



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 MARCH 2023. 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	1900	66	5	13	43
BEACHSIDE SLIDERS™ WITH BEEF- 4 count	1,450	870	97	22	2.5	150	2650	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	1,690	1,060	118	61	0.5	350	4430	82	18	10	74
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
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	1870	50	4	8	42
BLEUNAMI BURGER	1020	620	69	21	2.0	150	1840	52	4	9	47
HAWAIIAN BURGER	1050	570	63	17	2.0	140	2270	75	4	30	46
HULA BURGER	1040	640	71	19	2.5	140	1870	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	1860	53	3	12	39
MALIBU BURGER	910	490	54	18	2.0	145	2520	51	4	8	55
MAUI BURGER	1030	620	69	18	2.0	140	1870	55	6	9	46
PIPELINE BURGER	900	490	54	18	2.5	160	1930	52	4	9	51
<b>CHICKEN SANDWICHES</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	1800	47	2	7	58
TOUCAN	950	420	47	11	1	150	2260	72	2	28	60
<b>ISLAND TACOS</b>											
NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
GF GRILLED CHICKEN- 3 - Tacos	810	230	25	7	0	200	1,370	71	10	9	75
GRILLED FISH - 3- Tacos	930	480	53	9	0	180	1,640	63	7	6	49
ISLAND FISH - Tacos	1,400	810	90	21	0.5	120	2,370	103	9	6	44
KALUA PORK TACOS - 3 Tacos	840	440	45	13	0	95	1,380	73	12	8	35
NORTHSHORE- 3 -Tacos	1,020	450	50	20	0.5	160	3,110	52	6	7	91
NORTHSHORE-2 Tacos (lunch menu)	670	280	31	12	0	170	2,210	36	4	4	61
YAKI - 3- Tacos	1,060	390	43	20	0	250	3,100	81	5	31	87



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<b>TORTILLA BEACH</b>											
(TORTILLA BEACH) BURRITO WITH CARNE ASADA	1,110	520	58	22	0	170	2570	91	8	6	56
(TORTILLA BEACH) BURRITO WITH BAJA CHICKEN	930	310	34	15	0	195	2420	90	8	5	65
(TORTILLA BEACH) BURRITO WITH CARNITAS PORK	940	410	45	20	0	125	2120	91	8	6	42
(TORTILLA BEACH) BURRITO WITH SPICY CHICKEN	820	260	29	15	0	125	2260	92	8	6	47
(TORTILLA BEACH) BURRITO NO PROTEIN	680	230	25	14	0	70	1590	88	7	5	25
(TORTILLA BEACH) TACOS WITH CARNE ASADA	1000	620	69	22	0	170	1979	45	8	7	49
(TORTILLA BEACH) TACOS WITH BAJA CHICKEN	760	360	40	15	0	195	1850	44	9	6	57
(TORTILLA BEACH) TACOS WITH CARNITAS PORK	820	500	56	20	0	125	1540	45	8	7	34
(TORTILLA BEACH) TACOS WITH SPICY CHICKEN	700	360	40	15	0	125	1670	46	9	7	40
(TORTILLA BEACH) TACOS NO PROTEIN	560	320	36	14	0	70	1010	42	8	6	17
(TORTILLA BEACH) BOWL WITH CARNE ASADA	1,140	460	51	22	0	170	2160	109	11	7	60
(TORTILLA BEACH) BOWL WITH BAJA CHICKEN	1000	300	33	14	0	195	2030	108	12	6	67
(TORTILLA BEACH) BOWL WITH CARNITAS PORK	1010	400	44	19	0	125	1700	109	11	8	44
(TORTILLA BEACH) BOWL WITH SPICY CHICKEN	890	250	28	13	0	125	1830	110	12	7	49
(TORTILLA BEACH) BOWL NO PROTEIN	740	210	23	12	0	70	1170	106	11	6	28
<b>BEACH BOWLS</b>											
CHICKEN W/ HOISIN	690	130	14	3	0	120	1,690	88	7	27	54
FISH W/HOISIN	590	50	6	1	0	160	1,660	83	7	23	50
CHICKEN W/ TERIYAKI	800	130	14	3	0	120	1,890	96	7	36	54
FISH W/ TERIYAKI	610	50	6	1	0	160	1,790	88	7	29	50
VEGGIE BEACH BOWL WITH TERIYAKI OR HOISIN	490-530	150	17	4	0	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>											
<b>NUTRITIONAL DATA FOR LOCAL FAVORITES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW</b>											
CHICKEN CLUB WRAP	990	450	50	15	0	150	3040	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>											
<b>NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING</b>											
CHINA COAST SALAD	940	470	52	10	3	115	2540	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	630	390	43	10	1	125	1640	14	4	5	46
KAANAPALI KOBBSALAD	1020	720	80	20	1	340	2000	15	6	7	60
SMALL CAESAR SALAD	260	190	21	5	0	20	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	340	220	24	9	1	110	1010	0	0	0	30
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	1,030	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
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
JR 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	860	410	46	25	0.5	90	210	99	4	70	12
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	180	50	6	4	0	20	70	30	0	28	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
RASPBERRY 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 (10 fl 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	480	260	29	3	0	60	1420	33	1	1	21
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
JR OREO SHAKE	620	280	31	18	0	90	380	76	1	64	8



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GREMMIE MENU SIDES & APPETIZERS & DIPS	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)
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)	580	240	27	2	0	0	490	78	5	1	7
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
ALCOHOLIC BEVERAGES	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)
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
DEEP BLUE SEA COCKTAIL	290	0	0	0	0	0	10	23	0	19	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	10	80	0	76	0
MARGARITA	420	0	0	0	0	0	2200	60	0	55	0
MARGARITA FROZEN STRAWBERRY	450	0	0	0	0	0	10	77	0	72	0
MARGARITA ROCKS	250	0	0	0	0	0	2240	26	0	25	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	220	0	0	0	0	0	2240	10	1	7	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 BREEZE	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
CHILE MANGORITA	610	0	0	0	0	0	810	113	0	107	0
SUNBURN MARGARITA	270	0	0	0	0	0	400	34	0	32	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 SAUVIG243:267NON (COPPER RIDGE) - GLASS	180	0	0	0	0	0	5	7	0	2	0
CABERNET SAUVIGNON (COPPER RIDGE) - BOTTLE	640	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	120	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	180	0	0	0	0	0	5	7	0	0	0
CHARDONNEY (COPPER RIDGE) - BOTTLE	640	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	180	0	0	0	0	0	0	0	0	0	0
CHARDONNAY (IRONY) - BOTTLE	640	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	200	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	200	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	250	0	0	0	0	0	65	27	0	0	2.5
ALE SMITH .394 - 22oz	340	0	0	0	0	0	90	38	0	0	3.4
ALESMITH NUT BROWN - 16oz	230	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
ALVARADO ST BREWERY MAI TAI PA- 16oz	260	0	0	0	0	0	n/a	n/a	0	0	n/a
ALVARADO ST BREWERY MAI TAI PA- 22oz	360	0	0	0	0	0	n/a	n/a	0	0	n/a
ANCHOR STEAM - 16oz	200	0	0	0	0	0	20	20	0	0	2.0
ANCHOR STEAM - 22oz	280	0	0	0	0	0	28	28	0	0	2.8
BALLAST POINT SCULPIN IPA - 16oz	270	0	0	0	0	0	17	26	0	0	0.9
BALLAST POINT SCULPIN IPA - 22oz	380	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	310	0	0	0	0	0	13	34	0	0	2.7
BEAR REPUBLIC RACER 5 IPA - 22oz	420	0	0	0	0	0	18	46	0	0	3.7
BEER FLIGHT	200-260	0	0	0	0	0	n/a	n/a	0	n/a	0
BITTER BROTHERS - GOLDEN CHILD - 16oz	210	0	0	0	0	0	n/a	n/a	0	0	n/a
BITTER BROTHERS - GOLDEN CHILD - 22oz	280	0	0	0	0	0	n/a	n/a	0	0	n/a
BLUE MOON - 16oz	250	0	0	0	0	0	7	28	0	0	2.4
BLUE MOON - 22oz	340	0	0	0	0	0	9	39	0	0	3.3
BUD LIGHT - 16oz	190	0	0	0	0	0	20	16	0	0	1.3
BUD LIGHT - 22oz	260	0	0	0	0	0	27	22	0	0	1.8
COACHELLA VALLEY PHOENIX LAGER - 16oz	200	0	0	0	0	0	10	16	0	0	1.0
COACHELLA VALLEY PHOENIX LAGER - 22oz	270	0	0	0	0	0	14	22	0	0	1.4
COORS LIGHT - 16oz	190	0	0	0	0	0	20	12	0	0	1.3
COORS LIGHT - 22oz	260	0	0	0	0	0	27	17	0	0	1.8
CORONADO ORANGE AVENUE WIT - 16oz	210	0	0	0	0	0	15	20	0	0	2.0
CORONADO ORANGE AVENUE WIT - 22oz	280	0	0	0	0	0	21	28	0	0	2.8



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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)
DRAFT BEER CONTINUED											
DAYFALL											
DESCHUTES BLACK BUTTE PORTER - 16oz	260	0	0	0	0	0	10	27	0	0	2.0
DESCHUTES BLACK BUTTE PORTER - 22oz	350	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	410	0	0	0	0	0	30	41	0	0	2.8
DOS EQUIS LAGER - 16oz	170	0	0	0	0	0	10	15	0	0	1.0
DOS EQUIS LAGER - 22oz	240	0	0	0	0	0	15	21	0	0	1.4
DUCKFOOT BREWERY- DRINK THIS OR BEES WILL DIE- 16oz	200	0	0	0	0	0	n/a	n/a	0	0	n/a
DUCKFOOT BREWERY- DRINK THIS OR BEES WILL DIE- 22oz	275	0	0	0	0	0	n/a	n/a	0	0	n/a
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	280	0	0	0	0	0	10	33	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 16oz	250	0	0	0	0	0	10	27	0	0	2.7
FIRESTONE-WALKER LUPONIC DISTORTION - 22oz	340	0	0	0	0	0	10	37	0	0	3.7
FIRESTONE-WALKER UNION JACK IPA - 16oz	280	0	0	0	0	0	15	30	0	0	2.7
FIRESTONE-WALKER UNION JACK IPA - 22oz	390	0	0	0	0	0	20	42	0	0	3.7
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 16oz	240	0	0	0	0	0	0	25	0	0	2.7
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 22oz	330	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	410	0	0	0	0	0	15	55	0	0	2.7
GREAT DIVIDE YETI IMPERIAL STOUT - 22oz	570	0	0	0	0	0	20	76	0	0	3.7
HANGER 24 ORANGE WHEAT - 16oz	260	0	0	0	0	0	15	30	0	0	2.0
HANGER 24 ORANGE WHEAT - 22oz	350	0	0	0	0	0	20	41	0	0	2.8
INSTITUTION RX PILSNER- 16oz	210	0	0	0	0	0	n/a	n/a	0	0	n/a
INSTITUTION RX PILSNER- 22oz	290	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS MANGO IPA- 16oz	280	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS MANGO IPA- 22oz	390	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS SUNNY BLONDE ALE- 16oz	200	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS SUNNY BLONDE ALE- 22oz	270	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS WHEAT WAVE- 16oz	210	0	0	0	0	0	n/a	n/a	0	0	n/a
ISLANDS WHEAT WAVE- 22oz	290	0	0	0	0	0	n/a	n/a	0	0	n/a
KARL STRAUSS AURORA HOPPYALIS IPA - 16oz	270	0	0	0	0	0	50	28	0	0	2.3
KARL STRAUSS AURORA HOPPYALIS IPA - 22oz	360	0	0	0	0	0	70	39	0	0	3.1
KARL STRAUSS MOSAIC SESSION IPA - 16oz	210	0	0	0	0	0	50	21	0	0	2.9
KARL STRAUSS MOSAIC SESSION IPA - 22oz	300	0	0	0	0	0	65	28	0	0	4.0
KARL STRAUSS RED TROLLEY ALE - 16oz	280	0	0	0	0	0	60	35	0	0	2.9
KARL STRAUSS RED TROLLEY ALE - 22oz	380	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- 22oz	400	0	0	0	0	0	n/a	n/a	0	0	n/a
KNEE DEEP BREAKING BUD IPA - 16oz	240	0	0	0	0	0	15	20	0	0	2.8
KNEE DEEP BREAKING BUD IPA - 22oz	330	0	0	0	0	0	25	27	0	0	3.8



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<b>DRAFT BEER CONTINUED</b>											
KONA LONGBOARD LAGER - 16oz	190	0	0	0	0	0	15	20	0	0	2.7
KONA LONGBOARD LAGER - 22oz	260	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	340	0	0	0	0	0	30	35	0	0	4.9
LEFT COAST TRESTLES IPA - 16oz	280	0	0	0	0	0	15	25	0	0	2.0
LEFT COAST TRESTLES IPA - 22oz	390	0	0	0	0	0	20	34	0	0	2.8
MAUI BIKINI BLONDE - 16oz	210	0	0	0	0	0	15	23	0	0	2.7
MAUI BIKINI BLONDE - 22oz	290	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	390	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	300	0	0	0	0	0	20	32	0	0	3.7
NEWCASTLE BROWN - 16oz	190	0	0	0	0	0	15	23	0	0	1.3
NEWCASTLE BROWN - 22oz	260	0	0	0	0	0	20	32	0	0	1.8
PACIFICO - 16oz	190	0	0	0	0	0	15	26	0	0	0.8
PACIFICO - 22oz	260	0	0	0	0	0	20	35	0	0	1.0
ROGUE HAZELNUT BROWN - 16oz	290	0	0	0	0	0	15	25	0	0	2.0
ROGUE HAZELNUT BROWN - 22oz	390	0	0	0	0	0	20	34	0	0	2.8
SAINT ARCHER BLONDE - 16oz	270	0	0	0	0	0	15	20	0	0	2.0
SAINT ARCHER BLONDE - 22oz	360	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	230	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	230	0	0	0	0	0	40	26	0	0	2.6
SIERRA NEVADA CELEBRATION - 22oz	320	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	300	0	0	0	0	0	35	35	0	0	1.0
SIERRA NEVADA PALE ALE - 22oz	410	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	200	0	0	0	0	0	20	20	0	0	2.0
STELLA ARTOIS - 22oz	280	0	0	0	0	0	30	28	0	0	2.8
STONE DELICIOUS IPA - 16oz	290	0	0	0	0	0	35	29	0	0	3.2
STONE DELICIOUS IPA - 22oz	400	0	0	0	0	0	45	40	0	0	4.4
STONE IPA - 16oz	280	0	0	0	0	0	25	30	0	0	3.3
STONE IPA - 22oz	390	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	340	0	0	0	0	0	30	36	0	0	3.7
STONE RUINATION DOUBLE IPA 2.0 - 22oz	470	0	0	0	0	0	45	50	0	0	5.1
TENAYA CREEK BROWN ALE - 16oz	230	0	0	0	0	0	30	23	0	0	2.7
TENAYA CREEK BROWN ALE - 22oz	310	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
TOPA TOPA CHIEF PEAK IPA- 16oz	300	0	0	0	0	0	n/a	n/a	0	0	n/a
TOPA TOPA CHIEF PEAK IPA- 22oz	420	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	190	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	150	0	0	0	0	0	10	11	0	0	1.0
CORONA EXTRA	160	0	0	0	0	0	14	14	0	0	1.3
CORONA LIGHT	110	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	100	0	0	0	0	0	8	7	0	0	1.0
KONA BIG WAVE GOLDEN ALE	130	0	0	0	0	0	10	10	0	0	1.5
MICHELOB ULTRA	100	0	0	0	0	0	10	3	0	0	1.0
MILLER LITE	100	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)	180	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	150	0	0	0	0	0	10	15	0	0	1

This Nutrition data was prepared on MARCH 2023, by FH 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.



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OTHER ITEMS	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>OFF THE MENU ITEMS</b>											
BAJA TACO-3 (OTM)	820	300	33	10	0	190	1,960	60	7	10	70
BROCCOLI SIDE(4oz) NO BUTTER	30	0	0	0	0	0	10	5	3	1	1
BULLEIT MANHATTAN	250	0	0	0	0	0	0	2	0	2	0
PEPPER CRUNCH SLIDERS -3 count	1010	450	50	17	1.5	145	2690	91	3	17	50
PROTEIN BURGER PLATTER	1,090	720	80	31	3	280	2720	8	4	1	84
PROTEIN CHICKEN PLATTER	910	410	46	15	0.5	290	2720	12	5	3	112
PROTEIN COMBO PLATTER	1,050	620	69	25	1.5	280	2720	10	5	2	97
PROTEIN TURKEY PLATTER	650	410	46	15	0.5	95	2200	28	8	14	31
PULLED PORK SANDWICH - TEST ITEM (sandwich only)	960	500	55	15	0	100	1,780	75	4	25	40
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
MOA MAUNA LOA	1070	630	70	19	1.5	150	2180	71	4	10	40
<b>LUNCH MENU and LUNCH MENU TEST ITEMS</b>											
TUNA MELT (LUNCH MENU)	970	650	72	18	1	95	1490	43	3	4	37
PATTY MELT (LUNCH MENU)	1,030	620	69	22	1.5	150	2,480	49	3	5	52
SLEEK GREEK SALAD (LUNCH MENU)	230	140	15	4	0	20	850	21	5	12	5
SLEEK GREEK SALAD WITH CHICKEN ( LUNCH MENU)	440	200	22	5	0	110	1630	21	5	12	39
DOUBLE STACK BURGER (LUNCH MENU)	720	390	43	16	1.5	140	3550	39	3	7	44
<b>TEST ITEMS</b>											
TRES LECHE BUTTER CAKE	1070	470	52	28	1.5	230	850	137	1	106	15
PRETZELS- HH MENU	1200	620	69	7	0	5	3400	127	4	0	18
BUFFALO TIKI TENDERS WITH RANCH	1430	920	102	21	1	180	4970	82	8	11	47
BUFFALO TIKI TENDERS WITH RANCH - HH MENU	1050	660	73	15	0.5	140	3670	61	5	6	36
KALUA PORK SLIDERS- HH MENU	900	450	50	9	0	60	2120	84	4	30	29
TROPICAL RED BULL	330	0	0	0	0	0	110	48	0	46	0
<b>LIMITED TIME ONLY</b>											
WIQUI WAQUI SALAD	700	360	40	13	0	55	2240	38	4	24	47
MAVERICKS BURGER	1400	860	95	22	2.0	145	2640	86	6	28	49