

■ - under 400 cal for apps, soups, salads, sushi, desserts; under 600 cal for entrees

KONA GRILL®

kitchen • sushi • cocktails

Nutrition information accounts for everything on the plate; including sauces, dressings, & sides

Nutritionals

skinny

Menu item	Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers								
■ Abalone & Scallop Ceviche	230	3	45	3400	35	3	4	17
■ Angry Soybeans	370	23	30	3720	24	8	< 1	22
Avocado Egg Roll	830	64	10	620	60	8	29	6
Chicken & Shrimp Lettuce 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
Smoked Gouda Fondue	730	30	75	3750	101	4	15	17
■ Soybeans (Edamame)	240	11	0	1120	19	7	0	21
Taco Trio	630	29	130	1730	59	5	9	33
■ Tuna Wonton Crisps	380	22	40	350	23	< 1	7	24
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
Grilled Chicken & Pear Salad	1060	66	165	900	56	9	40	63
Chili Lime Shrimp Salad	600	33	45	840	70	7	28	14
■ Clam Chowder	300	21	80	580	13	< 1	1	18
Greek Salad	670	58	65	2220	27	6	16	14
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
■ Tomato Basil Bisque Bowl	360	34	95	1030	12	3	5	4
Flatbreads								
Barbeque Chicken	1610	94	245	3640	116	5	37	77
Lobster Ahi Flatbread	830	37	110	1490	88	8	9	39
Margherita	960	44	90	1880	92	4	17	56
Pepperoni	1330	81	190	3680	87	4	8	62
Portobello & Goat Cheese	890	40	75	2360	97	7	14	39
SANDWICHES & Noodles								
Avocado Chicken Club	1280	81	225	2670	56	8	5	80
Big Kahuna Cheeseburger (12 oz)	1490	86	340	3000	93	7	21	88
Cajun Salmon Pasta	1740	83	435	2600	161	5	5	90
Cheeseburger Sliders	1340	77	280	2140	79	6	18	79
Cuban Sandwich	1530	91	185	6160	98	10	27	78
Kona Club	1150	72	175	5160	58	6	7	66
Lemon Garlic Shrimp Penne	1510	101	470	2340	105	2	4	47
Lobster Mac & Cheese	1030	55	260	2730	82	4	9	49
Pad Thai Noodles - Chicken	1510	97	765	3510	121	9	44	50
Pad Thai Noodles - Combo	1770	114	1005	4300	122	10	44	76
Pad Thai Noodles - Shrimp	1220	67	895	3380	122	9	44	47
Pan-Seared Tuna Sliders	1380	87	165	1790	81	10	36	67
Pulled Pork Sliders	1240	74	120	4010	87	8	49	53

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Turkey Burger	1140	57	255	3830	99	8	23	65
Entrees								
■ Chicken and Broccoli Stir Fry	560	23	90	800	49	1	5	37
■ Fresh Fish	580	20	135	150	55	2	1	43
Jambalaya	1410	98	275	4190	80	7	19	52
Kona Churrasco	1350	89	290	3200	32	4	2	103
Kona Churrasco-half	890	62	160	2180	30	4	2	54
Kona Filet	1800	146	530	2040	33	5	5	91
Macadamia Nut Chicken, dinner	1110	84	510	1630	45	4	11	47
Macadamia Nut Chicken, lunch	1000	79	380	1420	41	4	9	33
Miso-Sake Sea Bass	1020	71	125	1500	37	4	4	57
NY Strip	1550	121	400	2040	33	5	5	82
Pan-Seared Tuna	1460	94	150	4060	114	7	48	64
Pork Tenderloin	1390	104	230	2990	50	7	7	64
Sweet Chili Glazed Salmon	910	39	145	2440	85	2	54	52
Kids menu								
Kids Burger	460	23	125	1050	33	1	16	29
Kids Buttered Noodles - Side	180	6	15	490	26	1	2	4
Kids California Roll	350	11	10	1000	56	3	11	8
Kids Carrot Sticks - Side	25	0	0	40	5	2	3	1
Kids Cheese Flatbread	630	35	90	1640	47	3	5	32
Kids Chicken Satay	360	29	85	280	1	0	1	24
Kids Chicken Tenders	280	8	210	1180	25	1	15	27
Kids French Fries - Side	180	10	0	300	21	2	0	3
Kids Grilled Cheese	180	10	50	370	17	1	3	5
Kids Grilled Salmon	210	13	55	60	0	0	0	20
Kids House Salad - Side	110	10	10	190	4	1	2	1
Kids Mac and Cheese - Side	410	24	65	1000	33	2	4	14
Kids Mashed Potatoes - Side	100	5	15	310	13	1	1	2
Kids Orange Bear - Side	86	0	0	0	21	4	17	1
Kids Pepperoni Flatbread	840	53	135	2340	47	3	5	42
Kids Shrimp Tempura	130	8	40	60	9	0	0	5
Kids Soybeans - Side	240	11	0	1120	19	7	0	21
Kids Sushi Combo	100	0.5	45	400	16	0	3	6
Kids Shrimp & Pork Fried Rice - Side	140	7	10	440	16	1	2	4
Kids Sweet Potato Fries	150	7	0	250	18	2	9	2
Kids Turkey Club	460	35	90	840	20	1	4	16
Kids White Rice - Side	110	0	0	0	24	0	0	2
DESSERTS								
Butter Cake	880	37	115	240	124	5	82	11
Carrot Carke	2250	132	330	1610	249	9	185	31
Fudge Brownie	1890	52	90	1530	322	11	247	24
Key Lime Pie	2310	149	700	980	222	8	183	37
Passion Fruit Crème Brulee	870	66	795	80	63	0	57	11
Spiced Apple Bread Pudding	1210	46	220	1250	183	6	129	25
Snickers Ice Cream Pie	1960	88	115	1350	273	10	199	25

Sushi

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		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
■	Assorted Sashimi	340	12	130	140	5	2	3	51
	Assorted Sushi	490	7	105	1020	62	< 1	11	43
	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
	Caterpillar Roll	570	24	70	1030	72	8	23	17
■	Checkerboard	340	10	30	750	44	1	8	18
	Coconut Shrimp Roll	730	18	30	550	135	2	105	8
■	Crab	120	1	30	510	16	0	3	11
	Crab Crunch Roll	620	25	15	1750	86	2	32	11
■	Crab Sashimi	70	1	40	390	0	0	**	13
■	Crab Special Roll	360	10	15	1230	58	2	13	10
■	Cucumber Salad	100	4.5	0	55	13	2	9	3
■	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
■	Freshwater Eel	210	8	70	420	21	< 1	11	12
■	Freshwater Eel Sashimi	390	19	170	580	23	2	19	27
■	Houston Roll	280	6	30	640	43	< 1	8	14
■	Jalapeno Yellowtail Sashimi	170	5	55	1290	4	1	1	25
■	King Crab Sushi / Sashimi	70	0.5	15	470	11	0	2	6
	Las Vegas Roll	650	32	55	1810	66	2	52	19
■	Octopus	70	0	15	140	10	0	2	6
■	Octopus Sashimi	120	1	30	80	18	**	**	11
■	Peppered Tuna Tataki Roll	360	9	80	850	48	4	10	23
■	Philadelphia Roll	380	15	40	1290	50	2	9	12
■	Picasso	390	7	45	1470	54	2	13	27
■	Rainbow Naruto Roll	190	6	55	1550	6	2	3	24
■	Rainbow Roll	400	10	50	1070	55	2	11	22
■	Salmon	130	6	25	170	10	0	2	9
■	Salmon Roll	350	10	25	670	51	2	9	14
■	Salmon Sashimi	220	10	40	120	18	0	**	17
■	Salmon & Tuna Naruto Roll	200	8	40	1240	8	3	4	23
■	Salmon Wasabi Sashimi	190	10	40	620	6	0	4	15
■	Seven Spice Tuna	150	3	30	560	13	< 1	10	18
■	Shrimp	70	0	40	330	11	0	2	5
■	Shrimp & Lobster	350	9	170	1280	44	< 1	8	22
■	Shrimp Sashimi	60	1	105	480	2	0	< 1	12
■	Shrimp Tempura Roll	290	8	25	610	49	2	8	7
■	Shrimp & Tuna Roll	220	8	145	950	9	2	2	27
■	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
■	Soft Shell Crab Roll	340	12	45	700	47	2	8	13
■	Spicy King Crab Roll	300	6	45	1330	45	1	10	17
■	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

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	Sushi and Sashimi Combo	600	13	100	1860	72	2	2	45
	Sushi Sampler	720	32	80	2010	79	5	16	29
	Tempura Naruto Roll	410	30	50	790	26	5	10	10
■	Tuna	45	0	0	140	10	0	2	1
■	Tuna Sashimi	150	0.5	30	110	18	0	0	20
■	Tuna & King Crab Naruto	230	9	40	1610	11	5	4	26
■	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	320	7	100	960	45	2	10	19
■	Wave Roll	370	12	40	680	50	2	8	14
■	White Fish	90	1	20	160	10	0	2	9
■	White Fish Sashimi	80	1	35	350	2	< 1	< 1	15
	Yamada Roll	420	14	20	1220	59	1	10	14
■	Yellowtail	110	2.5	25	160	10	0	2	11
■	Yellowtail Sashimi	180	4	40	105	18	0	**	19