

■ - 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	Nutritionals							
		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>STARTERS</b>									
	Avocado Egg Rolls*	970	76g	10mg	710mg	71g	10g	30g	8g
	Chicken & Shrimp Lettuce Wraps*	810	54g	145mg	3120mg	49g	6g	35g	34g
	Chicken Satay*	1180	97g	150mg	3380mg	34g	5g	22g	49g
■	Edamame (Soybeans), Angry*	380	24g	35mg	3140mg	24g	8g	< 1g	23g
■	Edamame (Soybeans), Original*	250	12g	0mg	8800mg	19g	7g	0g	22g
■	Firecracker Sashimi *	210	14g	100mg	354mg	8g	1g	7g	16g
	Hamachi Nachi *	400	20g	110mg	690mg	33g	5g	18g	22g
■	Jalapeno Yellowtail Sashimi*	120	4g	430mg	60mg	3g	< 1g	1g	18g
■	KG Deviled Eggs *	370	27g	570mg	1110mg	7g	<1g	5g	25g
	Kona Calamari*	1080	53g	910mg	1620mg	98g	6g	9g	55g
	Kona Coffee Glazed Ribs *	410	15g	80mg	990mg	58g	3g	49g	3g
	Potstickers*	650	22g	140mg	2910mg	63g	5g	25g	42g
■	Salmon Wasabi Sashimi*	190	11g	90mg	300mg	7g	< 1g	4g	16g
	Spicy Shrimp Tempura*	590	38g	190mg	1320mg	39g	2g	5g	25g
	Tuna Tower*	475	29g	60mg	1050mg	40g	4g	11g	20g
<b>HAND-TOSSED SALADS</b>									
	Grilled Salmon & Herb Salad *	910	72g	155mg	2070mg	20g	3g	6g	46g
	Kona Chopped Salad*	1140	88g	485mg	2350mg	29g	7g	15g	58g
	Me Chong Salad *	790	57g	90mg	1560mg	45g	6g	32g	30g
	Oriental Salad Large*	530	40g	40mg	370mg	42g	7g	28g	6g
■	Oriental Salad Side*	270	20g	20mg	180mg	21g	3g	14g	3g
	Sushi Sampler*	784	38g	86mg	1890mg	89g	9g	25g	30g
<b>FLATBREADS</b>									
	BBQ Chicken Flatbread*	1160	53g	230mg	3150mg	100g	4g	25g	72g
	Margherita Flatbread*	830	35g	90mg	1890mg	80g	3g	11g	52g
	The Mediterranean	950	450	85mg	2230mg	89g	7g	14g	44g
	Pepperoni Flatbread*	1220	76g	205mg	3770mg	76g	5g	4g	55g
	Shrimp Romesco	1020	480	200mg	3860mg	82g	6g	3g	51g
	Spicy Korean Flatbread	840	310	245mg	2550mg	83g	3g	4g	48g
	Umami Mushroom Flatbread *	520	31g	95mg	3490mg	24g	5g	6g	36g
<b>GLOBAL BOWLS</b>									
	Jambalaya*	1080	65g	260mg	2410mg	76g	7g	15g	51g
	Kona Stir Fry - Chicken	660	20g	105mg	1120mg	79g	2g	16g	41g
	Kona Stir Fry - Beef	710	26g	90mg	1850mg	80g	2g	16g	39g
	Kona Stir Fry - Combo	720	27g	225mg	6150mg	83g	6g	20g	38g
	Lamb Tagine	960	59g	155mg	4300mg	83g	6g	4g	26g
	Lemon Garlic Shrimp Penne*	1580	101g	385mg	2180mg	120g	7g	8g	49g
	Mumbai Chicken	750	14g	205mg	3770mg	81g	3g	8g	71g
	Original Poke - Rice*	560	18g	55mg	1230mg	67g	6g	16g	32g
	Original Poke - Salad*	420	23g	55mg	1100mg	25g	7g	17g	30g
	Pad Thai Noodles - Chicken*	1260	65g	705mg	3050mg	121g	9g	44g	50g
	Pad Thai Noodles - Combo*	1520	82g	945mg	3830mg	122g	9g	44g	76g
	Pad Thai Noodles - Shrimp*	1270	67g	855mg	3190mg	122g	10g	44g	48g
	Shrimp Poke*	660	19g	245mg	3180mg	85g	6g	31g	36g

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## Nutritionals

skinny	Menu item	Nutritionals							
		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
<b>HAND-CRAFTED SANDWICHES</b>									
	Avocado Chicken Club*	1330	77g	185mg	2500mg	86g	10g	6g	73g
	Big BBQ Cheeseburger Sliders*	1610	94g	275mg	5100mg	127g	8g	41g	65g
	Caribbean Crab Sliders	1380	96g	140mg	2780mg	83g	8g	36g	30g
	Cheeseburger Sliders*	1490	90g	275mg	4580mg	104g	8g	22g	64g
	Crispy Korean Sandwich *	1530	49g	100mg	2310mg	215g	10g	71g	57g
	Cuban Sandwich*	1650	106g	185mg	5970mg	100g	9g	27g	77g
	Miso Salmon Club*	1660	94g	200mg	3330mg	187g	10g	45g	83g
	Pan-Seared Tuna Sliders*	1760	126g	205mg	2810mg	94g	9g	33g	68g
	Pulled Pork Sliders	1550	94g	175mg	5060mg	119g	9g	57g	59g
<b>ENTRÉES</b>									
	Kona Churrasco, half*	1233	91	175mg	2696mg	45g	7g	10g	58g
	Kona Churrasco, full*	1693	118	305mg	3716mg	48g	7g	10g	108g
	Kona Coffee Glazed Ribs *	1430	80g	129mg	3620mg	129g	14g	59g	8g
	Kona Filet*	1260	92	335mg	1790mg	36g	6g	5g	60g
	Macadamia Nut Chicken, full	1250	84	385mg	2130mg	71g	9g	15g	58g
	Macadamia Nut Chicken, half	1120	80	325mg	1820mg	63g	9g	15g	42g
	Miso Sake Sea Bass*	710	34g	80mg	1060mg	49g	6g	2g	44g
	Pacific Snapper	850	44g	260mg	4590mg	63g	2g	1g	52g
	Pan-Seared Tuna*	1140	47g	95mg	3770mg	118g	6g	54g	56g
	Sweet Chili Glazed Salmon*	1203	63	165mg	3356mg	100g	5g	62g	57g
<b>SIDES</b>									
	Chicken Chili*	440	23g	60mg	1310mg	42g	9g	9g	21g
	Herb Spatzle	460	28g	175mg	1300mg	42g	2g	3g	9g
	House Salad Side*	260	21g	30mg	640mg	10g	2g	3g	8g
	Miso-Charred Broccoli	180	12g	30g	920mg	11g	4g	2g	3g
■	Miso Soup*	60	2g	0mg	760mg	6g	1g	1g	4g
	Seaweed Salad*	100	6g	0mg	1130mg	14g	4g	11g	2g
	Shrimp & Pork Fried Rice	280	14g	25mg	940mg	32g	1g	3g	8g
	Turmeric Rice	590	28g	65mg	2720mg	76g	2g	4g	9g
<b>KIDS MENU</b>									
■	Kids California Roll*	310	9g	10mg	610mg	49g	3g	6g	8g
	Kids Cheeseburger*	530	28g	150mg	710mg	30g	1g	9g	37g
■	Kids Chicken Satay*	290	24g	60mg	1030mg	2g	0g	< 1g	18g
■	Kids Chicken Tenders*	310	20g	95mg	630mg	17g	0g	8g	16g
	Kids Flatbread - Cheese*	460	23g	65mg	1200mg	38g	3g	2g	25g
	Kids Flatbread - Pepperoni*	670	43g	120mg	1950mg	38g	3g	2g	32g
■	Kids Grilled Cheese*	190	10g	55mg	400mg	20g	< 1g	3g	6g
■	Kids Grilled Salmon*	210	13g	55mg	920mg	0g	0g	0g	20g
■	Kids Shrimp Tempura*	220	12g	60mg	370mg	19g	0g	6g	8g
■	Kids Sushi Combo*	80	0g	20mg	230mg	15g	0g	1g	4g
■	Kids/Side - Buttered Noodles*	160	7g	45mg	5mg	21g	0g	0g	4g
■	Kids/Side - Carrot Sticks*	120	11g	10mg	310mg	6g	2g	4g	2g
■	Kids/Side - French Fries*	230	12g	0mg	570mg	28g	2g	6g	3g
■	Kids/Side - House Salad*	110	9g	15mg	210mg	6g	< 1g	2g	2g

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## Nutritionals

skinny	Menu item	Nutritionals						Sugars	
		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	(g)	Protein (g)
■	Kids/Side - Mac and Cheese*	330	18g	50mg	330mg	31g	2g	2g	11g
■	Kids/Side - Mashed Potatoes*	100	5g	15mg	280mg	12g	1g	1g	2g
■	Kids/Side - Orange Bear*	90	0g	0mg	0mg	22g	4g	17g	2g
■	Kids/Side - Shrimp & Pork Fried Rice*	140	7g	10mg	470mg	16g	< 1g	2g	4g
■	Kids/Side - Soybeans (Edamame)*	250	12g	0mg	1950mg	19g	7g	0g	22g
■	Kids/Side - Sweet Potato Fries*	240	15g	0mg	380mg	27g	2g	16g	2g
■	Kids/Side - White Rice*	110	0g	0mg	0mg	24g	0g	**	2g

## DESSERTS

	Butter Cake*	910	43g	135mg	270mg	121g	3g	80g	12g
	Carrot Cake*	2480	154g	450mg	1560mg	259g	8g	195g	30g
	Chocolate Butter Cake *	1020	50g	155mg	312mg	134g	5g	80g	13g
	Peanut Butter Torte	2020	80g	150mg	1290mg	314g	11g	233g	15g
	Yuzu Lemon Tart	870	66g	795mg	80mg	63g	< 1g	82g	11g

## SUSHI

■	Freshwater Eel Sushi*	190	8g	70mg	780mg	18g	< 1g	7g	13g
■	Freshwater Eel Sashimi*	290	16g	170mg	730mg	9g	< 1g	7g	27g
■	Salmon Sushi*	130	6g	25mg	490mg	11g	0g	2g	11g
■	Salmon Sashimi*	150	10g	40mg	420mg	2g	0g	2g	16g
■	Shrimp Sushi*	70	0g	40mg	660mg	11g	0g	2g	6g
■	Shrimp Sashimi*	60	1g	105mg	850mg	3g	0g	2g	13g
■	Smelt Roe Sushi *	110	3g	75mg	540mg	17g	0g	7g	5g
■	Smelt Roe Sashimi *	100	5g	125mg	740mg	10g	0g	10g	8g
■	Smoked Salmon Sushi*	90	2g	10mg	1320mg	11g	0g	2g	10g
■	Smoked Salmon Sashimi*	90	3g	15mg	1800mg	2g	0g	2g	14g
■	Tuna Sushi*	45	0g	0mg	470mg	11g	0g	2g	2g
■	Tuna Sashimi*	80	0g	30mg	410mg	2g	0g	2g	19g
■	Yellowtail Sushi*	110	2.5g	25mg	480mg	11g	0g	2g	12g
■	Yellowtail Sashimi*	110	3.5g	40mg	410mg	2g	0g	2g	18g

## TRADITIONAL ROLLS

	Atlantic*	510	22g	30mg	1440mg	62g	2g	17g	17g
■	California*	310	9g	10mg	980mg	49g	3g	7g	9g
	Crab Crunch*	490	18g	15mg	1720mg	71g	2g	20g	12g
	Crunchy Spicy Tuna Roll *	465	17g	120mg	1625mg	67g	1g	19g	16g
■	Fiery Shrimp*	310	7g	120mg	1350mg	43g	1g	5g	19g
■	Philadelphia*	340	13g	40mg	1420mg	43g	1g	6g	12g
■	Spicy Tuna*	320	9g	20mg	890mg	43g	1g	6g	19g
■	Spicy Yellowtail*	290	5g	25mg	520mg	44g	2g	6g	17g
■	Vegetarian*	220	2.5g	0mg	750mg	46g	3g	6g	6g

## HOT ROLLS

	Coconut Shrimp*	400	17g	35mg	790mg	55g	2g	12g	9g
	Las Vegas*	530	32g	50mg	1530mg	44g	2g	27g	19g
	Shrimp Tempura Naruto*	410	31g	50mg	590mg	25g	5g	9g	10g
■	Shrimp Tempura*	310	10g	25mg	810mg	49g	3g	5g	9g
■	Soft Shell Crab *	310	11g	40mg	500mg	40g	2g	4g	12g
	Spider*	460	17g	50mg	1560mg	60g	3g	17g	18g

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		Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
	Yamada*	450	11g	20mg	1420mg	74g	3g	20g	15g
<b>KONA ROLLS</b>									
	Bama*	400	16g	55mg	1210mg	46g	2g	9g	18g
	Caterpillar*	540	24g	70mg	1350mg	65g	8g	17g	19g
	Checkerboard*	470	18g	45mg	1090mg	46g	3g	7g	32g
	Dragon*	480	15g	85mg	1750mg	66g	2g	20g	21g
■	Flamingo*	260	16g	245mg	1200mg	14g	2g	7g	19g
■	Kona Steakhouse Roll*	325	5g	25mg	1610mg	49g	2g	8g	15g
■	Peppered Tuna Tataki*	350	8g	80mg	650mg	46g	4g	6g	23g
■	Picasso*	380	9g	395mg	680mg	48g	3g	8g	25g
■	Poke Naruto, Salmon*	310	16g	80mg	990mg	20g	3g	16g	22g
■	Poke Naruto, Tuna*	240	7g	70mg	980mg	20g	3g	16g	25g
■	Rainbow*	380	10g	50mg	1060mg	48g	2g	7g	23g
■	Salmon & Tuna Naruto	200	8g	825mg	150mg	8g	3g	4g	23g
■	Shrimp & Lobster*	340	8g	165mg	1490mg	43g	< 1g	6g	23g
	Sunshine*	400	15g	50mg	1260mg	47g	3g	6g	23g
	Tuna Habanero Crunch	430	12g	20g	730mg	60g	3g	18g	20g
■	Voodoo*	350	9g	100mg	1160mg	47g	3g	8g	20g
■	Wave*	340	12g	35mg	810mg	44g	2g	5g	16g