

# NUTRITION GUIDE

ITEM	Serving Size	Serving Weight (grams)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
<b>FISH AND SEAFOOD</b>																	
Battered Fish	1 piece	92	260	140	16	4	4.5	35	790	17	0	0	12	2	8	2	4
Battered Shrimp	3 pieces	42	130	80	9	2.5	2.5	45	480	8	0	0	5	0	0	0	0
Popcorn Shrimp	1 snack box	83	270	140	16	4	4.5	75	570	23	1	1	9	0	0	35	8
Baked Cod	1 piece	101	120	40	4.5	1	0	90	240	1	0	0	22	4	0	2	4
Alaskan Flounder	1 piece	104	250	100	11	2.5	3	35	910	26	2	0	12	0	0	4	6
Buttered Lobster Bites	1 snack box	91	230	80	9	3	3	60	520	24	2	0	13	4	0	4	4
Breaded Clam Strips	1 snack box	85	320	170	19	4.5	7	35	1190	29	2	1	9	0	0	2	8
Grilled Pacific Salmon	2 filets	128	150	45	5	1	0	50	440	2	0	1	24	2	0	2	4
Grilled Tilapia	1 filet	116	110	20	2.5	1	0	55	250	1	0	1	22	0	0	2	2
Shrimp Scampi	8 pieces	122	110	45	5	1	0.5	150	610	1	0	0	16	2	0	4	2
Lobster Stuffed Crab Cake	1 cake	62	170	80	9	2	0	30	390	16	1	0	6	0	0	6	4
<b>CHICKEN</b>																	
Chicken Plank®	1 piece	52	140	70	8	2	2.5	20	480	9	0	0	8	0	4	0	4
<b>SANDWICHES, BOWLS, &amp; MORE</b>																	
Fish Sandwich	1 sandwich	177	470	210	23	5	4.5	45	1210	48	3	4	18	8	4	6	15
Ultimate Fish Sandwich®	1 sandwich	199	530	250	28	8	5	60	1400	49	3	4	21	10	8	15	15
Chicken Sandwich	1 sandwich	137	360	140	15	3.5	2.5	25	900	40	3	4	14	6	4	6	15
Baja Fish Taco	1 taco	118	350	200	22	5	3.5	20	840	29	1	1	9	0	0	4	6
Freshside Grille Smart Choice Salmon	1 plate	304	280	60	7	2	0	50	1010	27	3	5	27	140	0	8	10
Freshside Grille Smart Choice Tilapia	1 plate	292	250	40	4.5	2	0	60	820	27	3	4	25	140	0	8	10
Freshside Grille Smart Choice Shrimp Scampi	1 plate	298	250	60	7	2	0.5	155	1180	27	3	4	19	140	0	10	10
Salmon Bowl without Sauce	1 bowl	383	380	70	8	2	0	50	1270	47	4	5	29	150	0	10	20
Salmon Bowl with Sauce	1 bowl	426	460	70	8	2.5	0	50	1660	65	4	22	30	150	2	10	20
Shrimp Bowl without Sauce	1 bowl	335	300	35	4	1.5	0	145	1200	46	4	4	20	150	0	10	15
Shrimp Bowl with Sauce	1 bowl	378	380	40	4.5	1.5	0	145	1580	64	4	21	21	150	2	10	15
<b>SAUCES/CONDIMENTS</b>																	
Cocktail Sauce	1 oz.	28	25	0	0	0	0	0	250	6	0	5	0	6	0	0	0
Tartar Sauce	1 oz.	28	100	80	9	1.5	0	15	250	4	0	3	0	0	0	0	0
Malt Vinegar	0.5 oz.	14	0	0	0	0	0	0	35	0	0	0	0	0	4	0	0
Ginger Teriyaki Sauce	1 packet	43	80	0	0	0	0	0	380	18	0	17	1	0	2	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0
Ketchup	1 packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0
<b>SIDES</b>																	
Fries- Platter Portion	3 oz.	85	230	90	10	2.5	3	0	350	34	3	0	3	0	25	0	0
Fries- Basket Combo Portion	4 oz.	113	310	120	14	3.5	3.5	0	460	45	4	0	3	0	30	0	0
Hushpuppy	1 pup.	23	60	20	2.5	0.5	1	0	200	9	1	1	1	0	0	2	2
Cole Slaw	4 oz.	113	200	130	15	2.5	0	20	340	15	3	10	1	8	30	4	2
Corn Cobbette without Butter Oil	1 cobbette	95	90	25	3	0.5	0	0	14	3	6	3	2	2	0	2	2
Corn Cobbette with Butter Oil	1 cobbette	102	150	90	10	2	0	0	30	14	3	6	3	2	2	0	2
Crumbles®	1 oz.	28	170	110	12	2.5	4	0	410	14	1	0	1	0	0	0	2
Breadstick	1 breadstick	58	170	30	3.5	1	1	0	290	29	1	2	6	0	0	2	10
Vegetable Medley	4 oz.	113	50	15	2	0.5	0	0	360	8	3	3	1	140	0	4	2
Rice	5 oz.	142	180	10	1	0.5	0	0	470	37	2	1	4	6	0	2	15
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5	20	10	15	6
<b>DESSERTS</b>																	
Chocolate Cream Pie	1 slice pie	74	310	200	22	14	2	15	170	24	1	18	5	4	2	4	8
Pineapple Cream Pie	1 slice pie	89	290	110	13	7	2	15	210	39	1	26	4	4	10	8	4
Pecan Pie	1 slice pie	95	370	140	15	3	2	40	190	55	2	20	4	4	2	2	6
<b>BEVERAGES</b>																	
Pepsi®	kids 12 fl.oz.	150	0	0	0	0	0	0	35	42	0	40	0	0	0	0	0
Pepsi®	small 20 fl.oz.	250	0	0	0	0	0	0	60	70	0	67	0	0	0	0	0
Pepsi®	medium 32 fl.oz.	400	0	0	0	0	0	0	100	112	0	108	0	0	0	0	0
Pepsi®	large 40 fl.oz.	500	0	0	0	0	0	0	125	140	0	135	0	0	0	0	0
Mountain Dew®	kids 12 fl.oz.	160	0	0	0	0	0	0	50	43	0	43	0	0	0	0	0
Mountain Dew®	small 20 fl.oz.	270	0	0	0	0	0	0	85	72	0	72	0	0	0	0	0
Mountain Dew®	medium 32 fl.oz.	440	0	0	0	0	0	0	140	116	0	116	0	0	0	0	0
Mountain Dew®	large 40 fl.oz.	550	0	0	0	0	0	0	170	145	0	145	0	0	0	0	0
Sierra Mist®	kids 12 fl.oz.	150	0	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sierra Mist®	small 20 fl.oz.	250	0	0	0	0	0	0	50	67	0	67	0	0	0	0	0
Sierra Mist®	medium 32 fl.oz.	400	0	0	0	0	0	0	80	108	0	108	0	0	0	0	0
Sierra Mist®	large 40 fl.oz.	500	0	0	0	0	0	0	100	135	0	135	0	0	0	0	0
Tropicana® Fruit Punch	kids 12 fl.oz.	160	0	0	0	0	0	0	35	45	0	45	0	0	0	0	0
Tropicana® Fruit Punch	small 20 fl.oz.	270	0	0	0	0	0	0	60	75	0	75	0	0	0	0	0
Tropicana® Fruit Punch	medium 32 fl.oz.	440	0	0	0	0	0	0	100	120	0	120	0	0	0	0	0
Tropicana® Fruit Punch	large 40 fl.oz.	550	0	0	0	0	0	0	125	150	0	150	0	0	0	0	0
Wild Cherry Pepsi®	kids 12 fl.oz.	150	0	0	0	0	0	0	30	42	0	42	0	0	0	0	0
Wild Cherry Pepsi®	small 20 fl.oz.	250	0	0	0	0	0	0	50	70	0	70	0	0	0	0	0
Wild Cherry Pepsi®	medium 32 fl.oz.	400	0	0	0	0	0	0	80	112	0	112	0	0	0	0	0
Wild Cherry Pepsi®	large 40 fl.oz.	500	0	0	0	0	0	0	100	140	0	140	0	0	0	0	0
Lipton® Raspberry Tea	kids 12 fl.oz.	120	0	0	0	0	0	0	35	31	0	31	0	0	0	0	0
Lipton® Raspberry Tea	small 20 fl.oz.	200	0	0	0	0	0	0	60	52	0	52	0	0	0	0	0
Lipton® Raspberry Tea	medium 32 fl.oz.	320	0	0	0	0	0	0	100	84	0	84	0	0	0	0	0
Lipton® Raspberry Tea	large 40 fl.oz.	400	0	0	0	0	0	0	125	105	0	105	0	0	0	0	0
Diet Pepsi®	kids 12 fl.oz.	0	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Diet Pepsi®	small 20 fl.oz.	0	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Diet Pepsi®	medium 32 fl.oz.	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Pepsi®	large 40 fl.oz.	0	0	0	0	0	0	0	125	0	0	0	0	0	0	0	0
Diet Mountain Dew®	kids 12 fl.oz.	0	0	0	0	0	0	0	60	0	0	0	0	0	0	0	0
Diet Mountain Dew®	small 20 fl.oz.	0	0	0	0	0	0	0	100	0	0	0	0	0	0	0	0
Diet Mountain Dew®	medium 32 fl.oz.	0	0	0	0	0	0	0	160	0	0	0	0	0	0	0	0
Diet Mountain Dew®	large 40 fl.oz.	0	0	0	0	0	0	0	200	0	0	0	0	0	0	0	0

g = gram      mg = milligram

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure.

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