



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 WINGS BBQ		X	X	X		X		X*	
BUFFALO WINGS HONEY SRIRACHA		X		X		X		X	
BUFFALO WINGS SPICY		X		X		X		X*	X
BUFFALO WINGS TERIYAKI		X		X		X		X	
CHEDDAR FRIES				X		X			
CHICKEN TINGA FLAUTAS				X		X		X	
CHIPS & SALSA						X		X*	
CHIPS & SALSA W/LARGE GUACAMOLE						X		X*	
ISLAND FRIES						X			
ISLAND NACHOS			X	X		X		X*	
ONION RINGS		X		X		X		X	
PEPPER CRUNCH SLIDERS		X	X	X		X		X	
QUESADILLA W/OUT CHICKEN				X		X		X	
SPINACH & ARTICHOKE DIP with chips				X		X		X*	
TEMPURA GREEN BEANS		X				X		X	
TIKI TENDERS (DRESSING NOT INCLUDED)				X		X		X	
TRUFFLE FRIES		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 KOBBSALAD		X		X		X			
SMALL CAESAR SALAD		X	X	X		X		X	
CHOP CHOP SALAD		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			
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	
CALIFORNIA TACOS				x		x		x	
CHARLEY TACOS				x		x		x	
GLUTEN FREE CHICKEN TACOS				X		X			
GRILLED FISH TACOS		X	X	X		X			
ISLAND FISH TACOS		X	X	X		X		X	
NORTHSHORE LIMITED TACOS W/ ISLAND SLAW				X		X			
NORTHSHORE TACOS				X		X		X	
YAKI TACOS				X		X		X	
Birds of Paradise - Nutritional data for Birds of Paradise sandwiches does not include bun or sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
GRILLED CHICKEN BREAST ONLY						X			
HULI HULI CRISP		X	X	X		X		X	
MOA CRISP		X		X		X		X	



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Item	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
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	
CHICKEN TERIYAKI BOWL						X		X	
GRILLED FISH HOISIN BOWL			X			X		X	
GRILLED FISH TERIYAKI BOWL			X			X		X	
HOISIN SAUCE						X		X	
TERIYAKI SAUCE						X		X	
Surfer Favorites - 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 WRAP (includes wrap)		X	X	X		X		X	
MOA KAI (TUNA) NO BUN		X	X	X		X			
THE WEDGE (BLT) NO BUN		X		X		X			
Burgers - Nutritional data for Burgers does not include sides or buns which are listed below	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BIG WAVE BURGER (NO CHEESE NO BUN)						X			
BIG WAVE CHEESE BURGER (NO BUN)				X		X			
BLEUNAMI 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			
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			
PIPELINE BURGER (NO BUN)				X		X		x	
IMPOSSIBLE BURGER PATTY						X			
BEEF PATTY ONLY						X			
TURKEY PATTY ONLY						X			
VEGGIE PATTY ONLY						X		X	
Bun, Tortillas, & Bread	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CORN TORTILLA									
EGG BREAD (TEXAS TOAST)		x		x				X	
FLOUR TORTILLA						X		X	
GLUTEN FREE BUN		X							
HOT DOG BUN						X		X	
SLIDER BUN						X		X	
KIDS BUN						X		X	
WHEAT BUN						X		X	
WHITE BUN						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 (NO CHEESE or bun)						X			
JR WAVE CHEESE BURGER (no bun)				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
LIL BEEF SLIDER (NO CHEESE or bun)						X			
LIL SLIDER W/ CHEESE (no bun)				X		X			
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
APPLEWOOD SMOKED BACON									
AVOCADO SLICES									



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BLEU CHEESE CRUMBLES				X					
CHEDDAR CHEESE				X					
CHEDDAR / JACK CHEESE				X					
CHILI						X		X	
FETA CHEESE				X					
GUACAMOLE									
ISLAND REDS™				X		X		X	
PEPPER JACK CHEESE				X					
SAUTEED MUSHROOMS						X			
SOUR CREAM				X					
SPICY CHICKEN						X			
SWISS CHEESE				X					
WHITE CHEDDAR 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	
ISLAND FRIES						X			
ISLAND SLAW									
JR. FRIES W/ RANCH DRESSING		X		X		X			
ONION RINGS		X		X		X		X	
PINEAPPLE SKEWERS W/YOGURT DIP				X					
SMASHED BEANS									
REFRIED BEANS						X			
STEAMED VEGGIES W/BUTTER				X					
SWEET POTATO FRIES						X			
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									
HOISIN SAUCE						X		X	
ISLANDS SALSA									
MACHETE AIOLI		X	X			X			
MAYONNAISE		X				X			
ROASTED GARLIC AIOLI		X				X			
TERIYAKI SAUCE						X		X	
YELLOW MUSTARD									



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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	
ICE CREAM SUNDAE				X			X		
KONA PIE		X		X	X	X	X	X	
ROOT BEER FLOAT				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. **Potential cross contamination with peanuts and tree nuts in the cookie crumbs.

This allergy data was prepared in September 2021. 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.



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COOKIE BUTTER SHAKE				X		X		X	
CPBB SHAKE				X	X	X			
MINT OREO SHAKE				X		X		X	
FRESH WATERMELON MARGARITA									
KALUA PORK TACOS				X		X			
BOTANICAL LEMONADE									
BULLEIT TO THE BEACH									

*Potential fryer cross contamination.

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