



## Allergen Information

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

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

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



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BIG WAVE BURGER (NO CHEESE NO BUN)													
BIG WAVE CHEESE BURGER (NO BUN)						X							
BLEUNAMI BURGER (NO BUN)				X		X		X			X		
HAWAIIAN BURGER (NO BUN)				X		X		X			X	X	
HULA (NO BUN)				X		X		X					
KILAUEA BURGER (NO BUN)	*			X	*	X		X			X		
LONGBOARDER BURGER (NO CHEESE NO BUN)				X	X (Anchovies)			X					
MALIBU BURGER (NO BUN)						X							
MAUI BURGER (NO BUN)				X		X							
PIPELINE BURGER (NO BUN)						X					X		
VEGGIE BURGER (NO BUN)						X		X			X		
PLANT BASED PATTY								X					
BEEF PATTY ONLY													
TURKEY PATTY ONLY													
VEGGIE PATTY ONLY						X		X			X		
Buns, Tortillas, Bread	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
CORN TORTILLA													
SOUSDOUGH BREAD											X		
FLOUR TORTILLA								X			X		
GLUTEN FREE BUN													
SLIDER BUN								X			X		
KIDS JR BUN								X			X		
WHEAT BUN								X			X		
BRIOCHE BUN								X			X		
KIDS- Allergen data for kids items does not include sides which are listed separately.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
JR MAC N CHEESE						X					X		
JR SANDCASTLE				X		X		X			X		
JR TIKI TENDERS (WITHOUT RANCH DRESSING)						X		X			X		
JR WAVE (NO CHEESE or bun)													
JR WAVE CHEESE BURGER ( no bun)						X							
Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
APPLESAUCE													
AVOCADO SLICES													
BLEU CHEESE CRUMBLES						X							
CHEDDAR CHEESE						X							
CHEDDAR / JACK CHEESE BLEND						X							
FRESH PINEAPPLE													
Additions and sides	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
CHILI											X		
FRIED EGG				X									
GUACAMOLE													
HICKORY SMOKED BACON													
ISLANDS REDS™	*				*	X		X			X		
PEPPER JACK CHEESE						X							
SAUTEED MUSHROOMS													
SMASHED BEANS													
SOUR CREAM						X							
SPICY CHICKEN													
STEAMED VEGGIES W/BUTTER						X							
SWISS CHEESE						X							
Sauces	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
BBQ SAUCE													
CHIPOTLE AIOLI				X				X					
ISLANDS SALSA													
MAYONNAISE				X				X					
PICO DE GALLO													
SALSA VERDE													
SURFBOARDER BBQ DRESSING				X	X (Anchovies)	X		X					
WING SAUCE						X							
YELLOW MUSTARD													
Desserts	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy		Tree Nuts	Wheat	Sesame	MSG
CHOCOLATE LAVA				X		X	X	X		X	X		
FUDGE BROWNIE				X		X		X			X		
ICE CREAM SUNDAE				X		X				X			
JR SUNDAE (NO NUTS)				X		X							
KONA PIE				X		X	X	X		X	X		



# Allergen Information

ROOT BEER FLOAT				X		X						
Shakes & Smoothies	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
ULTIMATE CHOCOLATE SHAKE						X						
COOL BREEZE						X			X Coconut			
LEMON FREEZE						X						
STRAWBERRY PIE SHAKE						X				X		
VANILLA SHAKE						X						
MINT OREO SHAKE						X		X		X		
OREO SHAKE						X		X		X		
Alcoholic Beverages	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
AGAVE OLD FASHIONED												
AGUA FRESCA- MANGO PASSION												
AGUA FRESCA- PINEAPPLE OASIS												
BIG ISLAND ICED TEA												
BLOODY MARY					X (Anchovies)			X				
DEEP BLUE SEA COCKTAIL									X (Coconut rum)			
ESPRESSO MARTINI									MACADAMIA NUTS			
HIGH NOON												
ISLANDS SPRITZ												
KENTUCKY MULE												
LAVA FLOW									X (Coconut)			
MAI TAI									X (Contains Almond Flavor)			
MANGORITA												
MARGARITA FROZEN												
MARGARITA FROZEN STRAWBERRY												
MARGARITA LIGHT												
MARGARITA ROCKS												
MOJITO												
MOSCOW MULE												
PARADISE MULE												
PASSION PARADISE MARGARITA												
PINA COLADA									X (Coconut)			
PRICKLY PEAR MARGARITA												
SHIPWRECK												
SUNSET COLADA									X (Coconut)			
SUNSET MARGARITA												
TROPICAL FLIGHT												
TRULY HARD SELTZER												
TRULY PINEAPPLE												
TRULY WILD BERRY												
WHITE CLAW HARD SELTZER (12oz can)												
WHITE CLAW HARD SELTZER (per oz)												
WHITE CLAW MANGO (12oz can)												
WHITE CLAW MANGO (per oz)												
WHITE CLAW BLACK CHERRY (12oz can)												
WHITE CLAW BLACK CHERRY (per oz)												
CHILE MANGORITA												

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ADDITIONAL ITEMS	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MSG
<b>OFF THE MENU ITEMS</b>												
BROCCOLI SIDE (NO BUTTER)												
KETCH				X	X	X		X				
PROTEIN BURGER PLATTER						X		X				
PROTEIN CHICKEN PLATTER						X		X				
PROTEIN COMBO PLATTER						X		X				
PROTEIN TURKEY PLATTER						X		X				
TUNA MELT (LUNCH MENU)				X	X	X		X		X		
CALIFORNIA TACOS (NO DRESSING)						X		X		X		
CHARLEY TACOS (NO DRESSING)					X	X		X		X		
MAVERICKS BURGER				X	X (Anchovies)	X		X		X		
MOA MAUNA LOA CRISP				X		X		X		X		
QUESADILLA W/OUT CHICKEN						X				X		
WIKUI WAQUI SALAD				X	X (Anchovies)	X		X				
CHICKEN CLUB WRAP ( includes wrap)				X	X (Anchovies)	X		X		X		
<b>LUNCH MENU AND LUNCH TEST ITEMS</b>												
PATTY MELT (LUNCH MENU)						X		X		X		
DOUBLE STACK BURGER (LUNCH MENU)						X		X		X		
MAINLANDER W/ CHICKEN				X		X		X				
THE WEDGE (BLT) NO BUN				X		X		X				
MAINLANDER				X		X		X				
MEDITERRANEAN BOWL						X						
PACIFIC RIM BOWL				X				X		X	X	
<b>TEST ITEMS</b>												
ISLANDS WING SAUCE						X						
PASSIONFRUIT SODA						X						
STRAWBERRY SODA						X						
PRICKLY PEAR SODA						X						
Jr MAC N CHEESE				X		X		X		X		
Jr MINI CORN DOGS				X		X		X		X		
JR TERIYAKI CHICKEN BOWL								X		X	X	
VANILLA SHAKE						X		X				
ULTIMATE CHOCOLATE SHAKE						X		X				
STRAWBERRY SHAKE						X		X				
<b>LIMITED TIME ONLY</b>												
AGAVE OLD FASHIONED												
CANDY CANE SHAKE						X		X		X		
MARGARITA FLIGHT												
PUMPKIN PIE SHAKE						X		X		X		
SANGRIA RED												
WATERMELON MARGARITA												

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