



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 6-8 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 June 2026.

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	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
APPETIZERS											
BEACHSIDE SLIDERS™ - 3 COUNT (HH MENU)	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 BEEF- FAMILY BOX	3,320	1940	215	47	4.5	360	5460	213	16	53	132
BEACHSIDE SLIDERS™ WITH TURKEY- 4 COUNT	1,290	680	76	13	0.5	170	2600	94	6	24	57
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 MENU)	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	1,840	1,030	114	46	0	305	3720	120	22	9	84
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
ONION RINGS - (HH MENU)	1,730	970	108	7	0	0	2940	170	4	14	19
QUESADILLA (HH MENU)	770	420	47	25	0	135	1680	54	3	5	32
SPINACH & ARTICHOKE DIP + CHIPS	1500	1050	117	56	2	290	2520	86	6	9	25
SPINACH & ARTICHOKE DIP + CHIPS AND SALSA (HH M	780	540	60	28	1	145	1440	48	3	5	13
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 FRIES + RANCH - (HH MENU)	1,230	660	74	8	0	70	2,370	113	6	4	29
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
FAMILY MEAL (WITH TORTILLA CHIPS AND TOPPING)	2800	1300	144	36	0	285	10910	257	41	29	119
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	850	450	50	17	1.5	125	1750	56	4	4	44
BLEUNAMI BURGER	1130	690	77	25	2.0	165	1740	58	4	5	50
HAWAIIAN BURGER	1200	680	75	24	2.0	155	2160	81	4	25	51
HULA BURGER	1110	690	77	23	2.5	135	1680	57	3	5	47
KILAUEA BURGER	1510	1020	113	27	2.0	155	2120	75	6	11	48
LONGBOARDER BURGER	990	590	66	18	1.5	120	1680	60	3	8	38
MALIBU BURGER	980	540	60	22	2.0	145	2340	57	4	4	54
MAUI BURGER	1160	720	80	24	2.0	150	1760	60	6	5	51
PIPELINE BURGER	980	530	59	22	2	165	2260	60	4	9	52
VEGGIE BURGER	530	140	15	3	0.0	25	2160	82	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	1230	680	75	19	1	140	2370	77	4	7	62
MOA KAI (TUNA)	1160	790	88	25	1	125	1420	54	3	4	37
SANDPIPER	1030	550	61	16	1.0	150	1210	58	3	5	61
SHOREBIRD	980	530	59	16	1	150	1650	53	2	3	58
TOUCAN	1030	480	53	15	1	150	2080	78	2	24	59
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
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	1,140	260	29	11	0	180	2020	157	15	7	62
BAJA BOWL WITH CARNITAS PORK	1180	400	44	17	0	110	1420	150	14	8	47
BAJA BOWL WITH SPICY CHICKEN	1060	260	29	11	0	110	1450	150	15	8	50
BAJA BOWL NO PROTEIN	840	250	28	12	0	70	940	116	11	6	31
BEACH BOWL W/ HOISIN	720	140	15	3	0	90	1,560	97	10	30	49
BEACH BOWL W/ TERIYAKI	760	140	16	3	0	90	1,750	105	10	38	50
BEACH BOWL (NO SAUCE)	650	130	14	3	0	90	800	82	10	18	48
VEGGIE BOWL	420	35	4	0.5	0	0	40	81	9	17	15
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 - SUB SIDE	680	310	34	2	0	0	1540	84	2	7	9
ONION RINGS - SIDE (2 ONION RINGS)	190	90	10	0.5	0	0	490	24	0.5	2	2
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 KOBBLER 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

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
SIDE OF SALAD DRESSINGS - 2oz											
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
THOUSAND ISLAND	260	240	27	4	0	15	320	5	0	3	0
OPTIONAL BURGER AND SANDWICH ADDITIONS											
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											
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 (5oz)	140	40	4	0.5	0	55	660	4	1	1	21
SAUCES											
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
CHIPOTLE WHITE SAUCE (2oz)	270	260	29	5	0	20	180	2	0	1	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											
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	300	80	9	4	0	0	440	49	2	1	7
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

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (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	270	108	1	78	7
ICE CREAM SUNDAE	440	230	26	14	0	85	100	46	1	36	5
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	210	50	6	4	0	20	70	36	0	32	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 FUZE ICED TEA	160	0	0	0	0	0	50	43	0	43	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 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
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	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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 WAVE WITH CHEESE	440	210	23	10	1.0	95	470	30	1	3	27
JR MAC N CHEESE	300	150	17	8	0	35	910	28	2	4	10
JR SANDCASTLE	510	300	33	16	0.0	25	1110	37	2	6	13
JR TIKI TENDERS + RANCH	650	420	47	6	0	70	1880	35	1	3	22
JR SUNDAE	320	170	19	12	0.5	100	80	35	0.5	28	3
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
KIDS MENU SIDES & APPETIZERS & DIPS											
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 (3oz)	45	0	0	0	0	0	0	10	<1	9	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											
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
ALCOHOLIC BEVERAGES CONTINUED											
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

WINE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CABERNET SAUVIG243:267NON (COPPER RIDGE) - GLA	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 CHAMPAGN	120	0	0	0	0	0	0	0	0	0	0
CHAMPAGNE (WYCLIFF BRUT CALIFORNIA CHAMPAGN	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
WINE CONTINUED	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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) - GLAS	200	0	0	0	0	0	0	0	0	0	0
SAUVIGNON BLANC (CHATEAU STE. MICHELLE) - BOTT	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)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (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
ALESMTIH NUT BROWN - 16oz	230	0	0	0	0	0	59	30	0	0	2.2
ALESMTIH NUT BROWN - 22oz	320	0	0	0	0	0	81	41	0	0	3.0
ALESMTIH SAN DIEGO STATE ALE - 16oz	250	0	0	0	0	0	81	41	0	0	3.0
ALESMTIH 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
BOOZE BROTHERS 1-800-TROPICS- 16oz	270	0	0	0	0	0	n/a	n/a	0	0	n/a
BOOZE BROTHERS 1-800-TROPICS- 20oz	370	0	0	0	0	0	n/a	n/a	0	0	n/a
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

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)
COORS LIGHT - 16oz	140	0	0	0	0	0	14	9	0	0	1.0
COORS LIGHT - 22oz	190	0	0	0	0	0	20	12	0	0	1.0
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
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 WIT - 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 WIT - 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
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

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)
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
LOST COAST GREAT WHITE	190	0	0	0	0	0	n/a	n/a	0	0	n/a
LOST COAST GREAT WHITE	260	0	0	0	0	0	n/a	n/a	0	0	n/a
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
NOVO SEXY PINA COLADA- 16oz	340	0	0	0	0	0	n/a	n/a	0	0	n/a
NOVO SEXY PINA COLADA- 20oz	470	0	0	0	0	0	n/a	n/a	0	0	n/a
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 AMARILLA GORILLA - IPA- 16oz	270	0	0	0	0	0	n/a	n/a	0	0	n/a
SMOG CITY AMARILLA GORILLA - IPA- 22oz	370	0	0	0	0	0	n/a	n/a	0	0	n/a
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
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
TARANTULA HILL BREWING CO- LIQUID CANDY 16oz	280	0	0	0	0	0	n/a	n/a	0	0	n/a
TARANTULA HILL BREWING CO- LIQUID CANDY 20oz	390	0	0	0	0	0	n/a	n/a	0	0	n/a
TARANTULA HILL BREWING CO- WHOS THAT? BROWN	220	0	0	0	0	0	n/a	n/a	0	0	n/a
TARANTULA HILL BREWING CO- WHOS THAT? BROWN	310	0	0	0	0	0	n/a	n/a	0	0	n/a

DRAFT BEER CONTINUED	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (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
HEINEKEN 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
OTHER ITEMS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (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 - HH MENU	1,050	690	77	16	0.5	140	3710	56	3	4	36
KETCH (DRESSING SERVED ON SIDE)	580-700	420-580	47-64	12-15	0.5-1	95-110	1160	8-10	2	4-6	30-32
PROTEIN BURGER PLATTER	1,260	830	92	32	3	310	3220	19	8	4	88
PROTEIN CHICKEN PLATTER	1,150	600	67	24	1	310	2750	23	9	7	113
PROTEIN COMBO PLATTER	1,270	770	86	33	2	315	1560	23	9	7	102
PROTEIN TURKEY PLATTER	830	540	60	22	1	125	2700	38	12	17	35
TUNA MELT	930	650	68	18	1	95	1550	43	3	4	37
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
WIQUI WAQUI SALAD	700	360	40	13	0	55	2240	38	4	24	47
CHICKEN CLUB WRAP	1070	490	54	18	0	170	3170	85	3	35	62

LUNCH MENU and LUNCH MENU TEST ITEMS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATE D FAT (g)	TRANS FAT (g)	CHOLESTER OL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
LBM BAJA TACOS - 2 TACOS	500	180	20	6	0	90	1450	46	6	9	34
LBM DOUBLE STACK BURGER	720	390	43	16	1.5	140	3550	39	3	7	44
LBM PACIFIC RIM BOWL	550	230	25	4	0	120	1170	32	9	18	48
LBM MAINLANDER w/ CHICKEN	580	330	37	12	0	120	2030	26	5	8	36
LBM MAINLANDER	440	300	33	12	0	65	1370	22	4	7	14
LBM NORTHSHORE-2 Tacos	490	200	22	10	0	90	1,690	40	5	5	34
LBM PATTY MELT	1,360	620	86	22	1.5	150	2,480	55	3	5	80
LBM THE WEDGE (BLT)	1040	680	75	22	1	105	2030	48	3	8	43
TEST ITEMS											
AGUA FRESCA - BERRY HIBISCUS	25	0	0	0	0	0	10	6	0	6	0
CHICKEN CLUB MELT	960	530	59	17	0	160	2150	42	4	0	65
LIMITED TIME ONLY/ SEASONAL OFFERINGS											
COCONUT MARGARITA	480	10	1	1	0	0	40	60	0	60	0
SUMMER SHANDY	180	0	0	0	0	0	20	22	0	NA	0
MARGARITA FLIGHT	470	0	0	0	0	0	2010	59	0	58	0
PRICKLY PEAR MARGARITA	280	0	0	0	0	0	1200	38	0	35	0
VOLCANO BURGER	1190	700	78	22	2.0	155	2290	73	5	23	48
WATERMELON MARGARITA	300	0	0	0	0	0	1200	43	0	43	0

This Nutrition data was prepared on June 2026. 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 the date of this analysis.