

'OKAKOPA/OCTOBER



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
			1 'UALA BEEF STEW BROWN RICE MIXED GREENS	2 SHOYU CHICKEN BROWN RICE STEAMED VEGGIES
5 KALUA PORK CABBAGE BROWN RICE MIXED GREENS	6 BEEF LŪ'AU BROWN RICE STEAMED VEGGIES	7 CHOW FUN GARLIC GREEN BEANS	8 BAKED SPAGHETTI GARLIC BREAD MIXED GREENS	9 TURKEY PATTY + GRAVY MASHED POTATOS MISO RSTD VEGGIES
12 CHICKEN LONG RICE BROWN RICE STEAMED VEGGIES	13 CHOPPED STEAK BROWN RICE MIXED GREENS	14 CHICKEN KATSU BROWN RICE GARLIC GREEN BEANS	15 BURRITO BOWL SOURCREAM DRESSING	16 NO DAILY SPECIAL GRAB N GO'S ONLY 8AM - 11AM
19 BEEF TOMATO BROWN RICE STEAMED VEGGIES	20 HONEY MUSTARD CHICKEN BROWN RICE CARROT STIR FRY	21 PORK N PEAS BROWN RICE STEAMED VEGGIES	22 CHICKEN N SPINACH PHYLLO WRAPS TZATZIKI SAUCE STEAMED VEGGIES	23 MEATLOAF BROWN RICE MIXED GREENS
26 BEEF BROCCOLI BROWN RICE MIXED GREENS	27 ROAST PORK + GRAVY MASHED POTATOES RSTD VEGGIES	28 CHILI BROWN RICE MIXED GREEN	29 'UALA BEEF STEW BROWN RICE STEAMED VEGGIES	30 PORK & PUMPKIN BROWN RICE MISO RSTD VEGGIES