

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)
HONOLULU CHICKEN										
SMALL	960	46	8	0.5	100	2250	106	4	22	28
CLASSIC	1460	57	11	1	170	3620	185	6	42	50
LARGE	2410	103	19	1.5	275	5870	291	9	64	77
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	880	42	7	0.5	95	1800	97	3	14	25
CLASSIC	1300	50	10	0.5	155	2720	168	5	26	44
LARGE	2180	92	17	1	250	4520	265	8	40	69
SMALL LOW CARB	410	15	4.5	0	120	2350	41	5	30	31
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	950	44	8	0.5	100	2390	108	3	24	27
CLASSIC	1430	53	10	1	170	3900	190	5	46	48
LARGE	2380	97	18	1.5	275	6290	298	9	70	75
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	970	44	8	0.5	100	2370	115	3	31	27
CLASSIC	1490	52	10	1	170	3840	204	5	61	48
LARGE	2460	96	18	1.5	275	6210	320	8	92	75
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

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LUAU PIG										
SMALL	1050	57	13	0	145	2270	84	3	2	44
CLASSIC	1640	80	21	0	260	3650	142	5	2	81
LARGE	2680	138	35	1	405	5930	226	8	4	125
SMALL LOW CARB	410	23	8	0	110	1910	14	5	6	36
CLASSIC LOW CARB	750	46	16	0	225	3290	15	5	6	69
LARGE LOW CARB	1120	68	24	0	335	4930	22	7	8	103
SEASONED VEGETABLES										
SMALL	560	27	4	0	25	870	68	4	4	10
CLASSIC	1020	36	5	0	35	1430	155	9	7	22
LARGE	1770	71	11	1	65	2590	246	14	12	35
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										
	690	35	8	0	90	2320	71	7	51	26
SIDE OF MACARONI SALAD										
	920	70	10	1	65	1780	53	3	4	11
SIDE OF WHITE RICE										
	500	0	0	0	0	10	114	3	0	12
SIDE OF SEASONED VEGETABLES										
	70	0.5	0	0	0	530	14	5	6	4
SIDE OF PINEAPPLE										
	110	0	0	0	0	0	30	3	22	1
SPAM[®] MUSUBI										
	330	12	4.5	0	30	630	42	4	2	9
TERIYAKI SAUCE										
	40	0	0	0	0	610	11	0	10	0
PINEAPPLE BBQ SAUCE										
	40	0	0	0	0	90	9	0	8	0
MAE PLOY SAUCE										
	60	0	0	0	0	400	15	0	14	0
SAMBAL OELEK SAUCE										
	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 AND PINEAPPLE + STRAWBERRY	180	1	1	0	0	15	42	0	40	0