



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 MARCH 2021. Islands Restaurants, LLC, will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu.
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| APPETIZERS | 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) |
|---|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| BEACHSIDE SLIDERS™ - 3 count | 1110 | 560 | 62 | 15 | 1.5 | 110 | 1580 | 91 | 4 | 17 | 46 |
| BEACHSIDE SLIDERS™ WITH BEEF - 4 count | 1600 | 860 | 96 | 24 | 2 | 128 | 3420 | 130 | 6 | 24 | 54 |
| BEACHSIDE SLIDERS™ WITH TURKEY - 4 count | 1440 | 720 | 80 | 16 | 2 | 100 | 3620 | 134 | 6 | 26 | 46 |
| 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 |
| CHICKEN TINGA FLAUTAS | 1240 | 580 | 64 | 11 | 3 | 120 | 3260 | 110 | 10 | 12 | 55 |
| CHIPS & SALSA | 990 | 465 | 51 | 4.5 | 0 | 0 | 570 | 123 | 9 | 3 | 12 |
| GHOST PEPPER FRIES | 2240 | 1,230 | 137 | 20 | 0.5 | 65 | 6230 | 220 | 14 | 8 | 32 |
| 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 |
| ONION RINGS | 1160 | 620 | 68 | 12 | 0 | 0 | 2680 | 124 | 12 | 24 | 12 |
| PEPPER CRUNCH SLIDERS - 3 count | 1010 | 450 | 50 | 17 | 1.5 | 145 | 1580 | 91 | 3 | 17 | 50 |
| QUESADILLA | 840 | 480 | 54 | 30 | 0 | 180 | 1560 | 54 | 3 | 6 | 33 |
| SPINACH & ARTICHOKE DIP | 1160 | 680 | 76 | 32 | 0 | 160 | 1400 | 96 | 8 | 8 | 20 |
| TEMPURA GREEN BEANS | 1010 | 590 | 65 | 8 | 0 | 25 | 2200 | 100 | 14 | 38 | 6 |
| TIKI TENDERS WITH RANCH | 1200 | 740 | 82 | 16 | 0 | 130 | 3380 | 70 | 4 | 6 | 44 |
| TRUFFLE FRIES | 2510 | 1,490 | 165 | 21 | 1.5 | 65 | 1230 | 221 | 14 | 3 | 35 |
| 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 | 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) |
| 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 |
| BLEUNAMI BURGER | 1050 | 640 | 71 | 21 | 2 | 165 | 1420 | 53 | 3 | 10 | 49 |
| HAWAIIAN BURGER | 1160 | 720 | 79 | 26 | 2 | 180 | 1955 | 78 | 3 | 33 | 58 |
| HULA BURGER | 1120 | 770 | 85 | 28 | 2 | 180 | 1555 | 53 | 2 | 11 | 60 |
| IMPOSSIBLE BURGER (SERVED WITH IMPOSSIBLE BURGER PATTY) | 910 | 520 | 58 | 20 | 0 | 45 | 1500 | 62 | 8 | 9 | 34 |
| KILAUEA BURGER | 1510 | 1020 | 113 | 27 | 2 | 180 | 1950 | 71 | 6 | 12 | 53 |
| LONGBOARDER BURGER | 1010 | 650 | 73 | 22 | 2 | 155 | 1970 | 57 | 2 | 13 | 48 |
| MALIBU BURGER | 1020 | 610 | 68 | 26 | 2 | 185 | 3200 | 57 | 3 | 11 | 62 |
| MAUI BURGER | 1030 | 680 | 75 | 24 | 2 | 185 | 1385 | 52 | 2 | 10 | 59 |
| PIPELINE BURGER | 1050 | 610 | 68 | 27 | 2 | 220 | 2880 | 60 | 4 | 12 | 68 |
| CHICKEN SANDWICH | 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) |
| NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW | | | | | | | | | | | |
| HULI HULI CRISP | 1030 | 600 | 67 | 17 | 1 | 145 | 2100 | 87 | 2 | 25 | 48 |
| MOA CRISP | 1300 | 810 | 89 | 24 | 1 | 195 | 3095 | 78 | 3 | 13 | 70 |
| SHOREBIRD | 920 | 510 | 56 | 18 | 1 | 205 | 1515 | 48 | 2 | 9 | 73 |
| TOUCAN | 1030 | 520 | 57 | 18 | 1 | 200 | 1975 | 74 | 3 | 31 | 74 |
| ISLAND TACOS | 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) |
| NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW | | | | | | | | | | | |
| GLUTEN FREE CHICKEN TACOS | 670 | 230 | 25 | 7 | 0 | 140 | 570 | 63 | 8 | 10 | 49 |
| ISLAND FISH TACOS | 830 | 470 | 52 | 9 | 0 | 30 | 800 | 72 | 5 | 7 | 19 |
| GRILLED FISH TACOS | 740 | 350 | 39 | 8 | 0 | 180 | 560 | 48 | 3 | 4 | 48 |
| NORTHSHORE TACOS | 640 | 320 | 35 | 8 | 1 | 100 | 1530 | 42 | 5 | 8 | 38 |
| YAKI TACOS | 850 | 360 | 40 | 17 | 0 | 180 | 2240 | 70 | 2 | 21 | 53 |



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| BEACH BOWLS | 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) |
|--|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| HOISIN CHICKEN BOWL | 720 | 200 | 22 | 5 | 1 | 120 | 1000 | 78 | 8 | 30 | 52 |
| HOISIN GRILLED FISH BOWL | 630 | 160 | 18 | 3 | 1 | 125 | 1000 | 78 | 8 | 30 | 40 |
| TERIYAKI CHICKEN BOWL | 760 | 200 | 22 | 5 | 0.5 | 120 | 1150 | 87 | 8 | 39 | 53 |
| TERIYAKI GRILLED FISH BOWL | 670 | 160 | 18 | 3 | 0.5 | 125 | 1200 | 87 | 8 | 39 | 40 |
| VEGGIE BEACH BOWL WITH TERIYAKI OR HOISIN | 490-530 | 150 | 17 | 4 | .5-1 | 0 | 900-1050 | 78-87 | 8 | 30-39 | 8-9 |
| 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 |
| LOCAL FAVORITES | 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) |
| NUTRITIONAL DATA FOR LOCAL FAVORITES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW | | | | | | | | | | | |
| CHICKEN CLUB WRAP | 1040 | 510 | 55 | 16 | 0 | 165 | 2190 | 80 | 6 | 27 | 57 |
| 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, TACOS & 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) |
| CAESAR SALAD - SIDE | 130 | 90 | 10 | 3 | 0 | 10 | 310 | 7 | 1 | 1 | 3 |
| GARDEN SALAD (NO DRESSING) - SIDE | 40 | 10 | 1 | 0 | 0 | 0.5 | 90 | 7 | 1 | 2 | 1 |
| GHOST PEPPER FRIES - SIDE | 1130 | 620 | 69 | 10 | 0 | 30 | 3120 | 110 | 7 | 4 | 16 |
| ISLAND FRIES - SIDE (8oz) | 770 | 320 | 35 | 2.5 | 0 | 0 | 660 | 104 | 7 | 1 | 10 |
| ONION RINGS - SIDE | 490 | 260 | 29 | 5 | 0 | 0 | 1150 | 53 | 6 | 10 | 6 |
| SWEET POTATO FRIES - SIDE | 440 | 240 | 26 | 5 | 0 | 0 | 740 | 49 | 9 | 17 | 4 |
| TEMPURA GREEN BEANS - SIDE | 580 | 320 | 36 | 4 | 0 | 15 | 1300 | 60 | 9 | 21 | 4 |
| TORTILLA SOUP - SMALL BOWL | 450 | 70 | 8 | 3 | 0 | 30 | 710 | 12 | 1 | 3 | 9 |
| TRUFFLE FRIES - SIDE | 1260 | 750 | 83 | 11 | 1 | 30 | 620 | 110 | 7 | 2 | 18 |
| SALADS | 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) |
| NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING | | | | | | | | | | | |
| CHINA COAST SALAD | 940 | 470 | 52 | 10 | 3 | 115 | 1850 | 72 | 6 | 22 | 47 |
| CHOP CHOP SALAD | 890 | 510 | 57 | 11 | 0 | 195 | 1660 | 44 | 4 | 14 | 49 |
| 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 |
| SIDE OF SALAD DRESSINGS - 2oz | 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) |
| 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 |



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| OPTIONAL BURGER AND SANDWICH ADDITIONS | 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) |
|--|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| 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 |
| IMPOSSIBLE PATTY ONLY | 240 | 130 | 14 | 8 | 0 | 0 | 390 | 9 | 3 | 0 | 19 |
| 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 |
| 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 |
| MACHETE AIOLI (2oz) | 200 | 140 | 16 | 2.5 | 0 | 10 | 930 | 8 | 0 | 6 | 0 |
| MAYONNAISE (1oz) | 210 | 210 | 23 | 4 | 0.5 | 15 | 150 | 0.5 | 0 | 0.5 | 0 |
| PINEAPPLE CHILI SAUCE (2oz) | 130 | 10 | 1 | 0 | 0 | 0 | 430 | 29 | <1 | 26 | 0 |
| SPICY SOY AIOLI (2oz) | 380 | 370 | 41 | 7 | 1 | 25 | 400 | 3 | 0 | 1 | 0 |
| TERIYAKI SAUCE (1oz) | 70 | 10 | 1 | 0 | 0 | 0 | 640 | 16 | 0 | 14 | 1 |
| WING SAUCE (2oz) | 160 | 150 | 17 | 11 | 0.5 | 45 | 1,320 | 1 | 0 | 0 | 0 |
| 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 PULLMAN BREAD (2 SLICES) | 230 | 60 | 7 | 4 | 0 | 40 | 400 | 36 | 2 | 6 | 6 |
| 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 |
| BUTTER BUN (TEST ITEM) | 320 | 140 | 15 | 1 | 0 | 0 | 340 | 41 | 1 | 5 | 6 |
| 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 | 340 | 140 | 15 | 1 | 0 | 0 | 360 | 43 | 2 | 5 | 8 |
| WHITE BUN | 210 | 22 | 2.5 | 0.5 | 0 | 0 | 340 | 41 | 1 | 4 | 6 |



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| 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 |
| ICE CREAM SUNDAE | 450 | 220 | 24 | 13 | 0 | 85 | 185 | 51 | 2 | 44 | 7 |
| 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 |
| 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) |
| ULTIMATE CHOCOLATE SHAKE | 960 | 410 | 46 | 30 | 0 | 170 | 450 | 122 | 0 | 117 | 15 |
| COOL BREEZE | 400 | 40 | 4 | 4 | 0 | 5 | 10 | 91 | 4 | 78 | 1 |
| LEMON FREEZE | 150 | 50 | 6 | 4 | 0 | 25 | 70 | 23 | 0 | 17 | 2 |
| STRAWBERRY PIE SHAKE | 900 | 400 | 44 | 27 | 0 | 160 | 440 | 114 | 0 | 105 | 13 |
| 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 MILK | 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) |
| 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 |
| MILK (10fl oz) | 150 | 50 | 6 | 3.5 | 0 | 25 | 140 | 14 | 0 | 15 | 10 |
| 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 | 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) |
| 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 | 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) |
| NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW | | | | | | | | | | | |
| JR WAVE | 450 | 180 | 20 | 8 | 1.0 | 85 | 670 | 36 | 1 | 5 | 30 |
| 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 SANDCASTLE | 560 | 320 | 35 | 19 | 0.0 | 90 | 1390 | 37 | 2 | 6 | 18 |
| 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 |



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| GREMMIE MENU SIDES & APPETIZERS & DIPS | 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) |
|--|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| 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 |
| CATERING MENU | 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 CHICKEN CLUB WRAP (8-10 SERVINGS) | 8570 | 4650 | 517 | 130 | 1.5 | 1060 | 19760 | 630 | 46 | 248 | 350 |
| BROWNIE (8-10 SERVINGS) | 7040 | 3700 | 411 | 171 | 0 | 1140 | 3820 | 757 | 22 | 553 | 79 |
| CHIPS & SALSA WITH GUACAMOLE (6-10 SERVINGS) | 2680 | 1520 | 169 | 8 | 0 | 0 | 2410 | 250 | 20 | 7 | 39 |
| CHINA COAST SALAD (8-10 SERVINGS) | 2850 | 1600 | 178 | 31 | 5 | 360 | 5950 | 178 | 19 | 85 | 134 |
| JUNGLE CAESAR SALAD (8-10 SERVINGS) | 3000 | 2070 | 230 | 50 | 2 | 430 | 5700 | 81 | 18 | 23 | 151 |
| KOBB SALAD (8-10 SERVINGS) | 3790 | 2750 | 305 | 78 | 1 | 1080 | 6960 | 59 | 24 | 28 | 202 |
| SLIDERS (6-10 SERVINGS) | 4190 | 2110 | 234 | 75 | 6 | 590 | 7000 | 316 | 14 | 43 | 204 |
| SPINACH & ARTICHOKE DIP (6-10 SERVINGS) | 3570 | 2150 | 239 | 92 | 3.5 | 450 | 7660 | 288 | 30 | 24 | 66 |
| TIKI TENDERS (6-10 SERVINGS) | 5730 | 3370 | 374 | 46 | 1 | 560 | 17460 | 408 | 18 | 126 | 183 |
| TUNA WRAP (8-10 SERVINGS) | 8320 | 6010 | 668 | 130 | 7 | 675 | 14020 | 366 | 28 | 49 | 211 |
| WINGS (6-10 SERVINGS) | 8760 | 5510 | 612 | 167 | 0 | 3130 | 14210 | 74 | 19 | 22 | 740 |
| ALCOHOLIC 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) |
| BIG ISLAND ICED TEA | 370 | 0 | 0 | 0 | 0 | 0 | 0 | 43 | 1 | 38 | 0 |
| BLOODY MARY | 190 | 0 | 0 | 0 | 0 | 0 | 1230 | 12 | 1 | 4 | 1 |
| BULLEIT MANHATTAN | 250 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 |
| CUTWATER SPIRITS - PALOMA | 212 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 17 | 0 |
| CUTWATER SPIRITS - VODKA MULE | 270 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 29 | 0 |
| FROSE | 310 | 0 | 0 | 0 | 0 | 0 | 20 | 42 | 0 | 42 | 0 |
| HAND SHAKEN STRAWBERRY DAIQUIRI | 300 | 0 | 0 | 0 | 0 | 0 | 0 | 36 | 1 | 30 | 0 |
| ISLANDS OLD FASHIONED | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 6 | 0 |
| LAVA FLOW | 450 | 20 | 2 | 0 | 0 | 0 | 10 | 64 | 3 | 56 | 1 |
| 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 |
| MOJITO | 290 | 0 | 0 | 0 | 0 | 0 | 25 | 32 | 5 | 20 | 2 |
| MOSCOW MULE | 190 | 0 | 0 | 0 | 0 | 0 | 10 | 15 | 0 | 14 | 0 |
| PINA COLADA | 400 | 30 | 3 | 3 | 0 | 0 | 15 | 53 | 3 | 47 | 1 |
| SUNSET COLADA | 440 | 30 | 3.5 | 3.5 | 0 | 0 | 15 | 49 | 2 | 44 | 1 |
| SUNSET MARGARITA | 250 | 0 | 0 | 0 | 0 | 0 | 2290 | 16 | 1 | 13 | 0 |
| TIKI TAI | 380 | 0 | 0 | 0 | 0 | 0 | 5 | 50 | 1 | 43 | 0 |
| TRULY HARD SELTZER | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 1 | 0 |
| WHITE CLAW HARD SELTZER | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 2 | 0 | 2 | 0 |



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| 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 (COPPER RIDGE) - GLASS | 175 | 0 | 0 | 0 | 0 | 0 | 5 | 7 | 0 | 2 | 0 |
| CABERNET SAUVIGNON (COPPER RIDGE) - BOTTLE | 635 | 0 | 0 | 0 | 0 | 0 | 20 | 25 | 0 | 7 | 0 |
| CABERNET SAUVIGNON (GREYSTONE) - GLASS | 170 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CABERNET SAUVIGNON (GREYSTONE) - BOTTLE | 610 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CABERNET SAUVIGNON (WILLIAM HILL) - GLASS | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CABERNET SAUVIGNON (WILLIAM HILL) - BOTTLE | 690 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CHAMPAGNE (WYCLIFF BRUT CALIFORNIA CHAMPAGNE) - GLASS | 115 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CHAMPAGNE (WYCLIFF BRUT CALIFORNIA CHAMPAGNE) - BOTTLE | 480 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CHARDONNAY (COPPER RIDGE) - GLASS | 175 | 0 | 0 | 0 | 0 | 0 | 5 | 7 | 0 | 0 | 0 |
| CHARDONNAY (COPPER RIDGE) - BOTTLE | 635 | 0 | 0 | 0 | 0 | 0 | 20 | 25 | 0 | 0 | 0 |
| CHARDONNAY (KENDALL JACKSON) - GLASS | 180 | 0 | 0 | 0 | 0 | 0 | 15 | 5 | 0 | 1 | 0 |
| CHARDONNAY (KENDALL JACKSON) - BOTTLE | 660 | 0 | 0 | 0 | 0 | 0 | 60 | 20 | 0 | 4 | 0 |
| CHARDONNAY (IRONY) - GLASS | 175 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| CHARDONNAY (IRONY) - BOTTLE | 635 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PINOT GRIGIO (RUFFINO) - GLASS | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PINOT GRIGIO (RUFFINO) - BOTTLE | 550 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PINOT NOIR (SEAGLASS) - GLASS | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PINOT NOIR (SEAGLASS) - BOTTLE | 640 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| PROSECCO (LA MARCA) - BOTTLE | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| RED BLEND (APOTHIC) - GLASS | 195 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| RED BLEND (APOTHIC) - BOTTLE | 710 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ROSE (CHLOE) - GLASS | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| ROSE (CHLOE) - BOTTLE | 580 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| SAUVIGNON BLANC (CHATEAU STE. MICHELLE) - GLASS | 195 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| SAUVIGNON BLANC (CHATEAU STE. MICHELLE) - BOTTLE | 700 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 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 |



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|--|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| DRAFT BEER CONTINUED | | | | | | | | | | | |
| 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 |
| 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 |



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|---|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| 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 HANAIEI ISLAND IPA - 16oz | 192 | 0 | 0 | 0 | 0 | 0 | 13 | 20 | 0 | 0 | 1.9 |
| KONA HANAIEI 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 |
| 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 |



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 MARCH 2021. Islands Restaurants, LLC, will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu.
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| | 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 CONTINUED | | | | | | | | | | | |
| 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 March 2021, 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.



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 March 2021. 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.
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| ITEM - LIMITED TIME ONLY | 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) |
|-------------------------------|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| COOKIE BUTTER SHAKE | 1020 | 530 | 59 | 27 | 0 | 160 | 510 | 107 | 0.5 | 94 | 14 |
| COOKIE BUTTER SHAKE - GREMMIE | 570 | 300 | 33 | 16 | 0 | 90 | 290 | 60 | 0 | 53 | 8 |
| CPBB SHAKE | 1000 | 470 | 52 | 27 | 0 | 140 | 480 | 115 | 2 | 106 | 18 |
| CPBB SHAKE - GREMMIE | 610 | 290 | 32 | 17 | 0 | 90 | 310 | 70 | 1 | 66 | 11 |
| FRESH WATERMELON MARGARITA | 300 | 0 | 0 | 0 | 0 | 0 | 1,100 | 45 | 0 | 41 | 1 |
| MINT OREO SHAKE | 1120 | 500 | 56 | 32 | 0 | 160 | 690 | 140 | 2 | 116 | 14 |
| MINT OREO SHAKE - GREMMIE | 620 | 280 | 31 | 18 | 0 | 90 | 380 | 76 | 1 | 64 | 8 |