THE BOOCH BAR

Lunch & Dinner Menu Served 11:00 am 'til Closing Daily

Pupus

Sprouted Hummus



Served with fresh cucumber or organic blue corn chips, olive oil, smoked paprika 10 (V)(GF)

Tikka Masala Cauliflower 🙂



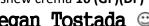
Charred cauliflower florets tossed in spicy coconut curry "butter" sauce, vegan parmesan, served with vegan tzatziki 13 (V)(GF)

Jerk Chicken Tostada 🙂



Crispy corn tortilla, black beans, jerk spiced organic chicken, beet kraut, pickled onions, clover sprouts, tropical fruit salsa, and roasted jalapeno cashew crema 16 (GF)(DF)

Vegan Tostada 🙂



Crispy Corn tortilla, black beans, House-made lentil walnut "chorizo," cortido kraut, clover sprouts, pickled onions, pico de gallo, and roasted jalapeno cashew crema, 15 (V)(GF)

Salads & Plates

Soup & Salad

A generous bowl of our house-made soup served with a green salad and sourdough or GF crostini 16 (V)(GF)

Caesar Salad

Local organic greens, local tomatoes, sheep's milk Romano or house made vegan parmesan, sourdough croutons, tossed in vegan Caesar

Half portion 10 -- Entrée 16 (V)

Add fresh fish half portion 4 -- full portion 7, Add organic jerk chicken 7

Puna Beet Salad

Local organic greens, roasted beets, avocado, cultured cashew or goat cheese, carrots, candied walnuts, balsamic vinaigrette Half portion 10 -- Entrée 17 (V)(GF)

Nicoise 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 22 (GF)(DF)(NF)**

Vegan 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 18 (V)(GF)

Casablanca

Sprouted garbanzo hummus, olive tapenade, cucumber, basil-kale-pesto, served over organic greens with sourdough or GF crostini, organic corn

18 (V)(GF)(NF)

Fresh Catch Bibimbap

Cajun blackened or grilled fish, pickled mung bean sprouts, cucumber, kimchi, organic sunny side egg, brown 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)*

Jerk Chicken Bowl

Jerk Spiced organic chicken served over red rice with organic greens, ginger beet kraut, pickled mung bean sprouts, tropical fruit salsa, Cashew Tzatziki 22 (GF)(DF)

Tacos

Vegan Tacos 🙂



House-made lentil walnut "chorizo," organic greens, cortido kraut, clover sprouts, pickled onions, jalapeno cashew crema, and pico de gallo, on Big Island corn tortillas, served with red rice and black beans 17 (V)(GF)

Hawaiian Fish Tacos

Cajun blackened or grilled wild-caught fresh Hawaiian fish, organic greens, garlic-dill kraut, clover sprouts, pickled onions roasted jalapeno cashew crema, and tropical fruit salsa, on Big Island corn tortillas, served with red rice and black beans 21 (GF)(DF)**

Jerk Chicken Tacos 🙂



Jerk spiced organic chicken, organic greens, ginger beet kraut, sprouts, pickled onions, roasted jalapeno cashew crema, and tropical fruit salsa, on Big Island corn tortillas, served with red rice and black beans 21(GF)(DF)

Burgers

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 Sun Dog bakery roll with your choice of side 21 (DF)

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 Sun Dog bakery roll with your choice of side 18 (V)(DF)

The Jerk 🙂



Jerk spiced organic chicken, organic greens, beet kraut, tomato, sprouts, Cashew Tzatziki, on a toasted Sun Dog bakery roll with your choice of side 21 (DF)

Fresh Catch

Cajun blackened or grilled fresh-caught fresh Hawaiian fish, organic greens, tomato, sprouts, fire roasted jalapeno aioli, on a toasted Sun Dog bakery roll with your choice of side 22 (DF)

ADD ONS: Avocado, Hamakua mushroom, Swiss, gorgonzola, sheep's milk Romano, kimchi, kraut, cultured cashew chevre cheese (V), sunflower cashew parmesan (V), goat chevre cheese, Sub GF Bread/Bun

Sandwiches

Veg Head

Basil-kale-pesto, organic greens, carrots, cucumber, avocado, tomato, sprouted garbanzo hummus, clover sprouts, on toasted sourdough with your choice of side 17 (V)

Garden Turkey

Roasted turkey breast, organic greens, tomato, sprouts, cucumbers, avocado, roasted garlic cashew aioli on toasted sourdough with your choice of side **18 (DF)**

Turkey Reuben

Roasted turkey breast, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled Sun Dog Bakery sourdough with your choice of side 18(NF)

Tempeh BLTA

Grilled marinated tempeh, organic greens, tomato, avocado, roasted garlic cashew aioli, on toasted sourdough with your choice of side 18(V)

Tempeh Reuben

Grilled marinated tempeh, garlic dill kraut, melted Swiss cheese, lilikoi mustard, on grilled sourdough with your choice of side 18 (NF)(VG)

All SANDWICHES & BURGERS are served with a house made dill pickle spear and your choice of side and can be prepared gluten free upon request SIDE CHOICES: Organic Red Rice, Sprouted Black Beans, Sweet Potato Salad, kettle chips, kraut, kimchi, soup, or organic green salad(+2)

DESSERT:

Nicoco Gelato 8 (V)(GF) • Raw Cacao "Cheesecake" 8 (V)(GF) • Almond Cacao Brownie w/ salted caramel sauce 8 (V)(GF) Banana Split 13 (V)(GF) Kombucha Float 10 (V)(GF) • Nitro Coffee Float 10 (V)(GF) • Kombucha Smoothie Bowl 15 (V)(GF)(NF)

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