



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 CHICKEN QUESADILLA		X	X	X		X		X	
BUFFALO WINGS BBQ		X	X	X		X		X*	X
BUFFALO WINGS HONEY SRIRACHA		X		X		X		X*	X
BUFFALO WINGS SPICY		X		X		X		X*	X
BUFFALO WINGS TERIYAKI		X		X		X		X*	X
CHEDDAR FRIES				X		X			
CHEESY FRIES				X		X			
CHICKEN TINGA FLAUTAS				X		X		X	
CHILI MAC LOADED FRIES		X		X		X		X	
CHIPS & SALSA								X*	
CHIPS & SALSA W/LARGE GUACAMOLE			X			X		X*	
ISLAND FRIES									
ISLAND NACHOS			X	X		X		X*	
KALUA PIG QUESADILLAS		X	X	X		X			
KALUA PORK SLIDERS				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		X	
SPICY WHITE QUESO DIP				X		X		X	
SPINACH & ARTICHOKE DIP W/CHIPS				X				X*	
SWEET POTATO FRIES						X			
TEMPURA GREEN BEANS		X				X		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	
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 (NO DRESSING)				X		X		X	
JUNGLE CAESAR SALAD		X	X	X		X		X	
KAANAPALI KOBB SALAD		X		X		X			
SLEEK GREEK SALAD				X		X			
SMALL CAESAR SALAD		X	X	X		X		X	
SURFBOARDER CHOP CHOP 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		X	
CAESAR DRESSING		X	X	X		X			
HONEY MUSTARD DRESSING		X				X			
ITALIAN DRESSING						X		X	X
KOBB 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		X	
GLUTEN FREE CHICKEN TACOS				X		X			
GRILLED FISH TACOS		X	X	X		X			
GRILLED FRESH FISH TACOS- ALA MOANA		X	X	X		X			
GRILLED SALMON 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	



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 - All nutritional data for Birds of Paradise sandwiches does not include buns or sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
GRILLED CHICKEN BREAST ONLY				X		X			
MOA CRISP		X		X		X		X	X
MOA MAUNA LOA CRISP		X		X		X		X	
SANDPIPER		X		X		X			
SHOREBIRD		X		X		X			
TOUCAN		X		X		X		X	
Beach Bowls	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN HOISIN BOWL				X		X		X	
CHICKEN TERIYAKI BOWL				X		X		X	
GRILLED FISH HOISIN BOWL			X	X		X		X	
GRILLED FISH TERIYAKI BOWL			X	X		X		X	
HOISIN SAUCE						X		X	
SALMON HOISIN BOWL- ALA MOANA			X	X		X		X	
SALMON TERIYAKI BOWL- ALA MOANA			X	X		X		X	
TERIYAKI SAUCE						X		X	
Surfer Favorites - All nutritional data for BLT, Tuna, Club Wrap & Grilled Fish Sandwich does not include buns or sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN CLUB PANINI (INCLUDES FOCACCIA)		X		X		X		X	X
CHICKEN CLUB WRAP (INCLUDES WRAP)		X	X	X		X		X	X
GRILLED CHICKEN PLATTER W/MACARONI SALAD		X		X		X		X	
GRILLED CHICKEN PLATTER W/STEAMED VEGGIES				X		X		X	
GRILLED FRESH ALBACORE SANDWICH		X	X	X		X		X	
GRILLED SALMON PLATTER W/MACARONI SALAD		X	X	X		X		X	
GRILLED SALMON PLATTER W/STEAMED VEGGIES			X	X		X		X	
KALUA PORK SANDWICH 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			
THE WEDGE (BLT)		X		X		X			
Burgers - All nutritional data for Burgers does not include buns or sides which are listed below	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BEEF PATTY ONLY						X			
BIG WAVE BURGER (NO CHEESE NO BUN)						X			
BIG WAVE CHEESE BURGER (NO BUN)				X		X			
BLEUNAMI BURGER (NO BUN)		X		X		X		X	
FRENCH ONION BURGER (NO BUN)		X		X		X		X	
HAWAIIAN BURGER (NO BUN)		X		X		X		X	
HULA BURGER (NO BUN)		X		X		X			
IMPOSSIBLE BURGER (MADE W/IMPOSSIBLE PATTY) (NO BUN)		X		X		X			
IMPOSSIBLE BURGER PATTY				X		X			
KILAUEA BURGER (NO BUN)		X		X		X		X	
LONGBOARDER BURGER (NO CHEESE NO BUN)		X	X			X			
MALIBU BURGER (NO BUN)				X		X			
MAUI BURGER (NO BUN)		X	X	X		X			
MAVERICKS BURGER (NO BUN)		X	X	X		X		X	
PIPELINE BURGER (NO BUN)				X		X		X	
POINT BREAK BURGER (NO BUN)		X	X	X		X			
QUESO BURGER (NO BUN)		X		X		X		X	
SUNSET BURGER (NO ONION RINGS, BACON OR BUN)			X	X		X			
TURKEY BURGER LITE W/STEAMED VEGGIES (NO BUN)				X		X			
TURKEY PATTY ONLY				X		X			
VEGGIE PATTY ONLY				X		X		X	



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.

Gremmie - All 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 (NO CHEESE NO BUN)						X			
JR WAVE CHEESE BURGER (no bun)				X		X			
LIL BEEF SLIDER (NO CHEESE)				X		X		X	
LIL JR TIKI TENDERS				X		X		X	
LIL SANDCASTLE		X		X		X		X	
LIL SLIDER W/ CHEESE				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 / JACK CHEESE				X					
CHEDDAR CHEESE				X					
CHILI				X		X		X	
FETA CHEESE				X					
GUACAMOLE			X			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
APPLES W/YOGURT DIP				X					
APPLESAUCE									
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									
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			
REFRIED BEANS						X			
STEAMED VEGGIES W/BUTTER				X		X			
SWEET POTATO FRIES									
YOGURT DIP				X					
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			
GRILLED PINEAPPLE SALSA									
HABANERO AIOLI		X				X			
HOISIN SAUCE						X		X	
ISLANDS SALSA									
MACHETE AIOLI		X				X			
MAYONNAISE		X				X			
ROASTED GARLIC AIOLI		X				X			
TERIYAKI SAUCE						X		X	
YELLOW MUSTARD									



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.

Bun, Tortillas, & Bread	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BUTTER BUN				X		X		X	
CORN TORTILLA				X		X			
EGG BREAD (TEXAS TOAST)		X		X		X		X	
FLOUR TORTILLA				X		X		X	
FOCACCIA BREAD				X		X		X	
GLUTEN FREE BUN		X		X		X			
HOT DOG BUN						X		X	
KIDS BUN				X		X		X	
WHEAT BUN				X		X		X	
WHITE BUN				X		X		X	
Desserts	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHOCOLATE LAVA		X		X	X	X	X	X	
FUDGE BROWNIE		X		X	X	X	X	X	
ICE CREAM SUNDAE		X		X			X		
KONA PIE		X		X	X	X	X	X	
ROOT BEER FLOAT		X		X					
Shakes & Smoothies	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHOCOLATE SHAKE				X					
COOL BREEZE				X			X		
MANGO STRAWBERRY				X					
STRAWBERRY SHAKE				X					
VANILLA SHAKE				X					

*Potential fryer cross contamination.

This allergy data was prepared in December 2020. 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.



LIMITED TIME OFFERS

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.

	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BAJA BOWL				X		X			
BLACKENED FISH SANDWICH (no bun)		X	X	X		X			
BREAKFAST BURRITO		X		X				X	
BUTTER BUN				X				X	
CAL ROSE RICE									
CARIBBEAN COSMO									
COCOBERRY BLAST							X		
EUROPEAN UNSALTED BUTTER				X		X			
FRENCH ONION DIP		X		X		X		X	
GARDEN MULE									
MAKAHA BURGER (no bun)				X		X		X	
MANGO CHOP CHOP SALAD		X		X		X	X	X	
MANGO & PINEAPPLE DAIQUIRI									
PACIFIC RIM SALAD				X		X	X	X	
PAPAS CON HUEVOS		X		X				X*	
POBLANO QUESO DIP				X		X		X	
RANCH DRESSING VERSION 2		X		X		X			
REFRESHER- BLACK CHERRY SWEET TEA									
REFRESHER- PRICKLY PEAR & STRAWBERRY									
REFRESHER- SMOKED PEACH LEMONADE									
REFRESHER- SPICY COCONUT LIMEADE									
SALMON BOWL- (HOISIN, TERIYAKI, OR MISO)			X	X		X	X	X	
SALMON ENTRÉE- (HOISIN, TERIYAKI, OR MISO)			X	X		X	X	X	
SALMON CAESAR SALAD (BLACKENED)		X	X	X		X		X	
STRAWBERRY SHAKE				X					
SEARED AHI MINI QUESADILLA			X	X		X			
SKINNY TURKEY				X		X			
SPICY KALUA PORK MINI QUESADILLAS				X		X		X	
SRIRACHA SMACK BURGER (no bun)				X		X		X	
TROPICAL KALUA PORK TACOS			X	X		X		X	
BAHN MI BURGER (no bun)		X				X		X	
KALUA PORK W/PINEAPPLE PICO QUESADILLAS		X		X		X			
CHIPOTLE CHICKEN QUESADILLAS		X		X		X			
CHICKEN TINGA FLAUTAS				X		X		X	
ADULT CHEESE PIZZA				X				X	
ADULT PEPPERONI PIZZA				X				X	
BBQ CHICKEN PIZZA			X	X		X		X	
PESTO PIZZA				X				X	
TERIYAKI CHICKEN PIZZA				X		X		X	
KIDS CHEESE PIZZA				X				X	
KIDS PEPPERONI PIZZA				X				X	
TRUFFLE FRIES (LARGE)		X		X		X			
TRUFFLE FRIES (REGULAR)		X		X		X			
GHOST PEPPER FRIES (LARGE)		X		X		X			
GHOST PEPPER FRIES (REGULAR)		X		X		X			
BREAKFAST BURRITO		X		X		X		X	
CRISPY BURRITO			X	X		X		X	
BEEF BURRITO		X		X		X		X	
ISLAND FRIES - A LA CARTE									
STRAWBERRY SALAD - W/OUT CHICKEN		X				X			
STRAWBERRY SALAD WITH CHICKEN		X		X		X			
NORTHSHORE TACOS - A LA CARTE - no ranchero beans									
YAKI TACOS - A LA CARTE - no ranchero beans				X		X		X	
ISLANDS FISH TACOS- A LA CARTE- no ranchero beans		X	X	X		X		X	
GRILLED FISH TACOS - A LA CARTE- no ranchero beans		X	X	X		X			
BONE IN BUFFALO WINGS WITH RANCH		X		X		X			X
BONELESS BUFFALO WINGS WITH RANCH		X		X		X		X	X
COOKIE BUTTER SHAKE		X**		X		X	X	X	
CPBB SHAKE				X		X	X		



LIMITED TIME OFFERS

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.

	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
STRAWBERRY PIE SHAKE		X**		X		X		X	
ULTIMATE CHOCOLATE SHAKE				X		X			
MINT OREO SHAKE				X		X		X	
BURGER BOWL		X		X		X			X
CHICKEN TINGA QUESADILLA				X		X		X	

*Potential fryer cross contamination. **Potential cross contamination with peanuts and tree nuts in the cookie crumbs.
 This allergy data was prepared in DEC 2020. 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. 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.