

KA'U COFFEE

FRENCH PRESS \$5
COLD BREW \$6 (16oz) \$7 (20oz) \$8 (24oz)
Add-in's: cane juice, half'n'half, macnut mylk, coconut cream

HOT TEA \$2

WELLNESS SHOTS 2oz \$5

NONI SHOTS 4oz \$5

SEE REFRIGERATOR FOR MORE DRINK & TAKE OUT OPTIONS

Return bottles so we can reuse & reduce.

DESSERTS

Housemade fresh treats & baked goods with gluten-free & vegan options on display. Find our sorbets & ice creams in the white chest freezer, flavors & prices as labeled.

SWEET CANE CAFE sources from our organic farm in Onomea & from other local organic farmers. Order online for pick up, and see our refrigerator for grab and go lunches. Email sweetcane cafe@gmail.com for all catering requests. Sweet Cane Café is also available as an event venue space. Mahalo, Hilo, for your ongoing support since 2011.

Sweet Cane Café

48 Kamanā Street, Hilo Hawaii

808-934-0002

Open everyday 9am-4pm

SweetCaneCafe.com

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Do you love Sweet Cane Cafe? Please leave a review online, it really helps our business.

Mahalo

(updated Nov 2023)

SWEET CANE CAFE

ONOMEA SUGARCANE JUICE \$6 (16oz) \$7 (20oz) \$8 (24oz)
LEMON LIME-ADE, COCONUT LIMEADE or LILIKOI PASSION (+ \$1.00)

SMOOTHIES & SHAKES \$10.00 (16oz) \$11.50 (20oz) \$13.00 (24oz)

Blended with our Onomea-grown sugarcane juice

ACAI macnut mylk, acai, blueberry, banana

BLUE CRUSH blueberry, banana, coconut cream

BLUEBERRY BUZZ blueberries, coffee, half'n'half in an icy blend

CHOCOLATE CRAVE banana, peanut butter, cacao, ice

COCONUT MATCHA coconut cream, matcha & vanilla in an icy blend

DURIAN CACAO (+\$4) durian, banana, cacao, coconut cream

GO GREEN kale, parsley, banana, liliko'i

HAWAIIAN SUPAMAN taro, banana, macnut butter

HOLY CACAO coconut, cacao, mushroom blend

(reishi, chaga, lions mane, cordyceps, turkey tail)

JACKFRUIT jackfruit, coconut mylk, ice

MANGO BLISS mango, strawberry, liliko'i

NUTTY TREAT pumpkin, banana, peanut butter, coconut cream

PITAYA dragonfruit, strawberry, banana

PROTEIN SHAKE macnut mylk, avocado, banana, protein powder

STRAWBERRY LASSI strawberry, banana, yogurt

SWEET & SOURSOP soursop, liliko'i, blueberry

BOWLS \$13 (16oz) \$16 (24oz)

ACAI BOWL acai, blueberries, banana, macnut mylk, topped with granola, sliced banana & coconut flakes

PITAYA BOWL dragonfruit, strawberries, banana, cane juice, topped with granola, sliced banana & coconut flakes

+\$3 topping add-on:

OMEGA chia, hemp seeds, bee pollen, Hawaiian honey

SUPER buckwheat granola, chia, hemp seeds, goji, Hawaiian honey

BURGERS \$16

SMOKY TARO cheddar, tomato, carrot, sprouts & taronaise

JALAPENO 'ULU cheddar, tomato, carrot, sprouts & taronaise

CHIPOTLE BLACK BEAN cheddar, tomato, carrots, sprouts & taronaise

CAPRESE CHICKPEA mozzarella, lettuce, tomato & pesto

On a toasted whole wheat bun

Sides: see specials board

SANDWICHES \$16

AVOCADO avocado, cheddar, tomato, carrots & sprouts

GRILLED CHEESE cheddar, sautéed seasonal veggies & sliced tomato

MACADAMIA NUT PESTO mac-nut pesto, mozzarella, tomato & sprouts

SPICY PICKLED PEPPER jalapeno peppers, tomato, cucumber, sprouts, macadamia nut spread & avocado

BAGEL SANDWICH cream cheese, avocado, tomato & sprouts

TOAST buttered (\$3) or avocado & furikake toast (\$7)

Bread: rye, sourdough, whole wheat, or gluten free (oat, buckwheat & arrowroot)

Sides: see specials board

SOUP fresh daily 12oz \$8 16oz \$10

KEIKI & KUPUNA

FRUIT & YOGURT BOWL \$10

GRILLED CHEESE SANDWICH \$9

PB & J \$9

PANCAKES W/ SLICED BANANA \$12

Vegan & gluten-free options are available.

Please inform us of allergies & intolerances before ordering.

SIGNATURE DISHES

CASSAVA PIZZA \$22

Cassava crust topped with macadamia nut pesto, mozzarella & seasonal roasted veggies

SEASONAL VEGGIE POKE BOWL \$16

'Ulu, taro, and/or sweet potato, limu, onion, with a creamy mac-nut dressing served on greens, topped with tomato & furikake

POI BOWL \$14

Farm fresh poi topped with sauerkraut, avocado & furikake

RAW NORI WRAP \$14

Avocado, sauerkraut, carrots, sprouts & macnut spread

BUCKWHEAT & OAT PANCAKES \$17

Gluten-free housemade mix, served with butter & maple syrup
Choose from fresh fruit -OR- avocado & goat cheese toppings

FRITTERS ALA CARTE \$8

Cassava or a burger patty, crisped on the griddle

TACO TUESDAY (only available on Tuesdays) \$17

Three corn taco shells filled with refried beans, lettuce, guacamole, cheddar, salsa & sour cream

SALADS side \$7 regular \$15 entree \$24

FARM FARE lettuce, tomato, cucumber, carrots & sprouts, with sauerkraut & papaya seed dressing

CAESAR housemade vegan caesar dressing with fresh lettuce, topped with cucumber & croutons

HUNGRY FARMER (no side size)

Caesar salad with house made burger pattie(s) topped with melted cheddar, sautéed veggies & macadamia nut spread

CHICKPEA CURRY SALAD (no side size)

Lettuce, cucumber, tomato, avocado & curried chickpeas

KALE LOVER (no side size)

Kale, quinoa, carrots, Puna Goat Cheese, red onion & toasted sunflower seeds tossed in a housemade vinaigrette