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!

APPETIZERS

Cheesy Buffalo Chicken Dip
Seasoned diced 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. $9.95

Crispy Coconut Shrimp
If you like coconut as much as you like shrimp, you’re going to LOVE these! We start with large shrimp that are coated in a double coconut breading with both coconut cream and shredded coconut, then we bake them till perfectly golden brown and crispy. Plunge one into our amazing Sweet Thai Chili sauce and enjoy the Island life. $10.95

Buffalo Roasted Cauliflower
No we don't actually have buffalo in the kitchen roasting cauliflower, but what we do have is fresh cauliflower roasted to order and tossed in a garlicky mild buffalo sauce. Served with your choice of homemade buttermilk ranch or bleu cheese for dipping, so grab a fork, it’s about to get tasty! $9.95

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. $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, honey mustard, wasabi ranch, chipotle ranch, jalapeño ranch, or our homemade buttermilk ranch. $6.95

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

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.

ORDER ONLINE AT ISLANDWING.COM
Spicy Smoked Yellowfin Tuna Dip
Highest 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 celery and a basket of crackers. $10.95

Ahi Poke Nachos
A plentiful plate loaded with crunchy wontons, marinated Ahi tuna, green onions, fresh pineapple & sesame seeds all topped off with our creamy Island Aioli. They’re a little spicy, a little tangy and TOTALLY amazing! $14.95

Pesto & Feta Veggie Bake
We take sautéed broccoli, zucchini, summer squash, red & green peppers, onions and mushrooms and toss them all into a crock. Then we top them with our house made pesto aioli, crumbled feta cheese, crispy onions and bake it to a brown & bubbly perfection. Lastly, we finish it with a drizzle of our savory basil pesto. This meatless masterpiece makes for a great sharable side or you can keep it all to yourself, we won’t judge! $9.95

Chips & Fire Roasted Salsa
Speaks for itself. $5.95 Make it a trio! Add Queso. $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

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. $8.95

Hawaiian BBQ Chicken Nachos
Another Island original. Our zesty three 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 diced BBQ chicken. $12.95

Loaded Hummus
A scoop of hummus surrounded with crumbled feta, fresh tomatoes, Kalamata olives and warm pita bread. $8.95

IWC FAVORITE   VEGETARIAN   VEGETARIAN OPTION AVAILABLE
FLATBREADS

Your Choice $10.95

**The Guinness**

This one's going down in the record books! We start with our Sweet & Peppery Polynesian sauce base on top of a thin and crispy crust. Then we top it with diced red and green peppers, diced onions, mozzarella cheese and plenty of thinly sliced Guinness beer brats. Its a little sweet, a little spicy and ridiculously good!

**BBQ Chicken & Bacon**

A thin and crispy crust topped with our Sweet Hawaiian BBQ sauce, Colby-Jack cheese, diced grilled chicken, bacon bits and caramelized onions. Sweet, smoky, savory and delicious all in one!

**Caribbean Jerk**

This Island-original starts with our thin & crispy crust topped with a sweet and spicy Jamaican jerk sauce, diced grilled chicken, pineapple, caramelized onions, melty mozzarella and aged Asiago cheese. Welcome to the Island!

**Chicken Bacon Ranch**

This flavor packed powerhouse starts with our homemade ranch base and gets topped with fresh mozzarella, tender diced chicken, smoky bacon bits, ripe tomatoes and finished with aged Asiago cheese. Then, it gets baked till it’s crispy, melty and amazing. It's sure to be one of your new Island favorites.

**Margherita**

A true Italian classic! A thin and crispy crust topped with a garlic parmesan white base, fresh basil leaves, sliced tomatoes and mozzarella cheese, all baked together till golden and bubbly. Then, we sprinkle it with tender baby greens and a balsamic reduction. Delicioso!

ORDER ONLINE AT ISLANDWING.COM
GREENS

Your Choice $12.95
Add: Grilled or Blackened Shrimp $4 | 6oz Mahi $4 | 8oz Salmon $6

• Quorn Veggie Nuggets available upon request.

Mainland Fix*

House greens topped with tender grilled chicken, crunchy apple chips, dried cranberries, feta cheese, sliced strawberries and candied pecan pralines with a side of our raspberry vinaigrette. 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. We finish it off with cherry tomatoes, crisp cucumbers and shredded Colby-Jack cheese and a side of our homemade ranch.

Greek Salad

House greens tossed together with fresh cherry tomatoes, tangy feta cheese, cucumbers and diced onions. Then, it’s topped with a tender grilled chicken breast and served with pepperoncinis and a side of delicious Greek dressing.

Southwest Chicken Salad

House greens topped with shredded Colby-Jack cheese, cherry tomatoes, roasted corn, black beans, crunchy tortilla strips, and a crispy breaded and baked chicken breast. Served with a side of our homemade chipotle ranch.

Blackened Caesar Salad

Crispy romaine lettuce tossed with our tangy Caesar dressing, crunchy croutons, cherry tomatoes, aged Asiago cheese and tender blackened chicken. Try it surf style with shrimp, mahi or salmon for an additional charge.

DRESSINGS

- Ranch
- Bleu Cheese
- Balsamic
- Raspberry Vinaigrette
- Chipotle Ranch
- Wasabi Ranch
- Honey Mustard
- Jalepeno Ranch

IWC FAVORITE  ♦ VEGETARIAN  ♦ VEGETARIAN OPTION AVAILABLE
MAC & CHEESE

Add Chicken or Veggie Quorn Nuggets to any Mac for $2

Traditional Mac

Get ready for some amazing mac and cheese! A crock filled with our twisted cavatappi noodles loaded with cheese and finished with a layer of crunchy panko breadcrumbs. $8.95

Mac Daddy

After 7,433.5 requests, we got the point! We took a big cheesy crock of our twisted cavatappi noodles and added savory, smoky bacon. Good call. It’s so awesome, we had to call it the Mac Daddy! $9.95

TACOS

Served with a side of our Reggae Rice.

Jah’mon Jerk

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

Buffalo Chicken

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

The Vegan

We pack three grilled tortillas with warm roasted corn, black beans, sautéed peppers and onions and southwest seasoning and finish them with fresh lime juice, cilantro and our Spicy Garlic Teriyaki sauce for an amazing combination of flavors and textures! These bad boys are proof that vegan food can be delicious. $10.95

ORDER ONLINE AT ISLANDWING.COM
SANDWICHES

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

Pesto Chicken
A toasted brioche bun topped with a crispy breaded and baked chicken breast, sliced tomatoes, pickles, melty Swiss cheese, aged parmesan and cool crunchy lettuce. Then, we finish it with our homemade pesto aioli and Presto, what a pesto! $10.95

What a Jerk
This grilled chicken sandwich has an attitude thanks to our juju jerk seasoning, Swiss 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. $10.95

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, pickles and mayo on a toasted brioche bun. $11.95

Blackened Mahi Mahi
A reel favorite! A fillet of mahi blackened to perfection and served with lettuce, tomato and tangy tarter sauce on a toasted pretzel bun. $12.95

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. $12.95

Blackened Ahi BLT
We take a soft and tasty ciabatta bun and add baby greens, sliced tomatoes and crispy bacon slices then top it off with a mouthwatering blackened ahi tuna steak and our cucumber wasabi aioli. It’s pure awesomeness! $14.95
**Tuna cooked to medium unless otherwise requested**

BBQ Pulled Pork
This Award-Winning combination of flavors is sure to surprise! We take a toasted brioche bun and add roasted pork mixed with our smoky golden BBQ sauce and pair it with pickle slices on the bottom and our pineapple coconut rum slaw on top. Grab a couple napkins and prepare to be amazed. (And yes, we really won an award with this combo.) $11.95

Buffalo Chicken
This is one kickin’ chicken! A crispy breaded and baked chicken breast tossed in our medium sauce and served up with lettuce, tomato and homemade buttermilk ranch on a toasted brioche bun. $10.95

IWC FAVORITE  VEGETARIAN  VEGETARIAN OPTION AVAILABLE

QUESADILLAS

Cheezy Chicken
We take a 12” 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. $9.95 Kick it up with Buffalo sauce and ranch for $1.

Steak & Cheese
A crispy grilled 12” tortilla stuffed with Colby-Jack cheese, grilled onions and tender grilled steak. Served with a side of our chipotle ranch to give it a little kick. $11.95

Big Shrimpin’
Grilled shrimp tossed in our Medium Buffalo sauce, then topped with homemade buttermilk ranch dressing and melty Colby-Jack cheese. Shrimp’ made easy. $11.95

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. Boom! $11.95
HALF-POUND BURGERS

All of our burgers are cooked medium-well and served on a toasted brioche bun with your choice of Island Fries, Reggae Rice, Baked Potato Salad, Steamed Veggies, Pineapple Coconut Rum Slaw or Side Salad. Boca Burger or Spicy Black Bean Burger available on request.

Classic Burger
A half-pound slab of beef topped with cheddar cheese, lettuce, tomato and pickle slices. $10.95

The Big Boss
A juicy burger covered with southern style BBQ sauce, cheddar cheese and smoky bacon. We add grilled pineapple, crispy onion straws, lettuce and tomato to complete this beast. $12.95

Mac & Cheeseburger
Crazy good! A half-pound burger piled with our amazing mac and cheese and topped with cheddar cheese and jalapeños to give it a kick. $11.95 Try it with bacon! $1.50

The All American
A tasty combination of classic flavors. Our half-pound burger topped with melted American cheese and smoky sliced bacon on a toasted bun, topped with lettuce, tomato, pickles, honey mustard and grilled onions. One bite and we’re sure you’ll agree this flavor-packed burger knocks it out of the park! $12.95

Buffalo Bleu
We start with a toasted brioche bun topped with lettuce and tomato and a juicy 8 oz grilled burger. Then, we top the burger with our tangy bleu cheese spread and drizzle the burger and the bun with our amazing new spicy buffalo mayo. $11.95

The Trippy Hippy
A half-pound burger smothered with sautéed mushrooms and melted Swiss cheese, topped with lettuce, tomato and mayo. $11.95

Million Dollar Minis
Two juicy seasoned mid-sized burgers topped with grilled onions, American cheese and two pickle slices on toasted slider buns. Tastes like a million bucks! $10.95

ADD-ONS
Extra Cheese $1
Grilled Onions $1
Grilled Pineapple $1
Bacon $1.50
Sautéed Mushrooms $1.50
Avocado $1.50

VEGGIE BURGERS

Spicy Black Bean Burger
This flavor-packed meatless burger starts with a toasted brioche bun loaded with a grilled spicy black bean burger, crunchy lettuce, fresh tomatoes, diced onions and pickle slices. Then we amp it up with melted cheddar cheese and our amazing Buffalo mayo. $10.95

The Boca-Sabi
We take a toasted ciabatta bun and create an incredible combination of flavors with a meatless boca burger topped with lettuce, tomatoes and crunchy fresh cucumber slices. Then we take it over the top with our cool cucumber wasabi aioli. $10.95

ORDER ONLINE AT ISLANDWING.COM
ENTRÉES

Island Chicken Grill
A marinated chicken breast grilled to perfection, served up with tender steamed veggies and our flavorful Reggae Rice. Comes with a side of our Sweet & Peppery Polynesian sauce. BIG in flavor, low in calories. $9.95 Want more protein? Add an extra chicken breast for $4.

Blackened Mahi Mahi
A juicy 6 oz filet of blackened fish deliciousness served with steamed seasonal veggies and your choice of our Reggae or Jasmine rice. Nuff said. $15.95

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 plenty of delicious jerk shrimp. $15.95

No Fry Stir Fry
Your choice of chicken, steak, 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. Veggies $11.95 | Chicken $12.95 | Steak $15.95 | Shrimp $15.95

Caribbean Grilled Salmon
A delicious mix of our favorites from the Caribbean islands! We start with a delicious 8 oz salmon filet perfectly seasoned with our signature blend of Caribbean spices. Then, we cook it to perfection and top it with juicy grilled pineapples and serve it alongside our coconut Jasmine rice and fresh steamed veggies. $18.95

Island BBQ Ribs
We searched high and low to find ribs that were tender and meaty enough to earn their way onto our menu, and these things deliver! We take a hefty 1/3 rack of ribs and cook them till they are fall-off-the-bone tender and coat them with our amazing Honey Stung BBQ sauce. Then, we pair them with our loaded baked potato salad and one side of your choice. This is BBQ like only the Island can do it! $14.95
CRISPY BAKED WINGS

GET SAUCED

Scorpion 🔥
Island Inferno
Tiki Fire
Hot • Spicy Garlic Teriyaki
Mango Habanero • Firecracker Citrus
Medium • Buffalo Kiwi • Kickin’ Honey Bourbon
Korean BBQ • Honey Garlic • Sweet Thai Chili
Jerk Spice (Dry) • Red Thai Curry (Dry)
Mild • Sweet & Peppery Polynesian
Honey Stung BBQ • Triple Garlic Buffalo
Sweet Carribean • Buffalo Lemon Pepper
Lemon Pepper (Dry) • Blackened (Dry)
Chipotle Cheddar Rub (Dry)
Sweet Bourbon BBQ • Golden BBQ • Teriyaki
Orange Ginger • Sweet Hawaiian BBQ
Honey Mustard • Garlic Parmesan (Dry)

GET DIPPED

Homemade Buttermilk Ranch • Bleu Cheese
Wasabi Ranch • Jalapeño Ranch • Chipotle Ranch
Magic Jerk Sauce • Honey Mustard

$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  Jumbo Boneless  Veggie Nuggets
5 - $6.95    7 - $7.95    7 - $7.95
7 - $9.95    10 - $10.95   10 - $10.95
10 - $12.95  15 - $15.95   15 - $15.95
15 - $17.95  30 - $29.95   30 - $29.95
30 - $34.95  50 - $49.95   50 - $49.95
50 - $59.95

GET BAKED • NOT FRIED

What does GETTING BAKED really mean? Our crispy baked wings are 60% lower in fat & calories** as compared to fried wings.

A 10 piece order of our buffalo wings averages 550 calories***, so relax and enjoy the Island life knowing you’ll still be ready for the beach.

ORDER ONLINE AT ISLANDWING.COM
**KID’S MENU**

Kids under 12. Served with choice of Island Fries or Steamed Veggies and a kid's drink. $6.95

- Chicken Nuggets
- Mini Corn Dogs
- Mac & Cheese
- Cheese or Pepperoni Pizza
- Cheese Quesadilla (add chicken for $2)
- Hamburger or Cheeseburger

Nuggets are tossed by request only, in sauces in the lowest/no heat category. Any sauce in a hotter category served on side only.

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**DESSERTS**

$6.95 Each

- Warm Brownie A La Mode*
- Key Lime Pie
- Ultimate Chocolate Cake
- White Chocolate Raspberry Cheesecake
- Reese’s Peanut Butter Pie*

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**SIDE ITEMS**

$3.49 Each

- Pineapple Coconut Rum Slaw
- Island Fries
- Loaded Baked Potato Salad
- Steamed Seasonal Veggies
- Jasmine Rice
- Reggae Rice
- Steamed Broccoli
- Sautéed Mushrooms
- Side Salad

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**ISLAND HAPPINESS TO GO!**

Have a big crowd to feed? We’ll cater to your Island! Ask your server for a copy of our catering menu to take home or to work! Visit Islandwing.com to contact your local IWC and plan your next catering event.
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.

** Compared to comparable fried jumbo wings, excludes ranch or bleu cheese dipping sauces.

*** Calories for regular buffalo sauces excluding mild, totals vary with other sauces & rubs, does not include ranch or bleu cheese dripping sauces.

For franchising information, visit Islandwingfranchise.com.