

HONOLULU  
GOURMET FOODS



AT MĀNOA

Honolulu Gourmet Foods offers healthy and fresh  
breakfasts and lunches at affordable prices.  
We are committed to using island-grown produce,  
sourced directly from local farmers and fishermen.



## CATERING MENU

**EMAIL YOUR ORDER**

[catering@honolulugourmetfoods.com](mailto:catering@honolulugourmetfoods.com)

**FAX YOUR ORDER**

1.888.527.7554

MINIMUM 15 ORDERS  
48 HOUR NOTICE REQUIRED

BRINGING FARMER'S MARKET  
FRESHNESS TO CAMPUS



# ALOHA KAKAHIKA – BREAKFAST & COFFEE HOUR

Minimum group size is 15 persons. All items below are served buffet-style, with quality disposable plastic cutlery and tableware. Compostable alternatives are available for an additional cost.

## **AKAMAI CONTINENTAL BREAKFAST – \$5.95**

- An assortment of pastries, muffins and scones
- Freshly-brewed Kona blend coffee, decaffeinated coffee
- Herbal and non-herbal teas

## **KALANI CONTINENTAL BREAKFAST – \$7.95**

- An assortment of pastries, muffins and scones
- Seasonal fresh, organic, local fruit tray
- Freshly-brewed Kona blend coffee, decaffeinated coffee
- Herbal and non-herbal teas

## **MANOA BREAKFAST – \$12.95**

- Seasonal fresh, organic, local fruit tray
- Scrambled eggs
- Choice of one: ham, bacon, chicken sausage, Portugese sausage
- Home-fried breakfast potatoes
- Choice of fresh juices: orange, guava, passion-orange
- Freshly-brewed Kona blend coffee, decaffeinated coffee
- Herbal and non-herbal teas

## **BAKED GOODS**

<b>MUFFINS</b> – assorted fresh-baked	\$16.95/DOZEN
<b>SCONES</b> – assorted fresh-baked	\$18.95/DOZEN
<b>BAGELS</b> – fresh-baked	\$16.95/DOZEN
<b>DONUTS</b> – yeast and cake	\$13.95/DOZEN
<b>CROISSANTS</b> – fresh-baked	\$19.95/DOZEN

## **FRUIT AND CEREALS**

<b>FRESH FRUIT</b> – bananas, apples, oranges	\$1.50/EACH
<b>YOGURT</b> – individual, low-fat	\$1.25/EACH
<b>SMALL FRUIT SALAD</b> (serves 10-15)	\$35
<b>LARGE FRUIT SALAD</b> (serves 30-40)	\$70
<b>CEREAL</b> – individual w/2% and skim milk	\$4.95/EACH
<b>KAHUKU PAPAYA TOPPED WITH BANANA</b>	\$4.95/EACH

## ‘AINA AWAKEA – LUNCHEONS & MEETINGS

Minimum group size is 15 persons. All Salads are served with Fruit Salad, Two Fresh-Baked Cookies and a Soft Drink, Bottled Water or Plantation Iced Tea. All items below are served with quality disposable plastic cutlery and tableware. Compostable alternatives are available for an additional cost.

### **GOURMET LUNCH SALADS & POKE BOWLS**

#### **ROTISSERIE CHICKEN PASTA SALAD** – \$11.95

Served on Ma’o Farms tatsoi and spinach with Ho Farms grape tomatoes. Tossed with Honolulu Gourmet Foods Creamy Honey Herb Dressing.

#### **CHICKEN CRANBERRY ALMOND SALAD** – \$11.95

Served on Ma’o Farms tatsoi and spinach with Ho Farms grape tomatoes and feta cheese. Tossed with Honolulu Gourmet Foods Low Fat Honey Roasted Garlic Dressing.

#### **DYNAMITE SPICY AHI SALAD** – \$11.95

Served on Ma’o Farms tatsoi and spinach with Ho Farms grape tomatoes. Tossed with Honolulu Gourmet Foods Asian Maui Onion Dressing.

#### **TOMATO & MOZZARELLA** – \$11.95

#### **CAPRESE SALAD (VEGETARIAN)**

Ho Farms grape tomatoes served on Ma’o Farms tatsoi and spinach. Tossed with Honolulu Gourmet Foods Macadamia Nut Basil Pesto.

#### **HEALTHY QUINOA SALAD** – \$11.95

#### **(VEGAN)**

Served on Ma’o Farms tatsoi and spinach with Ho Farms grape tomatoes and topped with a Mediterranean Quinoa Salad. Tossed with House-made Balsamic Honey Vinaigrette.

#### **FRUIT AND NUT MEDLEY SALAD** – \$11.95

#### **(VEGETARIAN)**

Served on Ma’o Farms tatsoi and spinach with Ho Farms grape tomatoes topped with fresh seasonal fruit, almonds and feta cheese. Tossed with Honolulu Gourmet Foods Mango Papaya Seed Dressing.

#### **DYNAMITE SPICY AHI POKE BOWL** – \$6.95

Fresh local Ahi Poke served on brown or white sushi rice

#### **HAWAIIAN SHOYU AHI POKE BOWL** – \$6.95

Fresh local Ahi Poke served on brown or white sushi rice

# ‘AINA AWAKEA – LUNCHEONS & MEETINGS

Minimum group size is 15 persons. All Sandwiches are served with Chips or Fruit Salad, Two Fresh-Baked Cookies and a Soft Drink, Bottled Water or Plantation Iced Tea. All items below are served with quality disposable plastic cutlery and tableware. Compostable alternatives are available for an additional cost.

## GOURMET LUNCH SANDWICHES

### HUMMUS AND VEGETABLE

#### SPINACH WRAP – \$11.95

Roasted Garlic Hummus, spinach, shredded carrot, shredded red cabbage, cucumber, tomato, red bell pepper served with Honolulu Gourmet Foods Mango Papaya Seed Dressing.

### MACADAMIA NUT PESTO

#### WILD SALMON BURGER – \$12.95

Wild Alaskan salmon burger, spinach, roasted garlic aioli served with Honolulu Gourmet Foods Macadamia Nut Basil Pesto.

### TURKEY BACON CLUB

#### ON FRESH-BAKED FOCCACIA – \$11.95

Turkey, bacon, spinach, tomato, cheese and sun-dried tomato aioli.

#### THAI CHICKEN WRAP – \$11.95

Chicken breast, spinach, shredded red cabbage, Asian aioli served with Honolulu Gourmet Foods Thai Peanut Dipping Sauce.

### MEDITERRANEAN CHICKEN SANDWICH

#### ON FRESH-BAKED TORTA BREAD – \$11.95

Chicken breast, feta cheese, spinach, and Honolulu Gourmet Foods Sun-Dried Tomato Basil Tapenade.

### COLD CUT SANDWICH

#### ON FRESH-BAKED FOCCACIA – \$11.95

Choice of ham, turkey, or pastrami, Swiss cheese, tomato, and spinach.

Come in and join us for Breakfast and Lunch and enjoy our Manoa Yogurt Bar. Buy 9 (8oz) Frozen Yogurt cups, and get the 10th, **FREE!**



# 'AINA AWAKEA – LUNCHEONS & MEETINGS

Minimum group size is 15 persons. All items below are served buffet-style, with quality disposable plastic cutlery and tableware. Compostable alternatives are available for an additional cost.

## DIPS & CRUDITES

<b>HUMMUS WITH PITA BREAD</b>	\$13.95/POUND
<b>SALSA WITH TORTILLA CHIPS</b>	\$10.95/POUND

## VEGGIES, FRUIT & CHEESE

**SMALL** (serves 25–50) **LARGE** (serves 50–75)

<b>FRESH VEGETABLES WITH HUMMUS</b>	SMALL: \$69.95 LARGE: \$124.95
<b>HAWAIIAN SWEETBREAD SLIDER SANDWICHES</b>	SMALL: \$69.95 LARGE: \$124.95
<b>SEASONAL FRESH FRUIT SALAD</b>	SMALL: \$69.95 LARGE: \$124.95
<b>DOMESTIC CHEESES WITH CRACKERS</b>	SMALL: \$69.95 LARGE: \$124.95
<b>CHOCOLATE COVERED STRAWBERRIES</b>	SMALL: \$69.95 LARGE: \$124.95

## BEVERAGES

(approximately 16 servings per gallon)

### HOT DRINKS

<b>COFFEE</b>	\$13.95/GALLON
<b>TEA</b>	\$13.95/GALLON
<b>HOT COCOA</b>	\$1.95/EACH

### COLD DRINKS

<b>ORANGE</b>	\$13.95/GALLON
<b>GUAVA NECTAR</b>	\$13.95/GALLON
<b>PASSION ORANGE GUAVA</b>	\$13.95/GALLON
<b>PLANTATION ICED TEA</b>	\$13.95/GALLON
<b>LEMONADE</b>	\$13.95/GALLON
<b>LUAU PUNCH</b>	\$11.95/GALLON
<b>WATER</b>	\$4.50/GALLON

### CANNED & BOTTLED DRINKS

<b>FRUIT JUICE</b> Apple, Orange, Cranberry	\$2.50/EACH
<b>SOFT DRINKS</b> Regular & Diet	\$1.50/EACH
<b>SPARKLING WATERS</b>	\$2.50/EACH
<b>APPLE CIDER</b>	\$2.95/EACH
<b>BOTTLED WATER</b>	\$1.95/EACH

