

'AUKAKE / AUGUST

HUI NO KE  OLAPONO

SIMPLY HEALTHY CAFE



DAILY SPECIAL \$12.00

INCLUDES:

- STARCH
- VEGGIE/SALAD
- FRUIT

POI \$7.00 HALF LB.

AVAILABLE TUES. & THURS.

HOURS OF OPERATION

MONDAY - FRIDAY
11AM - 1:30PM

 808-442-6816

 WWW.HNKOP.ORG

 @HUINOKEOLAPONO

CONSUMING RAW OR UNDERCOOKED FOODS
CAN INCREASE THE RISK OF ILLNESS

LĀ NUI = HOLIDAY

PŌ'AKAHI MON	PŌ'ALUA TUES	PŌ'AKOLU WED	PŌ'AHĀ THUR	PŌ'ALIMA FRI
3 PORK TOFU + WATERCRESS BROWN RICE STEAMED VEGGIES	4 BAKED SPAGHETTI GARLIC BREAD CAESAR SALAD	5 CHICKEN LŪ'AU BROWN RICE MIXED GREENS	6 MEATLOAF BROWN RICE MISO RSTD VEGGIES	7 SHOYU CHICKEN BROWN RICE STEAMED VEGGIES
10 KALUA PORK N CABBAGE BROWN RICE STEAMED VEGGIES	11 BAKED CHICKEN BROWN RICE MIXED GREENS	12 PORK N PEAS BROWN RICE STEAMED VEGGIES	13 HONEY MUSTARD CHICKEN BROWN RICE CARROT STIR FRY	14 NO DAILY SPECIAL GRAB N GO'S ONLY 8:00AM - 11:00AM
17 BEEF LŪ'AU BROWN RICE STEAMED VEGGIES	18 CHICKEN & SPINACH PHYLLO WRAP MISO RSTD VEGGIES TZATZIKI SAUCE	19 CHILI BROWN RICE MIXED GREENS	20 TURKEY PATTY + GRAVY MASHED POTATOS GARLIC GREEN BEANS	21 CLOSED LĀ NUI
24 BBQ CHICKEN BROWN RICE STEAMED VEGGIES	25 VEGGIE FRITTATA ROASTED POTATOES MIXED GREENS	26 PORK & PUMPKIN BROWN RICE MIXED GREENS	27 PARMESAN BAKED CRUSTED CHICKEN RSTD POTATOES CEASAR SALAD	28 CLOSED
31 CHOPPED STEAK BROWN RICE STEAMED VEGGIES	1 PORK LU'AU BROWN RICE STEAMED VEGGIES	2 'UALA BEEF STEW BROWN RICE MIXED GREENS & DRESSING	3 LASAGNA MIXED GREENS	4 BAKED SALMON BROWN RICE MISO RSTD VEGGIES