



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 2024. 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)
APPETIZERS											
BAVARIAN PRETZEL BITES - HH MENU	1250	730	81	9	0	5	4090	113	3	0	18
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 TIKI TENDERS WITH RANCH	1,430	920	102	21	1	180	4970	82	8	11	47
BUFFALO TIKI TENDERS WITH RANCH - HH MENU	1,050	690	77	16	0.5	140	3710	56	3	4	36
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	1,960	1,060	137	62	0	350	3590	105	17	8	77
ISLANDS NACHITOS (HH MENU)	940	540	60	25	0	135	1870	66	12	5	34
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	950	590	65	7	0	10	2300	85	14	27	6
TIKI TENDERS WITH RANCH DRESSING	1,130	680	76	9	0	130	3300	68	3	5	44
TIKI TENDERS WITH RANCH - HH MENU	940	580	64	8	0	110	2730	55	3	4	36
TRUFFLE FRIES	2510	1,490	165	21	1.5	65	1230	221	14	3	35
TORTILLA SOUP											
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
BURGERS											
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
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
VEGGIE BURGER	480	140	15	3	0.0	25	2160	70	6	9	17
CHICKEN SANDWICHES											
NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
HULI HULI CRISP	1130	590	66	13	1	140	2000	88	3	25	47
MOA CRISP	1150	630	70	16	1	140	2260	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
ISLAND TACOS											
NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
GRILLED FISH - 3- Tacos	930	480	53	9	0	180	1,640	63	7	6	49
ISLAND FISH - 3 Tacos	1,400	810	90	21	0.5	120	2,370	103	9	6	44
NORTHSHORE- 3 -Tacos	1,020	450	50	20	0.5	160	3,110	52	6	7	91
YAKI - 3- Tacos	1,060	390	43	20	0	250	3,100	81	5	31	87



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TORTILLA BEACH											
(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
BEACH BOWLS											
CHICKEN W/ HOISIN	720	140	15	3	0	90	1,850	97	10	30	49
FISH W/HOISIN	690	50	6	1	0	160	2,160	102	10	34	57
CHICKEN W/ TERIYAKI	760	140	16	3	0	90	2,040	105	10	38	50
FISH W/ TERIYAKI	750	60	7	1	0	160	2,410	113	10	46	58
VEGGIE BEACH BOWL WITH TERIYAKI OR HOISIN	520-530	45	5	0.5	0	0	1000-1060	102-104	9	34-38	16-17
CHICKEN BOWL (NO SAUCE)	650	130	14	3	0	90	1090	82	10	18	48
GRILLED FISH BOWL (NO SAUCE)	620	40	5	1	0	160	1400	87	10	22	56
VEGGIE BEACH BOWL (NO SAUCE)	460	35	4	0.5	0	0	300	89	9	26	16
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
LOCAL FAVORITES											
NUTRITIONAL DATA FOR LOCAL FAVORITES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
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
BURGERS, SANDWICHES, TACOS & WRAPS SIDE											
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
SALADS											
NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING											
CHINA COAST SALAD	900	470	52	8	0	115	2190	63	6	21	45
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 KOBBS SALAD	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
SIDE OF SALAD DRESSINGS - 2oz											
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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OPTIONAL BURGER AND SANDWICH ADDITIONS	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)
HICKORY 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 (prepared)	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
CHICKEN PATTY ONLY (prepared)	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)	300	170	21	9	0	0	420	9	3	0.5	19
ISLANDS 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 (prepared)	250	140	15	4	0	105	330	3	0	2	25
VEGGIE PATTY ONLY (prepared)	220	40	11	3	0	25	790	22	3	1	8
SIDES	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)
BEER CHEESE SAUCE (3oz)	130	100	11	3	0	5	660	6	0	0	2
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
ISLANDS 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
SAUCES	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)
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
HULI HULI SAUCE (2oz)	130	45	5	3	0	15	1000	20	0	17	1
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
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
BUN, TORTILLAS & BREAD	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)
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")	210	60	7	0.5	0	0	250	35	10	3	2
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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DESSERTS											
CHOCOLATE LAVA	1410	720	80	33	0.5	155	390	158	1	117	14
FUDGE BROWNIE	860	400	44	12	0	35	274	110	1	80	7
ICE CREAM SUNDAE	370	220	22	12	0	70	80	40	1	32	4
KONA PIE	780	410	37	20	0.5	60	210	101	5	74	11
ROOT BEER FLOAT	430	150	17	10	0.5	115	135	65	0	65	4
SHAKES AND SMOOTHIES											
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
BEVERAGES											
ENDLESS MUGS											
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
STRAWBERRY LEMONADE	120	0	0	0	0	0	10	30	0	29	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
FRUIT JUICES MILK											
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
FRESH BREWED COFFEE											
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
GREMMIE MENU											
NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
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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	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)
GREMMIE MENU SIDES & APPETIZERS & DIPS											
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											
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
ISLANDS SPRITZ	140	0	0	0	0	0	10	9	0	6	0
KENTUCKY MULE	190	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
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	480	0	0	0	0	0	10	78	0	74	0
MARGARITA FROZEN	400	0	0	0	0	0	2200	57	0	52	0
MARGARITA FROZEN STRAWBERRY	440	0	0	0	0	0	10	75	0	69	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
PARADISE MULE	310	0	0	0	0	0	45	45	0	40	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
TROPICAL FLIGHT	450	0	0	0	0	0	10	40	0	35	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	550	0	0	0	0	0	810	96	0	90	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
ALESMITH SAN DIEGO STATE ALE - 16oz	250	0	0	0	0	0	81	41	0	0	3.0
ALESMITH SAN DIEGO STATE ALE - 22oz	350	0	0	0	0	0	81	41	0	0	3.0
ALOHA SCULPIN HAZY IPA - 16oz	270	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
ALOHA SCULPIN HAZY IPA - 22oz	380	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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
BREWERY X DICTIONARY ROULETTE - 16oz	290	0	0	0	0	0	7	28	0	0	2.4
BREWERY X DICTIONARY ROULETTE - 22oz	400	0	0	0	0	0	7	28	0	0	2.4
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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DRAFT BEER CONTINUED											
CROWNS & HOPS THE DOPEST HAZY IPA - 16oz	290	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
CROWNS & HOPS THE DOPEST HAZY IPA - 22oz	400	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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
EL SEGUNDO MAYBERRY IPA - 16oz	280	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
EL SEGUNDO MAYBERRY IPA - 22oz	390	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	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 CALI SQUEEZE BLOOD ORANGE WHEAT - 16oz	250	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
FIRESTONE WALKER CALI SQUEEZE BLOOD ORANGE WHEAT - 22oz	350	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	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
KARL STRAUSS 91X IPA - 16oz	260	0	0	0	0	0	n/a	n/a	0	0	n/a
KARL STRAUSS 91X IPA - 22oz	350	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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DRAFT BEER CONTINUED											
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
MAUI BREWING OMG HAZY IPA	280	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
MAUI BREWING OMG HAZY IPA	390	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
MAUI BREWING PINEAPPLE MANA WHEAT - 16oz	220	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
MAUI BREWING PINEAPPLE MANA WHEAT - 22oz	300	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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
PIZZA PORT SHARKBITE RED ALE - 16oz	260	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
PIZZA PORT SHARKBITE RED ALE - 22oz	360	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
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 DELICIOUS CITRUS IPA - 16oz	310	0	0	0	0	0	35	29	0	0	3.2
STONE DELICIOUS CITRUS IPA - 22oz	420	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



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 2024. 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)
DRAFT BEER CONTINUED											
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
WREN HOUSE HAZY IPA- 16oz	290	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
WREN HOUSE HAZY IPA- 22oz	390	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
BOTTLED BEER - 12oz											
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 January 2024, 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.



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 2024. 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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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)
OFF THE MENU ITEMS											
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
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
CALIFORNIA TACOS (NO DRESSING)- 3 (OTM)	620	300	33	17	0	70	940	57	9	6	24
CHARLEY TACOS (NO DRESSING) -3 (OTM)	750	280	31	17	0	150	1,000	48	5	3	69
MAVERICKS BURGER	1400	860	95	22	2.0	145	2640	86	6	28	49
MOA MAUNA LOA	1070	630	70	19	1.5	150	2180	71	4	10	40
WIQUI WAQUI SALAD	700	360	40	13	0	55	2240	38	4	24	47
LUNCH MENU and LUNCH MENU TEST ITEMS											
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
MAINLANDER w/ CHICKEN	580	330	37	12	0	120	2030	26	5	8	36
MAINLANDER	440	300	33	12	0	65	1370	22	4	7	14
NORTHSHORE-2 Tacos (lunch menu)	670	280	31	12	0	170	2,210	36	4	4	61
DOUBLE STACK BURGER (LUNCH MENU)	720	390	43	16	1.5	140	3550	39	3	7	44
TEST ITEMS											
(TORTILLA BEACH) BURRITO WITH CARNE ASADA	1,110	500	55	22	0	150	2470	98	10	6	55
(TORTILLA BEACH) BURRITO WITH BAJA CHICKEN	890	240	27	12	0	180	2620	97	10	6	64
(TORTILLA BEACH) BURRITO WITH CARNITAS PORK	930	380	42	17	0	110	2030	98	10	7	40
(TORTILLA BEACH) BURRITO WITH SPICY CHICKEN	810	230	26	12	0	110	2160	99	10	6	46
(TORTILLA BEACH) BURRITO NO PROTEIN	670	200	22	11	0	50	1500	95	9	6	24
TRES LECHE BUTTER CAKE	1070	470	52	28	1.5	230	850	137	1	106	15
KETCH (DRESSING SERVED ON SIDE)	450-690	380-540	42-60	12-15	0.5-1	95-110	600-1060	7-9	2	4-6	27-29
KENTUCKY SUNSET	170	0	0	0	0	0	10	14	0	12	0
RYE KNOT	220	0	0	0	0	0	0	20	0	15	0
VOLCANO BURGER	1190	700	78	22	2	155	2130	73	5	23	48
LIMITED TIME ONLY											
CRANBERRY MULE	220	0	0	0	0	0	10	22	0	19	0
PESTO PARADISIO	920	480	53	15	0	175	2110	47	2	6	63
PINEAPPLE BUTTER CAKE	860	330	37	19	1	180	780	120	2	88	11