



Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients and based on order customization. Nutritional information includes standard sides unless otherwise indicated. This nutritional information is solely based on the estimated database analysis using available standard USDA ingredients or specific brand name ingredients that are contained within our outside laboratories' computer database programs. Some nutritional values may vary depending on the exact ingredients and specific brand name ingredients that are used to produce this food product. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. You should expect some variation in the nutrient content of the products purchased in our restaurants. None of our products are certified as vegetarian. This nutritional information is current as of May 2018. Islands Restaurants, L.P., will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu. ©2018 Islands Restaurants, L.P.

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
APPETIZERS											
BEACHSIDE SLIDERS™ - 3 COUNT	1110	560	62	15	1.5	110	1580	91	4	17	46
BEACHSIDE SLIDERS™ WITH BEEF	1600	860	96	24	2	128	3420	130	6	24	54
BEACHSIDE SLIDERS™ WITH TURKEY	1440	720	80	16	2	100	3620	134	6	26	46
BUFFALO QUESADILLAS	670	410	46	20	0	115	2080	41	5	2	22
BUFFALO WINGS BBQ WITH RANCH	1740	990	111	24	0	555	2460	42	3	24	141
BUFFALO WINGS HONEY SRIRACHA WITH RANCH	2160	1290	144	30	0	570	4170	75	6	60	141
BUFFALO WINGS TERIYAKI WITH RANCH	1770	990	111	24	0	555	3240	51	3	36	141
BUFFALO WINGS WITH RANCH	1800	1170	129	36	0	600	3270	21	3	9	141
CHEDDAR FRIES	2150	1075	120	35	0	200	2400	215	15	5	55
CHEESY FRIES	1300	720	80	31	0	170	1600	107	7	2	42
CHEDDAR FRIES - ALA MOANA	2010	1400	155	40	0	190	2450	110	10	0	45
CHILI MAC LOADED FRIES	1490	730	81	17	0	90	1960	153	10	11	38
CHIPS & SALSA	990	465	51	4.5	0	0	570	123	9	3	12
CHIPS & SALSA WITH LARGE GUACAMOLE	1260	705	26	4.5	27	0	28	123	29	3	30
FRIES - ALA MOANA	1410	950	105	10	0	0	1400	105	10	0	10
HAWAIIAN SLIDERS	1340	660	74	22	2	164	2280	106	4	18	60
ISLAND FRIES	1550	625	70	5	0	0	1350	210	15	2.5	20
ISLAND NACHOS	1960	1260	140	64	0	360	3000	100	8	8	76
KALUA PIG QUESADILLAS	660	400	44	15	0	90	1150	44	4	14	21
KALUA PORK SLIDERS	890	310	34	9	0	55	2130	101	4	33	30
KALUA PORK SLIDERS - ALA MOANA	1240	520	58	14	0	84	2360	136	6	38	42
ONION RINGS	1160	620	68	12	0	0	2680	124	12	24	12
PEPPER CRUNCH SLIDERS	1010	450	50	17	1.5	145	1580	91	3	17	50
POINT BREAK SLIDERS	1320	600	66	24	2	178	2980	116	6	22	66
POKE - ALA MOANA	340	140	15	2	0	46	1270	19	2	2	32
QUESADILLA	840	480	54	30	0	180	1560	54	3	6	33
SPICY WHITE QUESO DIP	500	280	31	8	0	30	1000	45	3	2	10
SPINACH & ARTICHOKE DIP	1160	680	76	32	0	160	1400	96	8	8	20
TIKI TENDERS WITH RANCH	1200	740	82	16	0	130	3380	70	4	6	44
TORTILLA SOUP											
	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
LARGE BOWL (WITH TORTILLA CHIPS)	840	450	50	15	0	105	2120	64	9	8	34
SMALL BOWL (WITH TORTILLA CHIPS)	450	240	27	7	0	50	1070	36	5	4	17
BURGERS											
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
BIG WAVE BURGER	790	410	45	14	2	125	1480	52	3	9	44
BIG WAVE BURGER WITH CHEESE	880	470	52	18	2	150	1970	55	3	10	48
BLEUNAMI BURGER	1010	610	68	20	2	155	1280	53	3	10	46
FRENCH ONION BURGER	1340	800	89	27	2	190	2390	77	3	11	58
HAWAIIAN BURGER	1170	660	73	22	2	160	1870	77	3	32	52
HULA BURGER	1130	710	79	24	2	160	1470	52	2	10	54
KILAUEA BURGER	1510	1020	113	27	2	180	1950	71	6	12	53
LONGBOARDER BURGER	990	590	66	17	2	135	1490	54	2	12	44
MALIBU BURGER	1000	550	61	21	2	165	2720	54	3	10	58
MAUI BURGER	1040	620	69	20	2	165	1300	51	2	9	53
MAVERICKS BURGER	1460	880	98	23	2	160	2530	93	5	31	51
PIPELINE BURGER	1030	550	61	22	2	200	2400	57	4	11	64
POINT BREAK BURGER	1160	690	77	25	2	180	1840	60	3	13	56
SRIRACHA SMACK BURGER	1080	600	67	26	2	200	2780	58	3	14	60
SUNSET BURGER	960	470	52	19	2	145	2450	74	3	27	49
WAIMEA BURGER	1280	730	81	26	2	200	2070	75	3	31	62



	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BIRDS OF PARADISE - CHICKEN SANDWICH											
NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
CALIFORNIA FLYER	1350	720	80	16	0.5	190	2130	87	5	29	69
MOA KANEHOE CRISP	1310	750	83	20	1	175	3010	77	3	12	64
MOA MAUNA LOA CRISP	1160	670	75	20	1	165	2310	76	3	11	45
SANDPIPER	1010	530	59	15	1	185	1490	51	2	10	70
SHOREBIRD	930	450	50	14	1	185	1430	47	2	8	67
TOUCAN	1040	460	51	14	1	180	1890	73	3	30	68
ISLAND TACOS											
CABO LOCO TACOS WITH RANCHERO BEANS	940	530	59	15	0	105	1470	64	11	5	38
GLUTEN FREE CHICKEN TACOS WITH RANCHERO BEANS AND SLAW	780	270	30	8	0	155	580	75	14	11	52
GRILLED FRESH FISH TACOS WITH RANCHERO BEANS - ALA MOANA	760	340	38	6	0	120	840	66	12	8	39
GRILLED SALMON TACOS WITH RANCHERO BEANS	980	410	45	12	0	135	1820	89	12	27	55
ISLAND FISH TACOS WITH RANCHERO BEANS	830	440	49	8	0	30	1220	76	11	8	22
LUAU TACOS WITH RANCHERO BEANS	810	320	36	11	0	90	2000	84	13	19	37
MAHI/GRILLED FISH TACOS WITH RANCHERO BEANS	830	410	45	8	0	145	900	61	10	5	44
NORTHSHORE TACOS WITH RANCHERO BEANS	770	300	33	12	0	105	2370	75	8	3	43
STEAK TACOS WITH RANCHERO BEANS	960	490	54	15	1	135	1400	66	12	7	53
YAKI TACOS WITH RANCHERO BEANS	950	360	40	17	0	190	2440	78	8	29	69
BEACH BOWLS											
HOISIN CHICKEN BOWL	720	200	22	5	1	120	1000	78	8	30	52
HOISIN MAHI/GRILLED FISH BOWL	630	160	18	3	1	125	1000	78	8	30	40
HOISIN SALMON BOWL	760	270	30	7	1	95	1190	79	9	28	43
MISO SALMON BOWL	730	270	30	6	0	94	600	72	13	17	43
TERIYAKI CHICKEN BOWL	760	200	22	5	0.5	120	1150	87	8	39	53
TERIYAKI MAHI/GRILLED FISH BOWL	670	160	18	3	0.5	125	1200	87	8	39	40
TERIYAKI SALMON BOWL	810	280	31	6	0	94	1380	88	8	37	44
HOISIN SAUCE (1.5oz)	70	10	1	0	1	0	760	15	0	12	1
TERIYAKI SAUCE (1.5oz)	110	10	1	0	0	0	960	24	0	21	1
PARADISE'S BIKINI BEACH											
NO BLAME GRILLED VEGGIE TACOS WITH ISLAND SLAW	480	140	15	4	0	20	840	72	15	8	16
NORTHSHORE LIMITED TACOS WITH RANCHERO BEANS	490	120	13	5	0.5	70	1440	63	11	3	30
SLEEK GREEK SALAD	380	160	18	4	0	85	870	22	4	14	33
TURKEY BURGER LITE WITH STEAMED VEGGIES NO BUTTER	630	270	30	7	0.5	95	1510	55	4	12	34
SURFER FAVORITES											
NUTRITIONAL DATA FOR SURFER FAVORITES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW, UNLESS NOTED OTHERWISE											
CHICKEN CLUB WRAP	1040	510	57	14	0.5	135	2660	80	6	27	51
GRILLED CHICKEN PLATTER (WITH MACARONI SALAD)	1380	420	47	9	0	279	2830	129	3	31	110
GRILLED CHICKEN PLATTER (WITH STEAMED VEGGIES)	1220	320	35	12	1	295	2640	116	5	35	110
GRILLED FISH PLATTER (SALMON) (WITH MACARONI SALAD)	1150	500	55	10	0	107	1730	116	6	30	48
GRILLED FISH PLATTER (SALMON) (WITH STEAMED VEGGIES)	990	390	43	13	0	124	1550	104	9	34	47
GRILLED FRESH ALBACORE SANDWICH	670	140	16	3	0	65	2210	88	3	40	43
KALUA PORK SANDWICH (WITH MACARONI SALAD)	1310	750	83	19	1	110	2270	104	4	34	37
KALUA PORK WRAP (WITH MACARONI SALAD)	1380	630	70	17	0	100	3160	145	8	32	42
MOA KAI (TUNA)	920	600	67	16	1	95	1375	49	2	9	28
THE WEDGE (BLT)	1100	760	84	22	1	90	2600	49	2	9	35



BURGERS, SANDWICHES & WRAPS SIDE											
	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ALL BURGERS, SANDWICHES & WRAPS INCLUDE A CHOICE OF THE FOLLOWING SIDES											
ALA MOANA FRIES (4.5oz)	420	280	31	3	0	0	410	32	3	0	3
CAESAR SALAD	130	90	10	3	0	10	310	7	1	1	3
GARDEN SALAD (NO DRESSING)	40	10	1	0	0	0.5	90	7	1	2	1
ISLAND FRIES (4.5oz)	430	180	20	2	0	0	370	58	4	1	5
ISLAND SLAW	40	5	0.5	0	0	0	15	8	2	3	1
ONION RINGS	490	260	29	5	0	0	1150	53	6	10	6
STEAMED VEGGIES WITH BUTTER	170	110	12	7	0.5	30	160	11	4	4	4
SWEET POTATO FRIES	440	240	26	5	0	0	740	49	9	17	4
TORTILLA SOUP (6.7oz)	160	70	8	3	0	30	710	12	1	3	9
SALADS											
NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING											
CHINA COAST SALAD	940	470	52	10	3	115	1850	72	6	22	47
GARDEN SALAD (NO DRESSING)	80	20	2	1	0	1	160	13	3	4	3
JUNGLE CAESAR SALAD	660	390	43	10	1	125	1180	21	4	5	46
KAANAPALI KOBBLER SALAD	1020	720	80	20	1	340	1770	15	6	7	60
SMALL CAESAR SALAD	260	190	21	5	0	18	640	11	1	3	6
WIQUI WAQUI SALAD	990	470	52	14	0.5	210	1640	61	9	25	70
SIDE OF SALAD DRESSINGS - 2oz											
1000 ISLAND	260	240	27	4	0	15	320	5	0	3	0
BLEU CHEESE	260	240	26	8	0	30	320	2	0	1	2
CAESAR	290	280	31	5	0.5	10	570	3	0	2	1
HONEY MUSTARD	320	290	32	5	0.5	15	350	7	0	7	0
KOBB	280	280	31	5	0	15	320	1	0	2	0
LIGHT BALSAMIC	90	50	6	1	0	0	380	10	0	9	0
RANCH	230	210	23	4	0	15	540	3	0	2	1
SESAME	250	210	23	4	0	10	810	11	0	9	1
OPTIONAL BURGER AND SANDWICH ADDITIONS											
AMERICAN CHEESE (1oz)	90	60	7	5	0	20	480	3	0	1	4
APPLEWOOD SMOKED BACON (2 SLICES)	120	80	9	3	0	15	750	0	0	0	9
AVOCADO SLICES (1.3oz)	60	45	5	1	0	0	3	5	2	0	0
BEEF PATTY ONLY	390	240	27	10	1	125	110	0	0	0	36
BLEU CHEESE CRUMBLES (1oz)	100	70	8	5	0	25	380	0	0	0	6
CHEDDAR + JACK CHEESE (1oz)	110	80	9	6	0	35	190	1	0	0	6
CHEDDAR CHEESE (1oz)	110	80	9	6	0	35	190	1	0	0	6
CHICKEN PATTY ONLY	250	50	6	2	0	130	120	0	0	0	48
FETA CHEESE (1oz)	70	50	5	3	0	15	280	1	0	0	5
FRIED EGG	90	60	7	2	0	185	95	0	0	0	6
ISLAND REDS™ (1oz)	170	130	14	1	0	5	140	9	1	2	1
PEPPER JACK CHEESE (1oz)	110	80	9	6	0	35	190	1	0	0	6
SAUTEED MUSHROOMS (2oz)	50	40	4	1	0	0	120	2	0	1	1
SWISS CHEESE (1oz)	110	80	9	6	0.5	30	60	1	0	0	7
TURKEY PATTY ONLY	240	120	13	3	0	100	330	3	1	2	28
VEGGIE PATTY ONLY	150	40	4	1.5	0	25	760	22	3	1	8



SIDES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
AVOCADO SALSA (3oz)	70	40	4	0.5	0	0	320	7	2	3	1
KALUA PORK (5oz)	310	210	23	9	0	85	660	0	0	0	25
CHILI, LARGE (6oz)	600	320	36	16	2	200	1720	12	2	4	60
CHILI, SMALL (3oz)	150	80	9	4	0.5	50	430	3	0.5	1	15
GUACAMOLE, LARGE (5oz)	560	520	58	0	0	0	620	0	0	0	8
GUACAMOLE, SMALL (2oz)	110	100	11	0	0	0	120	0	3	0	2
ISLAND REDS™ (2oz)	330	250	28	2	0	0	270	18	2	4	2
RANCHERO BEANS/REFRIED BEANS	110	30	3	0	0	5	290	15	4	1	6
SOUR CREAM (1oz)	60	50	6	3	0	17	9	1	0	1	0
SPICY CHICKEN (4oz)	100	30	3	0	0	45	580	3	0	0	15
SAUCES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BBQ SAUCE (1oz)	50	0	0	0	0	0	240	11	0	9	0
BLEU CHEESE DRESSING (1oz)	130	120	13	4	0	15	160	1	0	0.5	1
CHIPOTLE AIOLI (1oz)	180	180	20	3	0	15	230	1	0	1	0
GRILLED PINEAPPLE SALSA (2oz)	30	0	0	0	0	0	20	8	0	6	0
ISLANDS SALSA (2oz)	15	0	0	0	0	0	260	3	0	0	0
MAYONNAISE (1oz)	210	210	23	4	0.5	15	150	0.5	0	0.5	0
TERIYAKI SAUCE (1oz)	70	10	1	0	0	0	640	16	0	14	1
YELLOW MUSTARD (1oz)	20	10	1	0	0	0	320	2	0	0	0
BUN, TORTILLAS & BREAD	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CORN TORTILLA (6")	90	10	1	0	0	0	30	18	2	0	2
EGG BREAD (TEXAS TOAST 2 SLICES)	170	20	2	1	0	0	320	34	1	4	5
FLOUR TORTILLA (12")	240	60	6	2	0	0	475	40	1	0	5
FLOUR TORTILLA (6")	80	20	2	0.5	0	0	165	14	0.5	0	2
GLUTEN FREE BUN (4")	230	60	7	0.5	0	0	320	38	5	3	4
HOT DOG BUN	150	20	2	0	0	0	270	29	0.5	4	4
WHEAT BUN (4.5")	230	30	3	1	0	0	340	43	2	7	7
WHITE BUN (4.5")	230	30	3	1	0	0	360	44	1	6	6
DESSERTS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CHOCOLATE LAVA	1440	780	87	33	0	225	870	144	3	105	18
FUDGE BROWNIE	520	290	32	13	0	85	315	52	1	39	6
KONA PIE	930	420	225	21	1.5	105	330	114	3	78	15
ROOT BEER FLOAT	430	150	17	10	0.5	115	135	65	0	65	4
SMALL ICE CREAM SUNDAE	450	220	24	13	0	85	185	51	2	44	7
SHAKES AND SMOOTHIES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CHOCOLATE SHAKE	760	400	44	16	0	0	380	84	0	63	8
COOL BREEZE	400	40	4	4	0	5	10	91	4	78	1
MANGO STRAWBERRY	380	20	2	1	0	5	0	91	3	75	0
STRAWBERRY SHAKE	760	400	44	16	0	0	370	82	0	56	8
VANILLA SHAKE	730	400	44	16	0	30	370	75	0	56	8



BEVERAGES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ENDLESS MUGS											
COCA COLA	100	0	0	0	0	0	30	26	0	26	0
DIET COKE	0	0	0	0	0	0	30	0	0	0	0
CHERRY COKE	110	0	0	0	0	0	30	28	0	28	0
SPRITE	100	0	0	0	0	0	50	26	0	26	0
ROOT BEER	110	0	0	0	0	0	50	30	0	30	0
LEMONADE	120	0	0	0	0	0	40	30	0	29	0
MR PIBB	95	0	0	0	0	0	30	29	0	29	0
FRUIT PUNCH	120	0	0	0	0	0	35	32	0	32	0
GREEN ICED TEA	80	0	0	0	0	0	10	22	0	21	0
NATURAL ICED TEA	0	0	0	0	0	0	0	0	0	0	0
PASSION ICED TEA	0	0	0	0	0	0	0	0	0	0	0
HOT TEA	0	0	0	0	0	0	0	0	0	0	0
FRUIT JUICES											
APPLE JUICE (8 fl oz)	140	0	0	0	0	0	10	35	0	34	0
APPLE JUICE (14 fl oz)	250	0	0	0	0	0	20	61	0	60	0
ORANGE JUICE (8 fl oz)	110	0	0	0	0	0	20	27	0	26	0
ORANGE JUICE (14 fl oz)	190	0	0	0	0	0	35	47	0	46	0
CRANBERRY JUICE (8 fl oz)	135	0	0	0	0	0	40	34	0	33	0
CRANBERRY JUICE (14 fl oz)	240	0	0	0	0	0	70	60	0	58	0
FRESH BREWED COFFEE											
REGULAR BREWED COFFEE (black)	0	0	0	0	0	0	0	0	0	0	0
DECAF BREWED COFFEE (black)	0	0	0	0	0	0	0	0	0	0	0
GREMMIE MENU											
NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
LIL BEEF SLIDER	220	70	8	3	1	30	510	24	1	3	13
LIL SANDCASTLE	180	70	8	5	0	20	640	20	0.5	3	7
LIL TIKI TENDERS	380	210	23	5	0	50	1130	26	1	1	17
JR WAVE	450	180	20	8	1.0	85	670	36	1	5	30
JR WAVE WITH CHEESE AND BACON	660	330	37	15	1	120	1910	39	1	6	43
JR LIL DOGGER	380	210	23	10	2	35	1050	31	1	4	13
JR MAC N CHEESE	300	80	9	3	0	10	650	44	2	8	10
JR QUESADILLA	590	320	36	18	1	105	1060	42	1	0.5	24
JR NOODLES WITH BUTTER + PARMESAN CHEESE	370	110	12	7	1	30	310	53	2	0.5	12
JR SANDCASTLE	360	140	16	9	0.0	45	1290	39	1	6	14
JR TIKI TENDERS	570	320	35	7	0	70	1700	39	2	2	25
JR SUNDAE (3.5oz)	260	140	16	10	0.5	100	60	24	0.5	23	4
JR CHOCOLATE SHAKE (12oz)	630	320	36	13	0	0	310	70	0	52	6
JR VANILLA SHAKE (12oz)	630	340	38	14	0	0	320	65	0	48	6
JR STRAWBERRY SHAKE (12oz)	620	320	36	13	0	0	310	68	0	46	6
GREMMIE MENU SIDES & APPETIZERS & DIPS											
JR GARDEN SALAD WITH 1oz RANCH DRESSING	160	120	13	2	0	8	360	8	1	3	2
JR CAESAR SALAD	110	80	9	2	0	3	210	6	1	2	1
JR ISLAND FRIES (3oz) WITH 1oz RANCH DIP	400	225	25	3	0	7	510	41	2	2	4
FRESH PINEAPPLE	40	0	0	0	0	0	0	11	1	8	0
APPLESAUCE (4oz)	80	0	0	0	0	0	0	18	1	16	0
JR COOKED BROCCOLI (4oz) WITH BUTTER	80	40	4	2.5	0	10	90	8	0	2	2
YOGURT DIP ONLY (1oz)	75	40	4	3	0	15	20	7	0	5	2
RANCH DIP ONLY (1oz)	110	100	11	2	0	7	270	2	0	1	0
JR FRESH APPLE WITH YOGURT DIP	150	40	4	3	0	15	20	26	3	20	2
JR FRESH PINEAPPLE WITH YOGURT DIP	80	0	0.0	0	0	0	10	17	1	14	2



ALCOHOLIC BEVERAGES - MIXED DRINKS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BIG ISLAND ICED TEA	370	0	0	0	0	0	0	43	1	38	0
BLOODY MARY	220	0	0	0	0	0	1100	23	3	8	2
BLUE HAWAIIAN	290	0	1	0	0	0	10	50	0	47	0
HAND SHAKEN STRAWBERRY DAIQUIRI	300	0	0	0	0	0	0	36	1	30	0
LAVA FLOW	450	20	2	0	0	0	10	64	3	56	1
LONG ISLAND ICED TEA	460	0	0	0	0	0	5	80	1	73	0
MAI TAI	230	0	0	0	0	0	0	21	0	18	0
MANGORITA	490	0	0	0	0	0	2200	56	0	52	0
MARGARITA FROZEN	480	0	0	0	0	0	10	65	0	57	0
MARGARITA FROZEN STRAWBERRY	410	0	0	0	0	0	7	60	0	54	0
MARGARITA LITE	290	0	0	0	0	0	0	41	0	34	0
MARGARITA ROCKS	490	0	0	0	0	0	2200	56	0	52	0
MAUI MOJITO	290	0	0	0	0	0	5	29	0	25	0
MOJITO	290	0	0	0	0	0	25	32	5	20	2
PINA COLADA	400	30	3	3	0	0	15	53	3	47	1
PUNCH BOWL PER BOWL	800	0	0	0	0	0	34	132	3	108	2
SUNSET COLADA	440	30	3.5	3.5	0	0	15	49	2	44	1
SUNSET MARGARITA	280	0	0	0	0	0	0	25	1	21	0
TROPICAL DEEP BLUE SEA (LAPU LAPU)	510	0	0	0	0	0	5	91	0	76	0
WINE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CABERNET SAUVIGNON (SEVEN FALLS) - GLASS	235	0	0	0	0	0	15	5	0	1	0
CABERNET SAUVIGNON (SEVEN FALLS) - BOTTLE	840	0	0	0	0	0	50	20	0	4	0
CABERNET SAUVIGNON (WOODBRIDGE BY ROBERT MONDAVI) - GLASS	155	0	0	0	0	0	15	5	0	1	0
CABERNET SAUVIGNON (WOODBRIDGE BY ROBERT MONDAVI) - BOTTLE	560	0	0	0	0	0	50	20	0	4	0
CHARDONNAY (WOODBRIDGE BY ROBERT MONDAVI) - GLASS	155	0	0	0	0	0	15	5	0	1	0
CHARDONNAY (WOODBRIDGE BY ROBERT MONDAVI) - BOTTLE	560	0	0	0	0	0	50	20	0	4	0
CHARDONNAY (KENDALL JACKSON) - GLASS	180	0	0	0	0	0	15	5	0	1	0
WINE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CHARDONNAY (KENDALL JACKSON) - BOTTLE	660	0	0	0	0	0	60	20	0	4	0
MERLOT (14 HANDS) - GLASS	220	0	0	0	0	0	15	5	0	1	0
MERLOT (14 HANDS) - BOTTLE	780	0	0	0	0	0	50	20	0	4	0
PINOT GRIGIO (WOODBRIDGE BY ROBERT MONDAVI) - GLASS	155	0	0	0	0	0	15	5	0	1	0
PINOT GRIGIO (WOODBRIDGE BY ROBERT MONDAVI) - BOTTLE	560	0	0	0	0	0	60	20	0	4	0
PINOT NOIR (ESTANCIA) - GLASS	160	0	0	0	0	0	15	5	0	1	0
PINOT NOIR (ESTANCIA) - BOTTLE	575	0	0	0	0	0	50	20	0	4	0



DRAFT BEER	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ALE SMITH .394 - 16oz	249	0	0	0	0	0	65	27	0	0	2.5
ALE SMITH .394 - 22oz	342	0	0	0	0	0	90	38	0	0	3.4
ALESMITH LITTLE DEVEL BELGIAN ALE - 16oz	225	0	0	0	0	0	65	24	0	0	2.5
ALESMITH LITTLE DEVEL BELGIAN ALE - 22oz	309	0	0	0	0	0	89	33	0	0	3.5
ALESMITH NUT BROWN - 16oz	233	0	0	0	0	0	59	30	0	0	2.2
ALESMITH NUT BROWN - 22oz	320	0	0	0	0	0	81	41	0	0	3.0
ANCHOR STEAM - 16oz	200	0	0	0	0	0	20	20	0	0	2.0
ANCHOR STEAM - 22oz	275	0	0	0	0	0	28	28	0	0	2.8
BALLAST POINT SCULPIN IPA - 16oz	273	0	0	0	0	0	17	26	0	0	0.9
BALLAST POINT SCULPIN IPA - 22oz	376	0	0	0	0	0	23	35	0	0	1.2
BEAR REPUBLIC RACER 5 IPA - 16oz	307	0	0	0	0	0	13	34	0	0	2.7
BEAR REPUBLIC RACER 5 IPA - 22oz	422	0	0	0	0	0	18	46	0	0	3.7
BLUE MOON - 16oz	245	0	0	0	0	0	7	28	0	0	2.4
BLUE MOON - 22oz	337	0	0	0	0	0	9	39	0	0	3.3
BUD LIGHT - 16oz	192	0	0	0	0	0	20	16	0	0	1.3
BUD LIGHT - 22oz	264	0	0	0	0	0	27	22	0	0	1.8
COACHELLA VALLEY PHOENIX LAGER - 16oz	196	0	0	0	0	0	10	16	0	0	1.0
COACHELLA VALLEY PHOENIX LAGER - 22oz	269	0	0	0	0	0	14	22	0	0	1.4
COORS LIGHT - 16oz	192	0	0	0	0	0	20	12	0	0	1.3
COORS LIGHT - 22oz	264	0	0	0	0	0	27	17	0	0	1.8
CORONADO ORANGE AVENUE WIT - 16oz	206	0	0	0	0	0	15	20	0	0	2.0
CORONADO ORANGE AVENUE WIT - 22oz	283	0	0	0	0	0	21	28	0	0	2.8
DALE BROTHERS POMONA QUEEN LAGER - 16oz	286	0	0	0	0	0	20	25	0	0	2.0
DALE BROTHERS POMONA QUEEN LAGER - 22oz	393	0	0	0	0	0	28	34	0	0	2.8
DESCHUTES BLACK BUTTE PORTER - 16oz	256	0	0	0	0	0	10	27	0	0	2.0
DESCHUTES BLACK BUTTE PORTER - 22oz	352	0	0	0	0	0	14	37	0	0	2.8
DESCHUTES FRESH SQUEEZED IPA - 16oz	300	0	0	0	0	0	20	30	0	0	2.0
DESCHUTES FRESH SQUEEZED IPA - 22oz	413	0	0	0	0	0	28	41	0	0	2.8
DESCHUTES HOP SLICE IPA - 16oz	213	0	0	0	0	0	20	21	0	0	2.0
DESCHUTES HOP SLICE IPA - 22oz	293	0	0	0	0	0	28	29	0	0	2.8
DESCHUTES INVERSION IPA - 16oz	304	0	0	0	0	0	20	30	0	0	2.0
DESCHUTES INVERSION IPA - 22oz	418	0	0	0	0	0	28	41	0	0	2.8
DESCHUTES MIRROR POND PALE ALE - 16oz	227	0	0	0	0	0	20	18	0	0	2.0
DESCHUTES MIRROR POND PALE ALE - 22oz	312	0	0	0	0	0	28	25	0	0	2.8
DESCHUTES PACIFIC WONDERLAND LAGER - 16oz	290	0	0	0	0	0	20	25	0	0	2.0
DESCHUTES PACIFIC WONDERLAND LAGER - 22oz	398	0	0	0	0	0	28	34	0	0	2.8
DOGFISH HEAD INDIAN BROWN - 16oz	307	0	0	0	0	0	13	41	0	0	2.7
DOGFISH HEAD INDIAN BROWN - 22oz	422	0	0	0	0	0	18	56	0	0	3.7
DOS EQUIS LAGER - 16oz	173	0	0	0	0	0	10	15	0	0	1.0
DOS EQUIS LAGER - 22oz	238	0	0	0	0	0	14	21	0	0	1.4
FIRESTONE-WALKER 805 - 16oz	200	0	0	0	0	0	7	24	0	0	2.0
FIRESTONE-WALKER 805 - 22oz	275	0	0	0	0	0	9	33	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 16oz	247	0	0	0	0	0	7	27	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 22oz	339	0	0	0	0	0	9	37	0	0	3.7
FIRESTONE-WALKER PALE 31 - 16oz	195	0	0	0	0	0	13	23	0	0	2.7
FIRESTONE-WALKER PALE 31 - 22oz	268	0	0	0	0	0	18	32	0	0	3.7
FIRESTONE-WALKER PIVO PILSNER - 16oz	201	0	0	0	0	0	13	21	0	0	1.3
FIRESTONE-WALKER PIVO PILSNER - 22oz	277	0	0	0	0	0	18	29	0	0	1.8



DRAFT BEER	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
FIRESTONE-WALKER UNION JACK IPA - 16oz	283	0	0	0	0	0	13	30	0	0	2.7
FIRESTONE-WALKER UNION JACK IPA - 22oz	389	0	0	0	0	0	18	42	0	0	3.7
FIRESTONE-WALKER VELVET MERLIN - 16oz	353	0	0	0	0	0	13	43	0	0	2.9
FIRESTONE-WALKER VELVET MERLIN - 22oz	486	0	0	0	0	0	18	59	0	0	4.0
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 16oz	243	0	0	0	0	0	0	25	0	0	2.7
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 22oz	334	0	0	0	0	0	0	34	0	0	3.7
GREAT DIVIDE YETI IMPERIAL STOUT - 16oz	413	0	0	0	0	0	13	55	0	0	2.7
GREAT DIVIDE YETI IMPERIAL STOUT - 22oz	568	0	0	0	0	0	18	76	0	0	3.7
HANGER 24 BETTY IPA - 16oz	285	0	0	0	0	0	15	30	0	0	2.0
HANGER 24 BETTY IPA - 22oz	392	0	0	0	0	0	21	41	0	0	2.8
HANGER 24 HELLES LAGER - 16oz	267	0	0	0	0	0	20	18	0	0	2.0
HANGER 24 HELLES LAGER - 22oz	367	0	0	0	0	0	28	25	0	0	2.8
HANGER 24 ORANGE WHEAT - 16oz	258	0	0	0	0	0	15	30	0	0	2.0
HANGER 24 ORANGE WHEAT - 22oz	354	0	0	0	0	0	21	41	0	0	2.8
KARL STRAUSS AURORA HOPPYALIS IPA - 16oz	265	0	0	0	0	0	52	28	0	0	2.3
KARL STRAUSS AURORA HOPPYALIS IPA - 22oz	364	0	0	0	0	0	71	39	0	0	3.1
KARL STRAUSS MOSAIC SESSION IPA - 16oz	214	0	0	0	0	0	47	21	0	0	2.9
KARL STRAUSS MOSAIC SESSION IPA - 22oz	295	0	0	0	0	0	64	28	0	0	4.0
KARL STRAUSS RED TROLLEY ALE - 16oz	276	0	0	0	0	0	58	35	0	0	2.9
KARL STRAUSS RED TROLLEY ALE - 22oz	379	0	0	0	0	0	80	49	0	0	4.1
KARL STRAUSS TOWER 10 IPA - 16oz	279	0	0	0	0	0	54	28	0	0	2.3
KARL STRAUSS TOWER 10 IPA - 22oz	384	0	0	0	0	0	74	39	0	0	3.2
KNEE DEEP BREAKING BUD IPA - 16oz	242	0	0	0	0	0	17	20	0	0	2.8
KNEE DEEP BREAKING BUD IPA - 22oz	332	0	0	0	0	0	23	27	0	0	3.8
KONA BIG WAVE GOLDEN ALE - 16oz	176	0	0	0	0	0	13	18	0	0	1.9
KONA BIG WAVE GOLDEN ALE - 22oz	242	0	0	0	0	0	18	24	0	0	2.7
KONA CASTAWAY IPA - 16oz	232	0	0	0	0	0	13	21	0	0	3.1
KONA CASTAWAY IPA - 22oz	319	0	0	0	0	0	18	29	0	0	4.2
KONA FIRE ROCK PALE ALE - 16oz	248	0	0	0	0	0	13	20	0	0	2.7
KONA FIRE ROCK PALE ALE - 22oz	341	0	0	0	0	0	18	27	0	0	3.7
KONA HANAIE ISLAND IPA - 16oz	192	0	0	0	0	0	13	20	0	0	1.9
KONA HANAIE ISLAND IPA - 22oz	264	0	0	0	0	0	18	27	0	0	2.6
KONA LONGBOARD LAGER - 16oz	192	0	0	0	0	0	13	20	0	0	2.7
KONA LONGBOARD LAGER - 22oz	264	0	0	0	0	0	18	27	0	0	3.7
KONA PIPELINE PORTER - 16oz	247	0	0	0	0	0	13	27	0	0	2.7
KONA PIPELINE PORTER - 22oz	339	0	0	0	0	0	18	37	0	0	3.7
LAGUNITIAS IPA - 16oz	250	0	0	0	0	0	20	25	0	0	3.5
LAGUNITIAS IPA - 22oz	344	0	0	0	0	0	28	35	0	0	4.9
LAGUNITIAS PILSNER - 16oz	221	0	0	0	0	0	18	19	0	0	3.4
LAGUNITIAS PILSNER - 22oz	304	0	0	0	0	0	25	26	0	0	4.7
LEFT COAST TRESTLES IPA - 16oz	282	0	0	0	0	0	15	25	0	0	2.0
LEFT COAST TRESTLES IPA - 22oz	388	0	0	0	0	0	21	34	0	0	2.8
MAUI BIG SWELL IPA - 16oz	259	0	0	0	0	0	13	25	0	0	4.0
MAUI BIG SWELL IPA - 22oz	356	0	0	0	0	0	18	34	0	0	5.5
MAUI BIKINI BLONDE - 16oz	208	0	0	0	0	0	13	23	0	0	2.7
MAUI BIKINI BLONDE - 22oz	286	0	0	0	0	0	18	32	0	0	3.7
MODERN TIMES BLACK HOUSE STOUT - 16oz	279	0	0	0	0	0	44	37	0	0	2.8
MODERN TIMES BLACK HOUSE STOUT - 22oz	383	0	0	0	0	0	61	52	0	0	3.8
MODERN TIMES FORTUNATE ISLANDS WHEAT - 16oz	200	0	0	0	0	0	42	18	0	0	3.2
MODERN TIMES FORTUNATE ISLANDS WHEAT - 22oz	275	0	0	0	0	0	58	25	0	0	4.4
MOTHER EARTH CALI CREAMIN - 16oz	220	0	0	0	0	0	13	23	0	0	2.7
MOTHER EARTH CALI CREAMIN - 22oz	302	0	0	0	0	0	18	32	0	0	3.7
NEWCASTLE BROWN - 16oz	187	0	0	0	0	0	13	23	0	0	1.3
NEWCASTLE BROWN - 22oz	257	0	0	0	0	0	18	32	0	0	1.8
OAK CREEK NUT BROWN ALE - 16oz	240	0	0	0	0	0	20	25	0	0	2.0
OAK CREEK NUT BROWN ALE - 22oz	330	0	0	0	0	0	28	34	0	0	2.8



	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
DRAFT BEER											
OSKAR BLUES PRISCILLA AMERICAN WIT - 16oz	200	0	0	0	0	0	13	23	0	0	0.0
OSKAR BLUES PRISCILLA AMERICAN WIT - 22oz	275	0	0	0	0	0	18	32	0	0	0.0
PACIFICO - 16oz	191	0	0	0	0	0	16	26	0	0	0.8
PACIFICO - 22oz	262	0	0	0	0	0	22	35	0	0	1.0
ROGUE HAZELNUT BROWN - 16oz	285	0	0	0	0	0	15	25	0	0	2.0
ROGUE HAZELNUT BROWN - 22oz	392	0	0	0	0	0	21	34	0	0	2.8
SAINT ARCHER BLONDE - 16oz	265	0	0	0	0	0	15	20	0	0	2.0
SAINT ARCHER BLONDE - 22oz	364	0	0	0	0	0	21	28	0	0	2.8
SAM ADAMS BOSTON LAGER - 16oz	240	0	0	0	0	0	27	18	0	0	2.7
SAM ADAMS BOSTON LAGER - 22oz	330	0	0	0	0	0	37	24	0	0	3.7
SAN TOP HOP SHOCK IPA - 16oz	292	0	0	0	0	0	13	29	0	0	3.1
SAN TOP HOP SHOCK IPA - 22oz	401	0	0	0	0	0	18	40	0	0	4.2
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 16oz	225	0	0	0	0	0	13	29	0	0	1.8
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 22oz	310	0	0	0	0	0	18	40	0	0	2.5
SIERRA NEVADA CELEBRATION - 16oz	234	0	0	0	0	0	40	26	0	0	2.6
SIERRA NEVADA CELEBRATION - 22oz	322	0	0	0	0	0	54	36	0	0	3.5
SIERRA NEVADA PALE ALE - 16oz	298	0	0	0	0	0	37	35	0	0	1.0
SIERRA NEVADA PALE ALE - 22oz	409	0	0	0	0	0	51	48	0	0	1.3
STELLA ARTOIS - 16oz	204	0	0	0	0	0	20	20	0	0	2.0
STELLA ARTOIS - 22oz	281	0	0	0	0	0	28	28	0	0	2.8
STONE DELICIOUS IPA - 16oz	293	0	0	0	0	0	33	29	0	0	3.2
STONE DELICIOUS IPA - 22oz	403	0	0	0	0	0	46	40	0	0	4.4
STONE IPA - 16oz	281	0	0	0	0	0	26	30	0	0	3.3
STONE IPA - 22oz	387	0	0	0	0	0	35	41	0	0	4.6
STONE JINDIA PALE ALE - 16oz	220	0	0	0	0	0	20	20	0	0	2.0
STONE JINDIA PALE ALE - 22oz	303	0	0	0	0	0	28	28	0	0	2.8
STONE RIPPER PALE ALE - 16oz	227	0	0	0	0	0	33	24	0	0	2.6
STONE RIPPER PALE ALE - 22oz	312	0	0	0	0	0	45	33	0	0	3.6
STONE RUINATION DOUBLE IPA 2.0 - 16oz	339	0	0	0	0	0	32	36	0	0	3.7
STONE RUINATION DOUBLE IPA 2.0 - 22oz	466	0	0	0	0	0	44	50	0	0	5.1
STONE WHO YOU CALLIN' WUSSIE PILSNER - 16oz	236	0	0	0	0	0	23	25	0	0	2.6
STONE WHO YOU CALLIN' WUSSIE PILSNER - 22oz	325	0	0	0	0	0	31	35	0	0	3.6
TENAYA CREEK BROWN ALE - 16oz	227	0	0	0	0	0	27	23	0	0	2.7
TENAYA CREEK BROWN ALE - 22oz	312	0	0	0	0	0	37	32	0	0	3.7
BOTTLED BEER - 12oz											
ANGRY ORCHARD CIDER	190	0	0	0	0	0	15	20	0	0	0.0
BLUE MOON	185	0	0	0	0	0	5	16	0	0	1.8
BUD LIGHT	110	0	0	0	0	0	10	7	0	0	0.5
BUDWEISER	145	0	0	0	0	0	10	11	0	0	1.0
CORONA EXTRA	159	0	0	0	0	0	14	14	0	0	1.3
CORONA LIGHT	107	0	0	0	0	0	18	5	0	0	1.0
HEINEKEN	150	0	0	0	0	0	10	11	0	0	1.0
HEINEKEN LIGHT	99	0	0	0	0	0	8	7	0	0	1.0
KONA BIG WAVE GOLDEN ALE	132	0	0	0	0	0	10	10	0	0	1.5
MICHELOB ULTRA	95	0	0	0	0	0	10	3	0	0	1.0
MILLER LITE	96	0	0	0	0	0	5	3	0	0	0.9
NEWCASTLE BROWN ALE	140	0	0	0	0	0	10	14	0	0	1.0
O'DOULS (NON-ALCOHOLIC)	90	0	0	0	0	0	10	15	0	0	1
OMISSION PALE ALE (GLUTEN FREE)	175	0	0	0	0	0	10	15	0	0	2
STELLA ARTOIS	154	0	0	0	0	0	10	15	0	0	1

This Nutrition data was prepared on April 2017 by Fast & Healthy Nutrition. This data has been determined solely based on the recipes, yields, and ingredient specification sheets provided to us by ISLANDS RESTAURANT. Fast & Healthy Nutrition is not responsible for the accuracy of the recipes or the information contained on the ingredient specification sheets that were supplied to us for any of the recipes listed in this document. As requested by Islands Restaurant, we have conducted a computer database nutrition analysis for the menu items above. This is an estimated analysis using the current available standard USDA ingredients or the specific brand name ingredients that are contained within the computer database program we use. Some nutrition values may vary depending on the exact ingredients and specific brand name ingredients that are used to produce this menu item. This data is solely based on the current recipes and ingredients at the time this nutrition analysis was conducted. Please check with the store's manager or Islands Restaurant to confirm if the recipes or ingredients have been changed after this date of this analysis.