

ZIPPY'S RESTAURANT

HOWZIT

MENU

Local Favorites

*Served with a choice of white or brown rice, real mashed potatoes at an additional charge, and choice of macaroni salad, tossed greens or corn. Mini plates served with rice and corn; substitutions for corn available at an additional charge.

Zip Pac®		16.65		1320-1390 cal
	Mini	12.30		810-860 cal
Zip Pac® Deluxe		19.90		1740-1950 cal
Surf Pac®		18.25		1540-1610 cal
Surf Pac® Deluxe		21.50		1960-2170 cal
Korean Fried Chicken & Chili Mixed Plate		15.55		610-1350 cal
Spaghetti with Garlic Bread		13.65		800-1120 cal
	Mini	10.10		520-730 cal
Loco Moco*		15.95		590-1350 cal
	Mini (One Egg)	11.80		660-710 cal
Garlic Rib Steak*°		24.25		690-1280 cal
Oxtail Soup		26.75		1030-1080 cal
Korean Fried Chicken°		16.25		880-1470 cal
	Mini	12.05		640-660 cal
Chicken Katsu°		14.50		910-1500 cal
	Mini	10.75		650-670 cal
Chili & Chicken Mixed Plate°		15.65		890-1620 cal
	Mini	11.60		640-730 cal
Hamburger Steak°		15.25		500-1100 cal
	Mini	11.30		470-490 cal
Fried Chicken°		16.25		1070-1670 cal
	Mini	12.35		910-930 cal
Teriyaki Beef°		16.65		440-1040 cal
	Mini	12.30		490-510 cal
Chicken Trio (Fried Chicken, Chicken Katsu, Korean Fried Chicken)		16.45		1250-1840 cal

Make it a Complete Meal +9.75 | 300-1260 cal
 • Soup or house salad
 • Sweet Dinner Roll
 • Choice of strawberry gelatin, chocolate pudding, cake or pie (Ask for the selections of the day) or ice cream
 • Choice of tea, coffee or a small soft drink

Dessert Option +3.10 | 140-600 cal
 Top off any meal (plate with starch, salads or sandwich combos) with a scoop of ice cream, pudding or select cake or pie.

Chili

Chili	Bowl (Chili Only)	9.95		430-780 cal
	With Rice	9.25		490-790 cal
Chili Frank°		14.45		470-1270 cal
	Mini	10.70		470-640 cal
Chili Moco*		16.45		650-1560 cal
	Mini (One Egg)	12.15		690-810 cal
Chili Burrito		9.75		590-800 cal
Chili Burrito Plate°		11.30		590-1400 cal
Chili & Cheese Fries		8.95		920-1060 cal

Noodles

Zip Min®		14.70		740 cal
With Slice of Teri Beef		+3.15		150 cal
Wun Tun Min		10.15		510 cal
	Large	12.50		710 cal
Saimin		7.10		400 cal
	Large	8.55		710 cal
Fried Noodles		13.25		820 cal
	Mini	9.80		410 cal
With Slice of Teri Beef or Fried Chicken		+3.15		150-360 cal
Slice of Teri Beef with any Saimin Dish		+3.15		150 cal
Double Portion of Garnishes with any Saimin Dish		+1.35		80-110 cal

Lighter Choices

Soup of the Day		4.15		110-280 cal
	Large	6.50		220-570 cal
Portuguese Bean Soup		4.15		110-280 cal
	Large	6.50		220-570 cal
Make Your Large Soup Into a Meal		+1.65		550-600 cal
Add rice and macaroni salad to your soup to make it a meal				
Grilled Salmon		15.95		460-1550 cal
	Mini	11.80		430-700 cal
Korean Fried Chicken Salad		15.50		700 cal
House Salad		4.65		45-270 cal

Sandwich & Burger Combos

Burger and sandwich combos are served with choice of one of the following: French fries, macaroni salad, soup or house salad. Whole wheat bread can be substituted for bread or bun.

Grilled Cheese		8.95		440-860 cal
These sandwiches and burgers come with lettuce, tomato and onions:				
Teriyaki Beef Bun		14.40		660-1080 cal
Vegi-Tofu Burger		12.40		480-900 cal
Prime Burger		12.40		450-860 cal
Prime Burger Add Ons:	Bacon	+3.40		160 cal
	Cheese	+ .65		70 cal
	Teriyaki Sauce	+ .25		30 cal
	Chili (One Scoop)	+2.85		90-160 cal
	One Egg*	+1.20		80 cal

Side Orders

French Fries		4.20		690 cal
Onion Rings		5.70		510 cal
Slice of Teri Beef		4.75		150 cal
Piece of Fried Chicken		4.50		360 cal
Macaroni Salad	One Scoop	3.85		250 cal
	Two Scoops	5.50		500 cal
SPAM® Musubi		3.15		280 cal

Keiki Meals

Mac & Cheese		6.95		300 cal
Hamburger		8.60		620 cal
Grilled Cheese		7.15		620-630 cal
Keiki Complete Meal		+2.85		180-290 cal

Also applicable to any small portion item from the restaurant menu (For kids 10 and under only.) Includes milk (Orange juice, fruit punch or soft drink can also be substituted), plus choice of dessert: chocolate pudding, strawberry gelatin or donut holes.

Beverages

Soft Drinks	Large (Free Refills)	4.65		0-180 cal
Pepsi, Sierra Mist, Mug Root Beer, Fruit Punch, Diet Pepsi, Mountain Dew, Pink Lemonade, Raspberry Iced Tea				
Lilikoi Drink	Large	3.75		150 cal
Orange Bang	Large	4.65		250 cal
Coffee / Decaf Coffee		2.65		0 cal
Hot Tea		2.35		0 cal
1% Milk		3.80		90 cal
Orange Juice		3.55		100 cal
Iced Tea	Large (Free Refills)	4.40		5 cal

Desserts & Bakery

Ice Cream	One Scoop	3.90		210 cal
	Two Scoops	6.50		410-430 cal
Sundae (Choice of Strawberry or Hot Fudge topping)	One Scoop	5.95		290-400 cal
	Two Scoops	9.30		570-640 cal
Strawberry Gelatin Parfait		5.60		310-320 cal
Strawberry Gelatin		1.90		80 cal
Chocolate Pudding Parfait		7.20		520-530 cal
Chocolate Pudding		3.25		140 cal
Brownie Delite		9.35		730-780 cal
Soda Float		5.70		210-400 cal
Napple®		4.15		470-520 cal

Ask about available flavors
 Apple, Banana, Blueberry, Caramel, Cheesecake, Chocolate, Cinnamon, Fudge, Lemon, Mango, Raspberry, Strawberry, Vanilla, White Chocolate

Ask about available flavors		6.10		560 cal
Slice of Premium Cake (Chantilly or Rainbow)		4.45		380-600 cal
Slice of Cake (Dobash or Haupia)		3.65		350-440 cal
Slice of Pie (Apple, Custard or Banana Cream)		3.20		250-330 cal
Brownie		3.55		330-370 cal
Make it A La Mode		+2.80		210 cal
Dessert Option		+3.10		140-600 cal

Top off any meal (plate with starch, salads or sandwich combos) with a scoop of ice cream, pudding or select cake or pie.

Breakfast

*Breakfasts are made with two fresh island eggs and served with choice of one starch - white or brown rice, hash browns or white or whole wheat toast.

Garlic Rib Steak Breakfast**		23.95		1110-1170 cal
Our Garlic Rib Steak with two eggs your way				
Meat Lovers Breakfast*		14.95		1160-1230 cal
Two eggs your way with bacon, Portuguese sausage, SPAM®, and corned beef hash, served with rice				
Korean Fried Chicken Breakfast*		13.20		1000-1160 cal
Two eggs your way with Korean fried chicken and choice of bacon, corned beef hash, SPAM® or Portuguese sausage, served with rice				
Zippy's Omelette**		13.35		750-810 cal
Chili Omelette**		10.90		530-660 cal
Bacon Omelette**		12.25		660-720 cal
Pure n' Omelette**		11.55		580-930 cal
Choice of cheese, ham, SPAM® or Portuguese sausage				
Bacon or Corned Beef Hash Breakfast**				
Two eggs your way and your choice of bacon or corned beef hash		12.25		660-800 cal
	Mini (One Egg)	9.05		330-430 cal
Portuguese Sausage or SPAM® Breakfast**				
Two eggs your way and your choice of Portuguese sausage or SPAM®		11.55		690-890 cal
	Mini (One Egg)	8.55		390-480 cal
Breakfast Combo**		12.45		660-890 cal
Choice of two different mini meat portions of bacon, corned beef hash, SPAM® or Portuguese sausage with two island eggs				
Sweet Bread French Toast Combo*		12.75		760-940 cal
Three pieces of sweet bread French toast with an island egg and your choice of bacon, corned beef hash, SPAM® or Portuguese sausage				
Sweet Bread French Toast		7.65		470 cal
Short Stack		6.85		520 cal

Pancake Combo*		12.75		810-980 cal
Two fluffy pancakes with an island egg and your choice of bacon, corned beef hash, SPAM® or Portuguese sausage				
Belgian Waffle Combo*		13.45		840-1020 cal
A Belgian waffle with an island egg and your choice of bacon, corned beef hash, SPAM® or Portuguese sausage				
Belgian Waffle with Strawberries		13.65		670 cal
Belgian Waffle		8.40		550 cal

Add to Any Breakfast Entrée
 Breakfast Complete Meal +3.55 | 130-280 cal
 Includes one piece of toast (white or whole wheat) and choice of tea, coffee, or small soft drink

Large Drink Upgrade		+1.50		0-60 cal
Fried Rice In place of regular starch		+1.40		100 cal
Available through 10:30am, while supplies last				
3-egg Omelette*		+1.20		80 cal
Add Cheese		+ .95		110 cal
Egg White Only* (One egg)		+1.20		35 cal

Sides & Extras
 Portuguese Sausage Omelette Sandwich 4.20 | 440 cal

Oatmeal		3.75		250 cal
Add Raisins		+1.05		70 cal
Papaya		5.45		170 cal
Grilled Cornbread		2.85		440 cal
Rice (White or Brown)		2.70		300-350 cal
Fried Rice (2 scoops)		4.00		450 cal
Available through 10:30am, while supplies last				
Hash Browns		2.05		300 cal
Toast (White or Whole Wheat)		3.25		290-300 cal
One Egg*		2.40		80 cal
Bacon or Corned Beef Hash		6.90		210-300 cal
Portuguese Sausage or SPAM®		6.50		250-390 cal

A 2% Kitchen Charge will be added to your total pre-tax bill while dining in.

The entire amount of the Kitchen Charge will go specifically to the kitchen staff, not your server, or any manager. The Kitchen Charge helps to recruit and retain our highly trained back-of-house staff, incent their continued excellence, and supports a sustainable compensation plan. We want to reward our kitchen staff, who do not receive a portion of the tip you leave for your server, for their hard work. Mahalo for your support.

2,000 calories a day is used for general nutrition advice but calorie needs may vary. Additional nutritional information available upon request. Items and prices are subject to change without prior notice. *Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness especially in consumers with certain medical conditions.

Allergen information available on www.zippys.com/allergens-guide

Ka Papa Kuhikuhi Mea'ai No Ka Hale 'Aina 'o ZIPPY'S

HOWZIT

NĀ PUNAHELE KŪLOKO

*Hiki iā 'oe ke koho i ka laiki ke'oke'o a i 'ole ka laiki māku'e, ka 'uala kahiki ho'owali 'ia no kekahi uku kaulele, a he koho no ka saleta makaloni, ka lau 'ai, a i 'ole ke kūlina. Ho'omākaukau 'ia nā pā li'ili'i me ka laiki a me ke kūlina; hiki ke kuapo me ke kūlina no ka uku kaulele.

Pā Zip		16.65		1320-1390 cal
	Li'ili'i	12.30		810-860 cal
Pā Zip Me Ke Kili		19.90		1740-1950 cal
Pā He'enalua		18.25		1540-1610 cal
Pā He'enalua Me Ke Kili		21.50		1960-2170 cal
Pā Moa Palai Kōlea Me Ke Kili		15.55		610-1350 cal
Pakeki Me Ka Palaoa 'Aka'akai Pilau		13.65		800-1120 cal
	Li'ili'i	10.10		520-730 cal
Moko Kūloko*		15.95		590-1350 cal
	Li'ili'i (Ho'okahi Hua Moa)	11.80		660-710 cal
Pipi Palai 'Aka'akai Pilau**		24.25		690-1280 cal
Kupa Huelo Pipi Kauō		26.75		1030-1080 cal
Moa Palai Kōlea°		16.25		880-1470 cal
	Li'ili'i	12.05		640-660 cal
Moa Palai Katsu°		14.50		910-1500 cal
	Li'ili'i	10.75		650-670 cal
Pā Kili Me Ka Moa Palai °		15.65		890-1620 cal
	Li'ili'i	11.60		640-730 cal
Pipi Palai Hamapuka°		15.25		500-1100 cal
	Li'ili'i	11.30		470-490 cal
Moa Palai°		16.25		1070-1670 cal
	Li'ili'i	12.35		910-930 cal
'I'o Pipi Kai 'Ākia°		16.65		440-1040 cal
	Li'ili'i	12.30		490-510 cal
Pūkolu Moa (Moa Palai, Moa Palai Katsu, Moa Palai Kōlea)		16.45		1250-1840 cal

E ho'ololi i 'aina holo'oko'a
 • Kupa a i 'ole lau 'ai hale
 • Palaoa Li'ili'i Momona
 • E koho i ka 'ūnina 'ōhelo papa, ka pūkini kokoleka, ka mea 'ono, a i 'ole ka pai
 • E ninau aku no nā koho o ka lā (a i 'ole ka haukalima)
 • E koho i ke kī, ke kope, a i 'ole kekahi mea inu li'ili'i

Koho Mea 'Ono +3.10 | 140-600 cal
 E ho'okā'oi i kēlā a me kēia 'aina (pā me ka pia'ai, ka lau 'ai a i 'ole ka pū'ulu kanauika) me ho'okahi kī'o'e haukalima, pūkini, ka 'mea 'ono, a i 'ole ka pai

KILI

Kili	Pola (Kili Wale Nō)	9.95		430-780 cal
	Me Ka Laiki	9.25		490-790 cal
Kili Me Ka Na'aukake°		14.45		470-1270 cal
	Li'ili'i	10.70		470-640 cal
Moko Kili*		16.45		650-1560 cal
	Li'ili'i (Ho'okahi Hua Moa)	12.15		690-810 cal
Wahī Burrito Kili		9.75		590-800 cal
Pā Wahī Burrito Kili°		11.30		590-1400 cal
'Uala Palai Kili Me Ka Waiūpa'a		8.95		920-1060 cal

NĀ NULU

Kaimine Zip		14.70		740 cal
Me ho'okahi 'i'o pipi kai 'Ākia		+3.15		150 cal
Kaimine Wun Tun		10.15		510 cal
	Nui	12.50		710 cal
Kaimine		7.10		400 cal
	Nui	8.55		710 cal
Nulu Palai		13.25		820 cal
	Li'ili'i	9.80		410 cal
Me ho'okahi 'i'o pipi kai 'Ākia a i 'ole moa palai		+3.15		150-360 cal
Ho'okahi 'i'o pipi kai 'Ākia me kekahi pola kaimine		+3.15		150 cal
Pālua ka nui o nā 'ina'i me kekahi pola kaimine		+1.35		80-110 cal

NĀ KOHO 'AI PONO

Ke Kupa o Ka Lā		4.15		110-280 cal
	Nui	6.50		220-570 cal
Kupa Pāpapa Pukikī		4.15		110-280 cal
	Nui	6.50		220-570 cal
E ho'ololi i kāu kupa nui i 'aina maoli		+1.65		550-600 cal
E ho'ohui pū i ka laiki a me ka saleta makaloni me kāu kupa e lilo i 'aina holo'oko'a				
Kāmano i Pūlehu 'Ia		15.95		460-1550 cal
	Li'ili'i	11.80		430-700 cal
Lau 'Ai Moa Palai Kōlea		15.50		700 cal
Lau 'Ai Hale		4.65		45-270 cal

PŪ'ULU HAMAPUKA A ME KANAUIKA

Ho'ohui 'ia nā pū'ulu hamapuka a me nā kanauika me ho'okahi o kēia mau koho: 'Uala Kahiki Palai, Saleta Makaloni, Kupa, a i 'ole Lau 'Ai Hale. Hiki Ke Kuapo no Ka Palaoa Huika.

Kanauika Waiūpa'a i Pūlehu 'Ia 8.95 | 440-860 cal

Ho'ohui 'ia kēia mau kanauika a me nā me hamapuka me ka lekuke, ka 'ōhi'a, a me ka 'aka'akai:

Kanauika I'o Pipi Kai 'Ākia		14.40		660-1080 cal
Hamapuka Tōfū A Me Nā Lau 'Ai		12.40		480-900 cal
Hamapuka He 'Oi		12.40		450-860 cal
Nā 'Ina'i no ka Hamapuka He 'Oi:				
	I'o Pua'a Uahi	+3.40		160 cal
	Waiūpa'a	+ .65		70 cal
	Kai 'Ākia	+ .25		30 cal
	Kili (Ho'okahi Kī'o'e)	+2.85		90-160 cal
	Ho'okahi Hua Moa*	+1.20		80 cal

NĀ 'ĪNA'I

'Uala Kahiki Palai		4.20		690 cal
Lina 'Aka'akai		5.70		510 cal
Ho'okahi I'o Pipi Kai 'Ākia		4.75		150 cal
Ho'okahi Moa Palai		4.50		360 cal
Saleta Makaloni	Ho'okahi Kī'o'e	3.85		250 cal
	'Elua Kī'o'e	5.50		500 cal
Mukupi SPAM®		3.15		280 cal

NĀ 'AINA KEIKI

Ka Makaloni Me Ka Waiūpa'a		6.95		300 cal
Hamapuka		8.60		620 cal
Kanauika Waiūpa'a i Pūlehu 'Ia		7.15		620-630 cal
Pā Keiki Holo'oko'a		+2.85		180-290 cal

Hiki pū ke ho'ohui me kēlā a me kēia 'aina li'ili'i o ka papa kuhikuhi mea'ai (no nā keiki he 'umi makahiki a emi mai), Me ka waiū (hiki ke kuapo me ka wai 'alani, wai hua 'ai punch, a i 'ole koloaka) me ke koho mea 'ono: ka pūkini kokoleka, ka 'ūnina 'ōhelo papa, a i 'ole ka piko koneko.

NĀ MEA INU

Mea Inu Nui (Manuahi Ka Ho'opiha Hou 'Ana) 4.65 | 0-180 cal

Koloaka Pepsi, Koloaka Sierra Mist, Lukapia MUG, Wai Hua'ai Punch, Koloaka Pepsi Ho'okei 'Ai, Koloaka Mountain Dew, Wai Lemi 'Ākala, Kī Hu'ihu'i 'Ākalakala

Wai Liliko'i		Nui	3.75		150 cal
Ku'i 'Alani		Nui	4.65		250 cal
Kope / Kope me Ka 'Ākope 'Ole			2.65		0 cal
Kī Wela			2.35		0 cal
Waiū 1%			3.80		90 cal
Wai Hua'ai 'Alani			3.55		100 cal
Kī Hu'ihu'i	Nui (Manuahi Ka Ho'opiha Hou 'Ana)		4.40		5 cal

NĀ MEA 'ONO & HALE KŪ'AI PALAOA

Haukalima	Ho'okahi Kī'o'e	3.90		210 cal
	'Elua Kī'o'e	6.50		410-430 cal
Pu'u Haukalima	Ho'okahi Kī'o'e	5.95		290-400 cal
	'Elua Kī'o'e	9.30		570-640 cal

(Hiki Ke Koho i Ka Pāhina 'Ōhelo Papa a i 'ole Ke Kokoleka Pāhoehoe Wela)

Kūpa'i 'Ūnina 'Ōhelo Papa		5.60		310-320 cal
'Ūnina 'Ōhelo Papa		1.90		80 cal
Kūpa'i Pūkini Kokoleka		7.20		520-530 cal
Pūkini Kokoleka		3.25		140 cal
Palauni Ho'ohau'oli		9.35		730-780 cal
Koloaka Me Ka Haukalima		5.70		210-400 cal
Mea 'Ono 'Āpala		4.15		470-520 cal
E ninau aku no nā 'ono like 'ole				
Pūkini Palaoa Ho'ohui me ka Haukalima		6.10		560 cal
He 'Āpana o Ka Mea 'Ono Keu a Ka 'Ono (Chantilly a i 'ole Anuenue)		4.45		380-600 cal
He 'Āpana o Ka Mea 'Ono (Dobash a i 'ole Haupia)		3.65		350-440 cal
He 'Āpana o Ka Pai ('Āpala, Custard, a i 'ole Kalima Mai'a)				
		3.20		250-330 cal
		3.55		330-370 cal
Palauni		+2.80		210 cal
Ho'ohui Me Ka Haukalima		+3.10		140-600 cal

E ho'okā'oi i kēlā a me kēia 'aina (pā me ka pia'ai, ka lau 'ai a i 'ole ka pū'ulu kanauika) me ho'okahi kī'o'e haukalima, pūkini, ka 'mea 'ono, a i 'ole ka pai

'AINA KAKAHIKA

*Ho'omākaukau 'ia ka 'aina kakahiaka me 'elua hua moa a me ho'okahi koho o ka pia'ai - ka laiki ke'oke'o, ka laiki māku'e, ka palaoa pāpa'a ke'oke'o, a i 'ole ka palaoa pāpa'a huika.

'Aina Kakahiaka Pipi Palai 'Aka'akai Pilau*~ 23.95 | 1110-1170 cal
 'Aina Kakahiaka Pipi Palai 'Aka'akai Pilau me kāu koho o 'elua hua moa
 'Aina Kakahiaka Puni 'I'o* 14.95 | 1160-1230 cal

Kāu koho o 'elua hua moa me ka 'i'o pua'a uahi, ka na'aukake Pukikī, ka SPAM®, a me ka pipi kini, me ka laiki

'Aina Kakahiaka Moa Palai Kōlea* 13.20 | 1000-1160 cal
 Kāu koho o 'elua hua moa me ka moa palai Kōlea, ka na'aukake Pukikī, ka SPAM®, a me ka pipi kini, me ka laiki

'Omeleka Zippy's*~ 13.35 | 750-810 cal
 'Omeleka Kili*~ 10.90 | 530-660 cal
 'Omeleka 'I'o Pua'a Uahi 12.25 | 660-720 cal
 'Omeleka Nōhie*~ 11.55 | 580-930 cal

Kāu koho o ka waiūpa'a, ka pua'a hame, ka 'i'o pua'a uahi, ka SPAM®, a i 'ole ka na'aukake Pukikī

'Aina Kakahiaka 'I'o Pua'a Uahi a i 'ole Pipi Kini*~ 12.25 | 660-800 cal
 Kāu koho o 'elua hua moa me ka 'i'o pua'a uahi a i 'ole ka pipi kini

Li'ili'i (Ho'okahi Hua Moa) 9.05 | 330-430 cal

'Aina Kakahiaka Na'aukake Pukikī a i 'ole SPAM®*~ 11.55 | 690-890 cal
 Kāu koho o 'elua hua moa me ka na'aukake Pukikī a i 'ole ka SPAM®

Li'ili'i (Ho'okahi Hua Moa) 8.55 | 390-480 cal

Pū'ulu 'Aina Kakahiaka*~ 12.45 | 660-890 cal
 Kāu koho o 'elua 'āpana 'i'o li'ili'i o ka 'i'o pua'a uahi, ka pipi kini, ka SPAM®, a i 'ole ka na'aukake Pukikī me 'elua hua moa

Pū'ulu Palaoa Pāpa'a Palani* 12.75 | 760-940 cal
 'Ekolu 'āpana palaoa pāpa'a Palani me kekahi hua moa a me kāu koho o ka 'i'o pua'a uahi, ka pipi kini, ka SPAM®, a i 'ole ka na'aukake Pukikī

Palaoa Pāpa'a Palani 7.65 | 470 cal
 Pu'u Pōkole 6.85 | 520 cal

Pū'ulu Palaoa Palai* 12.75 | 810-980 cal
 'Elua palaoa palai me kekahi hua moa a me kāu koho o ka 'i'o pua'a uahi, ka pipi kini, ka SPAM®, a i 'ole ka na'aukake Pukikī

Pū'ulu Palaoa Kīpo'opo'o Pelekiuma* 13.45 | 840-1020 cal
 He palaoa kīpo'opo'o Pelekiuma me kekahi hua moa a me kāu koho o ka 'i'o pua'a uahi, ka pipi kini, ka SPAM® a i 'ole ka na'aukake Pukikī

Palaoa Kīpo'opo'o Pelekiuma Me Nā 'Ōhelo Papa 13.65 | 670 cal
 Palaoa Kīpo'opo'o Pelekiuma 8.40 | 550 cal

E ho'ohui me kekahi pā 'aina kakahiaka
 'Aina Kakahiaka Holo'oko'a +3.55 | 130-280 cal
 Me ho'okahi palaoa pāpa'a (ke'oke'o a i 'ole huika) a me kāu koho o ke kī, ke kope, a i 'ole ke koloaka li'ili'i

Ho'onui Mea Inu +1.50 | 0-60 cal
 Laiki Palai ma kahi o ka pia'ai ma'amau +1.40 | 100 cal
 Ho'omaka i ka hola 10:30am ā pau

Ho'onui i Kāu 'Omeleka Me Ho'okahi Hua Moa* +1.20 | 80 cal
 Ho'ohui me Ka Waiūpa'a +.95 | 110 cal
 Kauō Ke'oke'o Wale Nō* +1.20 | 35 cal

Nā 'Ina'i A Me Nā Mea Keu
 Kanauika 'Omeleka Na'aukake Pukikī 4.20 | 440 cal
 'Okamila 3.75 | 250 cal
 Ho'ohui Me Ka Hua Waina Mālo'o +1.05 | 70 cal

Mīkana 5.45 | 170 cal
 Palaoa Kūlina i Palai 'Ia 2.85 | 440 cal
 Laiki (Ke'oke'o a i 'ole Māku'e) 2.70 | 300-350 cal
 Laiki Palai ('Elua Kī'o'e) 4.00 | 450 cal
 Ho'omaka i ka hola 10:30am ā pau

Hash 'Uala Kahiki Palai 2.05 | 300 cal
 Palaoa Pāpa'a (Ke'oke'o a i 'ole Huika) 3.25 | 290-300 cal
 Ho'okahi Hua Moa* 2.40 | 80 cal

'I'o Pua'a Uahi a i 'Ole Hash Pipi Kini 6.90 | 210-300 cal
 Na'aukake Pukikī a i 'Ole SPAM® 6.50 | 250-390 cal

Ua ho'ohui 'ia kāu pila i 'elua pakeneke no nā limahana o ka lumi kuke i kou noho 'ana i loko o ka hale 'aina. Hā'awi 'ia ka uku holo'oko'a i nā limahana o ka lumi kuke. 'A'ole no nā kuene a i 'ole nā manakia. Kōkua ka uku limahana i mea e ho'opaipai ai i nā limahana keu a ka maika'i, i ko lākou ho'okō'ana i nā kuleana, a kāko'o mau i ka papahana kauapono. Makemake mākou e makana aku i nā limahana o ka lumi kuke, e loa a 'ole i ka uku lawelawe āu e waiho ai no ka hana nui o kāu kuene. Mahalo nui loa no ke kāko'o.

He 2,000 ikehu'ā pā lā no ka 'ōlelo a'o kūlana 'aiaola akā he 'oko'a paha no nā 'ikehu'ā i pono ai.

Inā he pono, aia ka 'ike kūlana 'aiaola keu ke noi 'ia.

*E akahela i ka 'ai maka 'ana o nā 'i'o, nā 'i'o moa, nā 'i'a, a i 'ole nā hua moa o 'ōma'i auane'i paha 'oe.

Aia ka 'ike pāheuu ma www.zippys.com/allergens-guide