



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	Sesame	MSG
BEACHSIDE SLIDERS™				X		X*		X		
BUFFALO WINGS BBQ W/ RANCH		X	X (Anchovies)	X		X		X*		
BUFFALO WINGS SPICY W/RANCH		X		X		X		X*		
BUFFALO WINGS TERIYAKI W/RANCH		X		X		X		X	X	
CHEDDAR FRIES				X		X*				
CHEESY FRIES-HH				X		X				
CHIPS & SALSA						X*		X*		
CHIPS & SALSA W/LARGE GUACAMOLE						X*		X*		
ISLAND FRIES						X*				
ISLAND NACHOS				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		
TIKI TENDERS (DRESSING NOT INCLUDED)				X		X		X		
TRUFFLE FRIES		X		X		X				
Soup	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
TORTILLA SOUP				X		X		X		
TORTILLA STRIPS						X		X		
Salads - All allergen data for salads includes dressing unless otherwise specified	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHINA COAST SALAD		X		X		X		X	X	
GARDEN SALAD (NO DRESSING)				X		X		X		
JUNGLE CAESAR SALAD		X	X (Anchovies)	X		X		X		
KAANAPALI KOBBL SALAD		X		X		X				
SMALL CAESAR SALAD		X	X (Anchovies)	X		X		X		
CHOP CHOP SALAD		X	X (Anchovies)	X		X		X		
Salad Dressings	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BLEU CHEESE DRESSING		X		X		X		X*		
CAESAR DRESSING		X	X (Anchovies)	X		X				
HONEY MUSTARD DRESSING		X				X				
ITALIAN DRESSING						X		X		
KOBB DRESSING		X				X				
LOW FAT BALSAMIC VINAIGRETTE DRESSING						X				
RANCH DRESSING		X		X		X				
SESAME DRESSING		X				X		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	Sesame	MSG
GLUTEN FREE CHICKEN TACOS				X		X				
GRILLED FISH TACOS		X	X	X		X				
ISLAND FISH TACOS		X	X	X		X		X		
NORTHSHORE TACOS				X		X		X		
YAKI TACOS				X		X		X	X	
KALUA PORK TACOS				X		X				
Tortilla Beach	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
(TORTILLA BEACH) BURRITO WITH CARNE ASADA				X		X		X		



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(TORTILLA BEACH) BURRITO WITH BAJA CHICKEN				X		X		X		
(TORTILLA BEACH) BURRITO WITH CARNITAS 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 CARNE ASADA				X		X		X*		
(TORTILLA BEACH) TACOS WITH BAJA CHICKEN				X		X		X*		
(TORTILLA BEACH) TACOS WITH CARNITAS 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 CARNE ASADA				X		X		X*		
(TORTILLA BEACH) BOWL WITH BAJA CHICKEN				X		X		X*		
(TORTILLA BEACH) BOWL WITH CARNITAS PORK				X		X		X*		
(TORTILLA BEACH) BOWL WITH SPICY CHICKEN				X		X		X*		
(TORTILLA BEACH) BOWL NO PROTEIN				X		X		X*		
Chicken Sandwiches - Nutritional data for sandwiches does not include bun or sides which are listed below.	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
GRILLED CHICKEN BREAST ONLY						X*				
HULI HULI CRISP		X	X (Anchovies)	X		X		X	X	
MOA CRISP		X		X		X		X		
SHOREBIRD		X		X		X				
TOUCAN		X		X		X		X	X	
Beach Bowls	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHICKEN HOISIN BOWL						X		X	X	
CHICKEN TERIYAKI BOWL						X		X	X	
GRILLED FISH HOISIN BOWL			X			X		X	X	
GRILLED FISH TERIYAKI BOWL			X			X		X	X	
VEGGIE BEACH BOWL WITH HOISON						X		X	X	
VEGGIE BEACH BOWL WITH TERIYAKI						X		X	X	
HOISIN SAUCE						X		X	X	
TERIYAKI SAUCE						X		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	Sesame	MSG
CHICKEN CLUB WRAP (includes wrap)		X	X (Anchovies)	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	Sesame	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	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						
PIPELINE BURGER (NO BUN)				X		X		X		
IMPOSSIBLE BURGER PATTY						X				
BEEF PATTY ONLY										
TURKEY PATTY ONLY										
VEGGIE PATTY ONLY				X		X		X		



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Bun, Tortillas, & Bread	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CORN TORTILLA										
EGG BREAD (TEXAS TOAST)		X		X				X		
FLOUR TORTILLA						X		X		
GLUTEN FREE BUN		X								
SLIDER BUN						X		X		
KIDS JR 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	Sesame	MSG
JR MAC N CHEESE				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	Sesame	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										
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	Sesame	MSG
BBQ SAUCE			X (Anchovies)			X				
CHIPOTLE AIOLI		X				X				
HULI HULI SAUCE			X (Anchovies)	X		X		X	X	
ISLANDS SALSA										
MAYONNAISE		X				X				
PICO DE GALLO										
PINAPPLE CHILI SAUCE										
SALSA VERDE										
SPICY SOY AIOLI		X				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	Sesame	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	Sesame	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	Sesame	MSG
DEEP BLUE SEA COCKTAIL										
BOTANICAL BREEZE										
BULLEIT TO THE BEACH										

* indicates potential cross contamination with the allergen.

This allergy data was prepared in MARCH 2023. 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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ADDITIONAL ITEMS	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
OFF THE MENU ITEMS										
BAJA TACOS						X		X		
BROCCOLI SIDE (NO BUTTER)										
PEPPER CRUNCH SLIDERS		X	X (Anchovies)	X		X		X		
PROTEIN BURGER PLATTER				X		X				
PROTEIN CHICKEN PLATTER				X		X				
PROTEIN COMBO PLATTER				X		X				
PROTEIN TURKEY PLATTER				X		X				
PULLED PORK SANDWICH (NO BUN)			X (Anchovies)	X		X		X		
CALIFORNIA TACOS (NO DRESSING)				X		X		X		
CHARLEY TACOS (NO DRESSING)			X	X		X		X		
MOA MAUNA LOA CRISP		X		X		X		X		
LUNCH MENU TEST ITEMS										
TUNA MELT (LUNCH MENU)		X	X	X		X		X		
PATTY MELT (LUNCH MENU)				X		X		X		
SLEEK GREEK SALAD (LUNCH MENU)				X		X				
DOUBLE STACK BURGER (LUNCH MENU)				X		X		X		
TEST ITEMS										
TRE LECHES BUTTER CAKE		X		X		X		X		
PRETZEL BITES - HH MENU				X		X		X		
BUFFALO TIKI TENDERS WITH RANCH		X		X		X		X		
PORK SLIDERS - HH MENU				X		X		X	X	
LIMITED TIME ONLY										
WIQUI WAQUI SALAD		X	X (Anchovies)	X		X		X		
MAVERICKS BURGER		X	X (Anchovies)	X		X		X		

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