

## BEVERAGES BAR OPENS AT 9AM

### Juice 5/8

Orange, POG, Fresh Pineapple, Grapefruit, or Cranberry

### Coffee 5

Hawaiian Paradise North Shore Surfer Blend

### Sunrise Bloody Mary 8

Skyy Vodka, Bloody Mary Mix  
*Regular or Preservation Co. Spicy*

### Sunrise Mimosa 8

Prosecco with Choice of: Orange, Pineapple, Guava, or POG

### Village Mai Tai 12.50

Gold Rum, Orange Curaçao, Orgeat, Sweet & Sour, Dark Rum Float

### Rise and Shine! 9

Fresh Coffee with Choice of: Baileys Irish Cream, Kahlúa Coffee Liqueur, or Disaronno Amaretto Liqueur

## HEART STARTS

### Old Fashioned Steel-Cut Oatmeal\* 13

Cinnamon, Brown Sugar, Berries

### Pineapple Cobbler Steel-Cut Oatmeal\* 16

Steel-Cut Oats, Roasted Pineapple, Coconut-Macadamia Nut Streusel, Crème Fraîche

### ✿ Tropical Açai Bowl\* 14

Freshly Blended Açai Berry Pulp, Apple Bananas, Strawberries, Mango, Blueberry, Toasted Coconut, Granola, Lehua Honey

### Tropical Fruit Plate\* 17

Top of the Season Local Fruit, Melon, Berries, Banana Nut Bread

### Continental 20

Mini Tropical Fruit Plate, Freshly Baked Muffin, Assorted Pastries, Banana Nut Bread, Croissant, Greek Yogurt

### Smoked Salmon and Bagel 22

Scottish Smoked Salmon, Toasted Plain or Everything Bagel, Boursin Cheese, Pickled Onion, Tomato, Capers, Dill

## FROM THE GRIDDLE

✿ **Haupia Bread Pudding Crème Brûlée French Toast 26**  
Orange Citrus Berries, Toasted Coconut Granola, Pineapple Infused Maple Syrup

### Gourmet Buttermilk Waffle 18

### Buttermilk Griddle Cakes\* 18

*Maple or Coconut Syrup*

*Choice of Additional Toppings 2*

Strawberries, Blueberries, Banana, Bacon Bits, Chocolate Chips, Macadamia Nuts, Warm Spiced Pineapple Compote, Toasted Coconut

*\*Griddle Cakes Made Gluten-Free 2*

## CHEF-INSPIRED CREATIONS

*All Creations are made with Cage-Free Eggs*

### Loco Moco\*\* 28

Two Eggs Any Style, Burger Patty, Steamed Rice, Maui Onion and Mushroom Gravy

### Avocado Toast\*\* 24

Citrus and Kona Sea Salt Mashed Avocado, Two Poached Eggs, House-Made Sourdough Bread, Lomi Tomatoes, Arugula, Harissa Vinaigrette, Black Sesame Seeds

### Mauka Toast 24

Prosciutto, Mozzarella, Arugula, Tomato Jam, House-Made Country Toast

### Makai Toast 24

Scottish Smoked Salmon, Egg Salad, Fresh Dill, House-Made Country Toast

### Zen Breakfast\*\* 31

Citrus Miso Glazed Kona Kampachi, Steamed Rice, Shibazuke, Hard-Boiled Egg, Miso Soup

## EGGS AND OTHER THINGS

*All Specialties are made with Cage-Free Eggs*

*All Omelets Served with Breakfast Potatoes*

*Egg Whites Available Upon Request*

### Create Your Own Omelet\*\*/\*\* 25

*Served with Choice of 4 Ingredients*

Tomatoes, Roasted Mushrooms, Onion, Mixed Sweet Peppers, Baby Spinach, Pickled Jalapeño, Bacon, Ham, Pork Link, Chicken Mango Sausage, Portuguese Sausage, Cheddar, Swiss, Feta

*Each Additional Ingredient 2*

### The Warrior Omelet\*\*/\*\* 27

Bacon, Ham, Pork Link, Portuguese Sausage, Cheddar

### Grand Islander Omelet\*\*/\*\* 26

Ham, Ho Farms Tomatoes, Mushrooms, Onions, Spinach, Cheddar

### The Hula Girl Omelet\*\*/\*\* 26

Spinach, Ho Farms Tomatoes, Roasted Mushrooms, Avocado, Fresh Mozzarella, Egg Whites, Basil-Cashew Pesto, Served Open-Faced

### Steak & Eggs\*\*/\*\* 32

Kona Coffee Rubbed New York Steak, Two Eggs Any Style, Arugula, Harissa Vinaigrette

*Add Pacific Crab Cake with Calamansi Hollandaise 7*

### The 2 Egg Breakfast\*\*/\*\* 24

Two Eggs Any Style, Choice of Breakfast Meat (Bacon, Link Sausage, Chicken Mango Sausage, Portuguese Sausage, or Spam), Rice or Potatoes, Toast

### Lū'au Benedict\*\* 27

Kiawe Smoked Berkshire Pork Belly, Kale, Poached Eggs, Taro Muffin, Lomi Tomato, Guava Jelly Hollandaise

### Pacific Crab Benedict\*\* 30

Crab Cake, Avocado, Poached Eggs, Taro Muffin, Calamansi Hollandaise

### Biscuits & Gravy\*\* 21

Kabocha Pumpkin Biscuit, Kālua Pork, Portuguese Sausage Gravy, Two Eggs Your Way

### ✿ The Sunrise Sandwich\*\* 25

Griddled Eggs, Three Pieces of Bacon, Butter Lettuce, Cheddar, Tomato Marmalade, Locally Made Bun, Awesome Sauce

✿ Denotes some of our favorite dishes made with local ingredients. The Tropics team proudly uses sustainable, local ingredients as much as possible. We would like to thank the local farming families, bakeries, and fisheries for their dedication to old world techniques and their respect for the environment that inspire our menus. Mari's Gardens, Hamakua Mushrooms, Ho Farms, Kahuku Farms, Fresh Island Fish Co., Tropic Fish Hawaii, Kona Cold Lobsters, La Tour Bakehouse, and Kona Sea Salt.

\* Item can be made gluten-free upon request. When ordering, please specify with your server that you are requesting the dish to be made gluten-free.

\*\* Consuming raw or undercooked meats, poultry, seafood, or eggs may increase your risk of foodborne illness especially if you have certain medical conditions. Please let your server know if you have any allergies.

Prices are exclusive of state excise tax. 19% gratuity will automatically be charged to parties of 6 or more.

# TROPICS BREAKFAST