

NUTRITIONAL ANALYSIS

Item	Serving Size	Serving Weight (grams)	Calories	Calories from Fat	Total Fat (gms)	% Daily Value **	Saturated Fat (gms)	% Daily Value **	Trans Fat (gms)	Cholesterol (mgs)	% Daily Value **	Sodium (mgs)	% Daily Value **	Carbohydrates (gms)	% Daily Value **	Dietary Fiber (gms)	% Daily Value **	Sugars (gms)	Protein (gms)	% DAILY VALUE			
																				Vitamin A	Vitamin C	Calcium	Iron
FISH AND SEAFOOD																							
Battered Fish	1 piece	92	260	140	16	24	4	20	4.5	35	12	790	33	17	6	<1	2	0	12	2	8	2	4
Baked Cod	1 piece	101	120	40	4.5	7	1	5	0	90	30	240	10	1	0	3	0	22	4	0	2	4	
Battered Shrimp	1 piece	14	45	30	3	5	1	4	1	15	5	160	7	3	1	0	0	0	2	0	0	0	
Popcorn Shrimp	1 snack box	83	270	140	16	25	4	20	4.5	75	25	570	24	23	8	1	4	1	9	0	0	35	8
Alaskan Flounder	1 piece	104	250	100	11	17	2.5	13	3	35	12	910	38	26	9	2	8	0	12	0	0	4	6
Buttered Lobster Bites	1 snack box	99	250	80	9	14	3	15	3.5	65	22	560	23	27	9	2	8	0	14	4	0	4	4
Breaded Clams	1 snack box	85	320	170	19	29	4.5	23	7	35	12	1190	50	29	10	2	8	1	9	0	0	2	8
CHICKEN																							
Chicken Plank®	1 piece	52	140	70	8	13	2	10	2.5	20	6	480	20	9	3	<1	3	0	8	0	4	0	4
SANDWICHES																							
Fish Sandwich	1 sandwich	177	470	210	23	35	5	26	4.5	45	15	1210	50	48	16	3	12	4	18	8	4	6	15
Ultimate Fish Sandwich®	1 sandwich	199	530	250	28	43	8	40	5	60	20	1400	58	49	16	3	13	4	21	10	8	15	15
Chicken Sandwich	1 sandwich	137	360	140	15	24	3.5	16	2.5	25	9	900	37	40	13	3	13	4	14	6	4	6	15
SALADS* & DRESSINGS																							
Shrimp & Seafood Salad	1 salad	356	260	110	12	19	4.5	22	2	85	29	820	34	22	7	4	18	6	18	120	40	35	15
Crispy Chicken Club Salad	1 salad	390	510	270	30	46	9	46	6.5	65	21	1550	65	35	12	5	20	4	28	120	50	15	15
Lite Italian Dressing	1 pouch	43	20	5	1	1	0	0	0	0	0	780	33	3	1	0	0	2	0	0	0	0	0
Garden Ranch Dressing	1 pouch	43	230	220	24	38	4	19	0	10	4	400	17	2	1	0	0	2	1	2	0	2	2
Thousand Island Dressing	1 pouch	43	220	190	21	33	3.5	17	0	25	8	350	15	7	2	0	0	6	0	2	0	0	2
DIPPING SAUCES																							
Cocktail Sauce	1 oz.	28	25	0	0	0	0	0	0	0	0	250	11	6	2	0	0	5	0	6	0	0	0
Tartar Sauce	1 oz.	28	100	80	9	14	1.5	7	0	15	5	250	10	4	1	0	0	3	0	0	0	0	0
SIDES AND STARTERS																							
Regular Fries	3 oz.	85	230	90	10	15	2.5	13	3	0	0	350	15	34	11	3	12	0	3	0	25	0	0
Large Fries	5 oz.	142	390	150	17	26	4	21	5	0	0	580	24	56	19	5	20	1	4	0	40	0	0
Hushpuppies	1 pup	23	60	20	2.5	4	0.5	3	1	0	0	200	8	9	3	1	3	1	1	0	0	2	2
Lobster Stuffed Crab Cake	1 cake	62	170	80	9	13	2	9	0	30	9	390	16	16	5	1	4	0	6	0	0	6	4
Cole Slaw	4 oz.	113	200	130	15	22	2.5	11	0	20	6	340	14	15	5	3	11	10	1	8	30	4	2
Corn Cobbette	1 cobbette	95	90	25	3	5	0.5	3	0	0	0	0	0	14	5	3	11	6	3	8	2	0	2
Cheesesticks	3 sticks	45	140	70	8	12	2	11	1.5	10	3	320	13	12	4	1	3	0	4	4	0	10	4
Rice	4 oz.	113	180	35	3.5	6	1	4	0	0	0	540	22	34	11	3	13	1	3	25	2	6	6
Crumbles®	1 oz.	28	170	110	12	19	2.5	13	4	0	0	420	17	14	5	1	6	0	1	0	0	0	2
Clam Chowder	1 bowl	245	170	70	8	12	3.5	17	0.5	15	5	1220	51	19	6	<1	3	5	4	4	2	6	15
DESSERTS																							
Chocolate Cream Pie	1 pie	74	310	200	22	34	14	69	1.5	15	5	170	7	24	8	1	4	18	5	4	2	4	8
Pineapple Cream Pie	1 pie	89	290	110	13	20	7	34	1.5	15	6	210	9	39	13	1	4	26	4	4	10	8	4
Pecan Pie	1 pie	95	370	140	15	23	2.5	14	2	40	13	190	8	55	18	2	8	20	4	4	2	2	6
BEVERAGES																							
Pepsi (small)	11 fl. oz.	325	140	0	0	0	0	0	0	0	0	35	2	37	12	0	0	37	0	0	0	0	0
Pepsi (medium)	14 fl. oz.	414	180	0	0	0	0	0	0	0	0	45	2	47	16	0	0	47	0	0	0	0	0
Pepsi (large)	22 fl. oz.	651	280	0	0	0	0	0	0	0	0	70	3	74	25	0	0	47	0	0	0	0	0
Diet Pepsi (small)	11 fl. oz.	325	0	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0	0
Diet Pepsi (medium)	14 fl. oz.	414	0	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Diet Pepsi (large)	22 fl. oz.	651	0	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	0

g = gram mg = milligram

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 or test market items, menu products as of this printing are included in this brochure.

Product data is based on current formulation as of date of publication.

*Salad nutrition does not include dressing.

Data Revised: 2/07

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g