

THE BOOCH BAR

110 Keawe St. Hilo, Hawai'i
Breakfast Menu Served 8:00 am 'til 11:00 am Daily

Specialties

Keep it Simple Sunshine

Local farm-fresh eggs prepared your way with choice of organic chicken sausage, house-smoked duroc pork bacon *OR* house-made vegan tempeh bacon; served with choice of red rice, purple sweet potato home fries, black beans, or sourdough toast (sub GF bread 1) (GF)(NFO)(DF)(VGO)** 17

Fresh Catch Breakfast

Wild-caught fresh Hawaiian fish served blackened or grilled, two local farm-fresh eggs, kimchi, fire-roasted jalapeno cashew crema; served with choice of red rice, purple sweet potato home fries, black beans, *OR* sourdough toast (sub GF bread 1) (GF)(DF)** 23

Bacon & Egg Sammy

Local farm-fresh eggs, house-made duroc pork bacon *OR* marinated tempeh bacon, choice of cheese, on a toasted Sun Dog Bakery roll (DFO)(VGO) 16

Old School Brekky Sammy

Two local farm-fresh eggs on toasted sourdough with your choice of house-smoked duroc pork bacon, house-smoked turkey breast *OR* marinated tempeh bacon, pesto, kimchi, sprouts (DF)(GFO)(VGO) 18

Verdant Vegan

Sautéed greens, house-made lentil walnut chorizo, ginger beet kraut, fire-roasted jalapeno cashew crema, fire-roasted tomato salsa, and sprouts; served with purple sweet potato home fries *OR* red rice (V)(GF) 18

Brekky Tacos

Local Big Island corn tortillas, local farm-fresh eggs, house-made lentil walnut chorizo, *OR* shredded chicken, cortido kraut, sprouts, pickled onions, fire-roasted jalapeno cashew crema, fire-roasted tomato salsa, taqueria pickles (VGO)(GF)(DF) 20

Huevos Rancheros

Local Big Island corn tortillas, topped with black beans, local farm-fresh eggs, cortido kraut, taqueria pickles, fire-roasted tomato salsa, and fire-roasted jalapeno cashew crema; served with organic red rice (VG)(GF)(DF)** 18

Add house-made vegan chorizo, organic braised chicken, or fresh fish 4.50

Bibimbap

Choice of wild-caught Hawaiian fish (cajun blackened *or* grilled fish) *OR* Hamakua Ali'i oyster mushrooms, pickled mung bean sprouts, cucumber, kimchi, local farm-fresh egg, red rice, Korean BBQ sauce (GF)(DF)(NF)(VO)(VGO)** 23

Omelets

CHOOSE YOUR STYLE:

Hamakua Mushroom

Local farm-fresh eggs, sautéed Hamakua Ali'i oyster mushrooms, kale, avocado (GF)(DFO)(NFO)(VG) 20

Western

Local farm-fresh eggs, house-smoked duroc pork bacon *OR* marinated tempeh, sauteed peppers and onions (GF)(DFO)(NFO)(VGO) 20

Blackened Fish

Local farm-fresh eggs, cajun blackened wild-caught Hawaiian fish, fire-roasted jalapeno cashew crema (GF)(DFO)(NFO) 23

CHOOSE YOUR CHEESE:

swiss, cheddar, goat, house-made cashew (V)

All OMELETS are served with choice of side

SIDE CHOICES: red rice, black beans, sourdough toast (gf +1), or purple sweet potato home fries

Decadent Delights

Kombucha Smoothie Bowl

Your choice of organic fruit smoothie, topped with coconut-turmeric granola, apple bananas, shaved coconut, and your choice of raw Hawaiian honey or real maple syrup (V)(GF) 15

Banana Walnut Sourdough French Toast

Three slices of Sun Dog Bakery sourdough bread dipped in rich coconut custard, topped with sliced apple bananas, candied walnuts and real maple syrup (sub GF bread 1) (V)(GFO) 16

Booch Bar Waffle

Scratch made almond-coconut-brown rice flour Belgian waffle, served with real maple syrup and organic butter or house-made vegan cashew butter (GF)(DF)(VG) 15

ADD-ONS \$1.50/ea: cacao sauce (V), house-made coconut caramel (V), bananas, candied walnuts, organic house-made strawberry sauce

SIDES

1 Local farm-fresh egg 3 ∞ 2 Local farm-fresh eggs 5 ∞ Organic red rice 4 ∞ House-smoked bacon 5 ∞ Organic chicken sausage 5 ∞ Vegan tempeh “bacon” 5 ∞ Sweet potato home fries 5 ∞ Sourdough toast or GF toast with organic butter or vegan butter 6 ∞ Any kraut or kimchi 5 ∞ Sprouted black beans 4

ADD-ON ITEMS

Swiss 1 ∞ Cheddar 1 ∞ Goat Cheese 2 ∞ Vegan Cashew Cheese 1.50 ∞ Fresh Mozzarella 2 Vegan Mozzarella 2 ∞ Vegan Sunflower Parmesan 1.50 Avocado 1.50 ∞ Taqueria Pickles 1 ∞ Pesto 4 ∞ Fire-roasted Tomato Salsa 1 ∞ Grilled Peppers & Onions 2

Desserts

World’s Best Banana Split (V)(GF) 14

Raw Cacao “Cheesecake” (V)(GF) 8

Kombucha Float (V)(GF) 10

Nicoco Gelato (V)(GF) 8

Almond Cacao Brownie (V)(GF) 8

Nitro Coffee Float (V)(GF) 10

** According to the dept. of health, consuming raw or undercooked foods may increase the risk of foodborne illness**
(GF)= Gluten-free (NF)=Nut-free (DF)=Dairy-free (VG)=Vegetarian (V)=Vegan (VGO/VO/DFO/GFO/NFO)= Option for dish to meet listed dietary restriction
.75 per item surcharge applied to take-out orders ∞ 3% charge on credit card payments