

	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
PUPUS																
Hani Clam Chowder (cup)	175	170	100	11	5	0	30	410	13	2	1	6	25	10	4	5
Hani Clam Chowder (bowl)	351	340	200	22	11	0	55	810	25	3	2	11	50	20	8	10
Salty Caramel Chicken Wings	384	850	320	36	12	0	185	2170	67	1	31	61	0	8	6	19
Salt & Pepper Calamari	228	550	320	35	6	0	345	560	30	2	5	26	70	15	10	15
Crispy Shrimp Spring Rolls	313	450	130	15	3	0	215	1370	48	2	11	25	0	6	8	5
Wok Charred Shishito Peppers	182	310	260	29	3.5	0	5	170	11	2	7	4	0	150	6	7
Tom's Tasty Albacore Sashimi	301	620	180	21	3	0	135	1230	12	2	1	28	0	10	5	13
Ginger Cured Salmon	228	890	230	26	3.5	0	70	1530	127	3	68	35	25	2	3	10
Spicy Long Beans	233	580	420	47	6	0	10	230	37	3	15	6	110	90	6	9
Hani Beef Shortribs	408	750	200	22	16	2	145	2800	53	3	30	46	20	30	9	43
Crushed Cucumbers	149	150	100	11	1	0	0	240	12	2	8	4	35	6	4	3
Kurobuta Pork Potstickers	296	670	350	39	10	0	115	1280	48	2	9	28	20	10	7	31
Jonah Crab Wild Thing	130	310	230	26	6	0	80	310	10	6	4	12	25	25	3	2
Ginger Chicken Meatballs	334	660	340	38	9	0	230	1560	38	3	12	39	60	35	11	24

SALADS (includes dressing)

The Wedge	354	450	360	40	7	0	30	780	16	4	9	9	750	25	6	10
Chicken Katsu Salad	273	900	380	42	6	0	110	1740	84	6	15	41	500	15	14	44
Hoisin Duck & Green Papaya Salad	333	760	440	49	16	0	155	1670	43	4	26	38	420	80	4	20
Albacore Tuna Poke Super Salad	349	450	190	21	3	0	45	640	34	7	7	29	420	40	10	27
Mixed Greens Salad (small)	316	800	270	30	2	0	30	1390	109	6	7	22	0	40	17	70
Mixed Greens Salad (large)	632	1600	540	60	4	0	60	2780	218	12	14	44	0	80	34	140

HOUSE MEALS

Famous Hani Fried Rice	681	990	510	57	7	0	185	2030	99	3	9	22	0	45	10	24
6 Grain Rice Bowl	405	490	140	15	2.5	0	185	1050	73	7	9	16	0	80	6	17
Caramelized Coconut Chicken	617	1190	680	76	41	0	165	1850	79	4	15	46	0	50	9	32
Koji Fish & Chips	469	1420	520	58	9	0	135	1200	163	10	17	55	640	35	27	38
Hiro Burger	563	1280	720	81	28	2.5	200	1090	93	7	21	45	90	20	4	31
Jonah Crab BLT	537	1150	610	68	14	0	140	1760	92	8	13	37	120	30	11	25
Grilled Beef & Broccoli	562	1100	540	60	12	0.5	135	2540	101	10	20	46	240	150	22	68
Red Chili Pork Ramen	712	990	260	29	8	0	260	2020	122	20	18	63	0	30	19	42
Add Grilled Lobster Tail	77	130	90	10	6	0	120	820	0	0	0	12	0	2	6	4
Add Wild Bristol Bay Salmon	127	260	130	15	6	0	80	450	1	0	0	28	0	0	1	3
Add Black Cardamom Honey Shrimp	162	540	90	10	1	0	715	3240	32	1	25	78	0	0	24	9
Add Teriyaki Skirt Steak	133	300	130	14	4.5	0.5	75	1280	15	0	11	26	0	0	4	15

KIDS' MEALS

Wild Bristol Bay Salmon	381	500	140	16	6	0	80	190	56	2	2	35	0	80	4	9
Buttered Miso Noodles	255	550	280	31	15	0	105	180	56	4	2	14	0	80	4	14
Teriyaki Chicken	160	240	110	12	2.5	0	115	270	2	0	1	29	0	0	2	9

DESSERTS

Butter Mochi Cake	57	45	20	2	0	0	0	33	5	2	1	2	10	103	4	3
Coconut Cream Pudding	57	70	15	2	0	0	0	227	6	2	3	1	8	15	3	4
Sweet Corn Panna Cotta	57	80	50	5	0.5	0	0	250	6	2	3	2	3	87	3	3
Yuzu Cheesecake	57	100	60	7	0.5	0	0	77	10	2	7	1	189	7	4	2
Black Sesame Gelato (1 scoop)	85	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0
Green Tea Gelato (1 scoop)	85	310	122	14	9	0	60	75	38	0	38	6	0	0	0	0

Menus vary by region or season

2,000 calories a day is used for general nutrition advice but calorie needs vary