

# GLUTEN CONSCIOUS MENU

## STARTERS

**SWEET POTATO or HOUSE CUT FRIES** *small 7 / large 9*

### HAWAIIAN CEVICHE \*

fresh white fish, "cooked" in citrus juice, coconut milk, chili, cilantro, garlic, (no wonton chips, ask for fresh corn chips)..... 11

### SPICY EDAMAME

classic dish with a spicy serrano pepper kick .....9

### SPICY SEAWEED SALAD

fresh wakame, spicy sesame dressing .....8

### HULA'S CHICKEN WINGS

served w/ GF soy sauce, jerk sauce or jungle curry sauce for dipping ..... 14

## BOWLS

*Served over rice, black beans, & cabbage medley*

### VEGAN JUNGLE TOFU

fried tofu, jungle curry sauce, fried sweet plantains (both GF and vegan), ask for no soy glaze..... 16

## BURGERS AND SANDWICHES

*choice of* sweet potato fries, house cut fries, slaw

### THE HULA BURGER \*

burger, grilled maui onions and hula sauce, no bun .....15

*add* cheddar, bleu or jack cheese 1

*sub* Impossible burger 3 | vegan on request

### CAJUN BURGER \*

burger, grilled maui onions, cajun spices, jack cheese, spicy cajun aioli, no bun | *sub* Impossible burger 3 ..... 16

### BLACKENED AHI SANDWICH \*

lightly blackened fresh 6oz ahi steak, medium rare, topped with taco slaw, sun-dried tomato pesto aioli, no bun .....20

### MODERN TIKI FISH SANDWICH \*

blackened hapu, taco slaw, sun-dried tomato pesto aioli, no bun.....16

## HULA'S FAVORITES

### JAWAIIAN JERK PORK PLATE

marinated, grilled and sliced pork, jerk sauce, plantains, rice, mango salsa (ask for no Johnny cakes) ..... 18

### JAWAIIAN JERK CHICKEN PLATE

slow roasted, pulled chicken, jerk sauce, plantains, rice, mango salsa (ask for no Johnny cakes) ..... 18

### DUKE'S LUAU PORK PLATE

slow roasted pulled pork, pineapple, rice, slaw (ask for no soy glaze)..... 18

## TACOS

*served on corn tortillas with black beans, rice & house-made salsa roja*

### SHRIMP TACOS

spicy grilled shrimp, taco slaw, sun-dried tomato pesto aioli..... 15

### HABANERO LIME CHICKEN TACOS

spicy marinated, roasted chicken, taco slaw, avocado aioli ..... 15

### AHI TACOS \*

fresh 6oz ahi tuna lightly seasoned, seared rare, taco slaw, chili-lime aioli ..... 19

### SOUTH SEAS FISH TACOS

seasoned grilled hapu, taco slaw, sun-dried tomato pesto aioli .... 15

### SPICY TOFU TACOS

spicy tofu, taco slaw, sundried tomato pesto aioli ..... 15

### CRUNCHY SPICY CHICKEN TACOS

deep fried corn tortillas, marinated, roasted chicken, jack cheese, taco slaw, salsa roja..... 15

## FRESH FISH

*select one*

### AHI \*

fresh, yellow fin tuna 26

### TOFU

great vegetarian option 16

### MAHI \*

flavorful, firm, game fish 22

### SALMON \*

popular, flavorful, healthy 22

### HAPU \*

white, delicate, mild 19

### SNAPPER \*

sweet, mild, delicious 22

*select a preparation*

### BLACKENED WASABI FISH SPECIAL

lightly blackened over wasabi mashed potatoes, wasabi cream sauce, broccolini (ask for no sauce on veggies)

### JAWAIIAN JERK

jerk sauce, rice, fried sweet plantains, (ask for no johnny cakes), mango salsa

## SIDES

RICE ..... 3

BLACK BEANS ..... 4

SLAW ..... 3

AVOCADO ..... 2

FRIED SWEET PLANTAINS ..... 3

BROCCOLINI (*ask for no sauce*)..... 5

WASABI MASHED POTATOES ..... 3

## DESSERT

HULA'S SUNDAE ..... 9

macadamia nuts, coconut, chocolate & caramel sauces

*Because of the from-scratch nature of our menu items, the shared cooking and preparation areas and our reliance on third parties for accurate information, we cannot guarantee that any item is totally free of gluten allergens. When ordering, please let your server know if you have any potentially harmful food allergies or intolerance.*

*\*These items are served raw or undercooked or contain (or may contain) raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*