ALOHA FUSION	CALORIES	PROTEIN (G)	TOTAL CARB (G)	CHOLES-TEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	TRANS FAT (MG)	SUGARS (G)	TOTAL FAT (G)	SATURATED FAT (MG)
RAMEN										
Spicy Tonkotsu Chashu Ramen	850	50	99	85	3240	6	0	17	32	12
Chicken Miso Tonkotsu Ramen	680	38	96	55	3100	7	0	16	18	7
Spicy Tofu Ramen	640	25	94	0	4630	6	0	11	17	5
TERIYAKI BOWL & CHINESE ENTRÉES										
Chicken (Dark Meat) Teriyaki Bowl with Brown Rice	760	49	74	130	610	8	0	12	30	1.5
Chicken (Dark Meat) Teriyaki Bowl with White Rice	800	49	86	130	610	5	0	12	28	1.5
Chicken (White Meat) Teriyaki Bowl with Brown Rice	620	39	74	90	480	8	0	12	17	2.5
Chicken (White Meat) Teriyaki Bowl with White Rice	660	40	86	90	480	5	0	12	16	2
Salmon Teriyaki Bowl with Brown Rice	630	39	74	65	580	8	0	12	21	2.5
Salmon Teriyaki Bowl with White Rice	670	39	86	65	580	5	0	12	19	2
Tofu Teriyaki Bowl with Brown Rice	590	21	76	0	500	8	0	12	22	3
Tofu Teriyaki Bowl with White Rice	630	22	88	0	500	5	0	12	21	3
Orange Chicken with Brown Rice	670	20	117	25	360	8	0	16	14	5
Orange Chicken with White Rice	710	20	130	25	350	4	0	16	12	4.5
SIGNATURE POKE BOWL										
Ahi Poke with Brown Rice	590	22	100	20	660	3	0	21	12	1.5
Ahi Poke with White Rice	610	20	117	20	1380	1	0	30	10	1.5
Sake Poke with Brown Rice	610	22	97	30	560	4	0	15	15	2
Sake Poke with White Rice	630	20	116	30	1310	2	0	25	13	2
Albacore Poke with Brown Rice	520	19	94	30	850	3	0	19	8	1
Albacore Poke with White Rice	540	17	111	30	1530	<1	0	28	6	1
Ebi Poke with Brown Rice	530	21	92	160	860	4	0	12	11	0.5
Ebi Poke with White Rice	550	18	109	160	1560	2	0	21	8	0.5
APPETIZERS										
Eggroll	200	4	20	0	60	2	0	0	12	2
Chicken Potstickers	110	5	11	10	240	0	0	0	5	0

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NUTRITION FACTS & GUIDE

BREAKFAST	CALORIES	PROTEINS (G)	TOTAL CARBS (G)	CHOLES-TEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	TRANS FAT (MG)	SUGARS (G)	TOTAL FAT (G)	SATURATED FAT (MG)
Classic Breakfast	698	36	73	419	1140	4	0	3	30	8
Breakfast Burrito	617	27	62	438	1341	3	0	2	35	12
Egg & Cheese Burrito	422	30	53	336	1106	2	0	2	29	10
Breakfast Sandwich	487	27	42	432	792	3	0	4	21	7
Matty's important Meal	646	40	12	407	1781	4	0	4	46	26
Spinach Omelet	672	28	7	460	712	2	0	2	50	14
Pancake Stack	360	8	74	0	1065	2	0	12	3	1
Pancake	51	1	11	0	152	1	0	2	0	0
Toast	157	6	30	0	287	2	0	2	1	0
SIDES										
Oatmeal	154	6	27	0	8	4	0	0	3	0
Cream of Wheat	208	6	43	0	331	2	0	0	0	0
Eggs	252	15	0	419	160	0	0	0	20	5
Breakfast Potatoes	195	2	19	0	488	2	0	0	13	3
Sour Cream	113	11	7	38	85	0	0	2	4	0
Guacamole	143	13	2	0	45	6	0	1	8	0
Tortilla	126	3	1	0	288	1	0	2	22	0
Bacon	261	7	1	37	375	0	1	1	25	8
Ham	115	10	2	45	700	0	0	2	7	2
Chorizo	308	14	1	50	700	0	0	0	27	9
Sausage	188	5	1	35	445	0	0	0	18	6
CHECKERS										
SANDWICHES										
Roast Turkey	438	24	45	56	1315	5	0	12	18	2
Baked Ham	444	25	47	51	1342	5	0	16	17	2
Albacore Tuna Salad	489	26	55	36	906	6	0	12	18	1
Grilled Chicken Breast	470	35	44	82	634	6	0	10	16	1
Tofu	475	25	20	6	710	6	0	8	32	3
Caprese Sandwich	591	27	52	71	1030	2	0	8	29	12
Sante Fe Sandwich	629	31	62	66	2100	3	0	4	26	6
Three CheeseMelt	703	36	52	109	1016	8	0	12	42	20
The Club	850	44	77	105	2013	8	0	12	42	14
BLT Sandwich	725	21	23	81	907	7	0	13	62	16
Sliced Avocado	244	3	13	0	12	10	0	0	23	3
SALADS										
Fruit Salad	83	1	21	0	11	1	0	18	0	0
Greek Salad	160	4	17	7	702	4	0	8	10	2
Pasta Salad	510	16	86	2	310	4	0	3	11	2
BURGERS										
All Beef	512	38	55	82	645	3	1	10	18	6
Lean Turkey	363	25	42	76	1220	3	0	7	10	1
Malibu Veggie Patty	576	28	50	12	1297	9	0	8	30	5

FRIED, TRIED, & TRUE	CALORIES	PROTEINS (G)	TOTAL CARBS (G)	CHOLES-TEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	TRANS FAT (MG)	SUGARS (G)	TOTAL FAT (G)	SATURATED FAT (MG)
Chicken Strip	556	23	29	38	1200	15	1	0	40	5
French Fries*	385	3	33	0	510	3	2	0	27	4
Tater Tots*	252	3	25	0	601	3	0	0	16	4
Irish Nachos	449	4	41	5	1300	5	2	4	30	5
CILANTRO'S										
TACO										
Asada (Steak) Taco	348	21	27	56	278	4	4	1	18	9
Carnitas (Pork) Taco	316	17	25	56	275	3	0	3	15	8
Chicken Taco	304	22	27	62	436	4	0	2	12	7
Ground Beef Taco	377	20	25	70	391	4	1	2	22	11
Veggie Taco	282	11	28	30	364	5	0	3	15	7
BURRITO										
Asada (Steak) Burrito	799	40	76	82	1688	6	0	2	36	15
Carnitas (Pork) Burrito	849	40	73	112	1858	4	0	5	39	20
Chicken Burrito	830	49	79	123	2231	5	0	4	34	16
Ground Beef Burrito	843	38	70	110	1755	4	1	2	44	18
Veggie Burrito	766	26	85	51	2270	7	0	6	37	13
Beans, Rice & Cheese Burrito	887	28	98	60	2529	5	0	2	42	17
Bean & Cheese Burrito	634	26	65	60	1695	5	0	2	29	15
QUESADILLA										
Asada (Steak) Quesadilla	781	48	61	87	1450	3	0	1	37	18
Carnitas (Pork) Quesadilla	747	41	57	116	1418	2	0	3	36	20
Chicken Quesadilla	735	45	60	122	1580	3	0	3	34	18
Ground Beef Quesadilla	801	47	57	101	1458	2	1	1	41	19
Veggie Quesadilla	713	34	61	90	1507	4	0	3	36	18
Plain Cheese Quesadilla	721	34	55	110	1450	2	0	0	40	23
SPECIALS										
Tostada Bowl (Chicken)	1261	51	84	161	2200	6	0	8	81	25
Taco Salad	423	19	25	74	1617	4	0	6	28	15
Nachos with Chicken	563	42	47	98	1365	7	0	4	23	4
Nachos with Ground Beef	720	28	49	90	1650	7	1	6	46	12
Nachos with Pork	791	27	84	62	1100	11	0	10	36	9
Nachos with Steak	856	34	88	62	1150	13	0	7	42	11
SIDES										
Beans	297	12	37	0	1408	9	0	2	11	2
Rice	153	2	20	0	508	1	0	1	7	1
Veggies	143	3	13	0	281	3	0	4	10	1
Chips and Salsa*	436	7	54	0	206	8	0	3	23	2
Chips, Salsa, & Guacamole*	580	9	62	0	250	14	0	4	36	4
Guacamole	143	2	8	0	45	6	0	1	13	2

PIZZAZ	CALORIES	PROTEINS (G)	TOTAL CARBS (G)	CHOLES-TEROL (MG)	SODIUM (MG)	DIETARY FIBER (G)	TRANS FAT (MG)	SUGARS (G)	TOTAL FAT (G)	SATURATED FAT (MG)
Spaghetti or Penne with Marianara	495	15	94	0	22	5	0	15	7	1
Spaghetti or Penne with Bolognese	486	18	84	16	390	5	0	10	8	2
Spaghetti or Penne with Alfredo	596	16	79	81	453	3	0	7	24	14
Spaghetti or Penne with Pesto	598	17	76	10	366	4	0	3	25	4
Tortellini Cheese with Marianara	475	17	74	48	476	4	0	13	13	5
Tortellini Cheese with Bolognese	466	20	64	64	844	4	0	8	15	6
Tortellini Cheese with Alfredo	576	18	59	128	907	2	0	6	30	18
Tortellini Cheese with Pesto	586	20	56	60	910	3	0	1	32	8
Seasonal Vegetables	93	2	6	0	212	2	0	2	8	1
Add Chicken	174	31	2	85	142	1	0	0	4	1
Dinner Roll	176	5	29	0	346	1	0	0	4	1
ENTRÉES										
Meat Lasagna	801	36	87	102	1795	6	0	18	35	17
Vegetable Lasagna	669	30	73	84	821	7	0	21	29	15
PIZZA										
Cheese Pizza Slice	477	20	66	34	905	3	0	3	17	6
Pepperoni Pizza	529	22	66	44	1080	3	0	3	21	7
Hawaiian Pizza	519	25	70	30	1070	3	0	7	17	5
Meat Lovers Pizza	616	30	67	53	1305	3	0	4	27	9
SOUPS										
Black Bean and Pork	212	15	24	36	844	7	0	5	5	2
Chicken Noodle	357	46	28	112	1105	2	0	7	6	2
Cream of Mushroom	441	6	16	149	955	1	0	4	41	25
Menudo	234	20	20	58	1400	4	0	3	8	2
Pozole	299	19	20	59	1400	4	0	3	11	5
Vegan Tomato	169	8	40	0	222	10	0	24	1	0
SALADS										
Side Caesar Salad	252	4	13	18	684	1	0	2	21	4
Large Caesar Salad	442	7	23	31	1190	2	0	4	37	6
Large Caesar Salad with Chicken	570	41	22	120	1150	2	0	4	36	7

Spicy · Contains Dairy · Contains Nuts · Contains Pork · Contains Shellfish · V Vegetarian · Vg Vegan

*Fried items, while vegetarian in nature, are fried in the same oil as items containing meat.

Our kitchen is not gluten free, but we can prepare gluten friendly items. We are happy to customize your order, just ask our chef or manager.