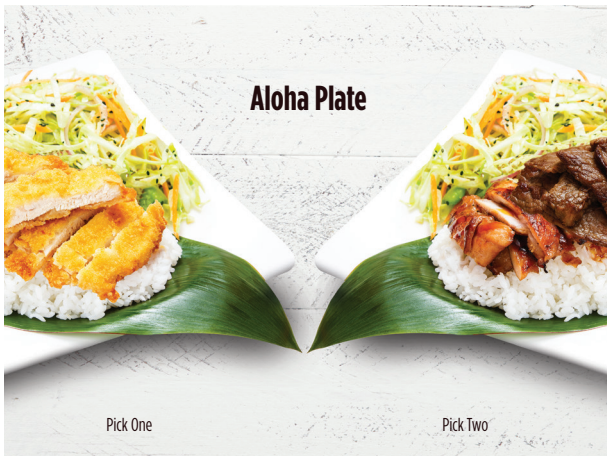


Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
<b>Aloha Plate - Pick One Choice ( Sides not included )</b>							
Hawaiian BBQ Chicken	307	13	5	0	840	9	38
Chicken Katsu*	593	39	9	0	607	37	25
Teriyaki Chicken*	307	13	5	0	860	9	38
Grilled Chicken Breast	165	3	3	0	420	0	35
Island Fire Chicken	274	11	3	0	1494	18	26
Hawaiian BBQ Beef	362	15	6	0	1430	16	41
Kalua Pork with Cabbage	480	30	13	0	1030	4	50
Island White Fish	518	30	5	0	1275	32	29
<b>Aloha Plate - Pick Two Choices ( Sides not included )</b>							
<b>Hawaiian BBQ Chicken</b>							
BBQ Chicken + Chicken Katsu	450	26	7	0	723	23	32
BBQ Chicken + Teriyaki Chicken	307	13	5	0	850	9	38
BBQ Chicken + Grilled Chicken Breast	318	10	4	0	840	5	54
BBQ Chicken + Island Fire Chicken	336	14	4	0	1416	17	36
BBQ Chicken + BBQ Beef	289	12	4	0	956	11	34
BBQ Chicken + Kalua Pork	393	22	9	0	935	7	44
BBQ Chicken + Island White Fish	326	17	4	0	845	15	29
<b>Chicken Katsu</b>							
Chicken Katsu + Teriyaki Chicken	450	26	7	0	733	23	32
Chicken Katsu + Grilled Chicken Breast	462	22	6	0	723	18	48
Chicken Katsu + Island Fire Chicken	479	27	6	0	1299	30	30
Chicken Katsu + BBQ Beef	433	25	6	0	839	24	28
Chicken Katsu + Kalua Pork	537	34	11	0	818	20	38
Chicken Katsu + Island White Fish	469	29	6	0	728	29	22
<b>Teriyaki Chicken*</b>							
Teriyaki Chicken + Grilled Chicken Breast	318	10	4	0	850	5	54
Teriyaki Chicken + Island Fire Chicken	336	14	4	0	1426	17	36
Teriyaki Chicken + BBQ Beef	289	12	4	0	966	11	34
Teriyaki Chicken + Kalua Pork	393	22	9	0	945	7	44
Teriyaki Chicken + Island White Fish	326	17	4	0	855	15	29

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
<b>Grilled Chicken Breast</b>							
Grilled Chicken Breast + Island Fire Chicken	348	10	4	0	1416	12	52
Grilled Chicken Breast + BBQ Beef	301	9	4	0	956	6	50
Grilled Chicken Breast + Kalua Pork	405	18	8	0	935	2	60
Grilled Chicken Breast + Island White Fish	338	13	3	0	845	11	45
<b>Island Fire Chicken</b>							
Island Fire Chicken + Hawaiian BBQ Beef	319	13	4	0	1532	18	32
Island Fire Chicken + Kalua Pork with Cabbage	423	22	9	0	1511	14	42
Island Fire Chicken + Island White Fish	355	17	4	0	1421	23	27
<b>Hawaiian BBQ Beef</b>							
BBQ Beef + Kalua Pork	376	21	9	0	1051	8	40
BBQ Beef + Island White Fish	308	16	4	0	961	17	25
<b>Kalua Pork with Cabbage</b>							
Kalua Pork + Island White Fish	413	25	8	0	940	13	35



Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. The nutritional values may vary due to variation in individual preparation, package, sample, testing, & regional supplier differences. Subject to change without notice.



# Nutrition Information

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Menu Items	Calories	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
<b>Plate Lunches</b>							
<b>Chicken ( Sides not included )</b>							
Hawaiian BBQ Chicken	460	20	7	0	1260	14	57
Chicken Katsu	890	58	13	0	910	55	38
Teriyaki Chicken*	460	20	7	0	1290	14	57
Grilled Chicken Breast	330	6	3	0	840	0	70
Island Fire Chicken	548	22	6	0	2987	36	51
<b>Beef / Pork ( Sides not included )</b>							
Kalbi Short Ribs	1050	87	38	5	1180	16	52
Hawaiian BBQ Beef	453	19	7	0	1787	20	51
Kalua Pork with Cabbage	480	30	13	0	1030	4	50
<b>Seafood ( Sides not included )</b>							
Island White Fish	690	40	7	0	1700	43	38
Crispy Shrimp	800	47	9	0	520	55	41
<b>Island Favorites ( Sides not included )</b>							
Chicken Combo	670	39	10	0	1080	35	48
Hawaiian BBQ Mix	820	54	23	2	1590	19	64
Seafood Mix	820	44	10	0	1150	45	61
Shrimp & BBQ Chicken Combo	630	33	8	0	890	34	49
Island White Fish & BBQ Chicken Combo	580	31	7	0	1620	28	49
Chicken & Beef Combo	462	20	7	0	1524	17	54
Shrimp & Island White Fish Combo	745	43	8	0	1110	49	40
Grilled Spam & Eggs	770	62	25	0	1880	14	40



Menu Items	Calories	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
<b>Mini Meal ( Sides not included )</b>							
Hawaiian BBQ Chicken	230	10	4	0	630	7	29
Hawaiian BBQ Beef	227	10	4	0	894	10	26
Chicken Katsu	445	29	7	0	455	28	19
Island Fire Chicken	274	11	3	0	1494	18	26
Crispy Shrimp	400	23	5	0	260	27	21
Grilled Chicken Breast	165	3	3	0	420	0	35
<b>Family Meal ( Serves 4 People )</b>							
Steamed Rice (6 Scoops)	1140	12	0	0	0	240	18
Macaroni Salad (4 Scoops)	1200	97	16	0	2024	69	11
Hawaiian BBQ Chicken (4 Servings)	613	27	9	0	1680	19	76
Chicken Katsu* (4 Servings)	1335	87	20	0	1365	83	57
Teriyaki Chicken* (4 Servings)	627	28	9	0	2053	16	79
Island Fire Chicken (4 Servings)	822	33	10	0	4481	55	77
Hawaiian BBQ Beef (4 Servings)	680	28	10	0	2680	30	76
Island White Fish (4 Servings)	690	40	7	0	1700	43	38
Kalua Pork with Cabbage (4 Servings)	1100	74	26	0	1480	4	106
<b>Gourmet Salad ( Dressing not included )</b>							
Macaroni Salad (2 scoops)	600	49	8	0	1012	35	6
Macaroni Salad (4 scoops)	1200	97	16	0	2024	69	11
Fresh Mix Salad (12 oz.) Plate	105	2	0	0	117	18	4
<b>With Protein Choice ( Additional to Fresh Mix Salad Plate )</b>							
Hawaiian BBQ Chicken	230	10	4	0	630	7	29
Chicken Katsu	445	29	7	0	455	28	19
Island Fire Chicken	274	11	3	0	1494	18	26
Grilled Chicken Breast	165	3	2	0	420	0	35
Hawaiian BBQ Beef	170	7	3	0	670	8	19
Island White Fish (2 pcs)	345	20	4	0	850	22	19
Crispy Shrimp (4 pcs)	400	23	5	0	260	27	21

Menu Items	Calories	Total Fat (g)	Saturated fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
<b>Ono Keiki Meal (Kid's Meal) ( with Rice + Veggies + Berry Pouch + Apple Juice Box )</b>							
Hawaiian BBQ Chicken	407	0	2	0	579	0	0
Chicken Katsu	571	0	3	0	383	0	0
Grilled Chicken Breast	382	0	1	0	442	0	0
Island White Fish	428	0	1	0	396	0	0
Crispy Shrimp	479	0	1	0	529	0	0
<b>Appetizers</b>							
Spam Musubi (2 pcs.)	680	30	11	0	890	88	21
BBQ Chicken Musubi (2 pcs.)	530	11	3	0	440	89	28
Crispy Shrimp (6 pcs.)	600	35	7	0	390	41	31
Crab Rangoon (3 pcs.)	260	16	7	0	360	25	5
Crab Rangoon (6 pcs.)	520	31	14	0	720	50	9
Steam Rice (2 Scoops)	380	4	0	0	0	80	6
<b>Sides</b>							
Fresh Mix Salad (4 oz.) Side	35	1	0	0	39	6	1
Fresh Mix Salad (5 oz.) Aloha Plate	60	2	1	0	75	10	2
Cabbage (4 oz.)	35	0	0	0	90	6	1
Steamed Rice (1 Scoop)	190	2	0	0	0	40	3
Macaroni Salad (1 Scoop)	300	24	4	0	506	17	3
<b>Bowls (Sauce not included)</b>							
Teriyaki Chicken*	645	14	4	0	720	93	36
Grilled Chicken Breast (6 oz.)	580	7	3	0	510	86	42
Hawaiian BBQ Beef (Drive Thru Only)	642	14	4	0	984	96	33
<b>Sauces &amp; Dressing</b>							
Katsu Sauce (2 oz.)	70	0	0	0	180	17	0
Teriyaki Sauce (2 oz.)	70	0	0	0	540	17	1
Fresh Mix Salad Dressing (1 oz.)	63	4	1	0	306	6	0

\*Sauce on the side

