



## Maui Fresh Chef Dinner Menu Selections



### Appetizers/Starters

Kalamata Olive Tapenade; Olive Oil & Balsamic Vinegar;  
Lemon Garlic Macadamia Nut Pesto  
Served with Homemade Focaccia

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

Vegan Pizza Pie with Cornmeal Crust  
Caramelized Onions, Zucchini, Mushrooms, Spinach, Artichoke Spread, Pesto

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

Fried Vegetable Spring Rolls with Honey Mustard Sauce and Soy Vinegar Sauce  
Mushrooms, Rice Noodles, Ginger, Garlic, Tofu, Carrots, Cabbage

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

Pan-Fried Vegetable Bao Buns with Dipping Sauce

Sticky Sesame Cauliflower  
Battered and Baked with Sweet Tamari Sauce

Poke Bowl with Sushi Rice, Avocado, Tomato, Seaweed, Sesame Tofu, Wonton  
Crisps & Spicy Poke Sauce

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

Lime Marinated Tofu Lettuce Wraps with Peanut Coconut Sauce and Veggies  
(Sugarsnap Peas, Carrots, Sprouts and Green Beans) with Local Butter Lettuce

Maui Style Guacamole and Fresh Flour Tortilla Chips  
Lime Juice, Tomatoes, Shallots, Cilantro & Chili Sauce

Tofu & Vegetable Summer Rolls in Rice Paper  
Avocado, Fried Tofu, Basil, Mint, Cucumber, Carrots, Vermicelli with Sweet Chili Ginger Dipping Sauce

Baked Zucchini Chips with Lemon Tahini Sauce

Spinach Mushroom Wontons with Sweet Sour Sauce

Raw Carrot Cashew Paté with Flatbreads and Crudités  
Carrots, Celery, Soaked Cashews, Tamari, Lemon Juice, Garlic

Sundried Tomato OR Garlic Lemon Hummus with Pita Chips

Edamame Hummus Served with Vegetables and Flatbread

Veggie Quesadillas  
Caramelized Onions, Zucchini, Red Peppers, Spinach & Vegan Cheese  
Served with Guacamole & Salsa

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

Ginger Orange Teriyaki Tofu & Veggie Skewers  
Peanut Coconut Dipping Sauce

Gazpacho with Avocado and Tortilla Strips

## Salads

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

Avocado Tomato Garlic & Basil with Balsamic Vinaigrette  
Over Mixed Greens and Garlic Bread

### Mixed Chopped Salad with Hawaiian-Honey Lime Dressing

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

### Raw Kale Salad with Zucchini Noodles & Lemon Mac Nut Pesto

Kale with Spiralized Zucchini & Carrots

### Massaged Rainbow Kale Salad with Umeboshi Plum Vinegar

Shredded Carrots, Pomegranate Seeds, Purple Cabbage, Edamame, Dates

### Tomato, Avocado, Cucumber, Parsley, Baby Romaine with Lemon Tahini Dressing and Toasted Pita Chips

### Mixed Maui Greens with Veggies & Papaya Seed Dressing

Macadamia Nuts, Shredded Carrots, Tomatoes, Cucumbers, Dried Cranberries

### Mixed Greens with Roasted Beets & Lemon Basil Vinaigrette

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

### Chopped Vegetable Salad w/ Romaine Lettuce & Papaya Seed Dressing

Tomatoes, Avocado, Carrots, Corn, Cauliflower, Broccoli & Garlic Croutons

### Roasted Beets with Balsamic Honey Dijon Dressing

Mixed Greens & Arugula with Macadamia Nuts

## Soups

### Carrot Ginger Coconut Soup

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

### Ginger Mushroom Vegetable Soup with Fine Rice Noodles

### Roasted Tomato Basil Soup

### Minestrone with White Beans, Pesto Zucchini & Pasta

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

### Creamy Turmeric Ginger Laksa

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

### Coconut Lemongrass Kaffir Lime Leaf Soup

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

Miso Vegetable Soup with Mushrooms, Green Onion and Fried Rice

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

## Main Courses

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

Cilantro Citrus Marinated Tofu with Soft Tortillas & Pineapple Salsa  
Veggies For Tacos: Spinach, Zucchini, Mushrooms, Onions, Sweet Peppers

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

Baked Teriyaki Tofu and Cauliflower

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

Tofu Pad Thai with Peanut Coconut Sauce & Toasted Peanuts  
Broccoli, Carrots, Sprouts, Thai Basil, Green Beans, Lime

Mediterranean Roasted Vegetable and Quinoa with Lemon Tahini Parsley Sauce  
Lemon Zest, Garlic Roasted Herbed Eggplant, Roasted Chickpeas, Roasted Cauliflower, Roasted  
Red Peppers, Kalamata Olives

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

## Mild Coconut Vegetable Curry with Tofu & Roasted Chickpeas

Coconut Milk, Green Beans, Mushrooms, Sweet Peppers, Cauliflower, Broccoli & Maui Onions

## Veggie Burritos (Zucchini, Onions, Mushrooms, Spinach)

Fried Tofu, Tempeh or Veggies Only

Served with Guacamole & Salsa

## Layered Vegetarian Shepherd's Pie

Mashed Potatoes, Caramelized Maui Onions, Zucchini, Spinach, Asparagus, Carrots, Kabocha Squash

## Risotto with Basil Pesto & Vegetables

Asparagus, Artichokes, Baby Spinach & Kula Corn

## Gado Gado Vegetable Medley (Peanut/Coconut Sauce)

Fried Tofu, Roasted Portabellas, SugarSnap Peas, Green Beans, Cabbage, Carrots, Asparagus

## Fried Brown Rice with Ginger & Vegetables with Tofu

Scallions, Sprouts, Green Cabbage, Garlic, Carrots, Green Beans, Broccoli, Tamari

## Sesame Encrusted Tofu with Sesame Lemon Sauce & Veggies

Carrots, Peapods, Edamame, Scallions & Toasted Sesame Seeds

## Pasta with Pesto "Cream Sauce"

Spinach, Asparagus, Hamakua Mushrooms

## Vegetable Sides

### Asian Vegetable Stir Fry

SugarSnap Peas, Baby Bok Choy, Carrots, Sprouts, Fresh Ginger

### Roasted Cauliflower with Olive Oil & Herbamare

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

### Roasted Baby Carrots

### Big Island Hamakua Mushrooms with Rosemary

Hamakua Mushrooms, Rosemary, Garlic, Olive Oil, White Wine

### Broccoli & Sundried Tomatoes

Garlic, Olive Oil, Balsamic Vinegar

## Corn & Scallions

Roasted Brussels Sprouts & Shallots with White Balsamic Vinegar

Roasted Green Beans and Baby Carrots

Extra Virgin Olive Oil & Sea Salt

Roasted Herbed Eggplant

Basil, Garlic, Thyme, Mesquite Seasoning, Pink Hawaiian Sea Salt

Zucchini with Fresh Herbs and Maui Onions

Mixed Roasted Local Vegetable Selection

Sample: Sweet Potato, Butter, Cauliflower, Sugar Snap Peas, Green Beans, Baby Carrots, Zucchini, etc...

## **Starch Sides**

Short Grain Sticky Coconut Rice

Fried Rice: Mixed Brown & Red Jasmine Rices with Garlic, Shallots & Green Onions

Mixed Quinoa and Brown Rice

Quinoa with Herbamare (sea salt seasoning) & Olive Oil

Oven Roasted Rosemary Sweet Potatoes

Sea Salt Seasoning, Olive Oil

Garlic Fried Smashed Potatoes

Oven Roasted Rosemary Red-Skinned Potatoes

Rosemary Sea Salt, Garlic, Olive Oil

Quinoa with Pesto & Veggies

Basil, Carrots, Garlic, Sundried Tomatoes

Japanese or Rice Noodles with Sesame Soy Dressing

Sugar Snap Peas, Carrots, Scallions, Toasted Sesame Seeds & Toasted Almonds

Big Island Hamakua Mushroom Risotto with Rosemary

Purple & Japanese Sweet Potatoes with Fresh Ginger and Coconut Milk

## Desserts

Dark Chocolate Macadamia Nut Shortbread Bars

Three-Layered Chocolate Mint Brownies

Chocolate Cupcakes with Dark Chocolate Ganache

Toasted Coconut Cupcakes

Chocolate Cream Pie with Macadamia Nut Vanilla Bean Crust

Raw Meyer Lemon Passionfruit Pie with Macadamia Date Crust  
Berry Compote

Cashews, Lemon Juice, Passionfruit Juice, Honey, Macadamia Nuts, Dates, Vanilla

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

Coconut Cream Pie with Gingersnap Crust

Coconut Milk, Hawaiian Vanilla Bean, Organic Sugar, Gingersnaps, Coconut Oil

Pineapple Macadamia Upside Down Cake

Dark Chocolate Coconut Mousse with Toasted Macadamia Nuts

Chocolate Coconut Ice Cream

Frozen Mango Coconut Cream

Frozen Fresh Mango, Passionfruit Purée, Coconut Milk

Chocolate Truffles with Cacao Nibs

Cinnamon, Cacao, Vanilla Bean, Coconut Cream

Coconut Pudding with Toasted Coconut, Chocolate Chips, Macadamia Nuts

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