



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)	Total Sugars (gms)	Protein (gms)
LIMITED TIME OFFERS*													
Crispy Breaded Chicken Tenders	1 piece	49	138	116	13	1	0	20	441	7	0	0	9
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
Salmon	1 piece	142	250	130	15	3	0	80	150	0	0	0	27
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
Chicken Sandwich	1 sandwich	217	480	200	23	3	0	45	1290	46	2	6	22
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 Crumb Topping	1 oz.	28	130	60	6	5	0	5	1080	15	0	3	2
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	300	0	0	0	0	<5	360	67	8	3	6
Battered Onion Rings	Individual	113	480	310	35	3	0	0	1330	39	2	3	3
	Family	452	1925	1257	140	11	1	4	5334	155	7	11	12
Breaded Mozzarella Sticks	3 pieces	102	334	189	21	7	0	41	594	22	0	0	14
	4 pieces	136	446	251	28	10	0	54	793	29	0	0	18
	5 pieces	170	557	314	35	12	0	68	991	36	0	0	23
	6 pieces	204	669	377	42	15	0	81	1189	43	0	0	27
	8 pieces	272	892	503	56	20	0	108	1585	58	0	0	36
	9 pieces	306	1003	566	63	22	0	122	1783	65	0	0	41
	12 pieces	408	1338	754	84	30	0	162	2378	86	0	0	54
Broccoli	Individual	142	40	0	0	0	0	0	35	7	3	2	3
	Family	454	133	0	0	0	0	0	107	21	11	5	11
Broccoli Cheese Bites	3 pieces	56	183	131	15	3	0	5	263	11	2	2	3
	4 pieces	74	244	175	19	4	0	7	351	14	2	2	4
	5 pieces	93	305	219	24	5	0	9	438	18	3	3	5
	6 pieces	112	366	262	29	6	0	11	526	21	4	4	6
	8 pieces	149	488	350	39	7	0	14	701	28	5	5	8
	9 pieces	167	549	394	44	8	0	16	789	32	5	5	9
	12 pieces	223	732	525	58	11	0	21	1052	43	7	7	11
Broccoli Cheese Soup	1 bowl	210	230	150	17	8	0	40	1160	13	0	0	8
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
	Family	454	687	400	44	8	1	72	1636	72	8	63	5
Corn	Individual	99	160	70	8	2	0	0	370	19	2	2	3
	Family	396	648	292	32	5	0	0	1476	76	7	7	11
Crumbles®	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
	Family	420	1383	603	67	12	1	0	1990	178	17	1	18


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Hushpuppy	2 pups	48	150	60	7	1	0	0	510	19	1	<1	3
Jalapeno Cheddar Bites	3 pieces	49	147	88	10	2	0	7	380	11	1	2	3
	4 pieces	66	196	118	13	3	0	9	507	15	1	3	5
	5 pieces	82	245	147	16	4	0	12	634	18	1	3	6
	6 pieces	98	294	177	20	4	0	14	760	22	1	4	7
	8 pieces	131	392	235	26	6	0	18	1014	29	2	6	9
	9 pieces	148	441	265	29	7	0	21	1140	33	2	6	10
	12 pieces	197	588	353	39	9	0	28	1520	44	3	8	14
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
	Family	454	590	204	23	9	0	45	1950	77	5	14	23
Rice	Individual	142	221	12	1	1	0	2	614	47	0	2	5
	Family	567	883	49	5	3	0	9	2455	190	2	6	20
Seasoned Green Beans	Individual	113	25	0	0	0	0	0	600	4	1	<1	1
	Family	454	94	2	0	0	0	0	2400	18	4	4	5
Sweet Potato Fries	Individual	113	240	130	15	1	0	0	250	27	4	10	1
	Family	454	973	539	60	5	0	0	1010	106	15	40	5
DESSERTS													
Chocolate Chip Cookie	1 cookie	34	190	100	11	5	0	5	170	22	1	13	2
Chocolate Cream Pie	1 slice	75	277	144	16	11	0	6	233	31	1	21	3
Pecan Pie	1 slice	95	384	185	21	6	0	50	184	47	1	20	3
Pineapple Cream Pie	1 slice	89	299	148	16	11	0	9	277	34	0	24	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													
Coffee	12 oz. cup	12 fl.oz.	11	0	0	0	0	0	0	2	0	0	0
Tropicana Orange Juice	1 bottle	15.2 fl.oz.	210	0	0	0	0	0	30	51	0	42	3
Tropicana Apple Juice	1 bottle	15.2 fl.oz.	210	0	0	0	0	0	20	51	0	48	0
1% Lowfat White Milk	1 bottle	7 fl.oz.	90	20	2	2	0	10	105	10	0	10	7
1% Lowfat Chocolate Milk	1 bottle	7 fl.oz.	150	20	3	2	0	10	170	26	0	23	7
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	30	41	0	41	0
	small	20 fl.oz.	250	0	0	0	0	0	55	69	0	69	0
	medium	30 fl.oz.	380	0	0	0	0	0	80	104	0	103	0
	large	40 fl.oz.	510	0	0	0	0	0	105	138	0	138	0
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	44	0	44	0
	small	20 fl.oz.	270	0	0	0	0	0	85	73	0	73	0
	medium	30 fl.oz.	410	0	0	0	0	0	125	110	0	109	0
	large	40 fl.oz.	540	0	0	0	0	0	170	146	0	146	0
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	38	39	0	39	0
	small	20 fl.oz.	250	0	0	0	0	0	63	65	0	65	0
	medium	30 fl.oz.	375	0	0	0	0	0	94	98	0	98	0
	large	40 fl.oz.	500	0	0	0	0	0	125	130	0	130	0
Diet Dr. Pepper®	kids	12 fl.oz.	0	0	0	0	0	0	53	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	88	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	131	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	175	0	0	0	0
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0
	small	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0
	medium	30 fl.oz.	400	0	0	0	0	0	131	101	0	101	0
	large	40 fl.oz.	500	0	0	0	0	0	175	135	0	135	0
Mug Root Beer	kids	12 fl.oz.	140	0	0	0	0	0	45	39	0	39	0
	small	20 fl.oz.	240	0	0	0	0	0	75	65	0	65	0
	medium	30 fl.oz.	360	0	0	0	0	0	110	98	0	98	0
	large	40 fl.oz.	480	0	0	0	0	0	145	130	0	130	0
Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	155	40	0	40	0
	small	20 fl.oz.	260	0	0	0	0	0	260	67	0	67	0
	medium	30 fl.oz.	390	0	0	0	0	0	385	100	0	100	0
	large	40 fl.oz.	520	0	0	0	0	0	515	134	0	133	0
Tropicana® Twister	kids	12 fl.oz.	170	0	0	0	0	0	35	46	0	46	0
	small	20 fl.oz.	290	0	0	0	0	0	60	76	0	76	0
	medium	30 fl.oz.	430	0	0	0	0	0	90	115	0	114	0
	large	40 fl.oz.	570	0	0	0	0	0	120	153	0	152	0


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Tropicana® Fruit Punch	kids	12 fl.oz.	170	0	0	0	0	0	35	45	0	45	0
	small	20 fl.oz.	280	0	0	0	0	0	60	75	0	75	0
	medium	30 fl.oz.	420	0	0	0	0	0	90	113	0	112	0
	large	40 fl.oz.	570	0	0	0	0	0	120	150	0	150	0
Brisk® Raspberry Iced Tea	kids	12 fl.oz.	80	0	0	0	0	0	45	20	0	20	0
	small	20 fl.oz.	130	0	0	0	0	0	70	33	0	33	0
	medium	30 fl.oz.	190	0	0	0	0	0	110	49	0	49	0
	large	40 fl.oz.	250	0	0	0	0	0	145	66	0	65	0
Wild Cherry Pepsi®	kids	12 fl.oz.	160	0	0	0	0	0	30	42	0	42	0
	small	20 fl.oz.	260	0	0	0	0	0	50	70	0	70	0
	medium	30 fl.oz.	390	0	0	0	0	0	80	105	0	105	0
	large	40 fl.oz.	520	0	0	0	0	0	105	141	0	140	0
Silver's Tea (sweetened)	kids	12 fl.oz.	131	0	0	0	0	0	13	34	0	34	0
	small	20 fl.oz.	219	0	0	0	0	0	22	57	0	56	0
	medium	30 fl.oz.	328	0	0	0	0	0	33	85	0	85	0
	large	40 fl.oz.	437	0	0	0	0	0	44	113	0	113	0
	1/2 gallon	64 fl.oz.	700	0	0	0	0	0	70	181	0	180	0
Silver's Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	14	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	23	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	35	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	47	0	0	0	0
	1/2 gallon	64 fl.oz.	0	0	0	0	0	0	75	0	0	0	0
Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	55	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	95	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	140	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	190	0	0	0	0
Diet Mountain Dew®	kids	12 fl.oz.	0	0	0	0	0	0	53	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	88	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	131	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	175	0	0	0	0
Caffeine Free Diet Pepsi®	kids	12 fl.oz.	0	0	0	0	0	0	55	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	95	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	140	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	190	1	0	0	0
Dole Old Fashioned Lemonade	kids	12 fl.oz.	170	0	0	0	0	0	155	45	0	44	0
	small	20 fl.oz.	280	0	0	0	0	0	255	75	0	73	0
	medium	30 fl.oz.	420	0	0	0	0	0	380	113	0	109	0
	large	40 fl.oz.	560	0	0	0	0	0	510	150	0	145	0
Gatorade Fruit Punch	kids	12 fl.oz.	90	0	0	0	0	0	170	24	0	23	0
	small	20 fl.oz.	150	0	0	0	0	0	280	40	0	38	0
	medium	30 fl.oz.	230	0	0	0	0	0	420	60	0	57	0
	large	40 fl.oz.	330	0	0	0	0	0	615	88	0	84	0
Gatorade G2 Fruit Punch	kids	12 fl.oz.	20	0	0	0	0	0	105	5	0	5	0
	small	20 fl.oz.	35	0	0	0	0	0	175	9	0	8	0
	medium	30 fl.oz.	50	0	0	0	0	0	265	13	0	12	0
	large	40 fl.oz.	70	0	0	0	0	0	350	17	0	16	0
Gatorade Orange	kids	12 fl.oz.	90	0	0	0	0	0	180	24	0	23	0
	small	20 fl.oz.	150	0	0	0	0	0	295	40	0	38	0
	medium	30 fl.oz.	230	0	0	0	0	0	445	60	0	57	0
	large	40 fl.oz.	330	0	0	0	0	0	655	88	0	84	0
Brisk® Peach Iced Green Tea	kids	12 fl.oz.	0	0	0	0	0	0	105	0	0	0	0
	small	20 fl.oz.	5	0	0	0	0	0	175	0	0	0	0
	medium	30 fl.oz.	10	0	0	0	0	0	265	0	0	0	0
	large	40 fl.oz.	10	0	0	0	0	0	355	0	0	0	0
Brisk® Sweet Tea (No Lemon)	kids	12 fl.oz.	80	0	0	0	0	0	45	22	0	21	0
	small	20 fl.oz.	130	0	0	0	0	0	80	36	0	36	0
	medium	30 fl.oz.	200	0	0	0	0	0	120	54	0	54	0
	large	40 fl.oz.	270	0	0	0	0	0	160	72	0	72	0
Brisk® Unsweet Tea (No Lemon)	kids	12 fl.oz.	0	0	0	0	0	0	45	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	75	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	115	0	0	0	0
	large	40 fl.oz.	0	0	0	0	0	0	150	0	0	0	0
	kids	12 fl.oz.	100	0	0	0	0	0	95	27	0	27	0

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Lipton Sweet Tea	small	20 fl.oz.	170	0	0	0	0	0	155	45	0	45	0
	medium	30 fl.oz.	260	0	0	0	0	0	235	68	0	68	0
	large	40 fl.oz.	350	0	0	0	0	0	310	91	0	91	0
Lipton Unsweet Tea	kids	12 fl.oz.	0	0	0	0	0	0	120	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	200	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	295	0	0	0	0
Mist TWST	large	40 fl.oz.	0	0	0	0	0	0	395	0	0	0	0
	kids	12 fl.oz.	150	0	0	0	0	0	35	41	0	41	0
	small	20 fl.oz.	260	0	0	0	0	0	55	68	0	68	0
Mountain Dew® Code Red	medium	30 fl.oz.	380	0	0	0	0	0	80	101	0	101	0
	large	40 fl.oz.	510	0	0	0	0	0	110	135	0	135	0
	kids	12 fl.oz.	170	0	0	0	0	0	50	46	0	46	0
Pepsi® Zero Sugar	small	20 fl.oz.	290	0	0	0	0	0	85	77	0	77	0
	medium	30 fl.oz.	430	0	0	0	0	0	125	116	0	115	0
	large	40 fl.oz.	570	0	0	0	0	0	165	154	0	154	0
SoBe Lifewater Yumberry Pomegranate	kids	12 fl.oz.	0	0	0	0	0	0	35	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	60	0	0	0	0
	medium	30 fl.oz.	0	0	0	0	0	0	95	1	0	0	0
Tropicana Light Lemonade	large	40 fl.oz.	0	0	0	0	0	0	125	1	0	0	0
	kids	12 fl.oz.	0	0	0	0	0	0	45	0	0	0	0
	small	20 fl.oz.	0	0	0	0	0	0	80	0	0	0	0
Tropicana Pink Lemonade	medium	30 fl.oz.	5	0	0	0	0	0	120	1	0	0	0
	large	40 fl.oz.	5	0	0	0	0	0	160	1	0	0	0
	kids	12 fl.oz.	5	0	0	0	0	0	140	0	0	0	0
Flavor Works Flavor Shot	small	20 fl.oz.	10	0	0	0	0	0	235	0	0	0	0
	medium	30 fl.oz.	15	0	0	0	0	0	350	1	0	0	0
	large	40 fl.oz.	20	0	0	0	0	0	465	1	0	0	0
Flavor Works Flavor Shot	kids	12 fl.oz.	150	0	0	0	0	0	155	40	0	40	0
	small	20 fl.oz.	260	0	0	0	0	0	260	67	0	67	0
	medium	30 fl.oz.	390	0	0	0	0	0	385	100	0	100	0
	large	40 fl.oz.	520	0	0	0	0	0	515	134	0	133	0
Flavor Works Flavor Shot	Cherry	0.3 fl.oz.	0	0	0	0	0	0	0	0	0	0	0
	Lemon	0.3 fl.oz.	0	0	0	0	0	0	0	0	0	0	0
	Strawberry	0.3 fl.oz.	0	0	0	0	0	0	0	0	0	0	0
	Vanilla	0.3 fl.oz.	0	0	0	0	0	0	0	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: January 2018