



Pupus / Appetizers

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

Crostini with cream cheese and olive tapenade
or tropical salsa topping

Vegetable Crudites

Assorted Cheese and Crackers

Fresh Fruit Platter

Escargot on Mushroom Caps

(4.50 per serving)

Shrimp Cocktail

(6.00 per serving)

Summer Rolls

with Spicy Sauce

(2.25/roll)

Kalua Turkey Lumpia w/BBQ

Sauce (1.15 each)

Stuffed Aburage (1.25 each)



Beverages 2.00 each

Bottled water,

Assorted Soft drinks

Juice



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.

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



Sweet Beginnings & Endings

Breakfast Specialties

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

Bagels and fresh fruit salad 4.25/person

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

Scones and fresh fruit salad 4.25/person

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

Fresh Baked Scones, Bars and Cookies

Homeade with no added preservatives

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

Scones ... Regular: 1.75 each Mini: 85 cents each

Lemon Blueberry Orange Cranberry

Lilikoi Peach Banana Walnut

Chocolate & Peanut Butter Chip

Okinawan Sweet Potato

Haupia Pie

..... 2.45 per 3x3 inch piece

..... 27.50 per 13x9 inch pan

Pumpkin Crunch

..... 2.25 per 3x3 inch piece

..... 25.00 per 13x9 inch pan

Chocolate & Walnut Bars

..... 2.00 per 3x3 inch piece

..... 22.00 per 13x9 inch pan

Assorted Cookies

Regular 1.50 each

Small 75 cents each

Oatmeal Cranberry White Chocolate Walnut

Oatmeal Raisin

Oatmeal Chocolate Chip

Ginger Macadamia Nut

Lilikoi Bars

..... 2.00 per 3x3 inch piece

..... 22.00 per 13x9 inch pan



Don't see what you want?

We'll be happy to customize a menu to fit your style and budget!

Substitutions and additions available upon request.

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



All proceeds directly fund Lanakila Meals on Wheels.

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.

TO LEARN MORE please contact our customer service office at (808) 533-3054 or 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

Contact Info:

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



LANAKILAPACIFIC.ORG



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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Version 2009-2





Individual Packed Lunches

Healthier Hawaiian Special 9.75/person
No 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 9.00/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 9.75/person

Be healthier and have fun, too!

- Teriyaki Beef
- Ginger Chicken
- Chicken or Beef Stir Fry
- BBQ Turkey Meatballs
- Vegetable Chow Mein
- Garden 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
- Garden Salad w/Homemade Dressing
- Pasta Salad w/Whole Wheat Pasta and Fresh Vegetables

Healthy Decadence Package 8.75/person

Share the health!

- Steamed Ginger Mahi Mahi
- The "Healthy" Fried Rice
- Rotisserie or Ginger Chicken
- Steamed Fresh Broccoli
- Garden Salad w/Homemade Dressing
- Sliced Fresh Seasonal Fruit

Vegetarian 7.95/person

- Tofu Steak (2 pieces) with Miso Sauce
- Vegetable Stir Fry
- Brown Rice
- Tossed Green Salad w/Dressing
- Assorted Fresh Seasonal Fruit

Fish & Teriyaki Chicken Bento 6.00 each

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

Fish & Teriyaki Bento 6.25 each

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



Specialty Sandwiches

The Sandwich Box 8.95/person
Any specialty sandwich, a small side salad and a homemade oatmeal cookie.

The 1/2 Sandwich Box 5.10/person

Half of any specialty sandwich, a small side salad and a homemade oatmeal cookie.

The Sandwich Bar 7.00/person ^(min. 8)

Make your own sandwich: egg salad, tuna salad, sliced turkey, sliced ham, roast beef, cheese, lettuce, tomato, croissants, 100% wheat bread, white bread, condiments.

Sandwiches & Wraps

Packaged individually or arranged on a platter.

Parisian Sandwiches on baked french bread

Club Parisian 6.25/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

California Turkey Club 6.75/each

Turkey, turkey bacon, sundried tomatoes, olives, pesto

Club Seafood 7.50/each

Seafood Salad, Lettuce, Tomato

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

Rodeo Turkey Wrap 6.75 each

Turkey, turkey bacon, jack cheese, BBQ sauce, lettuce, tomato

Silicon Valley Wrap 7.00 each

Turkey, sun dried tomatoes, marinated artichokes, pesto sauce, swiss cheese, lettuce, tomato

Seafood Wrap 7.50 each

Seafood salad, lettuce, tomato



Fresh Salads & Sides

Individual Salads

Garden, Spring Mix Greens or Spinach Salad .. 6.00

with Chicken 7.50

Vegetarian Chinese Salad 6.00

with Chicken 7.50

Garden Salad Italiano 6.50

with Chicken 8.00

Greek Salad 6.75

with Chicken 8.25

Fresh Fruit Salad 5.95

Salad Platters

Small 30.00 (serves 10-12)

Large 58.00 (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

Fresh Fruit Salad

Broccoli Crab (imitation) Salad

Whole Wheat Pasta Salad with Vegetables

Watercress, Tomato and Sprout Salad

Caesar Salad with Croutons and Parmesan Cheese

Tofu Poke

Soba Salad

Homeade Dressings

Balsamic Vinaigrette • Ranch Dressing • Oriental Dressing

Sides

Vegetable Chow Mein 20/small pan 39/large pan

Steamed Brown Rice 14/small pan 28/large pan

The "Healthy" Fried Rice 20/small pan 39/large pan

Steamed Sweet Potato 13/small pan 24/large pan

Poi Market Price

Fresh Vegetable Medley 28/small pan 49.75/large pan

German Potato Salad 20/small pan 39/large pan

Pasta Salad with Fresh Vegetables 20/small pan 39/large pan



Ala Carte

Small Pan 48.00 (serves 10-12) Large Pan 88.00 (serves 20-24)

Poultry Entrees

Thai Curry with Chicken

Island Style Stir-Fry with Chicken

Chicken Italiano with Whole Wheat Penne Pasta

Chicken Stuffed with Wild Rice

Honey Lemon Glazed Chicken

Teriyaki or BBQ Chicken (boneless/skinless thighs)

Chicken Long Rice

Chicken Lau Lau (mini)

Kalua Turkey

Kalua Turkey with cabbage

Ginger Chicken

BBQ Turkey Meatballs

Turkey Chili

Chicken Divino

Vegetarian Entrees

Garden Lasagna Alfredo

Thai Curry with Tofu

Tofu Stir Fry

Eggplant Parmesan

Vegetarian Stew

Vegetarian Curry

Vegetarian Chili

Tofu Steak w/Miso Sauce

Beef or Pork Entrees

Sweet 'n Sour Pork

Beef Broccoli

Beef Stew

Beef Lasagna

Beef Stir Fry

Teriyaki Beef or Pork

Pork with Eggplant

Roast Beef w//Gravy

Pastas

Small Pan 45.00 (serves 10-12)

Large Pan 85.00 (serves 20-24)

Baked Spaghetti

Beef or Turkey

Chow Mein

Chicken, Beef or Pork

Macaroni and Cheese

Pasta Primavera with

Chicken

Seafood Entrees

Small Pan 60.00 (serves 10-12) Large Pan 112.00 (serves 20-24)

Grilled Mahi Mahi with Capers Sauce

Grilled Fish with Tropical Salsa

Furukake Fish

Ahi Cakes with Wasabi Aioli

*Stuffed Shrimp - market price

