

Our Goal

The VEGAN HILLS team is devoted to a mission of offering delicious, healthy, fresh, natural, and non-GMO vegan meals. Also, our vegan dishes use mostly organic as well as local ingredients. Our goal is to prepare nutritious vegan meals for the discriminating connoisseur with higher taste. Moreover, our aim is to prepare an international menu that offers the very best in various Asian and Western styles of gourmet vegan cooking. Our team members enthusiastically prepare all meals to fill your hearts and souls with joy. We have opened up VEGAN HILLS to create a relaxing place where individuals, friends, groups and families can meet to enjoy a wonderful vegan meal together in a warm, happy, and peaceful atmosphere. While practicing the vegan lifestyle, let us cultivate loving-kindness and gratitude for everything we receive from all living beings.

Our Philosophy

Our VEGAN HILLS philosophy holds that the vegan lifestyle is the most beneficial for promoting health, vitality and well being for the body, mind and spirit. Veganism is a “karma-free” ethical way of life based on a moral attitude of nonviolence, kindness and compassion for all living beings in nature and therefore fully supports animal rights. The ethics of the vegan lifestyle maintains that one should minimize suffering and maximize happiness for all animals, both human and nonhuman. Also, our team is dedicated to an ecological viewpoint that aims to protect nature, the environment, and “Gaia” the Earth Goddess of our living planet, while promoting a green sustainable lifestyle. Moreover, our VEGAN HILLS aesthetics says that meals should be healthy as well as have an artistic presentation that is stylish, elegant and beautiful, thereby to delight all the senses of taste, scent, sight, sound and touch. The Zen “minimalist” aesthetic of our food and atmosphere is inspired by the Japanese Wabi-Sabi taste that appreciates the graceful beauty of simplicity, frugality and naturalness.



Our Spiritual Vision

The VEGAN HILLS team also shares a spiritual vision based on a multi-cultural synthesis of different styles of vegan cooking methods that have developed in various religious traditions, including Ayurveda, Yoga diet, Macrobiotics, Zen “Shojin Ryōri” temple recipes, Buddhist vegetarian cooking, and Daoist oriental medicine based on energy flow with Yin/Yang balance, as well as the Raw diet and other Western styles of vegan cuisine. We follow those spiritual traditions that avoid all flavors of our vegetables and other natural ingredients, thereby to bring out the fresh original Through the magical alchemy of our cooking we strive to transform our vegan meals into what Yoga and Ayurveda medicine call Amrita, an ambrosial nectar and Bliss!

based on an multi-cultural synthesis of different styles of religious traditions, including Ayurveda, Yoga diet, Buddhist vegetarian cooking, and Daoist oriental well as the Raw diet and other Western styles of vegan onions and garlic, thereby to bring out the fresh original Through the magical alchemy of our cooking we strive Ayurveda medicine call Amrita, an ambrosial nectar and Bliss!

vegan hills
honolulu

SF = SOY FREE
SFO = SOY FREE OPTION
GF = GLUTEN FREE
GFO = GLUTEN FREE OPTION

Drinks

SF • GF	Organic Cafe Americano	4
SF • GF	Organic Iced Coffee	4
SF • GF	Organic India Tulsi Tea (ask server)	4
SF • GF	Organic Iced Tea	4
SF • GF	Organic Pure Sky Kombucha	6
SFO • GF	Café Au Lait (Soy Milk or Almond Milk)	6
SF • GF	Chakra Ginger, Mint, Calamansi (Coconuts Water or Kombucha)	9
SF • GF	Viva Green *Raw (Organic Kale, Organic Banana, Organic Orange Juice)	9
SFO • GF	Mocha Cream (Soy Milk or Almond Milk)	10
	Creamy Mocha Smoothie with Organic Whip Cream & Raw Cacao Nib Topping	
SFO • GF	Chocolate Express *Contains Espresso (Soy Milk or Almond Milk)	12
SFO • GF	Orange Dreamsicle (Soy Milk or Almond Milk)	9


Baking and Sweets

Today's Special (ask server)

Salad and More

All Dressing and sauce are made fresh on the premises and ALL GLUTEN FREE!

- SF • GF 1. Creamy Basil Dressing : Raw
- SF • GF 2. Orange Ginger Chia Dressing: Raw Non Oil
- SF • GF 3. Spicy Thai Tahini Dressing
- SF • GF 4. House Dressing: Organic Olive Oil and Vinegar

- SF • GF **Rip Curls**  14
Curly Organic Beets, Zucchini, Carrot, and Mix Greens with Raw Sprouts Beans and Raw Sunflower Seed
- SFO • GF **Perfect Rainbow Cobb** 18
Organic Mix Greens, Avocado, Grape Tomato, Carrot, Purple Cabbage, Beets, Cucumber, Raw Sunflower Seed, Organic Tofu Ricotta, Spicy Tempeh Chunk, Vegan Parmesan
- SF • GF **Pure Green** Organic Mix Greens, Cucumber, Pea Tendrils, Kale 10

Additions		
	Grains and Breads	Proteins
	Brown Rice 3	GF Original Tempeh Bacon (4piece) 5
	Country Bread..... 3	GF Original Tempeh Sausage Crumble 5
	Bagel 3	GF Original Organic Tofu Ricotta 3
	Gluten Free Bread 4	SF • GF Original Spicy Organic Chick Pea 3

- SFO • GF **Why Not Chos** 15
Mexican Nachos! Organic Corn Chips, Chili Beans, Tomato, Cilantro and Avocado with Creamy Cashew Sauce, Jalapeño, Original Hot Sauce and Original Sour Cream
- SF • GF **Non Oil Roasted Potato** 8
*Parmesan cheese and organic olive oil potato OR spicy chili powder and organic olive oil potato +.50
- GF **Red Hot Chili Potato** 10

Soup *Additional Bread or Rice Available +3~

- GF **Tomato Bisque** 6
French-Style Creamy Tomato Soup
- GF **Kerala Dahl** 6
Ayurvedic Dahl Soup with Organic Beet Green, Carrot, and Hint of Ginger

Bowls *Salads can be substituted for rice +2

SFO • GF	Red Hot Chili Bowl	16
	Mexican-Style Spicy Chili on Brown Rice with Avocado, Organic Mix Greens, and Original Sour Cream and Jalapeño Hot Sauce	
SFO • GF	Crazy for Avo	16
	Hawaiian Local-Style Marinated Organic Tofu and Avocado with Sesame Oil and Tamari Flavor on Brown Rice, Organic Mix greens	
SF • GF	Nirvana	16
	Ayurvedic-Style Dahl, Spicy Coconut Topper, South Indian Sauted Cabbage on Brown Rice, Organic Mix Greens	
SFO • GF	Coco Cove 	17
	Singapore-Style Spicy Coconut Soup Rice-Noodle with Organic Vegetables, Deep Fried Tofu, and Baked Organic Oyster Mushroom	
GF	Satori	19
	Macrobiotic-Style Baked Organic Oyster Mushroom, Ume Flavored Press Beet Salad, Hijiki Seaweed, Sauted Turnip Leaf, Organic Mix Greens with Yuzu Miso Dressing on Brown Rice, Comes with Nori Soup	
GF	Eastern Summer	18
	A spicy Szechuan Dish Served Chilled. Rice Noodles Drenched in a Spicy Tahini Sauce, Fresh Organic Mixed Greens, Cucumbers, and Garnished with Korean Red Pepper, TVP Marinated with Tamari and Organic Ginger	

Bread Selection

- *Served with non oil roasted organic potato OR organic mix salad
- *Parmesan cheese and organic olive oil potato OR spicy chili powder and organic olive oil potato +.50
- *Salad can be substituted for breads +2
- *Gluten-free breads option +2
- *Add avocado +2
- *Add cheese +2
- *Sub potato OR mix salad for soup +2.5

SFO • GFO	Avocado Dream	15
	Country Bread Open Sandwich with Organic Tofu Ricotta, Avocado, and Spicy Chickpea	
SFO • GFO	Panino	13
	Grilled Country Bread, Basil, Organic Tomato, Organic Zucchini, Cheese	
SFO • GFO	Avocado Tempeh Melt	15
	Grilled Country Bread, Organic Kale, Avocado, Original Tempeh Bacon, Cheese	
SF • GFO	Tex-Mex 	15
	Grilled Country Bread, Spicy Chili with Cheese, Creamy Cashew Sauce and Jalapeño	
SFO • GFO	The Lox	16
	Sesame Bagel with Organic Tofu Ricotta, Original Salmon-like Pate, Organic Lemon, Caper, and Dill	
SF • GFO	Simply Garden	13
	Country Bread with Organic Butter Lettuce, Tomato, Cucumber, Kalamata Olive, Jalapeno, Organic Dijon Mustard, Organic Oil and Vinegar	
SFO • GFO	VLT Veggie Love  Tempeh	15
	Country Bread with Organic Tomato, Clover Sprouts, Butter Lettuce, Original Tempeh Bacon, and Original Creamy Sauce	