



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

	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											
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 (g)	SATURATED FAT (g)	TRANS FAT (g)	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 (g)	SATURATED FAT (g)	TRANS FAT (g)	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											
BIG WAVE BURGER	750	380	42	12	1.5	115	1580	50	4	8	42
BLEUNAMI BURGER	1020	620	69	21	2.0	150	1580	52	4	9	47
HAWAIIAN BURGER	1050	570	63	17	2.0	140	2080	75	4	30	46
HULA BURGER	1040	640	71	19	2.5	140	1600	51	3	9	48
KILAUEA BURGER	1410	950	105	22	2.0	150	1400	68	6	11	47
LONGBOARDER BURGER	910	540	60	14	1.5	120	1600	53	3	12	39
MALIBU BURGER	910	490	54	18	2.0	145	2260	51	4	8	55
MAUI BURGER	1030	620	69	18	2.0	140	1600	55	6	9	46
PIPELINE BURGER	910	480	53	18	2	165	2180	54	4	9	54
VEGGIE BURGER	480	140	15	3	0.0	25	2160	70	6	9	17
SANDWICHES											
	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)
NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
MOA CRISP	1150	630	70	16	1	140	2260	71	4	11	60
MOA KAI (TUNA)	1080	700	82	20	1	125	1340	48	3	8	38
SANDPIPER	1090	590	65	19	1.0	205	1575	52	2	11	76
SANDPIPER WITH FRIES <i>(The calories listed on the printed menu do not include fries)</i>	1670	830	92	21	1.0	205	2065	130	7	12	83
SHOREBIRD	900	480	53	11	1	150	1570	47	2	7	58
TOUCAN	950	420	47	11	1	150	2000	72	2	28	60
ISLAND TACOS											
	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)
NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
KALUA PORK - 3 TACOS	760	430	48	10	0	55	1,200	57	10	11	24
CLASSIC FISH - 3 TACOS	1,180	810	72	10	0.5	50	1,480	102	9	6	31
NORTHSHORE- 3 -TACOS	900	360	40	17	0	230	2,150	52	5	5	83
YAKI - 3- TACOS	990	330	37	16	0	230	2,590	81	5	32	84



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BEACH BOWLS											
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											
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 - 3oz 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 (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
SALADS											
NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING											
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 KOBBS 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
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
KOBBS	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	32
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
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
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)
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 (3oz)	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
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 (2oz)	100	0	0	0	0	0	480	22	0	18	0
BLEU CHEESE DRESSING (2oz)	260	240	26	6	0	30	260	2	0	0	2
CHIPOTLE AIOLI (2oz)	360	360	40	6	0	30	460	2	0	2	0
ISLANDS SALSA (2oz)	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 (2oz)	10	0	0	0	0	0	160	3	1	2	0
TERIYAKI SAUCE (2oz)	140	20	2	0	0	0	1,280	32	0	28	2
WING SAUCE (2oz)	160	150	17	11	0.5	45	1,320	1	0	0	0
YELLOW MUSTARD (2oz)	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
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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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
SHAKES AND SMOOTHIES											
ULTIMATE CHOCOLATE SHAKE	1000	420	47	30	0	155	500	126	0	109	18
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 SHAKE	970	420	47	30	0	150	470	121	0	105	16
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
ROOT BEER FLOAT	430	150	17	10	0.5	115	135	65	0	65	4
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 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 OREO SHAKE	620	280	31	18	0	90	380	76	1	64	8



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GREMMIE MENU SIDES & APPETIZERS & DIPS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
JR GARDEN SALAD WITH 2oz 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 (6oz)	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 (2oz)	30	0	0	0	0	0	0	7	<1	6	0
APPLESAUCE (4oz)	80	0	0	0	0	0	0	18	1	16	0
STEAMED VEGGIES WITH BUTTER - SUB SIDE	170	110	12	7	0	30	500	11	4	4	4
ALCOHOLIC BEVERAGES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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
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
SHIPWRECK	350										
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 (12oz can)	100	0	0	0	0	0	20	2	0	2	0
WHITE CLAW HARD SELTZER (per oz)	10	0	0	0	0	0	0	0	0	0	0
WHITE CLAW MANGO (12oz can)	100	0	0	0	0	0	20	2	0	2	0
WHITE CLAW MANGO (per oz)	10	0	0	0	0	0	0	0	0	0	0
WHITE CLAW BLACK CHERRY (12oz can)	100	0	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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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 (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	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	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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	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											
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



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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 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.



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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 / LEGENDS											
BROCCOLI SIDE(4oz) NO BUTTER	30	0	0	0	0	0	10	5	3	1	1
BUFFALO TIKI TENDERS WITH RANCH	1,430	920	102	21	1	180	4970	82	8	11	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	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