



HeartBeet  
Catering



SUMMER 2019 MENU



Chef Jasmine's cooking style is influenced from her background growing up on her family's organic farm. Her menu's are made from scratch using gluten-free & GMO-free ingredients, and can easily be made vegetarian or vegan upon request. She works with the best quality free-range & organic animal products, and her produce is sourced from local, organic farms as much as possible — including her family's farm near Hilo, Hawai'i. The best quality ingredients are always a priority, including the oils and spices, as there are no compromises in Jasmine's cooking. Your meals will be the highest quality, and always made with lots of love. She is happy to work with any ideas or special recipes you wish to incorporate. Please note, some ingredients are seasonal, and Jasmine will find substitutes as necessary.



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Meal service includes all the necessary shopping, cooking, and serving of menu items. Chef Jasmine will arrive 2 - 3 hours prior to desired service commencement to prepare the requested menu. Courses will be served in order, and plates cleared between courses. Following dinner service, the chef will clean the kitchen and dining area so you don't have to worry about any details. Please have a check or cash ready for payment before the chef departs.

Please inform Chef Jasmine of any food allergies or preferences during your correspondence. Many of the meals can be made vegetarian/vegan upon request. Dishes may be swapped via menu's within the same course and where appropriate.



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## CHEF INSPIRED MENU COMBINATIONS

here are some pre-set menus which includes four courses, listed in order:

1. appetizers
2. salad or soup
3. entrée with sides
4. dessert of your choice, see at end

### ISLAND FRESH

#### appetizers

fresh kua'i prawns with garlic  
lemon butter / cucumber cups w.  
'ulu -breadfruit- pâté

#### salad

mixed greens & seasonal  
vegetables, toasted macadamia  
nuts, lilikoi -passionfruit- vinaigrette

#### entrée with sides

hawaiian style poke: raw ahi tuna,  
limu -seaweed- & sesame / coconut  
rice / purple potato salad

### PANILOLO SPECIAL

#### appetizers

stuffed mushrooms w. toasted nuts  
& herbs / sweet potato truffles w.  
avocado

#### salad

roots and shoots salad: carrots,  
beets, micro-greens, creamy  
cashew dressing

#### entrée with sides

big island grass fed steak /  
smashed purple sweet potato /  
grilled broccoli or asparagus

### SIMPLE & SATISFYING

#### appetizers

furikake crusted ahi bites / radish or  
turnip slices stuffed w. macadamia  
nut 'cheese' & capers

#### soup

island gazpacho: cold blend of  
pineapple, cucumber, tomato,  
avocado, fresh herbs & spices

#### entrée with sides

grilled fresh catch w. garlic and  
lemon / coconut rice / steamed  
greens





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### EAT LOCAL

#### appetizers

cucumber crudité w. macadamia nut 'cheese' / 'ulu fries w. spicy avocado cream dip

#### salad

mixed greens & seasonal vegetables, toasted macadamia nuts, lilikoi -passionfruit- vinaigrette

#### entrée with sides

fresh catch fish OR grass fed steak / garlicky roasted 'ulu (breadfruit) / grilled seasonal vegetables

### LU'AU KAU KAU

#### appetizers

hawaiian style poke: raw ahi tuna, limu -seaweed- & sesame / 'ulu or sweet potato chips

#### salad

watercress and/or ho'io fern salad w. tomato, cucumber, onion, & sesame dressing

#### entrée with sides

kalua chicken or pork / steamed rice / slow cooked lū'au greens w. coconut cream

### MEDITERRANEAN FLAVORS

#### appetizers

caprese: mozzarella, basil, tomato, balsamic / feta stuffed meatballs w. sundried tomato & olives

#### salad

greek salad: mixed greens, kalamatas, feta, tomato, red onion, toasted pine nuts, greek dressing

#### entrée with sides

local lamb meatballs / zucchini noodles w. macadamia nut pesto / fresh grated parmesan





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### LATIN STYLE

#### appetizers

ceviche w. fresh fish, bell pepper,  
lime, cilantro / sweet potato rounds  
w. guacamole

#### soup

chilled avocado soup w. capers &  
toasted pepitas

#### entrée with sides

slow cooked spiced lamb / spanish  
rice / roasted kabocha squash

### THAI INSPIRED

#### appetizers

fresh avocado summer rolls w.  
almond ginger sauce / stuffed  
mushrooms w. curry-spiced lamb

#### salad

green papaya salad: garlic & lime  
dressing, toasted macadamia nuts  
or cashews

#### entrée with sides

green curry: choice of chicken, fish,  
tempeh, or pure veg / rice or  
quinoa

### FINGER-LICKIN'

#### appetizers

zucchini rolls w. smoked salmon,  
cream cheese, capers / stuffed  
mushrooms w. toasted nuts & herbs

#### salad

caesar salad: romaine & mixed  
greens, toasted pistachios, cashew  
caesar dressing

#### entrée with sides

big island grass-fed beef  
bolognese / choice of brown rice or  
zucchini noodles





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### ASIA INFLUENCE

#### appetizers

sushi: avocado, cucumber, ahi /  
kimchi spiced edamame

#### salad

chilled cucumber & carrot salad w.  
creamy miso dressing

#### entrée with sides

skirt steak / rice cakes / stirfry  
veggies w. sesame ginger sauce

### MAMA'S COOKIN'

#### appetizers

lettuce cups w. grilled mushrooms  
& citrus sauce / polenta cakes w.  
chèvre, basil, & sundried tomato

#### salad

heartbeet salad: balsamic dressed  
beets, heart of palm & basil over a  
bed of greens

#### entrée with sides

herb roasted chicken / fingerling  
potatoes / steamed broccoli with  
melted aged white cheese

### VEGGIFUL

#### appetizers

hummus, baba ganoush & pita  
chips / dolmas in chard greens

#### salad

cucumber, tomato, & avocado  
salad, lemon herb dressing

#### entrée with sides

chickpea falafel / quinoa tabouli /  
tzatziki sauce





-choose one to add to any dinner menu above -

## DESSERTS

- ▶ cheesecake: vanilla, chocolate, berries, or lemon
- ▶ \*haupia (coconut based pie) w. liliko'i -passionfruit- & macnut crust
- ▶ \*cupcakes or cake: vanilla, chocolate, rose, or almond / buttercream icing or \*cashew icing
- ▶ \*pineapple upside down cake / caramel cream drizzle
- ▶ carrot cake / local honey & cream cheese frosting
- ▶ \*avocado mousse tart w. berries, pistachios, & macadamia nut date crust
- ▶ \*cashew 'cheesecake': lemon zest, cacao, or mixed berries
- ▶ \*pan fried bananas with cinnamon & vanilla ice cream or \*coconut ice cream

- ▶ fudge brownies with berry compote
- ▶ butter mochi bites w. liliko'i butter
- ▶ \*sweet potato brownies with berry compote  
almond cake with mixed berries & toasted nuts
- ▶ \*blueberry lemon upside down cake  
stuffed dates w. local goat cheese & salted pistachios  
( \*vegan )

- optional add-on -

## BEVERAGES

mamaki iced tea, ginger mint iced tea, lemon hibiscus iced tea, turmeric honey lemonade, sugarcane w. liliko'i - passionfruit-citrus infused sparkling water, cold-brew kona coffee



Four-Course Locally-Sourced Epicurean Menu

**Makai to Mauka**

a culinary exploration of our islands from the ocean to the mountain

**O Ke Kai: *of the sea***

fresh wild-caught mahi ceviche  
coconut milk, chili pepper, finger-lime caviar, black lava sea salt, limu (seaweed)

**Mai Ke Kahakai: *from the coastline***

fresh Kaua'i prawns w. garlic & parsley avocado, sea asparagus, grilled pineapple on a bed of baby greens

**Hele i Uka: *going inland***

big island grass fed steak chimichurri sauce mashed purple sweet potato king oyster mushrooms

**Maika'i O Nā Pali: *beauty of the slopes***

coconut & 'ulu (breadfruit) custard liliko'i (passionfruit) guava sauce  
local goat cheese crema  
toasted macadamia nuts





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