



GLUTEN FREE MENU

STARTERS

NACHOS

1lb shredded cheese, guacamole, sour cream, salsa & jalapeños 16.99
add shrimp 8 | plain chicken 8

PUPU EDAMAME garlic, ginger, gluten free soy 9.99

CHICKEN WINGS Buffalo, Old Bay, mango habanero 12.99

BACON WRAPPED PINEAPPLE salted caramel sauce 9.99

HAWAIIAN GARLIC SHRIMP garlic, lemon, butter, paprika 12.99

STREET CORN DIP roasted corn, jalapeño, queso fresco, parmesan, lime, cilantro, & tortilla chips 9.99 *Add shrimp 8*

SOUPS & SALADS

CREAMY SEAFOOD CHOWDER

tuna, salmon, shrimp, scallops, onions, celery, carrots, potatoes 11.99

HOUSE SALAD

romaine, carrots, tomatoes, red onion, queso fresco, cucumber, radish, & mango pineapple vinaigrette 10.99

CAESAR SALAD

romaine, shaved Parmesan 11.99

NALU SIGNATURE COBB

plain chicken, romaine, cucumbers, avocado, red onion, tomatoes, boiled egg, queso fresco, & mango pineapple vinaigrette 17.99

Add to any salad: grilled chicken 8 | grilled shrimp 8 | seared tuna 10

POKE BOWLS

TRADITIONAL TUNA gluten free soy 17.99

SALMON gluten free soy 15.99

RAINBOW tuna, salmon, shrimp gluten free soy 19.99

SHRIMP gluten free soy 15.99

STREET TACOS

(all served w/Baja sauce and nalu slaw)

CRACKLIN PORK BELLY 14.99

GRILLED SHRIMP 14.99

GRILLED MAHI 15.99

BLACKENED TUNA 16.99

SANDWICHES

(all served on a gluten free bun)

BLACKENED TUNA BLT lettuce, tomato, bacon, Baja sauce 18.99

BIG ISLAND CHEESE STEAK American cheese, onions 15.99

BLACKENED MAHI nalu slaw, avocado, Baja sauce 17.99

SPAM BLT Spam, grilled pineapple, bacon, mayo, lettuce, tomatoes 13.99

SMASH BURGER American cheese, bacon, lettuce, tomato 17.99

DESSERT

BROWNIE 5.99

FRIES are gluten free but fryer cooks items with gluten



Nalu

FIFTEEN YEARS