

Menu / Price List

To order ahead of time, call us at **808-476-3627**
 Visit www.TheCardinalHerbs.com for more information about wellness



Organic Whole Leaf Teas - Choose from Our Tea Menu

(All drinks freshly made to order)

Cup of Tea in Water 4.00

Hot or **Iced**-Choose your Tea from our All organic Loose Tea Menu.

Add small cup of cold (v) milk... 2.00

Tea Latte 5.50

Hot or **Iced**-Choose ANY Tea from our All organic Loose Tea Menu. Made with (v) milk of choice.

Pot of Tea 8.00

Approx. 4+ full cups, tea of your choice, check from our Tea menu. Served in a teapot, hot and perfect to share.



Side Steamed (v) Milk 2.00

One Cup of Warm Steamed Plant Milk.

Berries with Mint Tea 4.50

A refreshing simple mint tea with berries, All organic served in water, **Hot** or **Iced**.

Caffeinated Drinks: Hot or Cold

100% Hawaiian Coffee!

Espresso 3.50

Double Espresso; Extra Shot add \$1.50 each.

Americano 4.50

Italian version of a "Regular" cup of Black Coffee. (Ask for cream & sugar/stevia)

Pour Over 5.00

Cold Brew 5.00

Cappuccino 5.50

Shot of Espresso with Steamed (v) milk of choice. NO sugar added.

Coffee Latte 5.50

Like the Cappuccino but sweetened with sugar

Mocha 5.50

Coffee Latte with Chocolate added, made with (v) milk of choice.

ChocoLatte 5.50

Yummy Chocolate Latte made with full (v) milk of choice.

Chai Coffee Latte 5.50

Lions Mane Coffee 5.00

Our low acid organic coffee where beans have been infused with Lions Mane. Served as a pour over.

As a Latte..... 5.50

Matcha Green Tea Latte 5.50

Made with our Organic Matcha Green Tea and your choice of plant-based milks.

Tea Latte 5.50

Choose your caffeinated tea from our extensive tea menu. Hot or Cold milk(v)

Chocola-TEA. 5.00

A Delightful infusion of chai spices with chocolate shavings of Pauilo Chocolate Co.

As a Latte..... 5.50

We only serve
Plant Based Milks

Options: ALMOND, Organic

Add a **BOOSTER** to any drink for extra \$1: Amla, ashwaganda, turmeric, guarana, chaga, wheat grass, chlorella, kava, ginger.
ALLERGY DISCLOSURE: Please let us know if you have any allergy, we will do our best to accommodate to your needs.

**We only serve
Plant Based Milks**

Options: ALMOND, Organic
COCONUT, Organic
OAT, Organic SOY,
MACADAMIA (+.50c)

Non-Caffeinated- Hot or Cold

Add optional espresso shot for \$1.50

Organic Turmeric Latte 5.50

Non-caffeinated with milk(v) of choice.

Organic Beet Latte 5.50

Non-caffeinated with milk (v) of choice.

Mushroom Antioxidant Latte 5.50

Non-caffeinated all Organic with milk (v) of choice, contains Reishi, lions mane, maitake, turkey tail, chaga, shiitake

Roasted Dandelion Coffee. 5.00

Non-caffeinated. Served as tea.

As a Latte 5.50

Organic Herbal Tea Latte 5.50

Non-Caffeinated. Made with milk (v) of choice. Herbal chai or Masala Chai or Rooibos Chai

Organic Herbal Mocha 5.50

Non-Caffeinated. Contains Chicory, dandelion, rye, carob and other amazing spices! Made with milk (v) of choice

Add a **BOOSTER** to any drink for extra \$1
Amla, ashwagandha, turmeric, guarana, chaga, wheat grass, chlorella, kava, ginger.

Additional Herbal Drink Options

Herbal Drinks served over ice made to order.

Cold Herbal Lemonade 6.00

Choice of cold herbal tea with lemon and ice.

Choose 1 option: mamaki, yerba mate, lavender, chamomile, tulsi, lemongrass, ginger, turmeric, beet powder, red hibiscus, matcha green tea.

Sparkling Herbal Electrolyte Lemonade 6.50

Choice of Herbal Lemonade with Coconut Water and Sparkling Water.

Choose 1 option: mamaki, yerba mate, lavender, chamomile, tulsi, lemongrass, ginger, turmeric, beet powder, red hibiscus, matcha green tea

Cold Pineapple Gingi 6.00

Pineapple, ginger, lemon, mint, stevia, cold refreshing drink.

Cold Coconut Lemonade 5.50

Coconut milk, lemon, stevia a refreshing twist of a normal lemonade with the nourishing coconut milk.

Fruit Herbal Colačas 6.00

Cold Nourishing blend option of coconut milk or coconut water, mint, ginger and the **choice of ONE** fruit : Pineapple, Mango, Papaya, Strawberry or Cherry

Additional Canned or Bottled Drinks

Sparkling Water 3.50

Zevia sodas 3.50

Shaka Tea Local 4.50

Big Island Booch Local 5.50

Virgil soda canned 4.00

Virgil soda bottled 5.00

Add a **BOOSTER** to any drink for extra \$1: Amla, ashwagandha, turmeric, guarana, chaga, wheat grass, chlorella, kava, ginger.
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To Chew

- Night Owl Oats** **Hot/Cold** 6.00
Oats, plant milk, blueberries, almond butter, maple syrup. All organic for a healthy breakfast.
- CoQui** **Hot/Cold** 6.50
Coconut, quinoa w/ mango, macadamia butter, cinnamon, maple syrup
- Papaya Boat** 8.50
Half local Papaya, oats, vegan yogurt, strawberry jam, with organic berries and almond butter on top!
- Sweet Toast** 5.50
Toasted Bread Slice with Jams from local Akaka Falls Co. and choice of Vutter or macnut or Almond vutter
- Extra jam \$1.00** Jams: Mango, Strawberry, Passion
- Savory Toast** 5.50
Toasted sourdough with one choice of hummus, guacamole or coconut cream cheese.
- Toasty bread or bagel** w/ just Vutter.....4.50
- w/ Coconut Cheese or Melted Cheese (v)....5.50
- w/ Avocado slices..... 5.50
- w/ Hummus or Guacamole+ ... 5.50
- Margarita** Cheese(V), tomato, basil, pesto.....7.80
Melted Cheese(v) Vegan Pesto:7.80
Optional add beets +\$1.00
- Chocolate cream w/Cream Cheese(v)...** 7.80
Chappelle: Apple & cheese Sandwich 7.80
Apple slices, melted cheese(v), almond butter, maple syrup, apple sauce.
- Add any extra..... \$1 ea.**
beets, pesto(v), sauerkraut, jalapenos, jam, red peppers

- Tofu Scramble Sandwich**.....12.00
Tofu Scramble tastes like scrambled eggs but is totally vegan. Comes with cheese(v) and avocado slices.
- Jackfruit Tuna Sandwich**.....12.00
If you have ever tasted a Tuna Salad, this will have that taste. We use selected spices and a vegan aioli, add celery bits, avocado slices, vegan cheese and leaf lettuce, and Wow! You'll be back for more!
- BBQ Jackfruit Sandwich**.....12.00
BBQ Jackfruit comes with melted cheese (v) avocado slices, romaine lettuce and tomato.
- Portobello Cap**14.50
Whole grilled portobello cap with grilled onions, sundried tomatoes, red peppers, avocado slices, melted cheese (v)
- Chickn' baby Porto Sandwich**.14.50
Sautéed mock chickn' with baby portobellos and roasted peppers. It comes with melted cheese (v) avocado slices, romaine lettuce and vegan mayo.
- Root Shrimp Sandwich**14.50
It's set in a Mango-Avocado mele with melted "V cheese." You will not believe it's not Shrimp!
Sauce options: Sweet chili pepper, Aioli or BBQ
- Classic Sandwich**12.00
Choice of toasted bread, cheese slice (v), romaine lettuce, tomato, avocado, choose veggie meat (v): (Peppered ham or hickory ham or mock chicken)

GLUTEN FREE BREAD \$1. ADD RED PEPPERS \$1.
ADD SAUERKRAUT \$1 ADD JALAPENOS \$1.
EXTRA CHEESE(V) \$1 ADD PICKLES \$1
ADD GRILLED SAUSAGE \$2

Hungry Healthy Plates

Plant-Based Entree comes with Organic Healthy Salad, Toasted Sourdough Bread and Savory Spread (Sauerkraut or Purple Sweet potato or Hummus or Guacamole). Choose one of the following options:

- Tofu Scramble Plate** 16.50
We make a Tofu Scramble with Selected Spices and Natural Ingredients that make this Scramble taste like the best Scramble of Your Life!
- BBQ Jackfruit Plate** 16.50
You know BBQ! You know Jackfruit! BAM! This will pull the pork out of you!
- Jack Tuna Plate** 16.50
If you have ever tasted a Tuna Salad, this will have that taste. We use selected spices, vegan aioli, add celery bits, avocado slices, vegan cheese, lettuce & wow!

- Chickn' baby Porto Plate** 18.50
Sautéed mock chickn' with baby portobellos and roasted peppers. It comes with melted cheese (v) avocado slices, and vegan mayo.
- Portobello Cap** ...18.50
Whole grilled portobello cap with grilled onions, sundried tomatoes, red peppers, avocado slices, melted cheese
- Root Shrimp Plate** 18.50
You will not believe it's not Shrimp! And it's set in a mango-avocado mele with melted "cheese(v)"
Options: Sweet chili pepper, Aioli OR BBQ

ALLERGY DISCLOSURE: Please let us know if you have any allergy, we will do our best to accommodate to your needs.



Tea Menu



Serving All Organic Whole Leaf Tea as a cup or whole pot of tea.

C: Caffeinated NC : No Caffeine La: Latte OK

WITH CAFFEINE

Jasmine Green Tea Organic INGREDIENTS: Organic Green tea scented with organic jasmine flowers. C La

Ginger Turmeric Tea Organic INGREDIENTS: Ginger, Green Tea, Coconut, Turmeric, Ceylon "True" Cinnamon, Black Pepper. C. La.

Chai Black Tea Organic INGREDIENTS: Organic Black tea, Organic Assam tea, Organic cinnamon, organic cardamom, organic cloves, organic ginger & organic black pepper. C. La

Masala Chai Tea Organic INGREDIENTS: Organic Tulsi Tea (Org.Krishna, Org.Rama, Org.Vana), organic Assam black tea, organic cinnamon, organic cardamom, organic ginger, organic cloves, organic black pepper. C La

Passion Fruit Chai Tea Organic INGREDIENTS: Organic Black F.O.P. Tea, Organic Assam T.G.F.O.P. Tea, organic calendula petals, and organic flavor passion fruit. C. La.

Organic Yerba Maté INGREDIENTS: Org. Yerba Maté leaf. C

Mango Black Tea Organic INGREDIENTS: Organic Ceylon Tea*, organic calendula petals, and organic mango flavor. *Fair Trade Certified™ Tea. C. La

Moroccan Mint Green Tea Organic INGREDIENTS: Organic Gunpowder Green Tea and organic peppermint leaf. C

English Breakfast INGREDIENTS: Organic Black Tea F.O.P., Organic Assam Tea. C La

NO CAFFEINE

Mamaki Tea INGREDIENTS: Local & endemic Mamaki leaves from Hilo. NC

Tulsi Tea INGREDIENTS: Organic Krishna holy basil leaf, organic Rama holy basil leaf, and organic Vana holy basil leaf. NC

Turmeric Spice Tea Organic INGREDIENTS: Organic turmeric root, organic cinnamon, and organic ginger root. NC. La

Moringa Mint Organic INGREDIENTS: Organic moringa leaf, organic peppermint leaf, organic spearmint, organic elderflowers NC

Afternoon Delight Tea Organic INGREDIENTS: Organic peppermint, organic chamomile flower, organic licorice root and organic cinnamon tea. NC

Spice Delight Tea Organic INGREDIENTS: Organic licorice root, organic orange peel, organic cinnamon, organic cardamom seeds and organic cloves. NC La

Serendipitea Tea Organic INGREDIENTS: Organic licorice, organic spearmint, organic orange peel, organic cinnamon, organic red rose buds and petals, organic raspberry leaf, and organic lemon verbena. NC

Chai Herbal Tea Organic INGREDIENTS: Organic cinnamon, organic cardamom, organic cloves, organic fennel, organic orange peel, organic ginger, organic licorice & organic black pepper. NC. La

Hibiscus Heaven Tea Organic INGREDIENTS: Organic hibiscus flower, organic rosehips, organic orange peel, organic lemongrass, organic lemon peel, and organic lemon oil. NC

Rooibos Chai Tea Organic INGREDIENTS: Organic Rooibos tea, organic cinnamon, organic ginger root, organic cardamom seed, organic cloves & organic stevia leaf. NC La