

THE BOOCH BAR

Lunch & Dinner Menu ♡ Served 11am-8pm daily

Salads & Plates

Soup & Salad

A generous bowl of our house-made soup served with a half green salad and sourdough or GF crostini **15(V)(GF)**

Caesar Salad

Local organic greens, cherry tomatoes, sheep's milk Romano, sourdough croutons, tossed in vegan Caesar dressing **9/14**
Add fresh fish + 4/7

Puna Beet Salad

Local organic greens, roasted beets, avocado, cultured cashew or goat cheese, carrots, candied walnuts, choice of dressing **10/15 (V)(GF)**

Chef Salad

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

Niçoise Salad

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 **20 (GF)**

Taco Salad

Local organic greens, house made lentil walnut chorizo, black beans, cortido kraut, fresh tomato salsa, roasted jalapeno cashew crema, sprouts, organic blue corn chips **16 (V)(GF)**

Casablanca

Sprouted garbanzo hummus, olive tapenade, cucumber, basil-kale-pesto, served over organic greens, sourdough or GF crostini, organic corn chips **15 (V)(GF)**

Fresh Catch Bibimbap

Blackened or grilled fish, pickled bean sprouts, cucumber, kimchi, organic sunny side egg, brown rice, Korean BBQ sauce **20 (GF)**

Mushroom Bibimbap

Marinated mushrooms, pickled bean sprouts, cucumber, kimchi, organic sunny side egg, brown rice, Korean BBQ sauce **16 (GF)**

TACOS

Matty's Street Tacos

Two locally made non-GMO corn tortillas, house-made lentil walnut "chorizo," organic greens, cortido kraut, roasted jalapeno cashew crema, with brown rice, black beans, fresh tomato salsa **16 (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, with brown rice, black beans, fresh tomato salsa **20(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, avocado, tomato, sprouted garbanzo hummus, clover sprouts, on toasted sourdough **15 (V)**

Garden Turkey

Roasted turkey breast, organic greens, tomato, sprouts, cucumbers, avocado, roasted garlic cashew aioli on toasted sourdough **17**

Turkey Reuben

Roasted turkey breast, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled sourdough **17**

Tempeh BLTA

Grilled marinated tempeh, organic greens, tomato, avocado, roasted garlic cashew aioli, on toasted sourdough **(V) 16**

Tempeh Reuben

Grilled marinated tempeh, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled sourdough **16**

Booch Bar Burger

½ pound pasture raised Big Island Beef, seasoned and grilled to temp, organic greens, tomato, sprouts, roasted garlic cashew aioli, Kombucha ketchup, and lilikoi mustard, on a toasted bakery roll **19**

Conscious Culture Burger

House-made lentil-walnut-hemp patty, organic greens, tomato, sprouts, roasted garlic cashew aioli, Kombucha ketchup, and lilikoi mustard, on a toasted bakery roll **16 (V)**

Booch Bar Dawg

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 **16**

Fresh Catch

Blackened or grilled fresh-caught fresh Hawaiian fish, organic greens, tomato, sprouts, fire roasted jalapeno aioli, on a toasted whole wheat roll **20**

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

Nicoco gelato (V)(GF) 6 • Raw Cacao Pie (V)(GF) 6 • Almond Cacao Brownie 6.5 (V)(GF) • Banana Split (V)(GF) 11
Kombucha Float (V)(GF) 9 • Nitro Coffee Float (V)(GF) 10 • Kombucha smoothie Bowl (V)(GF) 13

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