

skinny	Menu item	Nutritionals							
		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
[Appetizers]									
⚙️	Ahi Wonton Crisps	380	22	40	350	23	< 1	7	24
⚙️	Angry Soybeans	370	23	30	3720	24	8	< 1	22
	Avocado Egg Roll	830	64	10	620	60	8	29	6
	Chicken + Shrimp Romaine Wraps	750	49	195	3770	40	6	29	43
	Chicken Satay	1470	109	210	2840	65	6	45	62
	Kona Calamari	1090	54	935	1630	98	6	9	55
	Potstickers	860	52	110	2250	59	3	23	32
⚙️	Soybeans (Edamame)	240	11	0	1120	19	7	0	21
	Sweet and Spicy Shrimp	830	33	630	2520	70	2	6	42
Salads + Soups									
	Caesar Salad, Large	1010	88	210	2330	19	4	4	39
	Caesar Salad, Side	500	44	105	1170	9	2	2	20
	Chicken Chili	420	19	70	1460	44	10	9	23
⚙️	Clam Chowder	300	21	80	580	13	< 1	1	18
⚙️	House Salad Large	450	37	50	1360	15	3	6	16
⚙️	House Salad Side	240	20	25	710	10	2	4	8
	Kona Chopped Salad	1160	89	525	2380	29	7	15	64
⚙️	Miso Soup Bowl	60	2	0	760	6	1	1	4
	Oriental Chicken Salad	770	49	300	890	51	8	31	33
⚙️	Oriental Salad	530	40	40	470	42	7	28	6
	Roasted Asparagus Salad	1010	91	90	1650	37	7	15	15
	Spinach Salad	450	29	< 5	100	43	8	22	13
	Sushi - Sushi Sampler	720	32	80	2010	79	5	16	29
	Sweet Chili Glazed Salmon Salad	1170	71	145	1470	70	4	39	62
⚙️	Tomato Basil Bisque Bowl	360	34	95	1030	12	3	5	4
Pizza + Flatbread									
	Grilled Veggie Flatbread	1510	98	35	2390	121	7	35	42
	Lobster and Ahi Flatbread	760	30	115	1810	85	5	9	38
	Margherita Flatbread	1410	93	90	1910	95	4	17	56
	Pizza - Five-Spice Barbeque Chicken	2410	158	245	3920	163	6	34	90
	Pizza - Margherita	1950	121	145	3050	139	6	11	80
	Pizza - Pepperoni	2130	144	190	3960	134	6	6	75
	Truffle Steak Flatbread	1630	114	155	1950	94	5	14	61
Sandwiches + Noodles									
	Ahi Steak Sandwich	1310	95	175	2620	60	9	10	61
	Basil Pesto Linguine - dinner	2230	163	340	4410	119	7	10	67
	Basil Pesto Linguine - lunch	1900	142	275	3650	90	5	7	62
	Big Kahuna Cheeseburger (12 oz)	1490	86	340	3000	93	7	21	88
	Club	1150	72	175	5160	58	6	7	66
	Garlic Shrimp Cavatappi - dinner	1450	81	380	1930	128	9	8	53
	Garlic Shrimp Cavatappi - lunch	1110	57	320	1720	101	7	8	47
	Grilled Chicken Wrap	1120	58	160	2390	83	11	14	67
	Grilled Ribeye Sandwich	1260	65	215	2410	92	6	16	78
	Jerk Sandwich	1210	62	225	2830	104	8	28	64
	Miso Salmon Club	1270	85	180	2810	55	5	7	67
	Pad Thai Noodles - Chicken, dinner	1510	97	765	3510	121	9	44	50
	Pad Thai Noodles - Chicken, lunch	1350	92	765	3470	95	7	43	46
	Pad Thai Noodles - Combo, dinner	1770	114	1005	4300	122	10	44	76
	Pad Thai Noodles - Combo, lunch	1680	114	1005	4280	101	9	44	75
	Pad Thai Noodles - Shrimp, Dinner	1220	67	895	3380	122	9	44	47
	Pad Thai Noodles - Shrimp, lunch	1130	67	895	3360	101	9	44	46

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	Pan-Asian Noodles	1060	35	0	5250	166	9	84	18
	Tacos, Beef	1410	70	30	6010	169	12	79	23
	Tacos, Chicken	1430	97	235	2530	105	12	19	37
	Tacos, Combo	1410	94	180	3170	102	12	18	41
	Tacos, Fish	1390	91	125	3810	99	12	17	45
	Tacos, HH Beef	1120	56	10	5140	138	11	76	16
	Turkey Burger	1140	57	255	3830	99	8	23	65
	Twin Mini Cheeseburgers	1340	77	280	2140	79	6	18	79
	White Truffle Lobster Mac N Cheese	1060	47	230	2800	107	6	11	47
Entrees									
	Almond Crusted Pork Tenderloin	1390	104	230	2990	50	7	7	64
	Baked Sea Bass	1020	71	125	1500	37	4	4	57
	Big Island Meatloaf, Lunch / Dinner	1270	104	305	2300	45	4	5	41
	Caribbean Chicken Dinner	1310	61	370	2290	65	5	45	124
	Caribbean Chicken Lunch	660	30	185	1140	32	3	23	62
	Hawaiian Ribeye	1230	53	385	2150	59	6	24	125
	Kona Filet	1800	146	530	2040	33	5	5	91
	Korean BBQ Chicken Dinner	1390	77	345	2080	58	2	3	109
	Macadamia Nut Chicken, dinner	1110	84	510	1630	45	4	11	47
	Macadamia Nut Chicken, lunch	1000	79	380	1420	41	4	9	33
	Pan Seared Ahi	1460	94	150	4060	114	7	48	64
⚙️	Simple Fresh Fish	580	20	135	150	55	2	1	43
	Sweet Chili Glazed Salmon	910	39	145	2440	85	2	54	52
Perfect Pairings Lunch Menu									
⚙️	PP - Caesar Salad	290	26	60	620	6	2	2	10
	PP - Chicken Chili	420	19	70	1460	44	10	9	23
⚙️	PP - Clam Chowder	300	21	80	580	13	< 1	1	18
	PP - Club	660	43	140	2850	25	3	6	42
⚙️	PP - House Salad	240	20	25	710	10	2	4	8
	PP - Mini Cheeseburger	410	23	125	510	20	2	3	29
⚙️	PP - Miso Soup Bowl	60	2	0	760	6	1	1	4
⚙️	PP - Oriental Salad	250	19	20	220	20	3	13	3
	PP - Oriental Salad w/Chicken	430	30	160	580	25	7	11	18
	PP - Roll - Combo	420	14	25	1080	57	3	11	15
	PP - Roll - Crab Crunch	620	25	15	1750	86	2	32	11
⚙️	PP - Roll - Vegetarian	220	2.5	0	570	47	3	9	4
⚙️	PP - Spinach Salad	360	25	25	440	25	4	14	13
⚙️	PP - Sushi - Combo	100	0.5	45	400	16	0	3	6
⚙️	PP - Tomato Basil Bisque Bowl	360	34	95	1030	12	3	5	4
Kids Menu									
	Kid's Cheese Pizza	830	43	90	1790	73	4	4	39
	Kid's Pepperoni Pizza	1040	61	135	2500	73	4	4	49
	Kids Burger	820	43	125	1650	75	5	16	35
	Kids Chicken Fingers	860	37	420	2290	75	5	15	58
	Kids Mac and Cheese	410	24	65	1000	33	2	4	14
⚙️	Sushi - Little Surfer	300	7	30	1030	50	2	10	10
Desserts									
	Key Lime Pie	2310	149	700	980	222	8	183	37
	Key Lime Pie Small	700	42	250	290	73	2	63	13
	Red Velvet Cake	1450	101	300	1020	126	2	101	14
⚙️	Red Velvet Cupcake	400	21	55	430	49	2	32	5
	Seasonal Creme Brulee	870	66	795	80	63	0	57	11
⚙️	Seasonal Creme Brulee, small	440	33	395	40	31	0	29	5
	Ultimate Fudge Brownie	1890	52	90	1530	322	11	247	24

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		Ultimate Fudge Brownie, small	730	21	45	550	121	4	95
Sushi									
	Atlantic Roll	640	28	30	1270	78	2	28	17
⚙️	Bama Roll	400	17	50	1110	41	1	10	20
⚙️	California Roll	350	11	10	1000	56	3	11	8
	Crab Crunch Roll	620	25	15	1750	86	2	32	11
⚙️	Crab Special Roll	360	10	15	1230	58	2	13	10
	Caterpillar Roll	570	24	70	1030	72	8	23	17
⚙️	Cucumber Roll	180	3	0	430	35	2	7	4
	Dragon Roll	520	13	85	1760	78	1	31	19
	Eel Cucumber Roll	440	10	70	1170	69	2	27	16
⚙️	Fiery Shrimp Roll	340	8	110	840	49	2	9	17
⚙️	Houston Roll	280	6	30	640	43	< 1	8	14
	Las Vegas Roll	650	32	55	1810	66	2	52	19
⚙️	Philadelphia Roll	380	15	40	1290	50	2	9	12
⚙️	Rainbow Roll	400	10	50	1070	55	2	11	22
⚙️	Salmon Roll	350	10	25	670	51	2	9	14
⚙️	Salmon Skin Roll	410	9	65	660	51	2	9	31
	Salmon Special Roll	730	40	40	1300	74	2	29	18
⚙️	Shrimp Tempura Roll	290	8	25	610	49	2	8	7
⚙️	Soft Shell Crab Roll	340	12	45	700	47	2	8	13
⚙️	Spicy Salmon Roll	380	12	30	1090	51	2	9	16
⚙️	Spicy Tuna Roll	360	10	25	790	50	2	9	17
⚙️	Spicy Yellowtail Roll	330	6	25	790	51	2	11	18
	Spider Roll	530	18	50	1450	73	3	28	18
	Sunshine Roll	480	19	55	1160	54	3	10	26
⚙️	Tempura Naruto Roll	410	30	50	790	26	5	10	10
⚙️	Tuna Roll	160	0	15	370	26	0	5	12
⚙️	Vegetarian Roll	220	2.5	0	570	47	3	9	4
	Volcano Roll	660	50	60	1720	35	1	26	16
⚙️	Voodoo Roll	380	12	110	1040	46	2	10	22
⚙️	Wave Roll	370	12	40	680	50	2	8	14
⚙️	Yamada Roll	420	14	20	1220	59	1	10	14
⚙️	Shallot Dressing	210	20	0	660	6	0	4	0
⚙️	Albacore	90	0	20	160	10	0	2	10
⚙️	Albacore Sashimi	80	0.5	35	30	1	0	< 1	16
⚙️	Albacore Tataki	240	3	80	1840	8	2	3	41
⚙️	Assorted Sashimi	340	12	130	140	5	2	3	51
	Assorted Sushi	490	7	105	1020	62	< 1	11	43
⚙️	Crab	120	1	30	510	16	0	3	11
⚙️	Crab Sashimi	70	1	40	390	0	0	**	13
⚙️	Cucumber Salad	100	4.5	0	55	13	2	9	3
⚙️	Freshwater Eel	210	8	70	420	21	< 1	11	12
⚙️	Freshwater Eel Sashimi	390	19	170	580	23	2	19	27
⚙️	Hamachi Kyuri	120	4	40	470	3	< 1	2	17
⚙️	Jalapeno Yellowtail Sashimi	170	5	55	1290	4	1	1	25
⚙️	Mackerel	130	6	30	180	10	0	2	9
⚙️	Mackerel Sashimi	150	10	50	70	1	0	< 1	13
⚙️	Octopus Sashimi	120	1	30	80	18	**	**	11
⚙️	Omakase Sashimi	360	13	75	2210	20	4	9	38
⚙️	Otopus	70	0	15	140	10	0	2	6
⚙️	Salmon	130	6	25	170	10	0	2	9
⚙️	Salmon Sashimi	220	10	40	120	18	0	**	17
⚙️	Salmon Wasabi Sashimi	190	10	40	620	6	0	4	15

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⚙	Seared Scallops and Bacon	130	9	20	420	4	< 1	0	9
⚙	Seven Spice Ahi	150	3	30	560	13	< 1	10	18
⚙	Shrimp	70	0	40	330	11	0	2	5
⚙	Shrimp Sashimi	60	1	105	480	2	0	< 1	12
⚙	Smelt Egg	130	3	160	250	16	0	3	11
⚙	Smoked Salmon	100	2	10	990	10	0	2	9
⚙	Smoked Salmon Sashimi	90	3	15	1420	1	0	< 1	13
	Sushi and Sashimi Combo	600	13	100	1860	72	2	2	45
	Sushi Sampler	720	32	80	2010	79	5	16	29
⚙	Tuna	45	0	0	140	10	0	2	1
⚙	Tuna Carpaccio	160	6	35	430	3	0	2	22
⚙	Tuna Sashimi	150	0.5	30	110	18	0	0	20
	Tuna Tower	470	27	65	1300	39	4	12	20
⚙	White Fish	90	1	20	160	10	0	2	9
⚙	White Fish Sashimi	80	1	35	350	2	< 1	< 1	15
⚙	Yellowtail	110	2.5	25	160	10	0	2	11
⚙	Yellowtail Sashimi	180	4	40	105	18	0	**	19