

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
- Street Corn Dip 10
Roasted corn, jalapeños, queso fresco, parmesan, lime, cilantro & torilla chips
Add shrimp 9 ~ crab 12

Salads

- 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
- 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)

Sticky rice, avocado, pineapple, edamame, carrots, cucumbers, sesame seeds, scallions

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

Tacos (with gluten free wrap)

- Blackened Rockfish 16
Red cabbage slaw, pineapple salsa, cilantro & aji verde sauce
- Grilled Shrimp 16
Red cabbage slaw, pico de gallo & cilantro

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, 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