



HULA GIRL

LAHAINA • MAUI • HAWAII

"High Performance Sailing Restaurant and Bar"

BREAKFAST & LUNCH MENU

BREAKFAST SELECTIONS

Homemade Cinnamon Buns \$4.50

Gluten Free upon request

Toasted Bagel and Cream Cheese \$4.50

Yogurt with Granola \$4.50

Fresh Fruit Plate \$5.50

Fresh Brewed Kona Coffee,

Herbal or Black Tea, and Hot Chocolate \$3.00

CHILDREN'S LUNCH MENU

Homemade Mac N Cheese \$7.00

Grilled Cheese Sandwich
with Chips & Fresh Pineapple \$5.00

Peanut Butter & Jelly Sandwich
with Chips & Fresh Pineapple \$5.00

DESSERTS

Warm Chocolate Lava Cake \$6.50

Crepe Brulee with Fresh Seasonal Fruit \$6.50

Cheesecake with Fresh Seasonal Fruit \$6.50

Lilikoi Pono Pie

Gluten, Dairy & GMO Free \$6.50

Hula Girl Adult Milkshake - Baileys,

Crème de Cacao & Chocolate Syrup \$10.00

LUNCH SELECTIONS

DAILY FRESH FISH SPECIAL

Ask your Server about today's Fish
and preparation \$15.00

Gluten Free upon request

PASTA & SALAD ENTREES

Pasta du Jour \$12.00

Grilled Chicken additional \$3.00

Grilled Fish or Grilled Shrimp additional \$4.00

Homemade Truffle Mac N Cheese \$12.00

Kula Upcountry Greens with Feta
Choice of House Dressing, Balsamic Dressing
or Thai Chili Ranch \$10.00

Grilled Chicken additional \$3.00

Grilled Fish or Grilled Shrimp additional \$4.00

Kula Caprese Salad

Tomatoes with Mozzarella Cheese \$9.50

Gluten Free

Kula Upcountry Greens Side Salad \$6.00

LUNCH SELECTIONS *Continued*

SPECIALTY ENTREES & SANDWICHES

Teriyaki Beef Tenderloin Stir Fry
Served with Rice and Mixed Greens \$14.50

Chicken Parmesan
Panko Crusted Chicken Breast with
Homemade Marinara Sauce topped with
Parmigiano Reggiano Cheese
Served with Pasta \$14.50

Maui Cattle Ground Beef Hamburger
served with Lettuce, Tomato and Onion
Finished with Maui Chips
& Fresh Pineapple \$11.00
Add Pepper Jack, Swiss or Cheddar Cheese \$1.00
Add Bacon \$2.00 Grilled Onions \$1.00
Grilled Pineapple \$1.00 Guacamole \$1.00

Kalua Pork Quesadilla
Topped with Fresh Fruit Salsa
and Served with Rice \$13.00

Chicken Wrap with Cheddar Cheese
& Guacamole in a Jalapeno Tortilla,
Served with Fresh Fruit \$12.00

Daily Vegetarian Special
Please ask the servers for the preparation \$12.00
*** Gluten Free upon request ***

Consuming raw or uncooked meats and seafood may increase your risk of food borne illness.

04/14/16

If you are interested, please be sure to ask our crew about T-Shirts, Hats and other Logo Wear.