



MENU



LAU BISTRO

LAUBISTRO.COM



VEGAN



VEGETARIAN



GLUTEN FREE

ME NU

ENTREE

LUAU POKE BOWL



13.00

SERVED ON A FOUNDATION OF BROWN RICE AND QUINOA BLEND, TAILORED TO SUIT YOUR PREFERENCES.

SIGNATURE SALAD



10.25

LAU'S SIGNATURE HANDCRAFTED SALAD, BRIMMING WITH NUTRIENTS.

CHOPPED SALAD



10.25

FRESHLY CHOPPED GREENS, VEGETABLES, AND FRUITS DRIZZLED WITH A DELIGHTFUL HAWAIIAN-STYLE DRESSING.

LAU WRAPS



12.00

LETTUCE WRAPS STUFFED WITH HAWAIIAN BBQ-STYLE TOFU AND TEMPEH FILLING.

DESSERT

SHAVED ICE

4.00

PARADISE BOWL

13.00

ACAI BOWL

12.00

COCOA COLADA MOUSSE

8.50

SIDES

LUAU EDAMAME



7.50

GRILLED KABOB



6.25

FRUIT, VEGGIES, OR TOFU

BALO BAO



5.00

LAU'S MUSUBI



7.50

FRESH FRUIT BOWL



5.25

RICE BOWL



4.00

BROWN RICE, QUINOA, OR A COMBINATION

MUSUBI MEAL



12.00

OUR UNIQUE TOFU MUSUBI COMES WITH A SIDE DISH.

PARADISE TOAST



11.00

A DELIGHTFUL HAWAIIAN TAKE ON TRADITIONAL AVOCADO TOAST. ENHANCE IT BY ADDING AN EGG FOR A DELICIOUS VEGETARIAN OPTION.

PINEAPPLE FRIED RICE



10.25

OUR COMBINATION OF BROWN RICE AND QUINOA IS EXPERTLY PAN-FRIED WITH DELICIOUS, FRESH INGREDIENTS.

SUPER SMOOTHIE BOWL



13.00

SERVED ON A FOUNDATION OF STRAWBERRY MANGO, ENHANCED WITH PROTEIN, ADORNED WITH A MIX OF NUTS AND SEEDS, AND FINISHED WITH FRESH FRUITS.

DRINKS

HERBAL TEA

5.00

HIBISCUS TEA

5.50

TARO 'MILK' TEA

7.00

PINA COLADA SMOOTHIE

8.00



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DESSERT



ALL DESSERTS ARE SUITABLE FOR EVERY DIETARY RESTRICTION.

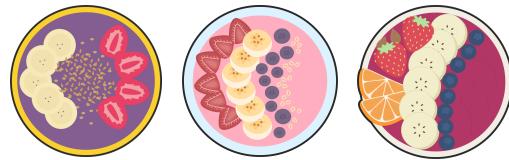
SHAVED ICE



CHOOSE FROM MANGO, PINA COLADA, OR
WATERMELON.

OUR SYRUPS ARE CRAFTED FROM FRESH FRUIT AND
FRUIT JUICE.

ACAI BOWL



ENJOY A CLASSIC ACAI BOWL OR
PERSONALIZE IT TO CREATE YOUR
PERFECT SMOOTHIE BOWL.

ADDITIONAL SUPPLEMENTS ARE AVAILABLE FOR YOU TO
INCLUDE.

COCOA COLADA MOUSSE



OUR DECADENT VEGAN COCONUT
CHOCOLATE MOUSSE, ELEGANTLY
TOPPED WITH COCONUT FLAKES AND
CHOCOLATE SHAVINGS.



SAVOR OUR DELICIOUS TWIST ON CLASSIC
HAWAIIAN FLAVORS. ENJOY A CREAMY BLENDED
TARO BASE, ADORNED WITH TROPICAL FRUITS,
TRADITIONAL COCONUT PUDDING, AND RICH
TARO PUDDING ON TOP.



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DRINKS



ALL DRINKS ARE SUITABLE FOR EVERY DIETARY RESTRICTION.

HERBAL TEA

EXPLORE OUR SELECTION OF BLENDS, WHICH INCLUDE GINGER LEMON WELLNESS, PEACH GRAPEFRUIT, RASPBERRY, AS WELL AS CLASSIC BLACK AND GREEN TEA.



ORDER HOT OR ICED



HIBISCUS TEA

OUR SIGNATURE, STUNNING HIBISCUS TEA

ORDER HOT OR ICED



TARO 'MILK' TEA

OUR SPECIAL TARO BLEND, COMBINED WITH CREAMY OAT MILK

ORDER HOT OR ICED



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