



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															
Chicken	80	0	0	0	15	450	< 1	< 1	0	19					
Mango Chicken	60	0	0	0	5	260	7	< 1	6	8					
Luau Pork	200	9	2	0	55	1020	5	0	5	23			x		x
Sweet Pork	190	6	1.5	0	40	410	18	0	17	19			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					
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	1490	102	5	9	15			x		x
Full Size Rice Bowls:															
Protein															
Chicken	110	0	0	0	20	640	1	1	0	27					
Mango Chicken	80	0	0	0	10	350	10	< 1	8	11					
Luau Pork	260	11	2.5	0	70	1360	7	0	6	31			x		x
Sweet Pork	260	8	2	0	55	540	24	< 1	23	25			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					
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	670	3	0.5	0	0	1750	136	7	10	21			x		x
Sauces (2 ounce cup)															
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 Island	150	9	1.5	0	0	670	15	< 1	7	3			x		x
Honey-Orange	110	0	0	0	0	780	26	0	21	2	x		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
Half Size Combo Rice Bowls: (pick two proteins)															
Protein															
Chicken	45	0	0	0	10	260	< 1	< 1	0	11					
Mango Chicken	30	0	0	0	< 5	130	4	0	3	4					
Luau Pork	90	4	1	0	25	450	2	0	2	10			x		x
Sweet Pork	90	2.5	0.5	0	20	180	8	0	8	8			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
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	1490	102	5	9	15			x		x
Full Size Combo Rice Bowls: (pick two proteins)															
Protein															
Chicken	80	0	0	0	15	450	< 1	< 1	0	19					
Mango Chicken	60	0	0	0	5	260	7	< 1	6	8					
Luau Pork	150	7	1.5	0	40	790	4	4	4	18			x		x
Sweet Pork	150	4.5	1	0	30	310	14	0	13	15			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
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	670	3	0.5	0	0	1750	136	7	10	21			x		x
Cabo Style Rice Bowl:															
Half Size															
Black Beans	90	3.5	0.5	0	< 5	330	10	3	< 1	4					
Full Size															
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	
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
	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)															
Chicken	70	0	0	0	15	380	< 1	< 1	0	16					
Mango Chicken	60	0	0	0	5	260	7	< 1	6	8					
Steak	120	4	2	0	55	350	2	0	2	18			x		x
Pork	200	9	2	0	55	1020	5	0	5	23			x		x
Sweet Pork	190	6	1.5	0	40	410	18	0	17	19			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	1	0	0	15	570	2	1	< 1	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
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	260	24	2	0	5	520	13	0	12	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					
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)															
Chicken	35	0	0	0	5	190	0	0	0	8					
Mango Chicken	30	0	0	0	< 5	130	4	0	3	4					
Steak	70	2	1	0	30	310	2	0	2	10			x		x
Pork	90	4	1	0	25	450	2	0	2	10			x		x
Sweet Pork	90	2.5	0.5	0	20	180	8	0	8	8			x		x
Shrimp	70	2	0	0	60	300	8	0	2	9			x		x
Tofu	110	7	0.5	0	0	180	7	< 1	1	4			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					
Side Salads * NO DRESSING															
Side Caesar	70	4	2	0	10	220	5	2	2	6	x		x		
Side House	250	18	3.5	0	15	390	14	5	6	12	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 on white rice	680	27	3	0	135	1460	70	2	4	35		x			x
Mahi on brown rice	640	29	3	0	135	1460	59	5	4	36		x			x
Mahi on rumbi rice	690	42	12	0	135	2240	42	4	6	38		x			x
Mahi on noodles	700	21	2.5	0	135	2590	85	4	11	41		x	x		x
Salmon on white rice	850	45	7	0	90	1400	71	3	4	34		x			x
Salmon on brown rice	800	47	7	0	90	1410	61	6	4	35		x			x
Salmon on rumbi rice	860	59	16	0	90	2190	44	5	6	37		x			x
Salmon on noodles	870	38	7	0	90	2540	86	5	11	40		x	x		x
Side House (ranch)	410	34	6	0	30	730	18	5	7	13	x	x	x	x	x
Side House (balsamic)	510	42	6	0	20	680	27	5	18	12	x	x			x
Side Caesar	400	40	6	0	30	500	6	2	3	9	x	x	x		
Tacos:															
Sweet Pork Tacos (ranch)	1200	46	8	0	70	1740	159	11	30	38	x	x	x	x	x
Sweet Pork Tacos (jalapeno ranch)	1170	43	7	0	70	1680	159	11	30	38	x	x	x	x	x
Fish Tacos on noodles	1090	51	7	0	45	3060	133	10	21	31	x	x	x	x	x
Fish Tacos on white rice	1070	57	7	0	45	1920	118	8	13	24	x	x	x	x	x
Fish Tacos on brown rice	1030	59	7	0	45	1920	107	11	13	25	x	x	x	x	x
Fish Tacos on Rumbi Rice	1080	72	16	0	45	2710	90	10	15	27	x	x	x	x	x
Entrees:															
Caribbean Chicken & Shrimp on white rice	800	33	3	0	130	1350	83	3	14	46		x			x
Caribbean Chicken & Shrimp on brown rice	760	35	3	0	130	1350	73	7	14	47		x			x
Caribbean Chicken & Shrimp on rumbi rice	810	48	12	0	130	2140	56	6	16	49		x			x
Caribbean Chicken & Shrimp on noodles	820	27	3	0	130	2490	98	6	21	52		x	x		x
Side House (ranch)	410	34	6	0	30	730	18	5	7	13	x	x	x	x	x
Side House (balsamic)	510	42	6	0	20	680	27	5	18	12	x	x			x
Side Caesar	400	40	6	0	30	500	6	2	3	9	x	x	x		
Luau Pork Plate on white rice	1410	79	12	0	145	2990	131	3	26	45		x	x		x
Luau Pork Plate on brown rice	1370	81	12	0	145	2990	120	6	26	46		x	x		x
Luau Pork Plate on rumbi rice	1370	83	16	0	145	3370	113	4	27	47		x	x		x
Luau Pork Plate on noodles	1430	72	12	0	145	4120	146	5	33	51		x	x		x
Little Kahunas:															
Hawaiian Teriyaki Bowl	410	5	0	0	10	1220	72	2	8	16			x		x
Tiki Burger	790	48	17	0	80	2720	77	5	6	27	x		x		x
Honey Orange Bowl	700	19	3	0	70	1320	94	3	10	31	x	x	x		x
Chicken Dippers	960	54	8	0	90	2390	100	6	1	33	x	x	x	x	x
Kraft Mac & Cheese	300	0	2.5	0	15	570	45	2	8	11	x		x		

Burgers & Sandwiches	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
Kahuna Burger white	930	60	24	0	160	2300	53	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	1220	83	34	0	225	2840	50	3	26	65	x	x	x		x
Maui BBQ Bacon Burger Wheat	1220	83	34	0	225	2840	50	3	26	66	x	x	x		x
Teriyaki Chicken Sandwich White	430	12	4	0	45	1150	50	5	21	30	x	x	x		x
Teriyaki Chicken Sandwich Wheat	410	12	4	0	40	1020	50	5	21	26	x	x	x		x
Jerk Chicken Sandwich White	440	13	4	0	45	1400	51	5	25	31	x	x	x		x
Jerk Chicken Sandwich Wheat	420	13	4	0	40	1270	51	5	25	26	x	x	x		x
Side Rumbi Fries (fry sauce included)	660	30	6	0	0	2150	103	9	20	7			x		x
Side Sweet Potao Fries (fry sauce included)	630	27	4.5	0	0	1670	91	9	36	5			x		x
Side Regular Fries (fry sauce included)	690	34	7	0	0	2620	116	9	4	9			x		x
Side Chips & Salsa	240	9	2.5	0	0	290	35	2	4	4			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	3560	159	14	31	11			x		x
Sweet Potato Fries (fry sauce included)	960	41	7	0	0	2830	139	14	55	7			x		x
Chips & Tropical Salsa	470	18	4.5	0	0	580	69	5	9	7			x		x
Tempura Shrimp	540	21	0	0	100	730	61	6	11	22	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
Brownies	430	22	6	0	35	260	57	3	37	6	x	x	x		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, soy, and shellfish. If you are allergic to any of these items please alert the staff so we can take extra precautions while preparing your food.