

CATERING

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



Chicken

	Half Pan	Full Pan
Chicken Katsu (350 cal)	48.99	89.99
Lemon Chicken (Special)	48.99	89.99
Barbecue Chicken (180 cal)	48.99	89.99
Spicy Teriyaki Chicken (Special)	48.99	89.99
Orange Chicken (Special)	48.99	89.99

Beef

Barbecue Beef (110 cal)	55.99	99.99
Barbecue Short Ribs (160 cal)	64.99	115.99
Hamburger Steak (250 cal)	48.99	89.99
Beef Curry* (350 cal)	52.99	93.99

Pork

Kalua Pork* (480 cal)	48.99	89.99
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Seafood

Garlic Shrimp (13 cal)	49.99	95.99
Fried Shrimp (83 cal)	49.99	95.99
Shrimp Curry (10 cal)	49.99	95.99
Fried Swai Fish (145 cal)	53.99	95.99

Side Order

Garden Salad (33 cal)	24.99	39.99
Macaroni Salad (350 cal)	33.99	55.99
Stir-Fried Vegetables* (Special)	39.99	69.99
Steamed White Rice (150 cal)	23.99	35.99
Spam Fried Rice* (Special)	31.99	49.99
Stir-Fried Noodles* (Special)	31.99	49.99

* Certain items may require advance notice

We require a 50% deposit for a purchase of \$50 or more

With purchase of \$100 or MORE we will DELIVER upon request for a 5% FEE

• Price subject to change without notice

SPECIALS

	Mini	Regular
Chicken Katsu / Kalua Pork w/ Medium Soda		9.35
Chicken Katsu / Hamburger Steak w/ Medium Soda		9.35
Chicken Katsu / BBQ Chicken w/ Medium Soda		9.35
BBQ Chicken / Kalua Pork w/ Medium Soda		9.35
Egg Roll		1.69
Grilled Pork Chop w/ Gravy	5.89	8.19
BBQ Pork Chop	5.89	8.19
Breaded Pork Chop	5.89	8.19
Spam Loco Moco	5.49	7.59
Portuguese Sausage Loco Moco	5.49	7.59
Lemon Chicken	5.49	7.59
Spicy Teriyaki Chicken	5.49	7.59
Curry Chicken	5.49	7.59
Garlic Chicken	5.49	7.59
Orange Chicken	5.49	7.59

AWARD WINNING



BEST PLATE LUNCH



BEST OF HONOLULU

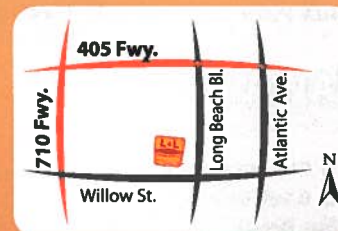


BEST CHEAP EATS

Long Beach

141 E. Willow St. Unit T,
Long Beach, CA 90806

Tel: (562) 427-5109



For Store Locations and Franchise Information

1-866-951-9888

www.hawaiianbarbecue.com

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THE ORIGINAL
HAWAIIAN BARBECUE®



Long Beach

141 E. Willow St. Unit T,
Long Beach, CA 90806

Tel: (562) 427-5109

Fax: (562) 427-5047

Open Daily

Mon - Fri
10:00 am - 9:45 pm

Sat
11:00 am - 9:45 pm

Sun
11:00 am - 9:30 pm

www.hawaiianbarbecue.com

200 LOCATIONS AND GROWING

COMBINATION PLATE LUNCH

- BBQ MIX PLATE** (630 cal) **9.35**
A blend of our three famous BBQ mixes: BBQ beef, short ribs, and BBQ chicken
- SEAFOOD COMBO** (614-1094 cal) **9.65**
Swai fish and fried shrimp with a choice of:
A. BBQ BEEF D. KALUA PORK
B. BBQ CHICKEN E. CHICKEN KATSU
C. BBQ SHORT RIBS (add \$1.00)
- SEAFOOD MIX** (667 cal) **9.15**
A seafood lover's favorite: A combination of fried shrimp, fried swai fish and fried scallop
- ATKIN'S SUPER PLATE** (810 cal) **9.15**
BBQ short ribs, BBQ beef, BBQ chicken and 2 eggs
- ATKIN'S MINI PLATE** (380 cal) **5.49**
Hawaiian BBQ chicken, Hawaiian BBQ beef and 1 egg

HEALTHIER PLATES

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

BEST PLATE LUNCH IN HAWAII

Mini: 1 scoop of white rice (150 cal) or brown rice (160 cal); and choice of macaroni salad (350 cal) or tossed green salad (23 cal).
Regular: 2 scoops of white rice (300 cal) or brown rice (320 cal); and choice of macaroni salad (350 cal) or tossed green salad (23 cal).
Choice of two side for all plate.



SEAFOOD

- | | Mini | Reg. |
|------------------------------|----------------|----------------|
| 11. Fried Scallop | 5.59 (256 cal) | 7.79 (448 cal) |
| 12. Fried Shrimp | 5.59 (332 cal) | 7.79 (580 cal) |
| 13. Shrimp Curry | 5.59 (211 cal) | 7.79 (277 cal) |
| 14. Stir Fried Garlic Shrimp | 5.59 (52 cal) | 7.79 (104 cal) |
| 15. Fried Swai Fish | 6.19 (290 cal) | 8.39 (435 cal) |
| 16. Grilled Swai Fish | 6.19 (264 cal) | 8.39 (396 cal) |
| 17. Garlic Swai Fish | 6.19 (267 cal) | 8.39 (402 cal) |
| 18. Grilled Salmon | 6.59 (273 cal) | 8.99 (405 cal) |
| 19. Garlic Salmon | 6.59 (278 cal) | 8.99 (409 cal) |
| 20. Grilled Mahi | 7.99 | 10.99 |
| 21. Garlic Mahi | 7.99 | 10.99 |
| 22. Teriyaki Salmon | 6.59 (273 cal) | 8.99 (405 cal) |
| 23. Fish Katsu | 6.19 (290 cal) | 8.39 (435 cal) |

CHICKEN

- | | Mini | Reg. |
|--------------------------|----------------|-----------------|
| 29. BBQ Chicken Breast | 5.49 (360 cal) | 7.59 (540 cal) |
| 30. Chicken Katsu Breast | 5.49 (700 cal) | 7.59 (1030 cal) |
| 31. Chicken Katsu | 5.49 (700 cal) | 7.59 (1030 cal) |
| 32. Chicken Cutlet | 5.49 (730 cal) | 7.59 (1095 cal) |
| 33. Hawaiian BBQ Chicken | 5.49 (360 cal) | 7.59 (540 cal) |
| 34. Curry Chicken Katsu | 5.49 (785 cal) | 7.59 (1163 cal) |

BEEF

- | | Mini | Reg. |
|-----------------------|----------------|----------------|
| 24. Hawaiian BBQ Beef | 5.89 (220 cal) | 8.29 (330 cal) |
| 25. Beef Curry | 5.59 (350 cal) | 7.69 (650 cal) |
| 26. Loco Moco | 5.59 (370 cal) | 7.69 (725 cal) |
| 27. Hamburger Steak | 5.59 (530 cal) | 7.69 (795 cal) |
| 28. BBQ Short Ribs | 6.95 (320 cal) | 9.15 (480 cal) |

PORK

- | | Mini | Reg. |
|---------------------------|----------------|----------------|
| 35. Kalua & Lau Lau Combo | 9.45 (720 cal) | |
| 36. Hawaiian Lau Lau | 8.19 (480 cal) | |
| 37. Kalua Pork w/ Cabbage | 5.49 (480 cal) | 7.69 (560 cal) |

HAWAIIAN BOWL

Served over rice w/fresh steamed vegetables

- | | | |
|--------------------------|-----------|------|
| 71. BBQ Chicken Bowl | (430 cal) | 5.29 |
| 72. BBQ Beef Bowl | (360 cal) | 5.49 |
| 73. Katsu Bowl | (600 cal) | 5.29 |
| 74. kalua Pork w/Cabbage | (432 cal) | 5.29 |

SOFT DRINK

- Fountain Drinks (0-275 cal) **M 1.99**
(0-400 cal) **Lg 2.19**

BURGERS

Combo includes french fries (450 cal) and medium soda (varies)

- | | Single | Double |
|----------------------------|-----------------------|-----------------------|
| 38. Ramen Burger | (673 cal) 5.95 | |
| 39. Hamburger | (433 cal) 2.39 | (683 cal) 3.89 |
| 40. BBQ Hamburger | (438 cal) 2.39 | (698 cal) 3.89 |
| 41. Cheeseburger | (503 cal) 2.49 | (823 cal) 3.99 |
| 42. BBQ Cheeseburger | (508 cal) 2.49 | (883 cal) 3.99 |
| 43. Hamburger Combo | (433 cal) 4.89 | (683 cal) 6.89 |
| 44. BBQ Hamburger Combo | (438 cal) 4.89 | (698 cal) 6.89 |
| 45. Cheeseburger Combo | (503 cal) 4.99 | (823 cal) 6.99 |
| 46. BBQ Cheeseburger Combo | (508 cal) 4.99 | (838 cal) 6.99 |

SANDWICHES

Includes french fries (450 cal)

- | | | |
|------------------------------|-----------|------|
| 47. Spam & Egg | (500 cal) | 4.99 |
| 48. Portuguese Sausage & Egg | (374 cal) | 4.99 |
| 49. BBQ Beef | (280 cal) | 4.99 |
| 50. BBQ Chicken | (350 cal) | 4.99 |
| 51. Fried Shrimp | (452 cal) | 4.99 |
| 52. Kalua Pork | (407 cal) | 4.99 |

SAIMIN

Fresh ramen noodles with our specially prepared soup. Try it and you will love it.

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|--------------------------|-----------|------|
| 53. Grilled Spam | (503 cal) | 4.99 |
| 54. Hawaiian BBQ Chicken | (563 cal) | 4.99 |
| 55. Chicken Katsu | (733 cal) | 4.99 |
| 56. Hawaiian BBQ Beef | (493 cal) | 5.19 |
| 57. Fried Shrimp | (549 cal) | 5.19 |
| 58. Plain Saimin | (383 cal) | 3.69 |

MUSUBI

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

- | | | |
|--------------------------|-----------|------|
| 59. Egg Musubi | (243 cal) | 1.79 |
| 60. Spam Musubi | (273 cal) | 1.79 |
| 61. Chicken Katsu | (328 cal) | 1.79 |
| 62. Hawaiian BBQ Chicken | (243 cal) | 1.79 |
| 63. Portuguese Sausage | (243 cal) | 1.79 |

SIDE ORDERS

- | | | |
|------------------------------|-----------|------|
| 64. Macaroni Salad (1 scoop) | (350 cal) | 1.39 |
| 65. White Rice (1 scoop) | (150 cal) | 0.90 |
| 66. Brown Rice (1 scoop) | (160 cal) | 0.90 |
| 67. French Fries | (450 cal) | 1.99 |
| 68. Gravy Fries | (480 cal) | 1.99 |
| 69. Tossed Greens Salad | (33 cal) | 2.55 |
| 70. Chicken Salad | (213 cal) | 4.99 |

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.

We use Zero Trans Fat Cooking Oil.

Prices subject to change without notice.