Smokin

WINGS & SOUTHERN THINGS OF HAWAII

LUNCH
MON-FRI
(1100 - 1600)

COLD BAR

WRAP - $12
Chicken, Beef, or Ham
Dijonaise, mixed greens,
monterey jack cheese, ranch

CHEF SALAD - $10
Mixed greens, cherry tomatoes,
red onions, croutons, craisins,
ranch or white balsamic
ADD CHICKEN- $3 / SALMON- $5

ACAI BOWL - $11
bananas, strawberries,
granola, & honey

ADD-ONS

CONDENSED MILK	.50	CHIA SEEDS	.25
ALMOND BUTTER	.50	EXTRA HONEY	.50
PROTEIN POWDER	2.00		

Fit Bar

POWER BOWLS

*TACO BOWL $14
Cilantro rice, black beans,
carnitas, pico, crema, with salsa

*PROTEIN BOWL $10
Cilantro rice, avocado,
black beans, secret drizzle

ADD-ONS

CHICKEN	3.00	MIXED VEG	3.00
SALMON	5.00	AVOCADO	1.50

*salad substitution available

*price increase posted

SMOOTHIES

ACAI - $7
acai sorbet, bananas, strawberries,
blueberries, kale, oat milk, honey

PARADISE - $7
strawberries, peaches, pineapple,
mango, banana, oat milk, honey

AVOCADO - $8
Avocado, oat milk, condensed milk

BANANAS N' PROTEIN -$8
Banana, protein powder, oat milk

SUPER GREENS- $8
Kale, apple, banana, lemon, ginger,
pineapple, honey

PROTEIN POWDER FLAVORS
CINNAMON TOAST
FRUITY PEBBLES
REESE'S CUP

DRINKS

GREEN JUICE - $6
GINGER SHOT - $4