



Spoonful Of Paradise

## ***Our healthy hedonism quality standards***

To us, food is nourishment, medicine and a source of immense pleasure, both when we eat and hours, days, months and years down the road as we learn to love living in a way that respects our biology, including our deepest needs as humans.

As you read your menu options, know that, in keeping with our ethos, we use...

- Organic ingredients, from local farmers and ranchers where possible\
- Unrefined sweeteners, oils, salt and grains (always gluten free)
- Animal products, eggs, dairy, and meat from free range (preferably organic, pasture raised and grass fed) animals
- No cow dairy (besides grass fed ghee with the proteins and lactose removed)
- Menus where dairy (sheep or goat) is always optional, and raw or unpasteurized when possible
- Wild, preferably local, seafood
- Where beneficial, soaked and sprouted nuts, seeds, legumes, and grains
- Desserts are always lower glycemic, prepared with whole foods, and made without refined sugars, gluten or dairy (except ghee)

Also note that working around other food allergies, sensitivities and special dietary needs is not a problem.



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# Dinner Party Sample Menu Options

## ***Appetizers***

Option 1: Poke and avocado topped cucumber with homemade furikake sprinkle

Option 2: Garlic wild shrimp lettuce wraps with raisin mint chutney sauce

Option 3: Prosciutto wrapped figs (or seasonal fruit) with fresh basil and optional raw Spanish sheep cheese

Option 4: Salmon tartare with avocado and toasted black sesame seeds

Option 5: Grilled portobello caps with heirloom tomato, fresh herbs and balsamic drizzle.

Option 6: Spanish tortilla tapas, the frittata's egg and potato kissing cousin

## ***Soups***

Option 1: Miso soup brewed with traditional miso dashi, chickpea miso (soy free), shiitakes, bok choy, scallions, and wakame seaweed.

Option 2: Authentic gazpacho Andaluz, a southern Spanish smooth raw vegetable soup that is both refreshing and lively

Option 3: Cilantro lime long squash soup, grilled to bring out deeper flavor and lend it slightly smoky undertones; pureed in a rich bone broth base

Option 4: Creamy kabocha soup garnished with crispy sage and an optional chipotle kick



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## **Salads**

Option 1: Daikon carrot seaweed salad with ginger, scallions and toasted sesame-  
umeboshi vinaigrette

Option 2: Roasted kabocha pumpkin and onion over mixed local greens, with a lemon  
tahini dressing, za'atar and toasted pine nuts.

Option 3: BLT salad with your choice of crispy paleo turkey or pork bacon with shaved  
Maui sweet onions, tomatoes and butter lettuce, dressed with a garlic aioli and fried capers

Option 5: Homemade spiced radish, onion and cucumber relish, over local greens with  
grated beets, fresh basil, mint, toasted pumpkin seeds and optional feta cheese

## **Main Entrees**

### ***Wild Seafood***

Option 1: Pan seared marinated local wild fish (varies with season and availability) with  
tropical fruit salsa fresca over local seasonal vegetables with a side of Okinawan sweet  
potatoes seasoned with a hint of coconut and a dusting of nutmeg. Fresh calamansi  
wedges to garnish if available.

Option 2: Shrimp and seasonal vegetable coconut milk curry with Thai basil and  
lemongrass. Served with jasmine rice (brown or white).

*(Please let us know if you want mild, medium or spicy condiments/ curry. Also, we can make  
either of these dishes with shrimp or local fish)*



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### **Organic poultry**

Option 3: Chicken roulades stuffed with a figs, pine nuts and caramelized onions accompanied with braised green beans, radishes and Hamakua mushrooms

Option 4: Cornish game hen seasoned with aromatic Moroccan spices over vegetable and millet couscous with nuts and dried fruits (no wheat)

### **Local Grass Fed Meats**

Option 5: Marinated Big Island ribeye steak and grilled seasonal vegetables with balsamic reduction and gluten-free pesto pasta

Option 6: Pineapple glazed marinated Ni'ihau lamb tenderloin with garlicky poi and roasted seasonal vegetables

Option 7: Deconstructed Big Island beef sliders over Gramma's cornbread with house pickled vegetable garnish and all the fixins all over your plate

### **Desserts**

Option 1: Tropical fruit skewers with chocolate sauce and whipped coconut cream, accompanied with 2 banana coconut macaroons half dipped in chocolate

Option 2: Papaya-lilikoi (passion fruit) cake. This is a "white cake," but it is not white because it is sweetened with mineral rich coconut sugar. It is iced with whipped coconut cream and topped with homemade lilikoi, passion fruit and dragon fruit jam (no gluten, dairy or refined sugar, but you would never guess it)

*\*Note: if liliquoi is not in season, we will find an alternative fruit*



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Option 3: Seasonal fruit crumble top cobbler

Option 4: Fudgilicious chocolate cake with para gooey chocolate center and a decadent ganache icing; optional local seasonal fruit to garnish

Option 5: Key lime pie with coconut mac nut crust

*\*Options 2-4 available a la mode with vanilla coconut milk ice cream or whipped coconut cream*