



BBQ Mix Plate

## TRADITIONAL PLATES

### Regular Plate Lunch

2 scoops rice + 1 scoop macaroni or tossed salad + 1 entrée

### Mini Plate Lunch

1 scoop rice + 1 scoop macaroni or tossed salad + 1 entrée

## COMBINATION PLATES

	PRICE
<b>BBQ Mix</b> BBQ Beef, BBQ Chicken & BBQ Short Ribs	940 - 1280 cal 15.75
<b>Seafood Combo</b> Fried Fish, Fried Shrimp, and choice of BBQ Beef, BBQ Chicken, or BBQ Short Ribs	1030 - 1510 cal 15.25

## LUAU SPECIAL

Served on Fridays and Saturdays.

	PRICE
<b>Kalua Pork &amp; Lau Lau</b> Hawaiian style pulled pork and authentic Hawaiian entrée made with pork, fish, and taro leaves	1030 - 1370 cal 15.75

## CHICKEN PLATES

	MINI	REGULAR
<b>BBQ Chicken</b>	540 - 1190 cal 9.50	11.25
<b>Chicken Katsu</b>	870 - 1680 cal 9.50	11.70
<b>Chicken Katsu Curry</b>	1070 - 1970 cal 9.50	11.90
<b>Chicken Cutlet w/Gravy</b>	950 - 1790 cal 9.50	11.90

## BEEF & PORK PLATES

	MINI	REGULAR
<b>Loco Moco*</b>	600 - 1440 cal 10.65	11.65
<b>Hamburger Steak*</b>	840 - 1510 cal 10.65	11.65
<b>BBQ Beef</b>	400 - 980 cal 10.95	13.25
<b>BBQ Short Ribs</b>	500 - 1130 cal 13.95	15.25
<b>Kalua Pork w/Cabbage</b>	660 - 1220 cal 10.65	12.75
<b>Portuguese Sausage &amp; Eggs*</b>	910 - 1250 cal -	12.75



Assorted Musubi

## SEAFOOD PLATES

	MINI	REGULAR
<b>Fried Fish Fillet</b>	670 - 1400 cal 8.75	11.75
<b>Garlic Fried Fish Fillet</b>	960 - 1300 cal -	12.75
<b>Fried Breaded Shrimp</b>	510 - 1230 cal 10.75	12.75
<b>Garlic Shrimp (Shell on)</b>	410 - 740 cal -	11.75

## LIGHTER OPTIONS

Served with 1 scoop brown rice & tossed greens OR all tossed greens.

	PRICE
<b>Lighter Garlic Shrimp</b>	160 - 270 cal 11.75
<b>Lighter BBQ Chicken</b>	250 - 360 cal 10.75
<b>Lighter Garlic Fish</b>	280 - 390 cal 10.75

## HAWAIIAN BOWLS

Served with rice, steamed vegetables and your choice of entrée.

	PRICE
<b>BBQ Chicken</b>	460 cal 8.75
<b>Chicken Katsu</b>	630 cal 9.25
<b>BBQ Beef</b>	390 cal 9.55
<b>Kalua Pork w/Cabbage</b>	430 cal 8.75
<b>Fried Fish</b>	530 cal 8.75
<b>Fried Shrimp</b>	610 cal 8.75

## MUSUBI

A fresh scoop of rice with your choice of L & L signature meats, cooked with our scratch made BBQ sauce and wrapped with crispy seaweed.

	PRICE
<b>Grilled SPAM®</b>	280 cal 3.50
<b>Chicken Katsu</b>	320 cal 4.00
<b>BBQ Chicken</b>	250 cal 4.00
<b>Musubi Trio</b>	850 cal 9.95

## LOW CARB PLATES

No sides.

	PRICE
<b>BBQ Chicken w/2 Eggs*</b>	540 cal 9.75
<b>BBQ Beef w/2 Eggs*</b>	400 cal 11.25

## SAIMIN

Fresh Ramen noodles with our specially prepared broth.

	PRICE
<b>w/SPAM®</b>	490 cal 5.75
<b>w/BBQ Chicken</b>	550 cal 6.75
<b>w/Chicken Katsu</b>	660 cal 7.75
<b>w/BBQ Beef</b>	480 cal 7.75
<b>w/Fried Shrimp</b>	630 cal 7.75

## BURGERS & SANDWICHES

Make it a Combo (French Fries & Drink, add 460 - 740 cal) +\$3.50

	PRICE
<b>Hamburger*</b>	430 cal 4.25
<b>Double Hamburger*</b>	680 cal 5.75
<b>BBQ Burger*</b>	430 cal 5.25
<b>Cheeseburger*</b>	500 cal 4.50
<b>Double Cheeseburger*</b>	750 cal 5.65
<b>BBQ Cheeseburger*</b>	500 cal 5.35
<b>BBQ Chicken Sandwich</b>	360 cal 6.75
<b>BBQ Beef Sandwich</b>	290 cal 7.75
<b>Fried Fish Sandwich</b>	460 cal 5.65
<b>Fried Shrimp Sandwich</b>	460 cal 7.25

## SIDES

	PRICE
<b>White Rice (1 scoop)</b>	150 cal 1.50
<b>Brown Rice (1 scoop)</b>	130 cal 1.50
<b>Macaroni Salad (1 scoop)</b>	350 cal 2.50
<b>French Fries</b>	460 cal 3.50
<b>Green Salad</b>	50 cal 3.50
<b>Lumpia (4 pieces w/sauce)</b>	190/pc cal 5.75

## DRINKS & DESSERT

	PRICE
<b>Regular (20 oz)</b>	0 - 280 cal 2.20
<b>Bottled Water (20 oz)</b>	1.75
<b>Bottled Drinks (20 oz)</b>	2.75
<b>Hawaiian Sun</b>	2.95
<b>Dole Whip</b>	90 cal 4.50

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request. Specials change periodically. Please ask us for availability.

\*These items are served raw or undercooked, or contain (may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

REVISED 10/20/2022 - PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.