



Lotus Chefs

MAUI HI

## E KOMO MAI!

### RETREAT CATERING GUIDE



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# *E Komo Mai Welcome*

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# About Lotus Chefs

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*At Lotus Chefs, we bring love, aloha, and exceptional farm-to-table cuisine to your Maui retreat. Our all-female team is deeply passionate about crafting meals that nourish the body, uplift the spirit, and inspire connection. We specialize in supporting wellness, yoga, coaching, and spiritual gatherings with cuisine that honors intention and celebrates community.*

## OUR ETHOS

We believe food is medicine—and magic. Each meal we create is infused with care, combining global inspiration, Maui's local abundance, and our chefs' personal heritage. Our team is approachable, wise, and warm, and made up of women who not only cook with heart but also understand the energy and rhythm of retreat spaces. We bring the vibe of your gathering to life through thoughtful, inclusive food.

## FARM-TO-TABLE COMMITMENT

With a goal of sourcing at least 80% of our fresh ingredients locally, our menus reflect the richness of the islands: from organic tropical produce to sustainably caught seafood and artisan-made sourdough breads. We work closely with Maui's farmers, fishers, and food artisans to ensure that every bite supports the local economy and showcases the island's vibrant bounty.

## A PERSONALIZED TOUCH

No two retreats are alike. That's why we tailor every menu to your specific goals and guest needs—be it plant-based, paleo, gluten-free, Ayurvedic, or raw. We welcome dietary sensitivities and preferences with compassion and creativity, ensuring every guest feels seen and satisfied.

## MORE THAN A MEAL

Our service is more than culinary—it's ceremonial. Whether we're plating a nourishing lunch or presenting a goddess-tier dinner, we aim to create memorable experiences rooted in reverence, joy, and beauty. We offer enhanced options like bespoke tablescapes, themed grazing boards, and luxurious high teas that elevate your retreat to a sensory celebration.

*Let Lotus Chefs nourish your community while you hold space for transformation. With love and aloha, we deliver intentional, island-inspired dining experiences that honor the sacredness of your time together.*

# *Hawai'i & Plantation Story*

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Modern Hawai'ian cuisine is a profound reflection of the islands' history, blending Native Hawai'ian traditions with multicultural influences that arrived during the plantation era. Rooted in the practices of long ago, the cuisine celebrates the bounty of the land and sea, and traditional techniques, all emphasizing a deep respect for nature and community, embodying the value of *aloha 'āina* (love for the land).

Plantation cuisine in Hawai'i emerged from the complex migration, labor, and cultural exchange during the 19th and 20th centuries. Immigrant workers from Japan, China, the Philippines, Portugal, Korea, and other regions brought their culinary traditions to the islands, blending them with local ingredients. This created a shared culinary language that gave rise to beloved local dishes like saimin, malasadas, and adobo. However, this evolution came at a cost. The sugarcane and pineapple plantations that shaped this cuisine also displaced Indigenous communities, disrupted traditional ways of life, and eroded Native Hawai'ian sovereignty and cultural practices.

We strive to honor both the deep roots of Native Hawai'ian cuisine and the multicultural contributions of plantation workers. We acknowledge the struggles and injustices of Hawai'i's past, including the exploitation of labor and the impacts on Native Hawai'ian traditions. By incorporating intentional practices, a range of cultural influences, and locally sourced ingredients, we aim to create dishes that celebrate Hawai'i's diverse culinary landscape in a meaningful way that it is also accessible to visitors with various palettes - while never claiming it as our own.

Hawai'ian cuisine today reflects resilience, adaptation, and community. From the comforting sweetness of Portuguese sweet bread to the umami depth of Japanese miso and the vibrant spice of Korean gochujang, these flavors tell of Hawai'i's modern multicultural heritage. Simultaneously, we strive to highlight Native Hawai'ian ingredients and cooking methods that predate plantation history, showcasing the enduring connection to the land and its resources. Each dish has its own story, a bridge between the past and the present, honoring the traditions that shaped it while embracing the innovations of today, blended together with our chefs' own unique heritages and stories..

We acknowledge with gratitude that while we call Hawai'i home, we are visitors on these lands and will never claim to be of Hawai'ian descent. Instead, we strive to educate, uplift, and celebrate the islands' rich cultural tapestry through our culinary offerings. Every meal we serve is a tribute to history, abundance, and inspiring story on plate. With ingredients sourced from local farmers, fishers, and producers, we strive to ensure that every bite reflects the beauty and bounty of these islands. At Lotus Chefs, cuisine is not just about the food, it's about the stories, the connections, and the love infused into every dish.



# About Retreat Catering

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Aloha,

Thank you for considering Lotus Chefs to nourish your retreat. We are an all-women team led with heart and vision, united by shared values of mindful nourishment, sustainability, and love-infused service. While each individual brings her own unique gifts: from culinary mastery to healing modalities and creative flair; *we all work together in a spirit of collaboration, respect, and care to create deeply intentional experiences.*

Inspired by the lotus flower, a symbol of purity, growth from depths of the earth, and enlightenment, we believe in the transformative power of food. At Lotus Chefs, every meal is an opportunity to feed the soul, not just the body. We prioritize high-quality, locally sourced fresh ingredients from sustainable Maui farms and purveyors, crafting menus that honor both individual wellness and the health of our island ecosystem.

Our philosophy is simple: food is medicine, and love is the secret ingredient. Each menu is thoughtfully designed to reflect your retreat's unique energy and your guests' dietary needs: whether plant-based, Ayurvedic, Sattvic, playful fusion, or optional inclusive of wild/grass-fed/organic/sustainably-sourced meats and seafood. Our chefs are more than culinary artists: they are intuitive, heart-led women who understand the rhythm of healing spaces and bring joy and reverence to the kitchen.

Retreats are sacred containers for transformation. Our team is here to elevate that experience through nourishment, beauty, and thoughtful touches, including tropical floral surprises, crystal details, and a ceremonial cacao offering. We love creating immersive moments through styled tablescapes, eco-conscious presentation, and soulful service that feels effortless.

To support the diverse needs of our retreat partners, we offer three tiers of service:

- **Goddess Luxe:** for those who wish to add a layer of magic, including appetizers, plated desserts, styled tables, florals, and elevated ceremony-ready presentation.
- **Classic Zen:** our signature and most popular retreat catering offering; nourishing, and aligned with wellness-centered offerings, with luxury enhancements at the chef's discretion.
- **Rooted:** due to popular request, we now offer a simple no fuss service, with just as much love, and emphasis on clean pure ingredients with simple preparation & presentation.

We are here to co-create an experience that supports your mission, uplifts your guests, and celebrates the magic of Maui. Please reach out—we'd love to explore how we can serve your retreat with heart, skill, and aloha.

With warmth and gratitude,  
Kyra | Owner & Chef, Lotus Chefs

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\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS



# About Breakfast & Brunch

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*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 retreat journey.*

We're excited to present you with multiple options for curated breakfast & brunch experiences:

## CLASSIC ZEN BREAKFAST

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 locally roasted coffee, medicinal teas, handmade nut milks, local honey
- Toast bar with assorted spreads like almond butter, jam, etc
- A rotating selection of granola and fruit with superfood toppings
- Boiled organic eggs
- Our unique treat of the day, rotating between stuffed local papaya boats and gluten-free muffin and fruit
- Rotating rainbow superfood smoothies are Included with our Goddess Luxe selection!

## GODDESS LUXE BREAKFAST

Elevate your breakfast by allowing our team to serve, present and clean up for you. Includes:

- All of the elements from Classic Zen - but with full service
- Superfood smoothies or smoothie bowls
- Scrambled eggs or eggs cooked to order for your guests

## CLASSIC ZEN BRUNCH

For those seeking a lavish or more filling 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!



# Menu Peek: Breakfast & Brunch

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## SAMPLE MORNING CONTINENTAL SPREAD

Locally roasted coffee, medicinal tea assortment, fresh nut milk, organic moo creamer, local raw honey, raw sugar, stevia, MCT oil, rotating spa waters & 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. (please ensure you request any specialty ingredients listed as we always strive to shop with minimal waste in mind)

## AVOCADO TOAST BAR

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.

\*available v/gf

## IRISH CHEDDAR & FENNEL QUICHE

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

\*available gf

## THE CLASSIC

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.

\*available gf

## ACAI BOWLS

Blended acai, banana, and blueberry topped with superfood granola, fresh papaya, fresh mango, and toasted coconut.

## GREEN POWER PROTEIN

Poached organic eggs, wilted Maui greens, roasted rosemary baby potatoes, Maui herb chimichurri, local sourdough.

\*available v/gf



# About Lunch

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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.

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 spa water, and chef's choice of elixir.

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

## ROOTED LUNCH

Let our team do what we do best: play with fresh Ingredients! Intended to be both budget-friendly and allow for more play, this option is a rotating salad bar, and includes:

- Chef's choice rotating salad bar with multiple dressing & sauce options
- Fresh & cooked ingredients
- Grain or noodles of the day
- Protein option(s)
- Chef's choice spa & elixir

## CLASSIC ZEN OR GODDESS LUXE LUNCH

Our classic lunch menu features a balanced approach, with curated pre-planned menu options that feature rotating soup and salad-style meals, buddha bowls, or handheld offerings that showcase a variety of cultural expressions and flavor combinations. We have lots of room to customize here for your specific group.

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.

For lunches In the Goddess Luxe package, expect even more special treats and emphasis on plating.



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# Menu Peek: Zen & Luxe Lunches

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## 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.

\*v / available gf

## 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.

\*available v/gf

## TACO BAR

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.

\*gf / available v

## MEZZE PLATTER

Basil kale hemp pesto, smoky 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.

\*gf / available v

## HAWAIIAN "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.

\*v / available gf

## RUSTIC ITALIAN

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.

\*available gf



# About Dinner

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At Lotus Chefs, we view dinner as a sacred ritual, the ideal conclusion to a day filled with activity or relaxation. Our dinner offerings are designed to ground, nourish, and celebrate the day's experiences, presenting a rich array of multicultural flavors and the best locally-sourced produce, including unexpected delights like arugula, butternut squash, and strawberries.

Explore our three dinner options and decide which aligns with your group:

## ROOTED DINNER

Rooted dinners are simple and nourishing, with emphasis on clean ingredients, simple plating. They'll include the majority of elements from Classic Zen, but consolidating preps on our end, and smaller portions of animal protein. We are happy to source local fish, local chicken, and local steak for market rate. Spa water & daily elixir included.

## CLASSIC ZEN DINNER

Classic Zen meals are full spreads of a variety of food and flavor, designed to take you on a journey. While our meals are primarily gluten-free and plant-based, we now include small portions of high-quality animal proteins such as organic chicken, local ground venison, and wild ahi for poke. We also offer bread and dairy to accommodate various dietary preferences. We are happy to source local fish, local chicken, and local steak for market rate. Chef's mini dessert bites are included, as are meal paired elixirs.

## GODDESS LUXE DINNER

Elevate your dining experience with our upgraded service, which includes all the elements of Classic Zen, along with an appetizer, enhanced animal protein options, upgraded service, a plated dessert, and a beautifully curated tablescape. Each meal concludes with a handpicked sweet treat from our chef, alongside a curated beverage and refreshing spa water.

*Please note, the items listed are sample offerings, as availability can fluctuate on our beautiful but isolated island. At Lotus Chefs, we are committed to creating an unforgettable dining experience that supports each guest's journey to health and harmony.*



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# Menu Peek: Dinner

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## LOCAL STYLE

Choice wild tuna or local tempeh poke\* with sweet sesame ginger sauce. Coconut cilantro rice. Grilled rainbow veggies. Mixed local green salad with honey miso sesame dressing. Herbal medicinal iced tea. Chef's choice sweet treat.

\*gf/available v

## SOUTHEAST ASIAN

Grilled lemongrass chicken, tofu or local fish, thai yellow coconut veggie curry. Sticky rice steamed in banana leaf. Green papaya rainbow salad with peanut coconut sauce. Butterfly pea iced tea. Chef's choice sweet treat.

\*gf/available v

## ITALIAN STYLE

Gluten-free gnocchi with Maui pesto macadamia cream sauce or local venison ragu. Massaged kale "caesar salad" with hempseed dressing, toasted herb pumpkin seeds, parmesan. Assorted local & gluten-free bread. Fresh moringa lemonade.

Chef's choice sweet treat.

\*gf/available v

## CLASSIC DINNER

Lemon garlic chicken or stuffed portobello or local fish. Mashed potatoes with garlic confit. Grilled or roasted rainbow veggies. Arugula, and baby spinach salad with toasted almonds, pickled red onion, dried cranberries. Cucumber medicinal iced tea.

Chef's choice sweet treat. .

\*gf/available v

## MEXICAN FAJITA MADNESS.

Ground local beef or local white fish or stewed jackfruit tacos. Spanish rice, black beans, tortillas, queso. Roasted tomato tropical fruit salsa with fresh corn chips.

Chef's salad with tomato, jicama, corn, pepitas, cilantro paprika lime dressing.

Cinnamon tamarind agua fresca. Chef's choice sweet treat.

\*available gf/v

## NORTH AFRICAN / MEDITERRANEAN FUSION CHOICE

Handmade falafels or grilled lemon za'atar chicken. 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.

\*available gf/v

# *Pupus* Appetizers

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## **TOMATO CONFIT BRUSCHETTA PLATTER**

*Hana cherry tomato garlic confit, Parmesan, truffle, Maui herbs, local sourdough*  
*\*available v & gf*

## **RAINBOW GRAZING BOARD**

*Chef's choice imported & local charcuterie, cheese, crudités, and delicacies*  
*\*available v & gf*

## **BAKED BRIE**

*Baked brie, roasted garlic, assorted Maui fruit, Maui honey, fig crackers*

## **ISLAND DUMPLINGS**

*Mixed veggies wrapped in local chewy wrappers, steam-fried to order with chef's sauce*  
*\*v*

## **SALSA TRIO**

*Yellow Maui fruit salsa, red roasted tomato chipotle salsa, fresh guacamole & fresh corn chips*  
*\*v/gf*

## **TUNA POKE\***

*Sesame-marinated wild sashimi ahi, avocado, green onions, wasabi aioli, taro root & corn chips*  
*\*gf*

## **MEZZE PLATTER**

*Baked feta and cherry tomatoes OR beet garlic hummus, olive, fresh veggies, flatbread, crackers*  
*\*available v/gf*

## **TEMPEH LAAB**

*Spiced local tempeh with kefir lime and other aromatics, served with lettuce cups and local herbs*  
*\*gf/v*

*\*These items are considered premium and may exceed the standard budget due to market variability and additional labor.*



# Kō Sugar & Sweets

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*We believe dessert should be more than an afterthought—it's a moment of celebration, joy, and indulgence. Whether you're closing a nourishing meal or marking a meaningful retreat milestone, our desserts are crafted with love, integrity, and intention. From simple pleasures to luxurious confections, each offering reflects our commitment to whole ingredients, seasonal inspiration, and elevated experiences.*

## ZEN CLASSIC DESSERTS

Included with all dinner services, our Zen Classic menu features simple, nourishing treats to sweetly conclude the meal. Selections may include mango sticky rice, tapioca mango pudding, superfood chocolate bark, almond meal snickerdoodles, and our signature coconut milk ceremonial cacao.

## GODDESS LUXE DESSERTS

Elevate your retreat experience with our Goddess Luxe tier, featuring indulgent specialties like ceremonial cacao mousse, lavender lemon bars, Maui coffee truffles, cardamom carrot cake, and vegan peanut butter ice cream sandwiches. For bookings of four days or more, a custom whole cake is included, lovingly crafted with whole ingredients and available in a variety of styles and flavors.

## DESSERT UPGRADES

*Looking to make dessert a centerpiece? We offer two premium upgrade options for any service:*

**Chef Erin's Raw Vegan Cheesecakes:** *Beautifully crafted, plant-based, and entirely gluten-free, these luxurious cakes are made with organic, local ingredients and start at \$100. Flavors include Matcha Vanilla Bean, Raspberry Rose + Cacao, Blueberry Tahini, Spiced Ginger Pear (seasonal), Lilikoi Lemon (seasonal), and more.*

**Nosh Bakery Creations:** *For a traditional touch, we partner with Nosh Bakery for custom whole-ingredient cakes, cupcakes, and sweet treats. Perfect for celebrations or special touches, Nosh's desserts are thoughtfully made with integrity and flair.*



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# About Hydration

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*At Lotus Chefs, we offer a comprehensive beverage service to complement our culinary offerings, ensuring every aspect of your dining experience is delightful and health-focused.*

## BREAKFAST AND BRUNCH BEVERAGES

Start your day with our freshly roasted Maui coffee, served with a choice of dairy creamer or handmade nut milk, raw sugar, and local honey. These are included with all breakfast or brunch bookings.

## TEA STATION

Available all day, our self-serve tea station allows guests to choose from a variety of herbal & camellia sinensis teas and tisanes, along with local honey and raw sugar.

## LUNCH AND DINNER BEVERAGES:

Enhance your meal with our selection of spa waters and rotating medicinal drinks and tonics. Options such as elderberry iced tea or moringa lemonade are included, all prepared using the finest onsite water sources to support health and wellness.

## KANGEN WATER UPGRADES:

For those seeking an elevated hydration experience, we offer Kangen Water as a premium upgrade. Sourced from Enagic's innovative water ionization technology, Kangen Water is high-vibrational, pH-balanced, and rich in antioxidants, making it an excellent choice for optimal hydration and health benefits. It helps neutralize acidity in the body, promotes better hydration, and boosts overall wellness.

*Please note that Kangen Water is available at select locations with compatible sink attachments. We charge a setup fee of \$75 and a daily service rate of \$50 for the provision of Kangen Water.*





# About Animal Proteins

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*At Lotus Chefs, our menus are designed to celebrate the richness of plant-based cuisine, complemented by a thoughtful optional inclusion of animal proteins to cater to all dietary preferences.*

## STANDARD CLASSIC ZEN PROTEINS

Included in all dinner services, we provide small portions (3-5 oz per person) of high-quality organic proteins. These include organic chicken, ground Maui beef, ground Maui venison, and frozen wild fish (if we can find affordable fresh local fish we will always choose that), ensuring that even our standard offerings maintain a level of quality and sustainability.

## GODDESS LUXE DINNER PROTEINS

For those opting for our Luxe dinner service, we elevate the experience with small main portions (3-5 oz) of premium meats such as higher-end cuts of local venison and steak, or local fresh seafood. Alternatively, we offer larger portions (6-10 oz) of the standard proteins for a more indulgent meal.

## SAMPLE PROTEIN OPTIONS & UPCHARGES (MARKET DEPENDENT)

- Local Fresh Fish: \$10-15+ per serving
- Imported Fresh Fish (such as Salmon): \$10+ serving
- Local Sustainable Chicken: \$15+ per serving
- Venison Steaks: \$15-20+ per serving
- Classic NY or Ribeye Steaks (Beef): \$15-20+ per serving
- Sashimi Grade Ahi (for Poke or Steaks): \$10-20+ per serving

*Our commitment extends to ensuring that every guest's dietary needs and preferences are met, allowing them to enjoy their meals fully. We are always happy to collaborate with you to tailor a menu that aligns with your specific requirements. Our prices reflect our commitment to sourcing high quality ingredients.*



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# Transparency Updates

At Lotus Chefs, we are rooted in love for the retreat community and a commitment to creating nourishing, unforgettable experiences. We understand the balance retreat leaders must strike—delivering high-quality programming while keeping it financially accessible. We share this challenge, aiming to support our community while honoring the true value of our time, labor, and ingredients.

For new bookings into 2026, we've updated our pricing to reflect Maui's unique realities and our ongoing dedication to excellence, sustainability, and transparency.

Maui is a sacred, stunning place—but also one of the most expensive. Unlike destinations such as Bali, Mexico, or Greece, where lower wages and overhead make retreats more affordable, our island's cost of living is much higher. An average monthly wage in Bali equals just one day's pay for one of our assistants here. While we work to keep our services accessible, we remain committed to paying our amazing women with integrity.

Ingredient costs are also elevated, due to both import expenses and our choice to support local, organic, and regenerative producers. These decisions reflect our values—and ensure your retreat supports not only your guests, but Maui's wider community.

## WHAT'S NEW MOVING FORWARD:

- **Updated Pricing Tiers:** We've restructured pricing to reflect group size and staffing needs. Larger groups benefit from efficiencies, while smaller groups (down to 8) enjoy personalized service.
- **Animal Proteins Now Included:** Reflecting guest preferences, our dinner services now include optional high-quality animal proteins at no additional charge, with an option to add in higher quality items at market rate. Luxe dinners include elevated protein options.
- **Rooted Tier:** This simple tier strips down all of our higher end services to what truly matters: fresh local food, impeccable service, and love. For retreat leaders with a tighter budget, or who just want to allow our chefs to have more creative control.
- **Goddess Luxe Tier:** This premium tier includes appetizers, plated desserts, high-end proteins, and styled tablescapes and is ideal for retreats seeking a more ceremonial, abundant experience.
- **Expanded Tablescape Styling Options:** Our expanded collection of linens, serveware, and décor allows us to offer themed styling—boho, classic, tea party, or goddess—for any service that deserves extra beauty and intention.
- **Collaborations with Local Artisan Partners:** We're partnering with like-minded Maui artisans—beekeepers, bakers, butchers, and more—to expand our offerings while supporting our community.

These updates reflect our continued care for this work and community. We're honored to keep co-creating soulful, nourishing retreat experiences with you. Thank you for your support.

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# Service Investment

## Service: Breakfast / Brunch

Guest Count	Zen Self-Serve	Luxe Hosted	Full Brunch
8-11	\$35	\$50	\$75
12-16	\$30	\$45	\$65
17-21	\$25	\$40	\$60
22-26	\$20	\$35	\$55
27+	\$15	\$30	\$50

## Service: Single Meals

Guest Count	Rooted Lunch	Zen Lunch	Rooted Dinner	Zen Dinner	Luxe Dinner
8-11	\$65	\$75	\$75	\$90	\$120
12-16	\$55	\$65	\$65	\$75	\$105
17-21	\$50	\$60	\$60	\$70	\$100
22-26	\$45	\$55	\$55	\$65	\$95
27+	\$40	\$50	\$50	\$60	\$90

*Rates are by per guest per day per meal*

*All rates include labor, food costs, ingredient sourcing*

*Luxe Breakfast includes full service, hot eggs and a superfood smoothie.*

*Luxe Dinner features an appetizer, plated dessert, elevated service, and light tablescaping.*

*Zen Self-Serve Breakfast requires support from retreat staff for serving and clean-up, and must be paired with a scheduled dinner service the evening prior for prep.*

*A 4-day minimum booking is required to access retreat pricing*

*Administration fee, processing, tax, and travel are all additional*

*Please refer to your contract for full terms and details.*

\*CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS



# Discounted Day Rates Investment

To bundle services, we offer discounted pricing for three meals a day, with a variety of options for every type of retreat. Take a look and see what aligns best with you.

## Day Rate Pricing

Guest Count	Rooted	Zen	Luxe
8-11	\$110	\$140	\$190
12-16	\$95	\$125	\$175
17-21	\$90	\$120	\$165
22-26	\$85	\$115	\$160
27+	\$80	\$110	\$155

Notes:

Rates are by per guest per day for three meals

All rates include labor, food costs, ingredient sourcing

Luxe Breakfast includes full service, hot eggs and a superfood smoothie.

Luxe Dinner features an appetizer, plated dessert, elevated service, and light tablescaping.

Zen & Rooted Self-Serve Breakfast requires support from retreat staff for serving and clean-up, and must be paired with a scheduled dinner service the evening prior for prep.

A 4-day minimum booking is required to access retreat pricing

Administration fee, processing, tax, and travel are all additional

Additional requests & team hours will result in additional fees

Please refer to your contract for full terms and details



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# *Explanations of Charges*

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## TRAVEL

- \$75 per day to Westside Maui per day
- \$50 per day to Southside, North Shore, Upcountry, Haiku, Huelo per day

## GENERAL EXCISE TAX

- Our services, like all services in Maui County, are subject to the Maui General Excise Tax (GET) of 4.712%. Hawai'i 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.

## 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 or another fee-free method, we are more than happy to remove this fee for you.

## 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

## ADMINISTRATION FEE

- At Lotus Chefs, we add a 20% administrative fee to all invoices to reflect the behind-the-scenes work that makes your experience seamless. This fee supports essential offsite hours: menu planning, team coordination, equipment prep, shopping, and communication, as well as the transport and use of our specialty supplies. It also helps us provide fair, sustainable wages to all our team, both the ones you'll meet and the ones behind the scenes, and operate with integrity here on Maui, where the cost of living and doing business is uniquely high.

## GRATUITIES

- Gratuities are never expected but always appreciated as a gesture of gratitude for excellent service. Should you feel inspired to show extra appreciation for our chefs and staff, any additional gratuity will be graciously accepted and evenly distributed among the team based on hours. These tokens of thanks directly support the hardworking individuals who bring love, intention, and flavor to every meal, creating experiences that align with your retreat and dining goals.





# What is included?

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- Professional staff, including a daily head chef with personal liability insurance and food safety certification, plus chef assistants/servers as needed for smooth service (note we work with an all-woman team).
- Customized farm-to-table menus, designed in consultation with you to meet the dietary needs, preferences, and energy of your retreat. Includes all agreed-upon food and beverages featuring locally sourced, organic ingredients.
- Flexible service styles—buffet, family-style, or plated—based on menu, venue, and kitchen logistics.
- Full ingredient sourcing and shopping, with access to high-end culinary equipment (Vitamix, food processor, etc.).
- Two planning calls with our owner or admin director, plus an optional intro call with your head chef. Full email availability from booking through your retreat.
- Personalized presentation and service: curated buffet styling or table setting (chef's choice unless otherwise specified), with cloth napkins, natural linens, gold utensils, wood and porcelain platters.
- Full kitchen and dining cleanup after each meal (except self-serve breakfasts), using natural, non-toxic cleaning supplies.
- Zero-waste commitment including reusable BPA-free or glass containers for leftovers and minimized single-use items.
- Aesthetic and ceremonial touches, including light tablescaping, spontaneous floral or crystal surprises, and one ceremonial cacao offering to enrich the energy of your retreat.
- Marketing support, including access to teaser menus, our branded media kit, and optional promotional posts on our social channels.
- Trusted referrals to island-based collaborators—tour guides, bodyworkers, sound healers, florists, and more.

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# What's *not* included?

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- Rental of external equipment not owned or provided by Lotus Chefs.
- Dishes, flatware, and glassware (available as an upgrade or included in Luxe packages upon request).
- Alcoholic beverages (however, we're happy to offer pairing recommendations or connect you with a sommelier or mixologist).
- Tableware rental coordination beyond what is agreed upon; recommendations can be provided.
- Event planning or coordination services outside the scope of our culinary agreement.
- Permits or location-specific fees required to serve food or beverages (if mandated by the venue).
- Menu items not included in the agreed-upon plan.
- Unlimited direct communication via calls, texts, or social media—our availability is structured through planning calls and email.
- Deep cleaning of kitchen spaces beyond standard culinary cleanup.
- Cleaning outside the kitchen and dining areas (e.g., guest rooms, lounge spaces).
- Snacks and leftovers (not guaranteed unless specified in your service package).
- Basic kitchen infrastructure, such as a working stove, fridge, oven, or filtered water (must be available on-site).
- Travel expenses for staff (may be added if applicable).
- Childcare or personal assistance outside of culinary service.
- Additional hours if events run over the scheduled time (billed at \$95/hour for chefs and \$50/hour for assistants, rounded up—including late meal start times).
- Please refer to your contract for full terms and conditions.

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# Upgrades & Referrals

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*At Lotus Chefs, we love supporting small, local, and women-owned businesses, and we're proud to have a large community of talented professionals we can recommend to enhance your dinner experience or other parts of your Maui adventure. Here are just a few ideas to inspire you:*

- Full plateware and bespoke tablescapes, available from our archives or via rental.
- Custom floral arrangements and lei-making classes.
- Hawaiian chanting, hula dancing, and cultural immersion experiences.
- Private yoga classes tailored to your needs.
- Ceremonial Cacao Rituals.
- Cooking Classes or Body Love Scrub Workshop by our team.
- Massage therapy to help you relax and unwind.
- Sound healing sessions for a transformative experience.
- Surf lessons to embrace Maui's adventurous spirit.
- Guided Road to Hana tours for breathtaking sights and stories.
- Professional photography and videography to capture special moments.
- Tables, chairs, and picnic styling rentals for seamless event coordination.
- Expert sommelier, mixologist, or barista services for elevated beverage experiences.
- Custom cakes and pastries for birthdays, anniversaries, or other celebrations.

*Have something else in mind? Just ask, and we'll do our best to make it happen!*



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# 5 Star Reviews

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## **MAUREEN DELUCIA | OWNER, MANGALA YOGA | MANGALAYOGASTUDIOS.COM**

*"Kyra is such an incredible Chef! I have worked with her over the last 8+ years. She has cooked for our yoga retreat on Maui and most recently catered our wedding. Kyra and her team are professional and enjoyable to be around. She has stellar communication skills and is passionate about what she does. Our delicious dinner was absolutely one of the best highlights of our wedding! The level of coordination, organization and execution of our dinner was seamless. Thank you Kyra and team!! Looking forward to working with you again!"*

## **POHALA | ESOTERIC HAWAIIAN BOTANICAL MEDICINE | POHALA.NET**

*"Stellar quality food with an amazing chef and staff. Kyra and her team nourished my retreat on Maui and provided us with the highest quality, delicious, and beautifully presented food that looked and tasted like art. The entire team, their love and ALOHA is what took it over a 10! MAHALO!"*

## **ARMON PETROSSIAN | FOUNDER | COALESCE.IO**

*"Kyra and her team provided us with a world-class experience of cuisine during our company retreat in Maui. She also helped get us in touch with other amazing people in the hospitality industry that included a mixologist, massage therapist, and more. Highly recommend!"*

## **LEAH LAMB | ALCHEMY OF STORY PROGRAM | LEAHLAMB.COM**

*"EPIC!!! Kyra and her team brought the magic with every single meal. I've led many retreats, and now I want to host every one on Maui just so we can collaborate with Kyra's team! Always kind, helpful, inspired-- every meal was beautiful, nutritious, and the topic of conversation throughout our time together! THANK YOU Kyra-- fr helping us connect to nourishment, this place, and each other."*

## **HANA RAFTERY | YOGA, AYURVEDA, SOMATIC LIFE COACHING | HANARAFTERY.COM**

*"I hosted a retreat on Maui last week and Kyra and her amazing staff nourished us all week. Her food all tastes incredible and looks gorgeous. Some highlights were papayas with cashew lime cream and Thai veggie curry with fresh fish. She sources most of her ingredients locally and everything is so, so fresh. She was a joy to work with and her service and her whole staff is 10/10 amazing. All of my retreat guests with special dietary needs were also well taken care of. She also took special care of my two year old daughter's food preferences :) Thank you Kyra and team!!"*

## **JOE BELLAFORE, THE ARICA NINE HYPERGNOSTIC SYSTEMS™ GROUP TRAINING**

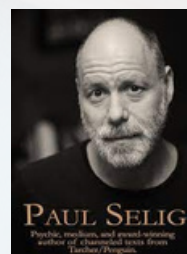
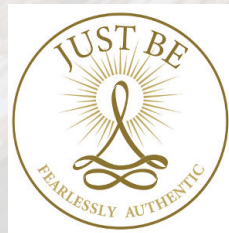
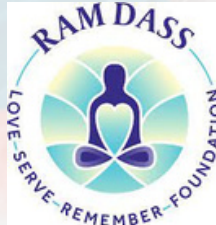
*"I host extended retreats on Maui and have worked with Kyra three times over the past two years. She takes care of us so well, cultivates an excellent atmosphere, and our guests are so pleased and nurtured by the food and her team. The Lotus Chefs are truly excellent."*

## **BRITTANY MACKINNON | CANCER SURVIVOR | PROJECTKORU.ORG**

*"Kyra was so accommodating to my picky eater status. She called me ahead of the retreat to ensure she had food for the week that I would be able to enjoy. I was very appreciative. Throughout the week I ate way more than I thought I would and even tried some new foods I had never had before. She is an amazing, creative chef who I highly recommend!"*



# Collaboration & Community



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# Meet our Culinary Alchemists

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## KYRA MIRIAN BRAMBLE

*Kyra Mirian Bramble, owner and head chef of Lotus Chefs, blends her Le Cordon Bleu training with a deep passion for farm-to-table cuisine rooted in Maui's vibrant local bounty. Balancing motherhood and leadership, she infuses every dish with soulful intention, drawing from her global culinary journey and love for community. Under her guidance, Lotus Chefs creates nourishing, unforgettable meals that celebrate sustainability, creativity, and aloha.*



## ANGEL GREEN

*Chef Angel Green brings over a decade of experience to Lotus Chefs, blending plant-based culinary artistry with deep roots in Hawai'i and training from renowned wellness institutions like Living Light Culinary and Hippocrates Health. Her vibrant, seasonal dishes celebrate the island's abundance, often featuring local fish, venison, and organic produce, all crafted with joy, playfulness, and care. Angel's intuitive, wellness-driven approach makes her a beloved and trusted chef for intentional retreats.*



## CHRISTINA OLIVIERA

*Chef Christina Oliveira, head retreat chef at Lotus Chefs, is celebrated for her vibrant plant-based fusion cuisine and artistry in raw food, blending culinary craft with a deep sense of purpose and healing. Trained in both the culinary and healing arts, she creates nourishing meals that honor diverse diets, including sustainable meats and bone broths. Known for her intuitive cooking, teaching, and reverence for nature, Christina brings magic and heart to every meal she serves.*



## CASIA ROSE

*Chef Casia Rose, a Maui native and head chef at Lotus Chefs, blends her love for local ingredients, gardening, and foraging with a rich flair for multicultural fusion—especially Mediterranean cuisine. Trained under Kyra Bramble for over seven years and recently certified in raw food in Bali, Casia crafts soulful meals that honor both tradition and innovation, thoughtfully integrating sustainable meats and bone broths. Her dishes reflect a deep reverence for the land and a commitment to nourishing body and spirit.*





# About the Owner

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My passion for food has been a lifelong journey, intricately woven with experiences from travel, hospitality, and, most importantly, family. As the driving force behind Lotus Chefs and a proud mother, I've found a way to harmonize my devotion to culinary arts with the joys and lessons of motherhood.



Having called Maui home for over a decade, its rich culinary landscape continues to inspire me daily. From championing seasonal ingredients to showcasing local delicacies infused with aloha spirit, my mission is simple: to bring families closer together through unforgettable meals. My culinary influences span from my Californian roots to the vibrant flavors of Southeast Asia and Central America, always highlighting the magical melting pot that Maui is and highlighting local farms, and small boutique local products. The dishes I create reflect this journey, blending timeless classics with innovative fusions to delight every palate.



My formal culinary education began at Le Cordon Bleu, followed by an immersive exploration of regional cuisines, holistic nutrition, Ayurvedic cooking, and Hawai'ian wildcrafting. With over two decades in the hospitality industry, I remain dedicated to crafting experiences that nourish both the body and soul.



As my own family grows, Lotus Chefs has grown as well, my role has evolved to prioritizing being a mama in my own home. While I may not be crafting every dish myself, I've hand-selected a team of exceptional chefs who embody my ethos and passion. Together, we deliver meals that are not only delicious but filled with love and intention. At Lotus Chefs, we seamlessly combine culinary excellence with genuine warmth, creating family-centered dining experiences that are both elevated and approachable.

Whether you're looking to celebrate a special occasion or savor a thoughtfully prepared meal with loved ones, Lotus Chefs offers a unique experience that prioritizes quality, family, and the essence of Maui. I thank you from the bottom of my heart for supporting us!







# An open letter to fellow chefs

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Dear Chef,

If you're reading this, you're likely someone who cares deeply about presentation, precision, and the art of creating unforgettable culinary experiences—just like I do! And you're researching how other chefs present their own offerings—just like I used to do!

Every menu packet, design element, and piece of structure you see here was handcrafted by me. I design and customize all of this myself, including my websites, based on over two decades of hands-on experience in the culinary world. These systems reflect years of refining pricing structures to meet the unique demands of my local market in Maui, while remaining deeply committed to sustainability—for myself, for my team, and for my clients.

I believe that excellence begins long before the first plate is served. That's why I approach every touchpoint—from the first digital interaction to the final sweep of the kitchen—with care, organization, and beauty. That is how I honor the guests who invite us into their lives.

In addition to being a Le Cordon Bleu & Holistic Nutrition Consultant Chef, I'm also a designer with a CalArts Graphic Design Certificate, a META-verified social media marketer, a small business owner, and a website and app designer. I love collaborating with fellow culinary creatives and offer 1:1 coaching to help chefs like you build strong, aligned businesses, guiding in pricing, logistics, menu development, marketing, branding and more. I also offer downloadable programs, templates, and business-building guides.

If you're inspired by the organization and aesthetic of this packet, I'd love to hear from you. I've got a treasure trove of resources I haven't yet had time to publish, and instead of seeing this work copied—as has happened before—I invite you to partner with me.

Let's uplift each other's work and build this industry with integrity and mutual support. You can explore my coaching offerings, template shop, and classes at [kyramirianbramble.com](https://kyramirianbramble.com), or email me directly at [aloha@lotuschefs.com](mailto:aloha@lotuschefs.com).

With love and in solidarity,

Kyra Mirian Bramble  
Chef & Creative