



## **FROM ACAI TO SMOOTHIES, OAHU'S HEALTHY OPTIONS ARE ABUNDANT**

O'AHU – Thanks to the abundance of locally-grown fruits and vegetables, coupled with a sizeable population geared towards active and mindful lifestyles, there are plenty of choices on O'ahu for those seeking healthy, vegetarian and/or vegan options. Here are a few that bring unique flavors and island-style twists to clean eating.

### **Vegetarian/Vegan**

**'Ai Love Nalo** – On the side of the road of the lush agricultural community of Waimānalo, 'Ai Love Nalo offers vegan interpretations of local food, as in the Oh Wow Laulau, the normally pork-based dish reinvented as slow-cooked taro, breadfruit and sweet potato wrapped in taro leaves.

[ailovenalo.com](http://ailovenalo.com)

**The Beet Box Café** – This warm café, with reclaimed wood paneling and rough hewn tables, is a standout on the hippie-leaning North Shore, where healthy spots abound. The Portabella Stache'wich features tangy, sautéed mushrooms smothered in garlic aioli and feta cheese, while the Beirut Burger is a falafel patty topped with shredded beets and sunflower sprouts.

[thebeetboxcafe.com](http://thebeetboxcafe.com)

**Ethiopian Love Restaurant** – While not strictly vegetarian, the menu at O'ahu's only Ethiopian restaurant leans heavily on the vegetarian and vegan side. It's not shy on the spices, from the spicy red lentil stew to the yellow split peas cooked with turmeric, garlic and ginger to the fresh tomato salad spiked with lemon. It's all served atop injera, a slightly spongy, fermented flatbread, and meant to be eaten with your hands. [ethiopianlovehi.com](http://ethiopianlovehi.com)

**Juicy Brew** – The constantly changing menu at Juicy Brew is based off of the eatery’s daily delivery of locally-grown fruits and vegetables, many of them exotic and unfamiliar. Try cassava and chaya in the vegan breakfast burrito, or ulu (breadfruit) in the mochi. [juicybrewhawaii.com](http://juicybrewhawaii.com)

**Peace Café** – This cozy little spot uses flavors from around the world to spice up its offerings, from the Moroccan chickpea stew to the Heart and Seoul, a vegan take on Korean bi bim bap. [peacecafehawaii.com](http://peacecafehawaii.com)

**Vegan Hills** – In a spare white dining room, find beautifully presented vegan fare, inspired by the Zen Buddhist philosophy of wabi sabi, highlighting purity and simplicity. The menu includes a colorful Rainbow Cobb salad topped with tofu ricotta and the Coco Cove, a Singapore-style coconut soup with rice noodles. [veganhills-hi.com](http://veganhills-hi.com)

**Water Drop Vegetarian House** – This Buddhist-run restaurant in downtown Honolulu features Chinese home-cooking, including mapo tofu, fried beancurd rolls and potstickers. Open for lunch only, it features hefty portions and bold flavors.

### **Smoothies and Acai Bowls**

**Banán** – Locally-grown bananas are turned into delicious, dairy-free soft serve, which come in flavors including roots (with beets, ginger, lemongrass and turmeric), liliko‘i (passionfruit) and chocolate mac nut, as well as plain. Get it served in a papaya boat and with toppings ranging from puffed quinoa to pineapple. [bananbowls.com](http://bananbowls.com)

**Diamond Head Cove Health Bar** – Given the tropical weather, smoothies and acai bowls are a popular post-surf, pre-work, anytime of day pick-me-up. Da Cove is a favorite among locals, who come for treats such as the Mango Tango smoothie and Da Hawaiian Acai Bowl, the frosty acai blend topped with a scoop of pa‘i‘ai, hand-pounded taro. [diamondheadcove.com](http://diamondheadcove.com)

**Haleiwa Bowls** – Find smoothies, acai bowls, and cold-pressed juices from this food truck often parked at beaches on the North Shore. The smoothies can be made with coconut milk, almond milk or apple juice, and some, like the Backyard, come chock full of goodies like pomegranate seeds, bananas, kale, berries and chia seeds. [haleiwabowls.com](http://haleiwabowls.com)

**Leahi Health** – The smoothies here are blended with the housemade kombucha for creations such as the King Green, with local greens, pineapple, lemon and ginger, and the Jack Johnson, a creamy mix of kombucha, almond milk and greens. Pair a smoothie with a kale avocado taco or Surfer Bowl, a kale salad tossed in a ginger tahini dressing and loaded with furikake and almonds.

[leahihealth.com](http://leahihealth.com)

# # #

Contact: Krislyn Hashimoto  
Stryker Weiner & Yokota Public Relations, Inc.  
Phone: (808) 523-8802  
E-mail: [krislyn@strykerweiner.com](mailto:krislyn@strykerweiner.com)  
Web Site: <http://media.visit-oahu.com>