

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. ©2025 Islands Restaurants, LLC

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
	τοται	CALORIES	TOTAL FAT	CATURATED	TRANK FAT		CODIUM	CADDS	DIETARY	SUCARS	DROTEIN
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)
BURGERS NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW											
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER	CALORIES 750	FROM FAT	(g) 42	FAT (g)	(g) 1.5	(mg) 115	(mg) 1580	(g) 50	FIBER (g) 4	(g) 8	(g) 42
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER	CALORIES 750 1020	FROM FAT 380 620	(g) 42 69	FAT (g)	(g) 1.5 2.0	(mg) 115 150	(mg) 1580 1580	(g) 50 52	FIBER (g) 4 4	(g) 8 9	(g) 42 47
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER	CALORIES 750 1020 1050	FROM FAT 380 620 570	(g) 42 69 63	FAT (g) 12 21 17	(g) 1.5 2.0 2.0	(mg) 115 150 140	(mg) 1580 1580 2080	(g) 50 52 75	FIBER (g) 4 4 4 4	(g) 8 9 30	(g) 42 47 46
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER	CALORIES 750 1020 1050 1040	FROM FAT 380 620 570 640	(g) 42 69 63 71	FAT (g) 12 21 17 19	(g) 1.5 2.0 2.0 2.5	(mg) 115 150 140 140	(mg) 1580 1580 2080 1600	(g) 50 52 75 51	FIBER (g) 4 4 4 4 3	(g) 8 9 30 9	(g) 42 47 46 48
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER	CALORIES 750 1020 1050 1040 1410	FROM FAT 380 620 570 640 950	(g) 42 69 63 71 105	FAT (g) 12 21 17 19 22	(g) 1.5 2.0 2.0 2.5 2.0	(mg) 115 150 140 140 150	(mg) 1580 1580 2080 1600 1400	(g) 50 52 75 51 68	FIBER (g) 4 4 4 3 6	(g) 8 9 30 9 11	(g) 42 47 46 48 47
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER	CALORIES 750 1020 1050 1040 1410 910	FROM FAT 380 620 570 640 950 540	(g) 42 69 63 71 105 60	FAT (g) 12 21 17 19 22 14	(g) 1.5 2.0 2.0 2.5 2.0 1.5	(mg) 115 150 140 140 150 120	(mg) 1580 1580 2080 1600 1400 1600	(g) 50 52 75 51 68 53	FIBER (g) 4 4 4 3 6 3 3	(g) 8 9 30 9 11 12	(g) 42 47 46 48 47 39
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER	CALORIES 750 1020 1050 1040 1410 910 910	FROM FAT 380 620 570 640 950 540 490	(g) 42 69 63 71 105 60 54	FAT (g) 12 21 17 19 22 14 18 18 18	(g) 1.5 2.0 2.5 2.0 1.5 2.0	(mg) 115 150 140 140 150 120 120 145	(mg) 1580 2080 1600 1400 1600 2260	(g) 50 52 75 51 68 53 51	FIBER (g) 4 4 4 4 3 6 3 4 6 3 4 6 4 6 4 6 4 6 4 6	(g) 8 9 30 9 11 12 8 9 9 9	(g) 42 47 46 48 47 39 55 46 54
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER	CALORIES 750 1020 1050 1040 1410 910 910 1030	FROM FAT 380 620 570 640 950 540 490 620	(g) 42 69 63 71 105 60 54 69	FAT (g) 12 21 17 19 22 14 18 18	(g) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0	(mg) 115 150 140 140 150 120 145 140	(mg) 1580 1580 2080 1600 1400 1600 2260 1600	(g) 50 52 75 51 68 53 51 55	FIBER (g) 4 4 4 3 6 3 4 6	(g) 8 9 30 9 11 12 8 9 9	(g) 42 47 46 48 47 39 55 46
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER	CALORIES 750 1020 1050 1040 1410 910 910 1030 910 480	FROM FAT 380 620 570 640 950 540 490 620 480 140	(e) 42 69 63 71 105 60 54 69 53 15	FAT (g) 12 21 17 19 22 14 18 18 18 18 3	(c) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 0.0	(mg) 115 150 140 140 150 120 145 140 165 25	(mg) 1580 1580 2080 1600 1400 1600 2260 1600 2180 2160	(g) 50 52 75 51 68 53 51 55 55 54 70	FIBER (g) 4 4 4 3 6 3 4 6 4 6 4 6 6	(g) 8 9 30 9 11 12 8 9 9 9 9 9	(r) 42 47 46 48 47 39 55 46 54 17
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER	CALORIES 750 1020 1050 1040 1410 910 910 910 1030 910	FROM FAT 380 620 570 640 950 540 490 620 480	(g) 42 69 63 71 105 60 54 69 53	FAT (g) 12 21 17 19 22 14 18 18 18	(g) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	(mg) 115 150 140 140 150 120 145 140 165	(mg) 1580 1580 2080 1600 1400 1600 2260 1600 2180	(g) 50 52 75 51 68 53 51 55 55 54	FIBER (g) 4 4 4 4 3 6 3 4 6 3 4 6 4 6 4 6 4 6 4 6	(g) 8 9 30 9 11 12 8 9 9 9	(g) 42 47 46 48 47 39 55 46 54
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER YEGGIE BURGER	CALORIES 750 1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT	FAT (g) 12 21 17 19 22 14 18 18 18 3 SATURATED	(g) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	(mg) 115 150 140 150 120 145 140 165 25 CHOLESTEROL	(mg) 1580 1580 2080 1600 1400 1600 2260 1600 2180 2180 2160 SODIUM	(g) 50 52 75 51 68 53 51 55 55 54 70 CARBS	FIBER (g) 4 4 4 4 3 6 3 6 4 6 4 6 DIETARY	(g) 8 9 300 9 111 12 8 9 9 9 9 SUGARS	(g) 42 47 46 48 47 39 55 46 54 17 PROTEIN
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NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP	CALORIES 750 1020 1050 1040 1410 910 910 910 910 910 480 TOTAL CALORIES ED BELOW 1150	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65	FAT (g) 12 21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19	(r) 1.5 2.0 2.5 2.0 1.5 2.0 1.5 2.0 2.0 2.0 2.0 1.5 1.5 2.0 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140	(mg) 1580 2080 1600 1400 2260 1600 2260 2180 2160 SODUM (mg) 2260	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71	FIBER (g) 4 4 3 6 3 4 6 4 6 0 ETARY FIBER (g) 4 3 2	(r) 8 9 300 9 111 122 8 9 9 9 9 9 5UGARS (r) 111 8 111	(r) 42 47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The colories listed on the printed menu do not include fries)	CALORIES 750 1020 1050 1040 1410 910 910 910 1030 910 480 707AL CALORIES ED BELOW 1150 1080 1090 1670	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92	FAT (g) 12 21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21	(c) 1.5 2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 1.5 2.0 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205	(mg) 1580 1580 2080 1600 1400 2260 1600 2280 2160 2180 2160 SODIUM (m) 2260 1340 1575 2065	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130	FIBER (g) 4 4 3 6 3 4 6 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	(r) 8 9 300 9 111 12 8 9 9 9 9 9 5UGARS (r) 11 8 111 12 12 11 12 12 12 12 12 1	(r) 42 47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER	CALORIES 750 1020 1050 1040 1410 910 910 910 1030 910 480 TOTAL CALORIES ED BELOW 1150 1080 1090 1670 900	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65	FAT (g) 12 21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19	(c) 1.5 2.0 2.5 2.0 1.5 2.0 2.5 2.0 2.0 2.0 2.0 2.0 2.0 1.5 2.0 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205	(mg) 1580 2080 1600 1400 1600 2260 1600 2180 2160 2160 SODIUM (mg) 2260 1340 1575	(g) 50 52 75 51 68 53 51 55 55 54 70 CARBS (g) 71 48 52	FIBER (g)	(r) 8 9 30 9 11 12 8 9 9 9 9 9 SUGARS (r) 11 8 11 12 7	(r) 42 47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER KILAUEA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER WITH FRIES (The colories listed on the printed menu do not include fries)	CALORIES 750 1020 1050 1040 1410 910 910 910 1030 910 480 707AL CALORIES ED BELOW 1150 1080 1090 1670	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92	FAT (g) 12 21 17 19 22 14 18 18 18 3 SATURATED FAT (g) 16 20 19 21	(c) 1.5 2.0 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 1.5 2.0 1.5 1.5 1.5 1.5 1.5 1.5 1.5 1.5	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205	(mg) 1580 1580 2080 1600 1400 2260 1600 2280 2160 2180 2160 SODIUM (m) 2260 1340 1575 2065	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130	FIBER (g) 4 4 3 6 3 4 6 4 6 4 6 DIETARY FIBER (g) 4 3 2 7	(r) 8 9 300 9 111 12 8 9 9 9 9 9 5UGARS (r) 11 8 111 12 12 11 12 12 12 12 12 1	(r) 42 47 46 48 47 39 55 46 54 17 PROTEIN (r) 60 38 76 83
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD	CALORIES 750 1020 1050 1040 1410 910 910 910 1030 910 480 TOTAL CALORIES ED BELOW 1150 1080 1090 1670 900	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480	(c) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (c) 70 82 65 92 53	FAT (g) 12 21 17 19 22 14 18 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11	(c) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205 150	(mg) 1580 1580 2080 1600 1400 2260 1600 2280 2160 2180 2160 50DIUM (mg) 2260 1340 1575 2065 1570	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47	FIBER (g)	(r) 8 9 30 9 11 12 8 9 9 9 9 9 SUGARS (r) 11 8 11 12 7	(?) 42 47 46 48 47 39 55 46 54 17 PROTEIN (?) 60 38 76 83 58
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER SANDPIPER WITH FRIES (The calories listed on the printed menu do not include fries) SHOREBIRD TOUCAN	CALORIES 750 1020 1050 1040 1410 910 910 1030 910 480 TOTAL CALORIES ED BELOW 11150 1080 1090 1670 900 950	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 480 420	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47	FAT (g) 12 21 17 19 22 14 18 18 18 18 3 SATURATED FAT (g) 16 20 19 21 11 11	(c) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	(mg) 115 150 140 140 150 140 165 25 CHOLESTEROL (mg) 140 125 205 205 205 150 150	(mg) 1580 1580 1600 1600 1400 2260 1600 2180 2160 2180 2160 SODIUM (mg) 2260 1340 1575 2265 1570 2005	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72	FIBER (g)	(r) 8 9 30 9 11 12 8 9 9 9 5 UGARS (r) 11 8 11 12 7 28	(r) 42 47 46 48 47 39 55 46 54 17 PROTEIN (r) 60 38 76 83 58 60
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NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW BIG WAVE BURGER BLEUNAMI BURGER HAWAIIAN BURGER HULA BURGER LONGBOARDER BURGER LONGBOARDER BURGER MALIBU BURGER MALIBU BURGER PIPELINE BURGER VEGGIE BURGER SANDWICHES NUTRITIONAL DATA FOR CHICKEN SANDWICHES DOES NOT INCLUDE SIDES WHICH ARE LIST MOA CRISP MOA KAI (TUNA) SANDPIPER SANDPIPER SANDPIPER SANDPIPER WITH FRIES (<i>The calories listed on the printed menu do not include fries</i>) SHOREBIRD TOUCAN ISLAND TACOS NUTRITIONAL DATA FOR TACOS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOW KALUA PORK - 3 TACOS	CALORIES 750 1020 1050 1040 1410 910 910 910 910 480 TOTAL CALORIES ED BELOW 1150 1080 1090 1670 900 950 TOTAL CALORIES	FROM FAT 380 620 570 640 950 540 490 620 480 140 CALORIES FROM FAT 630 700 590 830 420 CALORIES FROM FAT 420 420 430	(g) 42 69 63 71 105 60 54 69 53 15 TOTAL FAT (g) 70 82 65 92 53 47 TOTAL FAT (g) 48	FAT (g) 12 21 17 19 22 14 18 18 18 18 18 3 SATURATED FAT (g) 10 10	(c) 1.5 2.0 2.5 2.0 1.5 2.0 2.0 2.0 2.0 2.0 2.0 2.0 2.0	(mg) 115 150 140 140 150 120 145 140 165 25 CHOLESTEROL (mg) 140 125 205 205 205 150 150 CHOLESTEROL (mg)	(mg) 1580 1580 1580 2080 1600 2260 1600 2260 1600 2180 2160 2180 2160 2180 2160 2180 2160 2180 2050 1570 2065 1570 2000 500 1570 2000 500 1570 2000 500 1570 2000 500 1570 2000 500 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 1570 2000 1570 1570 2000 1570 1570 2000 1570 1570 2000 1570 1570 2000 1570 1570 1570 1570 1570 1570 1570 1570 1570 1570 1570 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1570 2000 1575 2000 1570 2000 1575 2000 1570 2000 1570 2000 1575 2000 1570 1570 2000 1570	(g) 50 52 75 51 68 53 51 55 54 70 CARBS (g) 71 48 52 130 47 72 CARBS (g) 75 55 54 70 70 70 75 75 75 75 75 75 75 75 75 75	FIBER (g) FIBER (g)	(r) 8 9 30 9 11 12 8 9 9 9 9 5 UGARS (r) 11 8 11 12 7 28 SUGARS (GARS (L) 11 12 12 12 12 12 12 12 12 12	(g) 42 47 46 48 47 39 55 46 54 17 PROTEIN (g) 60 38 76 83 58 60 PROTEIN (g) PROTEIN 24



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	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BOWLS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
BURGER BOWL	840	570	63	24	2	210	2570	12	2	7	55
BAJA BOWL WITH BAJA CHICKEN	1,000	260	29	11	0	180	1990	118	15	7	67
BAJA BOWL WITH CARNITAS PORK	1040	400	44	16	0	110	1400	118	14	8	44
BAJA BOWL WITH SPICY CHICKEN	920	250	28	11	0	110	1530	119	15	8	49
BAJA BOWL NO PROTEIN	840	250	28	12	0	70	940	116	11	6	31
CHICKEN W/ HOISIN	720	140	15	3	0	90	1,560	97	10	30	49
CHICKEN W/ TERIYAKI	760	140	16	3	0	90	1,750	105	10	38	50
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
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BURGERS, SANDWICHES, TACOS & WRAPS SIDE	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(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 (602)	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
	150	70	J		Ű		710		-		
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
SALADS NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING	CALORIES	FROIVERT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	гівек (g)	(g)	(g)
CHINA COAST SALAD	670	340	38	6	0	105	1700	41	5	16	42
CHOP CHOP SALAD	930	590	65	17	0	340	1580	34	3	11	53
GARDEN SALAD (NO DRESSING)	80	20	2	1	0	1	160	13	3	4	3
JUNGLE CAESAR SALAD	630	390	43	10	1	125	1640	14	4	5	46
KAANAPALI KOBB SALAD	860	580	64	20	1	340	2000	14	6	7	57
SMALL CAESAR SALAD	260	190	21	5	0	20	640	11	1	3	6
SMALL CALSAR SALAD	200		21		0	20	0+0		1		Ű.
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
KOBB	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
JESHINE	250	210	25	4	U	10	010	11	0	7	



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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
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SAUCES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
BBQ SAUCE (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 (20z)	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 (20z)	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	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)
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
KOWA FIL	780	410	- 57	20	0.5	00	210	101	5	74	11
SHAKES AND SMOOTHIES	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)
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	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
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	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)
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 floz)	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
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
FRESH BREWED COFFEE	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
REGULAR BREWED COFFEE (black)	0	0	0	0	0	0	0	0	0	0	0
DECAF BREWED COFFEE (black)	0	U	U	0	0	U	0	U	U	U	J
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
KIDS MENU NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARE LISTED BELOV	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
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	0.0	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	10	0.5	90	310	70	0.3	52	6
JR VANILLA SHAKE	470	240	27	17	0	90	240	48	0	40	8
JR VANILLA SHAKE	470	240	27	17	0	90	240	48 61	0	40 52	8
JR STRAWBERRY SHARE	620	220	31	15	0	90	380	76	1	64	8
DI ONEO UNPIKE	020	200	1 د	10	0	50	300	70	1 I	U4	U



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	TOTAL CALORIES	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
KIDS MENU SIDES & APPETIZERS & DIPS JR GARDEN SALAD WITH 2oz RANCH DRESSING	210	FROM FAT 160	(g) 18	FAT (g) 3	(g) 0	(mg) 10	(mg) 540	(g) 9	FIBER (g)	(g) 4	(g) 2
JR CAESAR SALAD	110	80	9	2	0	5	210	6	1	2	1
			27	2							7
JR ISLAND FRIES (6oz)	580	240			0	0	490	78	5	1	
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
MAITAI	230	0	0	0	0	0	0	21	0	18	0
MANGORITA	480	0	0	0	0	0	10	78	0	74	0
MARGARITA FROZEN	400	0	0	0	0	0	2200	57	0	52	0
MARGARITA FROZEN 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	47	1
SUNSET COLADA	440	30	3.5	3.5	0	0	15	49	2	48	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
	100	0	0	0	0	0	0	2	0	1	0
TRULY WILD BERRY			0					2		2	0
WHITE CLAW HARD SELTZER (12oz can) WHITE CLAW HARD SELTZER (per oz)	100	0	0	0	0	0	20 0	0	0	0	0
N A								2		2	0
WHITE CLAW MANGO (12oz can)	100	0	0	0	0	0	20		0	0	0
WHITE CLAW MANGO (per oz)		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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1.00×17	TOTAL	CALORIES	TOTAL FAT	SATURATED		CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
WINE CABERNET SAUVIG243:267NON (COPPER RIDGE) - GLASS	CALORIES 180	FROM FAT	(g) 0	FAT (g) O	(g) 0	(mg) 0	(mg) 5	(g) 7	FIBER (g)	(g) 2	(g) 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
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
DRAFT BEER	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(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 - 1602	250	0	0	0	0	0	81	41	0	0	3.0
ALESMITH SAN DIEGO STATE ALE - 220z ALOHA SCULPIN HAZY IPA - 16oz	350 270	0 n/a	0 n/a	0 n/a	0	0	81	41	0	0	3.0 n/a
ALOHA SCULPIN HAZY IPA - 1002 ALOHA SCULPIN HAZY IPA - 2202	380	n/a	n/a	n/a	n/a n/a	n/a 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- 2002 ALPINE NELSON- 2202	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 - 1602	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 - 1602	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- 1602	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- 220z	260	0	0	0	0	0	n/a	28	0	0	n/a
FIRESTONE-WALKER 805 - 16oz	200	0	0	0	0	0	10	20	0	0	2.0
FIRESTONE-WALKER 805 - 220z	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 - 2002	340	0	0	0	0	0	10	37	0	0	3.7
FIRESTONE-WALKER UNION JACK IPA - 16oz	280	0	0	0	0	0	15	30	0	0	2.7
FIRESTONE-WALKER UNION JACK IPA - 1002	390	0	0	0	0	0	20	42	0	0	3.7
	240	0	0	0	0	0	0	25	0	0	2.7
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 16oz 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	3.7
				0	0	0			0	0	
GOLDEN ROAD MANGO CART-22oz	290	0	0				0	37			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 values may vary depending 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. ©2025 Islands Restaurants, LLC

	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
DRAFT BEER CONTINUED	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
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 - 220z	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 - 220Z	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 2002	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 - 2202	360	0	0	0	0	0	20	20	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 - 2002	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	24	0	0	1.8
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 2002 SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 2202	310	0	0	0	0	0	20	40	0	0	2.5
SIRRA NEVADA CELEBRATION - 16oz	230	0	0	0	0	0	40	26	0	0	2.5
SIERRA NEVADA CELEBRATION - 1002 SIERRA NEVADA CELEBRATION - 220z	320	0	0	0	0	0	40 55	36	0	0	3.5
				0	0	0			0	0	
SIERRA NEVADA HAZY LITTLE THING - 1602	290	0	0				n/a	19			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 310 430 430 470 230 310 90 260 300 420 290 390	CALORIES FROM FAT 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SATURATED FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg) 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SODIUM (mg) n/a n/a 30 45 30 45 30 45 30 45 30 45 30 45 30 45 30 40 n/a n/a	CARBS (g) 24 33 36 50 23 32 n/a n/a	DIETARY FIBER (g) 0 0 0 0 0 0 0 0 0 0 0	SUGARS (g) 0 0 0 0 0 0 0 0 0	PROTEIN (g) 2 3.7 5.1 2.7 3.7 3.7 n/a
STONE SCORPION BOWL IPA- 1602 STONE SCORPION BOWL IPA- 2202 STONE RUINATION DOUBLE IPA 2.0 - 1602 STONE RUINATION DOUBLE IPA 2.0 - 2202 TENAYA CREEK BROWN ALE - 1602 TENAYA CREEK BROWN ALE - 2202 THREE WEAVERS SEAFARER- 1602 THREE WEAVERS SEAFARER- 1602 TOPA TOPA CHIEF PEAK IPA- 1602 TOPA TOPA CHIEF PEAK IPA- 2202	310 430 340 470 230 310 190 260 300 420 290	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0 0	n/a n/a 30 45 30 40 n/a n/a	24 33 36 50 23 32 n/a	0 0 0 0 0 0 0	0 0 0 0 0 0	2 2 3.7 5.1 2.7 3.7
STONE SCORPION BOWL IPA- 22oz STONE RUINATION DOUBLE IPA 2.0 - 16oz STONE RUINATION DOUBLE IPA 2.0 - 22oz TENAYA CREEK BROWN ALE - 16oz TENAYA CREEK BROWN ALE - 22oz THREE WEAVERS SEAFARER- 16oz THREE WEAVERS SEAFARER- 22oz TOPA TOPA CHIEF PEAK IPA- 16oz TOPA TOPA CHIEF PEAK IPA- 22oz	430 340 470 230 310 190 260 300 420 290	0 0 0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	n/a 30 45 30 40 n/a n/a	33 36 50 23 32 n/a	0 0 0 0 0	0 0 0 0 0	2 3.7 5.1 2.7 3.7
STONE RUINATION DOUBLE IPA 2.0 - 1602 STONE RUINATION DOUBLE IPA 2.0 - 2202 TENAYA CREEK BROWN ALE - 1602 TENAYA CREEK BROWN ALE - 2202 THREE WEAVERS SEAFARER- 1602 THREE WEAVERS SEAFARER- 2202 TOPA TOPA CHIEF PEAK IPA- 1602 TOPA TOPA CHIEF PEAK IPA- 2202	340 470 230 310 190 260 300 420 290	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0 0	30 45 30 40 n/a n/a	36 50 23 32 n/a	0 0 0 0 0	0 0 0 0	3.7 5.1 2.7 3.7
STONE RUINATION DOUBLE IPA 2.0 - 2202 TENAYA CREEK BROWN ALE - 1602 TENAYA CREEK BROWN ALE - 2202 THREE WEAVERS SEAFARER- 1602 THREE WEAVERS SEAFARER- 2202 TOPA TOPA CHIEF PEAK IPA- 1602 TOPA TOPA CHIEF PEAK IPA- 2202	470 230 310 190 260 300 420 290	0 0 0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	45 30 40 n/a n/a	50 23 32 n/a	0 0 0 0	0 0 0	5.1 2.7 3.7
TENAYA CREEK BROWN ALE - 16oz TENAYA CREEK BROWN ALE - 22oz THREE WEAVERS SEAFARER- 16oz THREE WEAVERS SEAFARER- 22oz TOPA TOPA CHIEF PEAK IPA- 16oz TOPA TOPA CHIEF PEAK IPA- 22oz	230 310 190 260 300 420 290	0 0 0 0 0 0	0 0 0 0 0	0 0 0 0 0	0 0 0 0	0 0 0 0	30 40 n/a n/a	23 32 n/a	0 0 0	0	2.7 3.7
TENAYA CREEK BROWN ALE - 22oz THREE WEAVERS SEAFARER- 16oz THREE WEAVERS SEAFARER- 22oz TOPA TOPA CHIEF PEAK IPA- 16oz TOPA TOPA CHIEF PEAK IPA- 22oz	310 190 260 300 420 290	0 0 0 0 0	0 0 0 0	0 0 0 0	0 0 0 0	0 0 0	40 n/a n/a	32 n/a	0	0	3.7
THREE WEAVERS SEAFARER- 16oz THREE WEAVERS SEAFARER- 22oz TOPA TOPA CHIEF PEAK IPA- 16oz TOPA CHIEF PEAK IPA- 22oz	190 260 300 420 290	0 0 0 0	0 0 0	0 0 0	0	0	n/a n/a	n/a	0		
THREE WEAVERS SEAFARER- 22oz TOPA TOPA CHIEF PEAK IPA- 16oz TOPA CHIEF PEAK IPA- 22oz	260 300 420 290	0 0 0	0	0	0	0	n/a			0	n/a
TOPA TOPA CHIEF PEAK IPA- 16oz TOPA TOPA CHIEF PEAK IPA- 22oz	300 420 290	0	0	0				n/a	0		
TOPA TOPA CHIEF PEAK IPA- 22oz	420 290	0	-	-	0	0			v	0	n/a
	290		0	-		ů	n/a	n/a	0	0	n/a
WREN HOUSE HAZY IRA- 1607		n/a		0	0	0	n/a	n/a	0	0	n/a
WITCH HOUSE HALF HAT 1002	390		n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
WREN HOUSE HAZY IPA- 22oz		n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a
	TOTAL	CALORIES	TOTAL FAT	SATURATED		CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
ANGRY ORCHARD CIDER	190	0	0	0	0	0	15	20	0	0	0.0
AURORA HOPPYALIS	200	0	0	0	0	0	40	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.



Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium. 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. ©2025 Islands Restaurants, L.L.C.

OTHER ITEMS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY FIBER (g)	SUGARS	PROTEIN
	CALORIES	FRUIVI FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(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	140	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
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	U	U	U	U	U	1200	43	U	43	U