

Allergen Information

The health and Safety of our guests are top priorities of Islands Restaurants. As part of our commitment to you, we have prepared this table of common food allergies in order to assist you with your menu choices. Please be aware that normal kitchen operations at Islands involve **shared** preparation and cooking areas. Due to these circumstances, we are unable to guarantee that **any menu** item can be completely free of allergens.

*Possible cross contamination due to cooking method

Possible cross contamination due to cook	ing method	•										MONOSODIUM
Appetizers	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	GLUTAMATE
BEACHSIDE SLIDERS™	*				*	Х				Х		
BUFFALO TIKI TENDERS WITH RANCH				Х		Х		Х		Х		Х
BUFFALO WINGS BBQ W/ RANCH	*			X	X (anchovies)	X		X		*		X X
BUFFALO WINGS SPICY W/RANCH BUFFALO WINGS TERIYAKI W/RANCH	*			X		X X		X		X	Х	X
CHEDDAR FRIES						X						^
CHEESY FRIES-HH						Х						
CHEDDAR FRIES WITH HOUSE CHILI						Х				Х		
CHIPS & SALSA												
CHIPS & SALSA W/LARGE GUACAMOLE												
ISLAND FRIES												
ISLAND NACHOS						Х						<u> </u>
ISLAND NACHITOS - HH						X						1
SPINACH & ARTICHOKE DIP with chips SWEET POTATO FRIES						Х						
				V		V		V		V		V
TEMPURA GREEN BEANS				Х		X		X		X		Х
TIKI TENDERS (DRESSING NOT INCLUDED)	*Evical	*Crillad	Challfich	Faas	Fieb	X Dairy	Doggusta	X	Trop Nuts	X	Cocomo	IVIUNUSUDIUIVI
Soup	*Fried	*Grilled	Shellfish	Eggs	Fish		Peanuts	Soy	Tree Nuts	Wheat	Sesame	CHITANAATE
TORTILLA STRIPS			-		1	Х		X				
TORTILLA STRIPS								Х				
Salads - All allergen data for salads includes dressing	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM
unless otherwise specified											,	GLUTAMATE
CHINA COAST SALAD				Х	-	Х		Х		Х	Х	
GARDEN SALAD (NO DRESSING)						Х		Х		Х		<u> </u>
JUNGLE CAESAR SALAD				Х	X (Anchovies)	Х		Х		Х		ļ
KAANAPALI KOBB SALAD				Х		Х		Х				<u> </u>
SMALL CAESAR SALAD				Х	X (Anchovies)	Х		Х		Х		<u> </u>
CHOP CHOP SALAD				Х	X (Anchovies)	Х		Х		Х		
Salad Dressings	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
BLEU CHEESE DRESSING				Х		Х		Х				GLUTAMATE
CAESAR DRESSING				X	X (Anchovies)	X						
HONEY MUSTARD DRESSING				X	A (Anchovies)	Α		Х				
ITALIAN DRESSING				Α				X		Х		
KOBB DRESSING				х				X		^		
BALSAMIC VINAIGRETTE				^				^				
RANCH DRESSING (in house)				Х		Х		Х				Х
SESAME DRESSING				X		^		X		Х	х	^
				X				^		^	^	
THOUSAND ISLAND DRESSING				Х								
Island Tacos - All nutritional data for Island Tacos does not include sides, which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
CLASSIC FISH TACOS				Х	Х	Х		Х		Х		
KALUA PORK TACOS												
NORTHSHORE TACOS						Х		Х		Х		
YAKI TACOS						Х		Х		Х	Х	
Sandwiches - Nutritional data for sandwiches does not include bun or sides which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
GRILLED CHICKEN BREAST ONLY												ļ
MOA CRISP (NO BUN)				Х		Х		Х		Х		х
MOA KAI (TUNA) NO BUN				Х	Х	Х		Х				
SANDPIPER (NO BUN)				Х		Х		Х				
SHOREBIRD (NO BUN)				Х		Х		Х				
TOUCAN (NO BUN)				Х		Х		Х		Х	Х	
Bowls	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
BURGER BOWL				Х		Х		Х				Х
BAJA BOWL WITH BAJA CHICKEN						Х		Х		Х		<u> </u>
BAJA BOWL WITH CARNITAS PORK						Х		Х				
BAJA BOWL WITH SPICY CHICKEN						Х		Х				
BAJA BOWL NO PROTEIN						Х		Х				
CHICKEN BOWL W HOISIN								Х		Х	Х	<u> </u>
CHICKEN BOWL W TERIYAKI								Х		Х	Х	
	-											



Allergen Information

Permananananananananananananananananananan	Bowlscontinued	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
Part	HOISIN SAUCE								Х		Х	Х	
Mary	TERIYAKI SAUCE								Х		Х	Х	
SECONDAY DESCRIPTION FOR DOUGH	Burgers - Nutritional data for Burgers does not include sides or buns which are listed below	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
REPARAMENSATE POOLING)	BIG WAVE BURGER (NO CHEESE NO BUN)												
MANAGER MORNAM C	BIG WAVE CHEESE BURGER (NO BUN)						Х						
MAIL PROBRES 1	BLEUNAMI BURGER (NO BUN)				Х		Х		Х		Х		
SOURCE NORMAN CHANGE NO BANK CHANGE NO BANK CHANGE NORMAN CHANGE NOR	HAWAIIAN BURGER (NO BUN)				Х		Х		Х		Х	Х	
Configuration Configuratio	HULA (NO BUN)				Х		Х		Х				
MANUS BURNES (NO BUN) PREMIS	KILAUEA BURGER (NO BUN)	*			Х	*	Х		Х		Х		
MANDERLINGENOR HORSING) 1	LONGBOARDER BURGER (NO CHEESE NO BUN)				Х	X (Anchovies)			Х				
PRIABLE MUNICH FOR DUNY ON 100 1	MALIBU BURGER (NO BUN)						Х						
NAMES MEMBAS NAMES	MAUI BURGER (NO BUN)				Х		Х						
MANY MANY NET	PIPELINE BURGER (NO BUN)										Х		
## PRINT POINT ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS PAIRS ONLY PRINT PAIRS ONLY PRINT PAIRS PAIRS PAIRS ONLY PRINT PAIRS PAI	VEGGIE BURGER (NO BUN)						Х		Х		Х		
MUNICAS PARTY ONLY CONTO NOT NOT NOT NOT NOT NOT NOT NOT NOT	PLANT BASED PATTY								Х				
VESIGE PATTY ONLY 1	BEEF PATTY ONLY												
Month March Marc													
Column C	VEGGIE PATTY ONLY						Х		Х		Х		MONOSOR
CORN DOTATILA CORN DOTATIL	Buns, Tortillas, Bread	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
SURBEAUCH BREAD IN 10	CORN TORTILLA												- GEOTAINIATE
RICHES PRINTED 1											Х		
GUITH RE BUN GU									Х				
SUBPR BUN Column													
WHER BUN CICK									Х		Х		
Montes M	KIDS JR BUN								Х				
KIDS_AIRSPACE NUMBERS Fine Bull "Fried Shelfine Fagure Fish Daily Peanut Soy Tree Nuts Wheet Session MONOSCODUM (ILL) IR MANC NOHESSE 4 1 4 4 4 X 1 X X X X X X X X X X X <t< td=""><td>WHEAT BUN</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>Х</td><td></td><td>Х</td><td></td><td></td></t<>	WHEAT BUN								Х		Х		
Which are listed separately. "Fried Office Off	WHITE BUN								Х		Х		
IR MAC N CHESE IR MAC N CHESE IR MAC N CHESE IR MAC N CHESE IR MAND CASTIE IR M	KIDS- Allergen data for kids items does not include sides which are listed separately.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
BRANDCASILE							X				Х		
Bring Processing First Panch Dressing First Fi					Х				Х				
R WAVE (NO CHEESE or bun) R WAVE (NO CHEESE or bun) R WAVE (NO CHEESE or bun) R WAVE (NO CHEESE OR BURGER (no bun)) R WAVE (NO END BURGER)													
R WAVE CHEESE BURGER (no bun) R													
Additions and sides							Х						
AVOCADO SLICES BLEU CHESSE CRUMBLES CHEDDAR CHESSE GEND BLEU CHESSE GEND CHEDDAR CHESS	Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish		Peanuts	Soy	Tree Nuts	Wheat	Sesame	
SELEC CHEESE CRUMBLES	APPLESAUCE												
CHEDDAR CHEESE Image: CHEDDAR J JACK CHEESE BLEND "Fried Shellfish Eggs Fish Daily Peanuts Soy Tree Nuts Wheat Seam MONOSODIUM GUITAMATE CHILI Image: CHEDAR J JACK CHEESE Image: CHEDAR J JACK CHEESE J JACK CHEESE Image: CHEDAR J JACK CHEESE J JACK CHEESE Image: CHEDAR J JACK CHEESE J	AVOCADO SLICES												
Chedric Ched	BLEU CHEESE CRUMBLES						Х						
RESH PINEAPPLE Image: 1 mark of the control of the contr	CHEDDAR CHEESE						Х						
Additions and sides Fried Selfish Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame MONOSODIUM GIUTAMATE CHILI	CHEDDAR / JACK CHEESE BLEND						Х						
Additions and sides	FRESH PINEAPPLE												
CHILI CHILI <t< td=""><td>Additions and sides</td><td>*Fried</td><td>*Grilled</td><td>Shellfish</td><td>Eggs</td><td>Fish</td><td>Dairy</td><td>Peanuts</td><td>Soy</td><td>Tree Nuts</td><td>Wheat</td><td>Sesame</td><td></td></t<>	Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
GUACAMOLE HICKORY SMOKED BACON ISLANDS REDS™ *** *** ** ** ** ** ** ** **	CHILI										Х		323771177712
HICKORY SMOKED BACON ISLANDS REDS** ISLANDS	FRIED EGG				Х								
SLANDS REDS** * * * * * * * * *	GUACAMOLE												
PEPPER JACK CHESE	HICKORY SMOKED BACON												
SAUTEED MUSHROOMS Image: Control of the c	ISLANDS REDS™	*				*	Х		Х		Х		
SMASHED BEANS Image: Control of the contr	PEPPER JACK CHEESE						Х						
SOUR CREAM Image: Control of the control	SAUTEED MUSHROOMS												
SPICY CHICKEN Image: Control of the Chicken of the Chick	SMASHED BEANS												
STEAMED VEGGIES W/BUTTER SWISS CHEESE SAUCES *Fried *Fried *Grilled *Grilled *Shellfish *Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame MONOSODIUM GLUTAMATE *CHIPOTLE AIOLI ISLANDS SALSA MAYONNAISE PICO DE GALLO **GRILLO **GRILLO	SOUR CREAM						Х						
SWISS CHEESE IN INCOME SHEESE IN INCOME SHEET	SPICY CHICKEN												
Sauces *Fried *Grilled Shellfish Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame MONOSODIUM GLUTAMATE BBQ SAUCE CHIPOTLE AIOLI ISLANDS SALSA MAYONNAISE PICO DE GALLO *Fried *Grilled Shellfish Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame MONOSODIUM GLUTAMATE **MONOSODIUM GLUTAMATE **MONO	STEAMED VEGGIES W/BUTTER						Х						
Sauces "Fried "Grilled Shellfish Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame GLUTAMATE BBQ SAUCE CHIPOTLE AIOLI ISLANDS SALSA MAYONNAISE PICO DE GALLO The Nuts Shelfish Eggs Fish Dairy Peanuts Soy Tree Nuts Wheat Sesame GLUTAMATE Soy Tree Nuts Wheat Sesame GLUTAMATE A SHIP SHE	SWISS CHEESE						Х						
CHIPOTLE AIOLI X X X X X C ISLANDS SALSA X </td <td>Sauces</td> <td>*Fried</td> <td>*Grilled</td> <td>Shellfish</td> <td>Eggs</td> <td>Fish</td> <td>Dairy</td> <td>Peanuts</td> <td>Soy</td> <td>Tree Nuts</td> <td>Wheat</td> <td>Sesame</td> <td></td>	Sauces	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
ISLANDS SALSA ISLANDS	BBQ SAUCE												
MAYONNAISE X X X X X Image: Control of the con	CHIPOTLE AIOLI				Х				Х				
PICO DE GALLO	ISLANDS SALSA												
	MAYONNAISE				Х				Х				
	PICO DE GALLO												
SALSA VERDE	SALSA VERDE												



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	1	1			1		1	ı	1		1	1
SURFBOARDER BBQ DRESSING				Х	X (Anchovies)	Х		Х				
WING SAUCE						Х						
YELLOW MUSTARD												
Desserts	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
CHOCOLATE LAVA				Х		Х	Х	Х	х	Х		GEOTAWATE
FUDGE BROWNIE				X		X		X		X		
ICE CREAM SUNDAE				Х		Х			Х			
JR SUNDAE (NO NUTS)				X		X			^			
KONA PIE				Х		Х	Х	Х	Х	Х		
ROOT BEER FLOAT				Х		Х	-					
Shakes & Smoothies	*Fried	*Grilled	Shellfish		Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM
	riieu	Gilleu	SHEIIISH	Eggs	LISH		realiuts	30y	Tree Nuts	wileat	Sesame	GLUTAMATE
ULTIMATE CHOCOLATE SHAKE						X			X Coconut			
COOL BREEZE									x Coconut			
LEMON FREEZE						X				.,		
STRAWBERRY PIE SHAKE						Х				Х		
VANILLA SHAKE						X						
MINT OREO SHAKE						X	-	X		X		
OREO SHAKE						Х		Х		Х		MONOSODIUM
Alcoholic Beverages	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	GLUTAMATE
AGAVE OLD FASHIONED												
AGUA FRESCA- MANGO PASSION												
AGUA FRESCA- PINEAPPLE OASIS												
BIG ISLAND ICED TEA												
BLOODY MARY					X (Anchovies)			Х				
DEEP BLUE SEA COCKTAIL									X (Coconut rum)			
ESPRESSO MARTINI									MACADAMIA			
HIGH NOON									NHTS			
ISLANDS SPRITZ												
KENTUCKY MULE												
LAVA FLOW									X (Coconut)			
MAITAI								X I	Contains Almond Flav	(or)		
MANGORITA								X (Contains Aimond Hav	701)		
MARGARITA FROZEN												
MARGARITA FROZEN STRAWBERRY												
MARGARITA LIGHT												
MARGARITA ROCKS												
MOJITO												
MOSCOW MULE												
PARADISE MULE												
PASSION PARADISE MARGARITA												
PINA COLADA									X (Coconut)			
PRICKLY PEAR MARGARITA									x (coconac)			
SHIPWRECK												
SUNSET COLADA									X (Coconut)			
SUNSET MARGARITA							1		(22201101)			
TROPICAL FLIGHT												
TRULY HARD SELTZER												
TRULY PINEAPPLE												
TRULY WILD BERRY												
WHITE CLAW HARD SELTZER (12oz can)												
WHITE CLAW HARD SELTZER (1202 carr) WHITE CLAW HARD SELTZER (per oz)												
WHITE CLAW MANGO (12oz can)							İ					
WHITE CLAW MANGO (per oz)							İ					
WHITE CLAW BLACK CHERRY (12oz can)												
WHITE CLAW BLACK CHERRY (per oz)												
CHILE MANGORITA												
1												

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ADDITIONAL ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts		Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
OFF THE MENU ITEMS												
BROCCOLI SIDE (NO BUTTER)												
KETCH				Х	Х	Х		Х				х
PROTEIN BURGER PLATTER						Х		Х				
PROTEIN CHICKEN PLATTER						Х		Х				
PROTEIN COMBO PLATTER						Х		Х				
PROTEIN TURKEY PLATTER						Х		Х				
TUNA MELT (LUNCH MENU)				Х	Х	Х		Х		Х		
CALIFORNIA TACOS (NO DRESSING)						Х		Х		Х		
CHARLEY TACOS (NO DRESSING)					Х	Х		Х		Х		
MAVERICKS BURGER				Х	X (Anchovies)	Х		Х		Х		
QUESADILLA W/OUT CHICKEN						Х				Х		
WIQUI WAQUI SALAD				Х	X (Anchovies)	Х		Х				Х
CHICKEN CLUB WRAP (inlcludes wrap)				Х	X (Anchovies)	Х		Х		Х		Х
LUNCH MENU AND LUNCH TEST ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
PATTY MELT (LUNCH MENU)						Х		Х		Х		
DOUBLE STACK BURGER (LUNCH MENU)						Х		Х		Х		
MAINLANDER W/ CHICKEN				Х		Х		Х				Х
THE WEDGE (BLT) NO BUN				Х		Х		Х				
MAINLANDER				Х		Х		Х				Х
MEDITERRANEAN BOWL						Х					Х	
PACIFIC RIM BOWL				Х				Х		Х	Х	
TEST ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
PASSIONFRUIT SODA						Х						
STRAWBERRY SODA						Х						
PRICKLY PEAR SODA						Х						
Jr MINI CORN DOGS				Х		Х		Х		Х		
JR TERIYAKI CHICKEN BOWL								Х		Х	Х	
VANILLA SHAKE						х		Х				
ULTIMATE CHOCOLATE SHAKE						х		Х				
STRAWBERRY SHAKE						Х		Х				
STEAMED VEGGIES WITH BUTTER						Х						
IN HOUSE RANCH DRESSING				Х		Х		Х				х
LIMITED TIME ONLY	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
AGAVE OLD FASHIONED												
CARAMAEL APPLE BUTTER CAKE				Х		Х		Х		Х		
CANDY CANE SHAKE						Х		Х		Х		
MARGARITA FLIGHT												
NAUGHTY AND NICE MARGARITA												
PUMPKIN PIE SHAKE						Х		Х		Х		_
SANGRIA RED												_
WATERMELON MARGARITA	1	l			l	l	ı l				l	<u> </u>

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