



## Breakfast & Bentos

### Breakfast Specialties

Packaged individually or arranged on a platter. (min. 12)

**Bagels and fresh fruit salad** . . . . . 4.00/person

Sliced whole wheat bagels and your choice of Liliikoi, Tomato and Pesto, or Plain low-fat cream cheese or margarine, and fresh seasonal fruit salad

**Scones and fresh fruit salad** . . . . . 4.00/person

Freshly baked oatmeal apple scones with margarine and fresh seasonal fruit salad

### Better Bentos

A complete meal packaged in a single container. (min. 15)

**Breakfast Bento** . . . . . 5.00 each

Tomato, mushroom and onion omelette made with egg substitute, turkey bacon or turkey sausage and the "other" fried rice

**Rotisserie Chicken Bento** . . . . . 5.75 each

Rotisserie chicken, teriyaki beef slices, fishcake, takuwan and steamed brown rice

**Teriyaki Chicken Bento** . . . . . 5.50 each

Teriyaki chicken, grilled fish, fish cake, turkey dog, takuwan and steamed brown rice

### Teriyaki Beef Bento

. . . . . 5.85 each

Teriyaki beef slices, grilled fish, kalua turkey, fish cake, takuwan and steamed brown rice

### Beverages

**Bottled water, assorted soft drinks and juice**

. . . . . 1.25 each



### Convenient Service:

We provide everything you need including all the plates, utensils and napkins. You can save time and parking hassles. Just sit back and enjoy your meal!



## Social Benefit

### Recognizing a need for healthy foods

in our community, Xpress Chefs was established in 2006 by Lanakila Pacific, a unique Hawaii-based non-profit organization serving more than 4,000 people on Oahu annually.

The Xpress Chefs menu features a delicious variety of healthy foods, including gourmet sandwiches, wraps, salads and a large selection of entrees that reflect our cultural diversity.

All proceeds directly fund Lanakila Meals on Wheels *and more!* So you can enjoy your meal, and take comfort in knowing that you are helping our senior citizens receive meals as well as supporting our local farmers.



### Did You Know?

In 2006, Xpress Chefs was selected as the winner of the Hogan/Bank of Hawaii Nonprofit Business Plan competition for a sound business plan demonstrating social entrepreneurship.

Xpress Chefs is a program of Lanakila Pacific, a unique Hawaii-based non-profit building independence for thousands of people with challenged lives, each year.

### TO LEARN MORE

please contact our customer service office at (808) 533-3054 or [xpresschefs@lanakilapacific.org](mailto:xpresschefs@lanakilapacific.org)

We also invite you to visit Lanakila Pacific for a tour to see the programs and services first hand.

**We look forward to catering to you!**



[XPRESSCHEFS.COM](http://XPRESSCHEFS.COM)

### Contact Info:

Office  
(808) 533-3054  
Fax  
(808) 356-8586



## Catering Menu



Xpress Chefs is all about using the freshest ingredients in healthy foods prepared for retail sales, catering services and meal programs for schools and care centers. All proceeds support Lanakila Meals on Wheels *and more!* Hawaii's largest and only island-wide meal provider for seniors.

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## Specialty Sandwiches

Made with high quality deli meats and cheeses, gourmet sauces and spreads, island-grown tomatoes and crisp lettuce. Packaged individually or arranged on a platter.

**Xpress Package** ..... 8.00/person  
Any specialty sandwich with baked chips and bottled water

**Add a Fresh Fruit Salad** ..... 1.25/person

**Parisian Sandwiches** on baked french bread

**Club Parisian** ..... 6.00/each  
Roast turkey, turkey bacon, jack cheese and sauce dijonaise

**Down Home Special** ..... 6.25/each  
Virginia Ham and Wisconsin Cheddar

**Garden Delight** ..... 6.25/each  
Low-fat Artichoke Spinach Spread, lettuce, tomatoes and sunflower sprouts

**Wrap Sandwiches**, Spinach, Wheat or Red Chili

**Turkey Dijon Wrap** ..... 6.75 each  
Spinach wrap, smoked turkey, jack cheese, lettuce, tomato, sprouts and sauce dijonaise

**Mediterranean** ..... 7.00 each  
Wheat wrap, roast turkey, mozzarella cheese, lettuce, tomato, roasted red peppers, black olives, and garlic aioli

**Club Wrap** ..... 6.75 each  
Roast turkey, turkey bacon, jack cheese and sauce dijonaise

**Red Pepper Veggie** 6.75 each  
Red chili tortilla, roasted red pepper hummus, jack cheese, sliced red peppers, lettuce, tomatoes, sand sprouts



### Free Delivery:

Xpress Chefs offers free delivery on all catering orders of 10 or more to downtown Honolulu and the surrounding areas.

Special delivery to other areas may also be arranged.

\*Menu and prices subject to change.



## Ala Carte

### Party Platters

Small Pan 27.00 (serves 10-12) Large Pan 54.00 (serves 20-24)

#### French Bread

With fresh made hummus or artichoke spinach dip

#### Fresh Baked Tortilla Chips

With our own island fresh tomato salsa

### Specialty Salads

Small 27.00 (serves 10-12) Large 54.00 (serves 20-24)

#### Garden, Spring Mix Greens or Spinach Salad

Fresh greens, tomatoes, carrots and your choice of dressing

#### Vegetarian Chinese Salad

Crisp lettuce, won bok, watercress, mung bean sprouts, carrots, crunchy chow mein noodles, Chinese parsley (Add five-spice chicken - \$5 more)

#### Garden Salad Italiano

Crisp lettuce, tomatoes, artichoke hearts, julienne bell peppers, black olives, crunchy garlic croutons

#### Greek Salad

Crisp lettuce, shredded red cabbage and carrots with fresh hummus, olives, cherry tomatoes, artichoke hearts, roasted red peppers, cucumbers, and feta cheese

#### Healthier Favorites

Broccoli Crab (imitation) Salad  
Soba Salad  
Whole Wheat Pasta Salad with Vegetables  
Watercress, Tomato and Sprout Salad  
Caesar Salad with Croutons and Parmesan Cheese  
Potato Macaroni Salad  
Tofu Poke

#### Dressings

Xpress Chefs Balsamic Vinaigrette      Ranch Dressing  
Xpress Chefs Thai Peanut                      Ceaser Dressing

### Cold Selections

Small Pan 24.00 (serves 10-12) Large Pan 45.00 (serves 20-24)

#### Fresh Fruit Salad

#### Sliced Melon Platter

#### Vegetable Crudite Platter

#### Assorted Cheese and Crackers



## Ala Carte

### Hot Selections

Small Pan 45.00 (serves 10-12) Large Pan 85.00 (serves 20-24)

Sesame Orange Chicken or Tofu Nuggets  
Thai Red or Green Curry with Chicken or Tofu  
Island Style Stir-Fry with Chicken, Tofu or Fish  
Chicken Italiano with Whole Wheat Penne Pasta  
Garden Lasagna Alfredo  
Eggplant Parmesan  
Artichoke Spinach Tofu Lasagna  
Chicken or Vegetarian Black Bean Enchiladas  
Chicken Divino

### Poultry Entrees

Shoyu, Oyster Sauce, BBQ or Chinese Roast Chicken  
Chicken Stir Fry with fresh vegetables  
Teriyaki or BBQ Chicken (boneless/skinless thighs)  
Chicken Long Rice  
Chicken Lau Lau (mini)  
Kalua Turkey or Kalua Turkey with cabbage  
Roast Turkey with Gravy  
Ginger Chicken  
BBQ Turkey Meatballs

### Seafood Entrees

Sauteed Mahi Mahi with Capers  
Mahimahi Fingers with tartar sauce  
Ahi Cakes  
Grilled Salmon (market price)

### Vegetarian Entrees

Vegetarian Stew or  
Vegetarian Curry  
Tofu Steak w/Red Miso Sauce

### Beef or Pork Entrees

Sweet 'n Sour Pork  
Beef Broccoli  
Fresh Vegetable Stir Fry  
Teriyaki Beef or Pork  
Okinawan Pork  
Roast Beef with Mushroom Gravy

### Starches

Vegetable Chow Mein ..... 17/small pan 33/large pan  
Steamed Brown Rice ..... 14/small pan 28/large pan  
The "Other" Fried Rice ..... 17/small pan 33/large pan  
Steamed Sweet Potato ..... 10/small pan 20/large pan  
Poi ..... Market Price



## Catering Packages

### Special Menu Selections

Substitutions and additions available upon request.

#### Healthier Hawaiian Special

..... 9.50/person  
Na Ka Oi and it's good for you, too!  
• Kalua Turkey and Cabbage      • Steamed Sweet Potato  
• Chicken Lau Lau                      • Chicken Long Rice  
• Brown Rice      • Lomi Tomato      • Fresh Pineapple

#### Ohana Special

..... 8.00/person  
"Mo' betta" for the whole ohana!  
• Teriyaki Chicken      • Grilled Fish with Sweet & Sour Sauce  
• Beef Stir Fry                      • Garden Salad w/Homemade Dressing  
• Vegetable Chow Mein  
• Steamed Brown Rice

#### Aloha Special

9.50/person  
Be healthier and have fun, too!  
• Teriyaki Beef or Roast Beef  
with Mushroom Gravy  
• Rotisserie or Ginger Chicken  
• Chicken or Beef Stir Fry  
• Sweet 'n Sour Pork or BBQ  
Turkey Meatballs  
• Vegetable Chow Mein  
• Broccoli Crab (imitation) Salad      • Steamed Brown Rice



#### BBQ Special

..... 8.00/person  
Who says potluck food can't be good for you, too?  
• Turkey Hot Dogs or BBQ Chicken      • Turkey Chili  
• Steamed Brown Rice                      • Fresh Fruit Platter  
• Spring Mix Greens w/Homemade Dressing  
• Pasta Salad w/Whole Wheat Pasta and Fresh Vegetables

#### Healthy Decadence Package

..... 7.50/person  
Share the health!  
• Steamed Ginger Mahi Mahi      • The "Other" Fried Rice  
• Rotisserie or Ginger Chicken      • Steamed Fresh Broccoli  
• Spring Mix Greens w/Homemade Dressing  
• Sliced Fresh Seasonal Fruit

### Customized Menus:

Don't see what you want? We'll be happy to customize a menu for your next meeting or event to fit your style and budget.

\*\*On-site service available for an 18% service fee.