

# 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 dressing

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)**

### 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 **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 chips

**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)**

\*\* 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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