



Hawaiian Style Foods Menu

Pupu's (Appetizers/Hor d'oeuvres)

Purple Sweet Potato Truffles with Avocado
Ulu (Breadfruit) Paté on Cucumber Cups
Sweet Potato Rounds with Guacamole
Grilled Ahi on Bamboo Skewers

Entrees/Main Dishes

Kalua Chicken or Pork
Lu'au Stew | Beef & Coconut Cream
Stuffed Lau Lau | Beef and/or Sweet Potato & Ulu
Grilled Fresh Fish | Furikake Crust, Ginger Curry or Garlic Lemon
Ahi Poke | Fresh Limu (seaweed), Green Onion, Tomato

Sides/Salads

Ulu Poke 'Potato' Salad
Mashed Purple Sweet Potato
Curried Market Vegetable Stir Fry
Avocado, Cucumber, Tomato Salad | Lemon Herb
Greens & Mixed Veggie Salad | Lilikoi Balsamic
Poi (*the most 'traditional' of Hawaiian foods,
but has an acquired taste*)

Desserts

Haupia Pie | Purple Sweet Potato OR Lilikoi Layer
Vanilla Cake or Cupcakes | Lilikoi or Pineapple Jam Filling
Pineapple Upside Down Cake

Drinks

Fresh Coconut Water
Sugarcane Juice Spritzer
Fresh Sugarcane Juice (with Lilikoi)
Iced or Hot Teas: Mamaki, Cacao, or Soursop

Everything on this menu is gluten-free, GMO-free, low-sugar, and can be made vegetarian, vegan, or with quality animal protein: free-range, organic & local. I cook from 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.