



GET BAKED.

www.islandwing.com



GET BAKED—NOT FRIED

It all started with a simple idea. Keep the taste but ditch the grease. That's why you won't find a single fryer in our restaurant. So get ready to take a trip to a place where everything is baked - not fried. That's why we say "Get Baked" and enjoy the trip. No passport required!

YOUR MAP TO BAKED TREASURE



ISLAND FAVORITE



VEGETARIAN



VEGETARIAN OPTION AVAILABLE

APPETIZERS

CHEESY BUFFALO CHICKEN DIP

Seasoned shredded chicken, smothered with our delicious Mild Buffalo sauce, homemade buttermilk ranch and a festive three cheese blend. Baked until bubbly and served with tortilla chips for dipping. \$8.95

BASKET OF ISLAND FRIES

Awesome made easy. A basket of our crispy baked Island Fries, lightly seasoned and served with two of our delicious dipping sauces. Choose your sauce combo! Magic Jerk sauce, Golden BBQ, wasabi ranch, chipotle ranch, jalapeño ranch, or our homemade buttermilk ranch. \$5.95

BAKED AND BATTERED GREEN BEANS

Garden picked green beans surrounded by crunchy batter and baked to crispy perfection. Dip them in our homemade buttermilk ranch or wasabi ranch and taste the greatness. \$7.95

SPICY SMOKED YELLOWFIN TUNA DIP

Top quality, wild caught yellowfin tuna smoked to perfection and kicked up with our fiery jalapeño ranch for the perfect blend of smoke and spice. Served with a side of crackers. \$9.95

BACON CHEESE FRIES

What makes fries better? Cheese. What makes everything better? Bacon! So we give you both! Served with a side of our homemade buttermilk ranch or chipotle ranch dressing. \$7.95

CHEEZY CHILI FRIES

Our crispy baked Island Fries piled high and covered with our meaty chili and plenty of melted cheese. \$8.95

BEER BATTERED MOZZARELLA STICKS

A new spin on an old classic. We eliminated the fryer and accentuated the flavor. Stringy mozzarella served with zingy marinara. \$7.95



SPICY SMOKED YELLOWFIN TUNA DIP

CORNY MINI DOGS

Mini hot dogs, battered, baked and delightfully crispy. Served with a side of tangy honey mustard. Made to share, but you'll want to keep these puppies for yourself! \$7.95

STEAMED SEASONAL VEGGIE BASKET

You're sure to get your serving of veggies with this generous helping of seasoned steamed veggies. \$5.95

CHEESEBURGER NACHOS

A generous bed of warm tortilla chips smothered in a melty three cheese blend. Topped with 8 oz. of chopped beef, our homemade special sauce, shredded lettuce, pickle slices and diced tomato. (Sesame seed bun not included) \$12.95

HAWAIIAN BBQ CHICKEN NACHOS

Another Island original. Our zesty 3 cheese blend generously "Lei'd" on top of a pile of warm tortilla chips. Finished with the perfect marriage of flavors in jalapeño slices, shredded lettuce, our signature Pineapple Coconut Rum Slaw and smoky shredded BBQ chicken. \$12.95

BOWL OF CHILI

A bowl of spicy, meaty goodness. \$5.95
The only way to make it better is to add cheese and all you'll have to add is a buck, as in \$1.



BOOMIN' SHROOM



ASIAN SESAME SALAD

GREENS

YOUR CHOICE \$10.95

All of our greens are chopped and tossed fresh-to-order. Substitute mahi or shrimp for \$3. Choice of blackened or grilled.

QUORN VEGETARIAN NUGGETS AVAILABLE UPON REQUEST.

MAINLAND FIX*

House greens lightly tossed with our raspberry vinaigrette and topped with tender grilled chicken, crunchy apple chips, dried cranberries, feta cheese, sliced strawberries and candied pecan pralines. It'll be your favorite new fix.

BUFFALO CHICKEN SALAD

We take a crispy breaded and baked chicken breast and toss it in our Medium Buffalo sauce and place it on top of greens tossed in our homemade ranch. We finish it off with diced tomatoes and shredded colby jack cheese.

FUNKY JERK

You'll be gettin' down with this salad! House greens lightly tossed in mango curry vinaigrette with tender grilled chicken, diced pineapple, cool avocado and our juju jerk seasoning. It's funky and fabulous.

QUESADILLAS

CHEEZY CHICKEN

We take a 12-inch tortilla and stuff it with plenty of colby jack cheese and tender grilled chicken then we grill it until it's crispy and golden brown. \$8.95
Kick it up with Buffalo sauce and ranch for \$1.

VEGGIN' OUT

This meatless masterpiece is stuffed full of zucchini, summer squash, sautéed onions, mushrooms and a heaping helping of colby jack cheese. \$8.95

FLYIN' HAWAIIAN

Say 'Aloha' to tender grilled chicken as it luaus with tangy Hawaiian BBQ sauce, sweet juicy pineapple and an eruption of colby jack cheese. \$9.95

BOOMIN' SHROOM

We light the fuse with smoky bacon, tender grilled chicken, colby jack cheese, delicious sautéed mushrooms and serve it with a side of our incredible wasabi ranch. \$9.95

BIG SHRIMPIN'

Grilled shrimp tossed in our Medium Buffalo sauce, then topped with homemade buttermilk ranch dressing and melty colby jack cheese. Shrimpin' made easy. \$9.95



SOUTHWEST CHICKEN SALAD

SOUTHWEST CHICKEN SALAD

House greens tossed in our homemade chipotle ranch with shredded colby jack cheese, diced tomatoes, roasted corn, black beans, crunchy tortilla strips, and crispy breaded and baked chicken breast.

BBQ LUAU*

House greens lightly tossed with balsamic vinaigrette then topped with juicy pineapple, crumbled feta cheese, candied pecan pralines and our sweet and smoky Hawaiian BBQ chicken. Grass skirts optional.

ASIAN SESAME SALAD

House greens tossed in our signature sesame dressing, accompanied by tender teriyaki chicken, mandarin oranges, snow peas, matchstick carrots and crunchy wontons. No passport required, but we do recommend a fork.

HALF-POUND BURGERS

All of our burgers are cooked to medium-well and served on a toasted brioche bun with your choice of Island Fries, Reggae Rice, Steamed Veggies or Pineapple Coconut Rum Slaw.

BOCA BURGER AVAILABLE UPON REQUEST.

CLASSIC BURGER

A half-pound slab of beef topped with cheddar cheese, lettuce, tomato and pickle slices. \$9.95

THE BIG BOSS

A juicy burger covered with southern style BBQ sauce, cheddar cheese and smoky bacon. Then we add grilled pineapple, crispy onion straws, lettuce and tomato to complete this beast. \$10.95

MAC & CHEESEBURGER

Crazy good! A half-pound burger piled with our amazing Mac & Cheese and topped with cheddar and jalapeños to give it a kick. \$10.95

CALI BURGER

What do you get when you add teriyaki, cool avocado, spinach and mandarin oranges to a feta cheese-covered half-pound of beef? You get an amazing burger. \$10.95

THE BANDITO

This south-of-the-border burger is flavored with taco seasoning and comes riding into town on top of good ol' avocado. Then it's topped with cheddar cheese, crispy onion straws, lettuce, tomato and our homemade chipotle ranch dressing. Yee Haw! \$10.95

The INTIMIDATOR

This bully is coming for your lunch money and your manhood. Get ready for a tag team of two big burger classics. It all starts with The Trippy Hippy mushroom swiss burger, stacked up with a bacon cheddar monster. Then we pack Island Fries between the two, and deliver the final blow with tangy honey mustard dressing. All that madness is sandwiched between a triple-decker pretzel bun. Can you take it down? \$14.95



ADD-ONS

| | | | |
|-------------------|------|-------------------|------|
| EXTRA CHEESE | 1.00 | BACON | 1.50 |
| GRILLED ONIONS | 1.00 | CHILI | 1.50 |
| CRISPY ONIONS | 1.00 | SAUTÉED MUSHROOMS | 1.50 |
| GRILLED PINEAPPLE | 1.00 | AVOCADO | 1.50 |



MAC & CHEESEBURGER

THE TRIPPY HIPPY

A half-pound burger smothered with sautéed mushrooms and melted swiss cheese and then topped with lettuce and tomato. \$10.95

BUFFALO BLEU

A half-pound of awesome! Dressed with Buffalo sauce and homemade buttermilk ranch dressing and topped with bleu cheese crumbles and monterey jack cheese. Served with lettuce and tomato. \$10.95

MILLION DOLLAR MINI'S

For the burger purist. Two juicy seasoned mid-sized burgers topped with american cheese on toasted pretzel buns. They taste like a million bucks, but we'll cut you a deal. \$9.95

ISLAND PATTY MELT

A juicy grilled 1/2 LB burger topped with sliced jalapeños and melted cheddar cheese, paired up with grilled red and green bell peppers, grilled onions and our special Island sauce. Served on toasted marble rye bread. \$10.95



THE INTIMIDATOR

TACOS

Served with a side of our Reggae Rice.

JAH'MON JERK TACOS

First we grill the chicken and put it under a juju spell. Then we add homemade pineapple pico and boomtastic Magic Jerk sauce on top of cool cabbage. One bite and you are under the spell. \$10.95

BUFFALO CHICKEN TACOS

Our crispy breaded and baked chicken breast tossed in our Medium Buffalo sauce, sitting atop shredded lettuce and diced tomatoes. Finished off with a drizzle of our homemade buttermilk ranch dressing. If you like Buffalo, you're going to love these! \$10.95

THE SHRIMPALICIOUS

So good the shrimp volunteered! We put them on top of shredded cabbage, paired them with juicy mandarin oranges and covered them with our delicious Spicy Garlic Teriyaki sauce and homemade pineapple pico. These shrimp are packing heat! \$11.95

MAUI WOWWIE MAHI

Our juicy blackened mahi chillaxing with crunchy cabbage, homemade pineapple pico, our awesome Sweet Thai Chili sauce and finished with cool, fresh avocado. \$11.95



MAUI WOWWIE MAHI TACOS

SANDWICHES

Served with your choice of Island Fries, Reggae Rice, Steamed Veggies or Pineapple Coconut Rum Slaw.

CHICKEN CLUB

Everyone is a VIP with this club. Our crispy breaded and baked chicken breast topped with swiss cheese, crispy bacon and finished with lettuce, tomato and mayo on a toasted brioche bun. \$9.95

SWEET CARIBBEAN

We start with our famous grilled chicken covered with Sweet Caribbean sauce, then add our homemade pineapple pico and avocado to bring it all together and send your taste buds on vacation. Served on a toasted brioche bun. \$9.95

WHAT A JERK

This grilled chicken sandwich has an attitude thanks to our juju jerk seasoning, monterey jack cheese, grilled pineapple, lettuce, tomato and cool avocado. Then we finish it with our Magic Jerk sauce and serve it on a toasted brioche bun. \$9.95

KONA BBQ

Gettin' Tiki with it! This sandwich features our Sweet Hawaiian BBQ sauce, grilled pineapple, monterey jack cheese and lettuce all on top of tender grilled chicken and served on a toasted brioche bun. \$9.95

BUFFALO CHICKEN

This is one kickin' chicken! Crispy breaded and baked chicken breast with Buffalo sauce and homemade buttermilk ranch dressing, lettuce and tomato on a toasted brioche bun. \$9.95

BLACKENED MAHI MAHI

A reel favorite. A fillet of mahi blackened to perfection and served with lettuce and tomato on our pretzel bun. Complete it with tangy tartar or our Magic Jerk sauce. \$11.95

BLACKENED MAHI REUBEN

Our delicious take on a reuben sandwich. Featuring a juicy, blackened mahi fillet with crunchy shredded cabbage, cool tomato slices, melted swiss cheese and our special Island sauce on toasted marble rye bread. \$11.95



WHAT A JERK SANDWICH



BLACKENED MAHI REUBEN

ENTRÉES

ISLAND CHICKEN GRILL

A juicy marinated breast lightly seasoned and grilled to perfection, served up with tender steamed veggies and our flavorful Reggae Rice. Comes with a side of your favorite sauce. We highly recommend our Sweet & Spicy Mustard, BIG in flavor, low in calories. \$9.95
Want more protein? Add a second breast for \$3.

BLACKENED CHICKEN ALFREDO

A big bowl of cavatappi noodles smothered in delicious alfredo sauce and baked till bubbly. Then we top it off with a generous sprinkle of aged parmesan cheese and a breaded and blackened chicken breast. \$12.95
Substitute Mahi or Shrimp for \$3



CARIBBEAN SHRIMP

CARIBBEAN SHRIMP

We start with a huge bed of our flavorful Reggae Rice and top it with a mix of sautéed red and green peppers, grilled onions and sweet, juicy pineapple. Then the voodoo kicks in with a drizzle of our Magic Jerk sauce and a dozen delicious jerk shrimp. \$14.95

BLACKENED MAHI MAHI

A juicy, 6 oz. fillet of blackened fish deliciousness served with steamed seasonal veggies and your choice of our Reggae or Jasmine Rice. \$12.95

NO FRY STIR FRY

Your choice of chicken, shrimp or double veggies paired with an eclectic mix of snow peas, zucchini, summer squash, carrots and pineapple tossed in our very own kicked-up stir fry sauce. Served alongside a bed of Jasmine Rice. No sides needed for this bad boy. Chicken \$12.95 | Shrimp \$14.95 | Veggies \$11.95



BLACKENED MAHI MAHI

MAC & CHEESE

Add Chicken or Vegetarian Nuggets to any Mac.
Reg. \$2 | Monster \$3

TRADITIONAL MAC

Nothing too fancy about this one! A bowl of our twisted cavatappi noodles loaded with cheese and finished with a layer of crunchy panko breadcrumbs. Reg \$7.95 | Monster \$10.95

GARDEN MAC

Not your garden variety Mac & Cheese! Spiced with zesty herbs and topped with fresh steamed broccoli and a light panko breadcrumb crust. Mom said to eat your broccoli; we gave you a tasty way to do it. Reg \$8.95 | Monster \$11.95

BANGIN' BUFFALO MAC

Is it Mac & Cheese? Is it Buffalo? It's the best of both! (A Mac with an identity crisis.) We took an awesome bowl of Mac & Cheese and kicked it up with our famous Buffalo sauce. Then, we top it with our crunchy panko breadcrumbs and a generous sprinkle of bleu cheese and bake it to bubbly perfection. Add chicken to make it a trifecta. Reg \$8.95 | Monster \$11.95

MAC DADDY

After 7,433.5 requests we got the point! So we took a big cheesy bowl of our twisted cavatappi noodles and added savory, smoky bacon. Good call. It's so awesome, we had to call it the Mac Daddy! Reg \$8.95 | Monster \$11.95



CHILI MAC

CHILI MAC

A bowl of our house made Mac & Cheese topped with our meaty chili and finished with a layer of crunchy panko breadcrumbs. This is one blazin' bowl of meaty, cheesy goodness. Best dish in the house! Reg \$9.95 | Monster \$12.95

WINGS & TENDERS

GET BAKED, NOT FRIED!

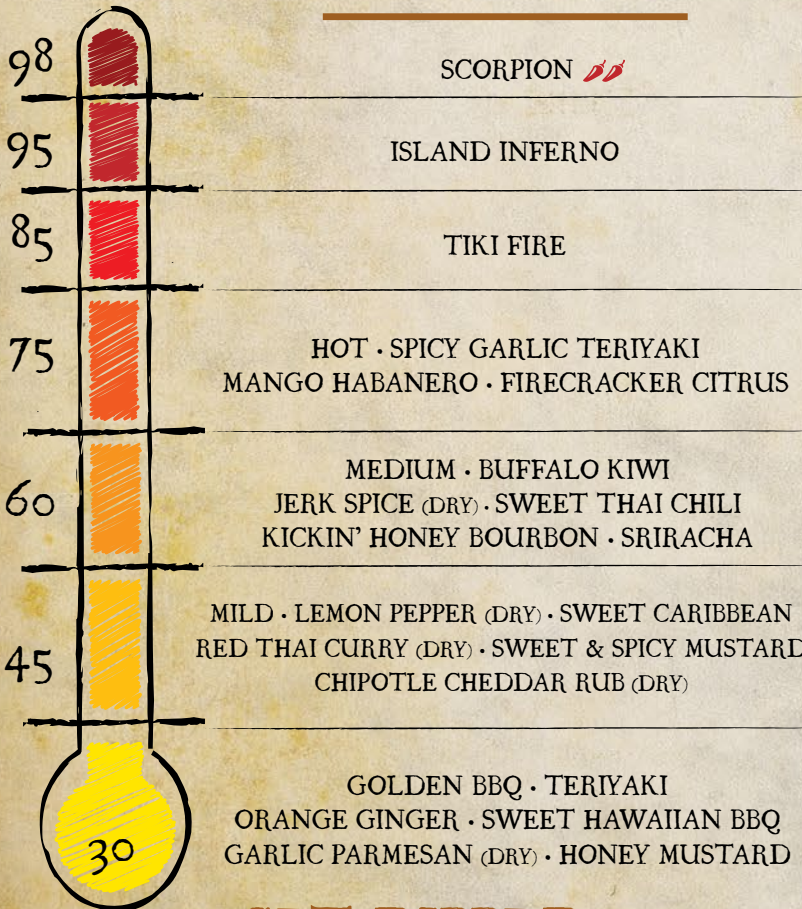
You won't find a fryer in our kitchen. That's because our wings and Island Fries are baked, so they taste great without the grease. Hey, use the bio-fuel for your car – get baked.

Add a side of Island Fries to any wing order for only \$2



TRADITIONAL WINGS

GET SAUCED



GET DIPPED

HOMEMADE BUTTERMILK RANCH • BLEU CHEESE • WASABI RANCH
JALAPENO RANCH • CHIPOTLE RANCH • MAGIC JERK SAUCE

\$3 Upcharge. Due to the extreme nature of the chilies used in making this sauce, including Ghost & Scorpion chilies, we recommend wearing gloves. Do not touch your eyes, nose, face or other body parts until you have washed your hands thoroughly. Please keep away from children.

TRADITIONAL

| | | |
|---------|---------|---------|
| 5 | 7 | 10 |
| \$5.95 | \$7.95 | \$10.95 |
| 15 | 30 | 50 |
| \$15.95 | \$29.95 | \$49.95 |

BONELESS

| | | |
|---------|---------|---------|
| 7 | 10 | 15 |
| \$7.95 | \$9.95 | \$13.95 |
| 30 | 50 | 100 |
| \$24.95 | \$39.95 | \$74.95 |

VEGETARIAN NUGGETS



| | | |
|---------|---------|---------|
| 7 | 10 | 15 |
| \$7.95 | \$9.95 | \$13.95 |
| 30 | 50 | 100 |
| \$24.95 | \$39.95 | \$74.95 |

JUMBO BREADED TENDERS

Tossed in your favorite sauce and served with ranch or blue cheese and your choice of Island Fries, Steamed Veggies, Reggae Rice or Pineapple Coconut Rum Slaw.

| | |
|--------|--------|
| 2 | 3 |
| \$7.95 | \$9.95 |

KID'S MENU

Kids under 12. Served with choice of Island Fries or Steamed Veggies and a kid's drink. \$5.95

CHICKEN WINGS (Regular or Boneless)

CHICKEN TENDERS

CORNY MINI DOGS

MAC & CHEESE ◆

ALFREDO PASTA ◆

BUTTERY PARMESAN PASTA ◆

CHEESE QUESADILLA ◆

CHEESEBURGER

◆ SIDE ITEMS

PINEAPPLE COCONUT RUM SLAW - \$2.95

ISLAND FRIES - \$2.95

STEAMED SEASONAL VEGGIES - \$2.95

JASMINE RICE - \$2.95

REGGAE RICE - \$2.95

STEAMED BROCCOLI - \$2.95

SAUTEED MUSHROOMS - \$2.95

SIDE SALAD - \$2.95

MAC & CHEESE - \$3.95

BEVERAGES

SOFT DRINKS \$2.49

Coke • Diet Coke • Sprite • Barq's Root Beer

Ask Server For Full Beverage Selection

FRESH BREWED TEAS \$2.49

Sweet Tea • Unsweet Tea • Zero Calorie Green Tea with Splenda® (Our Favorite)

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For franchising information, visit www.islandwingfranchise.com

Gratuity of 18% automatically added to tables of 8 or more guests.

Consumer advisory: Consuming raw or undercooked product can be hazardous to your health.

*These items contain nuts. Please be aware of any allergies you may have.