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The Sweet Stuff

Baked goods for breakfast

By [Bonnie Friedman](#), [Cheryl Chee Tsutsumi](#), and [Jeanette Foster](#)

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At Stillwell's Bakery & Café on Maui, you can indulge in cheesecakes and other sweet pastries for breakfast.

Pancakes, omelets, and granola may be standard morning fare, but the Islands also proffer places where it's perfectly acceptable (dare we say, recommended) to breakfast on baked goods. Not necessarily nourishing, but oh, so yummy. So we say—now and then—let us eat cake.

Maui

The gleaming glass display case at [Stillwell's Bakery & Café](#) is packed with fruit tarts, éclairs, tiramisus, mousse cups, crèmes brûlées, and cream pies. They're all beyond delicious, but the cream horns—flaky pastries filled with whipped cream and custard, dusted generously with confectioners' sugar, and dipped in chocolate at one end—are singular. According to owner and pastry chef Roy Stillwell, they account for a full 7 percent of what his busy bakery/café sells each day. That is a lot of cream horns. The clean, bright place on the Kahului–Wailuku border marks 20 years in 2014. Stillwell has been baking around Hawai'i far longer than that. His style is definitely European and, after decades in the Islands, he knows the flavors locals love. "We have one customer who likes to have a chocolate mousse cup for breakfast," he says. Closed Sundays. 1740 Ka'ahumanu Avenue, Wailuku. 1-808-243-2243.

The nondescript Haiku Cannery Marketplace hides one of Maui's best restaurants. Over the last 17 years, [Colleen's at the Cannery](#) has built up a cadre of loyal customers. The assortment of breakfast pastries—as diverse as the clientele—is one reason why. At the top of the best-seller list is the gluten-free Morning Glory Muffin, full of shredded zucchini, carrots, raisins, and walnuts. At the other end of the spectrum, owner Colleen Nicholas says, her European regulars favor the espresso brownies. Trays of mango scones, almond bear claws, apple turnovers,

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lemon bars, and cheese Danish share display space with gooey Congo Bars (shortbread crust topped with macadamia nuts, coconut, and chocolate chips-and 4-inch-wide Monster Cookies. Feeling a little guilty? Have a blueberry or coconut Tid-Bit, a tiny bite at the tiny price of a buck. Or shrug off the guilt and have Nicholas' personal favorite, a white chocolate-raspberry muffin, which is good warm and smothered with butter. Daily, 6 a.m.–10 p.m. *810 Ha'ikū Road, Ha'ikū. 1-808-575-9211. —Bonnie Friedman*

O'ahu

[Liliha Bakery](#) is open around the clock from 6 a.m. Tuesdays through 8 p.m. Sundays. The entire menu is available during that time, which means breakfast can be beef stew, saimin, or spaghetti. Traditionalists will opt for omelets, waffles, pancakes, or French toast (the latter is made with raisin, cinnamon, or sweet bread). Try the simple but sublime grilled butter roll with raspberry jelly.

Dine-in customers can also order any of the bakery's 70 or so kinds of pastries. The Coco Puff, filled with chocolate pudding and topped with Chantilly frosting, earns all the raves it receives (forgo the bland green tea variation). Other standouts include the blueberry scone; the *haupia* malasada, with a creamy coconut center; and the *azuki* malasada, filled with mashed azuki beans. *515 N. Kuakini Street, Honolulu. 1-808-531-1651.*

Malasadas, always made to order, are musts at [Agnes' Portuguese Bake Shop](#). Call 15 minutes ahead and they'll be piping hot, rolled in your choice of plain sugar or sugar and cinnamon, when you arrive.

Fans of bread pudding will love Agnes' version, made with sweet bread, apples, raisins, dried coconut flakes, fresh ground ginger, and a crown of caramelized brown sugar. It doesn't come with the traditional vanilla sauce, but the bread pudding is so luscious, you won't even miss it.

Sweet and dense, the Cake Nugget is what you get when you mix chocolate cake and buttercream frosting together, mold it into a ball, dip it in chocolate, and coat it with edible gold dust.

Buy a Double-Double Jump chocolate cake to enjoy later. This rich loaf actually delivers triple the chocolate: chocolate cake, chocolate chips, and drizzles of chocolate ganache. Ooh la la! Chocolate lovers will jump for joy. Closed Mondays. *46 Ho'ola'i Street, Kailua. 1-808-262-5367. —Cheryl Chee Tsutsumi*

Hawai'i Island

Long before you spot the restaurant and even before you see the long line of people waiting for its 8:30 a.m. opening, you will smell the alluring fragrance of handcrafted European pastries at [Moonstruck Patisserie](#). Opened in 2011, this tiny eatery is hidden on a side street, one block north of the famous Hilo Farmers Market. This is the place to dive into just-made pastries, cakes, tarts, and tortes. Favorites include the fruit-filled Rock Buns (owner Jackie Tan-DeWitt's mouth-watering version of scones) and the white chocolate-mango mousse (a unique combination of flavors).

Looking to indulge? Try the specialty cakes (don't miss the Belgian chocolate cheesecake filled with a dreamy white chocolate mousse and topped with dark and white chocolate shavings) or the double chocolate-raspberry espresso bar (rich chocolate espresso squares filled with dark chocolate pieces and raspberry swirls). Tan-DeWitt doesn't hesitate about importing some of her ingredients from Europe. The only complaint: Moonstruck is closed Sundays and Mondays. *16 Furneaux Lane, Hilo. 1-808-933-6868.*

On the Kona side, head for Coffees & Epicurea, where the flakiest pastries, melt-in-your mouth éclairs, and an assortment of the usual (and unusual) baked goods can be found. Don't pass up a slice of the

delicious sweet potato–haupia pie, the pesto–goat cheese turnover, or the chocolate-zucchini bread. Take your goodies to the outside garden lānai. The restaurant opens daily at 6:30 a.m., great if you plan to drive to Hawai'i Volcanoes National Park or spend a day at the beach down south. *83-5315 Māmalahoa Highway, Honaunau. 1-808-328-0322. — Jeanette Foster*

Photo: Courtesy Stillwell's Bakery & Café