



Every day's a great day for Tiki Cafe!

PROUDLY NAMED #37 ON YELD'S
FLORIDA TOP 100 FOR 2023!

8AM-8PM MON-SAT
8AM-3PM SUN
BREAKFAST TILL 3PM
HOLIDAYS OFF WITH FAMILY
MELSTIKICAFF.COM
321-610-7370



BREAKFAST SELECTION TILL 3 PM

BREAKFAST BOWLS

 **MEAT LOVER'S BOWL**
heaps of meats - bacon, ham, & sausage with your choice of eggs, base, and cheese (pepper jack, provolone, or cheddar) All smothered in homemade sausage gravy. 16.5

HAPPY DAY BOWL
egg whites, turkey sausage, roasted peppers & onions, spinach, & sriracha aioli over roasted sweet potatoes. 15

VEGGIE BOWL
choice of tofu or eggs, avocado, plantains, spinach, tomato, roasted peppers & onions, sriracha aioli, maple, or habanero maple syrup, and your choice of base. 14.5

VACATION BREKKY BEVS

ME-MOSA glass 8 **WE-MOSA** bottle 29
Guava, mango, pineapple, MimosaRita, or OJ

NUTRL VODKA SELTZERS 6 ea

CRAFT YOUR OWN BREKKY BOWL 15.50

BASE
jasmine white rice, brown rice, quinoa, roasted potatoes, or roasted sweet potatoes (or mix two half & half) | double base +1.5

PROTEIN select two
two eggs, egg whites, ham, bacon, tiki bacon, sausage, turkey sausage, tofu, or avocado. add'l protein +2

MIX-INS up to three
tomato, red onion, roasted peppers & onions, plantains, spinach, or cilantro. | add'l mix-ins +.5
roasted pineapple +.75 or half avocado +1.75

DRIZZLE SAUCE
sriracha aioli, sausage gravy, gf sausage gravy, habanero maple, or maple syrup. | add'l sauce +.5



THE BREAKFAST CLASSICS

TWO EGGS ANY STYLE
choice of two eggs & breakfast meat, with white or whole wheat toast. 11.95 sub half-waffle, croissant, or bagel +2.5 with roasted potatoes | sub fruit cup or shaka 'tatos +2

CLASSIC SANDWICH
over hard egg, choice of cheese, & bacon, ham, or sausage, on a croissant, bagel, multi-grain, or sliced brioche bread, with mayo or sriracha aioli. sandwich only 8.50

BREAKFAST SIDES

- MEATS** bacon, tiki bacon 4.95 | ham, sausage, turkey sausage. 4.25
- EGGS** choice of folded scrambled or fried. one egg +2 two +3.50
- BAKERY** croissant, bagel (asiago, plain, everything). 3.25 | toast 2 biscuits & gravy. 7.95 | single biscuit & gravy. 4.95
- POTATOES** roasted potatoes, roasted sweet potatoes. 3.95 shaka 'tatos (with tiki bacon, gravy, & chives). 4.95
- ADDS** sliced tomato or half-avocado +1.75 | side fruit cup +4.5

BREAKFAST SANDWICHES

served with roasted potatoes | sub shaka 'tatos or fruit cup +2
add roasted pineapple +.75 | half avocado +1.75

SIR HUNTER'S SANDWICH
two over easy eggs, avocado, roasted peppers & onions, and sriracha aioli on a hawaiian ciabatta roll. 12.95 | add meat +2.5

 **MR. BILLY'S SANDWICH**
scrambled eggs, tiki bacon, roasted fresh pineapple, pepper jack cheese, on a hawaiian ciabatta roll. 13.95 add habanero maple dip sauce by request

BREKKY BISCUIT SLIDERS
bacon, tiki bacon, ham, or sausage, choice of cheese with scrambled eggs, two biscuits and homemade sausage gravy on the side. 11.75 | make it open-faced +2

CRAFT YOUR BREKKY SANDWICH
choice of eggs, cheese (pepper jack, provolone, or cheddar), & meat, add tomato, cucumber, spinach, roasted peppers & onions, & drizzle sauce, on a croissant, sliced brioche, multigrain, or a bagel. 11.95
sub hawaiian ciabatta roll or waffle +1.5

YOGURT PARFAIT

yogurt layered with granola, and your choice of 2 fruit and a sauce
strawberries, blueberries, mango, banana
chocolate, caramel, honey, peanut butter 7.5

OHH-YAAY! WAFFLES ALL DAAY

add: choco chips, choco drizzle, whipped cream, peanut butter drizzle, or coconut. +.75 | strawberries, blueberries, banana, or pineapple. +1.5 during breakfast only: add two eggs and any breakfast meat. +5.5

CRAFT YOUR OWN WAFFLE
topped with maple syrup, sugar, & cinnamon. 9.95
half-waffle 5.5 | sub gluten-friendly waffle +1.50

YOU BACON ME CRAZY WAFFLE
two slices baked in the waffle, two slices chopped bacon on top, & maple syrup. 12.95



BERRIES 'N CREAM WAFFLE
blueberries, strawberries, & whipped cream. 12.75

PETEY PETE'S PEANUT BUTTER BANANA WAFFLE
peanut butter drizzle, banana, granola & honey. 12.95

'ROUND THE CLOCK SANDWICHES

with choice of dirty chips or side salad. | sub fruit cup +2

THE WAFFLE CRISTO
ham and provolone cheese in a waffle sandwich with habanero maple syrup, dusted in powdered sugar. 11.95 served with roasted potatoes during breakfast. jam by request.

 **B.L. TIKI SANDWICH**
heap 'a tiki bacon, lettuce, tomato, sriracha aioli, hawaiian ciabatta roll. 12.95 served with roasted potatoes during breakfast.

THE VEGGIE SANDWICH
avocado, roasted peppers & onions, cucumber, tomato, spinach, and vegan sriracha aioli on a multi-grain toast. 11.25

HAWAIIAN CHICKEN SANDWICH
shredded tiki chicken breast, roasted fresh pineapple, teriyaki, red onion, and pepper jack cheese on sliced brioche. 11.95

CHICKEN AVOCADO CLUB SANDWICH
shredded tiki chicken breast, avocado, crispy tiki bacon, lettuce, tomato, and cilantro lime mayo, hawaiian ciabatta roll. 14.75

FRESH GREEN SALADS

add half avocado +1.75 or tiki bacon +2.75 or pineapple salsa +.75

AHI TUNA "HALA KAHIKI" SALAD

ahi tuna poke*, roasted fresh pineapple ("hala kahiki" in hawaiian), tomato, cucumber, cilantro, sesame seeds, green & crispy onion, over field greens with housemade balsamic vinaigrette on the side. 15.95

SHRIMP CEVICHE SALAD

chilled royal red shrimp ceviche, avocado, mango, tomato, cucumber, red onion, cilantro & field greens with housemade cilantro lime dressing. 15.50

TOFU AVO SALAD

tofu, avocado, edamame, tomato, cucumber, plantains, green onion, purple cabbage slaw, over quinoa & field greens with housemade dijon vinaigrette on side. 13.95

ALOHA CHICKEN SALAD

shredded tiki chicken breast, bacon, tomato, cucumber, pineapple salsa and green onion over field greens drizzled with housemade sriracha honey dressing. 15.25

MEL'S SIGNATURE BOWLS

NALU ANTARCTIC SALMON POKE BOWL

antarctic salmon poke*, avocado, edamame, cucumber, field greens, seaweed salad, green & crispy onion, over jasmine rice drizzled with spicy ginger glaze and wasabi aioli. 16.5

AHI TIKI POKE BOWL

ahi tuna poke*, avocado, edamame, mango, seaweed salad, green onion, cilantro, and sesame seeds, over jasmine rice drizzled with sriracha aioli and poke sauce. 15.95

THE "KAHILI" RAINBOW MANGO POKE BOWL

ahi tuna poke*, antarctic salmon poke*, mango, edamame, purple cabbage slaw, Sesame seeds over jasmine rice with your choice of drizzle sauce on the side. 19.95

HULA MOA "DANCING CHICKEN" BOWL

shredded tiki chicken breast, roasted fresh pineapple, plantains, mango, cilantro, green & crispy onion, over brown rice drizzled with spicy ginger glaze, and sriracha aioli. 14.75
add tiki bacon +2.5



CRAFT YOUR OWN BOWL OR SALAD

one protein 14.95 | two protein 17.95



BASE

jasmine white rice
brown rice
quinoa
field greens
roasted potatoes
roasted sweet potatoes
(or mix two half & half)
double base +1.5

PROTEIN

shredded tiki chicken
ahi tuna poke*
antarctic salmon poke*
shrimp ceviche
tiki bacon
tofu or whole avocado
add'l protein +3

MIX-INS up to three

cucumber
mango
edamame
plantain
tomato
roasted peppers & onions
purple cabbage slaw
pineapple salsa +.75
add'l mix-ins +.5

TOPPERS up to three

crispy onion
green or red onion
cilantro
sesame seeds
jalapeno
wasabi
add'l toppers +.5
roasted pineapple +.75
avocado or seaweed salad +1.75

HOMEMADE DRIZZLE SAUCES & DRESSINGS up to two

drizzle sauces: sriracha aioli, vegan sriracha aioli, wasabi aioli, lime ponzu, teriyaki glaze, poke sauce, GF poke sauce, or spicy ginger glaze.
homemade dressings: balsamic vinaigrette, cilantro lime, dijon vinaigrette, or creamy honey sriracha. | add'l sauce or dressing +.5

STUFFED AVOCADO ENTRÉES

SHREDDED TIKI CHICKEN AVO

shredded tiki chicken breast, plantains, tomato, green onion, sesame seeds, and a whole avocado over brown rice and field greens drizzled with teriyaki and sriracha aioli. 15.75

TOFU AVO

tofu, edamame, green onion, roasted peppers & onions, cilantro, and a whole avocado over quinoa drizzled with teriyaki and vegan sriracha aioli. 14.95



ANTARCTIC SALMON AVO

antarctic salmon poke*, roasted fresh pineapple, cilantro, and a whole avocado over jasmine rice and seaweed salad drizzled with spicy ginger glaze and wasabi aioli. 17.95

AHI TUNA AVO

ahi tuna poke*, green onion, sesame seeds, and a whole avocado over jasmine rice and seaweed salad drizzled with sriracha aioli and poke sauce. 16.95

SHRIMP CEVICHE AVO

chilled royal red shrimp ceviche, red onion, cilantro, cucumber, mango, and whole avocado over jasmine rice drizzled with sriracha aioli. 16.95

CRAZY COCONUT CURRIES

COCO LOCO CURRY CHICKEN

shredded tiki chicken breast, roasted fresh pineapple, plantains, green onion, cilantro, roasted peppers & onions, over jasmine rice with toasted coconut and sweet coconut curry sauce. 16.95

COCO LOCO VEGAN CURRY

roasted fresh pineapple, plantains, roasted peppers & onions, green onion, cilantro, over jasmine rice with toasted coconut and sweet coconut curry sauce. 13.95
add tofu +3

On weekends especially, please respect our 60 minute dining time in our small humble dining establishment that we hope to share with everyone! Thank you!

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



TIKI SHAKES & SMOOTHIES

add: 10g protein boost (chocolate, vanilla, coffee) +2
spinach, peanut butter or almond butter +.5
vanilla yogurt +1

THE GREEN ROOM SMOOTHIE

avocado, spinach, pineapple, mango, & banana,
pineapple juice. 9.5

DUDE'S DOUBLE ESPRESSO MOCHA

lavazza double espresso, 10g vegan coffee protein
almond milk, banana, chocolate syrup. 9.75

TROPICAL PUNCH SMOOTHIE

Mango, pineapple, peaches, strawberries & banana
orange juice. 8.95

KELSEY'S BANANA & OAT SMOOTHIE

frozen banana, oats, 10g vegan vanilla protein,
& cinnamon, oat milk. 9.5

MEL'S MANGO SMOOTHIE

frozen mango, banana, & coconut milk. 8.95

MR. BILLY'S BERRY SMOOTHIE

frozen strawberries, blueberries, & banana with
vanilla yogurt. 9.25

MIXED BERRY BLISS SMOOTHIE

frozen strawberries, blueberries, raspberries,
blackberries, & banana, apple juice. 8.95

BIG MAN CHOCOLATE POWER

natural almond or peanut butter, banana, chocolate
syrup, 10g vegan chocolate protein oat milk. 9.95

BEVERAGES

JUICE apple, orange, or pineapple. 12 oz. 3.25 | 16 oz. 4.25

CANNED JUICE NECTARS mango or guava. 16 oz. 4.25

MILK whole or 2%, plain or chocolate. 12 oz. 2.75 | 16 oz. 3.75

CELSIUS ENERGY variety of flavors - bottle 3.75

BAI ANTIOXIDANT variety of flavors - bottle 3.75

JUPINA PINEAPPLE SODA 12 oz. can 3.25

BREWED TEA WITH RASPBERRY HIBISCUS 3.50

BREWED SWEET OR UNSWEET ICED TEA 2.75

STRAWBERRY WATERMELON LEMONADE 3.50

BOTTLED SODA coke, diet coke, sprite. 16.9 oz. 2.75

PERRIER SPARKLING 16.9 oz bottle. 2.95

A NOTE TO YOU FROM MEL

THANK YOU FOR CHOOSING TO DINE WITH US AT OUR TIKI CAFE!
WE'RE HONORED TO SERVE YOU AND THE GREATER COMMUNITY
EACH DAY. WE OPENED BRIGHT-EYED AND EAGER ON MARCH 10,
2020 WITH NO IDEA THE ADVENTURES WE'D HAVE AHEAD. WE'RE
PROUD TO HAVE GROWN INTO A LOCAL GEM AND GRATEFUL TO
BE EMBRACED BY THE MELBOURNE COMMUNITY. FROM OUR WHOLE
TIKI CAFE TEAM TO YOU - THANK YOU! MAHALO! -MEL



OUR PROTEIN FOR SHAKES AND SMOOTHIES

We use Arbonne vegan protein. It has 23 vitamins and minerals including methylated forms of Vitamin B12 and Folate, and 10g protein per scoop from peas, cranberries and rice. 9 essential Amino Acids to help support muscle repair and protein synthesis.
There are no artificial colors, flavors or sweeteners:
no high fructose corn syrup, dairy or soy. Certified gluten-free.
And it makes the smoothies taste great!



TIKI BAR VACATION COCKTAILS

ME-MOSA glass 8 WE-MOSA bottle 29

guava, mango, pineapple, MimosaRita, or traditional OJ

BOTTLED BEERS & SELTZERS

corona, red stripe, variety of nutril seltzers.
kona, mango cart, caribe pineapple cider. 6

SPECIALTY COFFEE

add flava: hazelnut, vanilla, caramel,
spiced brown sugar or chocolate. +.5
sub almond milk, coconut milk, or oat milk +.75

FRESH BREWED HOT COFFEE

organic breakfast blend. 3.5



HOT BLENDED BULLETPROOF

try it! lavazza espresso, grass-fed butter,
& coconut oil, blended. 6

MOCHA OR CARAMEL LATTE *hot or iced.*

lavazza espresso, chocolate or caramel,
lots 'a steamed milk, & frothed milk. 5.5

LATTE

lavazza espresso, lots 'a steamed milk & frothed milk. 5

CAPPUCCINO

lavazza espresso, steamed milk & lots 'a frothed milk. 5

ESPRESSO 3.5

AMERICANO 3.75



ICED FROTHY COFFEE

tiki fan fave! milk with whipped coffee. 6

SWEET CREAM ICED COFFEE 4.25



DESSERT SELECTION

HOMEMADE PIÑA COLADA RUM CAKE

with strawberries, whipped cream, & chocolate drizzle 6
or slice only 4.5 | pre-order a whole cake 29

HOMEMADE KAH LUA RUM CAKE

with strawberries, whipped cream, & chocolate drizzle 6
or slice only 4.5 | pre-order a whole cake 29



HOMEMADE BANANA BREAD

traditional or chocolate chip. all gluten-friendly.
with strawberries, whipped cream, & chocolate drizzle 6
or slice only 4.5 | pre-order a whole loaf 24

HOMEMADE KEY LIME PARFAIT

fresh lime, cream cheese, graham cracker, whipped
cream, toasted coconut, topped with a strawberry. 7

AFFOGATO

lavazza espresso & vanilla or chocolate ice cream. 4.25

WAFFLE SUNDAE

half-waffle & whipped cream, with berries or banana,
& your choice of ice cream (vanilla or chocolate) +
drizzle sauce (chocolate, caramel, or peanut butter). 8

Below are the GLUTEN FREE menus

Our gluten-free menus resemble the regular ones since many items are naturally gluten-free. Where necessary, we substitute ingredients, such as using gluten-free sausage gravy, breads, or sauces.

BREAKFAST SELECTION TILL 3 PM

BREAKFAST BOWLS



MEAT LOVER'S BOWL

heaps of meats - bacon, ham, & sausage with your choice of eggs, base, and cheese (pepper jack, provolone, or cheddar) All smothered in homemade gluten free sausage gravy. 16.5

HAPPY DAY BOWL

egg whites, turkey sausage, roasted peppers & onions, spinach, & sriracha aioli over roasted sweet potatoes. 15

VEGGIE BOWL

choice of tofu or eggs, avocado, plantains, spinach, tomato, roasted peppers & onions, sriracha aioli, maple, or habanero maple syrup, and your choice of base. 14.5

VACATION BREKKY BEVS

ME-MOSA glass 8 WE-MOSA bottle 29
Guava, mango, pineapple, MimosaRita, or OJ

NUTRL VODKA SELTZERS 6 ea



CRAFT YOUR OWN BREKKY BOWL 15.50

BASE

jasmine white rice, brown rice, quinoa, roasted potatoes, or roasted sweet potatoes (or mix two half & half) | double base +1.5

PROTEIN

select two
two eggs, egg whites, ham, bacon, tiki bacon, sausage, turkey sausage, tofu, or avocado. add'l protein +2

MIX-INS

up to three
tomato, red onion, roasted peppers & onions, plantains, spinach, or cilantro. | add'l mix-ins +5
roasted pineapple +.75 or half avocado +1.75

DRIZZLE SAUCE

sriracha aioli, gluten free sausage gravy, habanero maple, or maple syrup. | add'l sauce +.5

THE BREAKFAST CLASSICS

TWO EGGS ANY STYLE

choice of two eggs & breakfast meat, with white or whole wheat Gluten Free toast. 12.95 sub GF half-waffle +2.5 with roasted potatoes | sub fruit cup or shaka 'tatos +2

CLASSIC SANDWICH

over hard egg, choice of cheese, & bacon, ham, or sausage, on GF wheat or white toast with mayo or sriracha aioli. sandwich only 9.50

BREAKFAST SIDES

MEATS bacon, tiki bacon 4.95 | ham, sausage, turkey sausage. 4.25

EGGS choice of folded scrambled or fried. one egg +2 two +3.50

POTATOES roasted potatoes, roasted sweet potatoes. 3.95
shaka 'tatos (with tiki bacon, GF gravy, & chives). 4.95

ADDS sliced tomato or half-avocado +1.75 | side fruit cup +4.5

BREAKFAST SANDWICHES

served with roasted potatoes | sub shaka 'tatos or fruit cup +2
add roasted pineapple +.75 | half avocado +1.75

SIR HUNTER'S SANDWICH

one over easy egg, avocado, roasted peppers & onions, and sriracha aioli on GF white toast. 12.95 | add meat +2.5

MR. BILLY'S SANDWICH

scrambled eggs, tiki bacon, roasted fresh pineapple, pepper jack cheese, on a GF waffle. 14.95
habanero maple or maple syrup

CRAFT YOUR BREKKY SANDWICH

choice of eggs, cheese (pepper jack, provolone, or cheddar), & meat, add tomato, cucumber, spinach, roasted peppers & onions, & drizzle sauce, on white or wheat GF toast or a GF waffle. 12.95 served with roasted potatoes

OHH-YAAY! GF WAFFLES ALL DAAY

add: choco chips, choco drizzle, whipped cream, peanut butter drizzle, or coconut. +.75 | strawberries, blueberries, banana, or pineapple. +1.5 during breakfast only: add two eggs and any breakfast meat. +5.5

CRAFT YOUR OWN GF WAFFLE

topped with maple syrup, sugar, & cinnamon. 11.25
half-waffle 6.5 |

YOU BACON ME CRAZY WAFFLE

two slices baked in the waffle, two slices chopped bacon on top, & maple syrup. 12.95

BERRIES 'N CREAM WAFFLE

blueberries, strawberries, & whipped cream. 12.75

PETEY PETE'S PEANUT BUTTER BANANA WAFFLE

peanut butter drizzle, banana, granola & honey. 12.95

'ROUND THE CLOCK SANDWICHES

with choice of dirty chips or side salad. | sub fruit cup +2

THE WAFFLE CRISTO

ham and provolone cheese in a gf waffle sandwich with habanero maple syrup, dusted in powdered sugar. 11.95
served with roasted potatoes during breakfast. jam by request.



B.L. TIKI SANDWICH

heap 'a tiki bacon, lettuce, tomato, sriracha aioli, wheat or white gf toast. 12.95
served with roasted potatoes during breakfast.

THE VEGGIE SANDWICH

avocado, roasted peppers & onions, cucumber, tomato, spinach, and vegan sriracha aioli on a gf multi-grain toast. 11.25

CHICKEN AVOCADO CLUB SANDWICH

shredded tiki chicken breast, avocado, crispy tiki bacon, lettuce, tomato, and cilantro lime mayo, white or wheat gf toast. 14.75

FRESH GREEN SALADS

add half avocado +1.75 or tiki bacon +2.75 or pineapple salsa +.75

AHI TUNA "HALA KAHIKI" SALAD

ahi tuna poke*, roasted fresh pineapple ("hala kahiki" in hawaiian), tomato, cucumber, cilantro, sesame seeds, green onion, over field greens with housemade balsamic vinaigrette on the side. 15.95

SHRIMP CEVICHE SALAD

chilled royal red shrimp ceviche, avocado, mango, tomato, cucumber, red onion, cilantro & field greens with housemade cilantro lime dressing. 15.50

TOFU AVO SALAD

tofu, avocado, edamame, tomato, cucumber, plantains, green onion, purple cabbage slaw, over quinoa & field greens with housemade dijon vinaigrette on side. 13.95

ALOHA CHICKEN SALAD

shredded tiki chicken breast, bacon, tomato, cucumber, pineapple salsa and green onion over field greens drizzled with housemade sriracha honey dressing. 15.25

MEL'S SIGNATURE BOWLS

NALU ANTARCTIC SALMON POKE BOWL

antarctic salmon poke*, avocado, edamame, cucumber, field greens, seaweed salad, green onion, over jasmine rice drizzled with gf poke sauce and wasabi aioli. 16.5

AHI TIKI POKE BOWL

ahi tuna poke*, avocado, edamame, mango, seaweed salad, green onion, cilantro, and sesame seeds, over jasmine rice drizzled with sriracha aioli and gf poke sauce. 15.95

THE "KAHILI" RAINBOW MANGO POKE BOWL

ahi tuna poke*, antarctic salmon poke*, mango, edamame, purple cabbage slaw, Sesame seeds over jasmine rice with your choice of drizzle sauce on the side. 19.95

HULA MOA "DANCING CHICKEN" BOWL

shredded tiki chicken breast, roasted fresh pineapple, plantains, mango, cilantro, green onion, over brown rice drizzled with gf poke sauce, and sriracha aioli. 14.75
add tiki bacon +2.5



CRAFT YOUR OWN BOWL OR SALAD

one protein 14.95 | two protein 17.95



BASE

jasmine white rice
brown rice
quinoa
field greens
roasted potatoes
roasted sweet potatoes
(or mix two half & half)
double base +1.5

PROTEIN

shredded tiki chicken
ahi tuna poke*
antarctic salmon poke*
shrimp ceviche
tiki bacon
tofu or whole avocado
add'l protein +3

MIX-INS up to three

cucumber
mango
edamame
plantain
tomato
roasted peppers & onions
purple cabbage slaw
pineapple salsa +.75
add'l mix-ins +.5

TOPPERS up to three

green or red onion
cilantro
sesame seeds
jalapeno
wasabi
add'l toppers +.5
roasted pineapple +.75
avocado or seaweed salad +1.75

HOMEMADE DRIZZLE SAUCES & DRESSINGS up to two

drizzle sauces: sriracha aioli, vegan sriracha aioli, wasabi aioli, GF poke sauce.

homemade dressings: balsamic vinaigrette, cilantro lime, dijon vinaigrette, or honey sriracha. | add'l sauce or dressing +.5

STUFFED AVOCADO ENTRÉES

SHREDDED TIKI CHICKEN AVO

shredded tiki chicken breast, plantains, tomato, green onion, sesame seeds, and a whole avocado over brown rice and field greens drizzled with gf poke sauce and sriracha aioli. 15.75

TOFU AVO

tofu, edamame, green onion, roasted peppers & onions, cilantro, and a whole avocado over quinoa drizzled with gf poke sauce and vegan sriracha aioli. 14.95



ANTARCTIC SALMON AVO

antarctic salmon poke*, roasted fresh pineapple, cilantro, and a whole avocado over jasmine rice and seaweed salad drizzled with gf poke sauce and wasabi aioli. 17.95

AHI TUNA AVO

ahi tuna poke*, green onion, sesame seeds, and a whole avocado over jasmine rice and seaweed salad drizzled with sriracha aioli and gf poke sauce. 16.95

SHRIMP CEVICHE AVO

chilled royal red shrimp ceviche, red onion, cilantro, cucumber, mango, and whole avocado over jasmine rice drizzled with sriracha aioli. 16.95

CRAZY COCONUT CURRIES

COCO LOCO CURRY CHICKEN

shredded tiki chicken breast, roasted fresh pineapple, plantains, green onion, cilantro, roasted peppers & onions, over jasmine rice with toasted coconut and sweet coconut curry sauce. 16.95

COCO LOCO VEGAN CURRY

roasted fresh pineapple, plantains, roasted peppers & onions, green onion, cilantro, over jasmine rice with toasted coconut and sweet coconut curry sauce. 13.95
add tofu +3

On weekends especially, please respect our 60 minute dining time in our small humble dining establishment that we hope to share with everyone! Thank you!

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.



TIKI SHAKES & SMOOTHIES

add: 10g protein boost (chocolate, vanilla, coffee) +2
spinach, peanut butter or almond butter +.5
vanilla yogurt +1

THE GREEN ROOM SMOOTHIE

avocado, spinach, pineapple, mango, & banana
pineapple juice. 9.5

DUDE'S DOUBLE ESPRESSO MOCHA

lavazza double espresso, 10g vegan coffee protein
almond milk, banana, chocolate syrup, blended. 9.75

TROPICAL PUNCH SMOOTHIE

Mango, pineapple, peaches, strawberries & banana
orange juice. 8.95

KELSEY'S BANANA & OAT SMOOTHIE

frozen banana, oats, 10g vegan vanilla protein,
& cinnamon, oat milk. 9.5

MEL'S MANGO SMOOTHIE

frozen mango, banana, & coconut milk. 8.95

MR. BILLY'S BERRY SMOOTHIE

frozen strawberries, blueberries, & banana vanilla
yogurt. 9.25

MIXED BERRY BLISS SMOOTHIE

frozen strawberries, blueberries, raspberries,
blackberries, & banana, apple juice. 8.95

BIG MAN CHOCOLATE POWER

natural almond or peanut butter, banana, chocolate
syrup, 10g vegan chocolate protein oat milk. 9.95

BEVERAGES

JUICE apple, orange, or pineapple. 12 oz. 3.25 | 16 oz. 4.25

CANNED JUICE NECTARS mango or guava. 16 oz. 4.25

MILK whole or 2%, plain or chocolate. 12 oz. 2.75 | 16 oz. 3.75

CELSIUS ENERGY variety of flavors - bottle 3.75

BAI ANTIOXIDANT variety of flavors - bottle 3.75

JUPINA PINEAPPLE SODA 12 oz. can 3.25

BREWED TEA WITH RASPBERRY HIBISCUS 3.50

BREWED SWEET OR UNSWEET ICED TEA 2.75

STRAWBERRY WATERMELON LEMONADE 3.50

BOTTLED SODA coke, diet coke, sprite. 16.9 oz. 2.75

PERRIER SPARKLING 16.9 oz bottle. 2.95

A NOTE TO YOU FROM MEL

THANK YOU FOR CHOOSING TO DINE WITH US AT OUR TIKI CAFE!
WE'RE HONORED TO SERVE YOU AND THE GREATER COMMUNITY
EACH DAY. WE OPENED BRIGHT-EYED AND EAGER ON MARCH 10,
2020 WITH NO IDEA THE ADVENTURES WE'D HAVE AHEAD. WE'RE
PROUD TO HAVE GROWN INTO A LOCAL GEM AND GRATEFUL TO
BE EMBRACED BY THE MELBOURNE COMMUNITY. FROM OUR WHOLE
TIKI CAFE TEAM TO YOU - THANK YOU! MAHALO! -MEL



OUR PROTEIN FOR SHAKES AND SMOOTHIES

We use Arbonne vegan protein. It has 23 vitamins and minerals including methylated forms of Vitamin B12 and Folate, and 10g protein per scoop from peas, cranberries and rice. 9 essential Amino Acids to help support muscle repair and protein synthesis.
There are no artificial colors, flavors or sweeteners.
no high fructose corn syrup, dairy or soy. Certified gluten-free.
And it makes the smoothies taste great!



TIKI BAR VACATION COCKTAILS

ME-MOSA glass 8 **WE-MOSA** bottle 29
guava, mango, pineapple, MimosaRita, or traditional OJ



SELTZERS

variety of nutral seltzers. 6
caribe pineapple cider. 6

SPECIALTY COFFEE

add flava: hazelnut, vanilla, caramel, chocolate, or
spiced brown sugar. +.5
sub almond milk, coconut milk, or oat milk +.75

FRESH BREWED HOT COFFEE

organic breakfast blend. 3.5



HOT BLENDED BULLETPROOF

try it! lavazza espresso, grass-fed butter,
& coconut oil, blended. 6 *hot or iced.*

MOCHA OR CARAMEL LATTE

lavazza espresso, chocolate or caramel,
lots 'a steamed milk, & frothed milk. 5.5

LATTE

lavazza espresso, lots 'a steamed milk & frothed milk. 5

CAPPUCCINO

lavazza espresso, steamed milk & lots 'a frothed milk. 5

ESPRESSO 3.5

AMERICANO 3.75



ICED FROTHY COFFEE

tiki fan fave! milk with whipped coffee. 6

SWEET CREAM ICED COFFEE 4.25



DESSERT SELECTION

YOGURT PARFAIT

yogurt layered with gf granola,  fruit and a sauce
strawberries, blueberries, mango, banana
chocolate, caramel, honey, peanut butter 7.5

HOMEMADE BANANA BREAD

traditional or chocolate chip. all gluten-friendly.
with strawberries, whipped cream, & chocolate drizzle 6
or slice only 4.5 | pre-order a whole loaf 24

AFFOGATO

lavazza espresso & vanilla or chocolate ice cream. 4.25

WAFFLE SUNDAE

gf half-waffle & whipped cream, with berries or
banana, & your choice of ice cream (vanilla or
chocolate) + drizzle sauce (chocolate, caramel, or
peanut butter). 8