



2

3B

## COMBINATION PLATES

- MIX PLATE** (690-710 cal) **11.65**  
Hamburger Steak, Teriyaki Steak, and a choice of:  
A. Beef Curry  
B. Beef Stew  
C. Chili Mix
- BBQ MIX PLATE** (630 cal) **12.25**  
BBQ Short Ribs, BBQ Chicken & Teriyaki Steak
- SEAFOOD COMBO** (614-1094 cal) **12.95**  
Fried Shrimp, Fried Mahi Mahi, and choice of:  
A. BBQ Chicken  
B. BBQ Short Ribs  
C. Chicken Katsu  
D. Teriyaki Steak
- SEAFOOD PLATTER** (667 cal) **12.95**  
4 pcs Fried shrimp and 2 pcs Mahi Mahi
- BENTO** (555 cal) **11.65**  
BBQ Chicken, Teriyaki Steak, Mahi Mahi & Spam
- ANY 2 MEAT COMBO** (varies) **12.25**
- NEW YORK STEAK & SEAFOOD COMBO** (varies) **17.25**

## HEALTHIER PLATES

Served w/1 Scoop of brown rice & fresh tossed greens

w/ Free Medium Drink



8

9A

**GARLIC SHRIMP** (286 cal) **13.95**

**GRILLED OR GARLIC** (400 cal) **11.95**  
A. AHI B. MAHI



10

11

**SALMON PATTY** (323 cal) **11.95**

**BBQ CHICKEN** (363 cal) **11.25**

## BEST PLATE LUNCH IN HAWAII

**Mini:** 1 scoop of white rice (150 cal) or brown rice (160 cal; \$0.35); and choice of macaroni salad (350 cal) or tossed green salad (23 cal; \$0.75)

**Regular:** 2 scoops of white rice (300 cal) or brown rice (320 cal; \$0.70); choice of macaroni salad (350 cal) or tossed green salad (23 cal; \$0.75)

## CHICKEN PLATES

- |   | Mini | Reg.  |
|---|------|-------|
| 12. <b>BBQ Chicken</b> (360 cal / 540 cal)                                    | 7.85 | 10.75 |
| 13. <b>Chicken Katsu</b> (700 cal / 1050 cal)                                 | 7.85 | 10.75 |
| 14. <b>Chicken Katsu Curry/ Cutlet w/ Gravy</b> (730-785 cal / 1095-1163 cal) | 7.85 | 10.75 |



12



13

## BEEF PLATES

- |  | Mini | Reg.  |
|--|------|-------|
| 15. <b>Beef Curry or Beef Stew</b> (330-350 cal / 590-650 cal) | 7.85 | 10.75 |
| 16. <b>Hamburger Culet with Gravey</b>                         | 7.85 | 10.75 |
| 17. <b>Hamburger Steak</b>                                     | 8.25 | 11.25 |
| 18. <b>Curry Loco Moco</b>                                     | 7.85 | 10.75 |
| 19. <b>Loco Moco</b> (370 cal / 725 cal)                       | 7.85 | 10.75 |
| 20. <b>Teriyaki Steak</b> (220 cal / 330 cal)                  | 8.25 | 11.25 |
| 21. <b>BBQ Short Ribs</b> (300 cal / 480 cal)                  | 8.85 | 12.95 |

## PORK PLATES

- |  | Mini | Reg.  |
|--|------|-------|
| 22. <b>Kalua Pork w/ Cabbage</b> (720 cal)           |      | 12.95 |
| <b>Lau Lau Combo</b>                                 |      |       |
| 23. <b>Lau Lau</b> (240 cal / 480 cal)               | 8.85 | 12.95 |
| 24. <b>Kalua Pork w/ Cabbage</b> (480 cal / 560 cal) | 8.65 | 12.25 |
| 25. <b>Roast Pork</b>                                | 8.65 | 12.25 |



19



20



21



22



27

28

## SEAFOOD PLATES

- |  | Mini | Reg.  |
|--|------|-------|
| 26. <b>Shrimp Curry</b> (211 cal / 277 cal)  | 8.25 | 11.25 |
| 27. <b>Fried Mahi Mahi</b> (290 cal / 435 cal)<br>Fish fillet fried to golden brown for fish lovers, comes with tartar sauce.              | 8.25 | 11.25 |
| 28. <b>Deep Fried Shrimp</b> (332 cal / 580 cal)<br>Plentiful of deep-fried shrimp cooked to perfection. In Hawaii, we call it real "ono". | 8.25 | 11.25 |
| 29. <b>Grilled/Garlic Ahi</b> (217 cal / 434 cal)  | 8.65 | 11.95 |
| 30. <b>Stir Fried Garlic Shrimp</b> (104 cal)  | 8.65 | 11.95 |

## ATKINS PLATES

Low-Carb - No Rice or Macaroni Salad

- Super Mix Plate** (1140-1800 cal) **15.95**  
3 pcs BBQ Chicken or Chicken Katsu, 3 pcs choice of Teriyaki Beef or Short Ribs, and 3 Eggs
- Regular Plate** (650-1040 cal) **12.25**  
2 pcs BBQ Chicken or Chicken Katsu, 1pc BBQ Beef, 1 pc BBQ Short Ribs, and 2 Eggs
- Mini Plate** (270-440 cal) **7.85**  
1 pc Beef, 1 pc BBQ Chicken or Chicken Katsu and 1 Egg

## HAWAIIAN BOWLS

Your Hawaiian favorite served over a bed of rice - Easy to eat!

- Beef Curry Bowl** (500 cal) **7.25**
- Beef Stew Bowl** (480 cal) **7.25**
- Teriyaki Beef Bowl** **7.25**
- Chicken Katsu Bowl** **7.25**
- BBQ Chicken Bowl** (430 cal) **7.25**
- Kalua Pork w/Cabbage Bowl** (430 cal) **7.65**
- Stir Fried Shrimp Bowl** **7.65**



38

39

## BURGERS

Add \$0.90 for deluxe (lettuce, tomato, onion; 8 cal)

- Hamburger** (425 cal) **3.25**
- Cheeseburger** (495 cal) **3.45**
- BBQ Burger** (430 cal) **3.25**
- BBQ Cheeseburger** (500 cal) **3.45**
- Teriyaki Burger** **3.25**
- Teriyaki Cheese Burger** **3.45**
- Teriyaki Beef Sandwich** (280 cal) **4.55**
- BBQ Chicken Sandwich** (350 cal) **4.55**
- Mahi Mahi Sandwich** (348 cal) **4.65**
- Shrimp Burger** (452 cal) **4.65**
- Double Cheeseburger** (815 cal) **4.95**
- Double BBQ Cheeseburger** (830 cal) **4.95**
- Double Teriyaki Cheeseburger** **4.95**
- Garden Burger** (305 cal) **5.65**



42

57

## SIDE ORDERS

- Macaroni Salad** (2 Scoops) (700 cal) **2.85**
- Steamed Rice** (2 Scoops) (300 cal) **2.65**
- French Fries** (450 cal) **3.25**



58

60

## MUSUBI

- Spam Musubi** (273 cal) **3.05**
- Chicken Musubi** (243 cal) **3.45**
- Katsu Musubi** (328 cal) **3.45**

## SAIMIN

Fresh ramen noodles w/ our specially prepared broth.

- Spam Saimin** (503 cal) **5.45**
- Teriyaki Beef Saimin** (493 cal) **6.45**
- BBQ Chicken Saimin** (563 cal) **6.45**
- Aloha Saimin** (653 cal) **7.25**  
1 pc BBQ Chicken and 1 Egg
- Woton Saimin** (Soup) **7.25**



61

## LOCAL SPECIALS

- |                                       | Mini | Reg.  |
|---------------------------------------|------|-------|
| 66. <b>Lemon Chicken</b>              | 7.85 | 10.75 |
| 67. <b>Mochiko Chicken</b>            | 7.85 | 10.75 |
| 68. <b>Pork Katsu/Cutlet</b>          | 7.85 | 10.75 |
| 69. <b>Sweet &amp; Sour Spareribs</b> | 7.85 | 10.75 |
| 70. <b>Cold Ginger Chicken</b>        | 7.85 | 10.75 |
| 71. <b>Teriyaki Pork Chops</b>        | 8.25 | 11.25 |
| 72. <b>Spicy Teriyaki Chicken</b>     | 8.25 | 11.25 |
| 73. <b>Spicy Pork Chops</b>           | 8.25 | 11.25 |
| 74. <b>Breaded Veal Cutlet</b>        | 8.25 | 11.25 |
| 75. <b>N. Y. Steak</b>                |      | 11.95 |
| 76. <b>Chili Bowl</b>                 |      | 7.25  |

Nutritional information may vary; except for Healthier Plates, calorie counts for plates include protein only but not dipping sauce, dressing, starch and salad items subject to customer choice.

Recommended limits for a 2,000 calorie diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

## CHINESE PARTY TRAY

	Small 7-10 servings	Medium 15-20 servings	Large 35-40 servings
Sweet & Sour Spareribs	27.99	49.99	91.99
Orange Chicken	39.99	56.99	96.99
Fried Noodle	29.99	48.99	92.99
Chow Fun	29.99	48.99	92.99
Beef / Chicken Broccoli	39.99	56.99	96.99
Mushroom Chicken	39.99	56.99	96.99
Eggplant w/ Garlic Chicken	39.99	56.99	96.99
Fried Rice	25.99	41.99	75.99
Fried Mandoo	25.99 <sup>40pcs</sup>	41.99 <sup>70pcs</sup>	75.99 <sup>100pcs</sup>
Egg Roll	25.99 <sup>40pcs</sup>	41.99 <sup>70pcs</sup>	75.99 <sup>100pcs</sup>



## CHOPSTICKS EXPRESS SPECIALS

Served with 2 scoops of rice & 1 scoop of macaroni.

	Reg.
77. Fresh Mixed Vegetables	11.25
78. Eggplant with Garlic Chicken	11.25
79. Beef or Chicken with Broccoli	11.25
80. Chicken Mushroom	11.25
81. Shrimp Mushroom	11.45
82. Shrimp with Broccoli	11.45
83. Fried Noodles or Fried Rice or Chow Fun	9.65
A. with Vegetable & Chicken	10.65
B. with Vegetable & Beef	10.65
C. with Vegetable & Shrimp	11.95

	Mini	Reg.
84. Orange Chicken	8.65	11.45



## CHINESE COMBO

Included Fried Noodles or Fried Rice or Chow Fun or Steamed Rice. Choose any items from steamed table.



## FAMILY PARTY PAKS

Party Packs provide a sampling of your favorite barbecue meats and seafood

	Cooked	Uncooked
<b>Small</b> 5 pcs BBQ Chicken, 2 pcs BBQ Short Ribs, 2 pcs Teriyaki Steak	25.99	23.99
5 pcs BBQ Chicken, 5 pcs Mahi Mahi, 10 pcs Fried Shrimp	45.99	
<b>Large</b> 10 pcs BBQ Chicken, 5 pcs BBQ Short Ribs, 5 pcs Teriyaki Steak	47.99	45.99
10 pcs BBQ Chicken, 10 pcs Mahi Mahi, 20 pcs Fried Shrimp	83.99	

## PARTY PAN SPECIAL

	Small	Medium	Large
<b>Special 1</b> Chicken Katsu • BBQ Chicken Steamed Rice	72.99	128.99	223.99
<b>Special 2</b> BBQ Beef • Macaroni Salad Mochiko Chicken • Mahi Mahi	110.99	185.99	325.99
<b>Special 3</b> Chicken Katsu • Teriyaki Steak Kalua Pork Cabbage • Deep Fried Shrimp Beef Curry or Beef Stew	151.99	251.99	480.99

## PUPU PLATTER

Calorie contents per individual serving • Serving size = 1 piece or 1 scoop

<b>(A) \$38.99</b> 3 Pcs Chicken Katsu (350 cal) 3 Pcs BBQ Chicken (180 cal) 5 Pcs Spam Musubi (273 cal) 5 Pcs Fried Shrimp (83 cal) 10 Pcs Portuguese Sausage (72 cal)
<b>(B) \$57.99</b> 5 Pcs Chicken Katsu (350 cal) 5 Pcs BBQ Chicken (180 cal) 5 Pcs Spam Musubi (273 cal) 10 Pcs Fried Shrimp (83 cal) 20 Pcs Portuguese Sausage (72 cal)



## L & L Hawaiian Barbecue

THE ORIGINAL HAWAIIAN BARBECUE®



## PARTY CATERING

Calorie contents per individual serving • Serving size = 1 piece or 1 scoop

	Small 7-10 servings 13 Pcs	Medium 15-20 servings 25 Pcs	Large 35-40 servings 48 Pcs
<b>Chicken</b>			
Chicken Katsu (350 cal)	27.99	49.99	91.99
BBQ Chicken (180 cal)	27.99	49.99	91.99
Lemon Chicken	27.99	49.99	91.99
Grill Garlic Chicken	31.99	55.99	98.99
Mochiko Chicken	31.99	55.99	98.99
Cold Ginger Chicken	31.99	55.99	98.99
<b>Beef</b>			
Teriyaki Steak (110 cal)	31.99	55.99	98.99
BBQ Short Ribs (160 cal)	36.99	66.99	125.99
Hamburger Steak (250 cal)	31.99	55.99	98.99
Beef Curry or Stew (330-350 cal)	27.99	49.99	91.99
Meat Jun	36.99	66.99	125.99
<b>Pork</b>			
Kalua Pork w/Cabbage (480 cal)	35.99	68.99	120.99
Lau Lau (240 cal)	46.99	65.99	88.99
Roast Pork	34.99	67.99	95.99
Teriyaki Pork	34.99	67.99	95.99
<b>Seafood</b>			
Mahi Mahi (145 cal)	38.99	53.99	98.99
Deep Fried Shrimp (83 cal)	38.99	53.99	98.99
Stir Fried Garlic Shrimp	38.99	53.99	98.99
<b>Musubi</b>			
Katsu Musubi (328 cal)	31.99	45.99	75.99
BBQ Chicken Musubi (243 cal)	35.99	48.99	78.99
Spam Musubi (273 cal)	35.99	48.99	78.99
<b>Side Order</b>			
Macaroni Salad (350 cal)	21.99	29.99	46.99
Steamed Rice (150 cal)	18.99	22.99	39.99

For Store Locations and Franchise Information  
1-866-951-9888  
www.hawaiianbarbecue.com

©2014 L&L HAWAIIAN BARBECUE • ALL RIGHTS RESERVED



THE ORIGINAL HAWAIIAN BARBECUE®

Aiea L&L Drive Inn #13  
99-115 Aiea Heights Drive #145  
Honolulu, HI 96701  
(Aiea Shopping Center, Next to Starbucks)  
Tel: (808) 486-0577  
www.AieaLLHawaiianBBQ.com

Open 7 days  
Mon - Thur, Sun  
10 am - 9 pm  
Fri - Sat  
9:30 am - 9:30 pm



## AWARD WINNING



BEST PLATE LUNCH



BEST OF HONOLULU



BEST CHEAP EATS

200 LOCATIONS AND GROWING