

# healthy

We at Aloha Salads believe that you do not have to sacrifice taste in the name of good health. Rather, we at Aloha Salads have created a menu with both your taste buds and your health in mind. We use only the finest ingredients in our salads, subs, soups and wraps. We use no hydrogenated oils or trans fats. Even our breads are made with 100% pure olive oil and our pita is entirely fat and sugar free.

# fresh

We at Aloha Salads are dedicated to providing the freshest ingredients to our customers. We believe that produce should not take weeks or months to be eaten but rather should come straight from the farm to your plate. We believe that ahi should always be served fresh, not frozen and treated with carbon dioxide to mask discoloration.

# local

We are committed to local farmers and local economies. We believe that by providing our customers with the freshest, locally grown foods, we are serving both our customers and our local economy in the process.

# Catering Menu

Aloha Salads will cater to your every need. We have the perfect packages to suit all occasions. Our specialty is corporate catering, but whatever the occasion, our choice of fresh ingredients and our careful attention to detail will ensure that your occasion is a great success. Contact one of our store managers to set up your order. We kindly ask for one day advance notice.

(Serves 8-10 people)

<b>Ono Island Ahi</b> .....	<b>\$36.00</b>
<b>Aloha Passion</b> .....	<b>\$29.00</b>
<b>Satay</b> .....	<b>\$31.00</b>
<b>Mandarin Ginger</b> .....	<b>\$31.00</b>
<b>Maui Mozzarella</b> .....	<b>\$29.00</b>
<b>Kamuela Cobb</b> .....	<b>\$31.00</b>
<b>Kahuku Spinach</b> .....	<b>\$33.00</b>
<b>Aloha Caesar</b> .....	<b>\$23.00</b>
<b>w/Chicken</b> .....	<b>\$26.00</b>
<b>w/Steak</b> .....	<b>\$29.00</b>
<b>w/Ahi</b> .....	<b>\$33.00</b>
<b>w/Shrimp</b> .....	<b>\$33.00</b>
<b>The Paniolo</b> .....	<b>\$30.00</b>
<b>Aloha Mediterranean</b> .....	<b>\$29.00</b>
<b>The Goddess</b> .....	<b>\$28.00</b>
<b>Aloha Pineapple</b> .....	<b>\$28.00</b>
<b>Paia Pomegranate</b> .....	<b>\$29.00</b>
<b>Fresh Seasonal Fruit Salad</b> .....	<b>\$33.00</b>
<b>Tray of Pita Bread</b> .....	<b>\$10.00</b>
<b>Sandwich Platter - A dozen assorted small sandwiches</b> .....	<b>\$48.00</b>

We at Aloha Salads® care very much about our guests' experience when visiting Aloha Salads®. We expect our employees to provide our guests with outstanding food and service. If your experience at Aloha Salads® does not meet this standard, and/or if you have any problems whatsoever with your order, please contact us by email at [info@alohasalads.com](mailto:info@alohasalads.com) with the details of your experience including the name of your server. A member of our Management Team will respond immediately. We also love to hear positive comments so please share those with us as well.

For information on the freshest franchise concept, please email us at [info@alohasalads.com](mailto:info@alohasalads.com)  
Follow us:



Visit us at [www.alohasalads.com](http://www.alohasalads.com)  
Sign up for our Kama'aina Club



take out

# menu

### Kailua Shopping Center

600 Kailua Rd., #103  
Kailua, HI 96734  
Phone: 262-2016

Hours: 10:00 AM - 9:00 PM Daily

### Kahala Mall

4211 Waialae Avenue  
Honolulu, HI 96816  
(Next to Starbucks)  
Phone: 735-8334

Hours: 10:00 AM - 9:00 PM Daily

### Kapolei

Kapolei Commons Shopping Center  
4450 Kapolei Parkway  
Kapolei, HI  
(Next to Target)  
Phone: 692-9829

Hours: 10:00 AM - 9:00 PM Daily

### Downtown

1102 Bishop St.  
Honolulu, HI  
Phone: 534-0000  
Hours: 10:00 AM - 9:00 PM Daily

More Locations Coming Soon



[www.alohasalads.com](http://www.alohasalads.com)

# Signature Salads

## Aloha Caesar Salad

Crisp romaine hearts with shaved parmesan cheese and garlic herb croutons.

Dressing: Caesar

**Grilled Shrimp (6.95/10.95)**

**Ahi (7.25/10.95)**

**Steak (6.95/9.25)**

**Chicken Breast (6.25/8.50)**

## Aloha Mediterranean (6.50/8.50)

Tomatoes, red onions, cucumbers, garbanzo beans, Greek olives, fresh dill, bell peppers & crumbled feta cheese. Dressing: Mediterranean, Romaine Hearts

## Aloha Passion (6.50/8.50)

Red grapes, apples, walnuts, cranberries, mangoes & blue cheese. Recommended with Steak. Dressing: Passion Orange Vinaigrette, Mixed Field Greens

## Aloha Pineapple (6.50/8.50)

Strawberries, pineapple, coconut, fresh mint, mandarin oranges & lychee. Recommended with Grilled Shrimp. Dressing: Pineapple Vinaigrette, Mixed Field Greens

## Kahuku Spinach (7.50/10.25)

Grilled tiger shrimps with bacon, avocado & island fresh eggs. Dressing: Papaya Seed, Spinach Leaves

## Kamuela Cobb (6.95/9.75)

Grilled chicken breast with bacon, blue cheese, tomatoes, island fresh eggs, avocado slices. Dressing: Creamy Herb Ranch Dressing, Mixed Field Greens

## Mandarin Ginger (6.95/9.50)

Grilled chicken breast with mandarin oranges, almonds, julienne carrots, snow peas, green onions, cilantro, crispy won-tons & sesame seeds. Dressing: Asian Ginger, Mixed Field Greens

## Maui Mozzarella (6.95/9.50)

Vine-ripened tomatoes, fresh mozzarella, red onions & basil with freshly ground black pepper. Dressing: Balsamic Vinaigrette, Mixed Field Greens

## Ono Island Ahi (8.75/11.95)

Blackened fresh ahi tuna with mango, strawberries, shredded coconut, avocado, green onions & bean sprouts. Dressing: Mango Vinaigrette, Mixed Field Greens

## Paia Pomegranate (6.75/8.95)

Antioxidant Rich Pomegranates envelop our newest salad of Baby spinach leaves, Fresh Strawberries, Fresh Papaya, Mint Leaves, Red Onions, Candy-Glazed Walnuts, Crispy Won Tons and Feta Cheese. Dressing: Pomegranate

## Satay (6.95/9.50)

Grilled chicken breast with julienne carrots, cucumbers, green onions, cilantro, basil, peanuts & crispy won-tons. Dressing: Thai Peanut Satay, Romaine with chopped cabbage

## The Goddess (6.50/8.75)

The salad fit for a Goddess. Sweet local papaya, avocado & pine nuts. Dressing: Goddess, Mixed Field Greens

## The Paniolo (6.75/8.95)

Romaine hearts with corn, black beans, jicama, diced tomatoes, avocado, cilantro, green onions & white cheddar cheese. Dressing: Barbeque Ranch

\*Add any of our proteins or toppings for an additional charge.

# Design Your Own Salad

## Step 1 - Choose a Lettuce (7.95)

North Shore Field Greens	Romaine Hearts	Baby Spinach
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## Step 2 - Choose 4 Toppings (additional toppings - 0.75):

Artichoke hearts	Apples (Granny Smith)	Almonds add 0.75
Beets	Avocado add 0.75	Bacon add 0.75
Beans	Lychee	Croutons
• Black	Mandarin oranges	Mushrooms
• Edamame	Mangoes add 0.75	Peanuts
• Garbanzo	Papaya	Pine nuts add 0.75
Broccoli	Pineapple	Sesame seeds
Cauliflower	Red grapes	Walnuts add 0.75
Corn	Shredded coconut	Won-ton strips
Japanese Cucumbers	Strawberries add 0.75	Basil
Jicama	Sun dried cranberries	Cilantro
Onions (Green & Red)	Sun dried tomatoes	Dill
Peas (Snow)	Grape tomatoes	Mint
Peppers	Bean sprouts	
• Bell	Shredded Carrots	
• Pepperoncinis		
• Roasted		

## Step 3 - Additional Toppings:

<b>Protein:</b>		
Fresh Ahi Tuna add 5.50	Steak add 3.95	Dolmas add 1.75
Chicken Breast add 2.95	Tiger Shrimp add 4.95	
Egg (Hard Boiled) add 0.95	Tofu add 1.25	
Ham add 2.95	Turkey breast add 3.25	
Hummus add 1.25	Solid White Tuna Salad (also available with no mayo) add 2.95	
Pepperoni add 3.50		
Salami add 3.50		

## Step 4 - Cheese:

Blue	Goat add 0.75	Parmesan
Cheddar (Regular or White)	Mozzarella	Provolone
Feta	Mozzarella (Fresh) add 0.75	Swiss

## Step 5 - Choose a Dressing (additional Dressing 0.75)

<b>House Specials:</b>	<b>Spa Dressings:</b>	<b>Traditional:</b>
Asian Ginger	Balsamic Vinegar	Balsamic Vinaigrette
Barbecue Ranch	Fat-Free (Ranch, Raspberry, Red Roasted Bell Pepper)	Caesar
Champagne	Honey	Honey Dijon
Goddess	Lemon Juice	Italian
Mediterranean	Red-Wine Vinegar	Ranch
Papaya Seed		Thousand Island
Thai Peanut Satay Vinaigrette		Blue Cheese
(Mango, Thai, Passion-Orange, Pineapple)		

# Design Your Own Fruit Bowl

Choose five fruits: (4.75) No duplicates

Apples	Banana	Lychee	Mandarin Oranges
Mango	Papaya	Pineapple	Red Grapes
Shredded Coconut	Strawberries		

# Signature Subs

Our sandwiches are served warm on your choice of a Ciabatta Wheat, Ciabatta White or Pita Bread. Our Ciabatta breads are all natural long fermentation stone baked. They are made with extra virgin olive oil and contain no hydrogenated oils or trans fats. They are perfect for vegan diets. They are made with nutrient powerhouses like flax seeds. Plus, they are delicious! Our pita bread is entirely fat and sugar free and only 90 calories per serving.

## Aloha Tuna (7.95)

Solid white albacore tuna salad with mixed greens, mangoes, strawberries w/papaya seed dressing

## Caprese (7.95)

Fresh mozzarella cheese, tomatoes, red onions, basil, and mixed field greens w/balsamic vinaigrette dressing

## Honey Glazed Ham (7.25)

Thinly sliced ham and Swiss cheese with lettuce, tomato slices, mayo and Dijon mustard

## Pastrami (8.25)

Straight from the delis of New York, enjoy a hot pastrami sandwich w/melted Swiss cheese w/gourmet deli mustard

## PB & H (6.50)

Creamy organic peanut butter & slices of bananas drizzled with Clover Leaf honey.

## Roasted Turkey (7.50)

Turkey breast, lettuce, tomato slices, Provolone cheese, mayo & Dijon honey mustard dressing

## The Club Sub (7.95)

Roasted turkey breast, smoked bacon, sliced avocado, lettuce, tomato and mayo.

## The Italian (7.50)

Molinari Italian salami pepperoni, ham, Provolone cheese, lettuce, tomato, mayo, & Italian dressing

## Vegetarian (7.75)

Japanese Eggplant, Artichoke Hearts, Sun Dried Tomatoes, Roasted Red Peppers, Mozzarella Cheese, lettuce and tomatoes & our own Goddess Dressing

# Wraps

Our new line of wraps are all served on warm pita bread.

## Hummus Pita Wrap (7.95)

Hummus, feta cheese, cucumber, sun dried tomato, bell peppers, olives, red onion, dill, lettuce & grape tomatoes & our own Mediterranean dressing

## Curried Chicken Wrap (7.95)

Curried chicken salad, sweet mango chutney, sun-dried cranberries, julienned carrots, shredded coconut, red grapes and romaine lettuce

## Grilled Steak Wrap (8.95)

Grilled steak with grilled mushrooms and onions, melted provolone cheese, sun-dried tomatoes, romaine lettuce with our very own Goddess dressing

## Fresh Island Ahi Wrap (8.95)

Fresh island ahi with grape tomatoes, red onions, capers, Haleiwa Grown mixed field greens and a champagne vinaigrette dressing

## Nutella Strawberry Le'a (6.75)

Nutella, fresh strawberries, honey... a dream

## Combos

Choose a small salad and half of one of our Signature Subs or a Soup for **9.95**  
\*excludes signature salads with ahi, shrimp or steak  
Choose half of one of our Signature Subs and a Soup and Chips for **9.95**  
Add a medium fountain drink or bottled water for **\$1**

## Desserts

Enjoy our daily dessert selection from Red Velvet Cake, Carrot Cake, Italian Cream Cake and Chocolate Turtle Cake 5.25 (At least one served daily)

## Soups

Ask about our soup of the day, served hot with warm pita bread.  
(6 oz.) **4.50** (8 oz.) **5.50**

## Beverages

**Water (1.50)**  
Prices and types of drinks vary from each location.