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GET BAKED.

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Destin, Fl 32541
(850) 837-2999

TALLAHASSEE, FLORIDA
1370 Market Street
Tallahassee Fl 32312
(850) 692-3116

GULF SHORES, ALABAMA
3947 Hwy 59 Suite 100
Gulf Shores, Al 36542
(251) 970-1337

AUBURN, ALABAMA*
200 West Glenn Ave #200
Auburn, Al 36830
(334) 501-9555

* Limited Menu

www.islandwing.com

ISLAND FAVORITE VEGETARIAN VEGETARIAN OPTION AVAILABLE

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

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. \$8.95

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

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

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 diced BBQ chicken. \$12.95



SPICY SMOKED YELLOWFIN TUNA DIP

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.

HUMMUS

Served with warm pita bread. \$7.95

CHIPS & FIRE ROASTED SALSA

Speaks for itself. \$5.95

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 luau's 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. Boom! \$10.95

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. \$10.95



BOOMIN' SHROOM

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 house made crust. Then we top it with diced red & 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

Our house made 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

Our house made crust topped with our signature Magic Jerk sauce, mozzarella cheese, diced grilled chicken, diced onions & pineapple tidbits. Then we finish this island original off with a sprinkle of our delicious Jerk Spice. Welcome to the island!

BUFFALO CHICKEN

Mild Buffalo sauce, diced grilled chicken, mozzarella cheese and diced tomatoes piled on top of our house made crust and baked till golden brown. Then we finish it off with a drizzle of our awesome homemade buttermilk ranch.

MARGHERITA

A true Italian classic! Our house made 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!

MEDITERRANEAN

Our house made crust topped with a garlic parmesan white base, sliced tomatoes, tangy Feta and Mozzarella cheeses. Then we bake it till it's brown and bubbly and finish it with a drizzle of smooth basil pesto. Welcome to club Med!



MARGHERITA FLATBREAD

GREENS

YOUR CHOICE \$11.95

Substitute Mahi, Organic Tilapia or Shrimp for \$3. Choice of blackened or grilled.

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 diced tomatoes and shredded colby jack cheese and a side of our homemade ranch.

GREEK SALAD

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

SOUTHWEST CHICKEN SALAD

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

■ QUORN VEGETARIAN NUGGETS AVAILABLE UPON REQUEST.



ASIAN SESAME SALAD

ASIAN SESAME SALAD

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

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

A 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

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. \$12.95

BAJA FISH TACOS

A trio of warm tortillas piled high with crunchy cabbage, fresh diced tomatoes & garlic herb crusted organic Tilapia. All finished off with a drizzle of our homemade pesto Aioli and chopped fresh Cilantro. \$12.95



MAUI WOWWIE MAHI TACOS



BAJA FISH TACOS

SANDWICHES

Served with your choice of Island Fries, Reggae Rice, Steamed Veggies, Greek Pasta Salad 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. \$10.95

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. \$10.95

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. \$10.95

PESTO CHICKEN

A toasted brioche bun topped with a crispy breaded and baked chicken breast, sliced tomatoes, 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

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

BLACKENED MAHI MAHI

A reel favorite. A fillet of mahi blackened to perfection and served with lettuce and tomato on our pretzel bun. Served with a side of our tangy tartar sauce. \$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 MAHI REUBEN

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, Greek Pasta Salad 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. \$10.95

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. \$11.95

MAC & CHEESEBURGER

Crazy good! A half-pound burger topped with cheddar cheese and piled high with our amazing Mac & Cheese. Then we add jalapenos to give it a kick. \$11.95

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! \$11.95

THE TRIPPY HIPPY

A half-pound burger smothered with sautéed mushrooms and melted swiss cheese and then topped with lettuce and tomato. \$11.95

BUFFALO BLEU

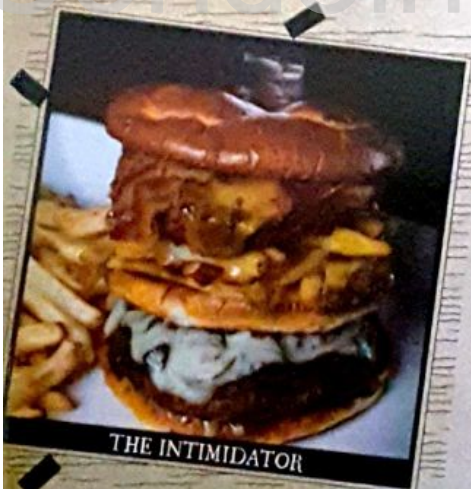
A half-pound of awesome! Dressed with Buffalo sauce and homemade buttermilk ranch dressing and topped with bleu cheese crumbles and monterey jack cheese. Served with lettuce and tomato. \$11.95

MILLION DOLLAR MINIS

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. \$10.95



MAC & CHEESEBURGER



THE INTIMIDATOR

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? \$16.95

ADD-ONS

EXTRA CHEESE	1.00	BACON	1.50
GRILLED ONIONS	1.00	SAUTÉED MUSHROOMS	1.50
GRILLED PINEAPPLE	1.00	AVOCADO	1.50

ENTRÉES

ISLAND CHICKEN GRILL

Two juicy marinated chicken breasts 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 & Peppery Polynesian, BIG in flavor, low in calories. \$12.95

PESTO SHRIMP SCAMPI

Our deliciously twisted version of a classic! We take a huge bowl of Cavatappi noodles smothered with fresh diced tomatoes, aged Parmesan cheese and our homemade lemon garlic butter and bake them to bubbly perfection. Then we top it with succulent grilled shrimp and tangy basil pesto. Its pesto perfection! \$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 our delicious jerk shrimp. \$15.95



BLACKENED ORGANIC TILAPIA

A juicy fillet of blackened fish deliciousness! Our Tilapia is moist, flaky and mild and is sure to be one of your new favorites! Served with steamed seasonal veggies and your choice of Reggae or Jasmine rice. \$15.95

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 \$15.95 | Veggies \$11.95

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

VEGGIE MAC

Not your garden variety Mac & Cheese! Spiced with zesty herbs and topped with tomatoes, bell peppers, jalapenos and crispy onion straws. Mom said eat your veggies, so we gave you a tasty way to do it. 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

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. Our best kept secret! Reg \$9.95 | Monster \$12.95

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



WINGS & TENDERS

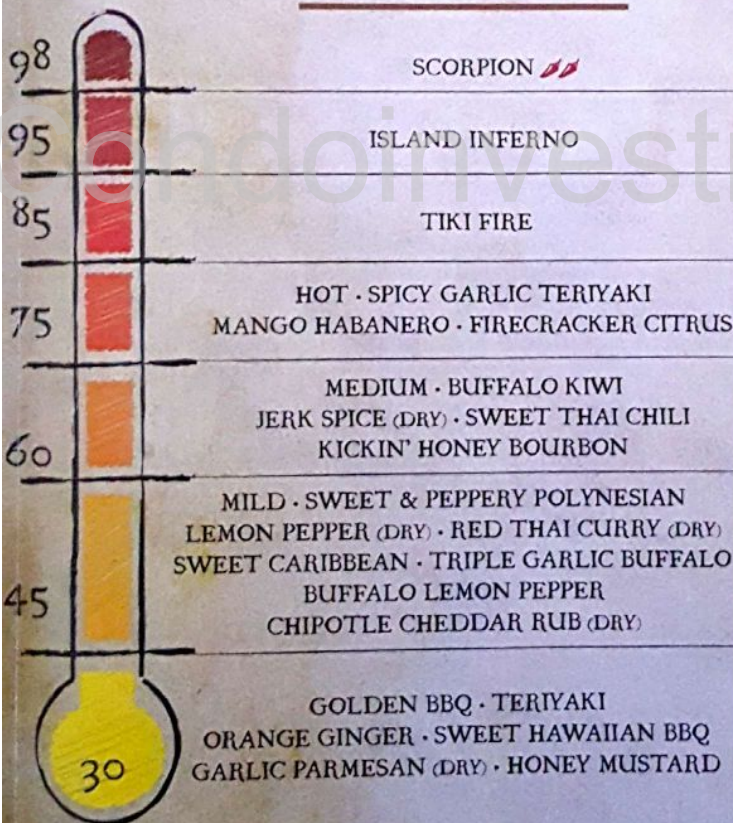
GET BAKED, NOT FRIED!

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.



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
\$6.95	\$8.95	\$11.95
15	30	50
\$16.95	\$33.95	\$54.95

BONELESS

7	10	15
\$7.95	\$9.95	\$14.95
30	50	100
\$27.95	\$44.95	\$84.95

VEGETARIAN NUGGETS

7	10	15
\$7.95	\$10.95	\$15.95
30	50	100
\$29.95	\$49.95	\$89.95

FIRE GRILLED 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)

GRILLED CHICKEN TENDERS

CORNY MINI DOGS

MAC & CHEESE ◆

CHEESE OR PEPPERONI PIZZA

NOODLES WITH BUTTER & PARMESAN ◆

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

GREEK PASTA SALAD - \$2.95

MAC & CHEESE - \$3.95

BEVERAGES

SOFT DRINKS \$2.49

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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.