



Protea



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BREAKFAST (7AM-11AM)

Aloha Granola \$9.25

Hawaiian granola, served with plain yogurt & apple bananas, blueberries, strawberries & pineapple.

Eggs Benedict \$12.75

English muffin & Canadian bacon topped with poached egg & hollandaise sauce. Served with a potato & vegetable hash cassoulet.

Protea Omelet \$9.25

Bacon, mushroom, bell pepper, onion, tomato & cheddar cheese. Served with a potato & vegetable hash cassoulet.

Classic Omelet \$6.25

Egg & cheese omelet with your choice of cheddar, Swiss, or pepper jack cheeses. Served with a potato & vegetable hash cassoulet. Choose any extras for \$1.25 per item.

Available add-ons: bacon, ham, apple sausage, mushrooms, pepper, onion, tomato, jalapeños, spinach

Amazon Açai Bowl \$9.50

Açai berry puree blended with strawberry, bananas & blueberries, topped with Hawaiian granola & drizzled with honey.

Canadian Bacon & Cheese Crepe \$9.75

House-made crepe with eggs, bacon & cheese. Served with fresh tomato salsa.

Crepe Florentine \$9.75

Creamed spinach, eggs, grated Parmigiano-Reggiano. Served with fresh herbs & hollandaise sauce.

Sweet Bread French Toast \$9.95

Hawaiian sweet bread, Vermont maple syrup, whipped butter & powdered sugar. (add Kevin's Hot Raspberries: \$2.50 extra)

Croque Madame \$9.25

Ham, tomato & Swiss cheese on sourdough toast with fried egg. Served with jam on the side.

Breakfast Burrito \$9.25

Scrambled eggs, onion, bell pepper, tomato, bacon bits & cheddar cheese. Wrapped in a flour tortilla and served with salsa & sour cream.

A La Carte

2 Eggs, any style \$3.95

Chicken Apple Sausage \$2.95

Applewood Bacon or Ham \$2.95

Potato & Vegetable Hash Cassoulet \$3.75

Fruit Bowl \$4.75

Seasonal fruits & berries

Toast \$2.95

(sourdough, multi-grain, rye)

English Muffin \$2.25



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LUNCH (11AM-2PM)

Appetizers & Salads

Protea Bruschetta \$5.95

Toasted focaccia topped with fresh tomato slices, goat cheese, fresh basil leaves & kalamata tapenade.

Kalua Pork Quesadilla \$10.25

Island kalua pork, pepper jack cheese, green onion, diced island tomato & cilantro between grilled tortillas. Served with salsa and sour cream.

Caprese \$9.25

Vine-ripened island tomatoes, fresh mozzarella, fresh basil from our herb garden with extra virgin olive oil, black pepper & balsamic reduction.

Ahi Tuna Tostada \$11.95

Seared sesame-crust ahi, Asian slaw with Pico de Gallo & wasabi chili garlic sauce. Served on a crisp wonton shell.

Classic Caesar \$9.50

Romaine lettuce, garlic croutons, grape tomatoes & parmesan cheese with house Caesar dressing.
(add sliced chicken breast: \$3.95 extra)

Protea \$8.95

Fresh mixed greens, toasted sliced almonds, grape tomatoes, sliced cucumber & crumbled gorgonzola with sundried tomato vinaigrette.

Chopped Salad \$8.95

Chicken, salami, mozzarella, cherry tomatoes, sweet onions & kalamata olives on fresh mixed greens with red wine vinaigrette.

Pear & Gorgonzola Salad \$9.95

Fresh mixed greens, grilled pineapple, pear, gorgonzola & candied walnuts with pear vinaigrette.

Soup of the Day \$5.95

Sandwiches

(served with your choice of chips, slaw, or Dijon potato salad)

Crab BLT \$13.95

Crab salad, bacon, avocado, lettuce & tomatoes. Served on toasted sourdough.

Rueben Panini \$10.50

Thinly sliced corned beef, sauerkraut, Swiss cheese & thousand island dressing. Served on rye.

Open Steak \$12.95

Pan-seared steak, caramelized sweet onion, crumbled gorgonzola. Served on toasted sourdough.

Chicken Salad \$10.50

Diced chicken, dried cranberries, chopped pecans, celery, mayonnaise, lettuce, and tomato. Served on Hawaiian sweet bread.

Panini Venus \$9.75

Oven-baked zucchini, eggplant, vine ripened tomatoes, sweet onions, sundried tomato pesto, yellow squash & provolone cheese. Served on pumpernickel.

Roasted Turkey Wrap \$10.25

Turkey, apple chutney, caramelized onion, tomato, lettuce, cranberry aioli. Served on flour tortilla wrap.

Grilled Chicken \$9.95

Marinated chipotle chicken, pepper jack cheese, sundried tomato aioli, lettuce & tomatoes. Served on toasted focaccia.



Protea

Thin Crust Pizza

Available Toppings

- | | |
|--------------------|--------------------|
| Bacon | Olives |
| Extra cheese | Pepperoni |
| Green bell peppers | Pineapple |
| Ham | Portuguese sausage |
| Italian sausage | Red onions |
| Jalapeños | Roasted chicken |
| Mushrooms | Spinach |

Classic **\$6.95**
Zesty tomato sauce topped with provolone, mozzarella, Romano & parmesan cheese mix. (Extra toppings are **\$1.50** per item)

Classic Full Combo **\$11.95**
Italian sausage, pepperoni, red onions, mushrooms, green bell peppers & olives

Specialty Pizzas

Protea **\$10.75**
Caramelized sweet onions, mushrooms, spinach & gorgonzola.

New Hawaiian **\$9.95**
Portuguese sausage, pineapple, mint pesto & mozzarella.

Islander **\$9.25**
Diced tomatoes, kalua pork & 5 cheese mix.

Pear & Gorgonzola **\$10.75**
Pan-seared pear, caramelized onion, gorgonzola cheese, bacon & mozzarella.

Margherita **\$9.95**
Basil pesto, sliced Roma tomato, fresh mozzarella & 5 cheese mix.



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DINNER (5PM-10PM)

Appetizers & Salads

Protea Bruschetta **\$5.95**
Toasted focaccia topped with fresh tomato slices, goat cheese, fresh basil leaves & kalamata tapenade.

Caprese **\$9.25**
Vine-ripened island tomatoes, fresh mozzarella, fresh basil from our herb garden with extra virgin olive oil, black pepper & balsamic reduction.

Ahi Tuna Tostada **\$11.95**
Seared sesame-crust ahi, Asian slaw with Pico de Gallo & wasabi chili garlic sauce. Served on a crisp wonton shell.

Classic Caesar **\$9.50**
Romaine lettuce, garlic croutons, grape tomatoes & parmesan cheese with house Caesar dressing.
(add sliced chicken breast: **\$3.95** extra)

Protea **\$8.95**
Fresh mixed greens, toasted sliced almonds, grape tomatoes, sliced cucumber & crumbled gorgonzola with sundried tomato vinaigrette.

Pear & Gorgonzola Salad **\$9.95**
Fresh mixed greens, grilled pineapple, pear, gorgonzola & candied walnuts with pear vinaigrette.

Soup of the Day **\$5.95**

Entrées

Mediterranean Chicken **\$15.25**
Grilled chicken breast served with roasted fingerling potatoes, sautéed greens, olives & lemon tomato caper sauce.

Grilled Chicken **\$14.95**
Grilled chicken breast with citrus-ginger-soy glaze. Served with fingerling potatoes & sautéed greens.

Pan-Seared Salmon **\$15.75**
Pan-seared Atlantic salmon with sautéed bell peppers, sugar snap peas, lemon zest & creamy basil pesto sauce.

Steak **\$15.75**
Grilled steak with chimichurri sauce. Served with potato gratin & sautéed greens.

Roasted Vegetable Napoleon **\$14.50**
Roasted seasonal vegetables with goat cheese. Served with creamy polenta & roasted pepper aioli

Pasta of the Day **\$14.75**
Choice of house sauce, basil & roasted garlic tomato sauce, or lemon garlic wine butter sauce.

Dessert

Crème Brûlée **\$5.50**
House-made, smooth, creamy custard with the crispy, caramelized topping!

Cheesecake **\$5.50**
A sinfully delicious, melt-in-your-mouth dessert!

Chocolate Mousse **\$5.50**
House-made, incredibly decadent, luxurious chocolate mousse.

Ice Cream **\$4.25**
Available in vanilla or chocolate flavors.



Protea DRINKS



House blend

fresh illy ground coffee

Medium \$2.40
Large \$2.65

Espresso, Single \$2.35

Latte

Medium \$3.75
Large \$4.25

Coconut / Vanilla / Caramel / Hazelnut Latte

Medium \$4.10
Large \$4.60

Cappuccino

Medium \$4.25
Large \$4.50

Macchiato, Single \$3.50

Mocha

Medium \$4.25
Large \$4.50

Chai Tea Latte

Medium \$4.25
Large \$4.50

Iced Coffee

Medium \$3.75
Large \$4.25

Fresh Juices (8oz)

\$3.25

- Orange
- Lemonade
- Guava
- Pineapple
- Cranberry

Soft Drinks (8oz)

\$2.25

- Coke
- Diet Coke
- Sprite
- Dr. Pepper
- Ginger Ale
- Club Soda
- Fuze Green Tea

Hot Tea

\$2.25

- English Breakfast
- Earl Grey
- Mint Medley-Herbal
- Green

Tropical Iced Tea

Medium \$2.80
Large \$3.10

Smoothies

Refreshing Flavors

- Banana
- Mango
- Strawberry
- Passion Fruit
- Piña Colada
- Blended Latte
- Caramel Latte

\$5.95

Samba Açai

\$6.95

Our açai puree, strawberries, banana & blueberries blended into a healthy combination to start your day right!

Lava Flow (Virgin)

\$5.95

Tropical blend of fresh-squeezed pineapple juice, coconut cream & strawberry puree

Signature Cocktails

Bloody Mary

\$8.95

With fine Skyy vodka. Garnished with pickled green beans, pepperoncini & a cherry tomato.

Lava Flowin'

\$8.95

Tropical blend of fresh-squeezed pineapple juice, coconut syrup, vodka-infused raspberries & Captain Morgan.

Lava Lime

\$8.95

Sauza tequila, Grand Marnier, lime juice & Sprite: a great drink to cool down in the heat.

Protea Mai Tai

\$8.95

Amaretto, Bacardi rum, triple sec, sweet & sour, fresh pineapple juice & premium dark rum with a squeeze of lime.

Waikiki Iced Tea

\$9.50

Tequila, Pineapple Vodka, Gin & Rum come together to make the one drink to rule them all, topped with guava juice.

Protea Mojito

\$8.95

The best mojito you've ever had! Made with top-shelf sugar-cane rum, fresh mint & a raspberry twist.

Protea Margarita

\$8.95

A margarita with a refreshing twist of watermelon! Can be frozen or on the rocks.