocado, Carrot, Onion, Cucumbers, Sprouts and Onion-Garlic Dressing in a Whole-Wheat Wrap V

Reuben's Garden \$14

Rye Bread, Sauerkraut, Kale, Mushrooms, Brined Seared Tofu, Swiss Cheese, Vegan Thousand Island

Better Than Beef \$14

House made Veggie Burger, Wheat Bun, Lettuce, Tomato, Onion, Ketchup & Mustard V

Deluxe Burger \$17

Our Better Than Beef Burger with Avocado and Cheese (Cheddar, Swiss or Vegan Cheese)

Mediterranean Magic Wrap \$14

Mustard Garbanzo Spread, Roasted Red Pepper, Marinated Zucchini, Pickled Onion and Spinach, Whole Wheat Wrap V

V-BLT \$14

Toasted 9-grain Bread with Smoked Coconut Bacon, Housemade Cashew Cheese, Avocado, Lettuce & Tomato V

For sandwiches and wraps, substitute avocado for cheese to make it vegan, or add house made cashew cheese for \$2

SIDES & SNACKS

Hummus \$6 ½ Avocado \$6 Brown Rice \$5
Pita \$5 Baked Potato \$6 Steamed Veg \$6
Kimchi \$6 Sliced Pineapple \$8 Acai Bowl \$10
Sauerkraut \$6 ½ Papaya \$6 Garden Salad \$5

DESSERTS

✓ **Raw Banana Soft Serve \$5 R,V,GF**

Add mac nuts, dried coconut, cacao nibs, walnuts \$1/ea

Gluten-Free Banana Bread \$3 GF

Banana Oat Bar \$3 V, GF

Black Bean Brownies \$3 V, GF

