

TUCKER & BEVVY

////////// PICNIC FOOD

LUNCH / DINNER PANINI & BURRITOS

PESTO CHICKEN PANINI mozzarella, tomato *w-nuts.....	10.99
TURKEY CLUB PANINI bacon, tomato, Swiss cheese, green goddess.....	10.99
VEGGIE STACK PANINI eggplant, sweet potato, zucchini, peppers, provolone, basil pesto *w-nuts.....	10.99
HAM + SWISS PANINI	10.99
CAPRESE PANINI tomato, fresh mozzarella, basil pesto *w-nuts	10.99
TUNA MELT PANINI tuna salad with capers, red onion, tomato, cheddar.....	10.99

SANDWICHES & COLD WRAPS

CHICKEN BLT SANDWICH with mayonnaise + celery, apple wood bacon, tomato, greens	9.99
CURRIED CHICKEN SANDWICH with mayo, raisins + almonds, carrot, greens *with-nuts.....	9.99
TURKEY CRANBERRY SANDWICH with greens.....	9.99
TURKEY PESTO SANDWICH with mozzarella, tomato *w-nuts.....	9.99
EGG SALAD SANDWICH with mayonnaise, greens	9.99
HAM + EGG SALAD SANDWICH	9.99
TUNA SALAD SANDWICH with greens, tomato	9.99
HUMMUS + SWEET POTATO SANDWICH with greens, tomato, carrot, cucumber, sweet chili sauce (Vegan).....	9.99
VEGGIE PESTO SANDWICH with roast eggplant, roast yam, red pepper, provolone cheese, pesto *w-nuts	9.99
TURKEY + GREENS WRAP turkey, organic greens, green goddess	9.99
MISO GLAZED TOFU WRAP with miso glazed tofu, greens, cucumber, tomato, green onion, sesame dressing (Vegan).....	9.99
BUTTERNUT HUMMUS WRAP with pistachio dukkha, roasted red peppers, greens (Vegan).....	9.99
CURRIED CHICKEN WRAP with mayo, raisins + almonds, carrot, greens *with-nuts.....	9.99
TURKEY PROVOLONE WRAP with Turkey, provolone, greens, tomato, vinaigrette.....	9.99
HAM SWISS WRAP with Ham, Swiss, greens, tomato, vinaigrette.....	9.99

GREEN SALADS (Gluten-Free, Organic Greens)

ALMOND CHICKEN SALAD fresh mint, carrot, grape tomatoes, cucumber, red cabbage, sesame, Asian dressing *w-nuts	12.99
ROASTED BUTTERNUT SALAD roasted butternut, quinoa, French lentils, tamari seeds, lemon dressing (Vegan).....	12.99
BEET FETA WALNUT SALAD carrots, cucumber, grape tomatoes, red cabbage, orange-ginger vinaigrette *w-nuts.....	12.99
GREEK SALAD feta, Kalamata olives, red onion, cucumber, tomatoes, lemon dressing.....	12.99
KALE ALMOND CAESAR SALAD parmesan, croutons, fresh lemon, Caesar dressing.....	12.99
TUNA SALAD with capers + onions, organic greens, tomato, cucumber, vinaigrette	12.99

SIDE SALADS

BUCKWHEAT SOBA, organic tofu, miso roasted broccoli, edamame, sesame, scallions, lettuce, ponzu dressing (Vegan).....	9.49
ORGANIC PASTA + Basil pesto, fresh mozzarella, grape tomatoes.....	9.49
LENTILS + GRAINS quinoa, lentils, farro, salad w- kale, red cabbage, carrot, almonds, raisins, green onions, orange-ginger vinaigrette *w-nuts.....	9.49
HAWAIIAN MAC SALAD macaroni, egg, potato, carrot, celery, onion.....	9.49

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BREAKFAST PANINI & WRAPS

BACON, EGG + CHEDDAR PANINI	9.99
HAM, EGG + SWISS PANINI.....	9.99
ORGANIC SPINACH, EGGS + PROVOLONE PANINI	9.99
BREKKIE WRAP smoked bacon, chicken sausage, scrambled eggs, potatoes, cheese, salsa.....	10.99
VEGAN BREAKFAST BURRITO plant-based chorizo, plant based just egg, potatoes, salsa.....	10.99
KEIKI GRILLED CHEESE- mozzarella + cheddar.....	4.99
SMOKED SALMON BAGEL- Cream Cheese, Capers, Lemon (<i>organic sprouted grain by request</i>)	13.99
SMASHED AVOCADO TOAST Local Avocado, T&B pistachio dukkah on organic grain w-lemon *w-nuts	10.99

HEALTH BOWLS *w-nuts

ORGANIC ACAI with Fresh Fruit, House Made Organic Granola + Chia Haupia *w-nuts	13.49
GREEN BANANA (<i>Organic Kale + Spinach</i>) with Fresh Fruit, House Made Organic Granola + Chia Haupia *w nuts.....	13.49

BAKED BY US...

Banana Bread with Chocolate Chunks *w-nuts.....	5.99
Mango Macadamia Nut Bread *w-nuts	5.99

COLD PRESSED JUICES 16oz bottle

Lean Green Pineapple, kale, spinach, parsley, cucumber, celery, ginger.....	8.99
Getcha Greens Romaine, kale, spinach, parsley, cucumber, celery, ginger, lemon.....	8.99
Pineapple Just Hawaiian Pineapple	8.99
Watermelon Just Hawaiian Watermelon.....	8.99

REAL FRUIT SMOOTHIES 12oz

Green Paradise banana, organic spinach + kale, coconut milk, apple juice	6.49
Tropical Storm mango, pineapple, banana, pineapple juice.....	6.49
Berry Berry strawberry, blueberry, raspberry, apple juice.....	6.49
Pina Colada pineapple, banana, coconut milk, pineapple juice.....	6.49
Sunset papaya, strawberry, mango, apple juice	6.49
Triple Banana banana, banana, banana, apple juice	6.49
Strawberry Banana strawberries, banana, apple juice	6.49