

# SEPTEMBER / KEPAKEMAPA 2025

HUI NO KE  OLA PONO  
SIMPLY HEALTHY CAFE



**DAILY SPECIAL \$10.00**

INCLUDES:


- STARCH
- VEGGIE/SALAD
- FRUIT

**POI \$6.00 HALF LB.**

AVAILABLE TUES. & THURS.

**HOURS OF OPERATION**

MONDAY - FRIDAY  
11AM - 1:30PM

 808-442-6816

 [WWW.HNKOP.ORG](http://WWW.HNKOP.ORG)

 @HUINOKEOLAPONO

CONSUMING RAW OR UNDERCOOKED FOODS  
CAN INCREASE THE RISK OF ILLNESS

PŌ'AKAHI MON	PŌ'ALUA TUES	PŌ'AKOLU WED	PŌ'AHĀ THUR	PŌ'ALIMA FRI
<b>1</b> CLOSED LĀ NUI	<b>2</b> PORK TOFU + WATERCRESS  BROWN RICE  STEAMED VEGGIES	<b>3</b> MEATLOAF  BROWN RICE  MISO RSTD VEGGIES	<b>4</b> CHOPPED STEAK  BROWN RICE  STEAMED VEGGIES	<b>5</b> SHOYU CHICKEN  BROWN RICE  STEAMED VEGGIES
<b>8</b> KĀLUA PORK N CABBAGE  BROWN RICE  STEAMED VEGGIES	<b>9</b> BAKED CHICKEN  BROWN RICE  MIXED GREENS	<b>10</b> PORK N PEAS  BROWN RICE  STEAMED VEGGIES	<b>11</b> CHICKEN LŪ'AU  BROWN RICE  LOMI SALMAN	<b>12</b> CHICKEN TACOS  SOURCREAM SAUCE
<b>15</b> BEEF LU'AU  BROWN RICE  STEAMED VEGGIES	<b>16</b> 'ULU CHICKEN BURGR  MIX GREEN + CEASAR DRESSING	<b>17</b> TURKEY PATTY + GRAVY  MASHED POTATOS  GARLIC GREEN BEANS	<b>18</b> FIRECRACKER CHICKEN  BROWN RICE  MIXED GREENS	<b>19</b> CLOSED
<b>22</b> BEEF TOMATO  BROWN RICE  STEAMED VEGGIES	<b>23</b> HONEY MUSTARD CHICKEN  BROWN RICE  CARROT STIR FRY	<b>24</b> BAKED TURKEY SPAGHETTI  MIXED GREENS & DRESSING	<b>25</b> PARMESAN BAKED CRUSTED CHICKEN  RSTD POTATOES  CEASAR SALAD	<b>26</b> CHICKEN LAULAU  BROWN RICE  LOMI SALMON
<b>29</b> PORK TOFU + BOK CHOY  BROWN RICE  MIXED GREENS + DRESSING	<b>30</b> 'UALA BEEF STEW  BROWN RICE  MIXED GREENS & DRESSING	<b>1</b> PORK LU'AU  BROWN RICE  STEAMED VEGGIES	<b>2</b> LASAGNA  MIXED GREENS & DRESSING	<b>3</b> BAKED SALMON  BROWN RICE  MISO RSTD VEGGIES