

THE BOOCH BAR

Lunch & Dinner Menu  Served 11am-8pm daily

Salads & Plates

Soup & Salad *NEW*

A generous bowl of our house-made soup served with a half green salad and sourdough or GF crostini **12(V)(GF)**

Caesar Salad

Local organic greens, cherry tomatoes, sheep's milk Romano, sourdough croutons, tossed in vegan Caesar dressing **8/12**
Add fresh fish + 4/7

Puna Beet Salad

Local organic greens, roasted beets, avocado, cultured cashew or goat cheese, carrots, candied walnuts, balsamic vinaigrette **9/13 (V)(GF)**

Spring Chef Salad *NEW*

Local organic greens, oven roasted turkey, gorgonzola cheese, sourdough croutons, hard boiled organic egg, cherry tomato, creamy vegan avocado ranch **15**

Niçoise Salad *NEW*

Local organic greens, blackened or grilled fresh Hawaiian fish, roasted purple sweet potatoes, kalamata olives, hard boiled organic egg, and vine ripened tomato, served over organic greens, with balsamic vinaigrette **19 (GF)**

Tempeh Taco Salad *NEW*

Local organic greens, house made tempeh chorizo, black beans, cortido kraut, fresh tomato salsa, roasted jalapeno cashew crema, sprouts, organic blue corn chips **15**

Casablanca

Sprouted garbanzo hummus, olive tapenade, cucumber, basil-kale-pesto, served over organic greens, sourdough or GF crostini, organic corn chips **13 (V)(GF)**

Fresh Catch Bibimbap

Blackened or grilled fish, pickled bean sprouts, cucumber, kimchi, organic sunny side egg, brown rice, Korean BBQ sauce **17 (GF)**

Mushroom Bibimbap

Marinated mushrooms, pickled bean sprouts, cucumber, kimchi, organic sunny side egg, brown rice, Korean BBQ sauce **15 (GF)**

TACOS

Matty's Tempeh Street Tacos

Two locally made non-GMO corn tortillas, house-made tempeh "chorizo," organic greens, cortido kraut, roasted jalapeno cashew crema, with brown rice, black beans, fresh tomato salsa, **14 (V)(GF)**

Blackened Fish Tacos

Two locally made non-GMO corn tortillas, Cajun rubbed wild-caught fresh Hawaiian fish, organic greens, cortido kraut, and roasted jalapeno cashew crema, brown rice, black beans, fresh tomato salsa **17(GF)**

Kimchi Ceviche Tostada *NEW*

Two locally made non-GMO corn tortillas, organic greens, wild caught Hawaiian whitefish ceviche roasted jalapeno cashew crema, black beans, fresh tomato salsa, kimchi, and sprouts **17(GF)**

(GF)= Gluten free (V)=Vegan .50 per item surcharge applied to all take-out orders

**** According to the dept. of health, consuming raw or undercooked foods may increase the risk of foodborne illness****

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Sandwiches

All sandwiches are served with a house made dill pickle spear and your choice of side
All sandwiches can be prepared gluten free.

Veg Head

Basil-kale-pesto, organic greens, carrots, cucumber, shredded beets, avocado, tomato, sprouted garbanzo hummus, sprouts, on toasted sourdough **12 (V)**

Garden Turkey

Roasted turkey breast, organic greens, tomato, sprouts, cucumbers, avocado, roasted garlic aioli on toasted sourdough **14**

Turkey Reuben

Roasted turkey breast, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled sourdough **15**

Tempeh BLTA

Grilled marinated tempeh organic greens, tomato, avocado, roasted garlic aioli, on toasted sourdough **(V) 14**

Tempeh Reuben

Grilled marinated tempeh, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled sourdough **14**

Booch Bar Burger

½ pound pasture raised Big Island Beef, seasoned and grilled to temp, organic greens, tomato, sprouts, roasted garlic aioli, Kombucha ketchup, and lilikoi mustard, on a toasted whole wheat roll **16**

Conscious Culture Burger

House-made lentil-walnut-hemp patty, organic greens, tomato, sprouts, roasted garlic aioli, Kombucha ketchup, and lilikoi mustard, on a toasted whole wheat roll **14 (V)**

Booch Bar Dawg *NEW*

Organic Chicken sausage grilled and served open faced on grilled sourdough bread topped with organic greens, ginger beet kraut, tomato relish, sprouts, kombucha ketchup, and lilikoi mustard **15**

Fresh Catch

Blackened or grilled fresh-caught fresh Hawaiian fish, organic greens, tomato, sprouts, fire roasted jalapeno aioli, on a toasted whole wheat roll **17**

ADD ONS: Sautéed Mushroom, Swiss, gorgonzola, sheep's milk Romano, kimchi/kraut, cultured cashew cheese, goat cheese, Sub GF Bun

SIDE CHOICES: Brown rice, black beans, sweet potato salad, kettle chips, kraut, kimchi, soup, or green salad

Dessert

Coconut gelato (V)(GF) (assorted flavors) 6 • Raw Cacao Pie (V)(GF) 6 • Banana Split (V)(GF) 9
Kombucha Float (V)(GF) 8 Nitro Coffee Float (V)(GF) 8 • Kombucha smoothie Bowl (V)(GF) 11

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