

Sandwiches

(comes with a small spring mix salad, shaved parmesan, lemon herb dressing)

Lemon and Thyme Chicken

macadamia nut pesto, apples, arugula, tomato, creamy lilikoi dressing, feta cheese \$10

Smoky Mango Chicken with Surfing Goat Cheese

seasonal local fruit, goat cheese, avocado, mixed greens, red onion, bacon, chipotle-cilantro vinaigrette \$10

Pastrami Seasoned Seared Ahi Sandwich

green papaya salad, purple cabbage, radish, cilantro, carrots, miso ginger dressing, wasabi aioli \$12

Shrimp and Avocado Club

arugula, tomato, bacon, roasted garlic-mustard aioli, pea shoots, kim chee banana peppers \$11

Falafel and Quinoa Sandwich

sriracha hummus, spring mix, romaine, tomato, cucumber, olives, feta, pea sprouts, dill tatziki \$9

Ahi Melt

baked ahi belly with extra virgin olive oil, olives, capers, melted cheddar, red onion, kim chee banana peppers, arugula, meyer lemon dressing \$11

Soups & Stews

(selection of 3 offered daily, 8oz or 14oz)

vegan minestrone

french onion

tomato bisque

clam chowder

corn chowder

cream of mushroom

white bean and kale

chicken tortilla

broccoli cheddar

carrot ginger

split pea

chicken noodle

vegan chili

maui cattle beef stew

ni'ihau lamb chili

louisiana gumbo

Beverages

Big Wave Organic Kombucha and Kefir

Iced Teas \$2.50

Organic Coffee \$2.50

Organic Protein Shakes

Bottled Water sparkling \$2.50 flat \$2

Juices

Mean Green

kale, celery, ginger, apple, lemon, cucumber and mint 12oz. \$6

Roots n' Spice

beet, apple, lemongrass, celery, cayenne and ginger 12oz. \$6

Dawn Patrol

carrot, pineapple, grapefruit, tumeric, ginger and orange 12oz. \$6

Health Shots 2oz.

ginger - helps with nausea, muscle pain, indigestion, lower blood sugar and cholesterol \$3

honey, lemon, tumeric, cayenne - natural anti-inflammatory \$4

wheat grass - vitamins A, B-complex, C, E, I and K, natural source of caffeine \$5

Dessert

Assorted cookies and gluten free cookies

DOWNLOAD THE FORK & SALAD APP HERE. Order food and it will be ready to pick up.

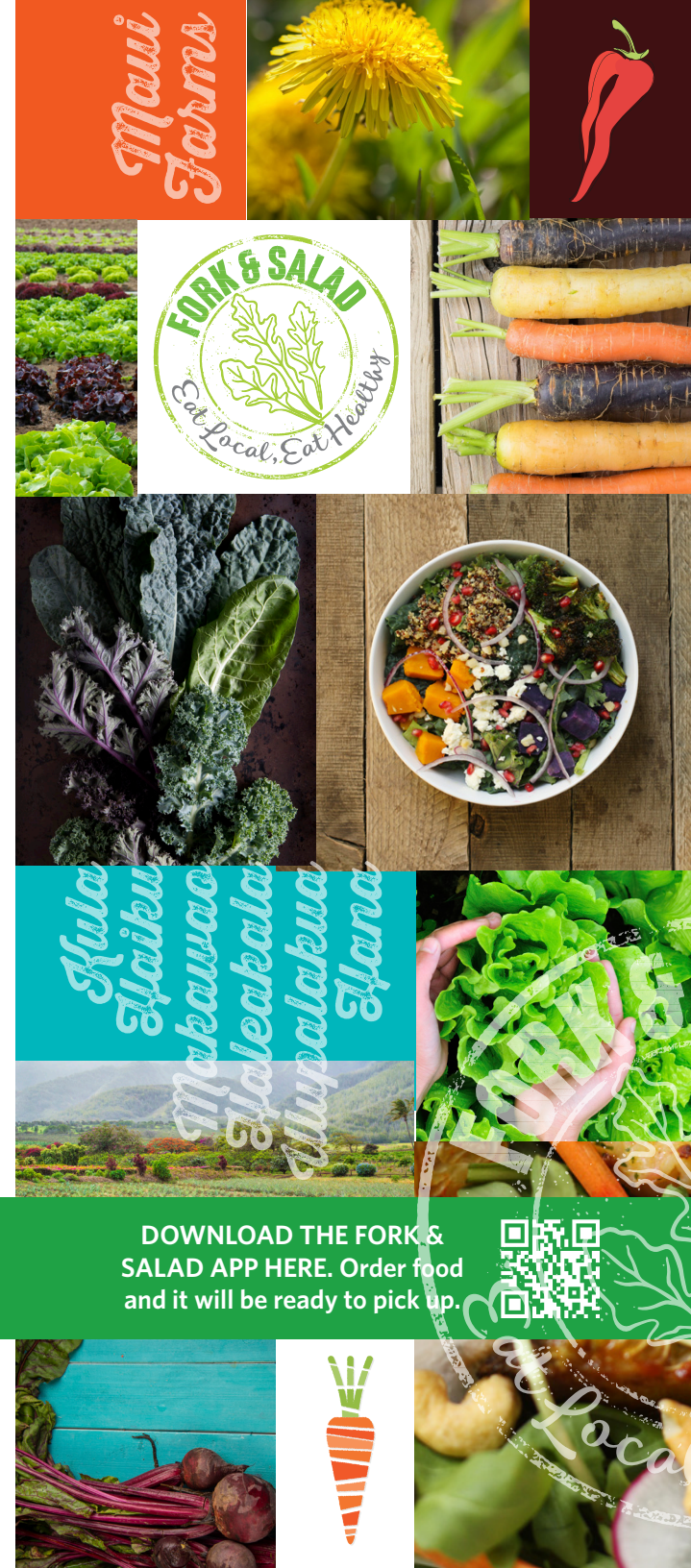


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A RESTAURANT BY THE THREE'S CHEFS
FORKANDSALADMAUI.COM

1279 South Kihei Rd. Unit 204
Kihei, HI 96753 | 808.879.3675



gf=gluten free | df=dairy free | v=vegan

Salads

CLASSICS

Caesar

kale, romaine, croutons, parmesan, tomato, fried garlic chips, caesar dressing \$8.95

Greek gf

spring mix, romaine, chickpeas, tomato, cucumber, olives, feta, pea sprouts, meyer lemon herb \$8.95

Beet and Goat Cheese

spinach, roasted beets, surfing goat cheese, raw beets, apples, seasonal local fruit, health grain mix, macadamia nuts, grapefruit-honey vinaigrette \$8.95

Nicoise gf

romaine, raw green beans, boiled egg, roasted fingerling potatoes, tomato, olives, roasted garlic aioli, green goddess dressing (*recommended baked ahi belly*) \$8.95

Thai gf, df, v

arugula, green papaya, carrot, macadamia nuts, tomato, cilantro, mint, celery, red onion, thai-lemongrass vinaigrette \$8.95

Cobb gf

spinach, romaine, bacon, blue cheese, avocado, boiled egg, spicy broccoli, chickpeas, tomato, blue cheese dressing \$9.95

ADD SOME PROTEIN!

natural chicken breast tossed with meyer lemon and herb dressing \$3.50
citrus poached sustainable shrimp \$4
ginger baked tofu \$3

baked quinoa falafel \$3
pastrami seasoned seared ahi, tamari \$8
Baked ahi belly with olive oil, capers, kalamata olives \$7

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CHEF INSPIRED

Buckwheat Noodle gf,df, v

arugula, carrot, wasabi peas, sugar snaps, radish, avocado, bell pepper, sun sprouts, tomato, miso-ginger dressing \$8.95

Roasted Kabocha Squash and Strawberry Salad gf

spinach, arugula, kabocha squash, strawberries, feta, almonds, quinoa, roasted shallot balsamic vinaigrette \$8.95

Paniolo gf

spring mix, avocado, cheddar, portabello mushroom, bacon, roasted fingerling potatoes, spicy broccoli, chipotle-cilantro vinaigrette \$8.95

HEALTH INSPIRED

Garden Lo-Cal gf, df, v

kale, super-base blend, bell pepper, carrot, raw beets, cucumber, sunflower sprouts, tomato, bragg apple cider-coconut oil vinaigrette \$8.95

Super Salad gf, df, v

super-base blend, purple sweet potato, raw beets, spicy brussel sprouts, raw corn, almonds, avocado lime dressing \$8.95

Kumu Farms Papaya Salad gf

half sunrise non-gmo organic papaya, health grain mix, feta cheese, dried cranberries, almonds, roasted kale and broccoli stems, corn, mint, lemon and olive oil \$8.95

Build Your Own Salad

\$8.95

STEP 1:

Choose Your Base

kale, arugula, spring mix, spinach, romaine, super blend (cabbage, bok choy, dandelion, chard)

STEP 2:

Choose Your Dressing + 5 Ingredients!

DRESSINGS all are gluten free

cilantro smoked chili
miso ginger
roasted shallot balsamic
green goddess
meyer lemon herb
creamy ranch
blue cheese

creamy lillikoi
classic caesar
grapefruit honey
thai lemongrass
avocado lime
apple cider-coconut oil vinaigrette

BASICS

olive oil
squeeze of lemon and oil
balsamic vinegar
apple cider vinegar
red wine vinegar

INGREDIENTS

FRUITS & VEGGIES

apples
avocado
beets raw
beets roasted
spicy broccoli
broccoli & kale stems
carrots
chickpeas
celery
cilantro and mint
corn raw
croutons
cucumber
dried cranberries
boiled eggs
fingerling potato

fried garlic chips
green beans raw
green papaya
kabocha squash
kalamata olives
mango
papaya
portabello mushroom
pea sprouts
purple sweet potato
purple cabbage
red bell pepper
red onion
radish
spicy brussel sprouts

strawberry
sugar snaps
tomato
CHEESE, NUTS & SEEDS
blue cheese
cheddar shredded
feta
goat cheese
parmesan
almonds slivered
macadamia nuts
quinoa
health grain mix
buckwheat noodle
wasabi pea

STEP 3:

Add a protein or super finish for extra!

super finish - chia seed, bee pollen, hemp seed, flax seed, nutritional yeast