

NUTRITIONAL MENU

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
HULI HULI CHICKEN										
CLASSIC	1270	48	9	0	120	2610	166	4	25	44
SMALL	860	41	7	0	60	1720	96	3	14	24
LARGE (two portions)	2130	89	17	1	180	4330	261	7	39	68
CLASSIC LOW CARB	410	15	4.5	0	120	2270	40	5	30	31
SMALL LOW CARB	240	8	2	0	60	1390	27	5	18	18
LARGE LOW CARB (two portions)	610	22	6	0	180	3410	60	7	45	47
HONOLULU CHICKEN										
CLASSIC	1420	54	11	0	140	3500	183	5	41	49
SMALL	930	44	8	0	70	2170	104	3	21	27
LARGE (two portions)	2350	98	19	1	210	5670	287	9	62	76
CLASSIC LOW CARB	560	21	6	0	140	3170	58	6	45	37
SMALL LOW CARB	310	11	3	0	70	1840	36	5	26	21
LARGE LOW CARB (two portions)	830	32	9	0	210	4760	86	9	68	55
MOLOKAI CHICKEN										
CLASSIC	1450	50	10	0	140	3730	202	4	60	48
SMALL	950	42	8	0	70	2280	114	3	31	26
LARGE (two portions)	2400	92	17	1	210	6010	316	7	91	74
CLASSIC LOW CARB	590	17	5	0	140	3390	77	5	64	35
SMALL LOW CARB	330	9	2.5	0	70	1950	45	5	35	20
LARGE LOW CARB (two portions)	880	25	7	0	210	5090	115	7	96	53
KILAUEA CHICKEN										
CLASSIC	1390	50	10	0	140	3770	187	5	45	48
SMALL	920	42	8	0	70	2310	106	3	24	27
LARGE (two portions)	2310	92	17	1	210	6080	293	8	69	75
CLASSIC LOW CARB	530	17	5	0	140	3440	62	6	50	36
SMALL LOW CARB	300	9	2.5	0	70	1980	38	5	28	20
LARGE LOW CARB (two portions)	790	25	7	0	210	5170	93	8	75	54

	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
LUAU PIG										
CLASSIC	1620	79	21	0	225	3600	141	4	2	81
SMALL	1030	56	13	0	110	2220	83	3	2	43
LARGE (two portions)	2640	135	34	0.5	335	5820	224	7	4	124
CLASSIC LOW CARB	750	46	16	0	225	3270	15	4	6	69
SMALL LOW CARB	410	23	8	0	110	1890	15	4	6	37
LARGE LOW CARB (two portions)	1120	68	24	0	335	4910	23	7	9	103
SEASONED VEGETABLES										
CLASSIC	1010	35	5	0	0	1360	154	9	8	21
SMALL	720	34	5	0	0	1100	90	5	5	13
LARGE (two portions)	1730	69	10	0.5	0	2460	243	14	13	35
CLASSIC LOW CARB	140	1.5	0	0	0	1030	28	9	13	9
SMALL LOW CARB	110	1	0	0	0	770	21	7	9	7
LARGE LOW CARB (two portions)	210	2	0	0	0	1540	43	13	19	14
PACIFIC ISLAND SALAD	680	35	8	0	90	2260	69	7	49	27
SIDE OF MACARONI SALAD	880	68	10	0.5	0	1670	51	3	4	10
SIDE OF WHITE RICE	500	0	0	0	0	10	114	3	0	12
SPAM[®] MUSUBI	330	11	4.5	0	30	620	42	4	2	9
SIDE OF PINEAPPLE	110	0	0	0	0	0	30	3	22	1
SIDE OF SEASONED VEGETABLES	70	.5	0	0	0	510	14	4	6	5
TERIYAKI SAUCE PACKET	40	0	0	0	0	610	11	0	10	0
PINEAPPLE BBQ SAUCE PACKET	40	0	0	0	0	85	9	0	9	0
DOLE SOFT SERVE[®]										
LIME	180	1	1	0	0	15	42	0	38	0
MANGO, PINEAPPLE AND STRAWBERRY	180	1	1	0	0	15	42	0	40	0
RASPBERRY	180	1	1	0	0	10	43	0	42	0
PINEAPPLE + LIME	180	1	1	0	0	15	42	0	39	0
PINEAPPLE + RASPBERRY	180	1	1	0	0	10	42	0	41	0
PINEAPPLE + STRAWBERRY AND PINEAPPLE + MANGO	180	1	1	0	0	15	42	0	40	0