



Appetizers

Sampler Dips n Chips

Dips: Tri-Layer Dip (Sunflower Seed Dip, Guacamole & MacNut Sour Cream). Mac-Nut Spread & Spicy Coco Dip.
Chips: Flax Crackers & Macho Nachos

11.50

Olive Tapenade Black/Green Olives, Basil, Garlic, Tomatoes, Avocado, & Flax Seed Crackers

10.50

Crimini Escargot Mac-Nut Garlic "Butter", Pesto, Sunflower Seed Croutons, Shallots, Parsley, Micro Greens

10.50

Not Tuna On Onion Bread: Sunflower Seeds, Brown Flax, Yellow Onions, Olive Oil, & Gluten-Free Tamari

Tuna: Sunflower Seeds, Mac-Nut Mayo, Coconut Water, Dill, Dulse, Green Onions, Celery & Date Mustard.

9.00

Falafel Boat Almonds, & Herbs with Marinated Sweet Onions, Grape Tomatoes, Tahini Sauce, Lettuce "cups"

9.00

Beet Ravioli Beets with a Chive Kreme Sauce Topped with White Wine Vinegar and Chives

9.00

Romanesco-Cauliflower Buffalo Wings Cashew Dill Ranch Sundried

Tomatoes, Raisins, Cider Vinegar, Onion Powder, Garlic Powder, Paprika, Oregano, Dates, MacNuts, Lemon Juice, White Wine Vinegar, Dill, Sea Salt.

9.00

Mini-Bagels, MacNut Kreme, Capers, Red Onions, Tomatoes, Cucumbers

Flax/Pumpkin Seeds, Almonds, Bell Peppers, Carrots, Onions, Basil, Oregano, Tahini, Thyme

8.50

Soups ~ Salads

Lemony Zucchini Bisque Zucchini, Lemon Juice, Olive Oil, Garlic, Onion Powder, Cumin, Salt and Fennel

9.00

French Onion Soup Onion, Balsamic, Tamari, Almonds, Lemon Juice, Miso, Thyme, Black Pepper, Olive Oil.

8.50

Caesar Salad Baby Romaine, Sunflower Seed Croutons. Garlic Zucchini Dressing, Balsamic Reduction, Nori.

12.50

Spicy Curly Kale Salad Sesame, Ginger, & Chili Vinaigrette, Red Onions, Dates, and Maple Pecans.

10.50

Baby Arugula Salad Tomatoes & Sun-dried Olives. Balsamic Garlic Dressing

10.50

Green Papaya & Coconut Salad Oil-less Lillikoi Sweet Sour Spice Dressing, Kaffir, Tomato, Mint

9.00

Local Green Salad Topped with Teriyaki Almonds. Garlic, Ginger, Lemon Juice Dressing. Beet Tops, Rainbow Chard, Arugula, Kale, Local Soft Salad Greens and Sunflower Sprouts.

9.00

Greens supplied by these Local Organic & Non GMO Farms

Ma'o (Lualualei), Kolea (Pupukea), Just Add Water (Waimanalo), Mohala (Waialua), Wow (Big Isle). Ho Farms (non org.) Milner Farms (non org.) North Shore Farms (non org.) Theng Farms (non org.) Pit Farm (non org.)

Entrees

Living Lasagna Layers of Fresh Thyme-Seasoned Sliced Zucchini, Basil Pesto, Sun-dried Tomato Marinara, MacNut "Ricotta" Lemon Juice, Nutritional Yeast, and Sea Salt), Spinach & Tomatoes. A side of Local Green Salad.

18.00

Basil Tomato Olive Zucchini Spaghetti Sun-dried Tomato Marinara (Tomatoes, Onions, Extra-Virgin Olive Oil, Lemon Juice and Sea Salt), Local Tomatoes, Sundried Olives and Basil.

18.00

Sylvia's Garden Burger An all veggie patty (no fillers like bread crumbs) on Onion Bread

Date Mustard, MacNut Mayo, Tomato, & Butter Lettuce. Served with Jicama Fries & Tomato Raisin Ketchup

17.00

Kaffir Miso Pad Thai Sea Kelp Noodles, Miso, Gluten-Free Tamari, Kaffir Lime Leaf, Bean Sprouts & Salted Cashews. Tossed with a Rainbow of Veggies

17.00

Zucchini Fettuccini MacNut Alfredo sauce: (Mac Nuts, Lemon Juice, Garlic, Nutritional Yeast, Sea Salt)

Topped with Marinated Mushrooms: (Ohsawa Gluten-Free Tamari, Olive Oil, Apple Cider Vinegar, Fresh Garlic)

17.00

Pesto Tomato Pasta Fresh non-GMO "zucchini spaghetti," Basil, Extra-Virgin Olive Oil, MacNuts, Chickpea Miso, Garlic, Sea Salt.

***** Green highlights indicate SOY~ Ask your server for possible soy free options~
Everything is prepared in house, sourcing Local & Organic as much as possible.**

~ RAW (Unprocessed), VEGAN, GLUTEN-FREE & NON GMO ~

Sylvia's Tasting Menu \$30

With Wine Pairings: \$44

- 1st Local Salad ~or~ Lemony Zucchini Bisque
2nd Not Tuna on Onion Bread ~or~ Falafel Boat
3rd Living Lasagna ~or~ Kaffir Miso Pad Thai ~or~
Sylvia's Garden Burger with Jicama Fries
4th "Cheese" Cake (Ask for the flavour of the day)

DESSERTS

Wicked Chocolate Tart Cacao, Coconut Oil, Maple Syrup, Almond crust **8.50**

Coconut Chocolate Truffles Cacao, Shredded Coconut, Coconut Oil, Maple Syrup **8.00**

"Cheese" Cake Tropical Fruits / Veggies, Nut crust with Dates Ask your server for daily flavour **8.00 - 9.50**

BEVERAGES

Vichy Catalan: Sparkling Natural Mineral Water (from Spain) Straight from the Heart of Earth. Magnesium and Potassium and Electrolytes	16.9 Fluid Ounces 5.50 ~ 1 Quart 1,8 Fluid Ounces 7.00
Coconut Water	5.75
Keopu Estate Kona Coffee (HOT or ICED) G&V Fresh Almond Milk. One complimentary refill ○	4.75
Hawaiian Islands Iced Tea: Pineapple & mango mix	3.75
Black Teas (HOT): Passion Fruit, Strawberry Lychee, Maui Mango, Pineapple, English Breakfast	3.75
Hawaiian Islands Green Tea (HOT): ○	3.75
Non-Caffeinated Teas (HOT): Tazo Passion Fruit, Tazo Refresh Mint	3.75
Fresh Lemongrass & Mint Herbal "Tea" (HOT or ICED) Fresh—steeped fresh daily	3.75
House-Made Sparkling Water	2.00

~HAPPY HOUR~ Mon.-Sat. 5pm-7pm

White Wines

- 1) Grayson, Chardonnay, St. Helena CA. **\$6.00**
- 2) Petit Clos, Sauvignon Blanc, Marlborough NZ. **\$8.00**
- 3) Canella Brut Prosecco, Sparkling Wine, IT. **\$8.00**

All 3 White Wines (Tasting Pours 2.5 oz/glass) \$13.75

Red Wines

- 1) Block 9, Pinot Noir CA. **\$7.00**
- 2) Mitolo Jester, Shiraz, McLaren Vale, AU. '11 **\$8.00**
- 3) Clos Pegas, Merlot, Napa CA. 09 **\$9.00**

All 3 Red Wines (Tasting Pours 2.5 oz/glass) \$15.00

~All Sakes and the Beer \$2.00 off~