



NUTRITION GUIDE

	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
FISH AND SEAFOOD																	
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	130	200	120	13	2.5	0	135	650	3	0	1	17	4	0	6	4
Lobster Stuffed Crab Cake	1 cake	62	170	80	9	2	0	30	390	16	1	0	6	0	0	6	4
CHICKEN																	
Chicken Plank®	1 piece	52	140	70	8	2	2.5	20	480	9	0	0	8	0	4	0	4
SANDWICHES, BOWLS, & MORE																	
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
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	306	330	140	15	3.5	0	135	1230	29	3	5	20	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	346	310	40	4.5	1.5	0	135	1320	47	4	5	21	150	0	15	15
Shrimp Bowl with Sauce	1 bowl	389	390	45	5	1.5	0	135	1710	65	4	21	22	150	2	15	20
SAUCES/CONDIMENTS																	
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
SIDES																	
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
DOLLAR STRETCHER MENU																	
Jr. Fish Sandwich	1 sandwich	117	310	130	14	3	2.5	20	710	37	2	6	10	0	0	6	10
Baja Fish Taco	1 taco	112	350	200	22	5	3.5	25	810	28	3	1	9	0	0	6	8
Small Golden Fries	3 oz.	85	230	90	10	2.5	2.5	0	350	33	3	0	3	0	0	0	0
Six Hushpuppies	6 pups	138	360	170	19	4.5	5	5	1210	56	4	5	9	0	0	0	0
Double Jr. Fish Sandwich	1 sandwich	168	440	200	22	4.5	4.5	35	1090	46	2	6	15	0	0	6	10
Four Battered Shrimp	4 pieces	56	170	110	12	3	3.5	65	640	10	0	0	7	0	0	0	0
Zesty Chicken Sandwich	1 sandwich	118	350	170	18	3.5	2.5	25	810	35	2	5	12	0	0	6	10
Three Shrimp & Fries	3 pieces & 3 oz.	127	360	180	19	5	5	45	830	41	3	1	8	0	0	0	0
Two Jr. Fish & Fries	2 pieces & 3 oz.	187	490	230	26	6	7	30	1110	51	4	0	14	0	0	2	2
Popcorn Shrimp	1 snack box	83	270	140	16	4	4.5	75	570	23	1	1	9	0	0	35	8
Chicken & Fries	1 piece & 3 oz.	137	370	170	18	4.5	5	20	820	42	4	0	11	0	0	0	0
DESSERTS																	
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3	0	0	6	8
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3	2	0	8	2
Turtle Pie	1 slice	77	290	150	16	8	2	10	210	34	0	23	3	6	0	4	4

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														Vitamin A	Vitamin C	Calcium	Iron
BEVERAGES																	
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	35	42	0	40	0	0	0	0	
Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	60	70	0	67	0	0	0	0	
Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	100	112	0	108	0	0	0	0	
Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	125	140	0	135	0	0	0	0	
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	43	0	43	0	0	0	0	
Mountain Dew®	small	20 fl.oz.	270	0	0	0	0	0	85	72	0	72	0	0	0	0	
Mountain Dew®	medium	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0	0	0	0	
Mountain Dew®	large	40 fl.oz.	550	0	0	0	0	0	170	145	0	145	0	0	0	0	
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	30	40	0	40	0	0	0	0	
Sierra Mist®	small	20 fl.oz.	250	0	0	0	0	0	50	67	0	67	0	0	0	0	
Sierra Mist®	medium	32 fl.oz.	400	0	0	0	0	0	80	108	0	108	0	0	0	0	
Sierra Mist®	large	40 fl.oz.	500	0	0	0	0	0	100	135	0	135	0	0	0	0	
Tropicana® Fruit Punch	kids	12 fl.oz.	160	0	0	0	0	0	35	45	0	45	0	0	0	0	
Tropicana® Fruit Punch	small	20 fl.oz.	270	0	0	0	0	0	60	75	0	75	0	0	0	0	
Tropicana® Fruit Punch	medium	32 fl.oz.	440	0	0	0	0	0	100	120	0	120	0	0	0	0	
Tropicana® Fruit Punch	large	40 fl.oz.	550	0	0	0	0	0	125	150	0	150	0	0	0	0	
Wild Cherry Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	30	42	0	42	0	0	0	0	
Wild Cherry Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	50	70	0	70	0	0	0	0	
Wild Cherry Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	80	112	0	112	0	0	0	0	
Wild Cherry Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	100	140	0	140	0	0	0	0	
Lipton® Raspberry Tea	kids	12 fl.oz.	120	0	0	0	0	0	35	31	0	31	0	0	0	0	
Lipton® Raspberry Tea	small	20 fl.oz.	200	0	0	0	0	0	60	52	0	52	0	0	0	0	
Lipton® Raspberry Tea	medium	32 fl.oz.	320	0	0	0	0	0	100	84	0	84	0	0	0	0	
Lipton® Raspberry Tea	large	40 fl.oz.	400	0	0	0	0	0	125	105	0	105	0	0	0	0	
Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	35	0	0	0	0	0	0	0	
Diet Pepsi®	small	20 fl.oz.	0	0	0	0	0	0	60	0	0	0	0	0	0	0	
Diet Pepsi®	medium	32 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	
Diet Pepsi®	large	40 fl.oz.	0	0	0	0	0	0	125	0	0	0	0	0	0	0	
Diet Mountain Dew®	kids	12 fl.oz.	0	0	0	0	0	0	60	0	0	0	0	0	0	0	
Diet Mountain Dew®	small	20 fl.oz.	0	0	0	0	0	0	100	0	0	0	0	0	0	0	
Diet Mountain Dew®	medium	32 fl.oz.	0	0	0	0	0	0	160	0	0	0	0	0	0	0	
Diet Mountain Dew®	large	40 fl.oz.	0	0	0	0	0	0	200	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.

Data Revised: September 2009



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