

L&L HAWAIIAN BARBECUE									
CORE ITEM ALLERGEN GUIDE									
Category & Items	SOY	WHEAT	MILK	EGGS	FISH	SHELLFISH	TREE NUTS	PEANUTS	SESAME
COMBINATION									
BBQ Mix	X	X							X
Seafood Combo	X	X		*	X	X			X
Lau Lau Combo	*		*		X				
Seafood Platter	X	X		X	X	X			
CHICKEN									
BBQ Chicken	X	X							X
Chicken Katsu	*	X		*					
Chicken Katsu w/Curry	*	X		*					
Chicken Katsu w/ Gravy	*	X		*					
BEEF & PORK									
Loco Moco	X	X	*	X					
Hamburger Steak	X	X	*						
BBQ Beef	X	X							X
BBQ Short Ribs	X	X							X
Kalua Pork w/Cabbage			*						
Pork Lau Lau	*				X				
SEAFOOD									
Fried Shrimp	X	X		X		X			
Fried Fish	*	X		X	X				
Garlic Shrimp	*		X			X			
Garlic Fish	*	X	X		X				
LIGHTER OPTIONS									
Lighter Garlic Fish	X	X	X	X	X				X
Lighter BBQ Chicken	X	X	X						X
Lighter Garlic Shrimp	X	X	X	X		X			X
MUSUBI									
SPAM®	X	X							
BBQ Chicken	X	X							X
Chicken Katsu	X	X		X					
Musubi Trio	X	X		X					X
SAIMIN									
w/SPAM®	X	X		X	X				
w/Chicken Katsu	X	X		X	X				
w/BBQ Chicken	X	X		X	X				X
w/BBQ Beef	X	X		X	X				X
BURGERS & SANDWICHES									
Hamburger	X	X	X	X	*				*
BBQ Burger	X	X	X	X	*				*
Cheeseburger	X	X	X	X	*				*
BBQ Cheeseburger	X	X	X	X	*				*
BBQ Chicken Sandwich	X	X	X	X					X
Chicken Katsu Sandwich	*	X	X	X					*
BBQ Beef Sandwich	X	X	X	X					X
Fried Fish Sandwich	*	X	X	X	X				*
SIDES									
White Rice									
Brown Rice									
Macaroni Salad		X		X	X				
French Fries	X								
Tossed Salad / Green Salad	X			X					X
Steamed Vegetables									

X = Contains indicated allergen

***** = May contain traces of indicated allergen

Additional Note:

We prepare our food in kitchens where allergens are present and shared equipment is used.

Regional items and store specials are not included. Please contact the individual store directly for additional allergen information.