

Menu Item	Serving Size	Calories	Fat(g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Fruit/Veggie
<u>Burritos</u>											
Hana		810	34	11	60	2390	96	5	7	25	0
Lahaina (Chicken)		780	34	11	100	1960	79	6	6	37	0.5
Lahaina (Steak)		840	38	13	110	1970	79	6	6	42	0.5
La Perouse		840	34	13	105	1910	91	12	5	41	1
Honolii		850	42	19	120	1610	73	12	6	43	1
Napili		865	30	9.5	100	1945	101	12	2	45	1/2 Cup
Hookipa		820	25	9.5	120	1980	102	12	2	44	1/2 Cup
Shacks		730	22	8	85	1550	86	18	3	46	0.75
Puamana		790	27	12	50	2110	100	23	2	38	1 Cup
Haiku		705	27	13.5	50	1920	91	13	3	25	1-1/2 Cup
Paia		590	14	2.5	0	1775	98	14	4	19	1 Cup
<u>Bowls</u>											
Hana		500	21	5	45	1840	60	3	8	16	1/2 Cup
Steak Napili		550	19	6	60	1360	56	10	4	39	1-1/2 Cups
Lahaina		510	21	4	95	1390	47	4	5	31	1 Cup
Vegetarian		390	8	1	0	1655	64	16	4	16	2 Cups
<u>Mau'i Tacos</u>											
Shrimp		485	26	4	100	855	47	10	3	19	1/2 Cup
Fish		620	41	6.5	55	695	46	10	2	19	1/2 Cup
Chicken		525	25	11.5	90	750	45	9	1	31	1/2 Cup
Beach Chicken		420	26	12	105	475	17	3	1	29	1/2 Cup
Vegetarian		400	19	10	50	1070	36	7	1	20	1 Cup
<u>Salads</u>											
Chicken Mango		720	32	13	125	1800	63	13	13	45	3 Cups
Rock Shrimp		170	6	1	125	700	14	6	6	17	2-1/2 Cups
Chopped Tuna		275	3	1/2	40	975	35	9	16	28	3 Cups
Taco (Beef)		1130	68	27	145	1930	80	15	9	51	3 Cups
<u>Enchilada</u>											
Chicken		320	17	7	60	530	23	1	1	19	0 Cup
Cheese		460	31	16	75	860	24	1	1	21	0 Cup

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<u>Quesadillas</u>											
Cheese Quesadilla		740	47	24	100	1550	53	5	5	27	1 Cup
Chicken Quesadilla		870	54	26	155	1620	53	5	5	42	1 Cup
<u>Sides</u>											
Rice	4 oz.	185	6	0.5	0	655	30	1	1	3	0 Cup
Black Beans	4 oz.	145	1	0	0	575	27	10	1	10	0.5 Cup
Pinto Beans	4 oz.	165	1	0	0	580	29	10	0	10	0.5 Cup
Guacamole	2 oz.	40	3	0.5	0	280	3	2	1	1	0.25 Cup
Sour Cream	2 oz.	115	11	7	25	145	2	0	0	2	0 Cup
Potatoes	3 oz.	75	0	0	0	580	17	2	1	1	
Fish Slaw	2 oz.	355	38	6	20	295	2	0	0	1	
<u>Salsas (2 oz)</u>											
Tomato Vinaigrette	2 oz.	20	2	0	0	205	2	0	1	0	
Chipolte Pineapple	1 oz.	10	0	0	0	115	2	0	1	0	
Chile Arbol Mild	2 oz.	15	0	0	0	165	3	1	1	1	
Hola Aloha	1 oz.	10	0	0	0	150	2	0	1	0	
Salsa de Pina	1 oz.	10	0	0	0	80	2	0	2	0	
Mango Salsa	3 oz.	40	0	0	0	380	11	1	9	0	
<u>Condiments</u>											
Hawaiian BBQ Sauce	1 oz.	40	0	0	0	470	8	0	0	0	
Hawaiian Pork Prep	1 oz.	55	4	1.5	15	70	1	0	1	3	
Hawaiian Pork	5 oz	250	14	4.5	45	1010	19	0	5	11	
Pico de Gallo	2 oz.	15	0	0	0	115	3	1	2	1	
Chipolte Ranch Dressing	2 oz.	225	23	3.5	15	405	4	0	1	1	
<u>Marinades</u>											
Fish Marinade	1 tsp	5	1	0	0	85	0	0	0	0	
Meat Marinade	1 tsp	5	0	0	0	40	0	0	0	0	

SPECIAL REQUEST

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<u>Burritos</u>											
Napili		755	21	4.5	75	1755	100	12	2	39	
Hookipa		760	19	6	110	1910	101	12	2	43	
Haiku		620	19	8	30	1810	90	13	3	24	
<u>Mauui Tacos</u>											
Shrimp		265	3	0.5	85	450	43	9	1	18	
Fish		260	3	0	35	400	43	10	2	18	
Chicken		355	11	4	50	465	43	9	1	22	
Beach Chicken		255	12	4.5	70	185	16	30	1	20	
<u>Salads</u>											
Chicken Mango		605	23	8	100	1605	61	13	13	39	