### APPETIZERS
- **Beachside Sliders™**  745/281/31/10/5.75/1460/85/15/2.5/29/2
- **Nachos**  430/290/32/17/0.75/720/22/3/2/16/4
- **Tiki Tenders**  420/230/26/4/0/45/1  180/29/10/5/18/2
- **Buffalo Wings Spicy**  590/380/42/12/0/145/140/12/10/0/40/3
- **Teriyaki**  590/380/42/12/0/145/160/12/9/0/40/3
- **Spinach & Artichoke Dip**  380/270/30/16/0/85/470/22/3/3/6/4
- **Quesadilla**  290/110/20/12/0/50/670/18/2/2/10/3
- **Chips & Salsa w/large guacamole**  320/150/17/1.5/0/0/430/39/3/8/5/3

### FRIES & RINGS
- **Island Fries**  500/230/25/4/0/1370/64/0/2/3/5
- **Onion Rings**  380/140/15/2/0/630/56/5/2/6/4
- **Cheddar Fries**  610/310/35/11/0/40/1490/64/1/2/10/5

### TORTILLA SOUP
- **Large Bowl**  610/340/38/15/0/130/490/64/12/10/5
- **Small Bowl**  310/170/19/8/0/65/1100/22/3/15/1

### SALADS
- **China Coast**  1030/530/59/12/1180/1420/63/16/5/62/1
- **Kaanapali Kobb**  1190/810/90/23/1410/1730/20/9/5/75/1
- **Jungle Caesar**  770/430/48/12/1180/1090/20/5/4/65/1
- **Wiqui Waqui™**  790/360/40/13/5/205/1080/42/19/7/65/1

### SIDE OF SALAD DRESSINGS
- **Low Fat Balsamic Vinaigrette**  60/30/3/0/0/180/84/4/0/0/1
- **Low Fat & Low Calorie Ranch**  70/15/1/5/0/1095/126/0/3/1
- **Ranch**  170/150/17/3/0/150/22/0/1/1
- **Sesame**  260/220/25/4/0/1095/7/9/0/1
- **Bleu Cheese**  280/260/29/6/1/525/190/4/0/1
- **Kobb**  290/290/32/5/20/410/10/0/0/1
- **Crisp**  300/290/32/5/20/650/21/0/1
- **Italian**  240/230/26/2/0/490/21/0/0/1
- **Greek**  210/210/23/2/0/480/15/0/0/1

### PARADISE’S BIKINI BEACHSM
- **Turkey Burger Lite**  640/160/18/4/0/1100/84/19/7/36/1
- **Sleek Greek Salad™**  380/160/18/5/0/90/840/23/12/5/32/1
- **No-Blame Grilled**  480/130/15/4/0/2180/72/13/9/15/1
- **Northshore Tacos, Limited**  590/220/25/5/0/7119/62/6/8/31/1

### ISLAND TACOS
- **Northshore**  720/340/38/9/5/100/1860/55/9/40/1
- **Island Fish**  960/480/53/6/5/480/694/5/78/25/1
- **Baja**  760/270/30/4/1125/2980/71/13/11/51/1
- **Yaki**  990/420/47/16/1125/2730/100/35/9/42/1
- **Mahi Mahi**  710/330/37/5/1100/660/61/5/9/34/1

### BIRDS OF PARADISE*
- **Nutritional data for Birds of Paradise sandwiches does not include sides which are listed on reverse.**

### BEACH BOWLS™
- **Hoisin Chicken Bowl**  600/100/11/2.5/0/95/910/85/28/7/40/1
- **Teriyaki Chicken Bowl**  610/120/13/2.5/0/95/1230/82/28/7/40/1
- **Hoisin Mahi Mahi Bowl**  570/80/12/0/120/1260/82/28/7/40/1
- **Teriyaki Mahi Mahi Bowl**  580/100/11/2/120/1280/80/27/8/40/1

### SURFER FAVORITES*
- **Nutritional data for BLT, Tuna, Wraps & Mahi Mahi Sandwich does not include sides which are listed on reverse.**

### BURGERS*
- **Nutritional data for Burgers does not include sides which are listed on reverse.**

---

**NUTRITIONAL DATA**

Calories / Calories from Fat (g) / Total Fat (g) / Saturated Fat (g) / Trans Fat (g) / Cholesterol (g) / Sodium (g)

Total Carbohydrates (g) / Sugars (g) / Dietary Fiber (g) / Protein (g) / Servings
**Gremmie Menu**

<table>
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<tr>
<th>Item</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrates</th>
<th>Sugars</th>
<th>Dietary Fiber</th>
<th>Protein</th>
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<td>250</td>
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</tr>
</tbody>
</table>

**Gremmie Menu Sides & Appetizers**

*All Gremmie entrées include your choice of the following items:

- Garden Salad w/Ranch
- Caesar Salad
- Island Fries
- Steamed Carrots
- Steamed Broccoli
- Veggie Dippers w/Ranch
- Apple w/Yogurt Dip
- Pineapple w/Yogurt Dip

**Optional Additions**

- Side of Spicy Chicken
- Side of Island Red™
- Side of Small Guacamole
- Side of Large Guacamole
- Side of Small Chili
- Side of Large Chili
- Side of Ranchero Beans/Refried Beans
- Side of Sour Cream
- Side of Applewood Smoked Bacon
- Side of Avocado Slices

**Burger/Sandwich/Wrap Sides**

*All burgers, sandwiches & wraps include your choice of the following items:

- Side of Island Fries
- Side of Onion Rings
- Side of Garden Salad w/Ranch
- Side of Caesar Salad
- Side of Steamed Veggies
- Side of Sweet Potato Fries

**Nutritional Data**

Calories / Calories from Fat (g) / Total Fat (g) / Saturated Fat (g) / Trans Fat (g) / Cholesterol (g) / Sodium (g)

**Additional 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. Additional information can be found on our website at www.islandsrestaurants.com. © 2016 Islands Restaurants, L.P.