



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	MONOSODIUM GLUTAMATE
BEACHSIDE SLIDERS™	*				*	X				X		
BEACHSIDE SLIDERS FAMILY BOX	*			X	*	X				X		
BUFFALO WINGS BBQ W/ RANCH	*			X	X (anchovies)	X		X		*		X
BUFFALO WINGS SPICY W/RANCH	*			X		X		X		*		X
BUFFALO WINGS TERIYAKI W/RANCH				X		X		X		X	X	X
CHEDDAR FRIES						X						
CHEESY FRIES-HH						X						
CHEESE FRIES WITH HOUSE CHILI						X				X		
CHIPS & SALSA												
CHIPS & SALSA W/LARGE GUACAMOLE												
ISLAND FRIES												
ISLAND NACHOS						X						
ISLAND NACHITOS - HH						X						
ONION RINGS						X				X		
QUESADILLA						X		X		X		
SPINACH & ARTICHOKE DIP with chips						X						
SWEET POTATO FRIES												
TEMPURA GREEN BEANS				X		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	MONOSODIUM GLUTAMATE
TORTILLA SOUP						X		X				
TORTILLA STRIPS								X				
TORTILLA SOUP FAMILY MEAL						X		X				
Salads - All allergen data for salads includes dressing unless otherwise specified	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
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 KOBB 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	MONOSODIUM GLUTAMATE
BLEU CHEESE DRESSING				X		X		X				
CAESAR DRESSING				X	X (Anchovies)	X						
HONEY MUSTARD DRESSING				X				X				
ITALIAN DRESSING								X		X		
KOBB DRESSING				X				X				
BALSAMIC VINAIGRETTE												
RANCH DRESSING (in house)				X		X		X				X
SESAME DRESSING				X				X		X	X	
1000 ISLAND DRESSING				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	MONOSODIUM GLUTAMATE
CLASSIC FISH TACOS				X	X	X		X		X		
KALUA PORK TACOS												
NORTHSORE TACOS						X		X		X		
YAKI TACOS						X		X		X	X	
Sandwiches - Nutritional data for sandwiches does not include bun or sides which are listed below.	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
GRILLED CHICKEN BREAST ONLY												
MOA CRISP (NO BUN)				X		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	



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Bowls	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
BURGER BOWL				X		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	
VEGGIE BOWL								X				
HOISIN SAUCE								X		X	X	
TERIYAKI SAUCE								X		X	X	
Burgers - Nutritional data for Burgers does not include sides or buns which are listed below	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
BIG WAVE BURGER (NO CHEESE NO BUN)												
BIG WAVE CHEESE BURGER (NO BUN)												
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	MONOSODIUM GLUTAMATE
CORN TORTILLA												
SOURDOUGH BREAD											X	
FLOUR TORTILLA									X		X	
GLUTEN FREE BUN												
SLIDER BUN									X		X	
KIDS JR BUN									X		X	
WHEAT BUN									X		X	
WHITE BUN									X		X	
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	MONOSODIUM GLUTAMATE
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	MONOSODIUM GLUTAMATE
APPLESAUCE												
AVOCADO SLICES												
BLEU CHEESE CRUMBLIES								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	MONOSODIUM GLUTAMATE
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				



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Sauces	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
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	MONOSODIUM GLUTAMATE
CHOCOLATE LAVA				X		X	X	X	X	X		
FUDGE BROWNIE				X		X		X		X		
ICE CREAM SUNDAE				X		X			X			
JR SUNDAE (NO NUTS)				X		X						
KONA PIE				X		X	X	X	X	X		
ROOT BEER FLOAT				X		X						
Shakes & Smoothies	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
ULTIMATE CHOCOLATE SHAKE						X						
COOL BREEZE						X			X Coconut			
LEMON FREEZE						X						
STRAWBERRY SHAKE						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	MONOSODIUM GLUTAMATE
AGAVE OLD FASHIONED												
AQUA FRESCA- MANGO PASSION												
AQUA FRESCA- PINEAPPLE OASIS												
BIG ISLAND ICED TEA												
BLOODY MARY					X (Anchovies)			X				
DEEP BLUE SEA COCKTAIL									X (Coconut rum) MACADAMIA NUTS			
ESPRESSO MARTINI												
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												



Allergen Information

OFF THE MENU ITEMS												
BROCCOLI SIDE (NO BUTTER)												
BUFFALO TIKI TENDERS WITH RANCH				X	X		X		X		X	
KETCH			X	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			
QUESADILLA W/OUT CHICKEN					X				X			
WIQUI WAQUI SALAD			X	X (Anchovies)	X		X				X	
CHICKEN CLUB WRAP (includes wrap)			X	X (Anchovies)	X		X		X		X	
LUNCH MENU AND LUNCH TEST ITEMS												
	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	MONOSODIUM GLUTAMATE
PATTY MELT (LUNCH MENU)						X		X		X		
DOUBLE STACK BURGER (LUNCH MENU)						X		X		X		
MAINLANDER W/ CHICKEN				X		X		X				X
THE WEDGE (BLT) NO BUN				X		X		X				
MAINLANDER				X		X		X				X
TEST ITEMS												MONOSODIUM GLUTAMATE
	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
PASSIONFRUIT SODA						X						
STRAWBERRY SODA						X						
PRICKLY PEAR SODA						X						
VANILLA SHAKE						X		X				
ULTIMATE CHOCOLATE SHAKE						X		X				
STRAWBERRY SHAKE						X		X				
LIMITED TIME ONLY/ SEASONAL OFFERINGS												MONOSODIUM GLUTAMATE
	*Fried	*Grilled	Shellfish	Eggs	Fish	Dairy	Peanuts	Soy	Tree Nuts	Wheat	Sesame	
MEDITERRANEAN BOWL						X						X
PACIFIC RIM BOWL				X				X		X	X	
AGAVE OLD FASHIONED												
MARGARITA FLIGHT												
SANGRIA RED												
WATERMELON MARGARITA												

This allergy data was prepared in Feb 2026. These suggested options are based solely on current ingredient information from our suppliers and their voluntary stated absences of allergens. From time to time we may have to substitute items due to an inventory shortage. Variations in serving sizes, preparation techniques, sources of supply, as well as regional and seasonal differences may affect the status of the data. We recommend alerting the manager to your food allergies so we can do our best to accommodate any requests. Due to the individualized nature of food allergies and food sensitivities, Islands cannot make recommendations to you. Please consult your physician. If you need further information or have suggestions, please contact Islands at (888) 476-4753.