

# CATERING



Calorie contents per individual serving. Individual serving = 1 piece or 1 scoop

	Half Pan	Full Pan
<b>Chicken</b>		
<b>BBQ Chicken</b> (180 cal)	<b>55.95</b>	<b>95.95</b>
<b>Katsu Chicken</b> (350 cal)	<b>55.95</b>	<b>95.95</b>
<b>Beef</b>		
<b>BBQ Beef</b> (110 cal)	<b>69.95</b>	<b>115.95</b>
<b>BBQ Short Ribs</b> (160 cal)	<b>95.95</b>	<b>159.95</b>
<b>Pork</b>		
<b>Hawaiian Kalua Pork</b> (480 cal)	<b>69.95</b>	<b>115.95</b>
<b>Seafood</b>		
<b>Fried Mahi Mahi</b> (145 cal)	<b>59.95</b>	<b>109.95</b>
<b>Fried Shrimp</b> (83 cal)	<b>64.95</b>	<b>119.95</b>
<b>Shrimp Curry</b> (83 cal)	<b>64.95</b>	<b>119.95</b>
<b>Salad</b>		
<b>BBQ Chicken Salad</b> (309 cal)	<b>39.95</b>	<b>69.95</b>
<b>Green Salad</b> (39 cal)	<b>25.95</b>	<b>38.95</b>
<b>Macaroni Salad</b> (350 cal)	<b>29.95</b>	<b>49.95</b>
<b>Rice</b>		
<b>Steamed White Rice</b> (150 cal)	<b>19.95</b>	<b>35.95</b>

Prices subject to change without notice

## L&L Hawaiian Barbecue

### Marina Del Rey

4248 Lincoln Blvd. Marina Del Rey, CA 90292  
Tel. (310) 301.0123 Fax. (310) 301.0133

### El Segundo

954 N. Main St. El Segundo, CA 90245  
Tel. (310) 414.9523 Fax. (310) 414.9561

## THE STORY OF



## THE ORIGINAL HAWAIIAN BARBECUE®

Hawaiian Barbecue was coined by Eddie Flores and Johnson Kam, founders of L&L, the Original Hawaiian Barbecue®, and winner of many awards that include Best Plate Lunch, Best Cheap Eats, Best of Honolulu, and Best Casual Restaurant.

Flores and Kam expanded L&L Hawaiian Barbecue through their long-standing reputation of serving a fusion of Asian and American dishes in generous portions and low prices in Hawaii and the U.S. mainland. L&L's original recipe for Hawaiian Barbecue® is inspired by Hawaii's comfort food - the Hawaiian plate lunch.

L&L Hawaiian Barbecue® is the only Hawaiian-based company that successfully expanded across the United States. L&L has over 200 locations in Alaska, Arizona, California, Colorado, Hawaii, New York, Nevada, Oregon, Texas, Utah, Washington, American Samoa, Japan, and New Zealand...and growing!

## AWARD WINNING



BEST PLATE LUNCH



BEST OF HONOLULU



BEST CHEAP EATS

## THE HAWAIIAN PLATE LUNCH

A combination of Asian and American cuisine, the traditional Hawaiian plate lunch consists of two servings of rice, a serving of macaroni salad and a generous serving of a hot entrée. The cuisine is infused with an ingredient unique to the islands - the warm spirit of Aloha. Traditionally served with white rice and macaroni salad, we now offer a healthier option with brown rice and tossed greens.



For Store Locations and Franchise Information  
1-866-951-9888

www.hawaiianbarbecue.com

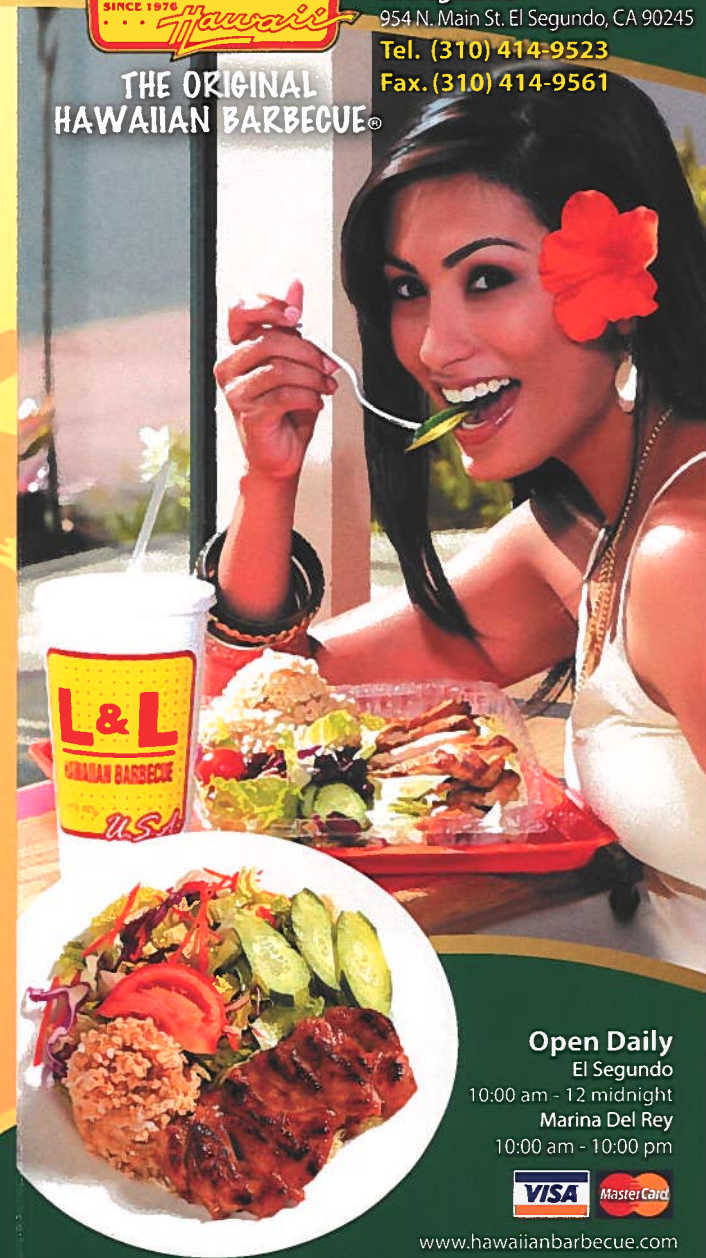
©2010 L&L HAWAIIAN BARBECUE - ALL RIGHTS RESERVED



## THE ORIGINAL HAWAIIAN BARBECUE®

**L&L Hawaiian Barbecue**  
**Marina Del Rey**  
4248 Lincoln Blvd.  
Marina Del Rey, CA 90292  
Tel. (310) 301.0123  
Fax. (310) 301.0133

**El Segundo**  
954 N. Main St. El Segundo, CA 90245  
Tel. (310) 414-9523  
Fax. (310) 414-9561



## Open Daily

El Segundo  
10:00 am - 12 midnight  
Marina Del Rey  
10:00 am - 10:00 pm



www.hawaiianbarbecue.com

**200 LOCATIONS AND GROWING**



## COMBINATION PLATE LUNCH

1. **BBQ MIX** (630 cal) **13.25**  
BBQ Chicken, Beef and Short Ribs
2. **SEAFOOD COMBO** (614-1094 cal) **13.25**  
Fried Mahi Mahi, Fried Shrimp and choice of  
A. BBQ Beef B. BBQ Chicken  
C. BBQ Short Ribs D. Chicken Katsu
3. **CURRY MIX PLATE** (725 cal) **11.95**  
Hamburger Pattie, BBQ Beef and Curry
4. **THREE'S COMPANY** (1080 cal) **12.50**  
Hamburger Pattie, Chicken Katsu and Kalua Pork
5. **KALUA PORK & LAU LAU COMBO** (720 cal) **13.75**

6. **LOW CARB MINI PLATE** (380 cal) **9.50**  
BBQ Beef, BBQ Chicken and 1 Egg
7. **LOW CARB SUPER PLATE** (810 cal) **13.25**  
BBQ Short Ribs, BBQ Beef,  
BBQ Chicken and 2 Eggs

### INTRODUCING

### HEALTHIER PLATES

#### HEALTHIER PLATES

1 scoop of brown rice & fresh, tossed greens

8. **BBQ CHICKEN** (363 cal) **9.50**
9. **GARLIC SHRIMP** (273 cal) **12.50**

## BEST PLATE LUNCH IN HAWAII

**Mini:** 1 scoop of white rice (150 cal) or brown rice (160 cal). 50cent per scoop and choice of macaroni salad (350 cal)

**Regular:** 2 scoops of white rice (300 cal) or brown rice (320 cal); and choice of macaroni salad (350 cal)

## PORK

- |   |                           |                           |
|---|---------------------------|---------------------------|
|   | <b>Mini</b>               | <b>Reg.</b>               |
| 11. <b>Kalua Pork</b>                   | <b>8.50</b><br>(480 cal)  | <b>10.50</b><br>(560 cal) |
| 12. <b>Hawaiian lau lau</b>             | <b>12.50</b><br>(240 cal) | <b>14.95</b><br>(480 cal) |
| 13. <b>Spam &amp; Egg</b>               | <b>8.50</b><br>(540 cal)  |                           |
| 14. <b>Portuguese Sausage &amp; Egg</b> | <b>8.50</b><br>(450 cal)  |                           |

## SEAFOOD

- |                            |                          |                           |
|----------------------------|--------------------------|---------------------------|
|                            | <b>Mini</b>              | <b>Reg.</b>               |
| 15. <b>Fried Shrimp</b>    | <b>8.75</b><br>(332 cal) | <b>11.75</b><br>(580 cal) |
| 16. <b>Fried Mahi Mahi</b> | <b>7.95</b><br>(290 cal) | <b>10.95</b><br>(435 cal) |
| 17. <b>Shrimp Curry</b>    | <b>8.75</b><br>(209 cal) | <b>11.75</b><br>(239 cal) |
| 18. <b>Garlic Shrimp</b>   | <b>8.75</b><br>(104 cal) | <b>11.75</b><br>(104 cal) |

## BEEF

- |                                    |                           |                           |
|------------------------------------|---------------------------|---------------------------|
|                                    | <b>Mini</b>               | <b>Reg.</b>               |
| 20. <b>Hamburger steak</b>         | <b>8.50</b><br>(370 cal)  | <b>10.50</b><br>(795 cal) |
| 21. <b>Hawaiian BBQ Beef</b>       | <b>8.95</b><br>(220 cal)  | <b>10.50</b><br>(330 cal) |
| 22. <b>Hawaiian BBQ Short Ribs</b> | <b>11.75</b><br>(320 cal) | <b>13.75</b><br>(480 cal) |
| 23. <b>Loco Moco</b>               | <b>8.50</b><br>(370 cal)  | <b>10.50</b><br>(725 cal) |

## CHICKEN

- |                                    |                          |                           |
|------------------------------------|--------------------------|---------------------------|
|                                    | <b>Mini</b>              | <b>Reg.</b>               |
| 24. <b>Hawaiian BBQ Chicken</b>    | <b>8.25</b><br>(360 cal) | <b>9.50</b><br>(540 cal)  |
| 25. <b>Chicken Katsu</b>           | <b>8.25</b><br>(700 cal) | <b>9.50</b><br>(1050 cal) |
| 26. <b>Chicken Cutlet w/ Gravy</b> | <b>8.25</b><br>(730 cal) | <b>9.50</b><br>(1095 cal) |
| 27. <b>Chicken Katsu Curry</b>     | <b>8.25</b><br>(785 cal) | <b>9.50</b><br>(1163 cal) |

## SAIMIN

Fresh ramen noodles w/ our specially prepared broth.

- |                               |           |             |
|-------------------------------|-----------|-------------|
| 28. <b>Spam Saimin</b>        | (503 cal) | <b>6.50</b> |
| 29. <b>BBQ Chicken Saimin</b> | (563 cal) | <b>7.50</b> |
| 30. <b>BBQ Beef Saimin</b>    | (493 cal) | <b>7.95</b> |
| 31. <b>Aloha Saimin</b>       | (653 cal) | <b>8.50</b> |

## MUSUBI

A block of rice w/ your choice of meat wrapped in flavored dried seaweed.

- |                                      |           |             |
|--------------------------------------|-----------|-------------|
| 32. <b>Spam Musubi</b>               | (283 cal) | <b>4.95</b> |
| 33. <b>Katsu Musubi</b>              | (338 cal) | <b>4.95</b> |
| 34. <b>BBQ Chicken Musubi</b>        | (253 cal) | <b>4.95</b> |
| 35. <b>Portuguese Sausage Musubi</b> | (253 cal) | <b>4.95</b> |

## BURGERS

Combo includes french fries (450 cal) and drink (varies)

- |                                       |           |             |
|---------------------------------------|-----------|-------------|
| 36. <b>Hamburger</b>                  | (429 cal) | <b>3.50</b> |
| 37. <b>Double Hamburger</b>           | (679 cal) | <b>4.50</b> |
| 38. <b>Cheeseburger</b>               | (499 cal) | <b>3.95</b> |
| 39. <b>Double Cheeseburger</b>        | (819 cal) | <b>4.75</b> |
| 40. <b>Hamburger Combo</b>            | (429 cal) | <b>5.95</b> |
| 41. <b>Double Hamburger Combo</b>     | (679 cal) | <b>6.95</b> |
| 42. <b>Cheeseburger Combo</b>         | (499 cal) | <b>6.50</b> |
| 43. <b>Double Cheeseburger Combo</b>  | (819 cal) | <b>7.50</b> |
| 44. <b>BBQ Beef Sandwich Combo</b>    | (284 cal) | <b>7.95</b> |
| 45. <b>BBQ chicken Sandwich Combo</b> | (354 cal) | <b>7.50</b> |
| 46. <b>Mahi Mahi Sandwich Combo</b>   | (352 cal) | <b>7.50</b> |

## HAWAIIAN BOWL

Served over white rice w/ fresh steamed vegetables.

- |                             |           |             |
|-----------------------------|-----------|-------------|
| 47. <b>BBQ Chicken Bowl</b> | (430 cal) | <b>7.75</b> |
| 48. <b>BBQ Beef Bowl</b>    | (360 cal) | <b>8.25</b> |

## SIDE ORDERS

- |                                      |           |             |
|--------------------------------------|-----------|-------------|
| 49. <b>French Fries</b>              | (450 cal) | <b>3.50</b> |
| 50. <b>Gravy Fries</b>               | (480 cal) | <b>3.50</b> |
| 51. <b>Steamed White Rice 1scoop</b> | (150 cal) | <b>1.75</b> |
| 52. <b>Macaroni Salad 1 scoop</b>    | (350 cal) | <b>1.75</b> |
| 53. <b>Tossed Green Salad</b>        | (39 cal)  | <b>5.50</b> |
| 54. <b>BBQ Chicken Salad</b>         | (309 cal) | <b>7.95</b> |

## SPECIALS

- |   |              |
|---|--------------|
| 56. <b>Kim Chee</b>                       | <b>1.50</b>  |
| 57. <b>Tuna Poke Bowl</b>                 | <b>11.95</b> |
| 58. <b>Salmon Poke Bowl</b>               | <b>11.95</b> |
| 59. <b>Mix Poke Bowl(Tuna and Salmon)</b> | <b>12.95</b> |
| 59. <b>Bibimbap</b>                       | <b>9.50</b>  |

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 calories diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Menu Items Contain Fat, Calories, and Sodium

Prices subject to change without notice