

BEVERAGES BAR OPENS AT 9AM

Juice 5/8

Orange, POG, Fresh Pineapple, Grapefruit, or Cranberry

Coffee 5

Hawaiian Paradise

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

Body Blend Smoothie* 14

Watermelon, Kale, Strawberry, Banana, Soy Milk, Honey Smoothie, and a Hawaiian "Power Bar"

FROM THE GRIDDLE

🌸 Blueberry French Toast 24

King's Hawaiian Bread, Burnt Honey and Blueberry Compote, Cream Cheese Icing, Whipped Sour Cream

Gourmet Buttermilk Waffle 16

Add Topping: \$2 Per Topping

Strawberries, Blueberries, Banana, Bacon Bits, Chocolate Chips, Macadamia Nuts

Buttermilk Griddle Cakes* 18

Add Topping: \$2 Per Topping

Strawberries, Blueberries, Banana, Bacon Bits, Chocolate Chips, Macadamia Nuts

Pineapple Coconut Griddle Cakes* 21

Warm Spiced Pineapple Compote, Toasted Coconut, Granola

Apple Banana Macadamia Nut Griddle Cakes* 22

Bananas Foster Compote, Toasted Macadamia Nuts

**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

Biscuits & Gravy** 21

Jalapeño & Cream Cheese Biscuit, Kalua Pork and Portuguese Sausage Gravy, Two Eggs Sunny-Side Up

Avocado Toast** 24

Kona Sea Salt and Citrus Mashed Avocado, Two Poached Eggs, 12 Grain Bread, Popped Tomatoes, Arugula, Sherry Vinaigrette

🌸 The Sunrise Sandwich** 25

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

Smoked Brisket Huevos Rancheros** 24

Two Eggs Sunny-Side Up, Crispy Tortillas, Beans, Ranchero Sauce, Cotija, Chipotle Crema

🌸 Denotes some of our favorite dishes made with local ingredients. The Tropic's 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 Garden, Hamakua Mushrooms, Ho Farms, Kahuku Farms, Fresh Island Fish Co., Tropic Fish Co., Kona Cold Lobster, 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 inclusive of 4.712% state excise tax. 18% gratuity will automatically be charged to parties of 6 or more.

BREAKFAST SPECIALTIES

All Specialties are made with Cage-Free Eggs

All Omelets Served with Breakfast Potatoes

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

The Hula Girl Omelet** 26

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

The Farmer's Market Omelet** 26

Peppers, Ho Farms Tomatoes, Onions, Green Onion, Spinach, Feta

The Grand Waikikian Omelet** 25

Portuguese Sausage, Peppers, Onions, Cheddar, Tater Tots

Lobster, Steak & Eggs** 34

Chef Select Cut Steak, Lobster Meat, Two Eggs Any Style, Hollandaise, Breakfast Potatoes

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

Luau Benedict** 26

Two Poached Eggs, Kalua Pork, Marinated Tomatoes, Hollandaise, Taro Muffin

Seafood Benedict** 29

Lobster, Shrimp, Taro Muffin, Poached Eggs, Hollandaise

Zen Breakfast** 31

Miso Butterfish, Steamed Rice, Shiba Zuke, Miso Soup, Hard-Cooked Egg

TROPICS BREAKFAST

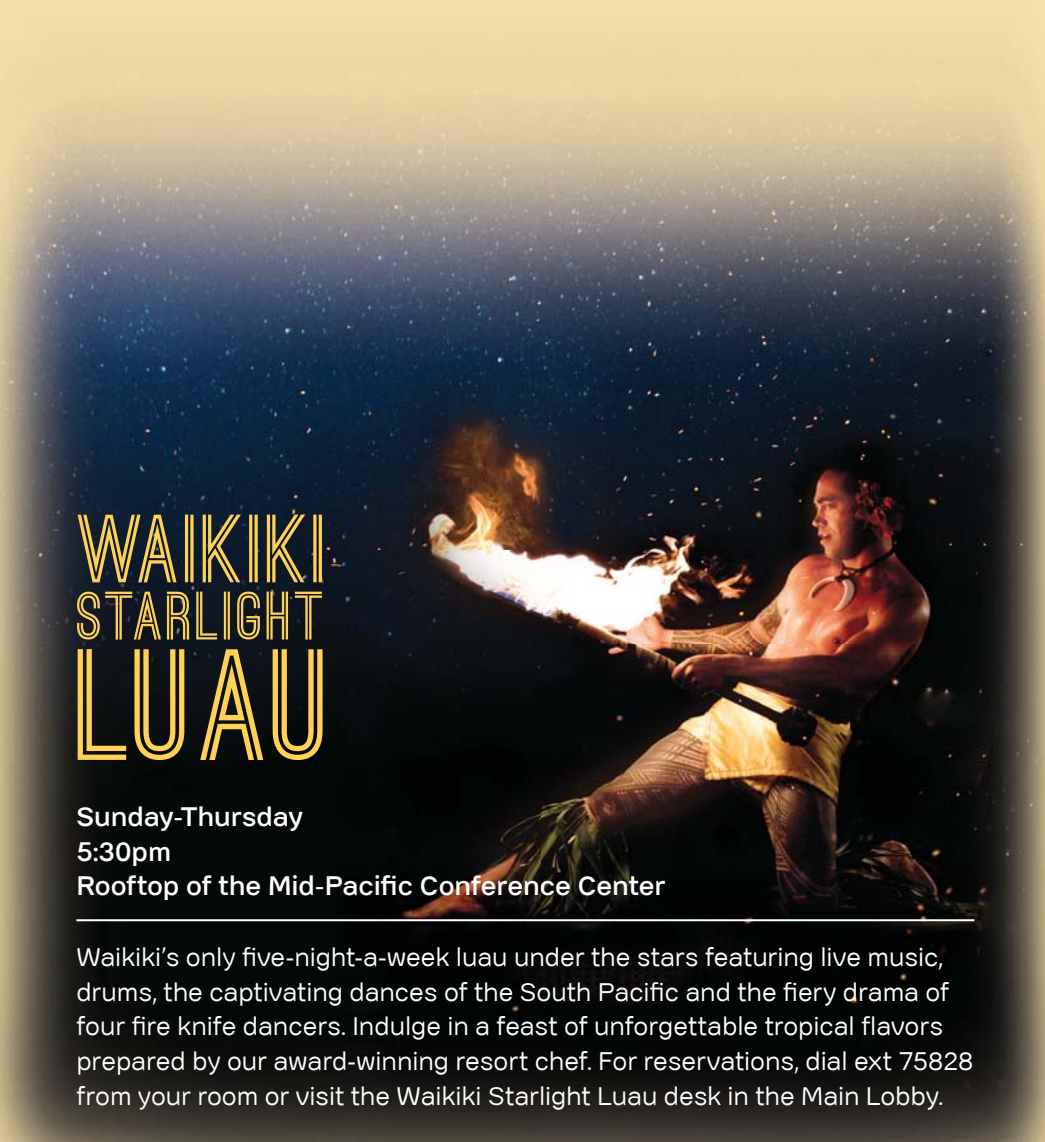


bali
steak & seafood
OCEANFRONT

Tuesday-Saturday
5pm-9pm
Rainbow Tower, Mezzanine Level



Located in Rainbow Tower, Bali Steak & Seafood offers fine dining in a relaxed setting with succulent steaks and fresh island seafood in an oceanfront, open-air setting. For dinner reservations, dial ext 43.



WAIKIKI
STARLIGHT
LUAU

Sunday-Thursday
5:30pm
Rooftop of the Mid-Pacific Conference Center

Waikiki's only five-night-a-week luau under the stars featuring live music, drums, the captivating dances of the South Pacific and the fiery drama of four fire knife dancers. Indulge in a feast of unforgettable tropical flavors prepared by our award-winning resort chef. For reservations, dial ext 75828 from your room or visit the Waikiki Starlight Luau desk in the Main Lobby.

We invite you to visit our other restaurants offering a range of dining options from fine dining, casual beach-side, happy hour specials and grab-and-go take out.



Rainbow Tower
5:30am-11:00am



The Ali'i
6:00am-10:00pm



Paradise Pool
10:30am-5:30pm



The Ali'i 5:30am-8:00pm
Kalia Tower 5:30am-5:00pm



Super Pool
10:30am-9:00pm



Rainbow Tower
Mezzanine Level
5:00pm-9:00pm
Tuesday-Saturday



Tapa Tower
12:00pm-12:00am
Live Music Nightly