

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

KONA GRILL®

kitchen • sushi • cocktails

Nutritionals

skinny

Menu item

Cal

Fat (g)

Chol (mg)

Sodium
(mg)

Carbs (g)

Fiber (g)

Sugars (g)

Protein (g)

Appetizers

■ Tuna 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
Beef Bulgogi Tacos	700	27	70	2160	81	4	13	37
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
■ Soybeans (Edamame)	240	11	0	1120	19	7	0	21
Smoked Gouda Fondue	490	9	20	2750	92	4	11	10
Spinach Artichoke Dip	1260	660	180	4330	106	12	14	43

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
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
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
Grilled Asparagus Salad	1010	91	90	1650	37	7	15	15
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

Flatbreads

Barbeque Chicken	1610	94	245	3640	116	5	37	77
Grilled Apple + Brie	1080	57	95	3410	108	9	25	40
Margherita	960	44	90	1880	92	4	17	56
Pepperoni	1330	81	190	3680	87	4	8	62

SANDWICHES & Noodles

Avocado Chicken Club	1280	81	225	2670	56	8	5	80
Tuna Steak Sandwich	1310	95	175	2620	60	9	10	61
Basil Pesto Linguine - dinner	2230	163	340	4410	119	7	10	67
Big Kahuna Cheeseburger (12 oz)	1490	86	340	3000	93	7	21	88
Cheeseburger Sliders	1340	77	280	2140	79	6	18	79
Chicken Caprese Sandwich	1430	92	190	1910	74	7	25	75
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

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	Pulled Pork Sliders	1240	74	120	4010	87	8	49	53
	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, Shrimp	1270	79	240	4300	105	13	18	39
	Tacos, Chicken Happy Hour	1140	83	210	1660	73	11	16	30
	Tacos, Combo Happy Hour	1120	80	160	2300	71	10	15	34
	Tacos, Fish Happy Hour	1100	77	105	2940	68	10	13	38
	Tacos, Shrimp Happy Hour	990	66	220	3420	73	11	14	31
	Turkey Burger	1140	57	255	3830	99	8	23	65

Entrees

	Pork Tenderloin	1390	104	230	2990	50	7	7	64
	Miso-Sake Sea Bass	1020	71	125	1500	37	4	4	57
■	Chicken and Broccoli Stir Fry	560	23	90	800	49	1	5	37
	Hawaiian Ribeye	1230	53	385	2150	59	6	24	125
	Jambalaya	1410	98	275	4190	80	7	19	52
	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
	Pan Seared Tuna	1460	94	150	4060	114	7	48	64
■	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 - Cheeseburger Slider	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 - Pulled Pork Slider	350	17	60	1370	24	2	11	26
	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 - 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

	Kids California Roll	350	11	10	1000	56	3	11	8
	Kids Chicken Satay	360	29	85	280	1	0	1	24
	Kids Grilled Cheese	180	10	50	370	17	1	3	5
	Kids Cheese Flatbread	630	35	90	1640	47	3	5	32
	Kids Pepperoni Flatbread	840	53	135	2340	47	3	5	42
	Kids Burger	460	23	125	1050	33	1	16	29
	Kids Chicken Tenders	280	8	210	1180	25	1	15	27
	Kids Grilled Salmon	210	13	55	60	0	0	0	20
	Kids Turkey Club	460	35	90	840	20	1	4	16

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	Kids Shrimp Tempura	130	8	40	60	9	0	0	5
	Kids Sushi Combo	100	0.5	45	400	16	0	3	6
	Kids Mac and Cheese - Side	410	24	65	1000	33	2	4	14
	Kids Buttered Noodles - Side	180	6	15	490	26	1	2	4
	Kids Carrot Sticks - Side	25	0	0	40	5	2	3	1
	Kids House Salad - Side	110	10	10	190	4	1	2	1
	Kids French Fries - Side	180	10	0	300	21	2	0	3
	Orange Bear - Side	86	0	0	0	21	4	17	1
	Kids Mashed Potatoes - Side	100	5	15	310	13	1	1	2
	Kids Shrimp & Pork Fried Rice - Side	140	7	10	440	16	1	2	4
	Kids White Rice - Side	110	0	0	0	24	0	0	2
	Kids Soybeans - Side	240	11	0	1120	19	7	0	21
	Kids Sweet Potato Fries	150	7	0	250	18	2	9	2

DESSERTS

	Butter Cake	880	37	115	240	124	5	82	11
	Carrot Carke	2250	132	330	1610	249	9	185	31
	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
	Ultimate Fudge Brownie	1890	52	90	1530	322	11	247	24

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
■	Checkerboard	340	10	30	750	44	1	8	18
	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
	Coconut Shrimp Roll	730	18	30	550	135	2	105	8
■	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
■	Picasso	390	7	45	1470	54	2	13	27
■	Rainbow Roll	400	10	50	1070	55	2	11	22
■	Rainbow Naruto Roll	190	6	55	1550	6	2	3	24
■	Salmon Roll	350	10	25	670	51	2	9	14
■	Salmon + Tuna Naruto Roll	200	8	40	1240	8	3	4	23
■	Shrimp + Lobster	350	9	170	1280	44	< 1	8	22
■	Shrimp Tempura Roll	290	8	25	610	49	2	8	7
■	Shrimp + Tuna Roll	220	8	145	950	9	2	2	27
■	Soft Shell Crab Roll	340	12	45	700	47	2	8	13
■	Spicy King Crab Roll	300	6	45	1250	45	2	9	15
■	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

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	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	320	7	100	960	45	2	10	19
■	Wave Roll	370	12	40	680	50	2	8	14
	Yamada Roll	420	14	20	1220	59	1	10	14
■	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
■	Jalapeno Yellowtail Sashimi	170	5	55	1290	4	1	1	25
■	Spicy King Crab Roll	300	6	45	1330	45	1	10	17
■	King Crab Sushi / Sashimi	70	0.5	15	470	11	0	2	6
■	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
■	Octopus	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
■	Seven Spice Tuna	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 Sashimi	150	0.5	30	110	18	0	0	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