

# Kauai Food & Dining (pre-event)

## North Shore

### Kilauea (before Princeville)

- \*[The Bistro](#) – (real restaurant) a favorite w/locals. Fresh, local food. Sometimes they have live music. 2484 Keneke St, Kilauea, diagonal to the Stone Bldg
- \*[Kauai Juice](#) – fresh mostly organic juices + bottled kombucha + kombucha on tap. 4270 Kilauea Rd in the Stone Bldg
- \*[Healthy Hut](#) – best health food store on north shore + small hot food bar (lunch) + fresh juice bar + coffee  
4480 Hookui Rd, Kilauea, HI 96754 (right on main Hwy)
- \*[Kilauea Bakery & Pau Hana Pizza](#) – BEST pizza, incredible breakfast pastries, smoothies, coffee, everything from scratch & they try to use a lot of local & organic ingredients. Breakfast Strombolis are amazing. They have gluten free pasties & pizza too. Call ahead to order pizza, takes 30-45 mins  
2484 Keneke St, Kilauea, HI 96754
- [Kilauea Fish Market](#) – known for their Ahi wraps as featured on the Food Network  
4270 Kilauea Rd, Kilauea (back side of stone bldg)
- [Banana Joes Fruit Stand](#) – yummy frozen delights similar to Dole Whips at Disney parks. It's basically frozen pineapple or banana or half/half run thru a high end juicing machine. Also has local produce.  
5-2719 Kuhio Hwy, Kilauea
- \*Farmers Market – Thursday at 4:30 pm, in the lot next door to The Bistro, lots of organic produce options
- \*Farmers Market – Saturday morning in the same parking lot area as Banana Joes & Mini Golf place

### Princeville

- \*[Hideaways Pizza & Pub](#) – (real restaurant) lots more on menu besides pizza incl lots of gluten free & vegetarian options. The owner Tim's girlfriend Ranaella is GF + veg & helped create the menu.  
5300 Ka Haku Rd, Princeville – inside the Pua ke Kua condo complex
- \*[Federico's Fresh Mex Cuisine](#) – classic tex mex food, nothing particularly special but I like them. In Princeville Shopping Center
- Lei Petite Bakery & Coffee Shop – I don't care for them much but others seem to like their coffee. Not impressed w/pastries. In Princeville Shopping Center
- Foodland – main grocery store on north shore, though it can be a little pricy than other HI groceries. I don't eat seafood, but many say they have the best poke. In Princeville Center.

### Hanalei

- \*[Dolphins](#) – (real restaurant) best sushi on north shore – go early, gets crowded  
5-5016 Kuhio Hwy, Hanalei (first restaurant as you enter town)
- [Harvest Market](#) – health food store + fresh juice bar + small hot food bar (lunch)  
5-5161 Kuhio Highway, in "downtown" Hanalei
- \*[Tropical Taco](#) – island tacos, their "tropical tacos" are big, one is usually enough  
5-5088 Kuhio Hwy (main hwy)
- \*[Neide's Salsa & Samba](#) – combo Brazilian & Mexican food. I've only ever had their Brazilian food & love it. Same shopping center as Bar Acuda but towards the back  
5-5161 Kuhio Hwy

- [Hanalei Wake Up Café](#) – popular breakfast spot for locals & surfers  
5-5144 Kuhio Hwy, Hanalei, HI 96714
- [Hanalei Bread Co & Coffee House](#) - run by same people as Bar Acuda. Used to be Java Kai/Hanalei Coffee Roasters which was a wonderful local coffee house. Supposedly the new owners still use Hanalei Coffee Roasters Coffee beans but it has a much more modern look/feel than it used to.  
5-5161 Kuhio Highway, Hanalei (next to Bubba's Burgers)
- Aloha Juice Bar – fresh juice bar cart in the Ching Young Village (across street from Bubba's)  
5-5190 Kuhio Hwy
- [Bubba's Burgers](#) – popular burger joint for everyone. Yummy big onion rings.  
5-5161 Kuhio Hwy, Hanalei
- [Tahiti Nui](#) – “the nui”- popular w/both locals & tourists, live music some evenings  
5-5134 Kuhio Hwy, Hanalei. Featured in the movie “the Descendents”
- [Kalypso Island Bar & Grill](#) – (real restaurant) good drinks & food but mostly tourists  
5 Kuhio Hwy, Hanalei, HI 96714
- [Bar Acuda](#) – (real restaurant) good food but trendy & pricy, small portions, tapas, drinks.
- Farmer's Market – Saturdays at 9:30, just past the post office on the left (same property where we'll have our pre-race meeting)

## East Side

### Kapaa

- \*[Kauai Juice](#) – fresh mostly organic veggie & fruit juices, kombucha  
4-1384 Kuhio Hwy (behind Mermaids & Java Kai, Oceanside of hwy)
- \*The Coconut Cup – wraps, juice bar, vegan & vegetarian options  
4-1516 Kuhio Hwy, Kapaa
- \*[Olympic Café](#) - (real restaurant) large menu, something for everyone. A good place to eat when you just arrive on Kauai and are hungry.  
1354 Kuhio Hwy, Kapaa (ocean side, upstairs)
- [Country Kitchen](#) – (real restaurant ) popular breakfast spot  
4-1485 Kuhio Hwy, Kapaa
- \*[Kauai Pasta](#) – (real restaurant) lots of good pasta options  
939b Kuhio Hwy, Kapaa
- \*[Mermaids Café](#) – good vegetarian options  
4-1384 Kuhio Hwy Kapaa
- \*[Java Kai coffee house](#) – coffee, smoothies, + bowls, sandwiches, wraps  
4-1384 Kuhio Hwy, Kapaa, HI 96746
- [Smith's Luau](#) – if you're going to do a luau, Smith's is the one to do. It's a full evening production complete with a show after dinner.  
3-5971 Kuhio Hwy, Kapaa

### Lihue

- \*[Deli & Bread Connection](#) – my all time favorite sandwich shop, fresh bread they make in house. I love their avocado sandwich. Lots of sandwich options incl for vegetarians, and they also have soups & salads.  
3-2600 Kaunualii Hwy. Suite 1648 (in mall near Macy's)