

Hilo Bay Café

lunch menu

served 11 to 2:30

*at the heart of our food is
the belief that local and
organic ingredients are
better for the earth and
for you*

appetizers

shrimp and "grits" — garlic sauteed shrimp with smoked tomato polenta 11

guinness onion rings with sun dried tomato ketchup and garlic aioli 9

ahi poke with sweet potato chips 11

roasted eggplant-parmesan custard with rosemary bread 12

soup of the day cup 5 / bowl 7

french onion soup 7

daily bread special with olive oil and balsamic vinegar 3

salads

balsamic roasted beets with arugula, chevre, cashews, and lemon vinaigrette 10

mixed organic greens with local heart of palm, cucumber, and tomato 7

(dressing choices: creamy garlic, asian sesame, flax, balsamic or lemon)

crab cakes with local greens, wontons, chili aioli, and sesame dressing 16

tossed caesar with kekela baby romaine, sweet tomato, garlic croutons, and a baked parmesan chip 10 add blackened salmon or grilled chicken 5

poached shrimp and asparagus with arugula, feta, tomato, and flax dressing 11

sandwiches — served with choice of garlic fries, asian slaw or rice; sub local organic greens add \$3

avocado melt — bacon, smoked mozzarella, and garlic aioli on ciabatta 11

kalua pork with swiss cheese, caramelized onions, and barbeque sauce 10.5

vegetarian sweet potato flax burger with dill havarti cheese, roasted tomato, arugula, and horseradish cream 10

blue bay burger — local grass-fed beef topped with gorgonzola 12

daily burger special — local grass-fed beef with daily toppings (ask server)

chicken salad in grilled pita with gorgonzola and sun-dried tomatoes 10.5

\$2 split plate charge

*18% gratuity added to tabs
for tables of 7 guests or
more*

*we can split checks —
up to four checks
per table*

entrees

salmon linguini with hamakua mushrooms and tomato confit in parmesan cream 13

fish and chips with caper tartar sauce and organic mixed greens 16

slow-roasted barbecued ribs with garlic fries and asian slaw 17

hamakua mushroom pot pie and local greens — vegetarian 12 / chicken 14
(note: the pot pie takes 20 minutes to bake)

pork stir-fry in chinese black bean sauce, local vegetables, steamed rice, and pea shoots 12.5