

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, jalapeño, cilantro, garlic, wonton chips *add* avocado 2..... 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
w/ GF soy sauce, jerk sauce or jungle curry sauce for dipping..... 15

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 *
8oz burger, grilled maui onions and hula sauce, ask for no bun16
add cheddar, bleu or jack cheese 1
sub Impossible burger 3 | vegan on request
- CAJUN BURGER *
8oz burger, grilled maui onions, cajun spices, jack cheese, spicy cajun aioli, ask for no bun *sub* Impossible burger 3.....17
- SEARED AHI SANDWICH *
seasoned fresh 6oz ahi steak, seared rare, topped with taco slaw, sun-dried tomato pesto aioli, ask for no bun20
- MODERN TIKI FISH SANDWICH *
blackened hapu, taco slaw, sun-dried tomato pesto aioli, ask for no bun16

HULA’S FAVORITES

- JAWAIIAN JERK PORK PLATE
marinated pulled 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
- 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
- AHI TACOS *
fresh 6oz ahi tuna lightly seasoned, seared rare, taco slaw, chili-lime aioli 19
- CRUNCHY SPICY CHICKEN TACOS
deep fried corn tortillas, marinated roasted chicken, jack cheese, taco slaw 15
- PORK TACOS
slow roasted, pulled pork, coleslaw, sun-dried tomato pesto aioli, ask for no soy glaze 15

FRESH FISH

select one

AHI *

fresh, yellow fin tuna 26

MAHI *

flavorful, firm, game fish 22

HAPU *

white, delicate, mild 19

SALMON *

popular, flavorful, healthy 22

TOFU

great vegetarian option 16

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

- RICE3
- BLACK BEANS4
- COLESLAW4
- AVOCADO2
- FRIED SWEET PLANTAINS3
- BROCCOLINI *(ask for no sauce)*5
- WASABI MASHED POTATOES.....3

DESSERT

- HULA’S SUNDAE8
- 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.