

# 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

## 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	420/230/26/4/0/45/1180/29/10/5/18/2
Buffalo Wings	Spicy 610/420/47/14/0/160/1680/7/4/0/40/3 BBQ 590/380/42/12/0/145/1410/12/10/0/40/3 Teriyaki 590/380/42/12/0/145/1620/12/9/0/40/3
Spinach & Artichoke Dip	380/270/30/16/0/85/470/22/3/3/6/4
Quesadilla	290/180/20/12/0/50/670/18/2/2/10/3
Chips & Salsa	290/110/12/1.5/0/0/600/43/3/5/3/3
Chips & Salsa w/large guacamole	320/150/17/1.5/0/0/430/39/3/8/5/3

## FRIES & RINGS

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

## TORTILLA SOUP

Large Bowl	610/340/38/15/0/130/2190/40/6/3/30/1
Small Bowl	310/170/19/8/0/65/1100/22/3/2/15/1

## SALADS

All nutritional data for salads includes dressing.

China Coast	1030/530/59/12/1/180/1420/63/16/5/62/1
Kaanapali Cobb	1190/810/90/23/1/410/1730/20/9/5/75/1
Jungle Caesar	770/430/48/12/1/180/1090/20/5/4/65/1
Wiqui Waqui™	790/360/40/13/.5/205/1080/42/19/7/65/1

## SIDE OF SALAD DRESSINGS

Low Fat Balsamic Vinaigrette	60/30/3/0/0/0/180/8/4/0/0/1
Low Fat & Low Calorie Ranch	70/15/1.5/0/0/10/950/12/6/0/3/1
Ranch	170/150/17/3/0/10/150/2/2/0/1/1
Sesame	260/220/25/4/0/10/710/9/7/0/0/1
Bleu Cheese	280/260/29/6/.5/25/190/4/0/0/1/1
Kobb	290/290/32/5/.5/20/410/1/0/0/0/1
Caesar	300/290/32/6/.5/20/650/2/1/0/1/1
Italian	240/230/26/2/0/0/490/2/1/0/0/1
Greek	210/210/23/2.5/0/0/480/1.5/0/0/0/1

## PARADISE'S BIKINI BEACH<sup>SM</sup>

All nutritional data for Paradise's Bikini Beach items includes sides that come with the item.

Turkey Burger Lite	640/160/18/4/0/100/1120/84/19/7/36/1
Sleek Greek Salad™	380/160/18/5/0/90/840/23/12/5/32/1
No-Blame Grilled Veggie Tacos	480/130/15/4/0/20/1180/72/13/9/15/1
Northshore Tacos, Limited	590/220/25/5/0/70/1119/62/6/8/31/1

## ISLAND TACOS

All nutritional data for Island Tacos includes sides that come with the tacos (ranchero beans or Island slaw).

Northshore	720/340/38/9/.5/100/1860/55/9/9/40/1
Island Fish	960/480/53/6/.5/40/680/94/7/8/25/1
Baja	760/270/30/4/1/125/2980/71/13/11/51/1
Yaki	990/420/47/16/1/125/2730/100/35/9/42/1
Mahi Mahi	710/330/37/5/1/110/660/61/5/9/34/1

## BIRDS OF PARADISE\*

Nutritional data for Birds of Paradise sandwiches does not include sides which are listed on reverse.

Shorebird	950/440/49/14/.5/170/1480/65/10/3/62/1
Toucan	1030/460/51/14/.5/170/1980/79/21/4/63/1
CA Flyer™	1230/495/55/16/.5/115/2150/115/22/4/69/1
Sandpiper	1000/460/51/14/.5/170/1980/72/12/3/63/1

## 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	570/80/9/2/0/120/1260/82/28/7/40/1
Teriyaki Mahi Mahi Bowl	580/100/11/2/0/120/1280/80/28/7/40/1

## SURFER FAVORITES\*

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

Moa Kai (Tuna)	1190/790/88/20/1/80/1520/66/11/3/35/1
The Wedge (BLT)	1220/830/92/28/1/140/2280/63/11/3/35/1
Chicken Club Wrap	900/430/48/14/0/140/1580/70/21/7/47/1
Mahi Mahi Platter w/Veggies	760/145/16/3/0/160/2320/109/19/3/45/1
Mahi Mahi Sandwich	790/230/26/5/0/160/1990/89/27/3/50/1

## BURGERS\*

Nutritional data for Burgers does not include sides which are listed on reverse.

Big Wave®	940/535/60/22/1/110/1040/65/10/3/36/1
Big Wave® w/Cheese	1040/610/68/27/2/140/1550/66/10/3/43/1
Malibu	1180/710/78/30/2/165/2110/66/10/3/52/1
Mavericks	1360/680/76/28/2/145/2642/120/30/4/50/1
Hawaiian	1270/780/87/30/2/150/1790/80/22/3/43/1
Kilauea	1420/925/103/33/2/169/1230/79/10/3/45/1
Pipeline	1250/755/85/33/2/181/1860/70/12/4/54/1
Hula	1250/780/87/30/2/160/1790/70/12/3/47/1
Longboarder	1150/730/82/25/1/120/1230/69/13/3/36/1
Point Break	1420/915/101/37/2/185/1490/73/13/4/53/1
Maui	1150/695/78/28/1/150/920/68/10/4/44/1
Rincon	1395/910/101/34/2/175/1920/70/11/4/52/1
Bleunami	1230/790/88/31/2/160/1670/68/10/3/42/1
Burger Patty	495/385/43/17/1/110/100/0/0/0/27/1
Turkey Patty	230/115/13/3/0/95/260/4/2/1/25/1
Veggie Patty	150/40/4.5/2.5/0/10/520/21/1/3/7/1

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## GREMMIE MENU\*\*

Nutritional data for Gremmie items does not include sides which are listed below.

Li'I Slider	270/100/11/4/0/35/290/29/4/1/14/1
Half Sandcastle	245/140/16/6.5/0/25/640/18/2/1.5/9/1
Li'I Tiki Tenders	250/115/13/1.5/0/30/840/21/7/4/13/1
Jr. Wave Burger (plain)	465/240/27/11/5/65/380/36/4/1/20/1
Li'I Hot Dogger	360/185/21/7/0/30/690/33/5/1/11/1
Jr. Macaroni & Cheese	340/110/12/3/0/25/830/47/10/1/11/1
Jr. Quesadilla	490/250/28/14/0/65/590/43/2/1/17/1
Jr. Noodles & Marinara w/Parmesan	355/55/6/3/0/15/690/59/4/3/16/1
Jr. Noodles & Butter w/Parmesan	390/125/14/8/0/30/490/52/1/12/14/1
Sandcastle	495/285/32/13/1.5/50/1280/35/4/1/18/1
Jr. Grilled Chicken Sandwich	350/80/9/2/0/70/390/35/4/1/32/1
Jr. Tiki Tenders	390/180/20/3/0/45/990/32/10/6/20/1
Jr. Teriyaki Bowl	280/35/4/1/0/50/330/40/10/3/21/1
Jr. Fruit Bar	90/0/0/0/0/0/10/23/17/1/0/1
Jr. Sundae	200/115/13/8/0/75/40/19/17/0/3/1
Jr. Shake	Chocolate 550/72/8/5/0/30/130/118/103/2/2/1 Vanilla 490/72/8/5/0/30/130/100/70/2/2/1 Strawberry 530/72/8/5/0/30/140/112/80/2/2/1

## GREMMIE MENU SIDES & APPETIZERS

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

Garden Salad w/Ranch	210/165/18/3/0/15/330/9/4/1/2/1
Caesar Salad	140/100/11/2.5/0/10/280/7/1.5/1/3/1
Island Fries	410/235/26/4.5/0/10/1360/41/1/2/3/1
Steamed Carrots	85/40/4/2.5/0/10/100/10/5/3/1/1
Steamed Broccoli	80/40/4/2.5/0/10/90/8/2/0/2/1
Veggie Dippers w/Ranch	150/100/11/2/0/10/340/10/3/3.5/2/1
Apple w/Yogurt Dip	150/40/4/3/0/15/20/26/20/3/2/1
Pineapple w/Yogurt Dip	110/40/4/3/0/15/20/16/11/1/2/1

## OPTIONAL ADDITIONS

Side of Spicy Chicken	120/70/7/1/0/30/180/11/0/0/11/1
Side of Island Reds™	290/80/9/2/0/5/990/50/8/3/6/1
Side of Small Guacamole	70/60/6/1/0/0/130/5/1/3/1/1
Side of Large Guacamole	85/70/7/1/0/0/160/6/1/3/1/2
Side of Small Chili	220/150/17/7/0/45/310/5/2/1/12/1
Side of Large Chili	440/300/34/14/0/90/620/10/4/2/24/2
Side of Ranchero Beans/ Refried Beans	110/30/3/0/0/5/360/17/1/5/6/1
Side of Sour Cream	90/45/5/3/0/20/20/2/0/0/1/1
Side of Applewood Smoked Bacon	80/50/6/2/0/10/500/0/0/0/6/1
Side of Avocado Slices	60/40/5/1/0/0/5/5/0/2/0/1

## BURGER/SANDWICH/WRAP SIDES

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

Side of Island Fries	470/220/24/4/0/0/1290/60/0/2/3/1
Side of Onion Rings	380/140/15/2/0/0/630/56/5/2/6/1
Side of Garden Salad w/Ranch	200/160/18/3/0/10/320/9/5/1/2/1
Side of Caesar Salad	135/100/11/3/0/15/280/6/2/1/3/1
Side of Steamed Veggies	180/100/11/7/0/30/440/20/5/2/2/1
Side of Sweet Potato Fries	240/90/10/0/0/0/230/37/15/5/3/1

## BURGER SUBSTITUTIONS

Cheese	American	100/75/8/5/0/25/450/11/0/0/5/1
	Swiss	100/70/8/5/0/25/450/11/0/0/5/1
	Monterey	110/80/9/6/0/35/190/11/0/0/6/1
	Pepper Jack	110/80/9/5/0/35/190/11/0/0/6/1
	Cheddar	110/80/9/6/0/35/190/11/0/0/6/1
	Bleu	100/70/8/5/0/25/395/11/0/0/6/1
Sauce	Gruyere	120/80/9/6/0/25/160/0/0/0/8/1
	BBQ	50/0/0/0/0/0/230/12/9/0/0/1
	Teriyaki	55/10/1/0/0/0/540/11/8/0/0/1
	Chipotle Aioli	200/190/21/3/1.5/15/190/3/5/0/0/1
	Mayo	200/200/22/4/1.5/15/150/5/5/0/0/1
	Mustard	20/10/1/0/0/0/320/2/0/0/0/1
Tartar Sauce	130/120/13/2/0/15/230/3/2/0/0/1	

## DESSERTS

Chocolate Lava	480/260/29/11/2/105/260/50/12/2/5/3
Kona Pie	350/210/23/10/2/70/120/34/27/1/3/3
Fudge Brownie	750/350/39/20/0/165/240/94/77/2/8/1
Ice Cream Sundae	340/180/20/11/0/110/80/35/29/1/5/1
Root Beer Float	370/150/17/10/0/100/120/50/50/0/4/1

## SHAKES & SMOOTHIES

Island Shake	Chocolate	550/72/8/5/0/30/130/118/103/2/2/1
	Vanilla	490/72/8/5/0/30/130/100/70/2/2/1
	Strawberry	530/72/8/5/0/30/140/112/80/2/2/1
Cool Breeze		380/54/6/4/0/30/90/80/63/3/2/1
	Trade Wind	420/90/10/6/0/20/90/80/63/3/2/1
	Wildberry Banana	380/54/6/4/0/20/90/80/64/3/1/1
	Mango Strawberry	380/54/6/4/0/20/90/80/64/3/1/1

## BEVERAGES

Endless Mugs	Coca Cola	100/0/0/0/0/0/30/27/27/0/0/1
	Diet Coke	1/0/0/0/0/0/30/0/0/0/0/1
	Cherry Coke	105/0/0/0/0/0/30/28/28/0/0/1
	Sprite	100/0/0/0/0/0/50/26/26/0/0/1
	Root Beer	110/0/0/0/0/0/50/30/30/0/0/1
	Lemonade	120/0/0/0/0/0/40/30/29/0/0/1
	Strawberry-Lemonade	120/0/0/0/0/0/45/37/36/0/0/1
	Fruit Punch	120/0/0/0/0/0/35/32/32/0/0/1
	Green Iced Tea	80/0/0/0/0/0/10/22/21/0/0/1
	Raspberry Iced Tea	60/0/0/0/0/0/10/16/0/0/0/1
Fruit Juice	Apple	140/0/0/0/0/0/0/35/34/0/0/1
	Orange	110/0/0/0/0/0/20/27/26/0/0/1
	Cranberry	135/0/0/0/0/0/40/34/33/0/0/1
Fresh Brewed Iced Tea	Passion Fruit	0/0/0/0/0/0/0/0/0/0/0/1
	Regular	0/0/0/0/0/0/0/0/0/0/0/1
Organic Hot Tea	Breakfast Tea	0/0/0/0/0/0/0/0/0/0/0/1
	Green Tea	0/0/0/0/0/0/0/0/0/0/0/1
	Chamomile Tea	0/0/0/0/0/0/0/0/0/0/0/1
	Chai Tea	0/0/0/0/0/0/0/0/0/0/0/1
	Earl Grey Tea	0/0/0/0/0/0/0/0/0/0/0/1
	Orange Spice Tea	0/0/0/0/0/0/0/0/0/0/0/1
Fresh Brewed Coffee	Regular	0/0/0/0/0/0/0/0/0/0/0/1
	Decaf	0/0/0/0/0/0/0/0/0/0/0/1

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.

Additional information can be found on our website at [www.islandsrestaurants.com](http://www.islandsrestaurants.com). © 2016 Islands Restaurants, L.P.