



Allergen Information

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

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

Appetizers	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BEACHSIDE SLIDERS™	*				*	X				X		
BUFFALO TIKI TENDERS WITH RANCH				X		X		X		X		
BUFFALO WINGS BBQ W/ RANCH	*			X	X (anchovies)	X		X		*		
BUFFALO WINGS SPICY W/RANCH	*			X		X		X		*		
BUFFALO WINGS TERIYAKI W/RANCH				X		X		X		X	X	
CHEDDAR FRIES						X						
CHEESY FRIES-HH						X						
CHIPS & SALSA												
CHIPS & SALSA W/LARGE GUACAMOLE												
ISLAND FRIES												
ISLAND NACHOS						X						
ISLAND NACHITOS - HH						X						
ONION RINGS	*			X	*	X		X		X		
SPINACH & ARTICHOKE DIP with chips						X						
SWEET POTATO FRIES	*									*		
TEMPURA GREEN BEANS				X		X		X		X		
TIKI TENDERS (DRESSING NOT INCLUDED)						X		X		X		
Soup	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
TORTILLA SOUP						X		X				
TORTILLA STRIPS								X				
Salads - All allergen data for salads includes dressing unless otherwise specified	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHINA COAST SALAD				X		X		X		X	X	
GARDEN SALAD (NO DRESSING)						X		X		X		
JUNGLE CAESAR SALAD				X	X (Anchovies)	X		X		X		
KAANAPALI KOBBS SALAD				X		X		X				
SMALL CAESAR SALAD				X	X (Anchovies)	X		X		X		
CHOP CHOP SALAD				X	X (Anchovies)	X		X		X		
Salad Dressings	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BLEU CHEESE DRESSING				X		X		X				
CAESAR DRESSING				X	X (Anchovies)	X		X				
HONEY MUSTARD DRESSING				X				X				
ITALIAN DRESSING								X		X		
KOBBS DRESSING				X				X				
LIGHT BALSAMIC DRESSING								X				
RANCH DRESSING (in house)				X		X		X				
SESAME DRESSING				X				X		X	X	
THOUSAND ISLAND DRESSING				X	X (Anchovies)			X				
Island Tacos - All nutritional data for Island Tacos does not include sides, which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CLASSIC FISH TACOS				X	X	X		X		X		
KALUA PORK TACOS												
NORTHSHORE TACOS						X		X		X		
YAKI TACOS						X		X		X	X	
Sandwiches - Nutritional data for sandwiches does not include bun or sides which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
GRILLED CHICKEN BREAST ONLY												
MOA CRISP				X		X		X		X		
MOA KAI (TUNA) NO BUN				X	X	X		X				
SANDPIPER (NO BUN)				X		X		X				
SHOREBIRD				X		X		X				
TOUCAN				X		X		X		X	X	
Bowls	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BURGER BOWL				X		X		X				
BAJA BOWL WITH BAJA CHICKEN						X		X		X		
BAJA BOWL WITH CARNITAS PORK						X		X				
BAJA BOWL WITH SPICY CHICKEN						X		X				
BAJA BOWL NO PROTEIN						X		X				
HOISIN BEACH BOWL								X		X	X	
TERIYAKI BEACH BOWL								X		X	X	
BEACH BOWL (NO SAUCE)												
VEGGIE BEACH BOWL WITH HOISON								X		X	X	
VEGGIE BEACH BOWL WITH TERIYAKI								X		X	X	
VEGGIE BEACH BOWL (NO SAUCE)												



Allergen Information

Bowls...continued	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
HOISIN SAUCE								X		X	X	
TERIYAKI SAUCE								X		X	X	
Burgers - Nutritional data for Burgers does not include sides or buns which are listed below	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BIG WAVE BURGER (NO CHEESE NO BUN)												
BIG WAVE CHEESE BURGER (NO BUN)						X						
BLEUNAMI BURGER (NO BUN)				X		X		X		X		
HAWAIIAN BURGER (NO BUN)				X		X		X		X	X	
HULA (NO BUN)				X		X		X				
KILAUEA BURGER (NO BUN)	*			X	*	X		X		X		
LONGBOARDER BURGER (NO CHEESE NO BUN)				X	X (Anchovies)			X				
MALIBU BURGER (NO BUN)						X						
MAUI BURGER (NO BUN)				X		X						
PIPELINE BURGER						X				X		
VEGGIE BURGER (NO BUN)						X		X		X		
PLANT BASED PATTY								X				
BEEF PATTY ONLY												
TURKEY PATTY ONLY												
VEGGIE PATTY ONLY						X		X		X		
Buns, Tortillas, Bread	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CORN TORTILLA												
SOURDOUGH BREAD										X		
FLOUR TORTILLA								X		X		
GLUTEN FREE BUN												
SLIDER BUN								X		X		
KIDS JR BUN								X		X		
WHEAT BUN								X		X		
WHITE BUN								X		X		
Gremmie - Nutritional data for Gremmie items does not include sides which are listed separately.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
JR MAC N CHEESE						X				X		
JR SANDCASTLE				X		X		X		X		
JR TIKI TENDERS						X		X		X		
JR WAVE (NO CHEESE or bun)												
JR WAVE CHEESE BURGER (no bun)						X						
Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
APPLESAUCE												
AVOCADO SLICES												
BLEU CHEESE CRUMBLES						X						
CHEDDAR CHEESE						X						
CHEDDAR / JACK CHEESE BLEND						X						
FRESH PINEAPPLE												
Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHILI										X		
FRIED EGG				X								
GUACAMOLE												
HICKORY SMOKED BACON												
ISLANDS REDS™	*				*	X		X		X		
PEPPER JACK CHEESE						X						
SAUTEED MUSHROOMS												
SMASHED BEANS												
SOUR CREAM						X						
SPICY CHICKEN												
STEAMED VEGGIES W/BUTTER						X						
SWISS CHEESE						X						
Sauces	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
BBQ SAUCE					X (Anchovies)			X				
CHIPOTLE AIOLI				X				X				
ISLANDS SALSA												
MAYONNAISE				X				X				
PICO DE GALLO												
SALSA VERDE												
SURFBOARDER BBQ DRESSING				X	X (Anchovies)	X		X				
WING SAUCE						X						
YELLOW MUSTARD												



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Desserts	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CHOCOLATE LAVA				X		X	X	X	X	X		
FUDGE BROWNIE				X		X		X		X		
ICE CREAM SUNDAE				X		X			X			
JR SUNDAE (NO NUTS)				X		X						
KONA PIE				X		X	X	X	X	X		
ROOT BEER FLOAT				X		X						
Shakes & Smoothies	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
ULTIMATE CHOCOLATE SHAKE						X						
COOL BREEZE						X			X Coconut			
LEMON FREEZE						X						
STRAWBERRY PIE SHAKE						X				X		
VANILLA SHAKE						X						
MINT OREO SHAKE						X		X		X		
OREO SHAKE						X		X		X		

This allergy data was prepared in JANUARY 2025. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753.



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ADDITIONAL ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
OFF THE MENU ITEMS												
BROCCOLI SIDE (NO BUTTER)												
KETCH				X	X	X		X				
PROTEIN BURGER PLATTER						X		X				
PROTEIN CHICKEN PLATTER						X		X				
PROTEIN COMBO PLATTER						X		X				
PROTEIN TURKEY PLATTER						X		X				
TUNA MELT (LUNCH MENU)				X	X	X		X		X		
CALIFORNIA TACOS (NO DRESSING)						X		X		X		
CHARLEY TACOS (NO DRESSING)					X	X		X		X		
MAVERICKS BURGER				X	X (Anchovies)	X		X		X		
MOA MAUNA LOA CRISP				X		X		X		X		
QUESADILLA W/OUT CHICKEN						X				X		
WIQUI WAQUI SALAD				X	X (Anchovies)	X		X				
LUNCH MENU AND LUNCH TEST ITEMS												
CHICKEN CLUB WRAP (includes wrap)	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
PATTY MELT (LUNCH MENU)				X	X (Anchovies)	X		X		X		
DOUBLE STACK BURGER (LUNCH MENU)						X		X		X		
MAINLANDER W/ CHICKEN				X		X		X				
THE WEDGE (BLT) NO BUN				X		X		X				
MAINLANDER				X		X		X				
TEST ITEMS												
CHICKEN SALAD SANDWICH				X	x (Anchovies)			X	Almonds	X		
CHILI										X		
CHILI CHEESE FRIES						X				X		
TERIYAKI SAUCE								X		X	X	
THOUSAND ISLAND DRESSING- KENS				X								
BALSAMIC VINAIGRETTE- KENS												
ROMAN CAESAR- KENS				X	X (Anchovies)	X						
SESAME DRESSING				X				X		X	X	
BBQ SAUCE- SWEET BABY RAYS												
ISLANDS TOMATO SALSA												
BACON STRIPS												
BACON TID BITS												
LIMITED TIME ONLY												
AGAVE OLD FASHIONED	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
CANDY CANE SHAKE						X		X		X		
CRANBERRY MULE												
ESPRESSO MARTINI									MACADAMIA NUTS			
PASSION PARADISE MARGARITA												
PUMPKIN PIE SHAKE						X		X		X		
MANGO PASSION AGUA FRESCA												
PINAEAPPLE OASIS AGUA FRESCA												
SANGRIA RED												
SANGRIA WHITE												

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