

## THE MALIHINI GUIDE to Hawaiian Food

**HAWAIIAN FOOD IS DISTINCTIVE**, delicious and rich in history. This Malihini (newcomer) Guide will help you understand and appreciate the traditional flavor of our food.



**1 POI** | *poi* | is mashed taro root. Whether served room temperature or cold, locals often eat it with a bite of lomi salmon or kālua pig.

**2 SQUID LŪ'AU** | *skwid loo-ow* | A wonderful, tasty melange of steamed lū'au leaves (taro leaves), coconut milk & squid.

**3 LAU LAU** | *rhymes with "wow-wow"* | Pieces of pork & butterfish wrapped in lū'au leaves & steamed for several hours.

**4 CHICKEN LONG RICE** | Made of mung bean noodles, chicken, broth, ginger, garlic & green onions, this soupy lū'au staple has its roots in Hawai'i's Asian immigrant heritage.

**5 KĀLUA PIG** | *kah-loo-ah peeg* | Traditionally cooked in an imu (underground oven) where a whole pig slowly roasts, this smoky shredded pork dish is the centerpiece to any lū'au.

**6 LOMI SALMON** | *low-me sam-min* | A side dish made of diced tomatoes, raw onions & salt-cured salmon—its flavor punch makes it a perfect pairing for poi.

**7 'UALA** | *ooh-ah-lah* | is purple sweet potato. Mild and starchy, it's a favorite side dish with rich & salty lū'au foods.

**8 HAUPIA** | *how-pee-ah* | is a sweet Hawaiian dessert. A cross between coconut pudding & gelatin.

**PIPIKAULA** | *pee-pee-cow-lah* | was a favorite snack among paniolo (Hawaiian cowboys). It is often compared to beef jerky, but ours is a bit different—seasoned, dried & then grilled.

**TRIPLE / HUMBUG STEW** | Made from the inner lining of the cow's stomach, ours has a thin, tomato soup base. If you like a thicker consistency, try our Humbug, which adds some of our beef stew gravy.

**NA'AU PUA'A** | *nah-ow poo-ah-ah* | Chitterlings & lū'au leaves in a soupy base. The literal translation is gut (na'au) of the pig (pua'a). It's on the saltier side, and easier to eat than to pronounce.

## DESSERTS

### HOUSE-BAKED DESSERTS 7.99

*Bread Pudding with haupia sauce, Chocolate Haupia Shortbread, 'Uala Haupia Shortbread*



### HAUPIA SAMPLER 17.99

*Haupia, Chocolate Haupia Shortbread, 'Uala Haupia Shortbread*

### HAUPIA GF 3.99

### FRESH KULOLO FROM KAUA'I GF

*Thursdays after 11am, limited quantities, based on availability*

### GELATO (1, 2 OR 3 SCOOPS) GF 4.99 / 7.99 / 8.99

*Choose from rotating flavors each month*

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WAIPAHU

BEVERAGE, PŪPŪ  
& DESSERT MENU

*Mālama i ka Wai*

We serve water upon request only.

Mahalo.

**PAU HANA 3-6PM MON-FRI**

**\$5 DRAFT BEERS | \$12 BEER FLIGHTS**

**\$9 SELECT COCKTAILS**

**PAU HANA-ONLY PŪPŪ ITEMS**

Available for dine-in only.

Frequent Diners earn double points!

E kala mai, due to tariffs, we now charge \$0.50 per takeout container for dine-in guests.

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