



## ALLERGEN INFORMATION

The health and Safety of our guests are top priorities of Islands Restaurants. As part of our commitment to you, we have prepared this table of common food allergies in order to assist you with your menu choices. Please be aware that normal kitchen operations at Islands involve shared preparation and cooking areas. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

Appetizers	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
BEACHSIDE SLIDERS™ W/BEEF (W/ISLAND REDS)			X		X		X	X	
BEACHSIDE SLIDERS™ W/TURKEY (W/ISLAND REDS)			X		X		X	X	
BUFFALO WINGS SPICY W/RANCH DIP	X		X		X			X	X
BBQ W/RANCH DIP	X	X	X		X			X	X
TERIYAKI W/RANCH DIP	X		X		X		X	X	X
CHEDDAR FRIES			X		X				
CHIPS & SALSA					X			X	
CHIPS & SALSA W/LARGE GUACAMOLE		X			X			X	
ISLAND FRIES					X				
NACHOS			X		X			X	
ONION RINGS	X		X		X		X	X	
QUESADILLA			X		X		X		
SPINACH & ARTICHOKE DIP			X					X	
SWEET POTATO FRIES					X			X	
TIKI TENDERS	X		X		X		X	X	

Tortilla Soup	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
TORTILLA SOUP	X		X		X		X	X	
TORTILLA STRIPS					X			X	

Salads - All nutritional data for salads includes dressing.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CHINA COAST SALAD	X				X		X		
GARDEN SALAD (W/RANCH DRESSING)	X		X		X		X	X	X
JUNGLE CAESAR SALAD	X	X	X		X		X		
KAANAPALI KOBBI SALAD	X		X		X			X	
SLEEK GREEK SALAD			X		X				
SMALL CAESAR SALAD	X	X	X		X		X		
WIQUI WAQUI SALAD	X	X	X		X			X	X

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Salad Dressings	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
BLEU CHEESE DRESSING	X		X		X			X	
CAESAR DRESSING	X	X	X		X			X	
HONEY MUSTARD DRESSING	X				X				
ITALIAN DRESSING					X				X
KOBB DRESSING	X				X				
LOW FAT BALSAMIC VINAIGRETTE DRESSING			X		X				
RANCH DRESSING	X		X		X			X	X
SESAME DRESSING	X				X		X		
THOUSAND ISLAND DRESSING	X								

Island Tacos - All nutritional data for Island Tacos includes sides that come with the tacos.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
BAJA TACOS W/RANCHERO BEANS			X		X		X	X	
STEAK TACOS W/RANCHERO BEANS	X		X		X		X	X	
GRILLED MAHI TACOS W/RANCHERO BEANS	X	X	X		X		X	X	
ISLAND FISH TACOS W/RANCHERO BEANS	X	X	X		X		X	X	
NO BLAME GRILLED VEGGIE TACOS			X		X			X	
NORTHSHORE LIMITED TACOS			X		X			X	
NORTHSHORE TACOS W/RANCHERO BEANS			X		X		X	X	
YAKI TACOS W/RANCHERO BEANS			X		X		X	X	

Birds of Paradise - Nutritional data for Birds of Paradise sandwiches does not include sides which are listed below.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CALIFORNIA FLYER	X	X	X		X		X	X	X
SANDPIPER	X		X		X		X	X	
SHOREBIRD	X		X		X		X	X	
TOUCAN	X		X		X		X	X	
COOKED CHICKEN BREAST ONLY					X				

Beach Bowls	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CHICKEN TERIYAKI BOWL					X		X		
HOISIN GRILLED CHICKEN BOWL					X		X	X	
HOISIN GRILLED MAHI BOWL		X			X		X	X	
MAHI MAHI TERIYAKI BOWL		X			X		X		

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Surfer Favorites - Nutritional data for BLT, Tuna, Wraps & Mahi Mahi Sandwich does not include sides which are listed below.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CHICKEN CLUB WRAP	X	X	X		X		X	X	X
GRILLED MAHI SANDWICH	X	X			X		X	X	
MAHI MAHI PLATTER W/VEGGIES		X			X		X		
MOA KAI (TUNA)	X	X	X		X		X	X	
THE WEDGE (BLT)	X		X		X		X	X	

Burgers - Nutritional data for Burgers does not include sides which are listed below OR BUNS listed on Page 5	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
BIG WAVE BURGER (NO CHEESE)					X		X	X	
BIG WAVE CHEESE BURGER			X		X		X	X	
BLEUNAMI BURGER	X		X		X		X	X	
HAWAIIAN BURGER	X		X		X		X	X	
HEAT WAVE BURGER	X		X		X		X	X	
HULA BURGER	X		X		X		X	X	
KILAUEA BURGER	X		X		X		X	X	
LONGBOARDER BURGER (NO CHEESE)	X	X			X		X	X	
MALIBU BURGER			X		X		X	X	
MAUI BURGER	X	X	X		X		X	X	
MAVERICKS BURGER	X	X	X		X		X	X	X
NALU NALU BURGER	X		X		X		X	X	
PIPELINE BURGER	X		X		X		X	X	X
SRIRACHA SMACK BURGER			X		X		X	X	
SUNSET BURGER	X	X	X		X		X	X	X
TURKEY BURGER	X				X		X	X	
TURKEY BURGER LITE	X				X		X	X	
VEGGIE BURGER	X		X		X		X	X	
BEEF PATTY ONLY					X				
TURKEY PATTY ONLY					X				
VEGGIE PATTY ONLY			X		X		X		

Gremmie - Nutritional data for Gremmie items does not include sides which are listed below OR BUNS listed above.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
JR BIG WAVE CHEESE BURGER			X		X		X	X	
JR CHICKEN SAND - (NO CHEESE OR BACON)					X		X	X	
JR MAC N CHEESE			X				X		

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Gremmie - Nutritional data for Gremmie items does not include sides which are listed below OR BUNS listed above.	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
JR NOODLES W/BUTTER + PARMESAN CHEESE			X		X		X		
JR PLAIN DOGGER (NO CHEESE OR CHILI)					X		X	X	
JR PLAIN WAVE (NO CHEESE OR BACON)					X		X	X	
JR QUESADILLA			X		X		X		
JR SANDCASTLE			X		X		X	X	
JR TERIYAKI BOWL					X		X		
JR TIKI TENDERS	X		X		X		X	X	
LIL BEEF SLIDER (NO CHEESE)					X		X	X	
LIL JR TIKI TENDERS	X		X		X		X	X	
LIL SANDCASTLE			X		X		X	X	

Sides & Optional Additions	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
APPLE W/YOGURT DIP			X						
YOGURT DIP			X						
APPLEWOOD SMOKED BACON					X				
AVOCADO SLICES									
BROCCOLI W/BUTTER			X						
CAESAR SALAD	X	X	X		X		X		
CHILI			X		X		X	X	X
GUACAMOLE		X							
ISLAND FRIES					X				
ISLAND REDS™			X		X		X	X	
ISLAND SLAW									
ONION RINGS	X		X		X		X	X	
PINEAPPLE SKEWERS W/YOGURT DIP			X						
RANCHERO BEANS/REFRIED BEANS			X		X			X	
SAUTEED MUSHROOMS					X				
SOUR CREAM			X						
SPICY CHICKEN			X		X			X	
STEAMED VEGGIES W/BUTTER			X						
SWEET POTATO FRIES					X			X	
Sides & Optional Additions	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
VEGGIE STICKS W/RANCH	X		X		X			X	X
YOGURT DIP			X						

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Burger Substitutions - Cheeses	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
AMERICAN CHEESE			X		X				
BLEU CHEESE			X						
CHEDDAR CHEESE			X						
FETA CHEESE			X						
MONTEREY JACK CHEESE			X						
PEPPER JACK CHEESE			X						
SWISS CHEESE			X		X				

Sauces	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
BBQ SAUCE		X			X			X	X
CHIPOTLE AIOLI SAUCE	X				X				
CILANTRO CHILI SAUCE	X		X						
GARLIC AIOLI SAUCE	X				X				
GRILLED PINEAPPLE SALSA									
HOISIN SAUCE					X		X	X	
ISLANDS SALSA									
MAYO SAUCE	X				X				
SRIRACHA CREAM CHEESE SAUCE			X						
SRIRACHA SOY GLAZE SAUCE			X		X		X		
TARTAR SAUCE	X	X			X			X	
TERIYAKI SAUCE					X		X		
YELLOW MUSTARD									
WHITE SAUCE	X		X		X				

Bun, Tortillas, & Bread	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CORN TORTILLA					X			X	
EGG BREAD (TEXAS TOAST)					X		X	X	
FLOUR TORTILLA					X		X		
GOURMET SEEDED HOT DOG BUN	X				X		X	X	
HOT DOG BUN					X		X	X	
KIDS BUN					X		X	X	
WHEAT BUN					X		X	X	
WHITE BUN					X		X	X	

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Desserts	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CHOCOLATE LAVA	X		X	X	X	X	X	X	
FUDGE BROWNIE	X		X	X	X		X	X	
ICE CREAM SUNDAE	X		X		X	X		X	
KONA PIE	X		X	X	X	X	X	X	
ROOT BEER FLOAT	X		X		X			X	

Shakes & Smoothies	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
CHOCOLATE SHAKE			X		X			X	
COOL BREEZE			X		X	X Coconut		X	
MANGO STRAWBERRY			X		X			X	
STRAWBERRY SHAKE			X		X			X	
TRADE WIND			X		X	X Coconut		X	
VANILLA SHAKE			X		X			X	

Beverages	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Corn	MSG
APPLE JUICE									
CHERRY COKE								X	
COCA COLA								X	
CRANBERRY JUICE								X	
DECAF/REGULAR BREWED COFFEE (BLACK)									
DIET COKE									
FRUIT PUNCH								X	
GREEN TEA ICED								X	
HOT TEAS									
LEMONADE								X	
ORANGE JUICE									
PASSION FRUIT OR REG ICED TEA								X	
RASPBERRY ICED TEA								X	
ROOT BEER								X	
SPRITE								X	
STRAWBERRY LEMONADE								X	

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