



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	
ISLAND REDS™				X		X		X	
BUFFALO WINGS BBQ W/ RANCH		X	X	X		X		x*	X
BBQ SAUCE			X			X			
RANCH DRESSING		X		X		X			X
BUFFALO WINGS SPICY W/RANCH		X		X		X		x*	X
WING SAUCE				X					
RANCH DRESSING		X		X		X			X
BUFFALO WINGS TERIYAKI W/RANCH		X		X		X		X	X
TERIYAKI SAUCE						X		X	
RANCH DRESSING		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	X		X		X*	
ONION RINGS		X		X		X		X	
QUESADILLA W/OUT CHICKEN				X		X*		X	
SPICY WHITE QUESO DIP				X		X		X	
SPINACH & ARTICHOKE DIP with chips				X		X*		X*	
SWEET POTATO FRIES						X			
TEMPURA GREEN BEANS		X				X		X	
SPICY SOY AIOLI		x				x		x	
PINEAPPLE CHILI SAUCE									
sweet thai chili sauce									
TIKI TENDERS (DRESSING NOT INCLUDED)				X		X		X	
TRUFFLE FRIES		X		X		X			
TRUFFLE AIOLI		X		X		X			
TRUFFLE OIL						X			
PARSLEY PARM DUST				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	
chicken for salads						X			
SESAME DRESSING		X				X		X	
GARDEN SALAD (NO DRESSING)				X		X		X	
JUNGLE CAESAR SALAD		X	X (ANCHOVIES)	X		X		X	
chicken for salads						X			
CAESAR DRESSING		X	X	X		X			
KAANAPALI KOBB SALAD		X		X		X			
KOBB DRESSING		X				X			
chicken for salads						X			
SMALL CAESAR SALAD		X	X (anchovies)	X		X		X	
chicken for salads						X			
CAESAR DRESSING		X	X	X		X			
CHOP CHOP SALAD		X	X (anchovies)	X		X		X	X
fried chicken		x		x		x		x	
surferboarder bbq dressing		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	X		X			



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HONEY MUSTARD DRESSING		X				X			
ITALIAN DRESSING						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 (ANCHOVIES)			X			
BALSAMIC VINAIGRETTE									
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			
CHIPOTLE WHITE SAUCE		X		X		X			
ISLAND FISH TACOS		X	X	X		X		X	
CHIPOTLE WHITE SAUCE		X		X		X			
NORTHSHORE TACOS				X		X		X	
YAKI TACOS				X		X		X	
grilled pineapple salsa									
TERIYAKI SAUCE						X		X	
KALUA PORK TACOS				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	
huli huli sauce			X (ANCHOVIES)	X		X		X	
MOA CRISP		X		X		X		X	X
fried chicken		x		x		x		x	
RANCH DRESSING		X		X		X			X
SHOREBIRD		X		X		X			
TOUCAN		X		X		X		X	
TERIYAKI SAUCE						X		X	
Beach Bowls	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG
CHICKEN HOISIN BOWL						X		X	
BEACH BOWL BULK									
CHICKEN TERIYAKI BOWL						X		X	
BEACH BOWL BULK									
GRILLED FISH HOISIN BOWL			X			X		X	
BEACH BOWL BULK									
GRILLED FISH TERIYAKI BOWL			X			X		X	
BEACH BOWL BULK									
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
RANCH DRESSING		X		X		X			X
BBQ SAUCE			X (ANCHOVIES)			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	
BLEU CHEESE DRESSING		X		X		X		X	
HAWAIIAN BURGER (NO BUN)		X		X		X		X	
TERIYAKI SAUCE						X		X	
HULA BURGER (NO BUN)		X		X		X			



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IMPOSSIBLE BURGER (MADE W/ IMPOSSIBLE PATTY) (NO BUN)		X			X		X			
KILAUEA BURGER (NO BUN)		X			X		X		X	
CHIPOTLE AIOLI		X					X			
ISLAND REDS™					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	
chili							X		X	
IMPOSSIBLE BURGER PATTY							X			
BEEF PATTY ONLY										
TURKEY PATTY ONLY										
VEGGIE PATTY ONLY					X		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										
FRIED EGG		x				X*				
GUACAMOLE			x (anchovies)			X*				
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										



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PINAPPLE CHILI SAUCE									
SALSA VERDE									
SPICY SOY AIOLI		X				X			
SURFBOARDER BBQ DRESSING		X	x (anchovies)	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	
Alcoholic Beverages	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	MSG

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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			
BLACK BEANS						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	
BBQ SAUCE			X (ANCHOVIES)			X			
ISLAND REDS™				X		X		X	
PROTEIN TURKEY PLATTER				x		x			
SLEEK GREEK SALAD (LUNCH MENU)				X		X			
chicken for salads						X			
STRAWBERRY BUTTER CAKE - TEST		X		X		X		X	
STRAWBERRY SALAD - TEST		x		x		x	X (almonds)		
STRAWBERRY DRESSING		X				X			
TUNA MELT (LUNCH MENU)		X	X	X		X		X	
TUNA SALAD		X	X			X			
VEGETARIAN PANINI		X		X		X		X	
TERIYAKI AIOLI		X				X		X	
VEGETARIAN PANINI with CHICKEN		X		X		X		X	
TERIYAKI AIOLI		X				X		X	
WATERMELON LEMONADE - TEST									
HOLIDAY BUTTER CAKE - TEST		X		X		X		X	
CRANBERRY APPLE GLAZE									
BUTTER CAKE		X		X		X		X	
HOLIDAY MARGARITA									
CANDY CANE DREAM SHAKE				X		X		X	
PUMPKIN SPICE SHAKE				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 KALUA PORK				X		X		X	
(TORTILLA BEACH) BURRITO WITH SPICY CHICKEN				X		X		X	
(TORTILLA BEACH) BURRITO NO PROTEIN				X		X		X	
CILANTRO LIME RICE				X					
(TORTILLA BEACH) TACOS WITH CARNE ASADA				X		X		X*	
(TORTILLA BEACH) TACOS WITH FAJITA CHICKEN				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*	
PINEAPPLE CILANTRO SLAW									
(TORTILLA BEACH) BOWL WITH CARNE ASADA				X		X		X*	
(TORTILLA BEACH) BOWL WITH FAJITA CHICKEN				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	
SPICY MANGORITA						x		X*	
SUNBURN MARGARITA									
TRES LECHES BUTTER CAKE		X		X		X		X	
BUTTER CAKE		X		X		X		X	
CARAMEL SAUCE									
PRETZEL BITES - HH MENU- HH MENU									
BEER CHEESE SAUCE									
BUFFALO TIKI TENDERS WITH RANCH - HH MENU		X		X		X			X
WING SAUCE				X					
RANCH DRESSING		X		X		X			X
PORK SLIDERS - HH MENU				X					
DEEP BLUE SEA COCKTAIL									

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