

Tasting Kauai: Restaurants: From Food Trucks to Fine Dining, A Guide to Eating Well on the Garden Island (Volume 1)

Mrs Marta Lee Lane

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2014 Edition - From food trucks to fine dining, this guidebook to restaurants on Kauai is designed to take you on a culinary romp through paradise. Colorful images evoke your senses and whimsical graphics provide essential information. Icons make it easy to reference what types of meals the restaurant serves as well as price ranges and dress code. Vegetarian, vegan and gluten-free icons identify dining options for those on alternative diets. Additional icons point out free Wi-Fi, food trucks and when reservations are recommended. For easy reference, restaurants are divided by zone beginning with the west side of the island and ending on Kauai's north shore. At the beginning of each zone, large color photographs showcase the delicious food from that area. One of the things to do on Kauai is savor local flavors in gorgeous settings. After all, food defines a destination and connects people to the land and cultural history. This guide to Kauai restaurants stimulates your hunger for a taste of paradise, then takes you by hand and guides you right to what you're craving. After writing hundreds of articles about Kauai food, author Marta Lane shares 69 of her favorite restaurants on Kauai. This guidebook highlights restaurants that make fresh food from scratch using local ingredients whenever possible. A pink hibiscus indicates the best of the best and a strong farm-to-table emphasis. Marta Lane is a certified personal chef and her columns "Tastes of Kauai" and "Farmers Markets" appear every week in MidWeek Kauai. As a dedicated journalist, she hits the island's lone highway, bumps along back roads, and wades through waist-high grass to pick tropical fruit. She goes fishing in the Pacific, visits pig, sheep and beef ranches, and tries things she's never had before (beef tongue and head cheese). It's a bold quest for the best food on Kauai, but someone has to do it! Marta is also on the board of directors for the Garden Island Range & Food Festival, the Hawaii AgriTourism Association and is president of Slow Food Kauai. Daniel Lane is Marta's husband and a freelance photographer who specializes in capturing life on Kauai. His beautiful and sometimes quirky shots are seen in the "Eye on Kauai" photo spread in MidWeek Kauai. He also contributes the "Yum Shots" for his wife's articles, takes visitors on private photo tours, and captures love and family in scenic portraits. www.TastingKauai.com is an online resource dedicated to eating well on Kauai, from seed to table. The website features a list of farmers markets, recipes, Hawaii cookbook reviews, restaurant updates, and Pau Hana Friday blog posts detail Kauai food news and events. Monthly culinary tours and a weekly farmers markets class connect people to some of Kauai's best farmers and chefs.



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