

Nutritionals

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

■ - Under 400 calories

Cal Fat (g) Chol (mg) Sodium (mg) Carbs (g) Fiber (g) Sugars (g) Protein (g)

STARTERS

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
■ Jalapeno Yellowtail Sashimi*	120	4g	430mg	60mg	3g	< 1g	1g	18g
KG Sliders*	1490	90g	275mg	4580mg	104g	8g	22g	64g
Kona Calamari*	1080	53g	910mg	1620mg	98g	6g	9g	55g
■ Lemongrass Clam Chowder	330	28g	16mg	668mg	12g	<1g	2g	10g
■ Miso Soup*	60	2g	0mg	760mg	6g	1g	1g	4g
Potstickers*	650	22g	140mg	2910mg	63g	5g	25g	42g
Ribeye Meatballs	970	48g	125mg	2776mg	98g	31g	19g	31g
■ Salmon Crudo	307	20g	37mg	755mg	14g	>1g	<3g	18g
■ Seared Seabass Sliders	239	7g	27mg	306mg	40g	2g	12g	9g
Spicy Shrimp Tempura*	590	38g	190mg	1320mg	39g	2g	5g	25g
■ Tomato Bisque	155	13g	11mg	37g	8g	3g	6g	2g
■ Tuna Tartare	339	7g	36mg	1680mg	39g	3g	13g	28g

LIGHTER FARE

BBQ Chicken Flatbread*	1160	53g	230mg	3150mg	100g	4g	25g	72g
French Dip	2062	100g	237mg	2395mg	181g	8g	15g	99g
House Field Salad	520	42g	60mg	1280mg	20g	4g	6g	16g
KG Cheeseburger	2282	169g	303mg	1694mg	110g	10g	9g	71g
Kona Chopped Salad*	1140	88g	485mg	2350mg	29g	7g	15g	58g
Asian Salad*	530	40g	40mg	370mg	42g	7g	28g	6g
Original Poke - Rice*	560	18g	55mg	1230mg	67g	6g	16g	32g
Original Poke - Salad*	420	23g	55mg	1100mg	25g	7g	17g	30g
Pepperoni Flatbread*	1220	76g	205mg	3770mg	76g	5g	4g	55g
Shrimp Poke*	660	19g	245mg	3180mg	85g	6g	31g	36g
Sushi Sampler*	784	38g	86mg	1890mg	89g	9g	25g	30g
Sweet & Blue Salad	849	65g	81mg	1907mg	22g	8g	22g	35g

MAINS

Avocado Chicken Club*	1330	77g	185mg	2500mg	86g	10g	6g	73g
Big Island Ribeye	1530	98g	361mg	3414mg	70g	11g	14g	87g
Cilantro Lime Chicken	750	14g	205mg	3770mg	81g	3g	8g	71g
Filet 8 oz	1405	51g	282mg	3329mg	138g	17g	11g	91g
Fried Chicken Sandwich	1881	122g	276mg	2264mg	115g	10g	10g	63g
Kona Filet*	1260	92	335mg	1790mg	36g	6g	5g	60g
Kona Stir Fry - Chicken	660	20g	105mg	1220mg	79g	2g	16g	41g
Kona Stir Fry - Combo	720	27g	225mg	2440mg	93g	6g	20g	72g
Kona Stir Fry - Shrimp	615	18g	100mg	1120mg	75g	2g	16g	38g
Korean 5-Spiced Ribs*	1430	80g	129mg	3620mg	129g	14g	59g	8g
Lemon Garlic Chicken Penne	1767	118	261mg	1650mg	122g	8g	7g	53g
Lemon Garlic Combo	1887	121g	489mg	1800mg	224g	8g	8g	81g
Lemon Garlic Penne*	1460	100g	157g	1430mg	120g	7g	6g	21g
Lemon Garlic Shrimp Penne*	1580	101g	385mg	1580mg	120g	7g	8g	49g
Macadamia Nut Chicken	1250	84	385mg	2130mg	71g	9g	15g	58g
Market Fish	850	44g	260mg	4590mg	63g	2g	1g	52g
Miso Sake Sea Bass*	710	34g	80mg	1060mg	49g	6g	2g	44g
NY Strip	1458	64g	362mg	3250mg	46g	10g	7g	105g

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	Cal	Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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
Prime Rib	1488	62g	285mg	1732mg	138g	15g	0g	88g
Shrimp Taco	629	53g	280mg	1450mg	17g	4g	9g	22g
Sweet Chili Glazed Salmon*	1203	63	165mg	3356mg	100g	5g	62g	57g

SIDES

■ Sweet Potato	309	15g	2mg	248mg	51g	10g	22g	3g
■ Asian Salad Side*	270	20g	20mg	180mg	21g	3g	14g	3g
■ House Salad Side*	260	21g	30mg	640mg	10g	2g	3g	8g
■ Cucumber Salad	76	<1g	1mg	74mg	17g	<2g	33g	<1g
■ Broccolini	180	12g	30g	920mg	11g	4g	2g	3g
■ Crispy Soy Brussels Sprouts	99	<1g	1mg	827mg	16g	6g	18g	7g
■ Miso Whipped Potatoes	184	9g	22mg	507mg	19g	3g	3g	3g
■ Miso Soup*	60	2g	0mg	760mg	6g	1g	1g	4g
■ Mac & Cheese	254	11g	17mg	493mg	28g	2g	3g	10g
■ Nori Salad	100	6g	0mg	1130mg	14g	4g	11g	2g
■ Fried Rice	280	14g	25mg	940mg	32g	1g	3g	8g
■ Turmeric Rice	590	28g	65mg	2720mg	76g	2g	4g	9g

KIDS MENU

■ 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
■ 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
■ Coffee Bread Pudding	680	41g	156mg	240mg	70g	>1g	83g	6g
■ NY Cheesecake	683	31g	52mg	655mg	85g	9g	110g	12g
■ Triple Stack Brownie	1531	51g	78mg	1069mg	222g	33g	185g	15g

SUSHI/SASHIMI

■ Freshwater Eel Sushi*	190	8g	70mg	780mg	18g	< 1g	7g	13g
■ Freshwater Eel Sashimi*	290	16g	170mg	730mg	9g	< 1g	7g	27g

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■ 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

■ 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
■ Shrimp Tempura*	310	10g	25mg	810mg	49g	3g	5g	9g
■ 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

KONA SPECIALTY ROLLS

Bama*	400	16g	55mg	1210mg	46g	2g	9g	18g
Kona Poke Roll*	520	18g	55mg	1230mg	67g	6g	16g	32g
Checkerboard*	470	18g	45mg	1090mg	46g	3g	7g	32g
■ Salmon Crudo	307	20g	37mg	755mg	14g	>1g	<3g	18g
Spider*	460	17g	50mg	1560mg	60g	3g	17g	18g
■ Sunset 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
Coconut Shrimp*	400	17g	35mg	790mg	55g	2g	12g	9g
Las Vegas*	530	32g	50mg	1530mg	44g	2g	27g	19g
■ Rainbow*	380	10g	50mg	1060mg	48g	2g	7g	23g
Yamada*	450	11g	20mg	1420mg	74g	3g	20g	15g
■ Shrimp & Lobster*	340	8g	165mg	1490mg	43g	< 1g	6g	23g
■ Wave*	340	12g	35mg	810mg	44g	2g	5g	16g