

Sandwiches

(come with a small spring mix salad, shaved parmesan, lemon-herb dressing, served on Blue Door Bread Co. naturally-fermented, organic sourdough focaccia)

Lemon & Thyme Chicken (675 cal)

macadamia nut pesto, apples, arugula, tomato, grapefruit honey dressing, feta cheese \$10

Smoky Papaya Chicken with Goat Cheese (797 cal)

papaya, goat cheese, avocado, mixed greens, red onion, bacon, chipotle-cilantro vinaigrette \$12

Pastrami-Seasoned Seared Ahi Sandwich (522 cal)

green papaya salad, purple cabbage, radish, cilantro, carrots, miso-ginger dressing, wasabi aioli \$14

Shrimp & Avocado Club (635 cal)

arugula, tomato, bacon, truffle aioli, kim chee banana peppers \$12

Falafel & Quinoa Sandwich (567 cal)

sriracha hummus, spring mix, romaine, tomato, cucumber, olives, feta, dill tzatziki \$10

Ahi Melt (695 cal)

baked ahi belly with extra virgin olive oil, olives, capers, melted cheddar, red onion, kim chee banana peppers, arugula, pesto, meyer-lemon dressing \$12

Roasted Kumu Farms Eggplant & Goat Cheese Sandwich (629 cal)

macadamia nut pesto, goat cheese, cucumber, olives, dill tzatziki, spring mix, tomato, red onion \$10

Soups & Hearty

Tomato Bisque (140 cal; 245 cal) 8oz. \$4, 14oz. \$7

New England Clam Chowder 8oz. \$4, 14oz. \$7

Ni'ihau Lamb Chili 8oz. \$5, 14oz. \$8

Consuming raw or undercooked meat, fish or eggs can increase your risk of food born illness.

Beverages

Big Wave Organic Kombucha and Kefir

16oz. \$6; 24oz. \$8

Cold-Pressed Nitro Coffee 8oz. \$5

Bottled Water sparkling \$4; flat \$2

Local Beers and Wine available in-house, prices vary

Pau Vodka \$5

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, turmeric, ginger & orange 12oz. \$6

Health Shot 2oz.

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

Dessert

Gluten Free Peanut Butter Cookies \$2

Gluten Free Chocolate Chip Bar \$3

Locally-made Pono Pies \$9



A RESTAURANT BY THE THREE'S CHEFS
FORKANDSALADMAUI.COM

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