

# THE BOOCH BAR

110 Keawe st. Hilo, Hawai'i  
Breakfast Menu Served 8:00 am 'til 11:00 am daily

## Decadent Delights

### Kombucha Smoothie Bowl

Your choice of organic fruit smoothie blended extra thick, topped with coconut-turmeric granola, apple bananas, shaved coconut, and your choice of raw Hawaiian honey or real maple syrup

**15 (V)(GF)**

**Boosts \$1/each:** spirulina ∞ maca ∞ cacao nibs ∞ moringa ∞ fresh ginger ∞ fresh turmeric ∞ bee pollen ∞ hemp seeds ∞ mangosteen ∞ chia seeds ∞ goji berries

### Banana Walnut Sourdough French Toast

Three slices of Sun Dog Bakery sourdough bread dipped in rich coconut custard, topped with sliced apple bananas, candied walnuts, and real maple syrup

**16 (V)** (sub GF bread 1)

### Booch Bar Waffle

Scratch made almond-coconut-brown rice flour Belgian waffle, served with real maple syrup and grass-fed butter or house-made cultured vegan cashew & coconut butter

**15 (GF)(DF)(VG)**

**ADD ONS \$1.50/ea:** Cacao sauce, house-made coconut caramel, bananas, candied walnuts, organic house-made strawberry sauce

## Specialties

### Fresh Catch Bibimbap

Cajun blackened *OR* grilled fish, pickled mung bean sprouts, cucumber, kimchi, local farm fresh egg, red rice, Korean BBQ sauce

**23 (GF)(DF)(NF)\*\***

### Hamakua Mushroom Bibimbap

Hamakua Ali'i Oyster mushrooms, pickled mung bean sprouts, cucumber, kimchi, local farm fresh egg, red rice, Korean BBQ sauce

**21 (GF)(DF)(NF)(VG)\*\***

### Keep it Simple Sunshine

Local farm fresh eggs prepared your way with your choice of organic chicken sausage, Black Forest ham *OR* house-made vegan tempeh bacon, served with choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1)

**(GF)(NFO)(DF)17**

### Fresh Catch Breakfast

Wild caught fresh Hawaiian fish served blackened or grilled, two local farm fresh eggs, kimchi, tropical fruit salsa, fire roasted jalapeno cashew crema choice of red rice, purple sweet potato home fries, black beans *OR* sourdough toast (sub GF bread 1)

**23 (GF)(DF)\*\***

### Brekky Sammy

Toasted sourdough, local farm fresh eggs, basil-kale pesto, kimchi, sprouts, your choice of grilled tempeh, Black Forest ham, or roasted turkey

**16(DF)(VG)**

## Omelets

### Hamakua Mushroom Omelet

Local farm fresh eggs, sautéed Ali'i oyster mushrooms, kale, avocado, choice of cheddar, Swiss cheese, goat cheese, or cultured cashew cheese, served with roasted tomato salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1)

**18 (GF)(DF)(NFO)(VG)**

### Denver Omelet

Local farm fresh eggs, Black Forest ham or tempeh, sauteed peppers and onions, melted Swiss cheese, cheddar or cultured cashew cheese, served with fire roasted salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast

**18(GF)(DF)(NFO)(VG)**

### Blackened Fish Omelet

Local farm fresh eggs, Cajun blackened wild caught Hawaiian fish, olive tapenade, fire-roasted jalapeno cashew aioli, goat cheese or cultured cashew cheese, served with fruit salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1)

**23 (GF)(DF)**

## La Comida

### Verde Vegano

Sautéed greens, house-made lentil walnut "chorizo," ginger beet kraut, fire-roasted jalapeno cashew crema, fire roasted salsa and sprouts, over sweet potato home fries, or red rice

**18 (V)(GF)**

### Brekky Tacos

Two Big Island corn tortillas, local farm fresh eggs, house-made lentil walnut "chorizo", or shredded chicken, cortido kraut, sprouts, pickled onions, jalapeno cashew crema, fire roasted salsa, taqueria pickles

**18/20(VGO)(GF)(DF)**

### Huevos Rancheros

Two Big Island corn tortillas, topped with black beans, local farm fresh eggs, cortido kraut, taqueria pickles, fire roasted salsa, and roasted jalapeno cashew crema, served with organic red rice

**18 (VG)(GF)(DF)**

*Add House made vegan Chorizo 4.5 Add Organic braised Chicken or Fresh Fish 7*

## SIDES

1 Local farm fresh egg **3** ∞ 2 Local farm fresh eggs **5** ∞ Organic Red Rice **4** ∞ Organic chicken sausage **5** ∞ Vegan Tempeh "bacon" **5** ∞ Sweet Potato home fries **5** ∞ Sourdough toast or GF toast with Organic Butter or Vegan Butter **6** ∞ Any Kraut or Kimchi **5** ∞ Sprouted Black Beans **5**

## ADD-ON ITEMS

Swiss **1** ∞ Cheddar **1** ∞ Goat Cheese **2** ∞  
Vegan Cashew Cheese **1.5** ∞ Fresh Mozzarella **2**  
Vegan Mozzarella **2** ∞ Vegan Sunflower Parmesan **1.5**  
Avocado **1.5** ∞ Taqueria Pickles **1** ∞ Pesto **2** ∞  
Hamakua Mushrooms **4** ∞ Fruit Salsa **1** ∞ Tomato Salsa **1**

**World's Best Banana Split 12 (V)(GF) Nicoco Gelato 8 (V)(GF)**  
**Raw Cacao "Cheesecake" 8 (V)(GF) Almond Cacao Brownie 8 (V)(GF)**  
**Kombucha Float 10 (V)(GF)(NFO) Nitro Coffee Float 10 (V)(GF)**  
**Kombucha Smoothie Bowl 15 (V)(GF)(NFO)**

\*\* According to the dept. of health, consuming raw or undercooked foods may increase the risk of foodborne illness\*\*  
(GF)= Gluten free (V)=Vegan (NFO)=Nut Free Option (DF)=Dairy Free (VG)=Vegetarian ∞ .75 per item surcharge applied to take-out orders

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