



808-930-5556

<http://www.expresswaiters-onlineorders.com>

Liquid Life Hilo

Breakfast Sandwiches

- Vegan Breakfast Sandwich \$8.25
ulu toast, tofu scramble, avocado, spinach, tomato, sprouts
- Vegetarian Breakfast Sandwich \$8.25
toasted croissant, egg, cheese, avocado, spinach, tomato, sprouts
- Protein Breakfast Sandwich \$9.35
toasted croissant, bacon or sausage, egg, cheese

Fresh Blended Smoothies

Choose Your Base! Apple Juice, Almond Milk, Coconut Milk, Whole Mile, Mac-nut Milk (\$1.00)

- Acai Island Smoothie \$7.98
acai, blueberries, banana
- Strawberry Sky Smoothie \$7.98
strawberries, banana
- Mango Magic Smoothie \$7.98
mango, banana, pineapple
- Blue Horizon Smoothie \$7.98
pineapple, banana, blue spirulina
- Olena Sunrise Smoothie \$7.98
turmeric, ginger, banana, orange, pineapple
- Green Flash Smoothie \$7.98
kale, green apple, pineapple, banana, ginger, moringa, aloe water
- Green Sands Smoothie \$7.98
banana, strawberries, pineapple, green spirulina
- Captain Cacao Smoothie \$7.98
banana, cacao, maca, almond butter, honey
- Cookie Monster Smoothie \$7.98
newmans os, banana, honey
- Pitaya Fyre Smoothie \$7.98
pitaya dragon fruit, banana, pineapple

Ulu Sourdough Bread Sandwiches

All sandwiches served with big island sweet potato chips

- Pesto Panini Delight \$11.00
ulu sourdough bread, pesto, havarti, tomato
- Veggie Sandwich (Vegan) \$11.00
ulu sourdough bread, beet hummus, avocado, lettuce, tomato, sprouts
- Balsamic Beauty Melt \$12.10
*ulu sourdough bread, avocado, *havarti, goat cheese, kale, balsamic dressing*
- Turkey Pesto Panini \$12.10
*ulu sourdough bread, turkey, pesto, *havarti, tomato*
- Rock n Reuben \$12.10
*ulu sourdough bread, *pastrami, sauerkraut, *havarti, *russian dressing*

Breakfast Burritos

- 8am - 11:00am Monday - Saturday**
- Vegan Breakfast Burrito \$8.79
tofu scramble, avocado, spinach, tomato, black beans, potato, salsa
 - Vegetarian Breakfast Burrito \$8.79
egg, cheese, avocado, spinach, tomato, black beans, potato, salsa
 - Protein Breakfast Burrito \$9.89
bacon or sausage, egg, cheese, potato

SMOOTHIE BOWL

Make any smoothie flavor a Smoothie Bowl. Comes With: Granola, Apple Banana, Strawberry, Coconut Flakes, Chia Seeds. Add On Toppings + (.50) Bee Pollen, Cacao Nibs, Goji Berries, Honey Drizzle, Almond Butter

- Acai Island Smoothie Bowl \$11.28
- Strawberry Sky Smoothie Bowl \$11.28
- Mango Magic Smoothie Bowl \$11.28
- Blue Horizon Smoothie Bowl \$11.28
- Olena Sunrise Smoothie Bowl \$11.28
- Green Flash Smoothie Bowl \$11.28
- Green Sands Smoothie Bowl \$11.28
- Captain Cacao Smoothie Bowl \$11.28
- Cookie Monster Smoothie Bowl \$11.28
- Pitaya Fyre Smoothie Bowl \$11.28

Liquid Life Specialties

- Vegan Burrito (Vegan) \$12.10
tortilla wrap, walnut taco meat, black beans, corn, vegan cheese, spanish rice, salsa (non-organic)
- Steak Burrito \$13.20
tortilla wrap, steak, black beans, spanish rice, salsa, cheese
- Vegan Nachos (GF, Vegan) \$14.30
gluten-free and Vegan tortilla chips, vegan cheese, walnut taco meat, guacamole, salsa, black beans
- Steak Nachos (GF) \$13.20
gluten-free tortilla chips, steak, vegan cheese, guacamole, salsa, black beans
- Aina Burger \$14.30
veggie patty, lettuce, tomato, avocado, sprouts, on an ulu bread bun
- IA Burger \$14.30
fish of the day burger, with lettuce, tomato, sprouts, on an ulu bread bun

Avocado Toast with Ulu Sourdough Bread

- 8am - 11:00am Monday - Saturday**
- Caprese Toast \$6.60
avocado, tomato, mozzarella cheese, balsamic vinegar, basil
 - Beet Hummus Toast \$6.60
beet hummus, avocado, goat cheese, sprouts
 - Raw Honey Toast \$6.60
almond butter, banana, raw local hawaiian honey, chia seeds

ESPRESSO

Made with Organic Ka'u Espresso. Choose to mix with whole milk, coconut milk, almond milk, or macadamia nut milk. Add mocha, caramel, vanilla, or mac-nut sweeteners for .50 cents more. All Sweeteners contain no artificial flavorings and are naturally sourced.

- Espresso Shot \$3.30
- Cappuccino \$4.40
- Macchiato \$4.40
- Cafe Latte \$4.68
- Frappe \$6.33

Holistic Lattes

- Chai Latte \$5.45
- Matcha Latte \$5.45
- Golden Milk Latte \$5.45