



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
	Protein														
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	210	15	6	1	60	330	2	0	2	16			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					
Rice															
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
Full Size Rice Bowls:															
Protein															
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	350	25	10	1.5	100	650	4	0	3	26			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					
Rice															
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
Sauces (2 ounce cup)															
Hawaiian Teriyaki	100	0	0	0	0	1180	23	0	21	3			x		x
Spicy Hawaiian Teriyaki	120	0	0	0	0	1230	29	0	22	1			x		x
Jamaican Jerk	120	0	0	0	0	1200	29	0	22	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
Veggies															
Half Size															
Veggies	20	0	0	0	0	20	5	< 1	2	1					
Full Size															
Veggies	40	0	0	0	0	35	9	2	3	3					
Cabo Style															
Black Beans	110	4.5	1	0	< 5	440	13	4	< 1	5					
Dressings															
Ranch	210	22	3	0	20	290	4	0	1	1	x	x	x	x	
Jalepeno Ranch	190	19	2.5	0	20	410	5	0	1	1	x	x	x	x	
Island Mac Bowl:															
Half Size															
Island Mac:	320	30	4	0	30	660	14	< 1	8	< 1	x	x	x	x	
Full Size															
Island Mac:	640	59	8	0	60	1320	29	2	16	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
	Full Size *NO PROTEIN OR DRESSING														
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
Protein (Full Size)															
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	210	15	6	1	60	330	2	0	2	16			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
Dressings (Full Size)															
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					
Add Rice (Full Size)															
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					
Half Size *NO PROTEIN OR DRESSING															
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
Protein (Half Size)															
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	140	10	4	0.5	40	320	2	0	2	11			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

Dressings (Half Size)															
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					
Add Rice (Half Size)															
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					
Side Salads * NO DRESSING															
Side Caesar	70	4	2	0	10	220	4	2	2	6	x		x		
Side House	250	18	14	0	15	400	16	3	11	9	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)	410	34	17	0	30	750	20	3	12	10	x	x	x	x	x
Side House (balsamic)	510	42	16	0	20	700	29	3	23	9	x	x			x
Side Caesar	570	58	8	0	40	640	7	2	4	11	x	x	x		
Tacos:															
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
Entrees:															
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)	410	34	17	0	30	750	20	3	12	10	x	x	x	x	x
Side House (balsamic)	510	42	16	0	20	700	29	3	23	9	x	x			x
Side Caesar	570	58	8	0	40	640	7	2	4	11	x	x	x		
Little Kahunas:															
Hawaiian Teriyaki Bowl	370	5	0	0	10	1450	64	2	22	18			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		
Extras:															
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
Tempura Shrimp	550	21	0	0	45	270	37	3	13	9	x		x		x

Island Treats:

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
Chocolate Chip Cookie	500	24	16	0	60	420	66	2	36	4	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.

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