



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)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
ALASKAN POLLOCK AND SEAFOOD																	
Battered Alaskan Pollock	1 piece	92	260	140	16	4	5	35	790	17	0	0	12	0	0	0	
Breaded Catfish	1 piece	121	330	160	18	5	5	35	720	28	3	0	13	0	0	4	
Battered Shrimp	3 pieces	50	125	68	8	2	2	56	472	7	0	0	7	0	0	0	
Popcorn Shrimp*	1 snack box	83	270	140	16	4	5	75	570	23	1	1	9	0	0	35	
Buttered Langostino Lobster Bites	1 snack box	91	230	80	9	3	3	60	520	24	2	0	13	4	0	4	
Breaded Clam Strips*	1 snack box	85	320	170	19	5	7	35	1190	29	2	1	9	0	0	2	
Battered Cod	1 piece	64	141	67	7	2	2	32	390	7	1	0	11	0	1	2	
Hold the Batter® Cod	1 piece	48	45	3	0	0	0	33	111	0	0	0	10	0	0	0	
Hold the Batter® Shrimp	3 pieces	29	23	2	0	0	0	47	107	0	0	0	5	0	0	19	
Langostino Lobster Stuffed Crab Cake	1 cake	62	170	80	9	2	0	30	390	16	1	0	6	0	0	6	
CHICKEN TENDERS																	
Chicken Tenders	1 piece	52	140	70	8	2	3	20	480	9	0	0	8	0	4	0	
SANDWICHES & MORE																	
Alaskan Pollock Sandwich	1 sandwich	176	470	210	23	5	5	40	1180	49	3	4	18	2	2	6	
Ultimate Alaskan Pollock Sandwich®	1 sandwich	206	530	240	27	8	5	55	1500	50	3	4	21	6	2	10	
Chicken Strip Sandwich	1 sandwich	188	520	250	28	6	5	45	1350	48	4	2	22	0	0	6	
Baja Fish Taco	1 taco	185	534	299	33	8	7	44	1384	42	3	1	16	1	0	6	
Baja Chicken Strip Taco	1 taco	123	370	210	23	5	4	25	890	31	3	2	11	0	0	6	
SAUCES/CONDIMENTS																	
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	2	
Cocktail Sauce	1 oz.	28	106	82	9	1	0	8	204	6	0	4	0	0	0	0	
Honey Mustard	1 dipping cup	28	100	60	6	2	0	0	170	12	0	6	0	0	0	0	
Ketchup	1 packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	
Lemon Juice	1 packet	4	0	0	0	0	0	0	0	0	0	0	0	0	2	0	
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	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	
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1	4	4	0	
Ranch	1 dipping cup	28	160	150	17	3	0	15	240	2	0	1	0	0	0	0	
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0	2	3	0	
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0	8	1	1	
Sweet & Sour	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0	0	2	0	
Tartar Sauce	1 oz.	28	137	126	14	2	0	8	213	3	0	1	0	0	0	0	
SIDES																	
Fries	4 oz.	113	310	120	14	4	4	0	460	45	4	0	3	0	30	0	
Battered Onion Rings	5 pieces	90	329	208	23	5	7	1	945	28	3	3	2	0	4	2	
Hushpuppy	2 pups	42	156	83	9	2	3	2	412	16	2	1	2	0	0	4	
Cole Slaw	4 oz.	113	200	130	15	3	0	20	340	15	3	10	1	8	30	4	
Corn Cobbette without Butter Oil	1 cobbette	95	90	25	3	1	0	0	0	14	3	6	3	2	2	0	
Corn Cobbette with Butter Oil	1 cobbette	102	150	90	10	2	0	0	30	14	3	6	3	2	2	0	
Crumblyies®	1 oz.	28	170	110	12	3	4	0	410	14	1	0	1	0	0	2	
Clam Chowder	1 bowl	245	170	70	8	4	1	15	1220	19	<1	5	4	4	2	6	
Seasoned Green Beans	4 oz.	113	29	2	0	0	0	0	362	5	2	1	1	0	0	6	
Rice	5 oz.	142	180	10	1	1	0	0	470	37	2	1	4	6	0	2	
Baked Potato	1 piece	337	297	3	0	0	0	3	361	67	8	3	6	0	25	4	
Breaded Mozzarella Sticks	3 pieces	50	150	80	9	4	0	10	350	13	1	0	5	4	0	10	
Jalapeno Peppers	1 whole pepper	37	15	0	0	0	0	0	190	2	0	1	1	4	15	2	
Broccoli Cheese Bites	5 pieces	93	230	110	12	5	3	15	550	25	2	2	5	2	2	10	
Jalapeno Cheddar Bites	5 pieces	82	240	120	14	5	4	15	730	23	2	2	6	0	2	10	
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5	20	10	15	
DESSERTS																	
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3	0	0	6	
Strawberry Cream	1 slice	78	270	130	15	10	0	5	220	31	1	22	3	0	2	6	
Lemon Cake (8 Slices per Cake)	1 slice	57	210	100	11	2	0	40	190	28	0	19	2				
Pecan Pie	1 slice	95	410	190	21	6	0	70	220	52	1	22	4	2	2	0	
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3	2	0	8	
ICEFLOW LEMONADE																	
Iceflow™ Lemonade	16 oz. cup	442	190	0	0	0	0	0	15	47	0	40	0	0	120	0	
Strawberry Iceflow Lemonade	16 oz. cup	462	240	0	0	0	0	0	15	60	0	48	0	0	120	0	

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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	
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0	0	0	0	
Dr. Pepper®	small	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0	0	0	0	
Dr. Pepper®	medium	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0	0	0	0	
Dr. Pepper®	large	40 fl.oz.	500	0	0	0	0	0	175	135	0	135	0	0	0	0	
Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	160	41	0	41	0	0	0	0	
Tropicana® Lemonade	small	20 fl.oz.	250	0	0	0	0	0	265	68	0	68	0	0	0	0	
Tropicana® Lemonade	medium	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0	0	0	0	
Tropicana® Lemonade	large	40 fl.oz.	500	0	0	0	0	0	525	135	0	135	0	0	0	0	
Tropicana® Twister® Orange	kids	12 fl.oz.	170	0	0	0	0	0	40	47	0	45	0	0	0	0	
Tropicana® Twister® Orange	small	20 fl.oz.	280	0	0	0	0	0	65	78	0	75	0	0	0	0	
Tropicana® Twister® Orange	medium	32 fl.oz.	440	0	0	0	0	0	100	124	0	120	0	0	0	0	
Tropicana® Twister® Orange	large	40 fl.oz.	550	0	0	0	0	0	125	155	0	150	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	
Iced Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Iced Tea (unsweetened)	small	20 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Iced Tea (unsweetened)	medium	32 fl.oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Iced Tea (unsweetened)	large	40 fl.oz.	0	0	0	0	0	0	0	0	0	0	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

* Some meals contain more than one serving per meal.

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.

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