







## TRADITIONAL PLATES

### **Regular & Combination Plate Lunch**

2 scoops rice + 1 scoop macaroni salad\*\* + 1 entrée(s)

#### **Mini Plate Lunch**

1 scoop rice + 1 scoop macaroni salad\*\* + 1 entrée

COMBINATION PLATES		PRICE
BBQ Mix BBQ Beef, BBQ Chicken & BBQ Short Ribs	<b>1280 cal</b> S	18.99
<b>Seafood Platter</b> Combination of Fried Shrimp and Fried F	1530 cal Fish	18.09
<b>Seafood Combo</b> Fried Fish, Fried Shrimp, and choice of Bl Chicken Katsu, or BBQ Short Ribs (+\$1)	<b>1270 - 1510 cal</b> BQ Beef, BBQ Chicken,	19.19
<b>Low Carb Super Plate*</b> BBQ Chicken, BBQ Beef, BBQ Short Rib, 8	<b>630 cal</b> & Eggs [no sides]	19.79
Half & Half Any Meat and /or Seafood (+\$1 for BBQ S	<b>820 - 1840 cal</b> hort Ribs)	19.19

CHICKEN PLATES		MINI	REGULAR
BBQ Chicken	830 - 1190 cal	14.69	17.49
<b>BBQ Chicken Breast</b>	830 - 1190 cal	15.09	18.19
Chicken Katsu	1160 - 1680 cal	14.69	17.49
Chicken Katsu Curry	1360 - 1970 cal	14.69	17.49
Chicken Cutlet w/ Gravy	1240 - 1790 cal	14.69	17.49
BEEF & PORK PLA	TES	MINI	REGULAR
Loco Moco*	890 - 1440 cal	12.69	16.39
BBQ Beef	690 - 980 cal	15.99	19.99
<b>BBQ Short Ribs</b>	790 - 1130 cal	16.99	20.99
Kalua Pork	950 - 1220 cal	-	18.09
			_0.00

2,000 calories a day is used for general nutritional advice, but calorie needs vary. Additional nutritional information available upon request.









SEAFOOD PLATI	<b>ES</b>	MINI	REGULAR
Fried Fish Fillet	960 - 1400 cal	13.59	17.49
Fried Shrimp	800 - 1230 cal	13.99	17.89
Garlic Shrimp	530 - 750 cal	<del>-</del>	17.89
LIGHTER OPTIONS Served with 1 scoop brown rice & tossed salad.			PRICE
Lighter BBQ Chicken Breast 360 cal			18.99
<b>Lighter Salmon</b>	390 cal		19.29
<b>Lighter Grilled Fish</b>	390 cal		18.19
<b>Lighter Garlic Shrimp</b>	270 cal		18.19
ISLAND FAVORI Served with rice.	TES		PRICE
SPAM® & Eggs*	840 cal		10.99

760 cal

12.09

**Portuguese Sausage & Eggs\*** 

# MUSUBI A fresh scoop of rice with your choice of L & L signature meats, cooked

with our scratch made BBQ sauce and w	PRICE	
SPAM®	280 cal	4.09
BBQ Chicken	250 cal	4.19
Chicken Katsu	320 cal	4.19
Portuguese Sausage	250 cal	4.19
Musubi Special		6.99
CATAATNI		
Fresh Ramen noodles with our specially	prepared broth.	PRICE
SAIMIN Fresh Ramen noodles with our specially w/SPAM®	prepared broth.  490 cal	PRICE 9.39
Fresh Ramen noodles with our specially w/SPAM®	<u> </u>	
Fresh Ramen noodles with our specially	490 cal	9.39
Fresh Ramen noodles with our specially w/SPAM® w/BBQ Chicken	490 cal 550 cal	9.39 10.49

<sup>\*\*</sup>Contain traces of fish.

<sup>\*</sup>Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.









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Includes French Fries (add 460 cal)		PRICE
Hamburger*	430 cal	8.79
Cheeseburger*	500 cal	9.39
BBQ Burger*	430 cal	8.79
<b>BBQ Cheeseburger*</b>	500 cal	9.39
SPAM® & Egg* Sandwich	480 cal	9.89
Fried Fish Sandwich	450 cal	9.89

## KEIKI (KIDS) MENU

Includes French Fries (add 230 cal)		PRICE
Hamburger*	430 cal	7.69
Cheeseburger*	500 cal	8.29
Chicken Katsu	350 cal	8.79

© Specials change periodically. Please ask us for availability. Food layout and garnishes may not be exactly as shown.

SIDES		PRICE
Rice (1 scoop)	150 cal	3.29
Macaroni Salad** (1 scoop)	350 cal	3.89
French Fries	460 cal	4.39
<b>Gravy Fries</b>	540 cal	5.19
SPAM® Fries	(par)	9.59
<b>Hurricane Fries</b> (with or without Garlic)	(m)	6.79
SPAM® Fries		9.59
Pork Lau Lau** (1 piece)	240 cal	7.19
Kimchee	(pa)	2.49
Malasadas (Portuguese Sugar Donuts)	(pa)	8.29
Manapua	190 cal/ea	<b>4.69</b> (1) <b>/ 12.69</b> (3)

DRINKS		PRICE
Regular (20 oz)	0 - 300 cal	2.99
Large (32 oz)	0 - 440 cal	3.29
Bottled Water (20 oz)		2.79
Hawaiian Sun		3.29