HAWAIIAN BROS ISLAND GRILL

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)
PLATE LUNCH										
HONOLULU CHICKEN										
CLASSIC	1370	54	11	0.5	170	3540	171	5	42	48
THE BIG PLATE	2260	96	18	1.5	270	5710	269	9	63	74
HULI HULI CHICKEN										
CLASSIC	1210	46	9	0.5	150	2640	154	4	26	42
THE BIG PLATE	2020	86	16	1	240	4360	243	7	40	66
KILAUEA CHICKEN										
CLASSIC	1340	50	10	0.5	170	3820	176	5	46	47
THE BIG PLATE	2220	91	17	1.5	270	6130	277	8	70	72
MOLOKAI CHICKEN										
CLASSIC	1400	49	10	0.5	170	3760	190	4	61	46
THE BIG PLATE	2300	90	17	1.5	270	6050	298	7	92	72
LUAU PORK										
CLASSIC	1540	77	21	0	255	3570	127	4	2	80
THE BIG PLATE	2520	131	34	0.5	395	5770	203	7	3	122
SMOKED LUAU PORK										
CLASSIC	1370	65	17	0	195	2860	127	4	2	63
THE BIG PLATE	2260	114	27	0.5	310	4700	203	7	3	97
MIXED PLATE – CLASSIC										
Honolulu Chicken	250	11	3	0	70	1360	22	1	20	16
Huli Huli Chicken	170	7	2	0	60	910	13	0	12	13
Kilauea Chicken	240	9	2.5	0	70	1500	25	0	22	16
Molokai Chicken	260	9	2.5	0	70	1470	32	0	30	15
Luau Pork	340	22	8	0	110	1380	0	0	0	32
Smoked Luau Pork	250	17	6	0	85	1020	0	0	0	24
Add White Rice, Mixed, Classic	450	0	0	0	0	10	103	3	0	11
Add Macaroni Salad, Mixed, Classic	420	32	5	0	30	810	24	1	2	5
MIXED PLATE – THE BIG PLATE										
Honolulu Chicken	370	16	4.5	0	105	2040	33	1	30	24
Huli Huli Chicken	260	11	3	0	90	1360	20	0	18	20
Kilauea Chicken	360	13	4	0	105	2250	37	1	33	23
Molokai Chicken	400	13	3.5	0	105	2210	47	0	44	23
Luau Pork	510	34	12	0	170	2070	0	0	0	48
Smoked Luau Pork	380	25	9	0	125	1530	0	0	0	36
Add White Rice, Mixed, Large	670	0	0	0	0	15	154	4	0	16
Add Macaroni Salad, Mixed, Large	830	64	10	0.5	60	1620	49	3	3	10

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EXTRA PROTEIN										
Honolulu Chicken	240	10	3	0	70	1330	22	1	19	16
Huli Huli Chicken	170	7	2	0	60	880	13	0	12	13
Kilauea Chicken	230	8	2.5	0	70	1460	24	1	22	16
Luau Pork	340	22	8	0	110	1410	0	0	0	32
Molokai Chicken	260	8	2.5	0	70	1440	31	0	29	15
BYO BOWLS	395-1390									
SLIDERS										
Pineapple Luau Slider – Snack	550	23	7	0	85	1490	3	2	41	21
Pineapple Luau Slider – Entrée	830	34	10	0	130	2230	4.4	3	62	32
WRAPS										
Huli Huli Wrap	820	19	7	0	60	1800	135	10	28	28
Molokai Mac Wrap - WW Tortilla	1220	50	11	0.5	100	2750	156	9	31	33
Pacific Island Wrap	890	26	8	0	60	1760	137	11	29	28
PACIFIC ISLAND SALAD	590	29	6	0	90	2030	54	6	45	24
SIDES										
Macaroni Salad, Small	420	32	5	0	30	810	24	1	2	5
Macaroni Salad, The Big Plate	1250	95	14	1	90	2430	73	4	5	15
Pineapple	110	0	0	0	0	0	30	3	22	1
Seasoned Vegetables	70	0.5	0	0	0	530	14	5	6	4
SPAM® Musubi	330	12	4.5	0	30	630	42	4	2	9
White Rice, Small	220	0	0	0	0	0	51	1	0	5
White Rice, The Big Plate	670	0	0	0	0	15	154	4	0	16
SAUCES										
Hawaiian Bros Teriyaki Sauce	40	0	0	0	0	610	11	0	10	0
Hawaiian Bros Pineapple BBQ Sauce	35	0	0	0	0	90	9	0	8	0
Mae Ploy	60	0	0	0	0	400	15	0	14	0
Sambal Oelek	10	0	0	0	0	450	2	1	<1	0

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DESSERTS

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® TWIST										
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
MINI DOLE SOFT SERVE®										
LIME	90	0.5	0.5	0	0	7.5	21	0	19	0
MANGO, PINEAPPLE & STRAWBERRY	90	0.5	0.5	0	0	7.5	21	0	20	0
RASPBERRY	90	0.5	0.5	0	0	5	21.5	0	21	0
MINI DOLE SOFT SERVE® TWIST										
PINEAPPLE + LIME	90	0.5	0.5	0	0	7.5	21	0	19.5	0
PINEAPPLE + RASPBERRY	90	0.5	0.5	0	0	5	21	0	20.5	0
PINEAPPLE + MANGO & PINEAPPLE + STRAWBERRY	90	0.5	0.5	0	0	7.5	21	0	20	0
WHITE CHOCOLATE MACADAMIA NUT COOKIE	350	19	10	0	40	330	39	1	24	4
KIDS MEAL	380	6	1.5	0	45	690	70	2	15	16

DRINKS

Lemonade, 20oz	160	0	0	0	0	0	42	0	40	0
Lemonade, 32oz	230	0	0	0	0	5	60	0	57	0
Pineapple Lemonade, 20oz	210	0	0	0	0	15	54	0	52	0
Pineapple Lemonade, 32oz	300	0	0	0	0	25	77	0	74	0
ICEE, Medium (all flavors)	134									
ICEE, Large (all flavors)	182									

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