

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
Aloha Plate Pick Two Choices (Sides not included)							
Hawaiian BBQ Chicken							
BBQ Chicken + Chicken Katsu	450	26	7	0	723	23	32
BBQ Chicken + Teriyaki Chicken	307	13	5	0	850	9	38
BBQ Chicken + Island Curry Chicken	307	13	5	0	840	9	38
BBQ Chicken + Grilled Chicken Breast	318	10	4	0	840	5	54
BBQ Chicken + Island Fire Chicken	336	14	4	0	1416	17	36
BBQ Chicken + BBQ Beef	289	12	4	0	956	11	34
BBQ Chicken + Kalua Pork	393	22	9	0	935	7	44
BBQ Chicken + Island White Fish	326	17	4	0	845	15	29
Chicken Katsu							
Chicken Katsu + Teriyaki Chicken	450	26	7	0	733	23	32
Chicken Katsu + Island Curry Chicken	450	26	7	0	723	23	32
Chicken Katsu + Grilled Chicken Breast	462	22	6	0	723	18	48
Chicken Katsu + Island Fire Chicken	479	27	6	0	1299	30	30
Chicken Katsu + BBQ Beef	433	25	6	0	839	24	28
Chicken Katsu + Kalua Pork	537	34	11	0	818	20	38
Chicken Katsu + Island White Fish	469	29	6	0	728	29	22
Teriyaki Chicken*							
Teriyaki Chicken + Island Curry Chicken	307	13	5	0	850	9	38
Teriyaki Chicken + Grilled Chicken Breast	318	10	4	0	850	5	54
Teriyaki Chicken + Island Fire Chicken	336	14	4	0	1426	17	36
Teriyaki Chicken + BBQ Beef	289	12	4	0	966	11	34
Teriyaki Chicken + Kalua Pork	393	22	9	0	945	7	44
Teriyaki Chicken + Island White Fish	326	17	4	0	855	15	29
Island Curry Chicken*							
Island Curry Chicken + Grilled Chicken Breast	318	10	4	0	840	5	54
Island Curry Chicken + Island Fire Chicken	336	14	4	0	1416	17	36
Island Curry Chicken + BBQ Beef	289	12	4	0	956	11	34
Island Curry Chicken + Kalua Pork	393	22	9	0	935	7	44
Island Curry Chicken + Island White Fish	173	10	2	0	425	11	10
Grilled Chicken Breast							
Grilled Chicken Breast + Island Fire Chicken	348	10	4	0	1416	12	52
Grilled Chicken Breast + BBQ Beef	301	9	4	0	956	6	50
Grilled Chicken Breast + Kalua Pork	405	18	8	0	935	2	60
Grilled Chicken Breast + Island White Fish	338	13	3	0	845	11	45

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
Aloha Plate Pick Two Choices (Sides not included)							
Island Fire Chicken							
Island Fire Chicken + Hawaiian BBQ Beef	319	13	4	0	1532	18	32
Island Fire Chicken + Kalua Pork with Cabbage	423	22	9	0	1511	14	42
Island Fire Chicken + Island White Fish	355	17	4	0	1421	23	27
Hawaiian BBQ Beef							
BBQ Beef + Kalua Pork	376	21	9	0	1051	8	40
BBQ Beef + Island White Fish	308	16	4	0	961	17	25
Kalua Pork with Cabbage							
Kalua Pork + Island White Fish	413	25	8	0	940	13	35

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. The nutritional values may vary due to variation in individual preparation, package, sample, testing, & regional supplier differences. Subject to change without notice.



Ono Hawaiian BBQ
EST. 2002

Nutrition Information

www.OnoBBQ.com

[f](#) [t](#) [i](#) /OnoHawaiianBBQ

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
Plate Lunches							
Chicken (Sides not included)							
Hawaiian BBQ Chicken	460	20	7	0	1260	14	57
Chicken Katsu	890	58	13	0	910	55	38
Teriyaki Chicken*	460	20	7	0	1290	14	57
Island Curry Chicken*	460	20	7	0	1260	14	57
Curry Chicken Katsu*	890	58	13	0	910	55	38
Grilled Chicken Breast	330	6	3	0	840	0	70
Island Fire Chicken	548	22	6	0	2987	36	51
Beef / Pork (Sides not included)							
Kalbi Short Ribs	1050	87	38	5	1180	16	52
Hawaiian BBQ Beef	453	19	7	0	1787	20	51
Kalua Pork with Cabbage	480	30	13	0	1030	4	50
Seafood (Sides not included)							
Island White Fish	690	40	7	0	1700	43	38
Crispy Shrimp	800	47	9	0	520	55	41
Island Favorites (Sides not included)							
Chicken Combo	670	39	10	0	1080	35	48
Hawaiian BBQ Mix	820	54	23	2	1590	19	64
Seafood Mix	820	44	10	0	1150	45	61
Shrimp & BBQ Chicken Combo	630	33	8	0	890	34	49
Island White Fish & BBQ Chicken Combo	580	31	7	0	1620	28	49
Chicken & Beef Combo	462	20	7	0	1524	17	54
Shrimp & Island White Fish Combo	745	43	8	0	1110	49	40
Grilled Spam & Eggs	770	62	25	0	1880	14	40
Mini Meal (Sides not included)							
BBQ Chicken	230	10	4	0	630	7	29
Hawaiian BBQ Beef	227	10	4	0	894	10	26
Chicken Katsu	445	29	7	0	455	28	19
Island Curry Chicken*	230	10	4	0	630	7	29
Island Fire Chicken	274	11	3	0	1494	18	26
Crispy Shrimp	400	23	5	0	260	27	21
Grilled Chicken Breast	165	3	3	0	420	0	35
Family Meal (Serves 4 People)							
Steamed Rice (6 Scoops)	1140	12	0	0	0	240	18
Macaroni Salad (4 Scoops)	1200	97	16	0	2024	69	11
Hawaiian BBQ Chicken (4 Servings)	613	27	9	0	1680	19	76
Chicken Katsu* (4 Servings)	1335	87	20	0	1365	83	57
Teriyaki Chicken* (4 Servings)	627	28	9	0	2053	16	79

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
Family Meal (Serves 4 People)							
Island Curry Chicken* (4 Servings)	627	28	9	0	2053	16	79
Curry Chicken Katsu* (4 Servings)	1335	87	20	0	1365	83	57
Island Fire Chicken (4 Servings)	822	33	10	0	4481	55	77
Hawaiian BBQ Beef (4 Servings)	680	28	10	0	2680	30	76
Island White Fish (4 Servings)	690	40	7	0	1700	43	38
Kalua Pork with Cabbage (4 Servings)	1100	74	26	0	1480	4	106
Noodle Soups							
Chicken Breast Noodle Soup	655	14	4	0	2460	74	58
Shrimp & Chicken Breast Noodle Soup	650	13	3	0	2455	74	60
Shrimp Noodle Soup	645	10	2	0	2190	74	41
Vegetable Noodle Soup	465	9	2	0	1930	74	20
Noodle Soup Combo: Pick One Choice (Additional to Vegetable Noodle Soup)							
Hawaiian BBQ Chicken	230	10	4	0	630	7	29
Chicken Katsu	445	29	7	0	455	28	19
Island Fire Chicken	274	11	3	0	1494	18	26
Grilled Chicken Breast	165	3	2	0	420	0	35
Hawaiian BBQ Beef	227	10	4	0	894	10	26
Gourmet Salad (Dressing not included)							
Macaroni Salad (2 scoops)	600	49	8	0	1012	35	6
Macaroni Salad (4 scoops)	1200	97	16	0	2024	69	11
Fresh Mix Salad (12 oz.) Plate	105	2	0	0	117	18	4
With Protein Choice (Additional to Fresh Mix Salad Plate)							
Hawaiian BBQ Chicken	230	10	4	0	630	7	29
Chicken Katsu	445	29	7	0	455	28	19
Island Fire Chicken	274	11	3	0	1494	18	26
Grilled Chicken Breast	165	3	2	0	420	0	35
Hawaiian BBQ Beef	170	7	3	0	670	8	19
Island White Fish (2 pcs)	345	20	4	0	850	22	19
Crispy Shrimp (4 pcs)	400	23	5	0	260	27	21
Appetizers							
Spam Musubi (2 pcs.)	680	30	11	0	890	88	21
BBQ Chicken Musubi (2 pcs.)	530	11	3	0	440	89	28
Crispy Shrimp (6 pcs.)	600	35	7	0	390	41	31
Crab Rangoon (3 pcs.)	260	16	7	0	360	25	5
Crab Rangoon (6 pcs.)	520	31	14	0	720	50	9
Steam Rice (2 Scoops)	380	4	0	0	0	80	6

*Sauce on the side

Menu Items	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Total Carbohydrates (g)	Protein (g)
Sides							
Fresh Mix Salad (4 oz.) Side	35	1	0	0	39	6	1
Fresh Mix Salad (5 oz.) Aloha Plate	60	2	1	0	75	10	2
Cabbage (4 oz.)	35	0	0	0	90	6	1
Steamed Rice (1 Scoop)	190	2	0	0	0	40	3
Macaroni Salad (1 Scoop)	300	24	4	0	506	17	3
Bowls (Sauce not included)							
Teriyaki Chicken*	645	14	4	0	720	93	36
Grilled Chicken Breast (6 oz.)	580	7	3	0	510	86	42
Hawaiian BBQ Beef (Drive Thru Only)	642	14	4	0	984	96	33
Sauces & Dressing							
Katsu Sauce (2 oz.)	70	0	0	0	180	17	0
Teriyaki Sauce (2 oz.)	70	0	0	0	540	17	1
Curry Sauce (3 oz.)	40	1	1	0	440	7	1
Fresh Mix Salad Dressing (1 oz.)	63	4	1	0	306	6	0
Aloha Plate Pick One Choice (Sides not included)							
Hawaiian BBQ Chicken	307	13	5	0	840	9	38
Chicken Katsu*	593	39	9	0	607	37	25
Teriyaki Chicken*	307	13	5	0	860	9	38
Island Curry Chicken*	368	16	6	0	1008	11	46
Grilled Chicken Breast	165	3	3	0	420	0	35
Island Fire Chicken	274	11	3	0	1494	18	26
Hawaiian BBQ Beef	362	15	6	0	1430	16	41
Kalua Pork with Cabbage	480	30	13	0	1030	4	50
Island White Fish	518	30	5	0	1275	32	29

