

# 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)
<b>HONOLULU CHICKEN</b>										
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
<b>HULI HULI CHICKEN</b>										
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
<b>KILAUEA CHICKEN</b>										
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
<b>MOLOKAI CHICKEN</b>										
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

	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)
<b>LUAU PIG</b>										
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
<b>SEASONED VEGETABLES</b>										
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
<b>PACIFIC ISLAND SALAD</b>										
	690	35	8	0	90	2320	71	7	51	26
<b>SIDE OF MACARONI SALAD</b>										
	920	70	10	1	65	1780	53	3	4	11
<b>SIDE OF WHITE RICE</b>										
	500	0	0	0	0	10	114	3	0	12
<b>SIDE OF SEASONED VEGETABLES</b>										
	70	0.5	0	0	0	530	14	5	6	4
<b>SIDE OF PINEAPPLE</b>										
	110	0	0	0	0	0	30	3	22	1
<b>SPAM<sup>®</sup> MUSUBI</b>										
	330	12	4.5	0	30	630	42	4	2	9
<b>TERIYAKI SAUCE</b>										
	40	0	0	0	0	610	11	0	10	0
<b>PINEAPPLE BBQ SAUCE</b>										
	40	0	0	0	0	90	9	0	8	0
<b>MAE PLOY SAUCE</b>										
	60	0	0	0	0	400	15	0	14	0
<b>SAMBAL OELEK SAUCE</b>										
	10	0	0	0	0	450	2	1	1	0
<b>DOLE SOFT<sup>®</sup> SERVE</b>										
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
<b>DOLE SOFT SERVE<sup>®</sup> MIXED</b>										
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