

GLUTEN CONSCIOUS MENU

STARTERS

SWEET POTATO or HOUSE CUT FRIES *small 5 / large 7*

HAWAIIAN CEVICHE *

fresh white fish, "cooked" in citrus juice, coconut milk, chili, cilantro, garlic, (no wonton chips, ask for fresh corn chips).....9

SPICY EDAMAME

classic dish with a spicy serrano pepper kick7

ABALONE STYLE CALAMARI

with lime-ginger cream sauce (ask for no soy glaze).....9

SPICY SEAWEED SALAD

fresh wakame, spicy sesame dressing5

HULA'S CHICKEN WINGS

ask to be tossed in gluten free soy sauce or jungle curry sauce 10

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..... 13

BURGERS AND SANDWICHES

choice of sweet potato fries, house cut fries, slaw sub house salad (ask for no wontons) 2

THE HULA BURGER *

burger, grilled maui onions and hula sauce, no bun12

add cheddar, bleu or jack cheese for 1.00

CAJUN BURGER *

burger, grilled maui onions, cajun spices, jack cheese, spicy cajun aioli, no bun13

BLACKENED AHI SANDWICH *

lightly blackened fresh 6oz ahi steak, medium rare, topped with taco slaw, sun-dried tomato pesto aioli, no bun15

MODERN TIKI FISH SANDWICH *

blackened hapu, taco slaw, sun-dried tomato pesto aioli, no bun.....13

HULA'S FAVORITES

JAWAIIAN JERK PORK PLATE

marinated, grilled and sliced pork, jerk sauce, plantains, rice, mango salsa..... 16

JAWAIIAN JERK CHICKEN PLATE

slow roasted, pulled chicken, jerk sauce, plantains, rice, mango salsa..... 16

TACOS

served with black beans, rice & house-made salsa roja

SHRIMP TACOS

spicy grilled shrimp, taco slaw, sun-dried tomato pesto aioli, corn tortillas..... 14

HABANERO LIME CHICKEN TACOS

spicy marinated roasted chicken, taco slaw, avocado aioli, corn tortillas..... 14

AHI TACOS *

fresh ahi tuna lightly seasoned, seared rare, taco slaw, chili-lime aioli, corn tortillas 15

SOUTH SEAS FISH TACOS

seasoned grilled hapu, taco slaw, sun-dried tomato pesto aioli, corn tortillas..... 13

SPICY TOFU TACOS

spicy tofu, taco slaw, avocado aioli, corn tortillas..... 12

CRUNCHY SPICY CHICKEN TACOS

deep fried corn tortillas, marinated roasted chicken, jack cheese, taco slaw, salsa roja..... 14

FRESH FISH

AHI *

fresh, yellow fin tuna 19

MAHI *

flavorful, firm, game fish 17

HAPU *

white, delicate, mild 15

TOFU

great vegetarian option 13

SALMON *

popular, flavorful, healthy 17

SNAPPER *

sweet, mild, delicious 16

BLACKENED WASABI FISH SPECIAL

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

HULA'S PAN FRIED *(not recommended with salmon)*

su-miso sauce, wok-seared shiitake mushrooms, rice, slaw

JAWAIIAN JERK

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

SIDES

RICE 2

BLACK BEANS 2

SLAW 3

AVOCADO1.5

FRIED SWEET PLANTAINS 2

SAUTÉED BROCCOLINI *(ask for no sauce)* 5

WASABI MASHED POTATOES 3

HOUSE SALAD *(ask for no wontons)*5 / 7

DESSERT

HULA'S SUNDAE 6

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.