



Maui Nō Ka 'Oī

RETREAT CATERING

Chef Kyra Bramble

ABOUT: RETREAT CATERING

I see retreats as a place to connect, expand, and nourish. The food is vital to this, and I am committed to matching the retreat's energy with intentional food preparation.

Retreats have been my primary culinary focus since 2014, and I've pioneered the yoga retreat catering industry and mentored many connected and aspiring chefs through my online platform moreplease.com.

I am trained in holistic nutrition, Le Cordon Bleu classic culinary arts, Ayurvedic cooking, raw food cuisine, Hawaiian medicinal food, and more. I also am a part-time yoga teacher myself.

I bring not only food to retreats but also aligned assistants (most of them are also yoga teachers!), intentional beverages (my Kangen machine comes with me!), and an overall energetic ambiance (I bring altars, oracle cards, sage, and more).

This menu guide reflects the most popular styles of retreat-style catering, but customization is always available. It's very important to me to be an asset to the retreat, and for the food to help empower both the hardworking leaders as well as the participants in their journey.

I am a full-time Maui resident, and am very familiar with the island's local produce, vendors, products, and retreat centers, and am proud to be a recommended chef at many venues.

I aim to provide 80% local and/or organic produce & proteins, always prioritizing farm-to-table, and strive to practice zero waste as much as possible.

Retreat catering is a fully immersive experience, and although the work is labor-intensive physically and mentally, it is a true honor to support sacred space. Thank you for your consideration In bringing me into your intentional event.

ABOUT: BREAKFAST

Breakfast is the first meal offered, integral to starting off a fabulous day and has lots of variations available.

For classic yoga retreats, my recommendation is to always have fresh fruit, coffee and tea available, and then have breakfast waiting after morning practice.

The menu offered below is light, fruit-forward and showcases Maui's beautiful bounty. It is the most common style requested for yoga retreats.

Customization is always available, including daily superfood smoothies, superfood add-ons from Purium, YourSuper, or another trusted brand, and more. I can also outsource for daily fresh-squeezed juices.

To go in a different direction, a more classical custom yogi menu would Ayurvedic or macrobiotic forward porridge, kitchari, congee, miso soup, or more.

For hearty more classic breakfast requests: eggs, potatoes, quiches, sustainable meats are available as well to customize.

Ultimately the menu should reflect your offerings, intentions, physical expectations, and energetic alignment through food.

Please note: the items offered are samples only as availability can vary on this small isolated island!

SAMPLE BREAKFAST

Fancy Water, Tea & Coffee (everyday)

Local roasted coffee, tea assortment, fresh nut milk, organic moo creamer, local raw honey, raw sugar, stevia, MCT oil, Kangen 9.5 hydrogen-rich antioxidant water, rotating spa waters

Morning Continental Spread (everyday, custom)

Rotating superfood smoothie, local and organic fruits, hard-boiled eggs, toast bar with local bread, gf bread, local jam, almond butter, grass-fed butter, miyokos, local granola, organic yogurt

Avocado Toast Bar (full-service)

Local assorted bread, gluten-free bread, organic butter, avocado, beet hummus, arugula pesto, sprouts, cucumber, tomato

Irish Cheddar & Fennel Quiche (full-service)

Caramelized fennel & Maui onion, white Irish cheddar, cauliflower quiche with truffle basil pesto

The Classic (full-service)

Scrambled organic eggs with chives & white cheddar, rosemary garlic roasted potato, wilted Maui greens, sourdough bread

Chia Seed Parfaits (full-service)

Chia seed coconut cardamon pudding, fresh blueberries, mango puree, oat pecan crunch

Powerhouse Papayas (full-service)

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

Acai Bowls (full-service)

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

Green Power Protein (full-service)

Poached organic eggs, wilted Maui greens, roasted baby potatoes, Maui herb chimichurri

ABOUT: LUNCH

Lunch is our middle meal, served at the hottest part of a busy day, and intentionally kept lighter.

I aim for nourishing, filling, easily digestible, and well-rounded nutritionally meals, without being heavy. I want to allow for sustainable afternoon movement as well!

I prefer a simple soup & salad approach, with flavor combinations rotating between various cultural expressions, and this energy is reflected in the sample items offered.

I can also make menus with a more Ayurvedic or macrobiotic lean, or up the protein content of meals with added eggs, seafood, poultry, or additional plant proteins.

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SAMPLE LUNCH

Classic Soup & Salad

Cauliflower fennel coconut soup, fennel frond truffle pesto
Arugula salad, toasted almonds, shaved fennel, pear, honey
balsamic dressing
Local bread & organic butter

Medicinal Pho Bar

Medicinal lemongrass-turmeric-ginger aromatic broth, rice noodles,
seared bok choy, shiitake ginger mushrooms, cilantro, basil, bean
sprouts, hot sauces
Green papaya salad with peanut ginger dressing

Taco Salad

Romaine lettuce, grilled bell pepper, grilled zucchini, grilled green
banana, black beans, cotija cheese, lime cilantro vinaigrette
Fresh guacamole, roasted tomato pineapple salsa, organic corn
chips

Mezze Platter

Roasted local veggies, basil kale hemp pesto, smokey Baba
ganoush, garlic confit beet hummus, gluten-free crackers or bread
Mixed green salad

Sushi Buddha Bowls

Brown rice, baked ginger sesame tofu, avocado, pickled cucumber
carrot salad, sprouts, nori
Miso wakame soup with zucchini noodles

All American TLT

Seared maui tempeh "bacon" on toasted local bread, caramelized
onions, tomato, sprouts, lettuce, avocado, herbed vegan mayo
Purple potato dill salad with vegan mayo and kale

Rustic Italian Soup & Salad

Chunky veggie soup with vegan Italian sausage, kale, roasted
tomato, celery, and seasonal veggies
Massaged kale caesar salad with hempseed cream dressing
Local bread & organic butter

ABOUT: DINNER

Dinner is the final meal of the day, and often is the turning point to the soft evening, coming before a meditation, workshop, sound healing, or yin yoga.

The dinners offered are grounding, nourishing, and celebratory, featuring more flavors, textures, and overall volume of food than the others. Like the lunches, they showcase a wide variety of multicultural flavors and local produce not usually associated with the island (for example, arugula, butternut squash, and strawberries all grow locally!).

Dinner is a time to reflect on the events of the day, and connect with other participants. The food and overall experience is a catalyst for this as well as a conversation starter.

The meals presented are all gluten-free and plant-based, but sides, fish, poultry, and desserts can all be added to enhance the experience. Some retreat leaders choose to add in local fish or dessert for only the first or last meal to bring in something extra, while others add to each meal.

Again, a different dietary and intentional direction can be added.

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SAMPLE DINNER

Curry Platter

Grilled local mushrooms or tempeh "satay"
Fire roasted veggies
Lemongrass veggie coconut curry
Pineapple fried rice
Green papaya herb salad

Jackfruit Verde Tacos

Slow cooked jackfruit "pulled pork" in chili verde sauce, 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

Honey Miso Tofu Dinner

Marinated & baked tofu, spicy miso honey
Grilled rainbow veggies
Coconut garlic mashed purple Maui sweet potatoes
Rainbow Chef's salad

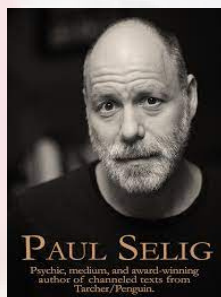
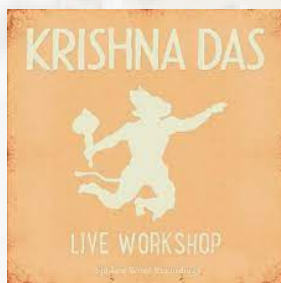
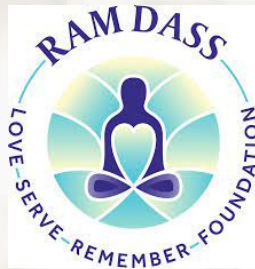
Mushroom Madness

Portobello mushrooms stuffed and baked with mushroom garlic duxelles and gotu kola Maui basil pesto
Asparagus macadamia rice pilaf
Arugula and baby spinach salad with toasted almonds, pickled red onion, dried cranberries

Amethyst Molokai Purple Potato Gnocchi

Molokai sweet potato gluten-free gnocchi with Maui pesto macadamia cream sauce
Roasted upcountry pumpkin
Massaged kale "caesar" salad with hempseed miso dressing, toasted pepitas, tomato

WHO I'VE COOKED FOR



SAMPLE PRICING 10-17PP

3 meals / day (continental breakfast/ self-serve) | \$115 per person*

3 meals / day | \$140 per person**

brunch/breakfast ala carte / day | \$55 per person***

lunch ala carte / day | \$55 per person***

dinner ala carte / day | \$65 per person***

breakfast + lunch / day | \$85 per person****

lunch/brunch + dinner / day | \$95 per person****

add seafood, poultry, meat +\$5-20 per person
Maui GET 4.166% and service fee 20% added to all invoices

FOR LARGER GROUPS

Discounts for larger groups up to 25% are available depending on the group size, desired menu, and logistics.

Please submit a request and let me know your ideal budget so I can let you know if I can work within it.

I always strive to support retreat leaders to the best of my ability with custom menus and pricing, while still maintaining the highest levels of integrity in food choices, staff, and energy.

If we align then it's meant to be!

FOR SMALLER GROUPS

Smaller groups are billed at private chef rates of hourly + food cost + assistant hourly + service fee + tax.

Please send me a request so I can offer a custom quote for you and your offering!

EXPLANATIONS OF RATES

*3 meals (breakfast self-service) = Up to 11 hours on-site (with breaks between meals). Includes 2 hours before lunch to 2 hours after dinner start time. All labor + food costs included.

**3 meals = Up to 14 hours on-site (with breaks between meals) + must include accommodation if more than 10 miles from Haiku, Maui. Factor in 1.5 hours before breakfast to 2 hours after dinner served.

All labor + food costs included.

***1 meal = Up to 5 hours on-site. Include 2 hours before meal to 2 hours after meal served. All labor + food costs included.

****2 meals onsite = Up to 9 hours on-site, Include 2 hours before first meal to 2 hours after a second meal served. All labor + food costs included.

Maui GET tax = 4.166% Hawaii does not have a sales tax; instead, we have the GET, which is assessed on all business activities and paid to the county of Maui.

Service/admin charge = 20% and is not a gratuity (gratuity is entirely at the customer's discretion and is never expected) - rather it is an acknowledgment of the myriad of expenses associated with running a private chef business, for example: Kangen water filter, vitamix, kitchenaid, cloth napkins, serving platters, vehicle costs, liability insurance, ongoing chef trainings, website maintenance, accounting, business app fees, and additional time spent planning, shopping, and offering calls and consultations for each client.

FINE PRINT

Minimum 10 guests for 3+ days or prices subject to increase

Menu subject to change based on availability and integrity of ingredients

Still pH-balanced Kangen water & iced teas included

No alcohol provided under any circumstances (please plan your own)

Prices are all-inclusive of food cost and all labor support

Additional items or requests subject to additional fees

Prep done onsite and assumes kitchen is equipped for service

A non-refundable deposit of 25% due to reserve services

Travel fee \$1.5/mile from Haiku if over 15 miles w/o accommodation

For destination retreats airfare and car rental additional

Accommodation required for chef & assistant(s) for destination retreats

Maui County tax 4.166%

Service/admin charge 20%

All rates include assistants (1 up to 14 guests, 2 up to 24 guests)

Additional hours billed at \$75/hour chef rate + \$30/hour assistant rate rounded up, including late start times for meal



About Me

Chef Kyra Mirian Bramble

My food is my art, the truest way I've found to combine my loves of travel, hospitality, and wellness into one place.

A Maui local for over half a decade, I am still inspired by the diverse culinary offerings on such a tiny island. As a chef and community member, I always strive to share seasonal ingredients and specialty local products, as well as infuse aloha spirit into all that I do.

My menus are also as influenced by my California roots as they are by years of backpacking through Southeast Asia and Central America. I love the rustic elegance of wine-country influenced meals, as well as the explosions of flavor and texture characterized by PanAsian and traditional Mexican cuisine. In short: I am happy to keep it classic – or offer a unique contemporary experience.

My training began with a classic Le Cordon Bleu degree, but I also have studied many styles of cooking including regional cuisines and healing arts, including 1000+ hours of Holistic Nutrition, 100 hours of onsite Ayurvedic cooking, 100 hours of Hawaiian Wildcrafting, 200 hours of yoga teacher training, and numerous self-study hours of raw food and plant-based cooking. My previous clients have had diverse dietary preferences such as macrobiotics, bone broth diet, paleo, plant paradox, and more.

I boast almost twenty years in the hospitality industry, working both in the front and back of restaurants, event management, catering, wine industry, festival production, and weddings.

Every meal I prepare is a new opportunity for me to explore my craft and share my heart. I love to get fancy and creative, but never at the expense of being pretentious or stuffy. I am always happy to work with custom menus as well as food preferences. If you're looking for a chef with love and passion to bring an intentional and interactive experience, you found me! .

