



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 JANUARY 2022. 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)
<b>APPETIZERS</b>											
BEACHSIDE SLIDERS™ - HH 3 COUNT	1,110	680	75	16	2	110	1400	66	5	13	43
BEACHSIDE SLIDERS™ WITH BEEF- 4 count	1,450	870	97	22	2.5	150	2250	86	6	18	57
BEACHSIDE SLIDERS™ WITH TURKEY- 4 count	1,350	780	87	16	1	170	2280	86	6	18	56
BUFFALO WINGS BBQ WITH RANCH (9 COUNT)	1,530	860	95	22	0	505	2,210	42	6	25	127
BUFFALO WINGS BBQ WITH RANCH (6 COUNT)	1,020	560	62	14	0	330	1,550	33	5	20	83
BUFFALO WINGS TERIYAKI WITH RANCH (9 COUNT)	1,610	870	97	22	0	505	3,000	53	6	37	130
BUFFALO WINGS TERIYAKI WITH RANCH (6 COUNT)	1,090	590	65	14	0	330	2140	42	5	29	85
BUFFALO WINGS WITH RANCH (9 COUNT)	1,600	1,010	112	32	1	550	3,030	22	6	8	127
BUFFALO WINGS WITH RANCH (6 COUNT)	1,080	680	75	22	1	360	2160	19	5	8	83
CHEDDAR FRIES	2,140	1,080	120	36	0	190	2350	211	14	3	55
CHEESY FRIES -HH	1300	720	80	31	0	170	1600	107	7	2	42
CHIPS & SALSA	990	465	51	4.5	0	0	570	123	9	3	12
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
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
SWEET POTATO FRIES	1,180	620	69	5	0	0	1950	129	25	44	11
TEMPURA GREEN BEANS	1010	590	65	8	0	25	2200	100	14	38	6
NAE TIKI TENDERS WITH RANCH DRESSING	1,130	680	76	9	0	130	3300	68	3	5	44
TRUFFLE FRIES	2510	1,490	165	21	1.5	65	1230	221	14	3	35
<b>TORTILLA SOUP</b>											
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
<b>BURGERS</b>											
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
BIG WAVE BURGER	750	380	42	12	1.5	115	1470	50	4	8	42
BLEUNAMI BURGER	1020	620	69	21	2.0	150	1440	52	4	9	47
HAWAIIAN BURGER	1050	570	63	17	2.0	140	1880	75	4	30	46
HULA BURGER	1040	640	71	19	2.5	140	1470	51	3	9	48
IMPOSSIBLE BURGER (SERVED WITH IMPOSSIBLE BURGER PATTY)	1010	630	70	20	0.0	40	1510	60	8	8	34
KILAUEA BURGER	1410	950	105	22	2.0	150	1920	68	6	11	47
LONGBOARDER BURGER	910	540	60	14	1.5	120	1470	53	3	12	39
MALIBU BURGER	910	490	54	18	2.0	145	2130	51	4	8	55
MAUI BURGER	1030	620	69	18	2.0	140	1480	55	6	9	46
PIPELINE BURGER	900	490	54	18	2.5	160	1510	52	4	9	51
<b>CHICKEN SANDWICH</b>											
NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
HULI HULI CRISP	1150	590	66	13	1	140	2020	90	3	26	49
MOA CRISP	1150	630	70	16	1	140	2360	71	4	11	60
SHOREBIRD	830	410	46	11	1	150	1410	47	2	7	58
TOUCAN	950	420	47	11	1	150	1870	72	2	28	60
<b>ISLAND TACOS</b>											
NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
GF GRILLED CHICKEN TACOS- 3	810	230	25	7	0	200	1,800	71	10	9	75
ISLAND FISH - 3	1,400	810	90	21	0.5	120	2,370	103	9	6	44
GRILLED FISH - 3	930	480	53	9	0	180	2,110	63	7	6	49
NORTHSHORE- 3	1,020	570	63	20	0.5	160	2,100	56	6	7	56
YAKI - 3	1,060	390	43	20	0	250	3,420	81	5	31	87



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<b>BEACH BOWLS</b>											
CHICKEN W/ HOISIN	690	130	14	3	0	120	1,180	88	7	27	54
FISH W/HOISIN	590	50	6	1	0	160	990	83	7	23	50
CHICKEN W/ TERIYAKI	800	130	14	3	0	120	1,370	96	7	36	54
FISH W/ TERIYAKI	610	50	6	1	0	160	1,120	88	7	29	50
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
<b>LOCAL FAVORITES</b>											
NUTRITIONAL DATA FOR LOCAL FAVORITES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
CHICKEN CLUB WRAP	990	450	50	15	0	150	2550	76	4	27	59
MOA KAI (TUNA)	1030	700	78	18	1	110	1240	48	3	8	35
THE WEDGE (BLT)	1090	760	82	21	1	90	2000	48	3	8	40
<b>BURGERS, SANDWICHES, TACOS &amp; WRAPS SIDE</b>											
CAESAR SALAD - SIDE	130	90	10	3	0	10	310	7	1	1	3
CHEDDAR FRIES- SUB SIDE	790	400	44	13	0	70	870	79	5	1	20
GARDEN SALAD (NO DRESSING) - SIDE	40	10	1	0	0	0.5	90	7	1	2	1
ISLAND FRIES - SIDE (6oz)	580	240	27	2	0	0	490	78	5	1	7
ONION RINGS - SIDE	490	260	29	5	0	0	1150	53	6	10	6
STEAMED VEGGIES WITH BUTTER - SUB SIDE	170	110	12	7	0	30	500	11	4	4	4
SWEET POTATO FRIES - SUB SIDE	580	310	34	3	0	0	980	65	12	22	5
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 - SUB SIDE (6oz)	1060	670	74	10	0.5	35	620	84	5	1	15
<b>SALADS</b>											
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 KOBB 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
<b>SIDE OF SALAD DRESSINGS - 2oz</b>											
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	180	160	18	3	0	10	460	3	0	2	1
SESAME	250	210	23	4	0	10	810	11	0	9	1



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<b>OPTIONAL BURGER AND SANDWICH ADDITIONS</b>											
HICKORY SMOKED BACON (2 SLICES)	90	50	6	2	0	10	380	0	0	0	8
AVOCADO SLICES (1.3oz)	60	45	5	1	0	0	3	5	2	0	0
BEEF PATTY ONLY NEVER EVER BEEF	430	310	34	13	2	120	110	0	0	0	29
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
TILLAMOOK CHEDDAR CHEESE- 1 SLICE (0.7oz)	90	60	7	4.5	0	25	150	1	0	0	4
TILLAMOOK WHITE CHEDDAR - 1 SLICE (0.7oz)	90	60	7	4.5	0	25	150	1	0	0	4
CHICKEN PATTY ONLY	260	90	10	2	0	120	380	0	0	0	43
FRIED EGG	90	60	7	2	0	185	95	0	0	0	6
IMPOSSIBLE PATTY ONLY (PREPARED)	330	230	26	9	0	0	390	8	2	0	17
ISLAND REDS™ (1oz)	170	130	14	1	0	5	140	9	1	2	1
TILLAMOOK PEPPER JACK CHEESE - 1 SLICE (0.7oz)	80	60	7	4.5	0	20	160	1	0	0	4
SAUTEED MUSHROOMS (4oz)	100	70	8	1.5	0	0	240	4	1	2	3
TILLAMOOK SWISS CHEESE- 1 SLICE (0.7oz)	80	50	6	3.5	0	20	60	1	0	0	6
TURKEY PATTY ONLY	250	140	15	4	0	105	330	3	0	2	25
VEGGIE PATTY ONLY	150	40	4	1.5	0	25	760	22	3	1	8
<b>SIDES</b>											
CHILI, LARGE (6oz)	220	120	13	5	0.5	60	290	6	2	2	19
CHILI, SMALL (3oz)	110	60	7	2.5	0	30	150	3	1	1	9
GUACAMOLE, LARGE (5oz)	210	150	17	2	0	0	610	12	8	1	2
GUACAMOLE, SMALL (2oz)	90	60	7	1	0	0	240	5	3	0	1
ISLAND REDS™ (2oz)	330	250	28	2	0	0	270	18	2	4	2
SMASHED BEANS (2oz)	60	0	0	0	0	5	210	11	3	0	3
SOUR CREAM (1oz)	60	50	6	3	0	17	9	1	0	1	0
SPICY CHICKEN (4oz)	110	30	3	0	0	45	530	3	0	0	17
<b>SAUCES</b>											
BBQ SAUCE (1oz)	50	0	0	0	0	0	240	11	0	9	0
BLEU CHEESE DRESSING (1oz)	130	120	13	3	0	15	130	1	0	0	1
CHIPOTLE AIOLI (1oz)	180	180	20	3	0	15	230	1	0	1	0
ISLANDS SALSA (2oz)	15	0	0	0	0	0	260	3	0	0	0
MAYONNAISE (1oz)	210	210	23	4	0.5	15	150	0.5	0	0.5	0
PICO DE GALLO (2oz)	10	0	0	0	0	0	160	3	1	2	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
<b>BUN, TORTILLAS &amp; BREAD</b>											
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
GLUTEN FREE BUN (4")	230	60	7	0.5	0	0	320	38	5	3	4
HOT DOG BUN	200	25	2.5	0	0	0	320	37	1	4	6
WHEAT BUN	240	30	3	0	0	0	360	43	2	5	8
WHITE BUN	210	25	2.5	0.5	0	0	340	41	1	4	6
SLIDER BUN	90	15	1.5	0	0	0	140	16	1	2	3
GREMMIE BUN (4")	160	20	2	0	0	0	250	29	1	3	4



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<b>DESSERTS</b>											
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
<b>SHAKES AND SMOOTHIES</b>											
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
MINT OREO SHAKE	1120	500	56	32	0	160	690	140	2	116	14
<b>BEVERAGES</b>											
<b>ENDLESS MUGS</b>											
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
RSAPBERRY 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
<b>FRUIT JUICES MILK</b>											
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
<b>FRESH BREWED COFFEE</b>											
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
<b>GREMMIE MENU</b>											
<b>NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW</b>											
JR WAVE ( NO CHEESE)	350	140	16	5	1.0	70	320	29	1	3	23
JR MAC N CHEESE	300	80	9	3	0	10	650	44	2	8	10
JR QUESADILLA	610	320	36	18	1	100	850	46	3	2	25
JR SANDCASTLE	560	320	35	19	0.0	90	1390	37	2	6	18
JR TIKI TENDERS ( with 1.5oz ranch)	610	380	42	5	0	70	1770	35	1	3	22
JR HOT DOG	690	410	46	22	1.5	120	1,480	41	1	5	29
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
OREO SHAKE	620	280	31	18	0	90	380	76	1	64	8



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<b>GREMMIE MENU SIDES &amp; APPETIZERS &amp; DIPS</b>											
JR GARDEN SALAD WITH 1oz RANCH DRESSING	130	90	10	1.5	0	5	310	8	1	3	2
JR CAESAR SALAD	110	80	9	2	0	5	210	6	1	2	1
JR ISLAND FRIES (6oz) WITH 1oz RANCH DIP	660	320	35	3	0	5	730	79	5	2	8
JR CHEDDAR FRIES	790	400	44	13	0	70	870	79	5	1	20
FRESH PINEAPPLE (2oz)	30	0	0	0	0	0	0	7	<1	6	0
APPLESAUCE (4oz)	80	0	0	0	0	0	0	18	1	16	0
STEAMED VEGGIES WITH BUTTER - SUB SIDE	170	110	12	7	0	30	500	11	4	4	4
<b>CATERING MENU</b>											
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)	2530	1340	149	15	0	0	5861	262	41	10	35
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)	3780	2110	234	70	6	590	6050	222	16	30	196
SPINACH & ARTICHOKE DIP (6-10 SERVINGS)	3570	2150	239	92	3.5	450	7660	288	30	24	66
NAE TIKI TENDERS (6-10 SERVINGS)	5730	3370	374	46	1	560	17460	408	18	126	183
TUNA WRAP (8-10 SERVINGS)	7850	5440	604	130	9	755	13800	363	25	57	240
WINGS (6-10 SERVINGS)	8440	5200	578	162	5	3110	13720	70	18	21	740
<b>ALCOHOLIC BEVERAGES</b>											
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
CUTWATER SPIRITS - PALOMA	210	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
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
TRULY PINEAPPLE	100	0	0	0	0	0	0	2	0	1	0
TRULY WILD BERRY	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
WHITE CLAW MANGO	100	0	0	0	0	0	20	2	0	2	0
WHITE CLAW BLACK CHERRY	100	0	0	0	0	0	20	2	0	2	0
BOTANICAL LEMONADE	130	0	0	0	0	0	15	3	0	1	0
BULLEIT TO THE BEACH	240	0	0	0	0	0	0	0	0	0	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 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
ALPINE NELSON- 16oz	280	0	0	0	0	0	n/a	35	0	0	2.0
ALPINE NELSON- 22oz	390	0	0	0	0	0	n/a	48	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
BALLAST POINT SWINGIN FRIAR ALE- 16oz	220	0	0	0	0	0	n/a	17	0	0	n/a
BALLAST POINT SWINGIN FRIAR ALE- 22oz	300	0	0	0	0	0	n/a	23	0	0	n/a
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



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DRAFT BEER CONTINUED	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)
DAYFALL											
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	15	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	30	41	0	0	2.8
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	15	21	0	0	1.4
ELYSIAN- SPACE DUST IPA- 16oz	330	0	0	0	0	0	n/a	20	0	0	n/a
ELYSIAN- SPACE DUST IPA- 22oz	450	0	0	0	0	0	n/a	28	0	0	n/a
FIRESTONE WALKER DBA- 16oz	190	0	0	0	0	0	n/a	20	0	0	0
FIRESTONE WALKER DBA- 22oz	260	0	0	0	0	0	n/a	28	0	0	n/a
FIRESTONE-WALKER 805 - 16oz	200	0	0	0	0	0	10	24	0	0	2.0
FIRESTONE-WALKER 805 - 22oz	275	0	0	0	0	0	10	33	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 16oz	247	0	0	0	0	0	10	27	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 22oz	339	0	0	0	0	0	10	37	0	0	3.7
FIRESTONE-WALKER UNION JACK IPA - 16oz	283	0	0	0	0	0	15	30	0	0	2.7
FIRESTONE-WALKER UNION JACK IPA - 22oz	389	0	0	0	0	0	20	42	0	0	3.7
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
GOLDEN ROAD MANGO CART-16oz	210	0	0	0	0	0	0	27	0	0	3.0
GOLDEN ROAD MANGO CART-22oz	290	0	0	0	0	0	0	37	0	0	4.0
GREAT DIVIDE YETI IMPERIAL STOUT - 16oz	413	0	0	0	0	0	15	55	0	0	2.7
GREAT DIVIDE YETI IMPERIAL STOUT - 22oz	568	0	0	0	0	0	20	76	0	0	3.7
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	20	41	0	0	2.8
KARL STRAUSS AURORA HOPPYALIS IPA - 16oz	265	0	0	0	0	0	50	28	0	0	2.3
KARL STRAUSS AURORA HOPPYALIS IPA - 22oz	364	0	0	0	0	0	70	39	0	0	3.1
KARL STRAUSS MOSAIC SESSION IPA - 16oz	214	0	0	0	0	0	50	21	0	0	2.9
KARL STRAUSS MOSAIC SESSION IPA - 22oz	295	0	0	0	0	0	65	28	0	0	4.0
KARL STRAUSS RED TROLLEY ALE - 16oz	276	0	0	0	0	0	60	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 BOAT SHOES HAZY- 16oz	290	0	0	0	0	0	n/a	n/a	0	0	n/a
KARL STRAUSS BOAT SHOES HAZY- 16oz	400	0	0	0	0	0	n/a	n/a	0	0	n/a
KNEE DEEP BREAKING BUD IPA - 16oz	242	0	0	0	0	0	15	20	0	0	2.8
KNEE DEEP BREAKING BUD IPA - 22oz	332	0	0	0	0	0	25	27	0	0	3.8



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DRAFT BEER CONTINUED	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)
KONA LONGBOARD LAGER - 16oz	192	0	0	0	0	0	15	20	0	0	2.7
KONA LONGBOARD LAGER - 22oz	264	0	0	0	0	0	20	27	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	30	35	0	0	4.9
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	20	34	0	0	2.8
MAUI BIKINI BLONDE - 16oz	208	0	0	0	0	0	15	23	0	0	2.7
MAUI BIKINI BLONDE - 22oz	286	0	0	0	0	0	20	32	0	0	3.7
MAUI COCONUT HIWA PORTER - 16oz	240	0	0	0	0	0	15	21	0	0	3.0
MAUI COCONUT HIWA PORTER - 22oz	330	0	0	0	0	0	20	29	0	0	4.0
MIKE HESS HOP CLOUD HAZY IPA- 16oz	380	0	0	0	0	0	n/a	16	0	0	n/a
MIKE HESS HOP CLOUD HAZY IPA- 22oz	520	0	0	0	0	0	n/a	22	0	0	n/a
MODELO ESPECIAL- 16oz	190	0	0	0	0	0	n/a	18	0	0	1.0
MODELO ESPECIAL- 22oz	260	0	0	0	0	0	n/a	25	0	0	2.0
MODERN TIMES - ORDERVILLE - 16oz	280	0	0	0	0	0	40	21	0	0	2.0
MODERN TIMES - ORDERVILLE - 22oz	385	0	0	0	0	0	60	28	0	0	3.0
MOTHER EARTH CALI CREAMIN - 16oz	220	0	0	0	0	0	15	23	0	0	2.7
MOTHER EARTH CALI CREAMIN - 22oz	302	0	0	0	0	0	20	32	0	0	3.7
NEWCASTLE BROWN - 16oz	187	0	0	0	0	0	15	23	0	0	1.3
NEWCASTLE BROWN - 22oz	257	0	0	0	0	0	20	32	0	0	1.8
PACIFICO - 16oz	191	0	0	0	0	0	15	26	0	0	0.8
PACIFICO - 22oz	262	0	0	0	0	0	20	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	20	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	20	28	0	0	2.8
SAM ADAMS BOSTON LAGER - 16oz	240	0	0	0	0	0	30	18	0	0	2.7
SAM ADAMS BOSTON LAGER - 22oz	330	0	0	0	0	0	35	24	0	0	3.7
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 16oz	225	0	0	0	0	0	15	29	0	0	1.8
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 22oz	310	0	0	0	0	0	20	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	55	36	0	0	3.5
SIERRA NEVADA HAZY LITTLE THING - 16oz	290	0	0	0	0	0	n/a	19	0	0	2.0
SIERRA NEVADA HAZY LITTLE THING - 22oz	400	0	0	0	0	0	n/a	26	0	0	3.0
SIERRA NEVADA PALE ALE - 16oz	298	0	0	0	0	0	35	35	0	0	1.0
SIERRA NEVADA PALE ALE - 22oz	409	0	0	0	0	0	50	48	0	0	1.3
SMOG CITY IPA- 16oz	240	0	0	0	0	0	n/a	n/a	0	0	n/a
SMOG CITY IPA- 22oz	330	0	0	0	0	0	n/a	n/a	0	0	n/a
STELLA ARTOIS - 16oz	204	0	0	0	0	0	20	20	0	0	2.0
STELLA ARTOIS - 22oz	281	0	0	0	0	0	30	28	0	0	2.8
STONE DELICIOUS IPA - 16oz	293	0	0	0	0	0	35	29	0	0	3.2
STONE DELICIOUS IPA - 22oz	403	0	0	0	0	0	45	40	0	0	4.4
STONE IPA - 16oz	281	0	0	0	0	0	25	30	0	0	3.3
STONE IPA - 22oz	387	0	0	0	0	0	35	41	0	0	4.6





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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)
<b>DRAFT BEER CONTINUED</b>											
STONE SCORPION BOWL IPA- 16oz	310	0	0	0	0	0	n/a	24	0	0	2
STONE SCORPION BOWL IPA- 22oz	430	0	0	0	0	0	n/a	33	0	0	2
STONE RUINATION DOUBLE IPA 2.0 - 16oz	339	0	0	0	0	0	30	36	0	0	3.7
STONE RUINATION DOUBLE IPA 2.0 - 22oz	466	0	0	0	0	0	45	50	0	0	5.1
TENAYA CREEK BROWN ALE - 16oz	227	0	0	0	0	0	30	23	0	0	2.7
TENAYA CREEK BROWN ALE - 22oz	312	0	0	0	0	0	40	32	0	0	3.7
THREE WEAVERS SEAFARER- 16oz	190	0	0	0	0	0	n/a	n/a	0	0	n/a
THREE WEAVERS SEAFARER- 22oz	260	0	0	0	0	0	n/a	n/a	0	0	n/a
<b>BOTTLED BEER - 12oz</b>											
ANGRY ORCHARD CIDER	190	0	0	0	0	0	15	20	0	0	0.0
AURORA HOPPYALIS	200	0	0	0	0	0	40	21	0	0	1.0
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	20	5	0	0	1.0
FIRESTONE - WALKER 805	140	0	0	0	0	0	0	15	0	0	0.0
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
MODELO NEGRA	170	0	0	0	0	0	0	16	0	0	1
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
SAM ADAMS BOSTON LAGER	170	0	0	0	0	0	0	18	0	0	2
STELLA ARTOIS	154	0	0	0	0	0	10	15	0	0	1

This Nutrition data was prepared on JANUARY 2022, 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 October 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
CHICKEN TINGA FLAUTAS	1240	580	64	11	3	120	3260	110	10	12	55
BUFFALO WINGS HONEY SRIRACHA	2160	1290	144	30	0	570	4170	75	6	60	141
PEPPER CRUNCH SLIDERS -3 count	1010	450	50	17	1.5	145	1580	91	3	17	50
BULLEIT MANHATTAN	250	0	0	0	0	0	0	2	0	2	0
CELEBRATION SANGRIA	180	0	0	0	0	0	0	20	0	15	0
CRANMERRY MULE	230	0	0	0	0	0	20	24	0	22	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
KALUA PORK TACOS - 3- LTO	880	440	49	14	0	110	1,480	70	11	7	40
BAJA TACO-3 (OTM)	820	300	33	10	0	190	2,270	60	7	10	70
CALIFORNIA TACOS (NO DRESSING)- 3 (OTM)	600	290	32	17	0	70	940	57	8	6	22
CHARLEY TACOS (NO DRESSING) -3 (OTM)	750	280	31	17	0	150	1,000	48	5	3	69
NORTHSHORE GRILLED CHICKEN TACOS- 3 (OTM)	930	380	42	19	0	250	2,820	52	5	4	86
NORTHSHORE LIMITED TACO -3 (OTM)	810	380	42	8	0	115	990	63	8	4	46
Broccoli side (4oz) NO BUTTER	30	0	0	0	0	0	10	5	3	1	1
MOA MAUNA LOA	1070	630	70	19	1.5	150	2180	71	4	10	40
PROTEIN CHICKEN PLATTER	910	410	46	15	0.5	290	970	12	5	3	112
PROTEIN BURGER PLATTER	1,090	720	80	31	3	280	890	8	4	1	84
PROTEIN COMBO PLATTER	1,050	620	69	25	1.5	280	930	10	5	2	97
PROTEIN TURKEY PLATTER	650	410	46	15	0.5	95	2200	28	8	14	31
JR. Noodles w/ butter parmesan	380	110	12	7	0	30	480	54	3	1	14
LIL BEEF SLIDER (no cheese)	200	90	10	3	0	30	170	16	1	2	11
LIL SLIDER W/ CHEESE	280	150	17	8	0	50	320	16	1	2	16
LIL TIKI TENDERS	440	290	32	4	4	50	1280	24	1	2	15
LIL SANDCASTLE	270	160	18	8	0	45	380	19	1	3	7