

Booch Bar Breakfast

Served 8am-11am daily

Kombucha Smoothie Bowl

Your choice of organic fruit smoothie blended extra thick, topped with coconut-turmeric granola, organic apple bananas, shaved coconut, and your choice of raw Hawaiian honey or real maple syrup **13 (V)(GF)**

Boosts: \$1/each spirulina ✨ maca ✨ cacao nibs ✨ moringa ✨ ginger ✨ turmeric ✨ sunflower seeds ✨ bee pollen ✨ hemp seeds ✨ mangosteen ✨ chia seeds ✨ flax seeds ✨ goji berries

Banana Walnut Sourdough French Toast

Sun Dog Bakery sourdough bread dipped in rich coconut custard, topped with sliced apple bananas, candied walnuts, and real maple syrup **14 (V)** (sub GF bread 1)

Fresh Catch Breakfast

Blackened or grilled wild caught fresh Hawaiian fish, two organic eggs any style, kimchi, fire-roasted jalapeno cashew crema, your choice of sweet potato home fries, toast, or brown rice **20 (GF)**

Fresh Catch Bibimbap

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

Mushroom Bibimbap

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

Old School Brekky Sammy

Toasted sourdough, two organic eggs, basil-kale pesto, kimchi, sprouts, your choice of grilled tempeh or roasted turkey, **14** (sub GF bread 1)

(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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Verdant Vegan

Sautéed greens, house-made lentil walnut "chorizo", ginger beet kraut, fire-roasted jalapeno cashew crema, pico de gallo, sprouts, over sweet potato home fries, or brown rice **15 (V)(GF)**

Brekky Tacos

Two locally made non-GMO corn tortillas, organic scrambled eggs, house-made lentil walnut "chorizo," cortido kraut, sprouts, fire-roasted jalapeno cashew crema, pico de gallo, **15 (GF)**

Mushroom Omelet

Organic eggs, sautéed mushrooms, kale, avocado, Swiss cheese, goat cheese or cultured cashew cheese, prepared as omelet or scramble and served with pico de gallo and your choice of sweet potato home fries, brown rice, or toast **15 (GF)**

Rise up Reuben Omelet

Organic eggs, tempeh or roasted turkey, garlic dill kraut, melted Swiss cheese, goat cheese or cultured cashew cheese prepared as omelet or scramble and served with pico de gallo and your choice of sweet potato home fries, brown rice, or toast

16(GF)

Blackened Fish Omelet

Organic eggs, blackened wild caught Hawaiian fish, olive tapenade, fire-roasted jalapeno aioli, goat cheese or cultured cashew cheese prepared as omelet or scramble and served with pico de gallo and your choice of sweet potato home fries, brown rice, or toast **20 (GF)**

Sides

1 Organic egg **2** • 2 Organic eggs **3.5** • Brown rice **3** • Organic chicken sausage **5** • Tempeh "bacon" **4** • Sweet potato home fries **5** • Sourdough toast or GF Toast **4**
Any kraut or kimchi **4.5** • Black Beans **3**

Add-Ons

Add Swiss Cheese **1** • Add Cashew Cheese **1** • Add Goat Cheese **2** • Add Gorgonzola Cheese **1**

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**

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