



## 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	
CHIPOTLE CHICKEN MINI QUESADILLAS		X		X		X			
CHIPS & SALSA						X			
CHIPS & SALSA W/LARGE GUACAMOLE			X			X			
KALUA PIG QUESADILLAS		X	X	X		X			
KALUA PORK WITH PINEAPPLE PICO QUESADILLAS		X		X		X			
KALUA PORK SLIDERS				X		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	
POINT BREAK SLIDERS				X					
POKE- ALA MOANA		X	X			X		X	
QUESADILLA				X		X		X	
BEACHSIDE SLIDERS				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	
TEMPURA GREEN BEANS		X				X		X	

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

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Salads - All nutritional data for salads includes dressing.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHINA COAST SALAD		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			
SURFBOARER CHOP CHOP SALAD		X	X	X		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
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	
STEAK TACOS		X		X		X			
YAKI TACOS				X		X		X	

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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		X			

Beach Bowls	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN TERIYAKI BOWL				X		X		X	
CHICKEN HOISIN BOWL				X		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 BLT PANINI		X		X		X		X	
CHICKEN CLUB WRAP		X	X	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		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	

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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		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	
HIKI OLE BURGER (IMPOSSIBLE)		X		X		X		X	
HULA BURGER		X		X		X		X	
KILAUEA BURGER		X		X		X		X	
LONGBOARDER BURGER (NO CHEESE)		X	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	
SRIRACHA SMACK BURGER				X		X		X	
SUNSET BURGER			X	X		X		X	X
TURKEY BURGER LITE W/ STEAMED VEGGIES- NO BUTTER				X		X		X	
BEEF PATTY ONLY						X			
IMPOSSIBLE BURGER PATTY						X			
TURKEY PATTY ONLY				X		X			
VEGGIE PATTY ONLY				X		X		X	

Gremmie - Nutritional data for Gremmie items does not include sides which are listed below	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	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		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	

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LIL JR TIKI TENDERS				X		X		X	
LIL SANDCASTLE		X		X		X		X	

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		X			
STEAMED VEGGIES W/BUTTER				X					
SWEET POTATO FRIES						X			
YOGURT DIP				X					

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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			
CILANTRO CHILI		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			
SRIRACHA CREAM CHEESE				X					
SRIRACHA SOY GLAZE						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				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	

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					

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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					

LTO Items	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BANH MI BURGER		X		X		X			
BAJA BOWL				X		X			
BLACKENED FISH SANDWICH (WITHOUT BUN)		X	X anchovies	X		X			
BREAKFAST BURRITO		X		X				X	
BUTTER BUN								X	
CAL ROSE RICE									
CARIBBEAN COSMO									
COCOBERRY BLAST							X coconut		
EUROPEAN UNSALTED BUTTER				X		X			
FRENCH ONION DIP		X		X		X		X	
GARDEN MULE									
MAKAHA BURGER (WITHOUT BUN)				X		X		X	
MANGO CHOP CHOP SALAD		X	X shrimp	X		X	X almonds	X	
MANGO AND PINEAPPLE DAIQUIRI									
PACIFIC RIM SALAD				X		X	X sesame	X	
PAPAS CON HUEVOS		X		X				X	
POBLANO QUESO DIP				X		X		X	
RANCH DRESSING VERSION 2		X		X		X			
REFRESHER- BLACK CHEERY SWEET TEA									
REFRESHER- PRICKLY PEAR & STRAWBERRY									
REFRESHER- SMOKED PEACH LEMONADE									
REFRESHER- SPICY COCONUT LIMEADE									
SALMON BOWL- (HOISIN, TERIYAKI OR MISO)			X	X		X	X sesame	X	
SALMON ENTREE- (HOISIN, TERIYAKI OR MISO)			X	X		X	X sesame	X	
SALMON CAESAR SALAD (BLACKENED)		X	X	X		X		X	

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STRAWBERRY SHAKE- VERSION 2				X					
SEARED AHI MINI QUESADILLA			X	X		X			
SKINNY TURKEY				X		X			
SPICY KALUA PORK MINI QUESADILLAS				X		X		X	
SRIRACHA SMACK BURGER (WITHOUT BUN)				X		X		X	
TROPICAL KALUA PORK TACOS			X shrimp	X		X		X	

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