



MENU





VEGAN



VEGETARIAN



GLUTEN FREE

ME NU

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		

ENTREE

LUAU POKE BOWL	 	13.00	MUSUBI MEAL	 	12.00
SERVED ON A FOUNDATION OF BROWN RICE AND QUINOA BLEND, TAILORED TO SUIT YOUR PREFERENCES.			OUR UNIQUE TOFU MUSUBI COMES WITH A SIDE DISH.		
SIGNATURE SALAD	 	10.25	PARADISE TOAST	 	11.00
LAUS' SIGNATURE HANDCRAFTED SALAD, BRIMMING WITH NUTRIENTS.			A DELIGHTFUL HAWAIIAN TAKE ON TRADITIONAL AVOCADO TOAST. ENHANCE IT BY ADDING AN EGG FOR A DELICIOUS VEGETARIAN OPTION.		
CHOPPED SALAD	 	10.25	PINEAPPLE FRIED RICE	 	10.25
FRESHLY CHOPPED GREENS, VEGETABLES, AND FRUITS DRIZZLED WITH A DELIGHTFUL HAWAIIAN-STYLE DRESSING.			OUR COMBINATION OF BROWN RICE AND QUINOA IS EXPERTLY PAN-FRIED WITH DELICIOUS, FRESH INGREDIENTS.		
LAU WRAPS	 	12.00	SUPER SMOOTHIE BOWL	 	13.00
LETTUCE WRAPS STUFFED WITH HAWAIIAN BBQ-STYLE TOFU AND TEMPEH FILLING.			SERVED ON A FOUNDATION OF STRAWBERRY MANGO, ENHANCED WITH PROTEIN, ADORNED WITH A MIX OF NUTS AND SEEDS, AND FINISHED WITH FRESH FRUITS.		

DESSERT

SHAVED ICE	4.00
PARADISE BOWL	13.00
ACAI BOWL	12.00
COCOA COLADA MOUSSE	8.50

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.

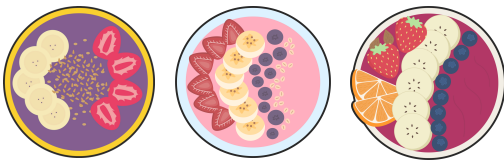
SHAVED ICE



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.

Paradise Bowl



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

Pina Colada Smoothie



OUR CLASSIC PINEAPPLE COCONUT SMOOTHIE



LAU BISTRO

LAUBISTRO.COM