



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.

***Possible cross contamination due to cooking method**

Appetizers	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BAVARIAN PRETZEL BITES						X		X		X		
BEACHSIDE SLIDERS™	*				*	X				X		
BUFFALO TIKI TENDERS WITH RANCH				X		X		X		X		
BUFFALO WINGS BBQ W/ RANCH	*			X	X (anchovies)	X		X		*		
BUFFALO WINGS SPICY W/RANCH	*			X		X		X		*		
BUFFALO WINGS TERIYAKI W/RANCH				X		X		X		X	X	
CHEDDAR FRIES						X						
CHEESY FRIES-HH						X						
CHIPS & SALSA												
CHIPS & SALSA W/LARGE GUACAMOLE												
ISLAND FRIES												
ISLAND NACHOS						X						
ISLAND NACHITOS - HH						X						
ONION RINGS	*			X	*	X		X		X		
QUESADILLA W/OUT CHICKEN						X				X		
SPINACH & ARTICHOKE DIP with chips						X						
SWEET POTATO FRIES	*									*		
TEMPURA GREEN BEANS				X				X		X		
TIKI TENDERS (DRESSING NOT INCLUDED)						X		X		X		
TRUFFLE FRIES				X		X		X				
Soup	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
TORTILLA SOUP						X		X				
TORTILLA STRIPS								X				
Salads - All allergen data for salads includes dressing unless otherwise specified	*Fried	*Grilled	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 KOBB SALAD				X		X		X				
SMALL CAESAR SALAD				X	X (Anchovies)	X		X		X		
CHOP CHOP SALAD				X	X (Anchovies)	X		X		X		
Salad Dressings	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BLEU CHEESE DRESSING				X		X		X				
CAESAR DRESSING				X	X (Anchovies)	X		X				
HONEY MUSTARD DRESSING				X				X				
ITALIAN DRESSING								X		X		
KOBB DRESSING				X				X				
LIGHT BALSAMIC DRESSING								X				
RANCH DRESSING (in house)				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.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
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	
Tortilla Beach	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
(TORTILLA BEACH) BURRITO WITH CARNE ASADA						X		X		X		
(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				
(TORTILLA BEACH) TACOS WITH BAJA CHICKEN						X		X				
(TORTILLA BEACH) TACOS WITH CARNITAS PORK						X		X				
(TORTILLA BEACH) TACOS WITH SPICY CHICKEN						X		X				
(TORTILLA BEACH) TACOS NO PROTEIN						X		X				
(TORTILLA BEACH) BOWL WITH CARNE ASADA						X		X				
(TORTILLA BEACH) BOWL WITH BAJA CHICKEN						X		X				
(TORTILLA BEACH) BOWL WITH CARNITAS PORK						X		X				
(TORTILLA BEACH) BOWL WITH SPICY CHICKEN						X		X				
(TORTILLA BEACH) BOWL NO PROTEIN						X		X				



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Chicken Sandwiches - Nutritional data for sandwiches does not include bun or sides which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
GRILLED CHICKEN BREAST ONLY												
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	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHICKEN HOISIN BOWL								X		X	X	
CHICKEN TERIYAKI BOWL								X		X	X	
CHICKEN BEACH BOWL (NO SAUCE)												
GRILLED FISH HOISIN BOWL					X			X		X	X	
GRILLED FISH TERIYAKI BOWL					X			X		X	X	
GRILLED FISH BEACH BOWL (NO SAUCE)					X							
VEGGIE BEACH BOWL WITH HOISIN								X		X	X	
VEGGIE BEACH BOWL WITH TERIYAKI								X		X	X	
VEGGIE BEACH BOWL (NO SAUCE)												
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.	*Fried	*Grilled	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	*Fried	*Grilled	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				
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		
VEGGIE BURGER (NO BUN)						X		X		X		
IMPOSSIBLE BURGER PATTY								X				
BEEF PATTY ONLY												
TURKEY PATTY ONLY												
VEGGIE PATTY ONLY						X		X		X		
Bun, Tortillas, & Bread	*Fried	*Grilled	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												
SLIDER BUN								X		X		
KIDS JR BUN								X		X		
WHEAT BUN								X		X		
WHITE BUN								X		X		
SOURDOUGH BREAD										X		
Gremmie - Nutritional data for Gremmie items does not include sides which are listed separately.	*Fried	*Grilled	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	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
APPLESAUCE												
AVOCADO SLICES												
BLEU CHEESE CRUMBLES						X						
CHEDDAR CHEESE						X						
CHEDDAR / JACK CHEESE BLEND						X						



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CHILI								X			X		
FRESH PINEAPPLE													
Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG	
FRIED EGG				X									
GUACAMOLE													
HICKORY SMOKED BACON													
ISLANDS REDS™	*				*	X		X		X			
PEPPER JACK CHEESE						X							
SAUTEED MUSHROOMS													
SMASHED BEANS													
SOUR CREAM						X							
SPICY CHICKEN													
STEAMED VEGGIES W/BUTTER						X							
SWISS CHEESE						X							
Sauces	*Fried	*Grilled	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													
SALSA VERDE													
SURFBOARDER BBQ DRESSING				X	X (Anchovies)	X		X					
TRUFFLE AIOLI				X		X		X					
WING SAUCE						X							
YELLOW MUSTARD													
Desserts	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG	
CHOCOLATE LAVA				X		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	X		
ROOT BEER FLOAT						X							
TRE LECHE BUTTER CAKE				X		X		X		X			
Shakes & Smoothies	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG	
ULTIMATE CHOCOLATE SHAKE						X							
COOL BREEZE						X			X Coconut				
LEMON FREEZE						X							
STRAWBERRY PIE SHAKE						X				X			
VANILLA SHAKE						X							
MINT OREO SHAKE						X		X		X			
OREO SHAKE						X		X		X			



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ADDITIONAL ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
OFF THE MENU ITEMS												
BROCCOLI SIDE (NO BUTTER)												
PROTEIN BURGER PLATTER						X		X				
PROTEIN CHICKEN PLATTER						X		X				
PROTEIN COMBO PLATTER						X		X				
PROTEIN TURKEY PLATTER						X		X				
CALIFORNIA TACOS (NO DRESSING)						X		X		X		
CHARLEY TACOS (NO DRESSING)					X	X		X		X		
MAVERICKS BURGER				X	X (Anchovies)	X		X		X		
MOA MAUNA LOA CRISP				X		X		X		X		
WIQUI WAQUI SALAD				X	X (Anchovies)	X		X				
LUNCH MENU TEST ITEMS												
BURGER BOWL - TEST ITEM	*Fried	*Grilled		X		X		X				
TUNA MELT (LUNCH MENU)				X	X	X		X		X		
PATTY MELT (LUNCH MENU)						X		X		X		
DOUBLE STACK BURGER (LUNCH MENU)						X		X		X		
MAINLANDER W/ CHICKEN				X		X		X				
MAINLANDER				X		X		X				
TEST ITEMS												
ENSENADA CHICKEN SANDWICH				X		X		X		X		
KETCH				X	X	X		X				
KENTUCKY SUNSET												
NACHO CRUNCH BURGER				X		X		X		X		
RYE KNOT										X		
LIMITED TIME ONLY												
	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG

This allergy data was prepared in APRIL 2024. 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. 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.