

# Gluten Free Menu

We do not have dedicated fryers or cook spaces for Gluten free preparation. Please inform your server if you have severe allergies. Please see disclaimer at bottom.

## Starters

- Nalu Nachos 17  
Shredded cheese, guacamole, sour cream, salsa & jalapeños  
Add chicken 8 ~ grilled shrimp 9 ~ Kona short rib 10 ~ jumbo lump crab 12
- Plain Edamame 11  
With salt & gluten free soy
- Chicken Wings (8) 13  
Mango habanero, old bay, dry
- Bacon Wrapped Pineapple 11  
Salted caramel sauce
- Spicy Tuna Sushi Tacos  
Spicy tuna, crispy rice, nori, sesame seeds & scallions **(no spicy mayo or soy)**
- Street Corn Dip 10  
Roasted corn, jalapeños, queso fresco, parmesan, lime, cilantro & torilla chips  
Add shrimp 9 ~ crab 12

## Soups & Salads

- Thai Coconut Soup 12  
With shrimp & mushrooms
- House Salad 13  
Romaine, carrots, tomatoes, red onion, shredded cheese, cucumber & mango pineapple vinaigrette.
- Caesar Salad 13  
Romaine & shaved Parmesan
- Nalu Signature Cobb 18  
Grilled chicken, romaine, cucumber, avocado, red pepper, tomatoes, boiled egg, shredded cheese & mango pineapple vinaigrette
- Hawaiian Shrimp Salad 18  
Grilled shrimp, pineapple, red pepper, scallions, cilantro, mayo & Bibb lettuce
- Add ons to any salad: ~ chicken 8 ~ grilled shrimp 9 ~ seared salmon 10 ~ seared rockfish 10  
Jumbo lump crab 14 ~ crab cake 14

## Poke Bowls (with no house poke sauce) (comes with gluten free soy)

- Raw: Ahi Tuna 17 ~ Salmon 16 ~ Rainbow (tuna, salmon, grilled shrimp) 19  
Cooked: Shrimp 16 ~ Jumbo Lump Crab 20 ~

## Tacos (with bibb lettuce wrap)

- Blackened Rockfish 16  
Red cabbage slaw, charred pineapple salsa, cilantro & aji verde sauce
- Sesame Crusted Ahi Tuna 17  
Avocado, charred pineapple salsa **(request no spicy mayo)**

## Sandwiches (gluten free buns +2) (no spicy mayo)

- Jumbo Lump Crab Cake 19  
Lettuce, tomato **(request no spicy mayo)**
- Blackened Rockfish 17  
Red cabbage slaw, charred pineapple salsa, cilantro & aji verde sauce
- Spam BLT 15  
Spam, grilled pineapple, bacon, lettuce & tomato **(request no spicy mayo)**
- Big Island Cheesesteak 16  
American cheese, sautéed onions & peppers

## Smash Burgers (gluten free buns +2) (no teriyaki sauce, spicy mayo or gravy)

- All American 16  
American cheese, bacon, lettuce & tomato
- Big Kahuna 18  
Grilled pineapple, spam **(request no teriyaki sauce)**
- Lava Burger 17  
Ghost pepper cheese, roasted jalapeños, avocado & tomato **(request no spicy mayo)**
- The Loco Moco 18  
Sticky rice, two eggs sunny side up, scallions **(request no gravy)**

## Entrees

- Fried Rice Bowl 16  
Sticky rice, sunny side up egg, carrots, sesame seeds & red onion
- Thai Red Curry 16  
Sticky rice, broccoli, bell peppers, carrots & green onion
- Add ons to any entree: chicken 8 ~ grilled shrimp 9 ~ seared salmon 10 ~ seared rockfish 10  
Jumbo lump crab 14 ~ crab cake 14

## Kids Menu

- Grilled Chicken with side of Pineapple 8      Grilled Shrimp with side of Pineapple 8

## Dessert

- Gluten Free Chocolate Brownie 12



## **Allergy Menu Disclaimer**

At Nalu restaurants, we understand the importance of catering to the dietary needs and allergies of our valued customers. We strive to provide accurate and reliable information regarding allergen content in our menu items. However, please be aware of the following disclaimer regarding our allergy menu:

Disclaimer: Please note that the information provided on our allergy menu is based on the allergen information provided by our suppliers and you, the customer. While we take all precautions to avoid cross-contamination, please be aware that our kitchen handles a wide range of ingredients and there is a possibility of trace amounts of allergens being present. Therefore, we cannot guarantee that our dishes are completely free from allergens.

We strongly recommend informing our staff of any allergies or dietary restrictions before placing your order so that we can take additional preventive measures and provide you with the most accurate information. It is also important to note that individuals with severe allergies should exercise their own discretion and evaluate the risks before consuming any food item.

Our team is well-trained to address any concerns or questions you may have regarding allergens, and we will do our best to accommodate your needs. However, we cannot assume any liability for any adverse reactions that may occur due to undisclosed allergies or unforeseen cross-contamination.

We appreciate your understanding and cooperation as we work to provide a safe dining experience for all of our guests. Your health and satisfaction are our top priorities.

Thank you,

Nalu Restaurant Management