

# BREAKFAST

*Breakfast is served daily from 9am to 12pm. We also serve an amazing weekend brunch. Don't forget takeout too.*

## 'Umeke Breakfast Sandwich 4.45

Homemade English muffin, spinach, Maui onion & tomato, choice of Cheddar or Provolone cheese and an island fresh egg, hormone and antibiotic free. Add turkey bacon for \$1.

## Farmers Breakfast 6.45

Two island fresh eggs, organic brown rice & turkey bacon.

## Hawaii-Style Loco Moco 9.95

Burger of your choice, organic brown rice, homemade mushroom gravy with two island fresh eggs. Choose: buffalo burger, Kamuela grass-fed Big Island beef burger, all natural turkey burger or house-made veggie patty.

## Huevos Rancheros 7.95

Two corn tortillas, homemade organic refried beans, avocado, two island fresh eggs, organic brown rice and our house-made salsa.

## Omelettes 7.95

Made with three island fresh eggs & served with organic brown rice.

### Palolo

Organic kale, grown in Palolo Valley, sautéed with Maui onion, tomato & mushroom with Provolone cheese.

### Kamuela

Cheddar cheese & Maui onion omelet, covered over with our grass-fed Big Island beef & bean chili.

## Breakfast Burrito 6.95

Whole-wheat tortilla with organic refried beans, two island fresh eggs and organic brown rice.



..... Downtown \* Kahala .....

CAFE / GROCERY / SUPPLEMENTS / HEALTHY LIVING / CATERING / BAKED GOODS & MORE

# SMOOTHIES

## Kahala Krush 3.95

Mango, papaya, banana and honey.

## Kale 3.95

Fresh kale, banana and honey.

## Acai Bowl 5.25

Açai, banana and honey, granola & more banana.

## Mixed Berry 3.95

Strawberry, blueberry and raspberry, banana & honey.

## Very Strawberry 3.95

Double strawberry, banana and honey.

## PB&B 3.95

Peanut butter, banana and honey.

## Acai 5.95

Double açai, banana and honey.

## Chocolate Charger 5.95

Chocolate whey protein, peanut butter, honey & banana.

# SANDWICHES

*Sandwiches are served with Kettle chips. Get a Caesar or local mixed greens with our garlic hoisin dressing for \$2 more.*

## Grilled Chicken Sandwich 7.95

Fresh mac nut pesto, roasted red peppers, grilled free-range chicken breast & melted Provolone.

## Turkey Hummus Focaccia 7.95/9.95

Roasted turkey, homemade hummus, spinach, Maui onions, Parmesan & Provolone.

## BLTA 5.95

Turkey bacon, island lettuce, tomato & avocado, toasted multi-grain bread with healthy "mayo."

## Tuna Melt Focaccia 7.95/9.95

Tuna salad, Maui onions, tomato and Dijon mustard with melted cheddar.

## Grilled Veggie Focaccia 7.95/9.95

Grilled eggplant, zucchini, 'shrooms, Maui onions, spinach, mac nut pesto with Provolone.

# SALADS

## Kahala Kobb 8.95

Island-grown organic greens with island fresh grilled pineapple, Molokai purple sweet potato, turkey bacon, & crumbled Gorgonzola cheese with our sweet basil vinaigrette. Add avocado: \$2. Free-Range chicken: \$4.

## Simple Caesar

sm. 3.95 lg. 6.95

Locally-grown romaine lettuce with our Caesar dressing, Parmesan cheese and croutons. Add free-range chicken: \$4. Grilled fish: \$6. Both can be blackened.

## Local House Salad

sm. 3.95 lg. 6.95

Island grown mixed greens, cherry tomatoes, sprouts & shredded carrots, tossed in house-made garlic hoisin vinaigrette. Add avocado: \$1 for small \$2 for large.

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TAKE OUT/SPECIAL ORDERS  
CALL 739-2990  
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## Fresh Catch Sandwich 9.95

Catch of the day, grilled or blackened with lettuce, tomato, Maui onions & our cilantro aioli.

## The Portabella 7.95

Fresh pesto, roasted red peppers, grilled portabella mushroom with Provolone.

## Pulled Pork Sandwich w/Pineapple BBQ Sauce 8.95

Locally-raised pork in our house BBQ sauce. Topped with homemade coleslaw on a multi-grain bun.

## Ka'a'awa Quesadilla 9.95

Whole wheat tortillas with cheese, local shredded pork or grilled veggies and 'Umeke salsa on the side.

## HOUSE SPECIALS

*Our house specials are served with organic brown rice and a local mixed green salad or Caesar. Substitute a kale Salad for \$2.*

### Kulana Short Ribs 14.95

Big Island grass-fed short ribs are beer-braised and slow cooked to perfection finished off in a honey-hoisin glaze.

### Garlic-Hoisin Meatloaf 9.95

Our all-natural ground-turkey meatloaf made with homemade hoisin sauce & a secret blend of seasonings.

### ‘Umeke Stir-Fry 10.95

Choice of organic tofu or free-range chicken, sautéed seasonal veggies in our ‘Umeke stir-fry sauce.

### Ginger Beef Stew 10.95

Our local-style stew with free range, grass-fed beef from the Big Island, slow cooked with onions, carrots, celery, potato, garlic and plenty of ginger.

### Grilled Vegetable Lasagna 10.95

A house favorite, seasonal grilled vegetables, covered in house marinara, ricotta, provolone & baked to perfection.

### The Rev’s Beef & Bean Chili 10.95

Straight from South Kona...Big Island, grass-fed beef cooked low & slow with a perfect blend of peppers & spices.

### ‘Umeke Kalua Pork Plate 9.95

Locally raised pork, slow cooked until it falls apart, mixed with green cabbage.

## KEIKI KINE for kids aged 2-12

### Grilled Cheese & Tomato 4.95

Whole grain bread with cheddar cheese, grilled toasty and stuffed with tomato slices and a side of chips.

### Keiki Quesadilla 4.95

One wheat tortilla, filled with cheese and grilled, with a side of salsa and organic brown rice.

### Mini Meatloaf 6.95

Half portion of garlic-hoisin turkey meatloaf, organic brown rice and side greens.

## SPECIALTY BURGERS ~ ALL 9.95

*Served with local lettuce, tomato, maui onion & sprouts with organic ketchup, Vegenaisse & Dijon & Kettle chips. Add a Caesar or local mixed greens for \$2.*

### Buffalo Soul Jah

Buffalo patty, grilled with our garlic hoisin sauce, topped with gorgonzola cheese, Maui onion & local romaine.

### El Mariachi

Grass-Fed Beef Burger with cheddar, avocado, salsa, fresh jalapeno & tortilla crumbles.

### The Dirty Bird

Turkey burger, turkey bacon, over-hard egg & provolone, lettuce, tomato with organic ketchup and Vegenaisse.

### The Happy Hippy

‘Umeke veggie patty, homemade hummus, spinach, roasted red pepper & feta cheese.

## The Famous ‘UMEKE MARKET BURGER

*Served with local lettuce, tomato, maui onion & sprouts with organic ketchup, Vegenaisse & Dijon & Kettle chips. Add a Caesar or local mixed greens for \$2.*

8.95

### STEP 1: Pick a Burger

Big Island Grass-Fed Beef, All-Natural Turkey, Portabella Mushroom, Buffalo, Homemade Veggie Patty

### STEP 2: Pick a Cheese

Cheddar, Provolone, Feta, Gorgonzola

### STEP 3: Extras (\$1.00 each)

Avocado, grilled onion, sautéed mushrooms, jalapeño peppers, turkey bacon, teriyaki sauce

‘UMEKE MARKET CATERING  
A HEALTHY ALTERNATIVE TO THE AVERAGE CATERING EXPERIENCE.  
We offer a range of catering services to fit your every need. Download our catering menu at [www.umeke market.com](http://www.umeke market.com)

## FRESH FISH

*All fresh fish plates are served with organic brown rice and a local mixed green salad or Caesar. Substitute a kale Salad for \$2.*

### Pineapple Miso Salmon 10.95

Grilled wild salmon finished in ‘Umeke Market’s made-from-scratch pineapple miso sauce.

### Opakapaka w/Cilantro Aioli 9.95

Fresh opakapaka grilled to perfection and served with a side of our cilantro aioli.

### Fresh Catch Sandwich 9.95

Catch of the day, grilled or blackened, on a wheat bun with lettuce, tomato, onions, our cilantro aioli, and a side of lightly-salted Kettle Chips.

### Island-Style Tacos 10.95

Our fresh catch fish, with 3 corn tortillas, local greens, ‘Umeke pineapple salsa, shredded cheese, homemade refried beans and organic brown rice on the side.