



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 MAY 2025.

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| APPETIZERS | 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) |
|--|-------------------|----------------------|------------------|----------------------|------------------|---------------------|----------------|--------------|----------------------|---------------|----------------|
| 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 WITH HOUSE MADE CHILI | 2500 | 1290 | 144 | 47 | 0.5 | 290 | 3870 | 220 | 16 | 5 | 81 |
| 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 |
| CHIPS AND SALSA WITH LARGE GUAC | 1200 | 640 | 71 | 7 | 0 | 0 | 2550 | 125 | 18 | 5 | 16 |
| ISLAND FRIES | 1550 | 625 | 70 | 5 | 0 | 0 | 1350 | 210 | 15 | 2.5 | 20 |
| ISLAND NACHOS | 1,690 | 990 | 110 | 45 | 0 | 250 | 3060 | 115 | 21 | 8 | 61 |
| ISLANDS NACHOS WITH SPICY CHICKEN | 1,810 | 1,020 | 113 | 46 | 0 | 295 | 3590 | 119 | 22 | 9 | 79 |
| ISLANDS NACHOS WITH CHILI | 1,830 | 1,060 | 118 | 48 | 0.5 | 280 | 3730 | 119 | 21 | 10 | 72 |
| 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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| BOWLS | 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) |
|---|----------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| 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 |
| CHICKEN BOWL (NO SAUCE) | 650 | 130 | 14 | 3 | 0 | 90 | 800 | 82 | 10 | 18 | 48 |
| 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 - 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 |
| TORTILLA SOUP - SMALL BOWL | 450 | 70 | 8 | 3 | 0 | 30 | 710 | 12 | 1 | 3 | 9 |
| SALADS | 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 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 KOBBSALAD | 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 | 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) |
| 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 DRESSING | 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 BREAST 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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| | 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) |
|---|-------------------|----------------------|------------------|----------------------|------------------|---------------------|----------------|--------------|----------------------|---------------|----------------|
| 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 | | | | | | | | | | | |
| 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 |
| 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 |
| KIDS 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 | 650 | 420 | 47 | 6 | 0 | 70 | 1880 | 35 | 1 | 3 | 22 |
| 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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| KIDS 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) |
| AGAVE OLD FASHIONED | 190 | 0 | 0 | 0 | 0 | 0 | 0 | 8 | 0 | 8 | 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 |
| ESPRESSO MARTINI | 160 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 6 |
| 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 LIGHT | 170 | 0 | 0 | 0 | 0 | 0 | 2190 | 19 | 0 | 16 | 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 |
| PASSION PARADISE MARGARITA | 250 | 0 | 0 | 0 | 0 | 0 | 350 | 32 | 0 | 30 | 0 |
| PINA COLADA | 400 | 30 | 3 | 3 | 0 | 0 | 15 | 53 | 3 | 47 | 1 |
| SHIPWRECK | 350 | 0 | 0 | 0 | 0 | 0 | 10 | 60 | 0 | 48 | 1 |
| 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 (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 |
| 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 |
| PINOT NOIR - (MEIOMI) GLASS | 130 | 0 | 0 | 0 | 0 | 0 | n/a | n/a | 0 | n/a | 0 |
| PINOT NOIR- (MEIOMI) BOTTLE | 470 | 0 | 0 | 0 | 0 | 0 | n/a | n/a | 0 | n/a | 0 |
| PROSECCO (LA MARCA) - BOTTLE | 310 | 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 |
| 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 |
| ROSE LE CREMA - GLASS | 160 | 0 | 0 | 0 | 0 | 0 | n/a | n/a | 0 | n/a | 0 |
| ROSE LE CREMA - BOTTLE | 610 | 0 | 0 | 0 | 0 | 0 | n/a | n/a | 0 | n/a | 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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| | 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 | | | | | | | | | | | |
| 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 |



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 MAY 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.

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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 |
| HEINEKIN NON ALCOHOLIC | 69 | 0 | 0 | 0 | 0 | 0 | N/A | N/A | 0 | 0 | 0.0 |
| 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 MAY 2025. This data has been determined solely based on the recipes, yields, and ingredient specification sheets provided by ISLANDS RESTAURANT. 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 |
| WIKUI 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 |
| THE WEDGE (BLT) | 1040 | 680 | 75 | 22 | 1 | 105 | 2030 | 48 | 3 | 8 | 43 |
| LBM CARIBBEAN BOWL | 680 | 290 | 32 | 6 | 0 | 115 | 1220 | 50 | 6 | 24 | 47 |
| LBM MEDITERANIAN BOWL | 630 | 210 | 23 | 6 | 0 | 140 | 1740 | 48 | 8 | 8 | 58 |
| LBM PACIFIC RIM BOWL | 550 | 230 | 25 | 4 | 0 | 120 | 1170 | 32 | 9 | 18 | 50 |
| TEST ITEMS | | | | | | | | | | | |
| AGUA FRESCA - BERRY HIBISCUS | 25 | 0 | 0 | 0 | 0 | 0 | 10 | 6 | 0 | 6 | 0 |
| Jr MAC N CHEESE | 910 | 410 | 45 | 10 | 0 | 35 | 1400 | 107 | 7 | 5 | 19 |
| Jr MINI CORN DOGS | 1540 | 930 | 103 | 20 | 2 | 55 | 2320 | 130 | 6 | 14 | 23 |
| JR TERIYAKI CHICKEN BOWL | 1030 | 340 | 38 | 4 | 0 | 115 | 1560 | 118 | 6 | 15 | 53 |
| LIMITED TIME ONLY | | | | | | | | | | | |
| HAWAIIAN BURGER BOWL | 740 | 430 | 48 | 16 | 2 | 145 | 1940 | 33 | 3 | 24 | 43 |
| KILAUEA BURGER BOWL | 1010 | 690 | 77 | 19 | 1.5 | 145 | 1670 | 35 | 8 | 10 | 44 |
| MARGARITA FLIGHT | 470 | 0 | 0 | 0 | 0 | 0 | 2010 | 59 | 0 | 58 | 0 |
| PASSION PARADISE MARGARITA | 250 | 0 | 0 | 0 | 0 | 0 | 350 | 32 | 0 | 31 | 0 |
| PRICKLY PEAR MARGARITA | 280 | 0 | 0 | 0 | 0 | 0 | 1200 | 38 | 0 | 35 | 0 |
| SANDPIPER BOWL | 710 | 390 | 43 | 11 | 0.5 | 175 | 1710 | 15 | 3 | 8 | 65 |
| 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 |
| WATERMELON MARGARITA | 300 | 0 | 0 | 0 | 0 | 0 | 1200 | 43 | 0 | 43 | 0 |



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|---|-------------------|----------------------|------------------|----------------------|------------------|---------------------|----------------|--------------|----------------------|---------------|----------------|
| 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 |
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| 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 |
| THE WEDGE (BLT) | 1040 | 680 | 75 | 22 | 1 | 105 | 2030 | 48 | 3 | 8 | 43 |
| LBM CARIBBEAN BOWL | 680 | 290 | 32 | 6 | 0 | 115 | 1220 | 50 | 6 | 24 | 47 |
| LBM MEDITERANIAN BOWL | 630 | 210 | 23 | 6 | 0 | 140 | 1740 | 48 | 8 | 8 | 58 |
| LBM PACIFIC RIM BOWL | 550 | 230 | 25 | 4 | 0 | 120 | 1170 | 32 | 9 | 18 | 50 |
| TEST ITEMS | | | | | | | | | | | |
| AGUA FRESCA - BERRY HIBISCUS | 25 | 0 | 0 | 0 | 0 | 0 | 10 | 6 | 0 | 6 | 0 |
| Jr MAC N CHEESE | 330 | 160 | 18 | 8 | 0 | 35 | 910 | 30 | 4 | 0 | 12 |
| Jr MINI CORN DOGS | 930 | 680 | 74 | 18 | 2 | 55 | 1830 | 52 | 14 | 14 | 14 |
| JR TERIYAKI CHICKEN BOWL | 460 | 100 | 11 | 4 | 0 | 115 | 1070 | 43 | 14 | 14 | 46 |
| LIMITED TIME ONLY | | | | | | | | | | | |
| HAWAIIAN BURGER BOWL | 740 | 430 | 48 | 16 | 2 | 145 | 1940 | 33 | 3 | 24 | 43 |
| KILAUEA BURGER BOWL | 1010 | 690 | 77 | 19 | 1.5 | 145 | 1670 | 35 | 8 | 10 | 44 |
| MARGARITA FLIGHT | 470 | 0 | 0 | 0 | 0 | 0 | 2010 | 59 | 0 | 58 | 0 |
| PASSION PARADISE MARGARITA | 250 | 0 | 0 | 0 | 0 | 0 | 350 | 32 | 0 | 31 | 0 |
| PRICKLY PEAR MARGARITA | 280 | 0 | 0 | 0 | 0 | 0 | 1200 | 38 | 0 | 35 | 0 |
| SANDPIPER BOWL | 710 | 390 | 43 | 11 | 0.5 | 175 | 1710 | 15 | 3 | 8 | 65 |
| 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 |
| WATERMELON MARGARITA | 300 | 0 | 0 | 0 | 0 | 0 | 1200 | 43 | 0 | 43 | 0 |