



## 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	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BEACHSIDE SLIDERS™				X		X		X	
BUFFALO QUESADILLAS		X		X		X		X	
BUFFALO WINGS SPICY		X		X		X		X	X
BUFFALO WINGS BBQ		X	X	X		X		X	X
BUFFALO WINGS TERIYAKI		X		X		X		X	X
BUFFALO HONEY SRIRACHA WINGS		X		X		X		X	X
CHEDDAR FRIES				X		X			
CHEESY FRIES				X		X			
CHILI MAC LOADED FRIES		X		X		X		X	
CHIPS & SALSA						X			
CHIPS & SALSA W/LARGE GUACAMOLE			X			X			
KALUA PIG QUESADILLAS		X	X	X		X			
KALUA PORK SLIDERS						X		X	
KALUA PORK SLIDERS- ALA MOANA			X	X		X		X	
ISLAND FRIES						X			
ISLAND NACHOS			X	X		X			
ONION RINGS		X		X		X		X	
PEPPER CRUNCH SLIDERS		X	X	X		X		X	
POKE- ALA MOANA		X	X			X		X	
QUESADILLA				X		X		X	
SPICY WHITE QUESO DIP				X		X		X	
SPINACH & ARTICHOKE DIP				X				X	
SWEET POTATO FRIES						X			
TIKI TENDERS (DRESSING NOT INCLUDED)				X		X		X	

Soup	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
TORTILLA SOUP				X		X		X	
TORTILLA STRIPS						X		X	
TOMATO SOUP				X		X			

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

Salads - All nutritional data for salads includes dressing.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHINA COAST SALAD		X				X		X	
SURFBOARDER CHOP CHOP SALAD		X	X	X		X		X	
GARDEN SALAD (W/RANCH DRESSING)		X		X		X		X	X
JUNGLE CAESAR SALAD		X	X	X		X		X	
KAANAPALI KOBBSALAD		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

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

Island Tacos - All nutritional data for Island Tacos does not include sides, which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BAJA TACOS				X		X			
GRILLED FISH TACOS		X	X	X		X			
GLUTEN FREE CHICKEN TACOS				X		X			
GRILLED SALMON TACOS- ALA MOANA			X	X		X		X	
GRILLED FRESH FISH TACOS- ALA MOANA		X	X	X		X			
ISLAND FISH TACOS		X	X	X		X		X	
LUAU TACOS				X		X		X	
NO BLAME GRILLED VEGGIE TACOS W/ ISLAND SLAW				X		X			
NORTHSHORE LIMITED TACOS W/ ISLAND SLAW				X		X			
NORTHSHORE TACOS				X		X		X	
YAKI TACOS				X		X		X	

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

Birds of Paradise - Nutritional data for Birds of Paradise sandwiches does not include sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
MOA CRISP		X		X		X		X	X
MOA MAUNA LOA CRISP		X		X		X		X	
SANDPIPER		X		X		X		X	
SHOREBIRD		X		X		X		X	
TOUCAN		X		X		X		X	
GRILLED CHICKEN BREAST ONLY						X			

Beach Bowls	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN TERIYAKI BOWL						X		X	
CHICKEN HOISIN BOWL						X		X	
GRILLED FISH HOISIN BOWL			X			X		X	
GRILLED FISH TERIYAKI BOWL			X			X		X	
SALMON HOISIN BOWL- ALA MOANA			X			X		X	
SALMON TERIYAKI BOWL- ALA MOANA			X			X		X	
HOISIN SAUCE						X		X	
TERIYAKI SAUCE						X		X	

Surfer Favorites - Nutritional data for BLT, Tuna, Wraps & Grilled Fish Sandwich does not include sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN CLUB WRAP		X	X	X		X		X	X
CHICKEN CLUB PANINI		X		X		X		X	
GRILLED CHICKEN PLATTER W/ STEAMED VEGGIES				X		X		X	
GRILLED CHICKEN PLATTER W/ MACARONI SALAD		X		X		X		X	
GRILLED FRESH ALBACORE SANDWICH		X	X			X		X	
GRILLED SALMON PLATTER W/ STEAMED VEGGIES			X	X		X		X	
GRILLED SALMON PLATTER W/ MACARONI SALAD		X	X	X		X		X	
KALUA PORK SANWICH W/ MACARONI SALAD		X	X	X		X		X	
KALUA PORK WRAP W/ MACARONI SALAD		X	X	X		X		X	
MOA KAI (TUNA)		X	X	X		X		X	
THE WEDGE (BLT)		X		X		X		X	

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

Burgers - Nutritional data for Burgers does not include sides which are listed below	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BIG WAVE BURGER (NO CHEESE)						X		X	
BIG WAVE CHEESE BURGER				X		X		X	
BLEUNAMI BURGER		X		X		X		X	
HANA HOU BURGER		X		X		X		X	
HAWAIIAN BURGER		X		X		X		X	
HULA BURGER		X		X		X		X	
IMPOSSIBLE BURGER (MADE W/ IMPOSSIBLE PATTY)		X		X		X		X	
KILAUEA BURGER		X		X		X		X	
LONGBOARDER BURGER (NO CHEESE)		X	X			X		X	
MALIBU BURGER				X		X		X	
MAUI BURGER		X	X	X		X		X	
MAVERICKS BURGER		X	X	X		X		X	X
PIPELINE BURGER				X		X		X	X
POINT BREAK BURGER		X	X	X		X		X	
QUESO BURGER		X		X		X		X	
SUNSET BURGER			X	X		X		X	X
TURKEY BURGER LITE W/ STEAMED VEGGIES- NO BUTTER				X		X		X	
IMPOSSIBLE BURGER PATTY						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	Shellfi	Eggs	Fish	Dairy	Peanut	Soy	Tree Nuts	Whea	MSG
JR MAC N CHEESE				X				X	
JR NOODLES W/BUTTER + PARMESAN CHEESE				X		X		X	
JR PLAIN DOGGER (NO CHEESE OR CHILI)						X		X	
JR QUESADILLA				X		X		X	
JR SANDCASTLE				X		X		X	
JR TIKI TENDERS				X		X		X	
JR WAVE CHEESE BURGER				X		X		X	
JR WAVE (NO CHEESE)						X		X	
LIL BEEF SLIDER (NO CHEESE)						X		X	
LIL SLIDER W/ CHEESE				X		X		X	
LIL JR TIKI TENDERS				X		X		X	
LIL SANDCASTLE				X		X		X	

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

Optional Additions	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
AMERICAN CHEESE				X		X			
APPLEWOOD SMOKED BACON						X			
AVOCADO SLICES									
BLEU CHEESE CRUMBLES				X					
CHEDDAR CHEESE				X					
CHEDDAR / JACK CHEESE				X					
CHILI				X		X		X	
FETA CHEESE				X					
GUACAMOLE			X						
ISLAND REDS™				X		X		X	
PEPPER JACK CHEESE				X					
SAUTEED MUSHROOMS						X			
SOUR CREAM				X					
SPICY CHICKEN						X			
SWISS CHEESE				X					
Optional Sides	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
APPLESAUCE									
APPLES W/YOGURT DIP				X					
BROCCOLI W/BUTTER				X					
CAESAR SIDE SALAD		X	X	X		X		X	
GARDEN SIDE SALAD W/ RANCH DRESSING		X		X		X		X	X
ISLAND FRIES						X			
ISLAND SLAW									
JR. FRIES W/ RANCH DRESSING		X		X		X			X
ONION RINGS		X		X		X		X	
PINEAPPLE SKEWERS W/YOGURT DIP				X					
RANCHERO BEANS				X		X			
REFRIED BEANS						X			
STEAMED VEGGIES W/BUTTER				X					
SWEET POTATO FRIES						X			
YOGURT DIP				X					

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

Sauces	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BBQ SAUCE			X			X			
CHIPOTLE AIOLI		X				X			
CHIPOTLE WHITE SAUCE		X		X		X			
ROASTED GARLIC AIOLI		X				X			
GRILLED PINEAPPLE SALSA									
HABANERO AIOLI		X				X			
HOISIN SAUCE						X		X	
ISLANDS SALSA									
MACHETE AIOLI		X				X			
MAYONNAISE		X				X			
TERIYAKI SAUCE						X		X	
YELLOW MUSTARD									

Bun, Tortillas, & Bread	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CORN TORTILLA						X			
EGG BREAD (TEXAS TOAST)						X		X	
FLOUR TORTILLA						X		X	
FOCACCIA BREAD								X	
GLUTEN FREE BUN		X							
HOT DOG BUN						X		X	
KIDS BUN						X		X	
WHEAT BUN						X		X	
WHITE BUN						X		X	
BUTTER BUN		X		X		X		X	

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

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo



## 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.

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

This allergy data was prepared in May 2018. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. This table excludes limited time offers, test products and regional items. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753. Mahalo