



GOVINDA'S
fine Vegetarian food ♪

No Smoking,
Please

2671 S.KING Ph. 947-2707
NEAR THE UNIVERSITY

GOVINDA'S

fine Vegetarian Food

SALADS~

Vrindaban Veg ~

Fresh lettuce, tomato, cucumber garnished with avocado & sprouts. Your choice of dressing; oil, Govinda's special blend with lemon & honey. Small \$.75
Large 1.25

Fruit Boat ~

Fresh Island fruits sailing in a pineapple boat. With or without yogurt. Small75
Large 1.25

À LA CARTE~

Steamed Vegetables 1.50
Steamed Vegetables with cheese sauce 1.80
Chapati with butter50
Halavah ~ Indian sweet, farina fried in ghee and cooked till golden brown65
Govinda's Vegetable Soup with chapati
Vegetable Pakoras ~ Pieces of fresh vegetables dipped in a tasty batter then fried in ghee until golden brown 85
Bowl of Brown Rice60
Curried Vegetable (a favorite) 85
Cookies ~ Govinda's finest; made from rolled oats, whole wheat flour, raisins & carob chips. Take home a dozen. 20 ea., 2/35, 180/DOZ.
Pies (just ask the waitress what we have today) 75
Ice Cream (made with honey) 25 scoop
Strawberry, carob, peach, vanilla.
Assorted Pastries & Bread (just look up you'll see them) Bear Claws 45
Date Sweet balls. 25
Tossed Salad 40

BEVERAGES~

Lasi (Govinda's original from India; this drink is made from yogurt mixed with lemon or orange & then made sweet and frosty with honey & ice. Excellent for hot Hawaiian days) 85

Smoothies ~ blended with apple juice or milk ..

Avocado : made from ripe avocados & milk 1.00

Banana & Banana date 1.00

Papaya 1.00

Mixed fruit: local fruits banana, papaya, pineapple

BMC: Banana with milk & cinammon 1.00

Milk 50

Apple juice Large .85
Small .50

Orange juice Large .90
Small .60

Carrot juice Large .90
Small .60

Hot Teas: peppermint, Red Zinger, Lemon Mist & others 60 pot

Iced Teas. (same as above but with one more. this additional tea is made from a sacred tree. It's called Tulasi. This is Govinda's favorite tree. It is both materially, as well as spiritually medicinal. Try some) 60

High Protein Shake (pure vegetable protein with Banana, Carob & Milk) 1.00

SANDWICHES~

our sandwiches are made from freshly ground whole wheat. We roll them into large chapatis and then put your sandwich ingredients inside. Making a delightful highly nutritious meal... Please try one.....

Sliced Avocado ~ 1.40

Sandwich made from ripe avocados. Placed in a chapati accented with fresh greens & sprouts.

Avocado & Cheese ~ 1.75

A very special treat. Try this with a smoothie. Your choice of cheese; cheddar or monterey.

Vegetable Special ~ 1.75

This is Govinda's favorite sandwich. It includes ripe avocado, fresh tomatoes, lettuce then sprouts & neatly tucked in a fresh chapati.

Cheese ~ 1.40

Your choice of cheese cheddar or monterey Jack. Lots of tasty sprouts, lettuce and vegetable salt.

Grilled Cheese ~ 1.60

Try this one. You'll really like it. Your choice of cheese; grilled to perfection with tomatoes then topped with sprouts.

Grilled Cheese with Avocado ~ 2.00

This is the supreme sandwich. Everything is in this one. Don't go away from Govinda's without experiencing this one.

Peanut Butter with Banana & Honey ~ 1.25
Served on Whole Wheat; either ours or theirs. accented with raisins & cheese. Nice for the kids.

DINNERS~

Krishna plate ~

served with Vegetable Pakoras, Brown Rice, Cuddy sauce and a fresh tossed green salad 1.95

Balarama plate

Vegetable pakoras, Brown Rice, Cuddy sauce, fresh tossed salad and Govinda's Vegetable Soup this plate is a favorite among the student community; a full meal 2.75

Gopala plate ~

Vegetable pakoras, Brown Rice, Curried Vegetables, and fresh tossed salad. Ask for a chapati and you'll have the best meal of your day 2.95

Govinda plate ~

A complete dinner - made with Vegetable pakoras, brown rice, Curried Vegetables, tossed salad, Govinda's Vegetable soup with a chapati and a dessert of Halavah. This meal will satisfy the most cultured palate 3.95

DAILY SPECIAL

Please Inquire

HARE KRISHNA

HARE KRISHNA! WELCOME to GOVINDA'S FINE VEGETARIAN RESTAURANT.

The timeless knowledge of the East has now been revealed to the western world by our beloved Spiritual Master, His Divine Grace A.C. Bhaktivedanta Swami Prabhupada. Through his selfless labor of love the Indian Religious classics; Bhagavad Gita and Srimad Bhagavatam are now benedicting this side of the world with never before revealed facts about Spiritual life.

Human life means a chance to realize ones self. Therefore Govinda's is representing a step into the realm of spiritual awakening through food.

This type of activity is also considered Yoga. Because Yoga means more than just exercise and meditation. It also means purification of all the cells of ones body. Srila Prabhupada says in the Bhagavad Gita "By performance of sacrifice (yajña), one's eatables become sanctified and by eating sanctified food, one's existence becomes purified; by purification of existence, finer tissues in the memory become sanctified and when memory is sanctified, one can think of the path of liberation."

Kṛṣṇa also says in the Bhagavad Gita Chapter 17 verses 8-10 "Foods in the mode of Goodness increase the duration of life, purity of existence, give strength, and increase health, happiness and satisfaction. Such foods are juicy and fatty (not animal fat). They are very conducive to the healthy condition of the body." "Food that is too bitter, too sour, too salty, too pungent, too dry or too hot causes distress, misery and disease. Such food is very dear to those in the mode of Passion." "Food prepared more than three hours before eating, which are tasteless, juiceless and decomposed, which have a bad smell and which consists of remnants and untouchable things are very dear to those in the mode of darkness (ignorance)." Here we are given sufficient information on the real nature of food. In order for us to advance in Spiritual awakening and self realization we must come to the platform of "Goodness". You are what you eat is not just an empty euphemism. It means if you eat animal you become an animal and an animal can not understand Spiritual truths. Govinda's is inviting you to come up to the platform of Pure Goodness by eating food which has been first offered to Lord Sri Krishna. This food is not just ordinary food. It takes you one step beyond ordinary sense pleasure and into the realm of transcendental bliss. Please stay for a short while and let us serve you the finest Organic all Vegetarian food in all of Honolulu.

If you feel inspired to understand more about this ancient science, please take home a Bhagavad Gita or Srimad Bhagavatam which are available here at Govinda's.

