

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. 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 November 2017. Islands Restaurants, L.P., will update and revise the information periodically to reflect changes in ingredients and the addition or removal of products from our menu. @2017 Islands Restaurants, L.P.

as of November 2017. Islanus Restaurants, E.P., will update and revise the in-											
APPETIZERS	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)
ALA MOANA CHEDDAR FRIES	2010	1400	155	40	0	190	2450	110	10	0	45
ALA MOANA FRIES	1410	950	105	10	0	0	1400	105	10	0	10
BEACHSIDE SLIDERS™ WITH BEEF	1600	860	96	24	2	128	3420	130	6	24	54
BEACHSIDE SLIDERS™ WITH TURKEY	1440	720	80	16	2	100	3620	134	6	26	46
BUFFALO WINGS BBQ WITH RANCH	1740	990	111	24	0	555	2460	42	3	24	141
BUFFALO WINGS HONEY SRIRACHA WITH RANCH	2160	1290	144	30	0	570	4170	75	6	60	141
BUFFALO WINGS TERIYAKI WITH RANCH	1770	990	111	24	0	555	3240	51	3	36	141
BUFFALO WINGS WITH RANCH	1800	1170	129	36	0	600	3270	21	3	9	141
CHEDDAR FRIES	2150	1075	120	35	0	200	2400	215	15	5	55
CHIPS & SALSA	990	465	51	4.5	0	0	570	123	9	3	12
CHIPS & SALSA WITH LARGE GUACAMOLE	1260	705	26	4.5	27	0	28	123	29	3	30
HAWAIIAN SLIDERS	1340	660	74	22	2	164	2280	106	4	18	60
ISLAND FRIES	1550	625	70	5	0	0	1350	210	15	2.5	20
ISLAND NACHOS	1960	1260	140	64	0	360	3000	100	8	8	76
KALUA PORK SLIDERS	1240	520	58	14	0	84	2360	136	6	38	42
ONION RINGS	1160	620	68	12	0	0	2680	124	12	24	12
POINT BREAK SLIDERS	1320	600	66	24	2	178	2980	116	6	22	66
POKE	340	140	15	2	0	46	1270	19	2	2	32
QUESADILLA	840	480	54	30	0	180	1560	54	3	6	33
SPINACH & ARTICHOKE DIP	1160	680	76	32	0	160	1400	96	8	8	20
TIKI TENDERS WITH RANCH	1200	740	82	16	0	130	3380	70	4	6	44
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
TORTILLA SOUP	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(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
BURGERS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
NUTRITIONAL DATA FOR BURGERS DOES NOT INCLUDE SIDES WHICH ARE LIS			(8)	(8)	(8)	(9/	(9)	(8)	(8)	(8)	187
BIG WAVE BURGER	790	410	45	14	2	125	1480	52	3	9	44
BIG WAVE BURGER WITH CHEESE	880	470	52	18	2	150	1970	55	3	10	48
BLEUNAMI BURGER	1070	660	73	23	2	170	1500	52	2	10	49
HAWAIIAN BURGER	1170	660	73		_		1870	77	2		52
HULA BURGER			73	22	2	160			3	32	
	1130	710	79	22	2	160 160	1470	52	2	32 10	54
KILAUEA BURGER	1130 1510										
KILAUEA BURGER LONGBOARDER BURGER		710	79	24	2	160	1470	52	2	10	54
	1510	710 1020	79 113	24 27	2	160 180	1470 1950	52 71	2 6	10 12	54 53
LONGBOARDER BURGER	1510 990	710 1020 590	79 113 66	24 27 17	2 2 2	160 180 135	1470 1950 1490	52 71 54	2 6 2	10 12 12	54 53 44
LONGBOARDER BURGER MALIBU BURGER	1510 990 1000	710 1020 590 550	79 113 66 61	24 27 17 21	2 2 2 2	160 180 135 165	1470 1950 1490 2720	52 71 54 54	2 6 2 3	10 12 12 10	54 53 44 58
LONGBOARDER BURGER MALIBU BURGER MAUI BURGER	1510 990 1000 1040	710 1020 590 550 620	79 113 66 61 69	24 27 17 21 20	2 2 2 2 2	160 180 135 165	1470 1950 1490 2720 1300	52 71 54 54 51	2 6 2 3 2	10 12 12 10 9	54 53 44 58 53
LONGBOARDER BURGER MALIBU BURGER MAUI BURGER MAVERICKS BURGER	1510 990 1000 1040 1460	710 1020 590 550 620 880	79 113 66 61 69 98	24 27 17 21 20 23	2 2 2 2 2 2	160 180 135 165 165	1470 1950 1490 2720 1300 2530	52 71 54 54 51 93	2 6 2 3 2 5	10 12 12 10 9 31	54 53 44 58 53 51
LONGBOARDER BURGER MALIBU BURGER MAUI BURGER MAVERICKS BURGER PIPELINE BURGER	1510 990 1000 1040 1460 1030	710 1020 590 550 620 880 550	79 113 66 61 69 98 61	24 27 17 21 20 23 22	2 2 2 2 2 2 2	160 180 135 165 165 160 200	1470 1950 1490 2720 1300 2530 2400	52 71 54 54 51 93 57	2 6 2 3 2 5	10 12 12 10 9 31	54 53 44 58 53 51 64
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER	1510 990 1000 1040 1460 1030 1160	710 1020 590 550 620 880 550	79 113 66 61 69 98 61 77	24 27 17 21 20 23 22 25	2 2 2 2 2 2 2 2 2	160 180 135 165 165 160 200	1470 1950 1490 2720 1300 2530 2400	52 71 54 54 51 93 57 60	2 6 2 3 2 5 4 3	10 12 12 10 9 31 11	54 53 44 58 53 51 64 56
LONGBOARDER BURGER MALIBU BURGER MAUI BURGER MAVERICKS BURGER PIPELINE BURGER POINT BREAK BURGER SRIRACHA SMACK BURGER	1510 990 1000 1040 1460 1030 1160	710 1020 590 550 620 880 550 690	79 113 66 61 69 98 61 77 67	24 27 17 21 20 23 22 25 26	2 2 2 2 2 2 2 2 2 2 2	160 180 135 165 165 160 200 180	1470 1950 1490 2720 1300 2530 2400 1840 2780	52 71 54 54 51 93 57 60	2 6 2 3 2 5 4 3 3	10 12 12 10 9 31 11 13	54 53 44 58 53 51 64 56
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER	1510 990 1000 1040 1460 1030 1160 1080 960	710 1020 590 550 620 880 550 690 600 470	79 113 66 61 69 98 61 77 67	24 27 17 21 20 23 22 25 26	2 2 2 2 2 2 2 2 2 2 2 2 2	160 180 135 165 165 160 200 180 200	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450	52 71 54 54 51 93 57 60 58	2 6 2 3 2 5 4 3 3	10 12 12 10 9 31 11 13 14 27	54 53 44 58 53 51 64 56 60 49
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH	1510 990 1000 1040 1460 1030 1160 1080 960 1280	710 1020 590 550 620 880 550 690 600 470 730  CALORIES FROM FAT	79 113 66 61 69 98 61 77 67 52 81	24 27 17 21 20 23 22 25 26 19	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	160 180 135 165 165 160 200 180 200 145	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450	52 71 54 54 51 93 57 60 58 74	2 6 2 3 2 5 4 3 3 3 3	10 12 12 10 9 31 11 13 14 27 31	54 53 44 58 53 51 64 56 60 49
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLU	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES	710 1020 590 550 620 880 550 690 600 470 730 CALORIES FROM FAT	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) D BELOW	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g)	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 7 2	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg)	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg)	52 71 54 54 51 93 57 60 58 74 75	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g)	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g)	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g)
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLU  CALIFORNIA FLYER	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES IDE SIDES WH	710 1020 590 550 620 880 550 690 470 730 CALORIES FROM FAT ICH ARE LISTE	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) BELOW 80	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g)	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 0 2 0 1 1 1 1	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg)	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg)	52 71 54 54 51 93 57 60 58 74 75 CARBS (g)	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g) 5	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g)	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g) 69
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLUCALIFORNIA FLYER  MOA KANEOHE CRISP	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES DE SIDES WH 1350 1310	710 1020 590 550 620 880 550 690 600 470 730 CALORIES FROM FAT ICH ARE LISTE 720 750	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) D BELOW 80 83	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g) 16 20	2 2 2 2 2 2 2 2 2 2 2 2 TRANS FAT (g) 0.5	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg) 190 175	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg) 2130 3010	52 71 54 54 51 93 57 60 58 74 75 CARBS (g)	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g) 5 3	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g) 29	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g) 69 64
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLU  CALIFORNIA FLYER  MOA KANEOHE CRISP  MOA MAUNA LOA CRISP	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES DE SIDES WH 1350 1310	710 1020 590 550 620 880 550 690 600 470 730 CALORIES FAT ICH ARE LISTE 720 750	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) D BELOW 80 83 84	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g) 16 20 25	2 2 2 2 2 2 2 2 2 2 2 2 TRANS FAT (g) 0.5	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg) 190 175	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg) 2130 3010 2760	52 71 54 54 51 93 57 60 58 74 75 CARBS (g) 87 77	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g) 5 3 3 3	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g) 29 12	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g) 69 64 51
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLU  CALIFORNIA FLYER  MOA KANEOHE CRISP  MOA MAUNA LOA CRISP  SANDPIPER	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES IDE SIDES WH 1350 1310 1260 1010	710 1020 590 550 620 880 550 690 600 470 730 CALORIES FROM FAT ICH ARE LISTE 720 750 760 530	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) D BELOW 80 83 84 59	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g) 16 20 25 15	2 2 2 2 2 2 2 2 2 2 TRANS FAT (g) 0.5 1 1	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg) 190 175 190 185	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg) 2130 3010 2760 1490	52 71 54 54 51 93 57 60 58 74 75 CARBS (g) 87 77 75	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g) 5 3 3 2 2	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g) 29 12 11 10	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g) 69 64 51 70
LONGBOARDER BURGER  MALIBU BURGER  MAUI BURGER  MAVERICKS BURGER  PIPELINE BURGER  POINT BREAK BURGER  SRIRACHA SMACK BURGER  SUNSET BURGER  WAIMEA BURGER  BIRDS OF PARADISE - CHICKEN SANDWICH  NUTRITIONAL DATA FOR BIRDS OF PARADISE SANDWICHES DOES NOT INCLU  CALIFORNIA FLYER  MOA KANEOHE CRISP  MOA MAUNA LOA CRISP	1510 990 1000 1040 1460 1030 1160 1080 960 1280 TOTAL CALORIES DE SIDES WH 1350 1310	710 1020 590 550 620 880 550 690 600 470 730 CALORIES FAT ICH ARE LISTE 720 750	79 113 66 61 69 98 61 77 67 52 81 TOTAL FAT (g) D BELOW 80 83 84	24 27 17 21 20 23 22 25 26 19 26 SATURATED FAT (g) 16 20 25	2 2 2 2 2 2 2 2 2 2 2 2 TRANS FAT (g) 0.5	160 180 135 165 165 160 200 180 200 145 200 CHOLESTEROL (mg) 190 175	1470 1950 1490 2720 1300 2530 2400 1840 2780 2450 2070 SODIUM (mg) 2130 3010 2760	52 71 54 54 51 93 57 60 58 74 75 CARBS (g) 87 77	2 6 2 3 2 5 4 3 3 3 3 3 DIETARY FIBER (g) 5 3 3 3	10 12 12 10 9 31 11 13 14 27 31 SUGARS (g) 29 12	54 53 44 58 53 51 64 56 60 49 62 PROTEIN (g) 69 64 51



ISLAND TACOS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CABO LOCO TACOS WITH RANCHERO BEANS	940	530	59	15	0	105	1470	64	11	5	38
GLUTEN FREE CHICKEN TACOS WITH RANCHERO BEANS AND SLAW	780	270	30	8	0	155	580	75	14	11	52
GRILLED FRESH FISH TACOS WITH RANCHERO BEANS	760	340	38	6	0	120	840	66	12	8	39
GRILLED SALMON TACOS WITH RANCHERO BEANS	980	410	45	12	0	135	1820	89	12	27	55
ISLAND FISH TACOS WITH RANCHERO BEANS	830	440	49	8	0	30	1220	76	11	8	22
LUAU TACOS WITH RANCHERO BEANS	810	320	36	11	0	90	2000	84	13	19	37
MAHI/GRILLED FISH TACOS WITH RANCHERO BEANS	830	410	45	8	0	145	900	61	10	5	44
NORTHSHORE TACOS WITH RANCHERO BEANS	770	300	33	12	0	105	2370	75	8	3	43
STEAK TACOS WITH RANCHERO BEANS	960	490	54	15	1	135	1400	66	12	7	53
YAKI TACOS WITH RANCHERO BEANS	950	360	40	17	0	190	2440	78	8	29	69
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BEACH BOWLS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
HOISIN CHICKEN BOWL	720	200	22	5	1	120	1000	78	8	30	52
HOISIN MAHI/GRILLED FISH BOWL	630	160	18	3	1	125	1000	78	8	30	40
HOISIN SALMON BOWL	760	270	30	7	1	95	1190	79	9	28	43
MISO SALMON BOWL	730	270	30	6	0	94	600	72	13	17	43
TERIYAKI CHICKEN BOWL	760	200	22	5	0.5	120	1150	87	8	39	53
TERIYAKI MAHI/GRILLED FISH BOWL	670	160	18	3	0.5	125	1200	87	8	39	40
TERIYAKI SALMON BOWL	810	280	31	6	0	94	1380	88	8	37	44
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
PARADISE'S BIKINI BEACH	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
NO BLAME GRILLED VEGGIE TACOS WITH ISLAND SLAW	480	140	15	4	0	20	840	72	15	8	16
NORTHSHORE LIMITED TACOS WITH RANCHERO BEANS	490	120	13	5	0.5	70	1440	63	11	3	30
SLEEK GREEK SALAD	380	160	18	4	0	85	870	22	4	14	33
TURKEY BURGER LITE WITH STEAMED VEGGIES NO BUTTER	630	270	30	7	0.5	95	1510	55	4	12	34
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SURFER FAVORITES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
NUTRITIONAL DATA FOR SURFER FAVORITES DOES NOT INCLUDE SIDES WHI					0.5	125	2660	00		27	F.1
CHICKEN CLUB WRAP  GRILLED CHICKEN PLATTER (WITH MACARONI SALAD)	1040 1380	510 420	57 47	14 9	0.5	135 279	2660 2830	80 129	3	27 31	51 110
GRILLED CHICKEN PLATTER (WITH MIACARONI SALAD)  GRILLED CHICKEN PLATTER (WITH STEAMED VEGGIES)	1220	320	35	12	1	295	2640	116	5	35	110
GRILLED FISH PLATTER (SALMON) (WITH MACARONI SALAD)	1150	500	55	10	0	107	1730	116	6	30	48
GRILLED FISH PLATTER (SALMON) (WITH MACARONI SALAD)  GRILLED FISH PLATTER (SALMON) (WITH STEAMED VEGGIES)	990	390	43	13	0	124	1550	104	9	34	47
GRILLED FRESH ALBACORE SANDWICH	670	140	16	3	0	65	2210	88	3	40	43
KALUA PORK SANDWICH (WITH MACARONI SALAD)	1310	750	83	19	1	110	2270	104	4	34	37
KALUA PORK WRAP (WITH MACARONI SALAD)	1380	630	70	17	0	100	3160	145	8	32	42
MOA KAI (TUNA)	920	600	67	16	1	95	1375	49	2	9	28
THE WEDGE (BLT)	1100	760	84	22	1	90	2600	49	2	9	35
THE WEDGE (BET)											
BURGERS, SANDWICHES & 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)
ALL BURGERS, SANDWICHES & WRAPS INCLUDE A CHOICE OF THE FOLLOWI	NG SIDES										
ALA MOANA FRIES (4.5oz)	420	280	31	3	0	0	410	32	3	0	3
CAESAR SALAD	130	90	10	3	0	10	310	7	1	1	3
GARDEN SALAD (NO DRESSING)	40	10	1	0	0	0.5	90	7	1	2	1
ISLAND FRIES (4.5oz)	430	180	20	2	0	0	370	58	4	1	5
ISLAND SLAW	40	5	0.5	0	0	0	15	8	2	3	1
ONION RINGS	490	260	29	5	0	0	1150	53	6	10	6
STEAMED VEGGIES WITH BUTTER	170	110	12	7	0.5	30	160	11	4	4	4
SWEET POTATO FRIES	440	240	26	5	0	0	740	49	9	17	4
TORTILLA SOUP (6.7oz)	160	70	8	3	0	30	710	12	1	3	9



						0					
		CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SALADS NUTRITIONAL DATA FOR SALADS INCLUDES DRESSING	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
CHINA COAST SALAD	940	470	52	10	3	115	1850	72	6	22	47
GARDEN SALAD (NO DRESSING)	80	20	2	1	0	1	160	13	3	4	3
JUNGLE CAESAR SALAD	660	390	43	10	1	125	1180	21	4	5	46
KAANAPALI KOBB SALAD	1020	720	80	20	1	340	1770	15	6	7	60
SMALL CAESAR SALAD	260	190	21	5	0	18	640	11	1	3	6
WIQUI WAQUI SALAD	990	470	52	14	0.5	210	1640	61	9	25	70
Wilder Street											
SIDE OF SALAD DRESSINGS - 2oz	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)
1000 ISLAND	260	240	27	4	0	15	320	5	0	3	0
BLEU CHEESE	260	240	26	8	0	30	320	2	0	1	2
CAESAR	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
КОВВ	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	230	210	23	4	0	15	540	3	0	2	1
SESAME	250	210	23	4	0	10	810	11	0	9	1
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
OPTIONAL BURGER AND SANDWICH ADDITIONS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
AMERICAN CHEESE (10z)	90	60	7	5	0	20	480	3	0	1	4
APPLEWOOD SMOKED BACON (2 SLICES)	120	80	9	3	0	15	750	0	0	0	9
AVOCADO SLICES (1.3oz)	60	45	5	1	0	0	3	5	2	0	0
BEEF PATTY ONLY	390	240	27	10	1	125	110	0	0	0	36
BLEU CHEESE CRUMBLES (10z)	100	70	8	5	0	25	380	0	0	0	6
CHEDDAR + JACK CHEESE (10z)	110	80	9	6	0	35	190	1	0	0	6
CHEDDAR CHEESE (1oz)	110	80	9	6	0	35	190	1	0	0	6
CHICKEN PATTY ONLY	250	50	6	2	0	130	120	0	0	0	48
FETA CHEESE (10z)	70	50	5	3	0	15	280	1	0	0	5
FRIED EGG	90	60	7	2	0	185	95	0	0	0	6
ISLAND REDS™ (1oz)	170	130	14	1	0	5	140	9	1	2	1
PEPPER JACK CHEESE (10z)	110	80	9	6	0	35	190	1	0	0	6
SAUTEED MUSHROOMS (20z)	50	40	4	1	0	0	120	2	0	1	1
SWISS CHEESE (1oz)	110	80	9	6	0.5	30	60	1	0	0	7
TURKEY PATTY ONLY	240	120	13	3	0	100	330	3	1	2	28
VEGGIE PATTY ONLY	150	40	4	1.5	0	25	760	22	3	1	8
SIDES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS	PROTEIN
AVOCADO SALSA (3oz)	70	40	4	0.5	0	0	320	7	2	3	1
KALUA PORK (50z)	310	210	23	9	0	85	660	0	0	0	25
CHILI, LARGE (60z)	600	320	36	16	2	200	1720	12	2	4	60
CHILI, SMALL (30z)	150	80	9	4	0.5	50	430	3	0.5	1	15
GUACAMOLE, LARGE (50z)	560	520	58	0	0.5	0	620	0	0	0	8
GUACAMOLE, BAIGE (302)	110	100	11	0	0	0	120	0	3	0	2
ISLAND REDS™ (20z)	330	250	28	2	0	0	270	18	2	4	2
RANCHERO BEANS/REFRIED BEANS	110	30	3	0	0	5	290	15	4	1	6
SOUR CREAM (1oz)	60	50	6	3	0	17	9	1	0	1	0
SPICY CHICKEN (40z)	100	30	3	0	0	45	580	3	0	0	15
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SAUCES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	PROTEIN (g)
BBQ SAUCE (1oz)	50	0	0	0	0	0	240	11	0	9	0
BLEU CHEESE DRESSING (10z)	130	120	13	4	0	15	160	1	0	0.5	1
CHIPOTLE AIOLI (10z)	180	180	20	3	0	15	230	1	0	1	0
GRILLED PINEAPPLE SALSA (20z)	30	0	0	0	0	0	20	8	0	6	0
ISLANDS SALSA (20z)	15	0	0	0	0	0	260	3	0	0	0
MAYONNAISE (10z)	210	210	23	4	0.5	15	150	0.5	0	0.5	0
TERIYAKI SAUCE (10z)	70	10	1	0	0	0	640	16	0	14	1
YELLOW MUSTARD (1oz)	20	10	1	0	0	0	320	2	0	0	0



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BUN, TORTILLAS & BREAD	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CORN TORTILLA (6")	90	10	1	0	0	0	30	18	2	0	2
EGG BREAD (TEXAS TOAST 2 SLICES)	170	20	2	1	0	0	320	34	1	4	5
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
HOT DOG BUN	150	20	2	0	0	0	270	29	0.5	4	4
WHEAT BUN (4.5")	230	30	3	1	0	0	340	43	2	7	7
WHITE BUN (4.5")	230	30	3	1	0	0	360	44	1	6	6
DESSERTS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
CHOCOLATE LAVA	1440	780	87	33	0	225	870	144	3	105	18
KONA PIE	930	420	225	21	1.5	105	330	114	3	78	15
FUDGE BROWNIE	520	290	32	13	0	85	315	52	1	39	6
SMALL ICE CREAM SUNDAE	450	220	24	13	0	85	185	51	2	44	7
ROOT BEER FLOAT	430	150	17	10	0.5	115	135	65	0	65	4
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
SHAKES AND SMOOTHIES	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
CHOCOLATE SHAKE	760	400	44	16	0	0	380	84	0	63	8
VANILLA SHAKE	730	400	44	16	0	30	370	75	0	56	8
STRAWBERRY SHAKE	760	400	44	16	0	0	370	82	0	56	8
COOL BREEZE	400	40	4	4	0	5	10	91	4	78	1
MANGO STRAWBERRY	380	20	2	1	0	5	0	91	3	75	0
BEVERAGES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ENDLESS MUGS				(0)	(0)	, 0,			10/		(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
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
HOT TEA	0	0	0	0	0	0	0	0	0	0	0
FRUIT JUICES	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
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
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	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)
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



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GREMMIE MENU NUTRITIONAL DATA FOR MENU ITEMS DOES NOT INCLUDE SIDES WHICH ARI	TOTAL CALORIES E LISTED BELO	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)
LIL BEEF SLIDER	220	70	8	3	1	30	510	24	1	3	13
LIL SANDCASTLE	180	70	8	5	0	20	640	20	0.5	3	7
LIL TIKI TENDERS	380	210	23	5	0	50	1130	26	1	1	17
JR WAVE	450	180	20	8	1.0	85	670	36	1	5	30
JR WAVE WITH CHEESE AND BACON	660	330	37	15	1	120	1910	39	1	6	43
JR LIL DOGGER	380	210	23	10	2	35	1050	31	1	4	13
JR MAC N CHEESE	300	80	9	3	0	10	650	44	2	8	10
JR QUESADILLA	590	320	36	18	1	105	1060	42	1	0.5	24
JR NOODLES WITH BUTTER + PARMESAN CHEESE	370	110	12	7	1	30	310	53	2	0.5	12
JR SANDCASTLE	360	140	16	9	0.0	45	1290	39	1	6	14
JR TIKI TENDERS	570	320	35	7	0	70	1700	39	2	2	25
JR SUNDAE (3.5oz)	260	140	16	10	0.5	100	60	24	0.5	23	4
JR CHOCOLATE SHAKE (12oz)	630	320	36	13	0	0	310	70	0	52	6
JR VANILLA SHAKE (12oz)	630	340	38	14	0	0	320	65	0	48	6
JR STRAWBERRY SHAKE (12oz)	620	320	36	13	0	0	310	68	0	46	6
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
GREMMIE MENU SIDES & APPETIZERS & DIPS	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
JR GARDEN SALAD WITH 10z RANCH DRESSING	160	120	13	2	0	8	360	8	1	3	2
JR CAESAR SALAD	110	80	9	2	0	3	210	6	1	2	1
JR ISLAND FRIES (3oz) WITH 1oz RANCH DIP	400	225	25	3	0	7	510	41	2	2	4
FRESH PINEAPPLE	40	0	0	0	0	0	0	11	1	8	0
APPLESAUCE (4oz)	80	0	0	0	0	0	0	18	1	16	0
JR COOKED BROCCOLI (40z) WITH BUTTER	80	40	4	2.5	0	10	90	8	0	2	2
YOGURT DIP ONLY (10z)	75	40	4	3	0	15	20	7	0	5	2
RANCH DIP ONLY (10z)	110	100	11	2	0	7	270	2	0	1	0
JR FRESH APPLE WITH YOGURT DIP	150	40	4	3	0	15	20	26	3	20	2
JR FRESH PINEAPPLE WITH YOGURT DIP	80	0	0.0	0	0	0	10	17	1	14	2
JR FRESH PINEAPPLE WITH YOGURT DIP  ALCOHOLIC BEVERAGES - MIXED DRINKS	80 TOTAL CALORIES	O CALORIES FROM FAT	O.O TOTAL FAT (g)	O SATURATED FAT (g)	O TRANS FAT (g)	O CHOLESTEROL (mg)	SODIUM (mg)	17 CARBS (g)	DIETARY FIBER (g)	14 SUGARS (g)	PROTEIN (g)
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
ALCOHOLIC BEVERAGES - MIXED DRINKS	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA	TOTAL CALORIES 370	CALORIES FROM FAT 0	TOTAL FAT (g) O	SATURATED FAT (g) O	TRANS FAT (g) O	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g) 43	DIETARY FIBER (g) 1	SUGARS (g) 38	PROTEIN (g) O
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY	TOTAL CALORIES  370  220	CALORIES FROM FAT 0	TOTAL FAT (g) 0	SATURATED FAT (g)  0  0	TRANS FAT (g) 0	CHOLESTEROL (mg)  0  0	SODIUM (mg)  0  1100	CARBS (g) 43 23	DIETARY FIBER (g) 1	SUGARS (g) 38	PROTEIN (g) 0 2
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN	TOTAL CALORIES 370 220 290	CALORIES FROM FAT  0  0  0	TOTAL FAT (g) 0 0 1	SATURATED FAT (g)  0  0  0	TRANS FAT (g) 0 0 0	CHOLESTEROL (mg)  0  0	SODIUM (mg)  0  1100  10	CARBS (g) 43 23 50	DIETARY FIBER (g) 1 3	SUGARS (g) 38 8 47	PROTEIN (g)  0  2 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI	TOTAL CALORIES  370  220  290  300	CALORIES FROM FAT  0  0  0  0	TOTAL FAT (g) 0 0 1 0 0	SATURATED FAT (g)  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0	SODIUM (mg)  0  1100  10  0	CARBS (g) 43 23 50 36	DIETARY FIBER (g) 1 3 0	SUGARS (g) 38 8 47 30	PROTEIN (g)  0  2  0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW	TOTAL CALORIES  370  220  290  300  450	CALORIES FROM FAT  0 0 0 0 20	TOTAL FAT (g) 0 0 1 0 2	SATURATED FAT (g)  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0	SODIUM (mg)  0 1100 10 0 10	CARBS (g) 43 23 50 36 64	DIETARY FIBER (g) 1 3 0	SUGARS (g) 38 8 47 30 56	PROTEIN (g)  0  2  0  1
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA	TOTAL CALORIES  370  220  290  300  450  460	CALORIES FROM FAT  0  0  0  0  20  0	TOTAL FAT (g)  0  0  1  0  2  0	SATURATED FAT (g)  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5	CARBS (g) 43 23 50 36 64 80	DIETARY FIBER (g) 1 3 0 1 3	SUGARS (g) 38 8 47 30 56 73	PROTEIN (g)  0  2  0  0  1
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI	TOTAL CALORIES  370  220  290  300  450  460  230	CALORIES FROM FAT  0 0 0 0 0 20 0	TOTAL FAT (g)  0  0  1  0  2  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0	CARBS (g) 43 23 50 36 64 80 21	DIETARY FIBER (g) 1 3 0 1 3 1	SUGARS (g) 38 8 47 30 56 73	PROTEIN (g)  0  2  0  1  0  1  0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA	TOTAL CALORIES  370  220  290  300  450  460  230  490	CALORIES FROM FAT  0  0  0  0  20  0  0	TOTAL FAT (g)  0  0  1  0  2  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200	CARBS (g) 43 23 50 36 64 80 21 56	DIETARY FIBER (g) 1 3 0 1 3 1 0	SUGARS (g) 38 8 47 30 56 73 18 52	PROTEIN (g)  0  2  0  1  0  0  1  0  0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN	TOTAL CALORIES  370  220  290  300  450  460  230  490  480	CALORIES FROM FAT  0 0 0 0 0 20 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10	CARBS (g) 43 23 50 36 64 80 21 56 65	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0	SUGARS (g)  38  8  47  30  56  73  18  52  57	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410	CALORIES FROM FAT  0 0 0 0 0 20 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7	CARBS (g) 43 23 50 36 64 80 21 56 65	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0	SUGARS (g) 38 8 47 30 56 73 18 52 57 54	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290	CALORIES FROM FAT  0 0 0 0 0 20 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE MARGARITA ROCKS	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490	CALORIES FROM FAT  0 0 0 0 0 20 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52	PROTEIN (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE MARGARITA ROCKS MAUI MOJITO	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290	CALORIES FROM FAT  0  0  0  0  20  0  0  0  0  0  0  0  0	TOTAL FAT (g) 0 0 1 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  O  O  O  O  O  O  O  O  O  O  O  O  O	SODIUM (mg) 0 1100 10 0 10 5 0 2200 10 7 0 2200 5	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY  MARGARITA FROZEN STRAWBERRY  MARGARITA ROCKS  MAUI MOJITO  MOJITO	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290	CALORIES FROM FAT  0 0 0 0 0 0 20 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  5	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20	PROTEIN (g)  0  2  0  0  1  0  0  0  0  0  0  0  0  0  0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY  MARGARITA LITE  MARGARITA ROCKS  MAUI MOJITO  PINA COLADA	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  400	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  5  3	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 1 1 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY  MARGARITA LITE  MARGARITA ROCKS  MAUI MOJITO  PINA COLADA  PUNCH BOWL PER BOWL	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  290  400  800	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53 132	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  5  3  3	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 1 1 2 2 1 2 2
BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA FROZEN STRAWBERRY MARGARITA IITE MARGARITA FOOLS MAUI MOJITO PINA COLADA PUNCH BOWL PER BOWL SUNSET MARGARITA	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  290  290  400  800  280	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34  0	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53 132	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  5  3  1	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 1 1 2 0 0 0 0
BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA FROZEN STRAWBERRY MARGARITA HOZEN STRAWBERRY MARGARITA DEPENDENT STRAWBERRY MARGARITA FOOLON MOJITO PINA COLADA PUNCH BOWL PER BOWL SUNSET MARGARITA TROPICAL DEEP BLUE SEA (LAPU LAPU)	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  290  290  400  800  280  510	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34  0  5  SODIUM	CARBS (g)  43  23  50  36  64  80  21  56  65  60  41  56  29  32  53  132  25  91  CARBS	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  5  3  1  0  DIETARY	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21  76  SUGARS	PROTEIN (g) 0 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
ALCOHOLIC BEVERAGES - MIXED DRINKS BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE MARGARITA ROCKS MAUI MOJITO MOJITO PINA COLADA PUNCH BOWL PER BOWL SUNSET MARGARITA TROPICAL DEEP BLUE SEA (LAPU LAPU)	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  400  800  280  510  TOTAL CALORIES	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  O  O  O  O  O  O  O  O  O  O  O  O  O	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  O O O O O O O O O O O O O O O O CHOLESTEROL (mg)	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34  0  5  SODIUM (mg)	CARBS (g)  43  23  50  36  64  80  21  56  65  60  41  56  29  32  53  132  25  91  CARBS (g)	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0  DETARY FIBER (g)	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21  76  SUGARS (g)	PROTEIN (g)  O  PROTEIN (g)  O  PROTEIN (g)
BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE MARGARITA ROCKS MAUI MOJITO MOJITO PINA COLADA PUNCH BOWL PER BOWL SUNSET MARGARITA TROPICAL DEEP BLUE SEA (LAPU LAPU) WINE CABERNET SAUVIGNON (SEVEN FALLS) - GLASS	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  400  800  280  510  TOTAL CALORIES	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34  0  5  SODIUM (mg)  15	CARBS (g)  43  23  50  36  64  80  21  56  65  60  41  56  29  32  53  132  25  91  CARBS (g)  5	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0  0  Dietary fiber (g)  Dietary fiber (g)  0	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21  76  SUGARS (g)  1	PROTEIN (g)  O  O  O  O  O  O  O  O  O  O  O  O  O
ALCOHOLIC BEVERAGES - MIXED DRINKS  BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY  MARGARITA LITE  MARGARITA ROCKS  MAUI MOJITO  PINA COLADA  PUNCH BOWL PER BOWL  SUNSET MARGARITA  TROPICAL DEEP BLUE SEA (LAPU LAPU)  WINE  CABERNET SAUVIGNON (SEVEN FALLS) - GLASS  CABERNET SAUVIGNON (SEVEN FALLS) - BOTTLE	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  400  800  280  510  TOTAL CALORIES	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg)  0  1100  10  0  10  5  0  2200  10  7  0  2200  5  25  15  34  0  5  SODIUM (mg)  15  50	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53 132 25 91 CARBS (g) 5	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0  1  5  3  1  0  DIETARY FIBER (g)  0  DIETARY FIBER (g)  0  0	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21  76  SUGARS (g)  1	PROTEIN (g)  PROTEIN (g)  PROTEIN (g)  PROTEIN (g)
BIG ISLAND ICED TEA BLOODY MARY BLUE HAWAIIAN HAND SHAKEN STRAWBERRY DAIQUIRI LAVA FLOW LONG ISLAND ICED TEA MAI TAI MANGORITA MARGARITA FROZEN MARGARITA FROZEN STRAWBERRY MARGARITA LITE MARGARITA ROCKS MAUI MOJITO PINA COLADA PUNCH BOWL PER BOWL SUNSET MARGARITA TROPICAL DEEP BLUE SEA (LAPU LAPU) WINE CABERNET SAUVIGNON (SEVEN FALLS) - GLASS CABERNET SAUVIGNON (WOODBRIDGE BY ROBERT MONDAVI) - GLASS	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  490  290  290  400  800  280  510  TOTAL CALORIES  235  840  155	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g)  0  0  1  0  2  0  0  0  0  0  0  0  0  0  0  0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg) 0 1100 10 0 10 5 0 2200 10 7 0 2200 5 25 15 34 0 5 SODIUM (mg) 15 50 15	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53 132 25 91 CARBS (g) 5	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0  1  5  3  1  0  DIETARY FIBER (g)  0  O  O  O  O  O  O  O  O  O  O  O  O	SUGARS (g)  38  8  47  30  56  73  18  52  57  54  34  52  25  20  47  108  21  76  SUGARS (g)  1  4  1	PROTEIN (g)  0  1  0  0  0  0  0  0  0  0  0  0  0
BIG ISLAND ICED TEA  BLOODY MARY  BLUE HAWAIIAN  HAND SHAKEN STRAWBERRY DAIQUIRI  LAVA FLOW  LONG ISLAND ICED TEA  MAI TAI  MANGORITA  MARGARITA FROZEN  MARGARITA FROZEN STRAWBERRY  MARGARITA LITE  MARGARITA ROCKS  MAUI MOJITO  PINA COLADA  PUNCH BOWL PER BOWL  SUNSET MARGARITA  TROPICAL DEEP BLUE SEA (LAPU LAPU)  WINE  CABERNET SAUVIGNON (SEVEN FALLS) - BOTTLE  CABERNET SAUVIGNON (WOODBRIDGE BY ROBERT MONDAVI) - GLASS  CABERNET SAUVIGNON (WOODBRIDGE BY ROBERT MONDAVI) - BOTTLE	TOTAL CALORIES  370  220  290  300  450  460  230  490  480  410  290  290  400  800  280  510  TOTAL CALORIES  235  840  155  560	CALORIES FROM FAT  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	TOTAL FAT (g) 0 0 1 0 2 0 0 0 0 0 0 0 0 0 0 0 0 0 TOTAL FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	SATURATED FAT (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 TRANS FAT (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	CHOLESTEROL (mg)  0  0  0  0  0  0  0  0  0  0  0  0  0	SODIUM (mg) 0 1100 10 0 10 5 0 2200 10 7 0 2200 5 25 15 34 0 5 SODIUM (mg) 15 50 15 50	CARBS (g) 43 23 50 36 64 80 21 56 65 60 41 56 29 32 53 132 25 91 CARBS (g) 5 20	DIETARY FIBER (g)  1  3  0  1  3  1  0  0  0  0  0  0  0  0  5  3  1  0  DIETARY FIBER (g)  0  0  0  0  0  0  0  0  0  0  0  0  0	SUGARS (g) 38 8 47 30 56 73 18 52 57 54 34 52 25 20 47 108 21 76 SUGARS (g) 1 4	PROTEIN (g) 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0



The bargers out like												
WINE	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	
CHARDONNAY (KENDALL JACKSON) - BOTTLE	660	0	0	0	0	0	60	20	0	4	0	
MERLOT (14 HANDS) - GLASS	220	0	0	0	0	0	15	5	0	1	0	
MERLOT (14 HANDS) - BOTTLE	780	0	0	0	0	0	50	20	0	4	0	
PINOT GRIGIO (WOODBRIDGE BY ROBERT MONDAVI) - GLASS	155	0	0	0	0	0	15	5	0	1	0	
PINOT GRIGIO (WOODBRIDGE BY ROBERT MONDAVI) - BOTTLE	560	0	0	0	0	0	60	20	0	4	0	
PINOT NOIR (ESTANCIA) - GLASS	160	0	0	0	0	0	15	5	0	1	0	
PINOT NOIR (ESTANCIA) - BOTTLE	575	0	0	0	0	0	50	20	0	4	0	
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN	
DRAFT BEER	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)	
ALE SMITH .394 - 16oz	249	0	0	0	0	0	65	27	0	0	2.5	
ALE SMITH .394 - 22oz	342	0	0	0	0	0	90	38	0	0	3.4	
ALESMITH LITTLE DEVEL BELGIAN ALE - 16oz	225	0	0	0	0	0	65	24	0	0	2.5	
ALESMITH LITTLE DEVEL BELGIAN ALE - 22oz	309	0	0	0	0	0	89	33	0	0	3.5	
ALESMITH NUT BROWN - 16oz	233	0	0	0	0	0	59	30	0	0	2.2	
ALESMITH NUT BROWN - 22oz	320	0	0	0	0	0	81	41	0	0	3.0	
ANCHOR STEAM - 16oz	200	0	0	0	0	0	20	20	0	0	2.0	
ANCHOR STEAM - 22oz	275	0	0	0	0	0	28	28	0	0	2.8	
BALLAST POINT SCULPIN IPA - 16oz	273	0	0	0	0	0	17	26	0	0	0.9	
BALLAST POINT SCULPIN IPA - 22oz	376	0	0	0	0	0	23	35	0	0	1.2	
BEAR REPUBLIC RACER 5 IPA - 16oz	307	0	0	0	0	0	13	34	0	0	2.7	
BEAR REPUBLIC RACER 5 IPA - 22oz	422	0	0	0	0	0	18	46	0	0	3.7	
BLUE MOON - 16oz	245	0	0	0	0	0	7	28	0	0	2.4	
BLUE MOON - 22oz	337	0	0	0	0	0	9	39	0	0	3.3	
BUD LIGHT - 16oz	192	0	0	0	0	0	20	16	0	0	1.3	
BUD LIGHT - 22oz	264	0	0	0	0	0	27	22	0	0	1.8	
COACHELLA VALLEY PHOENIX LAGER - 16oz	196	0	0	0	0	0	10	16	0	0	1.0	
COACHELLA VALLEY PHOENIX LAGER - 22oz	269	0	0	0	0	0	14	22	0	0	1.4	
COORS LIGHT - 16oz	192	0	0	0	0	0	20	12	0	0	1.3	
COORS LIGHT - 22oz	264	0	0	0	0	0	27	17	0	0	1.8	
CORONADO ORANGE AVENUE WIT - 16oz	206	0	0	0	0	0	15	20	0	0	2.0	
CORONADO ORANGE AVENUE WIT - 22oz	283	0	0	0	0	0	21	28	0	0	2.8	
DALE BROTHERS POMONA QUEEN LAGER - 16oz	286	0	0	0	0	0	20	25	0	0	2.0	
DALE BROTHERS POMONA QUEEN LAGER - 22oz	393	0	0	0	0	0	28	34	0	0	2.8	
DESCHUTES BLACK BUTTE PORTER - 16oz	256	0	0	0	0	0	10	27	0	0	2.0	
DESCHUTES BLACK BUTTE PORTER - 22oz	352	0	0	0	0	0	14	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	413	0	0	0	0	0	28	41	0	0	2.8	
DESCHUTES HOP SLICE IPA - 16oz	213	0	0	0	0	0	20	21	0	0	2.0	
DESCHUTES HOP SLICE IPA - 220z	293	0	0	0	0	0	28	29	0	0	2.8	
DESCHUTES INVERSION IPA - 16oz	304	0	0	0	0	0	20	30	0	0	2.0	
DESCHUTES INVERSION IPA - 22oz	418	0	0	0	0	0	28	41	0	0	2.8	
DESCHUTES MIRROR POND PALE ALE - 16oz	227	0	0	0	0	0	20	18	0	0	2.0	
DESCHUTES MIRROR POND PALE ALE - 22oz	312	0	0	0	0	0	28	25	0	0	2.8	
DESCHUTES PACIFIC WONDERLAND LAGER - 16oz	290	0	0	0	0	0	20	25	0	0	2.0	
DESCHUTES PACIFIC WONDERLAND LAGER - 220z	398	0	0	0	0	0	28	34	0	0	2.8	
DOGFISH HEAD INDIAN BROWN - 16oz	307	0	0	0	0	0	13	41	0	0	2.7	
DOGFISH HEAD INDIAN BROWN - 22oz	422	0	0	0	0	0	18	56	0	0	3.7	
DOS EQUIS LAGER - 16oz	173	0	0	0	0	0	10	15	0	0	1.0	
DOS EQUIS LAGER - 2002  DOS EQUIS LAGER - 220z	238	0	0	0	0	0	14	21	0	0	1.4	
FIRESTONE-WALKER 805 - 16oz	200	0	0	0	0	0	7	24	0	0	2.0	
		0	0	0	0	0	9	33	0	0	2.7	
FIRESTONE-WALKER 805 - 220z	275											
FIRESTONE-WALKER LUPONIC DISTORTION - 16oz	247	0	0	0	0	0	7	27	0	0	2.7	
FIRESTONE-WALKER LUPONIC DISTORTION - 220z	339	0	0	0	0	0	9	37	0	0	3.7	
FIRESTONE-WALKER PALE 31 - 16oz	195	0	0	0	0	0	13	23	0	0	2.7	
FIRESTONE-WALKER PALE 31 - 22oz	268	0	0	0	0	0	18	32	0	0	3.7	
FIRESTONE-WALKER PICO PILSNER - 16oz	201	0	0	0	0	0	13	21	0	0	1.3	
FIRESTONE-WALKER PICO PILSNER - 22oz	277	0	0	0	0	0	18	29	0	0	1.8	



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	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN	
DRAFT BEER	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)	
FIRESTONE-WALKER UNION JACK IPA - 16oz	283	0	0	0	0	0	13	30	0	0	2.7	
FIRESTONE-WALKER UNION JACK IPA - 22oz	389	0	0	0	0	0	18	42	0	0	3.7	
FIRESTONE-WALKER VELVET MERLIN - 16oz	353	0	0	0	0	0	13	43	0	0	2.9	
FIRESTONE-WALKER VELVET MERLIN - 220Z	486						18	59			4.0	
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 16oz	243	0	0	0	0	0	0	25	0	0	2.7	
FOUR PEAKS KILT LIFTER SCOTTISH ALE - 220z  GREAT DIVIDE YETI IMPERIAL STOUT - 160z	334 413	0	0	0	0	0	13	34 55	0	0	3.7 2.7	
GREAT DIVIDE YETI IMPERIAL STOUT - 1002	568	0	0	0	0	0	18	76	0	0	3.7	
HANGER 24 BETTY IPA - 16oz	285	0	0	0	0	0	15	30	0	0	2.0	
HANGER 24 BETTY IPA - 1002 HANGER 24 BETTY IPA - 22oz	392	0	0	0	0	0	21	41	0	0	2.8	
HANGER 24 HELLES LAGER - 16oz	267	0	0	0	0	0	20	18	0	0	2.0	
HANGER 24 HELLES LAGER - 220z	367	0	0	0	0	0	28	25	0	0	2.8	
HANGER 24 ORANGE WHEAT - 16oz	258	0	0	0	0	0	15	30	0	0	2.0	
HANGER 24 ORANGE WHEAT - 1002 HANGER 24 ORANGE WHEAT - 22oz	354	0	0	0	0	0	21	41	0	0	2.8	
	265	0	0	0	0	0	52	28	0	0	2.3	
KARL STRAUSS AURORA HOPPYALIS IPA - 16oz  KARL STRAUSS AURORA HOPPYALIS IPA - 22oz	364	0	0	0	0	0	71	39	0	0	3.1	
KARL STRAUSS AUROKA HUPPTALIS IPA - 2202  KARL STRAUSS MOSAIC SESSION IPA - 16oz	214	0	0	0	0	0	47	21	0	0	2.9	
KARL STRAUSS MOSAIC SESSION IPA - 1602  KARL STRAUSS MOSAIC SESSION IPA - 2202	214	0	0	0	0	0	64	28	0	0	4.0	
KARL STRAUSS MUSAIC SESSION IPA - 2202  KARL STRAUSS RED TROLLEY ALE - 16oz	295	0	0	0	0	0	58	35	0	0	2.9	
		0	0	0	0	0			0	0		
KARL STRAUSS RED TROLLEY ALE - 22oz	379	0	0	0	0	0	80	49	0	0	4.1	
KARL STRAUSS TOWER 10 IPA - 16oz	279	0	0	0	0	0	54	28	0	0	2.3	
KARL STRAUSS TOWER 10 IPA - 220z	384	0			0	0	74	39	0	0	3.2	
KNEE DEEP BREAKING BUD IPA - 16oz	242	0	0	0	0		17	20	0	0	2.8	
KNEE DEEP BREAKING BUD IPA - 22oz	332					0	23	27	0	0	3.8	
KONA BIG WAVE GOLDEN ALE - 16oz	176	0	0	0	0	0	13	18			1.9	
KONA BIG WAVE GOLDEN ALE - 22oz	242	0	0	0	0	0	18	24	0	0	2.7	
KONA CASTAWAY IPA - 16oz	232	0	0	0	0	0	13	21	0	0	3.1	
KONA CASTAWAY IPA - 220z	319	0	0	0	0	0	18	29 20	0	0	4.2	
KONA FIRE ROCK PALE ALE - 16oz	248	0	0	0	0	0	13	27	0	0	2.7	
KONA FIRE ROCK PALE ALE - 220z	341 192	0	0	0	0	0	18		0	0	3.7	
KONA HANALEI ISLAND IPA - 1602	264	0	0	0	0	0	13 18	20 27	0	0	1.9 2.6	
KONA HANALEI ISLAND IPA - 220z KONA LONGBOARD LAGER - 16oz	192	0	0	0	0	0	13	20	0	0	2.7	
KONA LONGBOARD LAGER - 22oz	264	0	0	0	0	0		27	0	0		
KONA PIPELINE PORTER - 16oz	247	0	0	0	0	0	18 13	27	0	0	3.7 2.7	
	339	0	0	0	0	0	18	37	0	0	3.7	
KONA PIPELINE PORTER - 220z  LAGUNITIAS IPA - 16oz	250	0	0	0	0	0	20	25	0	0	3.5	
LAGUNITIAS IPA - 1602 LAGUNITIAS IPA - 220z	344	0	0	0	0	0	28	35	0	0	4.9	
LAGUNITIAS PILSNER - 16oz	221	0	0	0	0	0	18	19	0	0	3.4	
LAGUNITIAS PILSNER - 1002  LAGUNITIAS PILSNER - 220z	304	0	0	0	0	0	25	26	0	0	4.7	
LEFT COAST TRESTLES IPA - 16oz		0	0	0	0	0			0	0		
LEFT COAST TRESTLES IPA - 1602 LEFT COAST TRESTLES IPA - 2202	282 388	0	0	0	0	0	15 21	25 34	0	0	2.0	
		0	0	0	0	0			0	0		
MAUI BIG SWELL IPA - 16oz MAUI BIG SWELL IPA - 22oz	259 356	0	0	0	0	0	13 18	25 34	0	0	4.0 5.5	
			0	0								
MAUL BIKINI BLONDE - 16oz	208	0			0	0	13	23	0	0	2.7	
MAUI BIKINI BLONDE - 220z	286	0	0	0	0	0	18	32	0	0	3.7	
MODERN TIMES BLACK HOUSE STOUT - 1602	279	0	0	0	0	0	44	37	0	0	2.8	
MODERN TIMES BLACK HOUSE STOUT - 2202	383	0	0	0	0	0	61	52	0	0	3.8	
MODERN TIMES FORTUNATE ISLANDS WHEAT - 16oz	200	0	0	0	0	0	42	18	0	0	3.2	
MODERN TIMES FORTUNATE ISLANDS WHEAT - 22oz	275	0	0	0	0	0	58	25	0	0	4.4	
MOTHER EARTH CALI CREAMIN - 16oz	220	0	0	0	0	0	13	23	0	0	2.7	
MOTHER EARTH CALI CREAMIN - 22oz	302	0	0	0	0	0	18	32	0	0	3.7	
NEWCASTLE BROWN - 16oz	187	0	0	0	0	0	13	23	0	0	1.3	
NEWCASTLE BROWN - 22oz	257	0	0	0	0	0	18	32	0	0	1.8	
OAK CREEK NUT BROWN ALE - 16oz	240	0	0	0	0	0	20	25	0	0	2.0	
OAK CREEK NUT BROWN ALE - 22oz	330	0	0	0	0	0	28	34	0	0	2.8	



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DRAFT BEER	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT (g)	TRANS FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
OSKAR BLUES PRISCILLA AMERICAN WIT - 16oz	200	0	0	0	0	0	13	23	0	0	0.0
OSKAR BLUES PRISCILLA AMERICAN WIT - 22oz	275	0	0	0	0	0	18	32	0	0	0.0
PACIFICO - 16oz	191	0	0	0	0	0	16	26	0	0	0.8
PACIFICO - 22oz	262	0	0	0	0	0	22	35	0	0	1.0
ROGUE HAZELNUT BROWN - 16oz	285	0	0	0	0	0	15	25	0	0	2.0
ROGUE HAZELNUT BROWN - 22oz	392	0	0	0	0	0	21	34	0	0	2.8
SAINT ARCHER BLONDE - 16oz	265	0	0	0	0	0	15	20	0	0	2.0
SAINT ARCHER BLONDE - 22oz	364	0	0	0	0	0	21	28	0	0	2.8
SAM ADAMS BOSTON LAGER - 16oz	240	0	0	0	0	0	27	18	0	0	2.7
SAM ADAMS BOSTON LAGER - 22oz	330	0	0	0	0	0	37	24	0	0	3.7
SAN TOP HOP SHOCK IPA - 16oz	292	0	0	0	0	0	13	29	0	0	3.1
SAN TOP HOP SHOCK IPA - 22oz	401	0	0	0	0	0	18	40	0	0	4.2
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 16oz	225	0	0	0	0	0	13	29	0	0	1.8
SAN TOP MR. PINEAPPLE AMERICAN WHEAT - 22oz	310	0	0	0	0	0	18	40	0	0	2.5
SIERRA NEVADA CELEBRATION - 16oz	234	0	0	0	0	0	40	26	0	0	2.6
SIERRA NEVADA CELEBRATION - 22oz	322	0	0	0	0	0	54	36	0	0	3.5
SIERRA NEVADA PALE ALE - 16oz	298	0	0	0	0	0	37	35	0	0	1.0
SIERRA NEVADA PALE ALE - 22oz	409	0	0	0	0	0	51	48	0	0	1.3
STELLA ARTOIS - 16oz	204	0	0	0	0	0	20	20	0	0	2.0
STELLA ARTOIS - 22oz	281	0	0	0	0	0	28	28	0	0	2.8
STONE DELICIOUS IPA - 16oz	293	0	0	0	0	0	33	29	0	0	3.2
STONE DELICIOUS IPA - 22oz	403	0	0	0	0	0	46	40	0	0	4.4
STONE IPA - 16oz	281	0	0	0	0	0	26	30	0	0	3.3
STONE IPA - 22oz	387	0	0	0	0	0	35	41	0	0	4.6
STONE JINDIA PALE ALE - 16oz	220	0	0	0	0	0	20	20	0	0	2.0
STONE JINDIA PALE ALE - 22oz	303	0	0	0	0	0	28	28	0	0	2.8
STONE RIPPER PALE ALE - 16oz	227	0	0	0	0	0	33	24	0	0	2.6
STONE RIPPER PALE ALE - 22oz	312	0	0	0	0	0	45	33	0	0	3.6
STONE RUINATION DOUBLE IPA 2.0 - 16oz	339	0	0	0	0	0	32	36	0	0	3.7
STONE RUINATION DOUBLE IPA 2.0 - 22oz	466	0	0	0	0	0	44	50	0	0	5.1
STONE WHO YOU CALLIN' WUSSIE PILSNER - 16oz	236	0	0	0	0	0	23	25	0	0	2.6
STONE WHO YOU CALLIN' WUSSIE PILSNER - 22oz	325	0	0	0	0	0	31	35	0	0	3.6
TENAYA CREEK BROWN ALE - 16oz	227	0	0	0	0	0	27	23	0	0	2.7
TENAYA CREEK BROWN ALE - 22oz	312	0	0	0	0	0	37	32	0	0	3.7
	TOTAL	CALORIES	TOTAL FAT	SATURATED	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	DIETARY	SUGARS	PROTEIN
BOTTLED BEER - 12oz	CALORIES	FROM FAT	(g)	FAT (g)	(g)	(mg)	(mg)	(g)	FIBER (g)	(g)	(g)
ANGRY ORCHARD CIDER	190	0	0	0	0	0	15	20	0	0	0.0
BLUE MOON	185		0	0			5	16	0		1.8
BUD LIGHT	110	0	0	0	0	0	10	7	0	0	0.5
BUDWEISER	145	0	0	0	0	0	10	11	0	0	1.0
CORONA EXTRA	159		0	0			14	14	0	0	1.3
CORONA LIGHT	107	0			0	0	18	5			1.0
HEINEKEN	150	0	0	0	0	0	10	11	0	0	1.0
HEINEKEN LIGHT	99	0	0	0	0	0	8	7	0	0	1.0
KONA BIG WAVE GOLDEN ALE	132	0	0	0	0	0	10	10	0	0	1.5
MICHELOB ULTRA	95	0	0	0	0	0	10	3	0	0	1.0
MILLER LITE	96	0	0	0	0	0	5	3	0	0	0.9
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)	175	0	0	0	0	0	10	15	0	0	2
STELLA ARTOIS	154	0	0	0	0	0	10	15	0	0	1

This Nutrition data was prepared on April 2017 by Fast & Healthy Nutrition. This data has been determined solely based on the recipes, yields, and ingredient specification sheets provided to us by ISLANDS RESTAURANT. Fast & Healthy Nutrition is not responsible for the accuracy of the recipes or the information contained on the ingredient specification sheets that were supplied to us for any of the recipes listed in this document. 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 this date of this analysis.