

# SHACK SHOTS

BOOST YOUR IMMUNITY!

These are the health shots we grew up on as kids, it's what our Mom had us drink when flu season came around. These ingredients are our favorite when it comes to boosting the immune system.

*Reminder:* You can add Lion's Mane, Chaga, Reishi or Cordyceps to any of our Bullets and smoothies.

BUY 3 SHOTS  
FOR \$12

**ORIGINAL WELLNESS SHOT** \$5.00

*THIS SHOT COVERS A WIDE VARIETY OF IMMUNITY-BOOSTING PROPERTIES.*

INGREDIENTS: TURMERIC, GINGER, ORANGE, CAYENNE, BLACK PEPPER & LEMON.

**IMMUNITY SHOT** \$5.00

*THE STRONGEST SHOT WE'VE GOT!*

...FEATURING A FULL DOSE OF GINGER, CAYENNE, LEMON, OREGANO OIL, AND APPLE CIDER VINEGAR.

**NONI SHOT** \$5.00

*FROM WAILUA KAUAI*

*BENEFITS* - REDUCES STRESS, BOOSTS IMMUNITY, HELPS WITH FEVERS, GREAT FOR SKIN, ANTI-AGING.

**BLUE MAJIK SHOT** \$5.00

*PACKED WITH VITAMINS AND MINERALS!*

BLUE MAJIK + COCONUT WATER  
BENEFITS: ANTI-INFLAMMATION IMMUNE BOOSTING AND REALLY COOL LOOKING ;)

**CHLOROPHYLL SHOT** \$5.00

*GREEN GOODNESS...*

CHLOROPHYLL + COCONUT WATER = YOUR DAILY DOSE OF NUTRIENTS, VITAMINS AND DETOX SIMULTANEOUSLY!

PLEASE BE AWARE ALL SHOTS (OTHER THAN THE ORIGINAL WELLNESS SHOT) ARE NOT TO BE TAKEN IF PREGNANT OR BREASTFEEDING



## - SALAD, SANDWICH, WRAPS -

フード

### TURKEY CAESAR AVO EATER ターキーカエサルアボイーター \$7.95

Kale Caesar Salad, Turkey, Avocado, Onions, Hemp Seeds, Lemon, Salt, and Pepper Sandwiches and Wraps include Mustard and Soy Free Vegenaize

### VEGAN VIBES ターキーカエサルアボイーター \$7.95

Mixed Greens, Avocado, Carrot, Tomato, Onion, Hemp Seeds, Nutritional Yeast, Lemon, and Papaya Seed Dressing Sandwiches and Wraps include Mustard and Soy Free Vegenaize

### SMOKED SALMON & FETA MO BETTA スモークサーモン＆フェータモベッタ \$7.95

Smoked Salmon, Feta, Kale Caesar Salad, Tomato, Hemp Seeds, Tomato, Lemon, Pepper, and Nutritional Yeast Sandwiches and Wraps include Mustard and Soy Free Vegenaize

### PAPAYA BOWL パパイアボウル \$7.95

Half a Local Papaya Filled with Gluten Free Granola, Peanut Butter, Banana, Blueberries, Chia Seeds, Cacao Nibs, Hemp Seeds, Coconut Flakes, and Drizzled with Organic Honey  
+ \$1.00 For Almond Butter  
+ \$2.00 to Add Any Smoothie Blend To Your Papaya Bowl

### SUNRISE CAKE サンライズケーキ \$4.00

Brown Rice Cake Topped with Peanut Butter, Banana, Goji Berries, Hemp Seeds, Chia Seeds, Coconut Flakes, and Drizzled with Organic Honey  
+ \$1.00 For Almond Butter

## - AVOCADO TOAST -

### REGULAR レギュラー \$7.95

Toasted Sourdough, Topped with Local Avocados, Hemp Seeds, Cracked Pepper and a Lemon Wedge

### LOADED ローデット \$10.95

Toasted Sourdough, Topped with Local Avocados, Feta, Arugula, Tomato, Hemp Seeds, Cracked Pepper and a Lemon Wedge

### - AVOCADO TOAST ADD ONS -

SMOKED SALMON \$4.00  
ORGANIC TURKEY \$3.00  
FETA CHEESE \$2.00  
TOMATO \$1.00  
VEGENAISE FOR \$0.50

ONION \$1.00  
ARUGULA \$1.00  
NUTRITIONAL YEAST \$0.50  
CHILLI FLAKES \$0.50



TASTE OF PARADISE

## - COLD PRESS JUICES -

フレッシュジュース

### GREEN FLASH グリーンフラッシュ \$7.95

Kale, Cucumber, Celery, Apple, Lemon, and Ginger

### HEART BEET ハートビート \$7.95

Beet, Carrot, Cucumber, Apple, Lemon, and Ginger

### LIQUID SUNSHINE リキッドサンシャイン \$7.95

Pineapple, Orange, Apple, Lemon, Ginger, and Mint

### WELLNESS SHOT ウェルネスショット \$4.95

Turmeric, Orange, Ginger, Lemon, and Black Pepper



## THE SUNRISE SHACK STORY

Alex, Travis, and Koa grew up in the hawaiian islands, surrounded by nature's beauty. Living off the land and surfing every day. At a young age the three brothers started a fruit stand at the end of their driveway, filled with organic fruit from their backyard with dreams of making enough money for a two month surf trip to Australia. They made enough to travel across the ocean to score epic waves and make lifelong friendships. During this time they developed a passion for healthy eating with hopes to one day open their own restaurant. For more of our story visit our website!

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6am-7pm



@sunriseshack sunriseshackhawaii.com

## - BULLET COFFEE -

+ 0.75¢ FOR ANY LARGE SIZE  
ICE DRINK FOR 0.75¢

TODAY IS  
A GOOD DAY

**CLASSIC BULLET** クラシックブレット **\$5.00**  
Organic Coffee, Coconut Oil, MCT Oil, Grass-fed Butter and Vanilla

**MOCHA BULLET** モカブレット **\$6.00**  
Classic Bullet with Cacao Butter

**COCONUT BULLET** ココナッツブレットベーガン **\$6.00**  
Organic Coffee, Coconut Oil, MCT Oil and Laird Superfood Creamer

**ALMOND BULLET** アーモンドブレット **\$6.00**  
Classic Bullet with Almond Butter, and Cinnamon

**MAC NUT BULLET** マックナッツブレット **\$6.50**  
Coconut Bullet with Mac Nut Butter

**ALMOND COCONUT BULLET** アーモンドココナッツブレット **\$6.50**  
Coconut Bullet with Almond Butter, and Cinnamon

**DIRTY CHAI BULLET** ダーティチャイブレット **\$6.00**  
Coconut Bullet with Blue Lotus Chai

**GOLDEN BULLET** ゴールデンブレット **\$3.00**  
Organic Black Coffee, MCT Oil, Coconut Oil, and Laird Superfood Coconut-Turmeric Creamer

**MATCHA BULLET** 抹茶ブレット **\$6.50**  
Japanese Matcha, Hot Filtered Water, MCT Oil, Coconut Oil, and Laird Superfood Creamer

### - BULLET COFFEE SUPERFOOD ADD ONS -

ALMOND BUTTER <b>0.75¢</b>	LIONS MANE <b>\$1.50</b>
MACA	CORDYCEPS
MCT OIL	CHAGA
TURMERIC CREAMER	REISHI
COCONUT CREAMER	MAC NUT BUTTER
CACAO CREAMER	COLLAGEN PROTEIN

## - SUPERFOODS SMOOTHIE BOWLS -

+ \$1.50 FOR ANY MEDIUM BOWL | + \$3.00 FOR ANY LARGE BOWL  
ALL SMOOTHIE BOWLS ARE VEGAN OR BEEGAN | GRANOLA IS GLUTEN FREE, NUT FREE AND VEGAN  
CREATE A COMBO BOWL FOR 0.50¢ EXTRA



**ACAI BOWL** アサイーボウル **\$10.95**  
BLEND Acai, Banana, Blueberries, Coconut Oil, Honey, and Salt  
TOPPINGS Gluten Free Granola, Banana, Coconut Flakes, Pitaya Sauce, and Honey  
Recommended Add Ons  
Blueberries, Strawberries, Peanut Butter, Papaya



**TROPICAL BOWL** トロピカルボウル **\$10.95**  
BLEND Mango, Banana, Pineapple, Coconut Cream, Honey, and Salt  
TOPPINGS Gluten Free Granola, Pineapple, Pitaya Sauce, Coconut Flakes, and Honey  
Recommended Add Ons  
Strawberries, Papaya, Banana, Goji Berries



**MONKEY BOWL** モンキーボウル **\$10.95**  
BLEND Banana, Coconut Cream, Peanut Butter, Almond Milk, Dates, Cinnamon, Salt, and Coconut Oil  
TOPPINGS Gluten Free Granola, Banana, Peanut Butter, Coconut Flakes, Cacao Nibs, and Chocolate Covered Almonds  
Recommended Add Ons  
Hemp Seeds, Blueberries, Strawberries, Papaya, Bee Pollen



**BLUE DREAM BOWL** ブルードリームボウル **\$11.95**  
BLEND Blue Majik Spirulina, Banana, Mango, Coconut Cream, Almond Milk, Honey, and Salt  
TOPPINGS Gluten Free Granola, Blueberries, Strawberries, and Coconut Flakes  
Recommended Add Ons  
Goji Berries, Pineapple, Banana, Mac Nut Butter



**JUNGLE MATCHA BOWL** ジャングル抹茶ボウル **\$11.95**  
BLEND Japanese Matcha powder, Banana, Spirulina, Kale, Almond Milk, Almond Butter, and Honey  
TOPPINGS Gluten Free Granola, Strawberries, Chia Seeds, Coconut Flakes, and Honey  
Recommended Add Ons  
Blueberries, Almond Butter, Hemp Seeds

### - SMOOTHIE BOWL SUPERFOOD ADD ONS -

HONEY	PINEAPPLE <b>0.75¢</b>	LIONS MANE <b>\$1.50</b>
CACAO NIBS	PAPAYA	CORDYCEPS
HEMP SEEDS	PEANUT BUTTER	CHAGA
CHIA SEEDS	ALMOND BUTTER	REISHI
COCONUT FLAKES	CHOCOLATE ALMONDS	MAC NUT BUTTER
GOJI BERRIES	BEE POLLEN	VEGAN PROTEIN POWDER
BLUEBERRIES	MACA	WHEY PROTEIN POWDER
STRAWBERRIES	MCT OIL	COLLAGEN PROTEIN
BANANA		



## - SMOOTHIES -

TASTE OF  
PARADISE

ALL SMOOTHIE BOWLS ARE VEGAN OR BEEGAN

**ACAI SMOOTHIE** **\$7.95** **BLUE DREAM SMOOTHIE** **\$8.95**  
BLEND Acai, Banana, Blueberries, Coconut Oil, Honey, and Salt  
TOPPING Pitaya Sauce and Honey  
アサイースムージー  
ブルードリームスムージー

**TROPICAL SMOOTHIE** **\$7.95** **GREEN EYED LOVE SMOOTHIE** **\$8.95**  
BLEND Mango, Banana, Pineapple, Coconut Cream, Honey, and Salt  
TOPPING Pitaya Sauce and Honey  
トロピカルスムージー  
グリーンアイドラブスムージー

**BULLET COFFEE SMOOTHIE** **\$7.95** **JUNGLE MATCHA SMOOTHIE** **\$8.95**  
BLEND Banana, Cold Brewed Coffee, MCT Oil, Dates, Coconut Oil, Laird Superfood Creamer, Coconut Cream, and Vanilla  
TOPPING Coconut Flakes  
ブレットコーヒースムージー  
ジャングル抹茶スムージー

**MONKEY SMOOTHIE** **\$7.95** **SHAKA-LIT SMOOTHIE** **\$8.95**  
BLEND Banana, Coconut Cream, Almond Milk, Peanut Butter, Dates, Cinnamon, Salt and Coconut Oil  
TOPPING Peanut Butter, Coconut Flakes and Cacao Nibs  
モンキースムージー  
シャカリットスムージー

**I LAVA U SMOOTHIE** **\$7.95** **THE SUNRISE SMOOTHIE** **\$8.95**  
BLEND Banana, Strawberry, Honey, Almond Milk, Laird Coconut Creamer, Coconut Oil and Vanilla  
TOPPING Hemp Seeds  
アイラバウスムージー  
サンライズスムージー

### - SMOOTHIE ADD ONS -

<b>0.75¢</b> COCONUT FLAKES	<b>0.75¢</b> GOJI BERRIES	<b>\$1.50</b> PERFORMANCE MUSHROOMS
HONEY	PEANUT BUTTER	MAC NUT BUTTER
CACAO NIBS	ALMOND BUTTER	VEGAN PROTEIN POWDER
HEMP SEEDS	MCT OIL	WHEY PROTEIN POWDER
CHIA SEEDS		COLLAGEN PROTEIN

