

Mediterranean Gourmet Lunch Menu

Appetizers

GF Mixed Olives 6.95

kalamata olives, greek kalamata olives & fresh pitted nicoise olives. tossed with lebanese zatar.

VEGAN Hummus & Pita 8.95

our homemade hummus made with garbanzo beans, garlic, & tahini. drizzled with olive oil & served with pita bread.

add carrots & celery 3.00

to go with any of our dips

VEGAN Tzatziki & Pita 8.95

refreshing lebanese style tzatziki sauce made with yogurt, garlic & cucumbers. (lebanese style, not greek)

Grilled Kafta 14.95

mediterranean spiced beef mixed with parsley & onions grilled on top of pita bread. served with a side of hummus for dipping.

GF Steamed Clams 14.95

fresh ocean clams served in a garlic herb butter broth with toasted crostinis.

Sashimi Special MP

ask your server what our special is today. served with wasabi, pickled ginger, & soy sauce ★

Chicken Quesadilla 12.95

cheddar cheese & grilled chicken melted in a tortilla. served with our sour cream & salsa.

Salads

Soup du Jour 6.95

ask your server for today's selection.

GF VEGAN Phil's Garden Salad 7.95

organic mixed greens grown by Phil at Kailani Farm in Kilauea with tomatoes & cucumber, served with our light house vinaigrette.

GF VEGAN Beet Salad 13.95

local organic arugula from kilauea served with red beets. topped with chevre goat cheese & a mango tahini dressing. (let you waiter know if you need it prepared vegan)

GF VEGAN Greek Salad 11.95

local organic mixed greens topped with feta cheese, kalamata olives, red onions, cucumber, tomatoes & pepperoncini, served with a light vinaigrette. (let your waiter know if you need it prepared vegan)

add gyro meat to any salad 7.95

GF add chicken to any salad 6.95

GF add fresh fish to any salad 9.95

GF can be made gluten free upon request

GF gluten free

Please let your waiter know before you order if you need separate checks. Even splits or partial payments are welcome & appreciated. Warmest Mahalo!

Flatbreads & Pizzas

VEGAN Pesto Flatbread 14.95

flatbread toasted with local organic pesto, feta cheese, & pine nuts. topped with organic mixed greens & extra virgin olive oil.

VEGAN Zatar Flatbread 15.95

Zatar (lebanese blend of oregano & sesame seeds) with extra virgin olive oil, mint & feta cheese.

VEGAN Margarita Pizza 18.95

10 inch pizza with marinara sauce, mozzarella cheese, tomatoes & local organic basil.

Cheese Pizza 17.95

10 inch cheese pizza.

add pepperoni 1.00

Burgers & Wraps

Substitute Greek Salad for Fries – any sandwich 3.00

Wagyu Hamburger 13.95

made with australian wagyu beef; served with fresh lettuce, tomato, onions, mayonnaise & served with french fries ★

add cheese (cheddar or swiss) 2.00

add sautéed onions & jalapenos 2.00

add sautéed mushrooms 2.00

VEGAN Falafel Wrap 12.95

our homemade falafel made with garbanzo beans, fava beans, garlic & our special blend of spices. fried to a golden crisp & served in pita bread with organic greens, tomatation, onion, cucumber & a delicious tahini sauce. served with french fries.

Gyro Wrap 13.95

spiced beef & lamb roasted & shaved into thin slices. served on pita bread with diced tomato, cucumber, onions, organic mixed greens & tzatziki. served with french fries.

Garlic Chicken Wrap 12.95

grilled chicken served on pita bread with diced tomato, cucumber, onions & organic mixed greens. topped with our lebanese style tzatziki sauce. served with french fries.

Fresh Tides Wrap 17.95

fresh island fish served on pita bread with diced tomato, onions & organic mixed greens. finished with tahini sauce. served with french fries.★

Sides Menu

Side of Fries 4.00

Side of Vegetables 4.00

Side of Saffron Rice 3.00

★“The Department of Public Health advises that eating raw or undercooked beef, poultry, eggs, fish, lamb, pork or shellfish poses a health hazard. Thorough cooking of such foods reduces the risk of illness.”