

NUTRITIONAL MENU

HONOLULU CHICKEN

	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)
SMALL	890	43	8	0.5	100	2170	98	3	22	26
CLASSIC	1370	54	11	0.5	170	3540	171	5	42	48
LARGE	2260	96	18	1.5	270	5710	269	9	63	74
SMALL LOW CARB	320	11	3	0	70	1890	36	5	26	21
CLASSIC LOW CARB	570	22	6	0	140	3250	58	6	46	37
LARGE LOW CARB	850	33	9	0.5	210	4880	87	9	68	55

HULI HULI CHICKEN

SMALL	810	39	7	0	90	1720	89	3	14	24
CLASSIC	1210	46	9	0.5	150	2640	154	4	26	42
LARGE	2020	86	16	1	240	4360	243	7	40	66
SMALL LOW CARB	240	8	2.5	0	60	1440	27	5	18	18
CLASSIC LOW CARB	410	15	4.5	0	120	2350	41	5	30	31
LARGE LOW CARB	610	23	7	0	180	3520	61	7	45	47

KILAUEA CHICKEN

SMALL	880	41	7	0.5	100	2310	100	3	24	26
CLASSIC	1340	50	10	0.5	170	3820	176	5	46	47
LARGE	2220	91	17	1.5	270	6130	277	8	70	72
SMALL LOW CARB	310	10	2.5	0	70	2030	39	5	28	20
CLASSIC LOW CARB	540	18	5	0	140	3530	63	5	50	35
LARGE LOW CARB	810	28	8	0.5	210	5290	95	8	75	53

MOLOKAI CHICKEN

SMALL	910	41	7	0.5	100	2290	107	3	31	26
CLASSIC	1400	49	10	0.5	170	3760	190	4	61	46
LARGE	2300	90	17	1.5	270	6050	298	7	92	72
SMALL LOW CARB	330	9	2.5	0	70	2000	46	5	35	20
CLASSIC LOW CARB	600	18	5	0	140	3470	77	5	65	35
LARGE LOW CARB	890	27	8	0.5	210	5210	116	7	97	52

LUAU PIG

	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)
SMALL	980	54	13	0	140	2190	76	3	2	42
CLASSIC	1540	77	21	0	255	3570	127	4	2	80
LARGE	2520	131	34	0.5	395	5770	203	7	3	122
SMALL LOW CARB	400	23	8	0	110	1910	14	5	6	36
CLASSIC LOW CARB	740	46	16	0	225	3290	14	5	6	69
LARGE LOW CARB	1110	68	24	0	335	4930	21	7	8	103

SEASONED VEGETABLES

	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)
SMALL	680	32	5	0	30	1080	83	5	5	13
CLASSIC	930	33	5	0	30	1350	141	9	7	20
LARGE	1610	65	10	0.5	60	2430	224	14	12	32
SMALL LOW CARB	100	1	0	0	0	800	21	7	8	7
CLASSIC LOW CARB	130	1	0	0	0	1060	28	9	11	9
LARGE LOW CARB	200	2	0	0	0	1590	42	14	17	13

PACIFIC ISLAND SALAD

SMALL	590	29	6	0	90	2030	54	6	45	24
CLASSIC	420	32	5	0	30	810	24	1	2	5
LARGE	1260	96	15	0	90	2430	72	3	6	15
SMALL LOW CARB	220	0	0	0	0	0	51	1	0	5
CLASSIC LOW CARB	670	0	0	0	0	15	154	4	0	16
LARGE LOW CARB	70	0.5	0	0	0	530	14	5	6	4
SMALL LOW CARB	110	0	0	0	0	0	30	3	22	1
CLASSIC LOW CARB	330	12	4.5	0	30	630	42	4	2	9
LARGE LOW CARB	40	0	0	0	0	610	11	0	10	0
SMALL LOW CARB	35	0	0	0	0	90	9	0	8	0
CLASSIC LOW CARB	60	0	0	0	0	400	15	0	14	0
LARGE LOW CARB	10	0	0	0	0	450	2	1	<1	0

DOLE SOFT® SERVE

LIME	180	1	1	0	0	15	42	0	38	0
MANGO, PINEAPPLE & STRAWBERRY	180	1	1	0	0	15	42	0	40	0
RASPBERRY	180	1	1	0	0	10	43	0	42	0

DOLE SOFT SERVE® MIXED

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 + MANGO & PINEAPPLE + STRAWBERRY	180	1	1	0	0	15	42	0	40	0

ITEMS BELOW AVAILABLE AT SELECT LOCATIONS

	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 STEAK										
SMALL	860	40	7	0	80	1930	93	3	17	30
CLASSIC	1270	47	8	0	120	2810	158	4	28	52
LARGE	2120	87	15	0.5	200	4550	247	7	41	82
SMALL LOW CARB	290	9	2	0	50	1640	31	5	21	24
CLASSIC LOW CARB	470	15	3.5	0	90	2520	44	5	32	41
LARGE LOW CARB	710	24	5	0	140	3710	65	7	46	63
HONOLULU STEAK										
SMALL	920	45	7	0	80	1820	93	4	15	32
CLASSIC	1380	56	10	0	120	2620	157	6	25	55
LARGE	2280	101	17	0.5	200	4280	247	10	36	87
SMALL LOW CARB	340	14	3	0	50	1540	31	6	19	26
CLASSIC LOW CARB	580	25	5	0	90	2330	44	7	29	44
LARGE LOW CARB	870	38	8	0	140	3440	65	10	42	68
HULI HULI STEAK WITH PINEAPPLE										
SMALL	840	38	6	0	70	1870	95	3	19	26
CLASSIC	1250	45	8	0	110	2740	163	5	33	48
LARGE	2080	83	14	0.5	175	4410	255	8	48	74
SMALL LOW CARB	270	7	1.5	0	40	1580	34	5	23	20
CLASSIC LOW CARB	450	13	3	0	80	2450	50	5	37	36
LARGE LOW CARB	670	20	4.5	0	115	3580	73	8	53	55
HULI HULI WRAP										
SMALL	820	19	7	0	60	1800	135	10	28	28
MOLOKAI MAC WRAP										
SMALL	1270	52	12	0.5	100	2850	165	10	36	34
PACIFIC ISLAND WRAP										
SMALL	890	26	8	0	60	1760	137	11	29	28
KIDS MEAL										
SMALL	380	6	1.5	0	45	690	70	2	15	16
DOLE WHIP MIXED , Kids Portion	110	0.5	0.5	0	0	10	26	0	25	0
BEVERAGE , 12 fl-oz Range	0-180	0	0	0	0	10-55	0-45	0	0-45	0
Diet Pepsi	0	0	0	0	0	55	0	0	0	0
Viva Sol Aguas Frescas - Melon (Cantaloupe)	180	0	0	0	0	10	45	0	45	0