

Sandwiches & Wraps

All sandwiches and wraps served with Swiss American cheese, lettuce, tomato, organic carrots and clover sprouts

The Ultimate Veggie \$6.00
with cream cheese or hummus

Chicken Salad \$7.00
with grapes and almonds

Turkey Cranberry Delight \$7.00
with organic cranberry sauce and cream cheese

Turkey & Green Apple \$7.00

Turkey Avocado \$7.25

Grilled Garlic Portobello Wrap \$9.00

Spicy Ahi Wrap \$9.25

Add a cup of soup or small house salad to your sandwich or wrap for \$2.00

Salads

Caesar Salad \$7.25
with grilled chicken & garlic croutons

Red Ginger House Salad \$7.50
organic spring greens, fresh tomato, clover sprouts, organic carrots, cucumbers, sweet onion and fresh island avocado

Earth Salad \$7.50
brown rice topped with melted mozzarella cheese, organic spring greens, tomatoes, cucumber, carrots and sprouts

Fruit Salad \$7.75
organic spring greens, grapes, green apple, mandarin oranges, raisins, almonds, feta & grilled chicken

Greek Salad \$9.00
organic spring greens, sun dried tomato, organic cucumber, olives, feta cheese with grilled garlic portobello mushrooms

Dressings: Balsamic Vinaigrette, Caesar, Papaya Seed,

Build Your Own Salad \$7.25

Pick one

Romaine or Organic Spring Greens

Choose 4 of the below ingredients

Almonds

Green Granny Smith Apples

Marinated Artichokes

Capers

Organic Carrots

Raisins

Garlic Croutons

Organic Cucumber

Organic Boiled Eggs

Feta

Red Grapes

Hummus

Mozzarella

Black Olives

Sweet Onion

Mandarin Oranges

Brown Rice

Clover Sprouts

Tomatoes

Sun Dried Tomatoes

Organic Tofu

Candied Walnuts

Add these extras:

Fresh Island Avocado - \$1.75

Fresh Roasted Turkey - \$2.00

Grilled Chicken - \$2.00

Chicken Salad - \$2.00

Grilled Garlic Portobello Mushroom - \$2.50

Spicy Ahi - \$3.75

Extra Specials

Soup of the Day..... Cup \$2.50
..... Bowl \$4.50

PB and Banana Toast\$4.25
toasted whole wheat bread with organic peanut butter, topped with fresh island banana, honey & fresh lemon

Stuffed Pretzels\$4.00
Grilled Cheese or Spinach & Feta

Bagel & Cream Cheese\$3.00
with capers, onions and tomato.....\$4.00

Hummus and Chips\$5.00

Specialty Desserts

Red Ginger Pick Me Upper!..... \$4.50
blended Ka'u coffee, frozen hot chocolate, organic
peanut butter, fresh island banana & organic
soymilk.....YUMMY!!

Tropilicious Haupialani Sorbet \$3.00

Coldfrye Cookie Cremes \$4.00
All-natural ice cream sandwiches
Ask us for our daily flavors!

Smoothies \$4.75

Tried and True Strawberry & Banana

Tropical Itch

pineapples, mango, strawberry & papaya

PB Banana Honey

I Lub You BERRY much!

blueberries, strawberries, raspberries & banana

Acai

Parfait Bowls..... \$7.25

We'll make your smoothie extra thick and top it
with organic granola, honey and almonds. AND
choose 2 more toppings from below:

green apples, almonds, blueberries, craisins,
granola, more honey, or strawberries

(PB Banana Honey not available as a parfait)

Add organic peanut butter or frozen hot chocolate
to your Smoothie or Parfait for \$.50

Fresh Fruit Juices\$6.00

Choose any combination:

green apple, cucumber, organic carrot,
lemon, celery, tomato

Other Beverages \$2.25

Passion Fruit Flavored Iced Tea
made locally by The Tea Chest

Cranberry Juice

Pomegranate Juice

Cranberry Raspberry Blend Juice

Add Rosehip to any above selection for \$.75

Organic Soymilk

Aikane Plantation Coffee

Start your day right with this medium dark roast,
grown in the Ka'u district of Hawai'i island

Hot Tea

Earl Grey, Chamomile (decaf), Ginger, Mango,
Organic Chinese Jasmine, Sencha

We have chosen to use 100%
biocompostable paper goods.
We hope you appreciate our love for
Hawaii's environment!

This menu is subject to change
(Rev 7/28/10)



café & gift shop

Monday ~ Friday
10:00am – 4:00pm

Saturday & Sunday
9:30am – 3:30pm

Manoa Marketplace
2752 Woodlawn Drive #5-213
Honolulu, Hawaii 96822
988-0588

Phone Orders
Take Out
Catering
Gift Certificates
available

Visit us online at
www.redgingercafeManoa.com