



Maui Fresh Chef Inspired Menus

Taste of Hawaii

Appetizers

Layered Poke Towers: Sushi Rice, Avocado and Tomato, Sesame Tofu with Spicy Poke Sauce

Soup

Coconut Lemongrass Kaffir Lime Leaf with Veggies & Rice Noodles
Coconut Milk, Kaffir Lime, Lemongrass, Ginger, Onions, Green Beans, Mushrooms, Carrots

Salad

Mixed Maui Greens with Veggies & Papaya Seed Dressing
Macadamia Nuts, Shredded Carrots, Tomatoes, Cucumbers, Dried Cranberries

Main Course

Ginger Teriyaki Stir Fry with Peapods, Carrots, Broccoli, Bok Choy, Cashews
Veggies & Tofu

Starch Side

Brown Rice

Dessert

Creamy Mango Pineapple Pie with Macadamia/Pecan Crust
Mango Pineapple Topping
Cashews, Mango Jam, Mangoes, Pineapple, Passionfruit Juice, Honey, Macadamia Nuts,
Pecans, Dates, Vanilla Bean

Hawaiian Fusion

Appetizers

Pan-Fried Vegetable Bao Buns with Dipping Sauce

Soup

Ginger Mushroom Vegetable Soup with Fine Rice Noodles

Salad

Massaged Rainbow Kale Salad with Umeboshi Plum Vinegar
Shredded Carrots, Pomegranate Seeds, Purple Cabbage, Edamame, Dates

Main Course

Baked Ginger Teriyaki Tofu and Cauliflower

Vegetable Sides

Baby Bok Choy with Ginger

Starch Side

Purple & Japanese Sweet Potatoes with Fresh Ginger and Coconut Milk

Dessert

Coconut Cream Pie with Gingersnap Crust
Coconut Milk, Hawaiian Vanilla Bean, Organic Sugar, Gingersnaps, Coconut Oil

Favorites

Appetizers

Pizza with Caramelized Onions, Basil Mac Nut Pesto, Spinach, Sundried Tomatoes & Artichoke Spread

Soup

Carrot Ginger Coconut Soup
Carrots, Coconut Milk, Ginger, Sweet Potato, Maui Onions

Salad

Raw Kale Salad with Zucchini Noodles & Lemon Mac Nut Pesto
Kale with Spiralized Zucchini & Carrots

Main Course

Gado Vegetable Medley (Peanut/Coconut Sauce)
Fried Tofu, Roasted Portabellas, Sugarsnap Peas, Green Beans, Cabbage, Carrots, Asparagus

Vegetable Side

Big Island Hamakua Mushrooms with Rosemary
Hamakua Mushrooms, Rosemary, Garlic, Olive Oil, White Wine

Starch Side

Oven Roasted Garlic Potatoes
Rosemary Sea Salt, Garlic, Olive Oil

Dessert

Dark Chocolate Macadamia Nut Shortbread Bars

Japanese

Appetizers

Gyoza (Vegetable Dumplings) with Dipping Sauce
Carrots, Cabbage, Green Onions, Garlic, Sprouts and Greens

Soup

Miso Vegetable Soup with Mushrooms & Green Onion

Salad

Baby Romaine, Macadamia Nuts, Carrots, Peppers, Peapods, Toasted Almonds and
Carrot Ginger Vinaigrette

Main Course

Sesame Encrusted Tofu with Sesame Lemon Sauce & Veggies
Carrots, Peapods, Edamame, Scallions & Toasted Sesame Seeds

Side

Japanese or Rice Noodles with Vegetables Sesame Soy Dressing
Sugarsnap Peas, Carrots, Scallions, Toasted Sesame Seeds & Toasted Almonds

Dessert

Raw Meyer Lemon Passionfruit Pie with Macadamia Date Crust
Berry Compote
Cashews, Lemon Juice, Passionfruit Juice, Honey, Macadamia Nuts, Dates, Vanilla

Asian

Appetizers

Edamame Hummus Served with Vegetables and Flatbread

Fried Vegetable Spring Rolls with Honey Mustard Sauce and Soy Vinegar Sauce

Mushrooms, Rice Noodles, Ginger, Garlic, Tofu, Carrots, Cabbage

Soup

Coconut Lemongrass Kaffir Lime Leaf Soup

Coconut Milk, Kaffir Lime, Lemongrass, Ginger, Onions, Green Beans, Mushrooms, Carrots

Salad

Poke Bowl with Sushi Rice, Avocado, Tomato, Seaweed, Sesame Tofu, Wonton

Crisps & Spicy Poke Sauce

Main Course

Tofu Pad Thai with Peanut Coconut Sauce & Toasted Peanuts

Broccoli, Carrots, Sprouts, Thai Basil, Green Beans, Lime

Dessert

Frozen Mango Coconut Cream

Frozen Fresh Mango, Passionfruit Purée, Coconut Milk

Baked Toasted Coconut and Toasted Macadamia Nut Crumble

Italian Menu

Appetizers

Kalamata Olive Tapenade; Olive Oil & Balsamic Vinegar;

Lemon Garlic Macadamia Nut Pesto

Served with Homemade Focaccia

Vegan Pizza Pie with Cornmeal Crust

Caramelized Onions, Zucchini, Mushrooms, Spinach, Artichoke Spread, Pesto

Soup

Roasted Tomato Basil Soup

Salad

Avocado Tomato Garlic & Basil with Balsamic Vinaigrette

Over Mixed Greens and Garlic Bread

Pasta

Pasta with Pesto "Cream Sauce"

Spinach, Asparagus, Hamakua Mushrooms

Main Course

Risotto with Basil Pesto & Vegetables

Asparagus, Artichokes, Baby Spinach & Kula Corn

Dessert

Chocolate Cupcakes with Dark Chocolate Ganache

Mediterranean

Appetizers

Sundried Tomato OR Garlic Lemon Hummus with Pita Chips

Baked Zucchini Chips with Lemon Tahini Sauce

Soup

Minestrone with White Beans, Pesto Zucchini & Pasta

Broccoli, Cauliflower, Cabbage, Carrots, Maui Onions, Green Beans

Salad

Mixed Greens with Roasted Beets & Lemon Basil Vinaigrette

Spiralized Carrots, Cucumbers, Edamame, Grape Tomatoes, Dried Cranberries, Toasted Pumpkin Seeds and Toasted Macadamia Nuts

Main Course

Mediterranean Roasted Vegetable and Quinoa with Lemon Tahini Parley Sauce

Lemon Zest, Garlic Roasted Herbed Eggplant, Roasted Chickpeas, Roasted Cauliflower, Roasted Red Peppers, Kalamata Olives

Vegetable Sides

Baby Spinach with White Beans, Raisins, Toasted Pine Nuts & Apples

Dessert

Chocolate Cream Pie with Macadamia Nut Vanilla Bean Crust

Asian Style Rice Bowl Dinner

Appetizers

Tofu & Vegetable Summer Rolls in Rice Paper

Avocado, Fried Tofu, Basil, Mint, Cucumber, Carrots, Vermicelli with Sweet Chili Ginger Dipping Sauce

Sticky Sesame Cauliflower

Battered and Baked with Sweet Tamari Sauce

Soup

Creamy Turmeric Ginger Laksa

Coconut Milk, Ginger, Chili, Carrots Cilantro, Mushrooms and Zucchini Noodles

Rice Bowl with Toppings

Seared Sesame Tofu with Sesame Lemon Soy Sauce

Fried Brown/Red Rice Bowls with Toppings

Fresh Rice Bowl with Sesame Tofu with Lemon Ginger Soy Sauce or

Carrot Sesame Sauce

COMPONENTS

Brown & Red Jasmine Rice

Fresh Basil, Mint, Fried Peanuts, Avocado, Carrots, Sprouts, Broccolini, Roasted Cauliflower,

Fried Shallots, Garlic Peapods, Fried Ginger Bean Sprouts and Kabocha Pumpkin Squash

Dessert

Coconut Pudding w/ Toasted Coconut, Chocolate & Macadamia Nuts

Organic Cornstarch, Hawaiian Vanilla Bean, Coconut Milk, Organic Sugar

Sunset Pupu (Appetizer) Menu

Appetizers

Raw Carrot Cashew Paté with Flatbreads and Crudités

Carrots, Celery, Soaked Cashews, Tamari, Lemon Juice, Garlic

Avocado & Mango with Spicy Coconut Lime Sauce with Tortilla Rounds

Chopped Avocado & Mango with Lime Zest, Lime Juice, Garlic Ginger Sauce and Coconut Milk

Lime Marinated Tofu Lettuce Wraps with Peanut Coconut Sauce and Veggies

(Sugarsnap Peas, Carrots, Sprouts and Green Beans) with Local Butter Lettuce

Spinach Mushroom Wontons with Sweet Sour Sauce

Veggie Quesadillas

Caramelized Onions, Zucchini, Red Peppers, Spinach & Vegan Cheese

Served with Guacamole & Salsa

Sundried Tomato Hummus and Veggie Wraps (Sliced)

Tortilla with Shredded Carrots, Kalamata Olives, Sprouts, Avocado

Sticky Sesame Cauliflower

Battered and Baked with Sweet Tamari Sauce

Dessert

Crunchy Citrus Cookies

Lemon Zest, Lemon Oil, Orange Zest, Kumquat Oil, Lime Zest

Chocolate Coconut Ice Cream

Celebration Menu

Appetizers

Portabella Mushroom & Spinach Quesadillas with Guacamole & Salsa
Portabella Mushrooms, Garlic Spinach & Vegan Cheese

Soup

Creamy Roasted Butternut Squash Soup:
Maui Onions, Carrots, Butternut Squash, Sweet Potato

Salad

Roasted Beets with Balsamic Honey Dijon Dressing
Mixed Greens & Arugula with Macadamia Nuts

Main Course

Mild Coconut Vegetable Curry with Tofu & Roasted Chickpeas
Coconut Milk, Green Beans, Mushrooms, Sweet Peppers, Cauliflower, Broccoli & Maui Onions

Starch Side

Basmati Coconut Rice

Dessert

Pineapple Macadamia Upside Down Cake with Passionfruit Coconut Cream

Southwest Flavors

Appetizers

Maui Style Guacamole and Fresh Flour Tortilla Chips

Lime Juice, Tomatoes, Shallots, Cilantro & Chili Sauce

Portabella Mushroom & Spinach Quesadillas with Guacamole & Salsa

Portabella Mushrooms, Garlic Spinach & Vegan Cheese

Soup

Gazpacho with Avocado and Tortilla Strips

Salad

Mixed Chopped Salad with Hawaiian-Honey Lime Dressing

Mixed Greens, Tomatoes, Corn, Cucumbers, Avocadoes, Carrots & Crisp Tortilla Strips

Main Course

Cilantro Citrus Marinated Tofu with Soft Tortillas & Pineapple Salsa

Veggies For Tacos: Spinach, Mushrooms, Onions, Sweet Peppers

Vegetable Side

Zucchini with Fresh Herbs and Maui Onions

Dessert

Passionfruit Lemon Bars

Family Style Lunch

Warm Garlic Bread & Salad

Chopped Vegetable Salad w/ Romaine Lettuce & Papaya Seed Dressing
Tomatoes, Avocado, Carrots, Corn, Cauliflower, Broccoli & Garlic Croutons

Main Course

Vegetable Lasagna: Roasted Tomato Sauce with Fennel and Onions, Roasted Eggplant, Pesto, Zucchini and Vegan Cheese

Dessert

Blueberry Cobbler with Vanilla Vegan Ice Cream

Breakfast Favorites

Smoothie

Mixed Tropical Fruit Smoothie

Pineapple, Coconut Milk, Passionfruit, Papaya, Mango

Toasted Pecan, Almond, Cinnamon, Dried Cranberry, Toasted Coconut, Pumpkin Seed, Pomegranate and Maple Granola with Macadamia Nut Milk or Vegan Coconut Yoghurt

Fruit

Fruit Bowl: Strawberries, Pineapple, Mango

Bread

Banana Bread with Toasted Macadamia Nuts

Breakfast Main Dish

Tofu Scramble with Spinach, Zucchini, Red Peppers, Fresh Herbs, Garlic

Side Dishes

Avocado, Tomato, Arugula and Pesto on Rye Toast

Roasted Oven Potatoes with Onions