



Menu Options

Salads

Caesar | Vegan Caesar Dressing
Roots & Shoots | Honey Mustard
HeartBeet | Beets, Heart of Palm, Basil, Balsamic
Greens & Sprouts | MacNut Ginger Dressing
Greens & Garden Veggies | Lilikoi Balsamic
Greek Salad | Lemon Garlic Herb

Pupus

Cucumber Cups | topped with Ulu Hummus
Sweet Potato Rounds | topped with Guacamole
Sweet Potato Sesame Balls | topped with Avocado
Caprese Bites | Mozzarella, Tomato, Basil, & Balsamic
Salsa, Guacamole, & Blue Corn Chips

Vegetarian Main Entrées

Chunky Veggie Marinara over Pasta
Macadamia Nut Pesto | Raw Zucchini Pasta
Grilled Tempeh | Curry, Teriyaki, or Lemon Garlic
Stuffed Mushrooms | Ground Nut Herb Base
Stir Fry of Mixed Market Vegetables
Quinoa & Lentil Pilaf

Entrée Proteins

Chicken | Curry, Italian Herbs, OR Teriyaki
Bolognese | GF Rice Pasta or Zucchini Pasta
Grilled Fresh Fish | Ahi, Mahi, or Ono (market supply)
Salmon | Miso Honey Glaze, Curried, OR Garlic Lemon
Steak | Caramelized Onions & Red Wine Reduction
Stuffed Mushrooms | Ground Beef

Sides

Roasted Pumpkin Spears
Grilled Mushrooms | Hamakua Grown
Ulu Poke | Limu, Green Onion, Tomato, MacNut Sauce
Roasted Sweet Potatoes | with Fresh Garden Herbs
Quinoa Pilaf | Feta Cheese, Mixed Veggies & Herbs
Smashed Sweet Potato | with Coconut Milk
Cauliflower 'Mashed Potato'
Garlicky Green Beans
Rice or Quinoa

Desserts

Cake | Cacao, Vanilla, or Carrot
Cupcakes | Cacao, Vanilla, or Banana Bread
Raw Bliss Balls | Cacao Date OR Cinnamon Fig
Chocolate Avocado Mousse Tart | w Fresh Fruit
Cookies | Chocolate Chip Oatmeal OR Gingerbread
Vegan 'Cheesecake' | Mixed Berry or Lilikoi
Real Cheesecake | Blueberry or Cacao
Sweet Potato Haupia Pie
Cacao Brownies

Drinks

Plain Sugar Cane Juice
Flavored Cane Juice | Lilikoi, Lemonade
Iced or Hot Teas: Mamaki, Soursop Leaf, Mint
Ginger Honey Lemonade
Coconut Water
Cold Brew Coffee
Assorted Teas & Hot Water

Everything on this menu is made from scratch from gluten-free & GMO-free ingredients, and can be made vegetarian, vegan, or with quality free-range & organic animal protein. I cook with whole, unrefined, locally sourced & organic ingredients, as much as possible, & avoid refined vegetable oils, processed sugar, wheat, & soy. Your meals will be the highest quality, and always made with lots of love. I am happy to work with any ideas or special recipes you'd like to incorporate. Please note, some food is seasonal.