

# The Wooden Crate Restaurant

at L u m e r i a



## KALE SALAD

Organic Kale with  
Local Citrus Juices and  
Organic Gluten Free  
Tamari.

## FRESH CATCH & BRAISED TEMPEH

Choice of Grilled Fresh  
Catch or Braised  
Tempeh with Basil,  
Kafir Lime, Garden  
Vegetables and Coconut  
Curry Sauce

## BROCCOLI WITH ORANGE & SESAME

Lightly Blanched  
Broccoli, Tossed with  
Sesame, Green Onion  
and Shaved Orange Zest  
then Roasted

## PAPAYA WITH LIME

Papaya with Lime  
Zest topped Coconut  
Cardamom Cream,  
Candied Macadamia  
Nuts, Toasted Coconut  
and Strawberries

## MIXED GRAIN WITH SUNSEED

Combined Quinoa  
and Millet Grain  
Pilaf Tossed with  
Fresh Herbs, Toasted  
Sunflower Seeds and  
Extra Virgin  
Coconut Oil