



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 W/ RANCH		X	X (anchovies)	X		X		x*	X
BUFFALO WINGS SPICY W/RANCH		X		X		X		x*	X
BUFFALO WINGS TERIYAKI W/RANCH		X		X		X		X	X
CHEDDAR FRIES				X		X*			
CHEESY FRIES				X		X			
CHIPS & SALSA						X*		X*	
CHIPS & SALSA W/LARGE GUACAMOLE			x(anchovies)			X*		X*	
ISLAND FRIES						X*			
ISLAND NACHOS			X (anchovies)	X		X		X*	
ONION RINGS		X		X		X		X	
QUESADILLA W/OUT CHICKEN				X		X*		X	
SPINACH & ARTICHOKE DIP with chips				X		X*		X*	
SWEET POTATO FRIES						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 (ANCHOVIES)	X		X		X	
KAANAPALI KOBBI SALAD		X		X		X			
SMALL CAESAR SALAD		X	X (anchovies)	X		X		X	
CHOP CHOP SALAD		X	X (anchovies)	X		X		X	X
Salad Dressings	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BLEU CHEESE DRESSING		X		X		X		SEE SIDE PANEL	
CAESAR DRESSING		X	X (anchovies)	X		X			
HONEY MUSTARD DRESSING		X				X			
ITALIAN DRESSING						X		X	
KOBBI DRESSING		X				X			
LOW FAT BALSAMIC VINAIGRETTE DRESSING						X			
RANCH DRESSING		X		X		X			X
SESAME DRESSING		X				X		X	
SURFBOARDER BBQ DRESSING		X	x (anchovies)	X		X			
THOUSAND ISLAND DRESSING		X	X (ANCHOVIES)			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
GLUTEN FREE CHICKEN TACOS				X		X			
GRILLED FISH TACOS		X	X	X		X			
ISLAND FISH TACOS		X	X	X		X		X	
KALUA PORK TACOS				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 (anchovies)	X		X		X	
MOA CRISP		X		X		X		X	X
SHOREBIRD		X		X		X			
TOUCAN		X		X		X		X	



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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	
VEGGIE BEACH BOWL WITH HOISON						X		X	
VEGGIE BEACH BOWL WITH TERIYAKI						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 (anchovies)	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)									
BIG WAVE CHEESE BURGER (NO BUN)				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 (anchovies)			X			
MALIBU BURGER (NO BUN)				X					
MAUI BURGER (NO BUN)		X	X (anchovies)	X					
PIPELINE BURGER (NO BUN)				X		X		x	
IMPOSSIBLE BURGER PATTY						X			
BEEF PATTY ONLY									
TURKEY PATTY ONLY									
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 GREMMIE BUN						X		X	
WHEAT BUN						X		X	
WHITE BUN						X		X	
Gremmie - Nutritional data for Gremmie items does not include sides which are listed separately.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
JR MAC N CHEESE				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)									
JR WAVE CHEESE BURGER (no bun)				X					
ADDITIONS AND SIDES	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
APPLESAUCE									
AVOCADO SLICES									
BLEU CHEESE CRUMBLES				X					
CHEDDAR CHEESE				X					
CHEDDAR / JACK CHEESE				X					
CHILI						X		X	
FETA CHEESE				X					
FRESH PINEAPPLE									



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FRIED EGG		x				X*			
GUACAMOLE			x (anchovies)						
HICKORY SMOKED BACON									
ISLAND REDS™				X		X		X	
PEPPER JACK CHEESE				X					
SAUTEED MUSHROOMS						X*			
SMASHED BEANS									
SOUR CREAM				X					
SPICY CHICKEN						X*			
STEAMED VEGGIES W/BUTTER				X					
SWISS CHEESE				X					
WHITE CHEDDAR CHEESE				X					
Sauces	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BBQ SAUCE			X (anchovies)			X			
CHIPOTLE AIOLI		X				X			
HULI HULI SAUCE			X (anchovies)	X		X		X	
ISLANDS SALSA									
MAYONNAISE		X				X			
PICO DE GALLO									
PINAPPLE CHILI SAUCE									
SALSA VERDE									
SPICY SOY AIOLI		X				X			
TRUFFLE AIOLI		X		X		X			
WING SAUCE				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
ULTIMATE CHOCOLATE SHAKE				X					
COOL BREEZE				X			X Coconut		
LEMON FREEZE				X					
STRAWBERRY SHAKE				X					
VANILLA SHAKE				X					
MINT OREO SHAKE				X		X		X	
OREO SHAKE				X		X		X	

This allergy data was prepared in OCT 2022. 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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Appetizers	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
BAJA TACOS						X		x	
BOTANICAL LEMONADE									
BROCCOLI SIDE (NO BUTTER)									
BUFFALO WINGS HONEY SRIRACHA		X		X		X		X	x
BULLEIT TO THE BEACH									
CALIFORNIA TACOS (NO DRESSING)				x		x		x	
CHARLEY TACOS (NO DRESSING)				x		x		x	
CHICKEN TINGA FLAUTAS				X		X		X	
COOKIE BUTTER SHAKE				X		X		X	
DOUBLE STACK BURGER (LUNCH MENU)				X		X		X	
FRESH WATERMELON MOJITO- TEST									
HEAT WAVE BURGER		X		X		X		X	
ISLANDS NACHOS (WITH BLACK BEANS)				X		X			
JR NOODLES W/BUTTER + PARMESAN CHEESE				X		X		X	
LIL BEEF SLIDER (NO CHEESE or bun)						X			
LIL JR TIKI TENDERS				X		X		X	
LIL SANDCASTLE		x		X		X		X	
LIL SLIDER W/ CHEESE (no bun)				X		X			
MOA MAUNA LOA CRISP		X		X		X		X	
NO BLAME VEGGIE TACOS (LUNCH MENU)				X		X			
PASIONFRUIT MANGO LEMONADE - TEST									
PATTY MELT (LUNCH MENU)				X		X		X	
PEPPER CRUNCH SLIDERS		X	X	X		X		X	
PROTEIN BURGER PLATTER				x		x			
PROTEIN CHICKEN PLATTER				x		x			
PROTEIN COMBO PLATTER				x		x			
PULLED PORK SANDWICH (NO BUN)			X (ANCHOVIES)	X		X		X	
PROTEIN TURKEY PLATTER				x		x			
SLEEK GREEK SALAD (LUNCH MENU)				X		X			
STRAWBERRY BUTTER CAKE - TEST		X		X		X		X	
STRAWBERRY SALAD - TEST		x		x		x	X (almonds)		
STRAWBERRY DRESSING - TEST		X				X			
TUNA MELT (LUNCH MENU)		X	X	X		X		X	
TERIYAKI AIOLI		X				X		X	
VEGETARIAN PANINI		X		X		X		X	
VEGETARIAN PANINI with CHICKEN		X		X		X		X	
WATERMELON LEMONADE - TEST									
HOLIDAY MARGARITA									
CANDY CANE DREAM SHAKE				X		X		X	
PUMPKIN SPICE SHAKE				X		X		X	
HOLIDAY BUTTER CAKE - TEST		X		X		X		X	
HOLIDAY TURKEY BURGER				X		X	X (almonds)	X	
(TORTILLA BEACH) BURRITO WITH BARBACOA				X		X		X	
(TORTILLA BEACH) BURRITO WITH CARNE ASADA				X		X		X	
(TORTILLA BEACH) BURRITO WITH FAJITA CHICKEN				X		X		X	
(TORTILLA BEACH) BURRITO WITH FISH			X	X		X		X	
(TORTILLA BEACH) BURRITO WITH KALUA PORK				X		X		X	
(TORTILLA BEACH) BURRITO WITH SPICY CHICKEN				X		X		X	
(TORTILLA BEACH) BURRITO NO PROTEIN				X		X		X	
(TORTILLA BEACH) TACOS WITH BARBACOA								X*	
(TORTILLA BEACH) TACOS WITH CARNE ASADA				X		X		X*	
(TORTILLA BEACH) TACOS WITH FAJITA CHICKEN				X		X		X*	
(TORTILLA BEACH) TACOS WITH FISH			X	X		X		X*	
(TORTILLA BEACH) TACOS WITH KALUA PORK				X		X		X*	
(TORTILLA BEACH) TACOS WITH SPICY CHICKEN				X		X		X*	
(TORTILLA BEACH) TACOS NO PROTEIN				X		X		X*	
(TORTILLA BEACH) BOWL WITH BARBACOA								X*	



(TORTILLA BEACH) BOWL WITH CARNE ASADA				X		X		X*	
(TORTILLA BEACH) BOWL WITH FAJITA CHICKEN				X		X		X*	
(TORTILLA BEACH) BOWL WITH FISH			X	X		X		X*	
(TORTILLA BEACH) BOWL WITH KALUA PORK				X		X		X*	
(TORTILLA BEACH) BOWL WITH SPICY CHICKEN				X		X		X*	
(TORTILLA BEACH) BOWL NO PROTEIN				X		X		X*	
(TORTILLA BEACH) TRES LECHES BUTTER CAKE		X		X		X		X	
(TORTILLA BEACH) SPICY MANGORITA						x		X*	
(TORTILLA BEACH) SUNBURN MARGARITA									