

	Serving Size	Serving Weight (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (gms)	Sodium (gms)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
FISH AND SEAFOOD													
Battered Alaskan Pollock	1 piece	89	200	90	10	1	0	25	810	16	1	0	10
Battered Shrimp	3 pieces	39	100	60	7	1	0	45	430	5	0	0	6
Popcorn Shrimp*	1 portion	83	210	80	9	1	0	45	790	24	1	0	8
Breaded Clam Strips*	1 portion	85	340	180	20	4	0	10	680	35	3	0	10
Battered Alaskan Cod	1 piece	85	190	100	11	1	0	40	560	9	1	0	15
Baked Alaskan 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
Lobster-Stuffed Crab Cake	1 crab cake	62	280	140	15	6	0	35	880	26	1	3	10
CHICKEN													
Chicken Tender	1 piece	59	150	60	7	1	0	20	570	11	1	0	10
SANDWICHES & TACOS													
Fish Sandwich	1 sandwich	181	400	140	16	2	0	30	1230	44	1	7	14
Baja Fish Taco	1 taco	175	410	190	21	4	0	35	1290	40	3	7	13
Southwest Battered Fish Taco	1 taco	175	390	190	21	4	0	35	1275	41	5	7	13
Sweet Chili Battered Fish Taco	1 taco	175	380	190	21	4	0	35	1260	42	4	7	13
GRILLED													
Seasoned Grilled Salmon Rice Bowl	1 bowl	280	360	70	8	1	0	85	1750	45	2	15	21
Seasoned Grilled Shrimp Rice Bowl	1 bowl	280	360	70	8	1	0	86	1740	47	2	16	21
Sweet Chili Grilled Salmon Bowl	1 bowl	290	370	80	9	2	0	27	1340	48	2	18	26
Sweet Chili Grilled Shrimp Rice Bowl	1 bowl	290	390	100	11	2	0	86	1790	51	2	18	21
Southwest Grilled Salmon Rice Bowl	1 bowl	290	420	130	15	3	0	20	1230	45	3	11	26
Southwest Grilled Shrimp Rice Bowl	1 bowl	290	420	140	16	3	0	70	1580	48	3	13	20
Baja Grilled Shrimp Bowl	1 bowl	290	410	140	16	3	0	70	1580	48	3	13	20
Baja Grilled Salmon Bowl	1 bowl	290	410	140	15	3	0	20	1230	45	3	11	26
Baja Grilled Salmon Taco	1 taco	120	210	82	9	2	0	17	590	23	2	8	13
Baja Grilled Shrimp Taco	1 taco	120	210	90	10	2	0	75	773	21	2	8	12
Seasoned Grilled Salmon Taco	1 taco	120	180	40	4	1	0	21	580	21	2	8	16
Seasoned Grilled Shrimp Taco	1 taco	120	180	40	5	1	0	60	820	23	2	6	12
Sweet Chili Grilled Salmon Taco	1 taco	130	190	40	5	1	0	22	630	22	2	9	16
Sweet Chili Grilled Shrimp Taco	1 taco	130	200	50	6	1	0	60	874	26	2	9	11
Southwest Grilled Salmon Taco	1 taco	130	220	82	9	2	0	17	590	23	2	8	13
Southwest Grilled Shrimp Taco	1 taco	130	220	90	10	2	0	75	773	21	2	8	12
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
Honey Mustard	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
Creamy Ranch	1 packet	12	50	50	6	1	0	0	115	1	0	0	0
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0
Sweet & Sour Sauce	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0
Tartar Sauce	1 packet	12	40	30	4	1	0	5	110	3	0	2	0

SIDES

Cole Slaw	Individual**	113	170	100	11	2	0	20	410	18	2	16	1
Corn Kernels	Individual**	99	160	70	8	2	0	0	370	19	2	2	3
Fries	Individual**	105	350	150	17	3	0	0	500	44	4	0	4
Green Beans	Individual**	113	25	0	0	0	0	0	600	4	1	1	1
Macaroni & Cheese	Individual**	113	150	50	6	3	0	10	490	19	1	3	6
Onion Rings (Battered)	Individual**	113	480	310	35	3	0	0	1330	39	2	3	3
Rice	Individual**	142	180	10	1	1	0	0	470	37	2	1	4
Hushpuppies	2 pups	48	150	60	7	1	0	0	510	19	1	1	3
Crumbly®	1 oz.	28	170	110	12	1	0	0	530	13	0	0	1
Broccoli & Cheese Bites (Veggie Bites)	5 pieces	93	310	220	24	5	0	10	440	18	3	3	5
Jalapeno & Cheddar Bites (Veggie Bites)	5 pieces	82	240	150	16	4	0	10	630	18	1	3	6
Breaded Mozzarella Sticks	3 pieces	102	370	210	23	8	0	45	660	24	0	0	15
Mott's® Apple Sauce	1 pouch	90	70	0	0	0	0	0	5	18	1	17	0
Jalapeno Peppers	1 whole pepper	37	15	0	0	0	0	0	190	2	0	1	1
Baked Potato	1 piece	337	297	3	0	0	0	0	361	67	8	3	6
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5
Clam Chowder Soup	1 bowl	227	230	140	16	6	0	35	820	16	0	0	9

** For family-size information, see disclosure below

DESSERTS

Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3
Strawberry Swirl Cheesecake	1 slice	99	320	160	17	10	1	60	250	35	1	23	7
Chocolate Chip Cookie	1 cookie	37	190	100	11	5	0	5	170	22	1	13	2

BEVERAGES

Pepsi®	Kids	12	150	0	0	0	0	0	35	42	0	40	0
Pepsi®	Small	20	250	0	0	0	0	0	60	70	0	67	0
Pepsi®	Medium	32	400	0	0	0	0	0	100	112	0	108	0
Pepsi®	Large	40	500	0	0	0	0	0	125	140	0	135	0
Mountain Dew®	Kids	12	160	0	0	0	0	0	50	43	0	43	0
Mountain Dew®	Small	20	270	0	0	0	0	0	85	72	0	72	0
Mountain Dew®	Medium	32	440	0	0	0	0	0	140	116	0	116	0
Mountain Dew®	Large	40	550	0	0	0	0	0	170	145	0	145	0
Sierra Mist®	Kids	12	150	0	0	0	0	0	30	40	0	40	0
Sierra Mist®	Small	20	250	0	0	0	0	0	50	67	0	67	0
Sierra Mist®	Medium	32	400	0	0	0	0	0	80	108	0	108	0
Sierra Mist®	Large	40	500	0	0	0	0	0	100	135	0	135	0
Dr. Pepper®	Kids	12	150	0	0	0	0	0	50	40	0	40	0
Dr. Pepper®	Small	20	250	0	0	0	0	0	85	67	0	67	0
Dr. Pepper®	Medium	32	400	0	0	0	0	0	140	108	0	108	0
Dr. Pepper®	Large	40	500	0	0	0	0	0	175	135	0	135	0
Tropicana® Lemonade	Kids	12	150	0	0	0	0	0	160	41	0	41	0
Tropicana® Lemonade	Small	20	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade	Medium	32	400	0	0	0	0	0	420	108	0	108	0

Tropicana® Lemonade	Large	40	500	0	0	0	0	0	525	135	0	135	0
Tropicana® Twister® Orange	Kids	12	170	0	0	0	0	0	40	47	0	45	0
Tropicana® Twister® Orange	Small	20	280	0	0	0	0	0	65	78	0	75	0
Tropicana® Twister® Orange	Medium	32	440	0	0	0	0	0	100	124	0	120	0
Tropicana® Twister® Orange	Large	40	550	0	0	0	0	0	125	155	0	150	0
Tropicana® Fruit Punch	Kids	12	160	0	0	0	0	0	35	45	0	45	0
Tropicana® Fruit Punch	Small	20	270	0	0	0	0	0	60	75	0	75	0
Tropicana® Fruit Punch	Medium	32	440	0	0	0	0	0	100	120	0	120	0
Tropicana® Fruit Punch	Large	40	550	0	0	0	0	0	125	150	0	150	0
Wild Cherry Pepsi®	Kids	12	150	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi®	Small	20	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi®	Medium	32	400	0	0	0	0	0	80	112	0	112	0
Wild Cherry Pepsi®	Large	40	500	0	0	0	0	0	100	140	0	140	0
Lipton® Raspberry Tea	Kids	12	120	0	0	0	0	0	35	31	0	31	0
Lipton® Raspberry Tea	Small	20	200	0	0	0	0	0	60	52	0	52	0
Lipton® Raspberry Tea	Medium	32	320	0	0	0	0	0	100	84	0	84	0
Lipton® Raspberry Tea	Large	40	400	0	0	0	0	0	125	105	0	105	0
Silver's Tea (sweetened)	Kids	12	130	0	0	0	0	0	15	32	0	32	0
Silver's Tea (sweetened)	Small	20	210	0	0	0	0	0	20	54	0	54	0
Silver's Tea (sweetened)	Medium	32	340	0	0	0	0	0	35	87	0	87	0
Silver's Tea (sweetened)	Large	40	420	0	0	0	0	0	40	108	0	108	0
Silver's Tea (unsweetened)	Kids	12	0	0	0	0	0	0	15	0	0	0	0
Silver's Tea (unsweetened)	Small	20	0	0	0	0	0	0	25	0	0	0	0
Silver's Tea (unsweetened)	Medium	32	0	0	0	0	0	0	35	0	0	0	0
Silver's Tea (unsweetened)	Large	40	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi®	Kids	12	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®	Small	20	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®	Medium	32	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®	Large	40	0	0	0	0	0	0	125	0	0	0	0
Diet Mountain Dew®	Kids	12	0	0	0	0	0	0	60	0	0	0	0
Diet Mountain Dew®	Small	20	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®	Medium	32	0	0	0	0	0	0	160	0	0	0	0
Diet Mountain Dew®	Large	40	0	0	0	0	0	0	200	0	0	0	0
Mott's® Apple juice	1 box	4	60	0	0	0	0	0	5	15	0	14	0

gms = grams mgs = milligrams * Some meals contain more than one serving per meal.

**Content of Family-size items is equal to (4) individual servings

[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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Beverage volumes are represented in fluid ounces.