



NUTRITION GUIDE

(Based on U.S. formulations as of date of posting)

 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)
LIMITED TIME OFFERS*													
Beer Battered Cod	1 piece	93	185	85	9	1	0	27	629	10	1	0	14
ALASKAN POLLOCK AND SEAFOOD													
Baked Cod	1 piece	170	160	10	1	0	0	120	390	1	0	0	36
Baked Shrimp	3 pieces	29	25	0	0	0	0	45	105	0	0	0	5
Battered Alaskan Pollock	1 piece	89	200	90	10	1	0	25	810	16	1	0	10
Battered Cod	1 piece	85	190	100	11	1	0	40	560	9	1	0	15
Battered Shrimp	3 pieces	39	100	60	7	1	0	45	430	5	0	0	6
Breaded Clam Strips*	1 snack box	85	340	180	20	4	0	10	680	35	3	0	10
Crab Cake	1 cake	62	280	140	15	6	0	35	880	26	1	3	10
Popcorn Shrimp*	1 snack box	83	210	80	9	1	0	45	790	24	1	0	8
CHICKEN													
Chicken Tenders	1 piece	59	150	60	7	1	0	20	570	11	1	0	10
SANDWICHES & TACOS													
Baja Fish Taco	1 taco	175	410	190	21	4	0	35	1290	40	3	7	13
Crispy Fish Sandwich	1 sandwich	181	400	140	16	2	0	30	1230	44	1	7	14
SAUCES/CONDIMENTS													
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0
Cocktail Sauce	1 dipping cup	25	20	5	0	0	0	0	230	4	0	0	1
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0
Creamy Ranch Dressing	1 packet	12	50	50	6	1	0	0	115	1	0	0	0
Honey Mustard Sauce	1 packet	12	60	50	6	1	0	5	55	2	0	2	0
Ketchup	1 pouch	27	30	0	0	0	0	0	250	8	0	6	0
Lemon Juice	1 packet	4	0	0	0	0	0	0	0	0	0	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	0	0
Malt Vinegar	0.5 oz.	14	0	0	0	0	0	0	35	0	0	0	0
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1
Sweet & Sour Sauce	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0
Sweet Thai Chili Sauce	1 dipping cup	28	60	0	0	0	0	0	300	14	0	9	0
Tartar Sauce	1 packet	12	40	30	4	1	0	5	110	3	0	2	0
SIDES													
Baked Potato	1 piece	337	297	3	0	0	0	0	361	67	8	3	6
Battered Onion Rings	5 pieces	113	481	314	35	3	0	0	1330	39	2	3	3
Breaded Mozzarella Sticks	3 pieces	102	370	210	23	8	0	45	660	24	0	0	15
Broccoli Cheese Bites	5 pieces	93	310	220	24	5	0	10	440	18	3	3	5
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5
Clam Chowder	1 bowl	227	230	140	16	6	0	35	820	16	0	0	9
Cole Slaw	Individual	113	170	100	11	2	0	20	410	18	2	16	1
Corn	Individual	99	160	70	8	2	0	0	370	19	2	2	3
Crumblyies®	1 oz.	28	170	110	12	1	0	0	530	13	0	0	1
Fries	Individual	105	350	150	17	3	0	0	500	44	4	0	4
Hushpuppy	2 pups	48	150	60	7	1	0	0	510	19	1	1	3
Jalapeno Cheddar Bites	5 pieces	82	240	150	16	4	0	10	630	18	1	3	6
Jalapeno Peppers	1 whole pepper	37	15	0	0	0	0	0	190	2	0	1	1
Macaroni & Cheese	Individual	113	150	50	6	3	0	10	490	19	1	3	6
Rice	Individual	142	180	10	1	1	0	0	470	37	2	1	4
Seasoned Green Beans	Individual	113	25	0	0	0	0	0	600	4	1	1	1
DESSERTS													
Chocolate Chip Cookie	1 cookie	34	190	100	11	5	0	5	170	22	1	13	2
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3
ICEFLOW LEMONADE													
Iceflow™ Lemonade	16 oz. cup	454	220	0	0	0	0	0	15	47	0	40	0
Strawberry Iceflow Lemonade	16 oz. cup	482	320	0	0	0	0	0	35	79	0	76	0
BEVERAGES													
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	35	42	0	40	0
Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	60	70	0	67	0
Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	100	112	0	108	0
Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	125	140	0	135	0
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	43	0	43	0
Mountain Dew®	small	20 fl.oz.	270	0	0	0	0	0	85	72	0	72	0
Mountain Dew®	medium	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0

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Mountain Dew®	large	40 fl.oz.	550	0	0	0	0	0	170	145	0	145	0
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist®	small	20 fl.oz.	250	0	0	0	0	0	50	67	0	67	0
Sierra Mist®	medium	32 fl.oz.	400	0	0	0	0	0	80	108	0	108	0
Sierra Mist®	large	40 fl.oz.	500	0	0	0	0	0	100	135	0	135	0
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0
Dr. Pepper®	small	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0
Dr. Pepper®	medium	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0
Dr. Pepper®	large	40 fl.oz.	500	0	0	0	0	0	175	135	0	135	0
Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	160	41	0	41	0
Tropicana® Lemonade	small	20 fl.oz.	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade	medium	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0
Tropicana® Lemonade	large	40 fl.oz.	500	0	0	0	0	0	525	135	0	135	0
Wild Cherry Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	80	112	0	112	0
Wild Cherry Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	100	140	0	140	0
Silver's Tea (sweetened)	kids	12 fl.oz.	130	0	0	0	0	0	15	32	0	32	0
Silver's Tea (sweetened)	small	20 fl.oz.	210	0	0	0	0	0	20	54	0	54	0
Silver's Tea (sweetened)	medium	32 fl.oz.	340	0	0	0	0	0	35	87	0	86	0
Silver's Tea (sweetened)	large	40 fl.oz.	420	0	0	0	0	0	40	108	0	108	0
Silver's Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	15	0	0	0	0
Silver's Tea (unsweetened)	small	20 fl.oz.	0	0	0	0	0	0	25	0	0	0	0
Silver's Tea (unsweetened)	medium	32 fl.oz.	0	0	0	0	0	0	35	0	0	0	0
Silver's Tea (unsweetened)	large	40 fl.oz.	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®	small	20 fl.oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®	medium	32 fl.oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®	large	40 fl.oz.	0	0	0	0	0	0	125	0	0	0	0
Diet Mountain Dew®	kids	12 fl.oz.	0	0	0	0	0	0	60	0	0	0	0
Diet Mountain Dew®	small	20 fl.oz.	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®	medium	32 fl.oz.	0	0	0	0	0	0	160	0	0	0	0
Diet Mountain Dew®	large	40 fl.oz.	0	0	0	0	0	0	200	0	0	0	0

g = gram mg = milligram

* Some meals contain more than one serving per meal. Limited Time Offers are offered at a participating location for a limited time.

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

Product data is based on current U.S. formulations as of date of publication.
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: March 2017