

■ - 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)
STARTERS								
■ Angry Soybeans	380	24	35	3140	24	8	< 1	23
Avocado Egg Roll	970	76	10	710	71	10	30	8
Chicken & Shrimp Lettuce Wraps	810	54	145	3120	49	6	35	34
Chicken Satay	1330	97	150	5080	71	5	52	50
Kona Calamari	1080	53	910	1620	98	6	9	55
Potstickers	890	49	140	2910	63	5	25	42
Smoked Gouda Fondue	1250	51	150	5510	166	10	24	34
■ Soybeans (Edamame)	250	12	0	8800	19	7	0	22
Spicy Shrimp Tempura	590	38	190	1320	39	2	5	25

Salads & SOUPS

Chicken Chili	440	23	60	1310	42	9	9	21
Grilled Chicken & Pear Salad	940	58	120	770	57	9	40	51
Chili Lime Shrimp Salad	520	14	115	1360	77	10	30	21
House Salad Large	520	42	60	1290	20	4	6	17
■ House Salad Side	260	21	30	640	10	2	3	8
Kona Chopped Salad	1140	88	485	2350	29	7	15	58
■ Miso Soup Bowl	60	2	0	760	6	1	1	4
■ Oriental Salad Side	270	20	20	180	21	3	14	3
Oriental Salad Large	530	40	40	370	42	7	28	6
■ Tomato Basil Bisque Bowl	400	36	100	910	15	3	6	4

FLATBREADS

Barbeque Chicken	1160	53	230	3150	100	4	25	72
Margherita	830	35	90	1890	80	3	11	52
Pepperoni	1220	76	205	3770	76	5	4	55

SANDWICHES & Noodles

Avocado Chicken Club	1330	77	185	2500	86	10	6	73
Big Kahuna Cheeseburger (12 oz)	1700	116	345	3900	84	7	18	81
Cheeseburger Sliders	1480	90	275	4580	102	8	21	64
Cuban Sandwich	1650	106	185	5970	100	9	27	77
Lemon Garlic Shrimp Penne	1580	101	385	2180	120	7	8	49
Pad Thai Noodles - Chicken	1260	65	705	3050	121	9	44	50
Pad Thai Noodles - Combo	1520	82	945	3830	122	9	44	76
Pad Thai Noodles - Shrimp	1270	67	855	3190	122	10	44	48
Pan-Seared Tuna Sliders	1760	126	205	2810	94	9	33	68
Pulled Pork Sliders	1550	94	175	5060	119	9	57	59

Entrees

Chicken and Broccoli Stir Fry	660	20	105	1120	79	2	16	41
■ Fresh Fish	580	21	135	3600	52	2	< 1	42
Jambalaya	1080	65	260	2410	76	7	15	51
Kona Churrasco	1693	118	305	3716	48	7	10	108
Kona Churrasco-half	1233	91	175	2696	45	7	10	58
Kona Filet	1693	124	475	4376	42	6	11	102
Macadamia Nut Chicken, dinner	1383	109	470	1916	60	7	19	44
Macadamia Nut Chicken, lunch	1283	105	360	1726	56	6	17	32

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	Miso-Sake Sea Bass	1080	76	105	1340	52	5	15	47
	NY Strip	1673	129	370	2236	40	6	10	84
	Pan-Seared Tuna	1140	47	95	3770	118	6	54	56
	Pork Tenderloin	1150	68	185	3890	68	8	8	66
	Sweet Chili Glazed Salmon	1203	63	165	3356	100	5	62	57

Kids menu

	Kids Cheeseburger	530	28	150	710	30	1	9	37
	Kids Buttered Noodles - Side	160	7	45	5	21	0	0	4
	Kids California Roll	310	9	10	610	49	3	6	8
	Kids Carrot Sticks - Side	120	11	10	310	6	2	4	2
	Kids Cheese Flatbread	460	23	65	1200	38	3	2	25
	Kids Chicken Satay	290	24	60	1030	2	0	<1	18
	Kids Chicken Tenders	310	20	95	630	17	0	8	16
	Kids French Fries - Side	230	12	0	570	28	2	6	3
	Kids Grilled Cheese	190	10	55	400	20	<1	3	6
	Kids Grilled Salmon	210	13	55	920	0	0	0	20
	Kids House Salad - Side	110	9	15	210	6	<1	2	2
	Kids Mac and Cheese - Side	330	18	50	330	31	2	2	11
	Kids Mashed Potatoes - Side	100	5	15	280	12	1	1	2
	Kids Orange Bear - Side	90	0	0	0	22	4	17	2
	Kids Pepperoni Flatbread	670	43	120	1950	38	3	2	32
	Kids Shrimp Tempura	220	12	60	370	19	0	6	8
	Kids Soybeans - Side	250	12	0	1950	19	7	0	22
	Kids Sushi Combo	80	0	20	230	15	0	1	4
	Kids Shrimp & Pork Fried Rice - Side	140	7	10	470	16	<1	2	4
	Kids Sweet Potato Fries	240	15	0	380	27	2	16	2
	Kids White Rice - Side	110	0	0	0	24	0	**	2

DESSERTS

	Butter Cake	910	43	135	270	121	3	80	12
	Carrot Cake	2480	154	450	1560	259	8	195	30
	Fudge Brownie	2020	80	150	1290	314	11	233	15
	Passion Fruit Crème Brûlée	870	66	795	80	63	<1	57	11
	Snickers Ice Cream Pie	1970	101	155	1250	251	10	181	24

Sushi

■	Freshwater Eel Sashimi	290	16	170	730	9	<1	7	27
■	Freshwater Eel Sushi	190	8	70	780	18	<1	7	13
■	King Crab Sashimi	80	1	40	770	4	2	<1	14
■	King Crab Sushi	70	0.5	30	770	11	0	2	7
■	Octopus Sashimi	45	0.5	30	380	2	0	2	10
■	Octopus Sushi	60	0	10	470	11	0	2	5
■	Salmon Sashimi	150	10	40	420	2	0	2	16
■	Salmon Sushi	130	6	25	490	11	0	2	11
■	Shrimp Sashimi	60	1	105	850	3	0	2	13
■	Shrimp Sushi	70	0	40	660	11	0	2	6
■	Smoked Salmon Sashimi	90	3	15	1800	2	0	2	14
■	Smoked Salmon Sushi	90	2	10	1320	11	0	2	10
■	Tuna Sashimi	80	0	30	410	2	0	2	19
■	Tuna Sushi	45	0	0	470	11	0	2	2

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■	Yellowtail Sashimi	110	3.5	40	410	2	0	2	18
■	Yellowtail Sushi	110	2.5	25	480	11	0	2	12
TRADITIONAL ROLLS									
	Atlantic	510	22	30	1440	62	2	17	17
■	California	310	9	10	980	49	3	7	9
	Crab Crunch	490	18	15	1720	71	2	20	12
■	Fiery Shrimp	310	7	120	1350	43	1	5	19
■	Philadelphia	340	13	40	1420	43	1	6	12
■	Shrimp Tempura	310	10	25	810	49	3	5	9
■	Soft Shell Crab	310	11	40	500	40	2	4	12
■	Spicy Tuna	320	9	20	890	43	1	6	19
■	Spicy Yellowtail	290	5	25	520	44	2	6	17
■	Vegetarian	220	2.5	0	750	46	3	6	6
Kona Rolls									
■	Bama	400	16	55	1210	46	2	9	18
	Caterpillar	540	24	70	1350	65	8	17	19
	Checkerboard	470	18	45	1090	46	3	7	32
■	Coconut Shrimp	400	17	35	790	55	2	12	9
	Dragon	480	15	85	1750	66	2	20	21
	Las Vegas	530	32	50	1530	44	2	27	19
■	Peppered Tuna Tataki	350	8	80	650	46	4	6	23
■	Picasso	360	8	395	680	48	3	8	25
■	Poke Naruto, Salmon	310	16	80	990	20	3	16	22
■	Poke Naruto, Tuna	240	7	70	980	20	3	16	25
■	Rainbow	380	10	50	1060	48	2	7	23
■	Shrimp & Lobster	340	8	165	1490	43	< 1	6	23
	Shrimp Tempura Naruto	410	31	50	590	25	5	9	10
■	Spicy King Crab	250	2	120	1350	43	1	6	16
	Spider	460	17	50	1560	60	3	17	18
■	Sunshine	400	15	50	1260	47	3	6	23
■	Voodoo	350	9	100	1160	47	3	8	20
■	Wave	340	12	35	810	44	2	5	16
	Yamada	450	11	20m	1420	74	3	20	15