

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. This nutritional information is updated every 4-6 weeks to reflect the most recent revisions to the menu items. The information in this nutrition file will not always match the information on the printed menu as menu prints take place less frequently. Please refer to this master nutrition file for the most up to date information. 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 2025. ©2025 Islands Restaurants, LLC

APPETIZERS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
BEACHSIDE SLIDERS™ - HH 3 COUNT	1,070	640	71	16	2	110	1860	64	4	12	43
BEACHSIDE SLIDERS™ WITH BEEF- 4 COUNT	1,370	770	85	19	2.5	150	2600	94	6	24	58
BEACHSIDE SLIDERS™ WITH TURKEY- 4 COUNT	1,290	680	76	13	0.5	170	2600	94	6	24	57
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 (6 COUNT)	1,020	560	62	14	0	330	1,550	33	5	20	83
BUFFALO WINGS TERIYAKI WITH RANCH (6 COUNT)	1,090	590	65	14	0	330	2140	42	5	29	85
BUFFALO WINGS WITH RANCH (6 COUNT)	1,080	680	75	22	1	360	2160	19	5	8	83
CHEDDAR FRIES	2,250	1,160	129	42	0	220	2540	211	14	3	61
CHEDDAR FRIES -HH	1160	600	67	22	0	120	1320	106	7	2	32
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	1,680	990	110	45	0	250	2800	112	20	8	61
ISLANDS NACHITOS (HH MENU)	990	540	60	25	0	135	1640	75	12	5	37
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 BEAN - WITH RANCH DRESSING	1,000	700	78	7	0	10	1780	68	14	27	7
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
TORTILLA SOUP	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
NOTKTHONAE DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
BIG WAVE BURGER  BIG WAVE BURGER	750	380	42	12	1.5	115	1580	50	4	8	42
	750 1020	380 620	42 69	12 21	1.5 2.0	115 150	1580 1580	50 52	4	8	42 47
BIG WAVE BURGER	1										
BIG WAVE BURGER BLEUNAMI BURGER	1020	620	69	21	2.0	150	1580	52	4	9	47
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER	1020 1050	620 570	69 63	21 17	2.0 2.0	150 140	1580 2080	52 75	4	9 30	47 46
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER	1020 1050 1040	620 570 640	69 63 71	21 17 19	2.0 2.0 2.5	150 140 140	1580 2080 1600	52 75 51	4 4 3	9 30 9	47 46 48
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER	1020 1050 1040 1410	620 570 640 950	69 63 71 105	21 17 19 22	2.0 2.0 2.5 2.0	150 140 140 150	1580 2080 1600 1400	52 75 51 68	4 4 3 6	9 30 9 11	47 46 48 47
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER	1020 1050 1040 1410 910	620 570 640 950 540	69 63 71 105 60	21 17 19 22 14	2.0 2.0 2.5 2.0 1.5	150 140 140 150 120	1580 2080 1600 1400 1600	52 75 51 68 53	4 4 3 6 3	9 30 9 11 12	47 46 48 47 39
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER	1020 1050 1040 1410 910	620 570 640 950 540 490	69 63 71 105 60 54	21 17 19 22 14 18	2.0 2.0 2.5 2.0 1.5 2.0	150 140 140 150 120 145	1580 2080 1600 1400 1600 2260	52 75 51 68 53 51	4 4 3 6 3 4	9 30 9 11 12 8	47 46 48 47 39 55
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MAUI BURGER	1020 1050 1040 1410 910 910 1030	620 570 640 950 540 490 620	69 63 71 105 60 54 69	21 17 19 22 14 18	2.0 2.0 2.5 2.0 1.5 2.0 2.0	150 140 140 150 120 145 140	1580 2080 1600 1400 1600 2260 1600	52 75 51 68 53 51 55	4 4 3 6 3 4 6	9 30 9 11 12 8 9	47 46 48 47 39 55 46
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES	1020 1050 1040 1410 910 910 1030 910 480	620 570 640 950 540 490 620 480	69 63 71 105 60 54 69 53	21 17 19 22 14 18 18	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0	150 140 140 150 120 145 140	1580 2080 1600 1400 1600 2260 1600 2180	52 75 51 68 53 51 55 54	4 4 3 6 3 4 6 4	9 30 9 11 12 8 9	47 46 48 47 39 55 46 54
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15	21 17 19 22 14 18 18 18 3 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2 0.0	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g)	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 SUGARS (g)	47 46 48 47 39 55 46 54 17
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g)	21 17 19 22 14 18 18 18 3 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 TRANS FAT (g)	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g)	4 4 3 6 3 4 6 4 6 UIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 SUGARS (g)	47 46 48 47 39 55 46 54 17 PROTEIN (g)
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA)	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES TED BELOW 1150 1080	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g)	21 17 19 22 14 18 18 18 3 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 TRANS FAT (g)	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g)	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 9 SUGARS (g)	47 46 48 47 39 55 46 54 17 PROTEIN (8)
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES FED BELOW 1150 1080 1090	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590	69 63 71 105 60 54 69 53 15 TOTAL FAT (r) 70 82 65	21 17 19 22 14 18 18 18 3 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g)	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3	9 30 9 11 12 8 9 9 9 5 SUGARS (g)	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HILLA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER  WITRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries)	1020 1050 1040 1410 910 910 1030 910 1030 910 480 TOTAL CALORIES FED BELOW 1150 1080 1090 1670	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830	69 63 71 105 60 54 69 53 15 TOTAL FAT (a) 70 82 65 92	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1.0	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg) 2260 1340 1575 2065	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	9 30 9 11 12 8 9 9 SUGARS (g) 11 8 11 12	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD	1020 1050 1040 1410 910 1030 910 480 TOTAL CALORIES FED BELOW 1150 1080 1090 1670 900	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1 1.0	150 140 140 150 120 145 145 140 165 25 CHOLESTEROL (mg) 140 125 205 150	1580 2080 1600 1400 1600 2260 2180 2160 SODIUM (mg) 2260 1340 1575 2065	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	9 30 9 11 12 8 9 9 9 SUGARS (g) 11 8 11 12 7	47 46 48 47 39 55 46 54 17  PROTEIN (g) 60 38 76 83 58
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HILLA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MAUI BURGER PIPELINE BURGER VEGGIE BURGER  WITRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries)	1020 1050 1040 1410 910 910 1030 910 1030 910 480 TOTAL CALORIES FED BELOW 1150 1080 1090 1670	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830	69 63 71 105 60 54 69 53 15 TOTAL FAT (a) 70 82 65 92	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1.0	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg) 2260 1340 1575 2065	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	9 30 9 11 12 8 9 9 SUGARS (g) 11 8 11 12	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER VALOUIT BURGER WALLEL BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN	1020 1050 1040 1410 910 1030 910 480 TOTAL CALORIES FED BELOW 1150 1080 1090 1670 900	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1 1.0	150 140 140 150 120 145 145 140 165 25 CHOLESTEROL (mg) 140 125 205 150	1580 2080 1600 1400 1600 2260 2180 2160 SODIUM (mg) 2260 1340 1575 2065	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	9 30 9 11 12 8 9 9 9 SUGARS (g) 11 8 11 12 7	47 46 48 47 39 55 46 54 17  PROTEIN (g) 60 38 76 83 58
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER VALOUTE BURGER WALIBU BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN  ISLAND TACOS NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES TED BELOW 1150 1080 1090 950 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480 420 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11 11 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 1.5 2.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 150 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg) 2260 1340 1575 2065 1570 2000	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72 CARBS (g)	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 SUGARS (g) 11 8 11 12 7 28 SUGARS (g)	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83 58 60
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER VALITATIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN  ISLAND TACOS NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW KALUA PORK - 3 TACOS	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES TED BELOW 1150 1080 1090 1670 900 950 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480 420 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47 TOTAL FAT (g)	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11 11 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1.0 1.0 1.0 1.0	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205 150 150 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 2160 2180 2160 SODIUM (mg) 2260 1340 1575 2065 1570 2000 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72 CARBS (g)	4 4 3 6 3 4 6 4 6 4 6 DIETARY FIBER (g) 4 3 2 7 2 2 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 SUGARS (g) 11 12 7 28 SUGARS (g) 11 11	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83 58 60 PROTEIN (g)
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER SANDPIPER SONDE WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN  ISLAND TACOS NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES TED BELOW 1150 1080 1090 950 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480 420 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11 11 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 1.5 2.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 150 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 1600 2180 2160 SODIUM (mg) 2260 1340 1575 2065 1570 2000	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72 CARBS (g)	4 4 3 6 3 4 6 4 6 DIETARY FIBER (g) 4 3 2 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 SUGARS (R) 11 8 11 12 7 28 SUGARS (R) 11 6	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83 58 60 PROTEIN (g)
BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN  ISLAND TACOS NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW KALUA PORK - 3 TACOS	1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES TED BELOW 1150 1080 1090 1670 900 950 TOTAL CALORIES	620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480 420 CALORIES FROM FAT	69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47 TOTAL FAT (g)	21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11 11 SATURATED FAT (g)	2.0 2.0 2.5 2.0 1.5 2.0 2.0 2 0.0 TRANS FAT (g) 1 1.0 1.0 1.0 1.0	150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205 150 150 CHOLESTEROL (mg)	1580 2080 1600 1400 1600 2260 2160 2180 2160 SODIUM (mg) 2260 1340 1575 2065 1570 2000 SODIUM (mg)	52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72 CARBS (g)	4 4 3 6 3 4 6 4 6 4 6 DIETARY FIBER (g) 4 3 2 7 2 2 DIETARY FIBER (g)	9 30 9 11 12 8 9 9 9 SUGARS (g) 11 12 8 11 12 7 28 SUGARS (g) 11	47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83 58 60 PROTEIN (g)



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	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BEACH BOWLS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
BURGER BOWL	840	570	63	24	2	210	2570	12	2	7	55
BAJA BOWL WITH BAJA CHICKEN	1,000	260	29	11	0	180	1990	118	15	7	67
BAJA BOWL WITH CARNITAS PORK	1040	400	44	16	0	110	1400	118	14	8	44
BAJA BOWL WITH SPICY CHICKEN	920	250	28	11	0	110	1530	119	15	8	49
BAJA BOWL NO PROTEIN	840	250	28	12	0	70	940	116	11	6	31
CHICKEN W/ HOISIN	720	140	15	3	0	90	1,560	97	10	30	49
CHICKEN W/ TERIYAKI	760	140	16	3	0	90	1,750	105	10	38	50
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	800	82	10	18	48
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
BURGERS, SANDWICHES, TACOS & WRAPS SIDE	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)
CAESAR SALAD - SIDE	130	90	10	3	0	10	310	7	1	1	3
CHEDDAR FRIES- SUB SIDE	960	520	58	22	0	120	1150	80	5	1	29
CHILI - 30z SIDE	120	60	7	2.5	0	35	670	4	1	1	10
GARDEN SALAD (NO DRESSING) - SIDE	40	10	1	0	0	0.5	90	7	1	2	1
ISLAND FRIES - SIDE (60z)	580	240	27	2	0	0.5	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
	1	320	36	4	0	15		60	9	21	4
TEMPURA GREEN BEANS - SIDE	580 450	70	8	3	0	30	1300 710	12	1	3	9
TORTILLA SOUP - SMALL BOWL	450	70		3	U	30	710	12	1	3	9
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL		CARBS	DIETARY	SUGARS	PROTEIN
SALADS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING	670	240				405	4700		-	4.0	40
CHINA COAST SALAD	670	340	38	6	0	105	1700	41	5	16	42
CHOP CHOP SALAD	930	590	65	17	0	340	1580	34	3	11	53
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 KOBB SALAD	860	580	64	20	1	340	2000	14	6	7	57
SMALL CAESAR SALAD	260	190	21	5	0	20	640	11	1	3	6
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SIDE OF SALAD DRESSINGS - 20z	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
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
КОВВ	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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Islands Restaurants, LLC, will update and revise the information periodically to reflect change 2025 Islands Restaurants, LLC	ges in ingredients an	a the addition	or removal c	n products fro	m our menu.						
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
OPTIONAL BURGER AND SANDWICH ADDITIONS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(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	32
BLEU CHEESE CRUMBLES (10z)	100	70	8	5	0	25	380	0	0	0	6
CHEDDAR + JACK CHEESE (10z)	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
PLANT BASED PATTY (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
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
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SIDES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
GUACAMOLE, LARGE (50z)	210	150	17	2	0	0	610	12	8	1	2
GUACAMOLE, SMALL (202)	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 (30z)	130	0	0	0	0	10	75	25	4	0	7
SOUR CREAM (2oz)	120	100	12	6	0	35	20	2	0	2	0
SPICY CHICKEN (4oz)	110	30	3	0	0	45	530	3	0	0	17
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SAUCES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
BBQ SAUCE (20z)	100	0	0	0	0	0	480	22	0	18	0
BLEU CHEESE DRESSING (20z)	260	240	26	6	0	30	260	2	0	0	2
CHIPOTLE AIOLI (20z)	360	360	40	6	0	30	460	2	0	2	0
ISLANDS SALSA (20z)	15	0	0	0	0	0	260	3	0	0	0
MAYONNAISE (2oz)	420	420	46	8	1	30	300	1	0	1	0
PICO DE GALLO (20z)	10	0	0	0	0	0	160	3	1	2	0
TERIYAKI SAUCE (20z)	140	20	2	0	0	0	1,280	32	0	28	2
WING SAUCE (20z)	160	150	17	11	0.5	45	1,320	1	0	0	0
YELLOW MUSTARD (20z)	20	10	1	0	0	0	320	2	0	0	0
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BUN, TORTILLAS & BREAD	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
CORN TORTILLA (6")	90	10	1	0	0	0	30	18	2	0	2
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
SOURDOUGH BREAD (2 SLICES)	180	10	1	0	0	0	360	36	2	0	8
JR BUN (4")	160	20	2	0	0	0	250	29	1	3	4



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March   Marc	Islands Restaurants, LLC, will update and revise the information periodically to reflect chang	es in ingredients an	d the addition	or removal o	f products fro	m our menu.										
CHESTORY   CAMPAIN   CAM	@2025 Islands Bastaurants IIIC															
CHICODATI JAMA	DESSERTS															
Process		1410														
NOBAPE   760   410   37   20   0.5   60   210   910   5   72   111		860	400					274		1	80	7				
MORNAPE   780	ICE CREAM SUNDAE	370	220	22		0		80	40	1		4				
Marie   Mari	KONA PIE	780	410	37	20	0.5	60	210	101	5	74	11				
SIGNEY SAN SANCOPHIES   MARKET   MIDE   MI																
ULTIMATE CIOCOLATE SAME   400	SHAKES AND SMOOTHIES															
COOL BREET																
MADON PRIEST   MAIN SAMPLE   110   50   6   4   0   20   70   30   0   28   2																
STRAMPERSYSAME  970  470  470  470  470  470  470  470																
VANILLA SHARE	STRAWBERRY SHAKE															
MINT ORDOF SHARE    130   50   50   20   0   100   690   140   2   110   2   110   2   120   100   100   150   130   170   100   100   150   130   170   100   100   150   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150   130   150	VANILLA SHAKE															
BOTE FEET FLOAT	MINT OREO SHAKE															
PRINCES   100																
RECREAGES   CAMPS   MONTES   M																
REDIESS MUSS    100   0   0   0   0   0   0   0   0	BEVERAGES															
DOCA COLA   100   0   0   0   0   0   0   0   0					(6)	107	. 81	. 3/	.07	107	.67					
DIET CORE    0		100	n	n	n	n	n	30	26	n	26	0				
CHERPY COXE  110  0  0  0  0  0  0  0  0  0  0  0																
SPRITE   100   0   0   0   0   0   0   0   0																
REOT BEER    110																
LEMONADE   120   0   0   0   0   0   40   30   0   29   0    RRUIT PUNCH   120   0   0   0   0   0   0   35   32   0   29   0    RRUIT PUNCH   120   0   0   0   0   0   0   35   32   0   32   0    STRAWBERN LEMONADE   120   0   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   0   10   30   0   29   0    STRAWBERN LEMONADE   120   0   0   0   0   0   0   0   0   0																
MAP PIBLE   95																
RENIT PUICH  120 0 0 0 0 0 0 0 10 10 130 10 220 0 121 0 0 0 0 0 0 0 0 0 10 10 222 0 21 0 0 0 0																
STRAMMERN LEMONADE  120 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																
GREEN LED TA  80  0  0  0  0  0  0  0  0  0  0  0  0																
NATURAL ICED TEA  0 0 0 0 0 0 0 0 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 0 0 0 0 0 0 0 0																
RASPBERRY TEA  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																
HOTTEA																
REQUIT JUICES MILK  CALORIES  FROM FAT  (g)  FROM F		0														
RRUIT JUCKS MILK  CALORIES  RROM FAT (g)  RRAF																
APPLE JUICE (14 fl oz)  APPLE JUICE (14 fl oz)  150  00  00  00  00  00  00  00  00  0	FRUIT HUCES MILK															
APPLE JUICE (14 floz)  150  50  6  3.5  0  25  140  14  0  15  10  10  0  0  0  0  0  0  0  0  0  0																
MILK (10 flox)  150 50 6 3.5 0 25 140 14 0 15 10  ORANGE JUICE (8 fl oz ) 110 0 0 0 0 0 0 20 27 0 26 0  CRANDERRY JUICE (8 fl oz) 190 0 0 0 0 0 0 0 35 47 0 46 0  CRANDERRY JUICE (8 fl oz) 135 0 0 0 0 0 0 0 40 34 0 33 0  CRANDERRY JUICE (8 fl oz) 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	•															
ORANGE JUICE (8 fl oz )         110         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 (14 fl oz)         135         0         0         0         0         0         0         40         34         0         33         0           CRANBERRY JUICE (14 fl oz)         240         0         0         0         0         0         0         70         60         0         33         0           CRANBERRY JUICE (14 fl oz)         240         0         0         0         0         0         0         70         60         0         33         0           CRANBERY JUICE (14 fl oz)         200         0	•															
ORANGE JUICE (14 fl oz)         190         0         0         0         0         0         35         47         0         46         0           CRANBERRY JUICE (14 fl oz)         135         0         0         0         0         0         0         40         34         0         33         0           CRANBERRY JUICE (14 fl oz)         240         0         0         0         0         0         0         70         60         0         38         0           CRANBERRY JUICE (14 fl oz)         240         0         0         0         0         0         0         0         0         70         60         0         38         0           CRANBERRY JUICE (14 fl oz)         20         20         0 <t< td=""><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	•															
CRANBERRY JUICE (8 fl oz)																
CRANBERRY JUICE (14 floz)   240   0   0   0   0   0   0   0   0   0																
TOTAL CALORIES FROM FAT (g) FA																
FRESH BREWED COFFEE    CALORIES   FROM FAT   (g)   FAT (g)   (g)   (mg)   (mg)   (mg)   (g)   FIBER (g)   (g)   (g)																
REGULAR BREWED COFFEE (black)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	FRESH BREWED COFFEE															
DECAF BREWED COFFEE (black)  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																
TOTAL CALORIES FROMFAT (g) TOTAL FAT (g) TOT	·															
CALORIES   FROM FAT   (g)   FAT (g)   (g)   (mg)   (mg)   (g)   FIBER (g)   (g)   (g)																
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 SANDCASTLE  510 300 33 16 0.0 25 1110 37 2 6 13  JR TIKI TENDERS  480 260 29 3 0 60 1420 33 1 1 21  JR SUNDAE (3.502) 260 140 16 10 0.5 100 60 24 0.5 23 4 JR CHOCOLATE SHAKE  630 320 27 17 0 90 310 70 0 52 6 JR VANILLA SHAKE  470 240 27 17 0 90 240 48 0 40 8  JR STRAWBERRY SHAKE	GREMMIE MENU															
JR MAC N CHEESE     300     80     9     3     0     10     650     44     2     8     10       JR SANDCASTLE     510     300     33     16     0.0     25     1110     37     2     6     13       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     630     320     27     17     0     90     310     70     0     52     6       JR VANILLA SHAKE     470     240     27     17     0     90     240     48     0     40     8       JR STRAWBERRY SHAKE     490     220     24     15     0     0     240     61     0     52     8				107	(8)	(6)	(8)	(***8/	107		107	(8)				
JR MAC N CHEESE     300     80     9     3     0     10     650     44     2     8     10       JR SANDCASTLE     510     300     33     16     0.0     25     1110     37     2     6     13       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     630     320     27     17     0     90     310     70     0     52     6       JR VANILLA SHAKE     470     240     27     17     0     90     240     48     0     40     8       JR STRAWBERRY SHAKE     490     220     24     15     0     0     240     61     0     52     8	JR WAVE ( NO CHEESE)		140	16	5	1.0	70	320	29	1	3	23				
SANDCASTLE   510   300   33   16   0.0   25   1110   37   2   6   13     IR TIKI TENDERS   480   260   29   3   0   60   1420   33   1   1   21     IR SUNDAE (3.50z)   260   140   16   10   0.5   100   60   24   0.5   23   4     IR CHOCOLATE SHAKE   630   320   27   17   0   90   310   70   0   52   6     IR VANILLA SHAKE   470   240   27   17   0   90   240   48   0   40   8     IR STRAWBERRY SHAKE   490   220   24   15   0   0   240   61   0   52   8	JR MAC N CHEESE															
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     630     320     27     17     0     90     310     70     0     52     6       JR VANILLA SHAKE     470     240     27     17     0     90     240     48     0     40     8       JR STRAWBERRY SHAKE     490     220     24     15     0     0     240     61     0     52     8	JR SANDCASTLE															
JR SUNDAE (3.50z)     260     140     16     10     0.5     100     60     24     0.5     23     4       JR CHOCOLATE SHAKE     630     320     27     17     0     90     310     70     0     52     6       JR VANILLA SHAKE     470     240     27     17     0     90     240     48     0     40     8       JR STRAWBERRY SHAKE     490     220     24     15     0     0     240     61     0     52     8	JR TIKI TENDERS															
IR CHOCOLATE SHAKE 630 320 27 17 0 90 310 70 0 52 6  JR VANILLA SHAKE 470 240 27 17 0 90 240 48 0 40 8  JR STRAWBERRY SHAKE 490 220 24 15 0 0 240 61 0 52 8	JR SUNDAE (3.5oz)															
JR VANILLA SHAKE 470 240 27 17 0 90 240 48 0 40 8  JR STRAWBERRY SHAKE 490 220 24 15 0 0 240 61 0 52 8	JR CHOCOLATE SHAKE															
JR STRAWBERRY SHAKE 490 220 24 15 0 0 240 61 0 52 8	JR VANILLA SHAKE															
	JR STRAWBERRY SHAKE															
	JR OREO SHAKE	620	280	31	18	0	90	380	76	1	64	8				



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	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
GREMMIE MENU SIDES & APPETIZERS & DIPS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
JR GARDEN SALAD WITH 20z RANCH DRESSING	210	160	18	3	0	10	540	9	1	4	2
JR CAESAR SALAD	110	80	9	2	0	5	210	6	1	2	1
JR ISLAND FRIES (60z)	580	240	27	2	0	0	490	78	5	1	7
JR CHEDDAR FRIES	960	520	58	22	0	120	1150	80	5	1	29
FRESH PINEAPPLE (20z)	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)
AGUA FRESCA- MANGO PASSION	80	0	0	0	0	0	10	21	0	21	0
AGUA FRESCA- PINEAPPLE OASIS	80	0	0	0	0	0	5	20	0	17	0
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
HIGH NOON	100	0	0	0	0	0	N/A	N/A	0	N/A	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
MAITAI	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 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
SHIPWRECK	350	30	3	3	U	U	15	33	3	47	1
SUNSET COLADA	440	20	2.5	2.5	0	0	15	40	2	44	1
	220	30 0	3.5 0	3.5 0	0	0	15 2240	49 10	1	44 7	0
SUNSET MARGARITA	450	0	0	0	0	0		40	0	35	0
TROPICAL FLIGHT		0	0		0	0	10	2	0	1	0
TRULY HARD SELTZER TRULY PINEAPPLE	100 100	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 (12oz can)	100	0	0	0	0	0	20	2	0	2	0
, ,	100	0	0	0	0	0	0	0	0	0	0
WHITE CLAW MANICO (1207 cop)		0	0	0	0	0		2	0	2	0
WHITE CLAW MANICO (120z can)	100 10	0	0	0	0	0	20 0	0	0	0	0
WHITE CLAW MANGO (per oz)		0									
WHITE CLAW BLACK CHERRY (12oz can)	100		0	0	0	0	20	2	0	2	0
WHITE CLAW BLACK CHERRY (per oz)	10	0	0	0	0	0	0	0	0	0	0
CHILE MANGORITA	550	0	0	0	0	0	810	96	0	90	0



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Islands Restaurants, LLC, will update and revise the information periodically to reflect change and revise the information periodically to reflect change.	es in ingredients an	u trie addition	or removar o	i products iro	our menu.							
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	
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	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	
					(g)	(mg)	(mg)					
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 - 160z	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 - 160z	190	0	0	0	0	0	20	16	0	0	1.3	
BUD LIGHT - 220z	260	0	0	0	0	0	27	22	0	0	1.8	
DOD EIGHT 2202	200	0	0	0	0	0	10	16	0	0	1.0	
COACHELLA VALLEY PHOENIX LAGER - 1607		U				0	10	22	0	0	1.4	
COACHELLA VALLEY PHOENIX LAGER - 1602		^	0									
COACHELLA VALLEY PHOENIX LAGER - 22oz	270	0	0	0	0							
COACHELLA VALLEY PHOENIX LAGER - 22oz COORS LIGHT - 16oz	270 190	0	0	0	0	0	20	12	0	0	1.3	
COACHELLA VALLEY PHOENIX LAGER - 22oz COORS LIGHT - 16oz COORS LIGHT - 22oz	270 190 260	0	0	0	0	0	20 27	12 17	0	0	1.3	
COACHELLA VALLEY PHOENIX LAGER - 22oz COORS LIGHT - 16oz	270 190	0	0	0	0	0	20	12	0	0	1.3	



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Islands Restaurants, LLC, will update and revise the information periodically to reflect change (2005) Islands Restaurants, LLC	es in ingredients an	d the addition	or removal o	t products tro	m our menu.						
DRAFT BEER CONTINUED	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)
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
CROWNS & HOPS THE DOPEST HAZT IFA - 1002	400	n/a	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 - 220z	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 - 1002  DESCHUTES FRESH SQUEEZED IPA - 220z	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 - 2002	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 - 2002	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- 160z	330	0	0	0	0	0	n/a	20	0	0	n/a
ELYSIAN- SPACE DUST IPA- 220z	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 - 2002	350	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
FIRESTONE WALKER OBB- 160z	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 - 220z	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 - 1002	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 - 220z	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-1002  GOLDEN ROAD MANGO CART-220z	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 - 2002	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- 220z	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- 220z	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- 220z	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 - 220z	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 - 1002	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 - 2002	330	0	0	0	0	0	25	27	0	0	3.8
MACE SEE SHEAKING BOD II A 2202	330	J	J	J		J	23	£1			3.0



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Contract Contracts	©2025 Islands Postaurants, IIC											
SUMPLEMENT CONTINUED   Month												
DOMA CONCORDO MERIT - 1500   0   0   0   0   0   0   0   0   0	DRAFT REFR CONTINUED											
DOAD GROWNED PAGES - 2284   360   0   0   0   0   0   20   227   0   0   0   3   35												
DAGNITH NP - 1200												
MAINTENNESS												
LET COAST TRESTLES PA - 1600:  1. 20												
EFFECNATIFISTISTISTISTISTISTISTISTISTISTISTISTISTI												
MAIL REMIN BLOWE - 1-ECT MAIL REMIN BLOWE - 1-												
MANU RIGNORE - 2201  MANU COCCONT HIMMA PORTES - 1202  330  MANU RIGNORE - 1202  MANU RIGNORE -												
MAU COCONUT HINN PORTER: 100  MAU I RENVING DAM PORTER: 200  330  0 0 0 0 0 0 0 0 29  0 0 0 0 0 0 30  AD MAU BRAWNED AND PORTER: 200  MAU I RENVING DAM POR												
MADI COCOMUT HINN PROTEET - 1200												
MAJURENWING OMERAZY IPA  289												
MAU BERWING DMI HAZY IPA  380												
MAULI REPWING FINEAPRE MANA WHAT - 1 - 1602 MINE EMEST HOPPE E MANA WHAT - 1202  300  0/3  0/3  0/4  0/3  0/4  0/3  0/3												
MAULERENNIC PREAPPLE MANA WHEAT - Zee:  300												
MISE HISS FIGP CLOUD HAZY IPA-1560:    \$380												
MISH HESS-FOR CLOUD HAP/IPA- 2202    520												
MODELIO ESPECIAL - 1502												
MODERN TIMES - DORDRIVILE - 1502  MODERN TIMES - DORDRIVIC - 1502  MODERN												
MODERN TIMES - ORDEWNULE - 1602												
MODERN TIMES - ORDERVILLE - J2007   300   0   0   0   0   0   0   0   0												
MOTHER EARTH CALL CREAMIN - 160x MOTHER EARTH CALL CREAMIN - 120x												
MOTHER EARTH CALI (CREANIN - 2202 32 0 0 3.7)  NEWCASTLE BROWN - 1602 190 0 0 0 0 0 0 15 23 0 0 0 1.8  NEWCASTLE BROWN - 1602 20 32 0 0 0 1.8  PACIFICO - 2502 20 0 0 0 0 0 0 0 0 0 0 0 32 0 32 0												
NEWCASTLE BROWN - 1602  190  0  0  0  0  0  13  18  NEWCASTLE BROWN - 2202  260  0  0  0  0  0  15  23  0  0  13  NEWCASTLE BROWN - 2202  190  0  0  0  0  0  0  15  26  0  0  0  0  0  0  0  15  26  0  0  0  0  0  0  0  0  15  26  0  0  0  0  0  0  0  0  15  26  0  0  0  0  0  0  0  0  0  0  0  0  0												
NEWCASTLE BROWN - 2202  260  0  0  0  0  0  0  15  26  0  0  18  PACIFICO - 1502  190  0  0  0  0  0  0  15  26  0  0  0  10  10  10  10  10  10  10												
PACIFICO - 1502   190												
PACIFICO - 220x   260												
PIZZA PORT SHARKBITE RED ALE - 1602  260  n/a  n/a  n/a  n/a  n/a  n/a  n/a  n/												
PIZZA PORT SHARKBITE RED ALE - 220Z  360												
ROGUE HAZELNUT BROWN - 16oz  290 0 0 0 0 0 0 15 25 0 0 0 20 34 0 0 0 2.8 SANT ARCHER BLONDE - 16oz 270 0 0 0 0 0 0 0 0 0 15 20 34 0 0 0 0 2.8 SANT ARCHER BLONDE - 15oz 360 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0												
ROGUE HAZELNUT BROWN - 2202 390 0 0 0 0 0 0 20 34 0 0 0 2.8 SAINT ARCHER BLONDE - 1602 270 0 0 0 0 0 0 15 20 0 0 0 2.0 SAINT ARCHER BLONDE - 1202 360 0 0 0 0 0 0 0 0 0 15 20 0 0 0 2.0 SAINT ARCHER BLONDE - 1202 360 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0												
SAINT ARCHER BLONDE - 1602  360  0  0  0  0  0  15  20  0  0  20  28  0  0  2.8  SAIN ARCHER BLONDE - 2202  360  0  0  0  0  0  0  0  0  0  0  0  0												
SAINT ARCHER BLONDE - 220Z  SAM ADAMS BOSTON LAGER - 160Z  SAM OD N												
SAM ADAMS BOSTON LAGER - 16oz  SAM ADAMS BOSTON LAGER - 22oz  SAN TOP MIR. PINEAPPLE AMERICAN WHEAT - 16oz  SIERRA NEVADA CELEBRATION - 16oz  SIERRA NEVADA CELEBRATION - 16oz  SIERRA NEVADA CELEBRATION - 22oz  SIERRA NEVADA HAZY LITTLE THING - 15oz  SIERRA NEVADA HAZY LITTLE THING - 22oz  400  0  0  0  0  0  0  0  0  0  0  0												
SAM ADAMS BOSTON LAGER - 220Z  SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 160Z  SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 220Z  310  0  0  0  0  0  15  29  0  0  18  SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 220Z  310  0  0  0  0  0  0  0  0  0  0  0  0												
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 16oz  SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 22oz  310  0  0  0  0  0  0  0  0  0  0  0  0												
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 220z  \$10 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0												
SIERRA NEVADA CELEBRATION - 1602   230   0   0   0   0   0   0   0   2.6												
SIERRA NEVADA CELEBRATION - 220Z   320												
SIERRA NEVADA HAZY LITTLE THING - 1602   290   0   0   0   0   0   0   0   0   0												
SIERRA NEVADA HAZY LITTLE THING - 2202       400       0       0       0       0       0       0       0       0       3.0       3.0         SIERRA NEVADA PALE ALE - 1602       300       0       0       0       0       0       35       35       0       0       1.0         SIERRA NEVADA PALE ALE - 2202       410       0       0       0       0       0       50       48       0       0       1.3         SMOG CITY IPA - 1602       240       0       0       0       0       0       0       n/a       n/a       0       0       n/a         SMOG CITY IPA - 1602       330       0       0       0       0       0       n/a       n/a       0       0       n/a         STELLA ARTOIS - 1602       200       0												
SIERRA NEVADA PALE ALE - 1602   300   0   0   0   0   0   0   35   35												
SIERRA NEVADA PALE ALE - 220z         410         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 - 26oz         200         0         0         0         0         0         0         20         20         0         0         2.0           STOLE DELICIOUS IPA - 16oz         290         0         0         0         0         0         33         28         0         0         2.8           STONE DELICIOUS IPA - 16oz         290         0         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         310         0         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         420         0												
SMOG CITY IPA- 16oz         240         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         0         3.5         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         310         0         0         0         0         0         3.5         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         420         0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
SMOG CITY IPA-220Z         330         0         0         0         0         n/a         n/a         0         0         n/a           STELIA ARTOIS - 160Z         200         0         0         0         0         0         0         20         20         0         0         2.0           STONE DELICIOUS IPA - 160Z         280         0         0         0         0         0         33         28         0         0         2.8           STONE DELICIOUS IPA - 160Z         290         0         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS IPA - 220Z         400         0         0         0         0         45         40         0         0         4.4           STONE DELICIOUS CITRUS IPA - 220Z         310         0         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 220Z         420         0         0         0         0         45         40         0         0         4.4           STONE IPA - 160Z         280         0         0         0         0												
STELIA ARTOIS - 16oz         200         0         0         0         0         20         20         0         0         2.0           STELIA 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 - 22oz         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												
STELIA ARTOIS - 220Z         280         0         0         0         0         30         28         0         0         2.8           STONE DELICIOUS IPA - 160Z         290         0         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS IPA - 220Z         400         0         0         0         0         0         45         40         0         0         4.4           STONE DELICIOUS CITRUS IPA - 160Z         310         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 220Z         420         0         0         0         0         45         40         0         0         4.4           STONE IPA - 160Z         280         0         0         0         0         0         25         30         0         0         3.3												
STONE DELICIOUS IPA - 16oz         290         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         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         420         0         0         0         0         45         40         0         0         4.4           STONE IPA - 16oz         280         0         0         0         0         25         30         0         0         3.3												
STONE DELICIOUS IPA - 22oz         400         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         45         40         0         0         4.4           STONE IPA - 16oz         280         0         0         0         0         25         30         0         0         3.3												
STONE DELICIOUS CITRUS IPA - 16oz         310         0         0         0         0         35         29         0         0         3.2           STONE DELICIOUS CITRUS IPA - 22oz         420         0         0         0         0         45         40         0         0         4.4           STONE IPA - 16oz         280         0         0         0         0         25         30         0         0         3.3												
STONE DELICIOUS CITRUS IPA - 22oz         420         0         0         0         0         45         40         0         0         4.4           STONE IPA - 16oz         280         0         0         0         0         25         30         0         0         3.3												
STONE IPA - 16oz 280 0 0 0 0 0 25 30 0 0 3.3												
	STONE IPA - 2002	390	0	0	0	0	0	35	41	0	0	4.6



Recommended limits for a 2,000 caloric daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. This nutritional information is updated every 4-6 weeks to reflect the most recent revisions to the menu items. The information in this nutrition file will not always match the information on the printed menu as menu prints take place less frequently. Please refer to this master nutrition file for the most up to date information in the revision 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 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. 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	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
DRAFT BEER CONTINUED	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
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
DOWN TO DEED 10	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BOTTLED BEER - 120z	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
ANGRY ORCHARD CIDER	190	0	0	0	0	0	15	20	0	0	0.0
AURORA HOPPYALIS	200	0	0	0	0	0	40 5	21	0	0	1.0
BLUE MOON	190	0	0	0	0	0		16	0	0	1.8 0.5
BUD LIGHT	110 150	0	0	0		0	10 10	7	0	0	
BUDWEISER CORONA EXTRA	160	0	0	0	0	0	10	11	0	0	1.0
	110	0	0	0	0	0	20	14 5	0	0	
CORONA LIGHT 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	1.0
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
STEED (TATO)	130	J	J	,	3		-10	13			_

This Nutrition data was prepared on JANUARY 2025. 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. This nutritional information is updated every 4-6 weeks to reflect the most recent revisions to the menu items. The information in this nutrition file will not always match the information on the printed menu as menu prints take place less frequently. Please refer to this master nutrition file for the most up to date information. 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 2025. 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.

changes in ingredients and the addition or removal of products from our											
OTHER ITEMS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
OTHER ITEMS  OFF THE MENU ITEMS / LEGENDS	CALORIES	FRUIVI FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
•	20	0	0	0	0	0	40	-	2	4	
BROCCOLI SIDE(40z) NO BUTTER BUFFALO TIKI TENDERS WITH RANCH	30 1,430	920	102	0 21	0 1	0 180	10 4970	5 82	3 8	1 11	1 47
BULLEIT MANHATTAN	250	0	0	0	0	0	0	2	0	2	0
KETCH (DRESSING SERVED ON SIDE)	580-700	420-580	47-64	12-15	0.5-1	95-110	690-1160	8-10	2	4-6	30-32
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
TUNA MELT	930	650	68	18	1	95	1550	43	3	4	37
TUNA WRAP	840	510	57	18	0.5	115	1190	46	2.5	3	35
CALIFORNIA TACOS (NO DRESSING)- 3 (OTM)	570	260	29	14	0.5	50	840	56	9	6	21
CHARLEY TACOS (NO DRESSING) -3 (OTM)	700	240	27	14	0	130	910	47	5	3	66
JR QUESADILLA	610	320	36	18	1	100	850	46	3	2	25
MAVERICKS BURGER	1400	860	95	22	2.0	145	2640	86	6	28	49
QUESADILLA	770	480	47	30	0	180	1790	54	3	6	33
WIQUI WAQUI SALAD	700	360	40	13	0	55	2240	38	4	24	47
LUNCH MENU and LUNCH MENU TEST ITEMS											
CHICKEN CLUB WRAP	1070	490	54	18	0	170	3170	85	3	35	62
PATTY MELT	1,360	620	86	22	1.5	150	2,480	55	3	5	80
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)	540	230	25	11	0	100	1,820	40	5	5	38
DOUBLE STACK BURGER (LUNCH MENU)	720	390	43	16	1.5	140	3550	39	3	7	44
ISLANDS APEROL SPRITZ	140	0	0	0	0	0	10	9	6	N/A	0
THE WEDGE (BLT)	1040	680	75	22	1	105	2030	48	3	8	43
TEST ITEMS											
AGUA FRESCA - BERRY HIBISCUS	25	0	0	0	0	0	10	6	0	6	0
CHICKEN SALAD SANDWICH	1020	680	76	12	1	95	1300	49	3	8	34
CHILI - 6oz SIDE	238	60	14	5	0	70	1340	8	2	2	20
CHILI CHEESE FRIES	2500	1290	144	47	0.5	290	3870	220	16	5	81
LIMITED TIME ONLY											
AGAVE OLD FASHIONED	190	0	0	0	0	0	0	8	0	8	0
ESPRESSO MARTINI	155	0	0	0	0	0	0	15	0	0	6
PASSION PARADISE MARGARITA	250	0	0	0	0	0	350	32	0	31	0
SANGRIA RED	260	0	0	0	0	0	0	38	0	33	0
SANGRIA WHITE	260	0	0	0	0	0	0	38	0	33	0