

THE BOOCH BAR

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

SWEET STUFF

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 **15 (V)(GF)**

Boosts \$1/each: spirulina ∞ maca ∞ cacao nibs ∞ moringa ∞ fresh ginger ∞ fresh turmeric ∞ sunflower seeds ∞ bee pollen ∞ hemp seeds ∞ mangosteen ∞ chia seeds ∞ flax 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 cultured vegan butter **15 (GF)(DF)(VG)**

ADD ONS :

Cacao sauce, coconut caramel, bananas, candied walnuts,

SPECIALTIES

Fresh Catch Bibimbap

Cajun blackened or grilled fish, pickled mung bean sprouts, cucumber, kimchi, organic sunny side egg, red rice, Korean BBQ sauce **22 (GF)(DF)(NF)****

Hamakua Mushroom Bibimbap

Hamakua Ali'i Oyster mushrooms, pickled mung bean sprouts, cucumber, kimchi, organic sunny side egg, red rice, Korean BBQ sauce **19 (GF)(DF)(NF)(VG)****

Keep it Simple Sunshine

Two organic eggs prepared your way with your choice of organic chicken sausage, 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)(NF)(DF)15**

Fresh Catch Breakfast

Cajun blackened or grilled wild caught fresh Hawaiian fish, two organic eggs any style, 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) **22 (GF)(DF)****

Brekky Sammy

Toasted sourdough, organic eggs, basil-kale pesto, kimchi, sprouts, your choice of grilled tempeh or roasted turkey, **16(DF)(VG)**

OMELETS

Hamakua Mushroom Omelet

Organic eggs, sautéed Ali'i Oyster Mushrooms, kale, avocado, Swiss cheese, goat cheese or cultured cashew cheese, served with fresh tomato salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1) **18 (GF)(DF)(NF)(VG)**

Rise up Reuben Omelet

Organic eggs, tempeh or roasted turkey, garlic dill kraut, melted Swiss cheese, goat cheese or cultured cashew cheese, served with fresh tomato salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1) **17(GF)(DF)(NF)(VG)**

Blackened Fish Omelet

Organic eggs, Cajun blackened wild caught Hawaiian fish, olive tapenade, fire-roasted jalapeno aioli, goat cheese or cultured cashew cheese, served with fresh tomato salsa and choice of red rice, purple sweet potato home fries, black beans or sourdough toast (sub GF bread 1) **20 (GF)(DF)**

LA COMIDA

Verde Vegano

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 red rice **17 (V)(GF)**

Brekky Tacos

Two Big Island corn tortillas, organic scrambled eggs, house-made lentil walnut "chorizo," cortido kraut, sprouts, pickled onions, fire-roasted jalapeno cashew crema, pico de gallo **17 (VG)(GF)(DF)**

Huevos Rancheros

Two Big Island corn tortillas, topped with black beans, two organic eggs, cortido kraut, pickled onions, pico de gallo, and roasted jalapeno cashew crema, served with organic red rice **17 (VG)(GF)(DF)**
Add House made vegan Chorizo 4.5 Add Organic Jerk Chicken or Fresh Fish 7

SIDES & ADD-ONS

1 Organic egg **2.5** ∞ 2 Organic eggs **4.5** ∞ Organic Red Rice **4** ∞
Organic chicken sausage **5** ∞ Vegan Tempeh "bacon" **5** ∞
Sweet Potato home fries **6** ∞ Sourdough toast or GF toast with
Organic Butter or Vegan Butter **6** ∞ Any Kraut or Kimchi **5** ∞
Sprouted Black Beans **5**

Add Swiss Cheese 1.5 ∞ **Add Cashew Vegan Cheese 1.5** ∞ **Add Vegan parmesan 1.5** ∞ **Add Goat Cheese 2** ∞ **Add Gorgonzola Cheese 1.5** ∞
Avocado 1.5

DESSERT:

Nicoco Gelato **8 (V)(GF)** • Raw Cacao "Cheesecake" **8 (V)(GF)** • Almond Cacao Brownie w/ salted caramel sauce **8 (V)(GF)**
Banana Split **12 (V)(GF)** Kombucha Float **10 (V)(GF)** • Nitro Coffee Float **10 (V)(GF)** • Kombucha Smoothie Bowl **15**

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

(GF)= Gluten free (V)=Vegan (NF)=Nut Free (DF)=Dairy Free (VG)=Vegetarian ∞ ☺=Happy Hour discount ∞ .50 per item surcharge applied to take-out orders

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