



 **Maui Fresh Chef Lunch Menu Selections** 

Dips & Appetizers

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

Cornbread with Fresh Corn and Scallions

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

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

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

Mediterranean Platter & Cucumber Yoghurt Dill Salad
Sundried Tomato Hummus, Kalamata Olives, Artichoke Basil Spread with Naan Bread

Soups

Carrot Ginger Coconut Soup

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

Ginger Mushroom Vegetable Soup with Fine Rice Noodles

Minestrone with White Beans, Pesto Zucchini & Pasta

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

Creamy Turmeric Ginger Laksa

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

Miso Vegetable Soup with Mushrooms, Green Onion and Fried Rice

Coconut Lemongrass Kaffir Lime Leaf with Veggies & Rice Noodles

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

Gazpacho with Avocado and Tortilla Strips

Salads

Chopped Vegetable Tofu Salad & Papaya Seed Dressing

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

Massaged Rainbow Kale Salad with Umeboshi Plum Vinegar

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

Mixed Greens with Roasted Beets & Lemon Basil Vinaigrette

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

Quinoa Salad with Pesto & Veggies over Mixed Greens

Carrots, Garlic, Broccoli, Asparagus, Green Beans & Sundried Tomatoes w/Pumpkin Seeds

Mixed Salad with Tofu with Citrus Basil Dressing

Tomatoes, Cucumbers, Carrots, Roasted Chickpeas, Avocado, Dried Cranberries,
Macadamia Nuts & Green Beans,

Sesame Salad with Napa Cabbage & Vegetables

Sugarsnap Peas, Peapods, Carrots & Sesame Soy Dressing with Fried Wontons

Orzo with Carrots, Basil, Sugarsnap Peas, Green Beans & Sundried Tomatoes

Orzo Pasta, Garlic & Carrots with Fresh Basil

Lunch Dishes

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

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

Vegan Pizza Pie with Cornmeal Crust

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

Veggie Patties with Chickpeas & Vegetables with Lemon Tahini Miso
Sauce

Chickpea Miso, Tahini, Lemon, Spinach, Basil, Carrots, Garlic, Chickpeas, Pumpkin Seeds,
Brown Rice

Cilantro Citrus Marinated Tofu with Soft Tortillas & Pineapple Salsa

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

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

Mild Coconut Vegetable Curry with Tofu

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

Veggie Burritos (Zucchini, Onions, Mushrooms, Spinach)

Fried Tofu, Tempeh or Veggies Only

Served with Guacamole & Salsa

Gado Gado Vegetable Medley (Peanut/Coconut Sauce)

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

Sundried Tomato Hummus and Veggie Wraps

Sticky Sesame Cauliflower

Battered and Baked with Sweet Tamari Sauce

Tortilla with Shredded Carrots, Kalamata Olives, Sprouts, Avocado

Japanese or Rice Noodles with Vegetables Sesame Soy Dressing

SugarSnap Peas, Carrots, Scallions, Toasted Sesame Seeds & Toasted Almonds

Sweet Treats

Dark Chocolate Chip Cookies

Dark Chocolate Chip Cookies with Toasted Macadamia Nuts

Raisin Oatmeal Toasted Walnut Cookies

Triple Almond Cookies

Toasted Sliced Almonds, Marzipan and Almond Extract

Peppermint Double Chocolate Cookies

Chocolate Chips and Cacao with Peppermint Oil

Dark Chocolate Ginger Cookies

Dried Cranberry Toasted Pecan Oatmeal Cookies

Peanut Butter Chocolate Cookies

Dark Chocolate Macadamia Nut Shortbread Bars

Blondie Bars: Chocolate Chips, Macadamia Nuts and Coconut

Chocolate Brownies with Toasted Macadamia Nuts

Chocolate Cupcakes with Dark Chocolate Ganache

Toasted Coconut Cupcakes

Dark Chocolate Peanut Butter Cups

Vanilla, Dark Chocolate, Organic Powdered Sugar, Organic Crunchy Peanut Butter,
Sea Salt

Dark Chocolate Toasted Coconut Clusters