BABALU lunch

APPETIZERS

CRAB CAKES
2 delicious crab cakes over baby greens, drizzled with mango puree & citrus salsa, with a spicy black bean beurre blanc $12

CRISPY CALAMARI
Fried to a crisp golden brown. Served with chipotle-basil aioli & cocktail sauce $9.5

YAM FRIES
A Babalu staple! With our famous cayenne buttermilk dressing $5
As a side substitution $3

FRIED PLANTAINS
Yum! Simple and sweet – an island classic $5

BABALU POTSTICKERS
Stuffed plump with chicken, chives & ginger, these 5 tasty dumplings are first steamed, then pan-fried, & served with our own ponzu & ginger sauces $9

CASHKABUD UM JUNE
Better than Baba Ghannouge, this eggplant dip, topped with crushed walnuts & served with pita, will make you wonder how you ever lived without it! $8

COCONUT SHRIMP
5 tempura battered shrimp, deep fried & served atop baby greens with an orange-horseradish marmalade dip $11

SALADS

HOUSE
Mixed greens, tomato, red onion, cucumber & shredded carrot, with creamy balsamic dressing $6.5

CAESAR
Romaine lettuce tossed in our garlic Caesar dressing, topped with homemade croutons & parmesan cheese (dressing contains raw egg)
full $10.5/entrée side substitution $3

CHINESE CHICKEN
Cabbage, mixed greens, chicken, cucumber, onion, bell pepper, bean sprouts, rice noodles & wontons, tossed in sesame ginger dressing $13

BLACKENED CHICKEN TOSTADA
A Grande tortilla, deep-fried and filled with blackened chicken, avocado, black beans, bell pepper, red onion, cucumber, jack and cheddar cheese, pico de gallo & mixed greens, tossed in cilantro-lime pesto vinaigrette $13.5

CHOPPED ROASTED VEGETABLE
Chopped baby greens, tossed with a medley of roasted carrot, zucchini, purple & Idaho potato, corn, butternut & acorn squash, yellow & red bell pepper, red onion & provolone cheese, with creamy balsamic dressing $12.5

CRUNCHY CHICKEN
Grated crunchy veggie frites tossed with blackened chicken, yellow & green haricots verts & our renowned cayenne buttermilk dressing $12.5

COBB
Mixed greens, chicken, egg, bacon, beets, avocado, cucumber, bell pepper, red onion & Bleu cheese, with our famous cayenne buttermilk dressing $14

GRILLED SALMON SALAD
Grilled salmon over mixed greens, artichoke hearts, jicama & roma tomato, topped with our creamy balsamic dressing $14.5

AHI
Blackened seared ahi tuna atop mixed greens, avocado, sliced plantain, mango & tomato, sprinkled with parmesan cheese & tossed in a sweet citrus vinaigrette $15

FRUIT SALAD
Fresh seasonal fruit served with lemon yogurt & homemade banana bread $12.5

SANDWICHES

TURKEY BURGER
Spiced ground white turkey (bell pepper in patty), avocado, grilled zucchini & fried leeks on a sesame Kaiser roll. With slaw & choice of fries or salad $11

VEGGIE BURGER
Seasoned chick pea burger on a whole wheat bun topped with grilled onion & tomato, avocado, alfalfa sprouts & chipotle-basil aioli, with fries & slaw $12

ANGUS BURGER
With lettuce, tomato, onion & garlic mayo. Plus fries, jumbo onion rings & coleslaw! All natural angus ground beef on a sesame Kaiser roll $11

extras: cheddar, jack or jalapeño jack cheese $1.5/bleu cheese $2.5
bacon $2.5/avocado $2.5/slice tomato $0.75 ea
grilled onion $1/sautéed mushroom $1.5/sub yam fries $3

VEGGIE SANDWICH
Sliced cucumber, alfalfa sprouts, roasted tomato & bell pepper, avocado, portabella mushroom, arugula & goat cheese with cucumber-dill mayo on wheat bread, served with a side salad $12.5

TURKEY SANDWICH
Moist sliced turkey breast, jerk mayo, red onion, lettuce, tomato, daikon sprouts & honey mustard on cilantro cheese bread, with fries & slaw $10.5

GRILLED AHI TUNA SANDWICH
Seared ahi, Napa cabbage, daikon sprouts & wasabi mayo on wheat bread, with a side salad $13.5

OLD BABALU FAVORITES

TURKEY LOAF
Over sweet mashed potatoes & spinach, topped with sun-dried tomato gravy & served with coleslaw $12.5

BLACKENED CHICKEN SOMBRERO
Blackened chicken over a Caesar salad with cheese, cilantro, onion & tomato, on whole wheat pita bread with cous cous & yam fries $13

SZECHUAN STIR-FRY
Steamed yaki soba noodles tossed with sautéed vegetables in a sweet szechuan sauce veggie $12/chicken $13/shrimp $15

TACOS
2 soft shell flour tortillas stuffed with avocado, pico de gallo, cheddar & jalapeño jack cheeses, lettuce & Napa cabbage, with black beans & pineapple-coconut rice
roasted vegetable $11/chicken $12/fish (mahi mahi) $14/shrimp $15

BABALU QUESADILLA
A giant flour tortilla stuffed with mixed vegetables, cheddar & jalapeño jack cheeses, & caramelized onions, with pico de gallo & slaw
veggie $11/chicken $12/shrimp $15

extras: pico de gallo $1.5/avocado $2.5/sour cream $1

PASTA

RIGATONI
Tossed in a tomato basil sauce. Simple - & delicious $10

CHICKEN BOLOGNESE
Made with rigatoni and served the traditional way $12.5

SCALLOPS & ANGEL HAIR
Tossed in a roasted red bell pepper sauce $15.5

GRILLED CHICKEN FARFALLE
Crafted with sliced grilled chicken, artichoke hearts, sun-dried tomatoes, basil, onion, broccoli & corn in a cilantro pesto cream sauce $13

BUCCATINI WITH SHRIMP & LEEKS
Tossed with lemon peel, garlic, oregano & peperoncini in a white wine sauce $15

$11 per-person minimum. All substitutions/extras subject to charge
A 18% gratuity will be added to parties of 6 or more
We reserve the right to refuse service to anyone