

COMBINATION PLATE LUNCH

- SEAFOOD COMBO WITH** 9.89
 A. HAWAIIAN BBQ BEEF (1030-1510 cal)
 B. HAWAIIAN BBQ CHICKEN
 C. HAWAIIAN BBQ SHORT RIBS
 D. CHICKEN KATSU
- BBQ MIX PLATE** (940-1280 cal) 9.29
 A blend of our three famous BBQ mixes: beef, short ribs, and chicken.
- SEAFOOD PLATTER** (662 cal) 10.99
 Bread Shrimp, fried fish fillet & scallops.

ATKIN STYLE

- ATKIN'S BBQ PLATE** (810-1150 cal) 9.89
 Teriyaki short ribs, Hawaiian BBQ beef, Hawaiian BBQ chicken and 2 eggs.
- ATKIN'S MINI PLATE** (380-550 cal) 7.99
 Hawaiian BBQ chicken, Hawaiian BBQ beef and 1 egg.

INTRODUCING HEALTHIER PLATES

Served with 1 Scoop of Rice and Green Salad

Steamed healthy brown rice, fresh assortment of crisp, mixed greens (with your choice of dressing, and your choice of a low-fat protein entrée)

- GARLIC SHRIMP** (270 cal) 8.39
- GARLIC FISH** (390 cal) 8.99
- SKINLESS BBQ CHICKEN** (360 cal) 7.99
- SALMON PATTY** (323 cal) 8.39

BEST PLATE LUNCH IN HAWAII

Mini: 1 scoop of white rice (150 cal) and 1 scoop of macaroni salad (350 cal).
Regular: 2 scoops of white rice (300 cal) and 1 scoop macaroni salad (350 cal).

SEAFOOD

- | | Mini | Reg. |
|--|------|------|
| 6. Fried Shrimp (510-1230 cal)
Plentiful of deep-fried shrimp cooked to perfection. In Hawaii, we call it real "ono" | 6.99 | 8.39 |
| 7. Garlic Shrimp (560-750 cal) | 6.99 | 8.39 |
| 8. Fried Fish Fillet (670-1400 cal)
Fish fillet fried to golden brown for fish lovers, comes with tartar sauce. | 6.99 | 8.39 |
| 9. Shrimp Curry (277 cal) | | 8.39 |

CHICKEN

- | | Mini | Reg. |
|---|------|------|
| 16. Chicken Cutlet (950-1790 cal)
Golden crispy breaded chicken topped with a special L & L brown gravy | 6.99 | 7.99 |
| 17. Chicken Katsu (870-1680 cal)
Everyone's favorite. Crispy breaded chicken fillet served with our famous katsu dipping sauce. | 6.99 | 7.99 |
| 18. Hawaiian BBQ Chicken (540-1190 cal)
Hawaii's hottest seller. Grilled boneless chicken marinated in our special L & L Hawaiian barbecue sauce. | 6.99 | 7.99 |
| 19. Curry Chicken Katsu (945-1755 cal)
Chicken katsu in a rich L & L curry flavor sauce | 6.99 | 7.99 |

BEEF

- | | Mini | Reg. |
|---|------|------|
| *10. Hamburger Steak (840-1510 cal)
Homemade hamburger served with gravy... Hawaiian style!! You will never find a better hamburger anywhere. | 6.99 | 7.99 |
| 11. Hawaiian BBQ Beef (400-980 cal) | 7.29 | 8.99 |
| 12. Hawaiian BBQ Short Ribs (500-1130 cal)
Juicy beef short ribs marinated in our house BBQ sauce and grilled to perfection | 7.99 | 9.29 |
| *13. Loco Moco (600-1440 cal)
Savory homemade hamburger patties over rice covered with brown gravy and topped with eggs. Served island style... a local favorite. | 6.99 | 7.99 |
| 14. Beef Curry (1320 cal) | | 8.99 |

PORK

- | | Mini | Reg. |
|--|-------|-------|
| 20. Kalua Poark w/ Cabbage (660-1220 cal) | 6.99 | 7.99 |
| 21. Kalua Pork & Lau Lau Combo (1370 cal) | 10.99 | |
| 22. Pork Lau Lau (240-480 cal) | 7.99 | 10.99 |

SOFT DRINK

- Fountain Drink** (0-280 cal) (M) 1.89
Hawaiian Sun (Varies) 1.39

BURGERS

For Combo, includes French Fries (450 cal) and Drink (varies)

- | | Single | Double |
|--|-----------------------|-----------------------|
| 25. Hamburger or BBQ Burger | 2.19
(425-430 cal) | 3.29
(615-690 cal) |
| 26. Cheeseburger or BBQ Cheeseburger | 2.29
(495-500 cal) | 3.39
(815-830 cal) |
| 27. Hamburger Combo
Includes Fries & Drink. | 5.69
(425 cal) | 6.99
(675 cal) |
| 28. Cheeseburger Combo
Includes Fries & Drink. | 5.99
(495 cal) | 6.99
(815 cal) |

SAIMIN

(Noodle Soup)

The best saimin noodles from Hawaii and served with our specially prepared soup. Try it and you will love it.

- | | Bowl |
|---|------|
| 29. Grilled Spam Saimin (490 cal) | 4.59 |
| 30. Hawaiian BBQ Chicken (550 cal) | 4.99 |
| 31. Chicken Katsu (660 cal) | 4.99 |
| 32. Hawaiian BBQ Beef (480 cal) | 4.99 |
| 33. Fried Shrimp (620 cal) | 5.59 |

MUSUBI

(Cooked Sushi)

- | | 1 pcs |
|---|-------|
| 34. Grilled Spam Musubi (280 cal) | 1.89 |
| 35. Chicken Katsu Musubi (320 cal) | 1.99 |
| 36. BBQ Chicken Musubi (250 cal) | 1.99 |
| 37. Portuguese Sausage (253 cal) | 1.99 |

SANDWICHES

- | | 1 pcs |
|--|-------|
| * 38. Spam & Egg Sandwich (508 cal) | 3.19 |
| * 39. Portuguese Sausage Sandwich & Egg (484 cal) | 3.39 |
| 40. BBQ Beef Sandwich (280 cal) | 3.99 |
| 41. BBQ Chicken Sandwich (350 cal) | 3.99 |
| 42. Fried Fish Fillet Sandwich (450 cal) | 3.99 |
| 43. Fried Shrimp Sandwich (450 cal) | 3.99 |
| 44. Salmon Burger (343 cal) | 3.99 |

SIDE ORDERS

- Portuguese Sausage, Egg & Rice** (840 cal) 7.39
- Spam, Egg & Rice** (960 cal) 6.99
- Salmon Patty over Rice** (350 cal) 8.99
- French Fries** (460 cal) 1.99
- Macaroni Salad (1Scoop)** (350 cal) 0.99
- Rice (2 Scoop)** (300 cal) 1.38



CATERING



All menu items available for Party Tray. Please ask manager for more information

Individual catering items give you maximum flexibility so that you and your guests can pick and choose your favorite local Hawaiian dishes

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

COMBO PAKS

Mini Paks (Serves 2-4)

Barbecue Mix Combo	24.95
Seafood & BBQ Combo	31.95
Seafood Combo	25.95

Family Paks (Serves 6-8)

Barbecue Mix Combo	49.95
Seafood & BBQ Combo	49.95
Seafood Combo	49.95

PARTY PAKS (Full Pan serves 18-22)

Barbecue Mix Combo

Full Pan:	36 BBQ Chicken
\$139.95	18 Short Ribs
	18 BBQ Beef

Seafood & BBQ Combo

Full Pan:	28 BBQ Chicken
\$139.95	14 BBQ Beef
	28 Fried Shrimp
	14 Fried Fish Fillet

Seafood Combo

Half Pan:	30 Fried Shrimp
\$79.95	15 Fried Fish Fillet
	15 Scallops

Full Pan:	60 Fried Shrimp
\$139.95	30 Fried Fish Fillet
	30 Scallops

PARTY TRAYS

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

	(sm)	(med)	(full)
CHICKEN	14 pcs	24 pcs	48 pcs
Chicken Katsu (350 cal)	23.95	39.95	75.95
Hawaiian BBQ Chicken (180 cal)	23.95	39.95	75.95
BEEF			
BBQ Beef (110 cal)	35.95	59.95	109.95
BBQ Short Ribs (160 cal)	39.95	65.95	129.95
*Hamburger Steak (270 cal)	29.95	49.95	89.95
HAWAIIAN (Pork)	(4 lbs)	(7 lbs)	(12 lbs)
Kalua Pork w/Cabbage (180 cal)	34.99	55.99	91.99
SEAFOOD	(14 pcs)	(20 pcs)	(40 pcs)
Fried Fish Fillet (250 cal)	29.99	40.99	79.99
	(24 pcs)	(40 pcs)	(72 pcs)
Fried Shrimp (80 cal)	29.95	49.95	89.95
Garlic Shrimp	29.95	49.95	89.95
Appetizers	(50 scp)	(100 scp)	(150 scp)
Pork Lumpia	32.99	59.99	89.99
Spring Roll	29.99	58.99	88.99
Malasadas	18.99	36.99	49.99

L & L Hawaiian Barbecue

THE ORIGINAL HAWAIIAN BARBECUE®

CATERING SIDE ORDERS

Complement your seafood or Hawaiian barbecue dishes with our famous Mac Salad Rice is always good too. Musubis can be offered as an appetizer or snack.

Side order	Small (16 scp)	Medium (24 scp)	Large (48 scp)
Macaroni Salad (350 cal)	14.99	19.99	38.99
Steamed Rice (150 cal)	10.99	13.99	26.99
Healthy Salad (50 cal)	15.99	28.99	39.99
	Half Pan (14 pcs)	Full Pan (28 pcs)	
Spam Musubi (280 cal)	19.95	39.95	
Chicken Katsu Musubi (320 cal)	23.95	45.95	
BBQ Chicken Musubi (250 cal)	23.95	45.95	
Portuguese Sausage Musubi	23.95	45.95	

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 entée. The cuisine is infused with an ingredient unique to the islands - the warm spirit of Aloha.

AWARD WINNING



BEST PLATE LUNCH



BEST OF HONOLULU

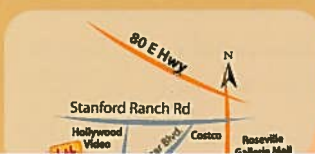


BEST CHEP EATS

Roseville (Sunrise)
960 Sunrise Ave, #100
Roseville, CA 95661
(Between Sunrise & Cirby)
Tel: (916) 784-6333
Fax: (916) 784-6555



Roseville (Fairway Plaza)
(Between Stanford Ranch & Fairway)
9050 Fairway Dr. #160
Roseville, CA 95678



THE ORIGINAL HAWAIIAN BARBECUE®

Roseville (Sunrise)

960 Sunrise Ave, #100, Roseville, CA 95661
Tel: (916) 784-6333 • Fax: (916) 784-6555

Roseville (Fairway Plaza)

9050 Fairway Dr. #160, Roseville, CA 95678
Tel: (916) 784-6818 • Fax: (916) 788-1111



Open Daily



We accepted Credit Cards