



Lotus Chefs

MAUI HI

Chef Kyra Bramble & Team

Maui Nō Ka 'Ōi

RETREAT CATERING

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ABOUT: RETREAT CATERING

Welcome to Lotus Chefs, a collective of intentional private chefs based on the beautiful island of Maui. We are an all-women company dedicated to bringing mindful and healthful cuisine to the yoga, coaching, and spiritual communities.

Our team embodies the grounded and earthy spirit of the lotus flower, which symbolizes purity, enlightenment, and rebirth. At Lotus Chefs, we believe that food is medicine and that what we put into our bodies has a profound impact on our overall well-being.

That's why we take great care in crafting personalized menus that are both delicious and nourishing, using only the highest quality ingredients sourced from local and sustainable farms. As experts in the art of mindful cooking, we infuse each dish with intention and love, tailoring our offerings to align with your unique health goals and preferences.

At Lotus Chefs, retreats are an opportunity to connect, expand, and nourish. We understand that food is a vital component of any retreat and we are committed to matching the energy and intention of your event with our culinary creations.

Our team of highly skilled chefs and hospitality team has decades of combined experience catering for Maui retreats, and the majority of our team is cross-trained in movement and healing modalities.

From plant-based to paleo, raw to Ayurvedic, gluten-free and all other "free food", our chefs work with you to create meals that support your well-being.

We would be honored to work with you to support your community's path to health and harmony. Please contact us to delve deeper into how we can best nourish you!

ABOUT: BREAKFAST AND BRUNCH

Breakfast isn't just a meal; it's an experience that frames the canvas of your day. We at Lotus Chefs, with our expertise in crafting plant-based delicacies, believe in nourishing both the body and soul as you embark on your yoga and meditation retreat journey.

We're excited to present you with three carefully curated breakfast experiences:

1. Continental Breakfast - Self-Serve*: Embrace Simplicity

For those seeking a relaxed, do-it-yourself breakfast ambiance, this option is perfect. Experience a casual and affordable self-serve model, ready for you the previous night. This includes:

- An assortment of tea and coffee
- Local bread toast bar with assorted spreads
- A rotating selection of granola and fruit
- Our unique treat of the day

Please note: This option is hands-off from our staff, leaving the retreat leader responsible for serving and cleanup.

2. Continental Breakfast - Hosted: Indulge in Luxury. Step up your breakfast experience with this option that brings all the delights of the self-serve model, but with the added luxury of our staff's dedicated service. Relish the continental offerings and:

- Get pampered by our attentive team
- Enjoy refreshing superfood smoothies

Leave the service and cleanup to us, and savor the morning moments.

3. Brunch Experience: Dive into Decadence

For those seeking a lavish spread, our brunch option seamlessly combines the continental offerings with delectable hot items. Feast upon:

- Gluten-free quiche
- Breakfast Buddha bowls
- Scrambled eggs and roasted potatoes
- ... and more of our chef specials!

Our breakfast and brunch menus shine a spotlight on the rich and vibrant produce of Maui. With a commitment to farm-to-table ethics, Our goal is always 80% or greater of our ingredients are locally and/or organically sourced.



SAMPLE BREAKFAST & BRUNCH

- **Morning Continental Spread (Breakfast)**

Locally roasted coffee, medicinal tea assortment, fresh nut milk, organic moo creamer, local raw honey, raw sugar, stevia, MCT oil, rotating spa waters, rotating superfood smoothies (for hosted breakfast), local and organic fruit platter, hard-boiled organic eggs, toast bar with local bread, gf bread, local jam, organic almond butter, grass-fed butter, vegan butter, fancy granola, and superfood toppings, organic yogurt, vegan yogurt.

- **Avocado Toast (Brunch)**

Local sourdough, gluten-free bread, ghee, Maui avocado, Pauwela micros, cucumber ribbons, and rainbow tomato. Roasted baby potatoes garlic and rosemary. Local baby greens. Fresh fruit spread. All morning beverages.

- **Irish Cheddar & Fennel Quiche (Brunch)**

Caramelized fennel & Maui onion, white Irish cheddar, cauliflower quiche (available gluten-free) with truffle basil pesto. Roasted baby potatoes garlic and rosemary. Local baby greens. Fresh fruit spread. All morning beverages.

- **The Classic (Brunch)**

Scrambled organic eggs with chives & white cheddar, rosemary garlic roasted potatoes. Local soy-free tempeh "bacon". Local sourdough & gluten-free bread. Local baby greens. Fresh fruit spread. All morning beverages.

- **Green Power Protein (Brunch)**

Poached organic eggs over wilted Maui greens with Maui herb chimichurri. Roasted rosemary baby potatoes. Local sourdough and gluten-free bread.

- **Chia Seed Parfaits (Breakfast or Brunch)**

Chia seed coconut cardamon pudding, fresh blueberries. Macadamia coconut hemp granola.

- **Powerhouse Papayas (Breakfast or Brunch)**

Papaya halves stuffed with cashew lime lilikoi cream, coconut shavings, goji berries, and bee pollen.

ABOUT: LUNCH

At Lotus Chefs, we believe that lunch is an essential midday meal that provides energy, nourishment, and sustenance for the rest of your day. Lunch is our middle meal, served at the hottest part of a busy day, and intentionally kept lighter, so you stay can stay active and engaged without feeling weighed down.

Our lunch menu features a simple and balanced approach, with rotating soup and salad-style, buddha bowl, or handheld offerings that showcase a variety of cultural expressions and flavor combinations.

We always prioritize fresh and organic ingredients sourced from local farms and vendors, prioritizing sustainability and the environment.

We also offer to-go options for guests who prefer to take their meals with them on their adventures to waterfalls or the beach.

Each lunch includes a special drink and rotating spa water.

We can also customize menus with an Ayurvedic or macrobiotic focus, or add protein-rich options like eggs, seafood, poultry, or additional plant proteins to help you feel fuller for longer.

Whatever your dietary preferences or needs, we're committed to creating a meal that nourishes your body and aligns with your intentions.

Please note that the sample items listed may vary depending on the availability of ingredients on our beautiful, isolated island. Contact us to create a personalized lunch menu that fits your retreat or event needs.



SAMPLE LUNCH

- **Classic Soup & Salad**

Cauliflower fennel coconut soup, fennel frond truffle pesto. Arugula salad with toasted almonds, shaved fennel, and honey balsamic dressing. White bean herbed salad. Local sourdough & gluten-free bread with herbed garlic grass-fed or vegan butter. Kula strawberry lemonade.

- **Medicinal Pho Bar**

Medicinal lemongrass-turmeric-ginger aromatic broth, rice noodles, shiitake ginger mushrooms, cilantro, basil, and bean sprouts. Grilled sesame bok choy & oyster mushrooms. Green papaya salad with peanut ginger dressing. Turmeric ginger honey tonic.

- **Taco Salad**

Roasted butternut squash adobo soup with cashew lime crema. Taco salad bar with romaine lettuce, grilled bell pepper, grilled zucchini, grilled green banana, black beans, cotija cheese, and lime-cilantro vinaigrette. Pineapple gluten-free cornbread muffins. Watermelon agua fresca.

- **Mezze Platter**

Basil kale hemp pesto, smokey Baba ganoush, garlic confit beet hummus, rainbow crudites, olives, feta. Flatbread & gluten-free crackers. Grilled rainbow veggies. Mediterranean-style salad bar with preserved lemon vinaigrette. Cucumber mint cooler.

- **Macrobiotic Buddha Bowls**

Baked ginger sesame tofu, brown rice, ume wakame cucumber salad, Maui avocado, pickled cucumber carrot salad, sprouts, nori, blanched broccoli & carrot with soyu tahini. Miso wakame soup with zucchini noodles. Iced sencha.

- **All American TLT**

Seared Maui tempeh "bacon" on toasted local bread, caramelized onions, tomato, sprouts, lettuce, avocado, herbed vegan mayo
Purple Molokai potato dill salad with vegan mayo and wilted kale. Mint lemonade.

- **Rustic Italian Soup & Salad**

Chunky veggie soup with white beans, kale, roasted tomato, celery, and seasonal veggies, Maui herbs. Massaged kale "Caesar salad" with hempseed cream dressing and gluten-free croutons. Local sourdough & gluten-free bread herbed garlic grass-fed or vegan butter.

ABOUT: DINNER

As Lotus Chefs, we believe that dinner is the perfect way to end the day and transition into our out of a peaceful evening of meditation, workshops, or yin yoga.

Our dinner offerings are carefully curated to be grounding, nourishing, and celebratory, with an emphasis on unique and multicultural flavors.

We showcase the best of locally grown produce, including unexpected items you may not expect from a tropical island such as arugula, butternut squash, and strawberries.

We understand that dinner is a time for reflection and connection, which is why our meals are designed to be a catalyst for conversation and community.

All of our dinners are gluten-free and plant-based at their core, with offerings of bread and dairy on the side for aligned meals

Each dinner includes a small sweet bite at the end (chef's choice!) as well as a beverage and spa water.

We are also happy to include animal proteins, bespoke desserts, and more to enhance the experience. Some retreat leaders choose to add local fish or dessert for only the first or last meal, while others prefer to have it included in every meal.

In essence, we want to tailor your menu to align with specific dietary and intentional needs. Our goal is to create a menu that reflects the retreat's offerings, intentions, physical expectations, and energetic alignment through food.

Please note that the items offered are samples only as availability can vary on this small isolated island. As Lotus Chefs, we are dedicated to creating a dining experience that is unforgettable and nourishing for all guests.

SAMPLE DINNER

- **Mezze Goddess**

Handmade falafels. Grilled eggplant, zucchini, bell pepper. Tahini lemon sauce. Garlic confit beet hummus. Herbed flatbread & gluten-free crackers. Quinoa "tabbouleh". Feta & mixed olives. Farm-to-table salad. Fresh moringa mint lemonade. Chef's choice sweet treat.

- **Curry Love Spread**

Fire-grilled farm veggies & lemongrass organic tofu. Coconut veggie coconut curry. Steamed sticky rice in banana leaves. Rainbow farmer's salad with green papaya, bell pepper, carrot, sunflower sprouts, toasted cashew, ginger peanut dressing. Butterfly pea iced tea. Chef's choice sweet treat.

- **Jackfruit Verde Tacos**

Slow-cooked jackfruit "pulled pork", tropical fruit pico de gallo, local tortillas, queso fresco. Spanish rice & black beans. Baby greens, watermelon radish, avocado, toasted pepitas, cherry tomato, cilantro macadamia dressing. Chips & roasted tomato pineapple salsa. Cinnamon tamarind agua fresca. Chef's choice sweet treat.

- **Honey Miso Tempeh Dinner**

Marinated & baked local soy-free tempeh, with miso citrus honey. Grilled bok choy and rainbow carrots. Coconut garlic mashed purple Maui sweet potatoes. Rainbow Chef's salad with ginger sesame dressing. Herbal medicinal iced tea. Chef's choice sweet treat.

- **Mushroom Madness**

Portobello mushrooms stuffed and baked with mushroom garlic duxelles. Maui basil & macadamia pesto. Asparagus macadamia rice pilaf Arugula, and baby spinach salad with toasted almonds, pickled red onion, dried cranberries. Cucumber medicinal iced tea. Chef's choice sweet treat.

- **Amethyst Molokai Purple Potato Gnocchi**

Molokai sweet potato gluten-free gnocchi with Maui pesto macadamia cream sauce. Massaged kale "caesar salad" with hempseed dressing, toasted herb pumpkin seeds, vegan almond parmesan. Assorted local & gluten-free bread. Fresh moringa lemonade. Chef's choice sweet treat.

DESSERTS

We believe that every moment spent together is a special occasion worth celebrating, and we're excited to make your retreat even sweeter with our desserts.

Indulging in a delicious dessert after dinner can be a treat for the senses and a perfect ending to the day. At Lotus Chefs, simple sweet treats are included dinners.

Our chefs love to express their creativity with desserts, and you might find yourself enjoying mouth-watering treats such as mango sticky rice, tapioca mango pudding, gluten-free banana bread, almond meal snickerdoodles, or coconut milk hot chocolate.

If you're looking to elevate your retreat with a more bespoke experience, please don't hesitate to inquire about our custom-plated desserts (otherwise desserts are at the chef's discretion!)

Our talented Chef Erin offers raw vegan cheesecakes using all plant-based, gluten-free, organic and/or local ingredients, take a look below at some favorite flavors (or request a custom offerings!):

- Matcha Vanilla Bean
- Raspberry Rose + Cacao
- Blueberry Tahini
- Spiced Ginger Pear (Seasonal)
- Lilikoi Lemon (Seasonal)
- Banana Sesame with Date Caramel
- Custom Fruit
- Custom Chocolate

Pricing & Sizing:

- 8" (serves 8-10) \$85
- 10" (serves 12-15) \$95
- Two-tier (serves 20) \$110



YUM! I'D LIKE TO BOOK. CAN YOU EXPLAIN WHAT'S INCLUDED?

- Professional and loving staff, including a head chef, and assistants as needed.
- All agreed-upon food and beverages, featuring farm-to-table, locally sourced ingredients.
- Spa water at every meal. Iced teas or *agua frescas* with lunch & dinner, coffee & tea bar available throughout the day. Dessert bites at all dinners. One ceremonial cacao offering.
- Custom menu planning to suit your preferences and dietary needs.
- Dietary alterations to accommodate guests with food allergies or restrictions.
- Grocery shopping and local ingredient sourcing.
- Buffet or family-style service, based on your preference.
- 1 initial consultation call with your main contact.
- 2 additional calls with your contact and/or chef to discuss the menu.
- Details and event logistics.
- Full availability via email from contract signing to the event date.
- Extensive access to equipment and supplies such as Vitamix, food processor, and other tools as needed.
- Cloth napkins and cute little platters and spoons for a polished presentation.
- Chef's altar with cards, essential oils, and other thoughtful touches.
- Cleaning of the kitchen after each meal, including all dishes, sweeping floors, and laundering linens.
- A formatted menu and media kit to use in promoting your event upon request.
- Natural cleaning supplies.
- Referrals to our fabulous island community of small business owners, including massage therapists, florists, sound healers, tour guides, and more!
- *Note: please refer to contract for complete information!*

GREAT! SO WHAT'S NOT INCLUDED:

- Rental of equipment not owned by Lotus Chefs.
- Alcoholic beverages, though we are happy to provide pairing recommendations.
- Tableware and glassware, though we can provide recommendations and facilitate rental.
- Tablecloths, though we can provide recommendations and facilitate rental.
- Travel and accommodations for the catering staff, if needed.
- Event planning or coordination beyond the scope of the catering agreement.
- Permits or fees related to serving food and beverages, if required by the venue or location.
- Additional items not outlined on the agreed-upon menu.
- Full table service (buffet style included).
- Unlimited calls, text messages, or social media messages.
- Deep or extensive cleaning of the kitchen and venue such as mopping or pest control.
- Cleaning of any areas besides the kitchen and dining areas
- Snacks and leftovers (not guaranteed, but are generally available)
- Basic kitchen equipment needed to execute the menu (stove, refrigerator, oven, filtered water, etc).
- Child care
- Additional hours for staff if the event is late (Additional hours billed at \$75/hour chef rate + \$50/hour assistant rate rounded up, including late start times for meals).
- *Note: please refer to contract for complete information!*

RETREAT CATERING ALL INCLUSIVE PACKAGES

FULL-DAY DISCOUNT PACKAGE! LUNCH + DINNER + SELF-SERVE BREAKFAST

Number of Guests	Rates per person (add \$10/guest for hosted)
10-18	\$125
19-27	\$115
28+	\$105

BREAKFAST SERVICE

Number of Guests	Rates per person (self-serve)	Rates per person (hosted)
10-18	\$25	\$35
19-27	\$20	\$30
28+	\$15	\$25

BRUNCH OR LUNCH SERVICE

Number of Guests	Rates per person
10-18	\$65
19-27	\$60
28+	\$55

DINNER SERVICE

Number of Guests	Rates per person
10-18	\$75
19-27	\$70
28+	\$65

FOR SMALLER GROUPS:

- Smaller groups are billed at private chef rates of hourly + food cost + assistant hourly + service fee + tax.
- Please send us a request so we can offer a custom quote for you and your offering a request so we can offer a custom quote for you and your offering!!

ADD-ON'S:

- \$10pp to add organic chicken, pork, beef.
- \$10-\$30pp to add in local fish, local venison, local beef.
- \$5-15pp to add plated desserts.
- \$75 set-up and \$50/day for Kangen water set-up and service.
- Market for larger portions / 2000+ kcal/day for 3 meals
- Fresh local juice at market rate.
- Full service meals.
- Florals and styling.

THE ONLY OTHER CHARGES YOU'LL SEE:

- Travel fee, dependent on mileage
- 4.712% Maui GET
- 2.9% Credit card processing fee
- 20% Admin & service fee
- Holiday rates
- Additional options such as dessert, animal protein, Kangen water, etc

EXPLANATIONS OF RATES

We believe that creating a mindful and supportive environment starts with valuing the contributions of everyone involved.

Our fee structure reflects this, allowing us to pay our fabulous chefs and staff fairly, support local farmers and purveyors, purchase high quality imported goods like superfoods and oils, as well as cover expenses like equipment costs, business insurance and other administrative expenses, zero waste, and non-toxic products, and ongoing training, while also showing gratitude to our dedicated team with livable wages on an island with an extremely high cost of living expenses.

Travel

- \$75 per day to Westside Maui
- \$50 per day to Southside Maui
- \$25 per day to North Shore Maui
- *For destination retreats, additional expenses such as airfare and car rental may apply. Accommodation for the head chef and assistant(s) is required for all destination retreats.

4.% GET

Our services, like all services in Maui County, are subject to the Maui General Excise Tax (GET) of 4.166%. Hawaii does not have a traditional sales tax but instead utilizes the GET, which is assessed on all business activities and paid to the county of Maui.

2.9% Processing Fee

Lotus Chefs applies a 2.9% credit card processing fee to all invoices, which covers the costs of credit card transactions. However, if you prefer to pay using a check, Zelle, or another fee-free method, we are more than happy to remove this fee for you. Just let us know which payment method you prefer, and we'll make sure the fee is removed. We want to make the payment process as easy and stress-free as possible for you, so you can focus on enjoying your retreat.

Holiday & High Season Rates

- Double charge for Christmas, Thanksgiving, New Years Eve, New Years Day
- 50% up-charge for all other major holidays and December 15 -January 5

20% admin & service fee

At Lotus Chefs, we believe in the importance of acknowledging the hard work and dedication of our chefs and workers. That's why we apply a 20% administrative and service fee to all invoices, which helps us pay livable wages to our team and covers a myriad of costs associated with Maui's high price of living and operating a sustainable business. *We understand that sometimes clients may wish to show extra appreciation for the exceptional service they receive. If this is the case, clients are welcome to leave an additional gratuity at their discretion. Any extra gratuity given will go directly to our staff, who work tirelessly to create nourishing and flavorful meals that align with your retreat intentions.*

ANIMAL PROTEINS

Our menus are thoughtfully crafted to be primarily plant-based, with eggs and dairy included on the sides for guests. However, we understand that some guests may prefer animal proteins as a part of their meals.

For an additional \$7.50 - \$10 per person per meal, we can include smaller portions of animal proteins such as chicken in curry, fish tacos, etc. These options typically come with 4-6 oz of protein per serving.

For those who desire higher-end animal proteins such as 8 oz of local grass-fed steak or fresh local fish as a main, we offer options starting at \$10-\$20+ per serving per meal. Please note that these rates may vary depending on the current market. We are happy to work with you to create a menu that suits your needs and preferences.



KANGEN WATER

At Lotus Chefs, we take hydration seriously, and we believe in offering the best possible water for our clients. That's why we are proud to feature Kangen Water, a high-vibrational, pH-balanced, and super antioxidant water on-site.

Kangen water is produced by a Japanese company called Enagic, known for its innovative water ionization technology.

The Kangen water produced by Enagic machines has a unique alkaline pH level that can help neutralize acidity in the body, promote better hydration, and boost overall health.

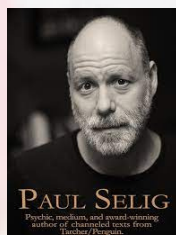
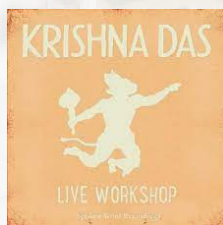
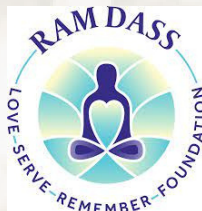
We believe that offering Kangen water is a small but meaningful way to enhance our clients' wellness experience during their retreats or event.

Our Kangen water filter is just one of the many tools we use to ensure that our food and beverage offerings support our client's physical, emotional, and spiritual health.

Please note that Kangen Water is available at select locations with compatible sink attachments, and there is a charge of \$75 set-up and \$50/day for Kangen water set-up and service.



WHOM WE'VE COOKED FOR





About The Owner

Chef Kyra Mirian Bramble

My love for food is an enduring journey, a tapestry of experiences woven with the threads of travel, hospitality, wellness, and now, motherhood. As the heart behind Lotus Chefs, I've cultivated a space that allows me to embrace my passion while nourishing my family, both literally and figuratively.

A proud Maui local for over a decade, the island's abundant culinary gems never cease to inspire me. Whether it's through the medium of seasonal ingredients, showcasing local specialties, or infusing every dish with the warm embrace of aloha spirit, my mission remains clear: to share, to inspire, and to love.

While my roots trace back to the sun-kissed terrains of California, they extend as far as Southeast Asia and Central America. From the rustic charm of wine-country cuisine to the vibrant dance of PanAsian and traditional Mexican flavors, my menus are a tribute to my travels and experiences. Whether you seek timeless classics or contemporary wonders, know that my culinary offerings cater to all.

My culinary journey is rich and varied: beginning with a classic Le Cordon Bleu degree, it expanded to encompass studies in regional cuisines, holistic nutrition, Ayurvedic cooking, Hawaiian Wildcrafting, yoga, and more. With over twenty years in the hospitality realm, spanning from restaurant nooks to grand festival arenas, my commitment to the craft remains as fervent as ever.

Though my role has evolved, my ethos remains intact. Each dish prepared under Lotus Chefs is a testament to my belief in the transformative power of food. While I might not be behind every single dish now, I have complete faith in the exceptional chefs representing me—they continue the tradition of pouring love into every plate.

In the world of Lotus Chefs, culinary artistry marries authenticity. We're all about sophisticated creativity without an ounce of pretense. For those who seek intentionality, passion, and a truly unforgettable culinary experience, you're in the right hands.



Mahalo nui loa