



# RUMBI NUTRITION & ALLERGY

Half Size Rice Bowls:	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Gluten	MSG	Soy
<b>Protein</b>															
Fire Grilled Chicken	80	0	0	0	15	450	< 1	< 1	0	19					
Mango Chicken	60	0	0	0	5	260	7	< 1	6	8					
Tempura Chicken	620	26	4	0	40	660	25	1	0	16		x	x		x
Luau Pork	90	5	1.5	0	35	400	2	0	2	10			x		x
Sweet Pork	210	6	2	0	40	210	29	0	28	12			x		x
Steak	120	4	2	0	55	350	2	0	2	18			x		x
Shrimp	100	2.5	0	0	120	370	8	0	2	18			x		x
Tofu	200	13	1	0	0	250	10	3	2	11			x		x
All Veggie	40	0	0	0	0	35	9	2	3	3					
Veggies	20	0	0	0	0	20	5	< 1	2	1					
<b>Rice</b>															
White Rice	360	8	0.5	0	0	0	62	1	0	5					
Brown Rice	310	10	0.5	0	0	0	52	4	0	6					
Rumbi Rice	320	12	4.5	0	0	380	44	2	< 1	7					
Noodles	490	2	0	0	0	1480	100	4	9	15			x		x
<b>Full Size Rice Bowls:</b>															
<b>Protein</b>															
Fire Grilled Chicken	110	0	0	0	20	640	1	1	0	27					
Mango Chicken	80	0	0	0	10	350	10	< 1	8	11					
Tempura Chicken	930	39	6	0	60	990	37	2	0	24		x	x		x
Luau Pork	120	7	2	0	45	530	2	0	2	13			x		x
Sweet Pork	280	8	2.5	0	50	280	38	0	38	16			x		x
Steak	210	7	3	0	95	670	4	0	3	31			x		x
Shrimp	170	3.5	0	0	195	690	15	0	4	29			x		x
Tofu	250	16	1.5	0	0	260	12	4	2	16			x		x
All Veggie	50	0	0	0	0	50	12	2	5	4					
Veggies	40	0	0	0	0	35	9	2	3	3					
<b>Rice</b>															
White Rice	450	10	0.5	0	0	0	78	1	0	6					
Brown Rice	390	13	0.5	0	0	0	65	6	0	7					
Rumbi Rice	400	15	6	0	0	480	55	3	< 1	9					
Noodles	660	3	0.5	0	0	1750	135	6	9	21			x		x
<b>Sauces (2 ounce cup)</b>															
Hawaiian Teriyaki	130	0	0	0	0	960	31	0	7	1			x		x
Spicy Hawaiian Teriyaki	120	0	0	0	0	970	29	0	7	1			x		x
Jamaican Jerk	130	0	0	0	0	950	30	0	7	1			x		x
Bali Peanut	150	9	1.5	0	0	670	15	< 1	7	3			x		x
Rumbi Orange	130	0	0	0	0	240	31	0	25	0			x		x
Rumbi Sweet & Spicy	110	0	0	0	0	800	25	0	20	2			x		x
Gluten Free Teriyaki	80	0	0	0	0	870	2	0	11	0					x

Rice Bowls Continued	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Gluten	MSG	Soy
<b>Half Size Combo Rice Bowls: (pick two proteins)</b>															
<b>Protein</b>															
Fire Grilled Chicken	45	0	0	0	10	260	< 1	< 1	0	11					
Mango Chicken	30	0	0	0	< 5	130	4	0	3	4					
Tempura Chicken	310	13	2	0	20	330	12	< 1	0	8		x	x		x
Luau Pork	40	2.5	0.5	0	15	180	< 1	0	< 1	4			x		x
Sweet Pork	90	3	1	0	15	95	13	0	13	5			x		x
Steak	90	3	1	0	40	320	2	0	2	13			x		x
Shrimp	70	2	0	0	60	300	8	0	2	9			x		
Tofu	150	10	1	0	0	250	9	1	2	6			x		x
<b>Rice</b>															
White Rice	360	8	0.5	0	0	0	62	1	0	5					
Revised 03/2019	310	10	0.5	0	0	0	52	4	0	6					
Rumbi Rice	320	12	4.5	0	0	380	44	2	< 1	7					
Noodles	490	2	0	0	0	1480	100	4	9	15			x		x
<b>Full Size Combo Rice Bowls: (pick two proteins)</b>															
<b>Protein</b>															
Fire Grilled Chicken	80	0	0	0	15	450	< 1	< 1	0	19					
Mango Chicken	60	0	0	0	5	260	7	< 1	6	8					
Tempura Chicken	470	19	3	0	30	490	19	< 1	0	12		x	x		x
Luau Pork	70	4	1	0	25	310	1	0	1	8			x		x
Sweet Pork	160	5	1.5	0	30	160	22	0	22	9			x		x
Steak	120	4	2	0	55	350	2	0	2	18			x		x
Shrimp	90	2.5	0	0	95	340	8	0	2	14			x		x
Tofu	200	13	1	0	0	250	10	3	2	11			x		x
<b>Rice</b>															
White Rice	450	10	0.5	0	0	0	78	1	0	6					
Brown Rice	390	13	0.5	0	0	0	65	6	0	7					
Rumbi Rice	400	15	6	0	0	480	55	3	< 1	9					
Noodles	660	3	0.5	0	0	1750	135	6	9	21			x		x
<b>Cabo Style Rice Bowl:</b>															
<b>Half Size</b>															
Black Beans	90	3.5	0.5	0	< 5	330	10	3	< 1	4					
<b>Full Size</b>															
Black Beans	110	4.5	1	0	< 5	440	13	4	< 1	5					
<b>Dressings</b>															
Ranch	210	22	3	0	20	290	4	0	1	1	x	x	x	x	
Jalapeno Ranch	190	19	2.5	0	20	410	5	0	1	1	x	x	x	x	

Salads:	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Gluten	MSG	Soy
	<b>Full Size *NO PROTEIN OR DRESSING</b>														
Aloha Mango	310	15	7	0	25	520	33	6	9	12	x		x		x
Voodoo	300	15	6	0	30	880	27	5	4	16	x		x		x
Sweet Pork Salad	400	18	6	0	0	510	53	10	9	11	x		x		x
Jamaican Jerk Caesar	190	8	4	0	20	540	17	5	4	13	x		x		
Rumbi BBQ	340	13	5	0	20	500	43	8	7	16	x		x		x
<b>Protein (Full Size)</b>															
Fire Grilled Chicken	70	0	0	0	15	380	<1	<1	0	16					
Mango Chicken	60	0	0	0	5	260	7	<1	6	8					
Tempura Chicken	470	19	3	0	30	490	19	<1	0	12		x	x		x
Steak	120	4	2	0	55	350	2	0	2	18			x		x
Luau Pork	90	5	1.5	0	35	400	2	0	2	10			x		x
Sweet Pork	210	6	2	0	40	210	29	0	28	12			x		x
Shrimp	90	2.5	0	0	95	340	8	0	2	14			x		x
Tofu	200	13	1	0	0	250	10	3	2	11			x		x
Salmon	330	21	4.5	0	80	1290	0	0	0	30					
Mahi	160	2.5	0	0	130	1350	0	0	0	32					
Jerk Chicken	80	0.5	0	0	15	480	1	<1	0	16			x		x
<b>Dressings (Full Size)</b>															
Mango Passion Vinaigrette	300	31	2.5	0	<5	390	7	0	5	0		x			x
Sesame Ginger Vinaigrette	290	28	4	0	0	820	9	0	9	<1		x	x		x
Caesar Dressing	820	90	0	0	50	710	5	<1	3	9	x	x			
Ranch Dressing	260	27	4	0	25	360	5	0	2	1	x	x	x	x	x
Jalapeno Ranch Dressing	240	23	3.5	0	25	510	6	0	2	1	x	x	x	x	x
Balsamic Vinaigrette	430	39	3.5	0	10	860	21	0	20	0		x			x
Jamaican Jerk Sauce	30	0	0	0	0	300	7	0	6	0			x		x
Kahuku BBQ Sauce	25	0	0	0	0	100	5	0	4	0					
<b>Add Rice (Full Size)</b>															
White Rice	130	3	0	0	0	0	23	0	0	2					
Brown Rice	120	4	0	0	0	0	19	2	0	2					
Rumbi Rice	120	4.5	1.5	0	0	140	17	<1	0	3					
<b>Half Size *NO PROTEIN OR DRESSING</b>															
Aloha Mango	160	6	2	0	5	220	21	4	5	5	x		x		x
Voodoo	170	8	3	0	15	500	18	3	2	9	x		x		x
Sweet Pork Salad	210	9	3	0	0	260	28	5	4	6	x		x		x
Jamaican Jerk Caesar	90	2.5	1	0	5	230	13	3	2	6	x		x		
Rumbi BBQ	190	7	2.5	0	10	300	25	5	3	9	x		x		x
<b>Protein (Half Size)</b>															
Fire Grilled Chicken	35	0	0	0	5	190	0	0	0	8					
Mango Chicken	30	0	0	0	<5	130	4	0	3	4					
Tempura Chicken	310	13	2	0	20	330	12	<1	0	8		x	x		x
Steak	90	3	1	0	40	320	2	0	2	13			x		x
Luau Pork	40	2.5	0.5	0	15	180	<1	0	<1	4			x		x
Sweet Pork	90	3	1	0	15	95	13	0	13	5			x		x
Shrimp	70	2	0	0	60	300	8	0	2	9			x		x
Tofu	150	10	1	0	0	250	9	1	2	6			x		x
Salmon	330	21	4.5	0	80	1290	0	0	0	30					
Mahi	160	2.5	0	0	130	1350	0	0	0	32					
Jerk Chicken	40	0.5	0	0	5	280	<1	<1	0	8			x		x

<b>Dressings (Half Size)</b>															
Mango Passion Vinaigrette	180	19	1.5	0	< 5	240	4	0	3	0		x			x
Sesame Ginger Vinaigrette	180	17	2.5	0	0	500	6	0	5	< 1		x			x
Caesar Dressing	500	54	6	0	30	430	3	0	2	5	x	x			
Ranch Dressing	160	16	2.5	0	15	220	3	0	1	< 1	x	x	x	x	x
Jalapeno Ranch Dressing	140	14	2	0	15	310	4	0	1	< 1	x	x	x	x	x
Balsamic Vinaigrette	260	24	2	0	5	520	13	0	12	0		x			x
Jamaican Jerk Sauce	15	0	0	0	0	115	4	0	< 1	0			x		x
Kahuku BBQ Sauce	10	0	0	0	0	50	3	0	2	0					
<b>Add Rice (Half Size)</b>															
White Rice	90	2	0	0	0	0	16	0	0	1					
Brown Rice	80	2.5	0	0	0	0	13	1	0	1					
Rumbi Rice	80	3	1	0	0	95	11	< 1	0	2					
<b>Side Salads * NO DRESSING</b>															
Side Caesar	70	4	2	0	10	220	4	2	2	6	x		x		
Side House	220	13	3	0	15	410	19	3	13	10	x				

Volcano Blackened Fish:	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Gluten	MSG	Soy
	Mahi- white rice	680	27	3	0	135	1460	70	2	4	35		x		
Mahi- brown rice	640	29	3	0	135	1460	59	5	4	36		x			x
Mahi- rumbi rice	690	42	12	0	135	2240	42	4	6	38		x			x
Mahi- noodles	700	21	2.5	0	135	2590	85	4	11	41		x	x		x
Salmon- white rice	850	45	7	0	90	1400	71	3	4	34		x			x
Salmon- brown rice	800	47	7	0	90	1410	61	6	4	35		x			x
Salmon- rumbi rice	860	59	16	0	90	2190	44	5	6	37		x			x
Salmon- noodles	870	38	7	0	90	2540	86	5	11	40		x	x		x
Side House (ranch)	380	29	5	0	30	760	24	3	15	11	x	x	x	x	x
Side House (balsamic)	480	37	5	0	20	700	32	3	26	10	x	x			x
Side Caesar	570	58	8	0	40	640	7	2	4	11	x	x	x		
<b>Tacos:</b>															
Sweet Pork Tacos (ranch)	1220	47	8	0	65	1520	171	10	42	30	x	x	x	x	x
Sweet Pork Tacos (jalapeno ranch)	1190	44	8	0	65	1470	171	11	42	30	x	x	x	x	x
Cabo Fish Tacos- white rice	1070	57	7	0	45	1920	118	8	13	24	x	x	x	x	x
Cabo Fish Tacos- brown rice	1030	59	7	0	45	1920	107	11	13	25	x	x	x	x	x
Cabo Fish Tacos- rumbi rice	1080	72	16	0	45	2710	90	10	15	27	x	x	x	x	x
Cabo Fish Tacos- cabo style rice	1160	61	8	0	45	2250	128	11	14	28	x	x	x	x	x
Cabo Fish Tacos- noodles	1090	51	7	0	45	3060	133	10	21	31	x	x	x	x	x
<b>Entrees:</b>															
Caribbean Chicken & Shrimp- white rice	730	28	3	0	130	2220	76	3	8	46		x			x
Caribbean Chicken & Shrimp- brown rice	690	30	3	0	130	2220	66	7	8	47		x			x
Caribbean Chicken & Shrimp- rumbi rice	740	43	12	0	130	3010	49	6	10	49		x			x
Caribbean Chicken & Shrimp- noodles	760	22	2.5	0	130	3410	94	6	15	53		x	x		x
Side House (ranch)	380	29	5	0	30	760	24	3	15	11	x	x	x	x	x
Side House (balsamic)	480	37	5	0	20	700	32	3	26	10	x	x			x
Side Caesar	570	58	8	0	40	640	7	2	4	11	x	x	x		
Luau Pork Plate- white rice	1250	75	11	0	100	2810	124	3	25	20		x	x		x
Luau Pork Plate- brown rice	1200	77	11	0	100	2810	114	6	25	21		x	x		x
Luau Pork Plate- rumbi rice	1260	89	20	0	100	3590	97	5	27	23		x	x		x
Luau Pork Plate- noodles	1280	68	11	0	100	4000	142	5	32	27		x	x		x
<b>Little Kahunas:</b>															
Hawaiian Teriyaki Bowl	410	5	0	0	10	1220	72	2	8	16			x		x
Tiki Burger	790	49	17	0	80	2370	47	3	6	26	x	x	x		x
Rumbi Orange Bowl	700	19	3	0	30	550	72	2	11	15	x	x	x		x
Chicken Dippers	960	54	8	0	50	1330	49	3	1	15	x	x	x	x	x
Kraft Mac & Cheese	300	0	2.5	0	15	570	45	2	8	11	x		x		

Burgers:	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Dairy	Egg	Gluten	MSG	Soy
	<b>Double</b>														
Kahuna Burger (white)	930	61	24	0	160	2380	50	3	19	46	x	x	x		x
Kahuna Burger (wheat)	930	60	24	0	160	2300	53	3	19	47	x	x	x		x
Maui BBQ Bacon Burger (white)	1180	80	31	0	190	2620	48	3	26	55	x	x	x		x
Maui BBQ Bacon Burger (wheat)	1180	79	30	0	190	2550	50	3	26	56	x	x	x		x
<b>Single</b>															
Kahuna Burger (white)	610	34	13	0	85	2290	50	3	19	25	x	x	x		x
Kahuna Burger (wheat)	610	33	12	0	85	2220	53	3	19	26	x	x	x		x
Maui BBQ Bacon Burger (white)	860	54	19	0	115	2530	48	3	26	35	x	x	x		x
Maui BBQ Bacon Burger (wheat)	860	53	19	0	115	2460	50	3	26	35	x	x	x		x
<b>Sides</b>															
Side Rumbi Fries (fry sauce included)	660	30	6	0	0	1480	51	4	12	3		x	x		x
Side Sweet Potao Fries (fry sauce included)	630	27	4.5	0	0	1260	45	4	19	2		x	x		x
Side Regular Fries (fry sauce included)	690	34	7	0	0	1710	57	4	4	4		x	x		x
Side Chips & Salsa	240	9	2.5	0	0	290	35	2	4	4			x		x
<b>Extras:</b>															
Bahama Mama's Soup Med. Bowl	430	28	7	0	45	3190	33	3	15	20	x		x		x
Bahama Mama's Soup Large Bowl	770	50	12	0	90	6370	55	5	30	39	x		x		x
Rumbi Fries (fry sauce included)	1010	46	8	0	0	1950	78	7	18	5		x	x		x
Sweet Potato Fries (fry sauce included)	960	41	7	0	0	1610	69	7	29	3		x	x		x
Chips & Tropical Salsa	470	18	4.5	0	0	580	69	5	9	7			x		x
Coconut Shrimp	570	31	13	0	50	900	34	2	20	10			x		x
Tempura Shrimp	550	21	0	0	45	270	37	3	13	9	x		x		x
<b>Island Treats:</b>															
Pineapple Upside Down Cake	420	16	9	0	95	350	62	1	47	5	x	x	x		x
Chocolate Lava Cake	530	31	17	0	45	400	57	4	38	7	x	x	x		x
Brownie	430	22	6	0	35	260	57	3	37	6	x	x	x		x
Salted Caramel Cookie	350	16	11	0	50	560	49	0	30	3	x	x	x		
Marshmallow Treat	250	5	3	0	15	250	43	0	29	2	x				
Whipped Cream	15	1	0.5	0	0	0	1	0	0	0	x				
Maraschino Cherry	8	0	0	0	0	0	2	0	2	0					

The following nutritional information has not been evaluated by the FDA. While we make every attempt to ensure the accuracy of these statements, our recipes and products are prepared from scratch and there may be some variances and inconsistencies from time to time. Rumbi Island Grill serves products that include dairy, egg, gluten, MSG, and soy. If you are allergic to any of these items please alert the staff so we can take extra precautions while preparing your food.