


# NUTRITION GUIDE

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

 <b>ITEM</b>	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
<b>ALASKAN POLLOCK AND SEAFOOD</b>																	
Battered Alaskan Pollock	1 piece	92	260	140	16	4	4.5	35	790	17	0	0	12	0	0	0	0
Battered Shrimp	3 pieces	42	130	80	9	2.5	2.5	45	480	8	0	0	5	0	0	0	0
Popcorn Shrimp	1 snack box	83	270	140	16	4	4.5	75	570	23	1	1	9	0	0	35	8
Buttered Langostino Lobster Bites	1 snack box	91	230	80	9	3	3	60	520	24	2	0	13	4	0	4	4
Breaded Clam Strips	1 snack box	85	320	170	19	4.5	7	35	1190	29	2	1	9	0	0	2	8
Grilled Pacific Salmon	2 filets	128	150	45	5	1	0	50	440	2	0	1	24	2	0	2	4
Grilled Tilapia	1 fillet	116	110	20	2.5	1	0	55	250	1	0	1	22	0	0	2	2
Shrimp Scampi	8 pieces	130	200	120	13	2.5	0	135	650	3	0	1	17	4	0	6	4
Langostino Lobster Stuffed Crab Cake	1 cake	62	170	80	9	2	0	30	390	16	1	0	6	0	0	6	4
<b>CHICKEN STRIPS</b>																	
Chicken Strips	1 piece	52	140	70	8	2	2.5	20	480	9	0	0	8	0	4	0	4
<b>SANDWICHES &amp; MORE</b>																	
Alaskan Pollock Sandwich	1 sandwich	176	470	210	23	5	4.5	40	1180	49	3	4	18	2	2	6	10
Ultimate Alaskan Pollock Sandwich®	1 sandwich	206	530	240	27	8	4.5	55	1500	50	3	4	21	6	2	10	10
Chicken Strip Sandwich	1 sandwich	188	440	270	30	6	5	50	1350	47	4	2	22	2	2	6	10
Baja Fish Taco	1 taco	117	360	210	23	4.5	3.5	25	810	30	3	2	9	0	0	6	8
Baja Chicken Strip Taco	1 taco	123	370	210	23	5	3.5	25	890	31	3	2	11	0	0	6	8
Zesty Chicken Strip Sandwich	1 sandwich	129	380	170	19	4	2.5	25	880	39	3	2	14	0	0	6	10
Freshside Grille® Salmon Entrée	1 plate	304	280	60	7	2	0	50	1010	27	3	5	27	140	0	8	10
Freshside Grille® Tilapia Entrée	1 plate	292	250	40	4.5	2	0	60	820	27	3	4	25	140	0	8	10
Freshside Grille® Shrimp Scampi Entrée	1 plate	306	330	140	15	3.5	0	135	1230	29	3	5	20	140	0	10	10
<b>SAUCES/CONDIMENTS</b>																	
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	0	2
Cocktail Sauce	1 oz.	28	25	0	0	0	0	0	250	6	0	5	0	6	0	0	0
Honey Mustard	1 dipping cup	28	100	60	6	1.5	0	0	170	12	0	6	0	0	0	0	0
Ketchup	1 packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0
Lemon Juice	1 packet	4	0	0	0	0	0	0	0	0	0	0	0	0	2	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	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	0
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1	4	4	0	0
Ranch	1 dipping cup	28	160	150	17	2.5	0	15	240	2	0	1	0	0	0	0	0
Sweet & Sour	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0	0	2	0	0
Tartar Sauce	1 oz.	28	100	80	9	1.5	0	15	250	4	0	3	0	0	0	0	0
<b>SIDES</b>																	
Fries- Platter Portion	3 oz.	85	230	90	10	2.5	3	0	350	34	3	0	3	0	25	0	0
Fries- Basket Combo Portion	4 oz.	113	310	120	14	3.5	3.5	0	460	45	4	0	3	0	30	0	0
Hushpuppy	1 pup	23	60	20	2.5	0.5	1	0	200	9	1	1	1	0	0	2	2
Cole Slaw	4 oz.	113	200	130	15	2.5	0	20	340	15	3	10	1	8	30	4	2
Corn Cobbette without Butter Oil	1 cobbette	95	90	25	3	0.5	0	0	0	14	3	6	3	2	2	0	2
Corn Cobbette with Butter Oil	1 cobbette	102	150	90	10	2	0	0	30	14	3	6	3	2	2	0	2
Crumbles®	1 oz.	28	170	110	12	2.5	4	0	410	14	1	0	1	0	0	0	2
Breadstick	1 breadstick	58	170	30	3.5	1	1	0	290	29	1	2	6	0	0	2	10
Vegetable Medley	4 oz.	113	50	15	2	0.5	0	0	360	8	3	3	1	140	0	4	2
Rice	5 oz.	142	180	10	1	0.5	0	0	470	37	2	1	4	6	0	2	15
Breaded Mozzarella Sticks	3 pieces	50	150	80	9	3.5	0	10	350	13	1	0	5	4	0	10	4
Jalapeno Peppers	1 whole pepper	37	15	0	0	0	0	0	190	2	0	1	1	4	15	2	0
Broccoli Cheese Bites	5 pieces	93	230	110	12	4.5	3	15	550	25	2	2	5	2	2	10	4
Jalapeno Cheddar Bites	5 pieces	82	240	120	14	5	4	15	730	23	2	2	6	0	2	10	2
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5	20	10	15	6
<b>DESSERTS</b>																	
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3	0	0	6	8
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3	2	0	8	2
<b>ICEFLOW LEMONADE</b>																	
Iceflow™ Lemonade	16 oz. cup	442	190	0	0	0	0	0	15	47	0	40	0	0	120	0	0
Iceflow™ Lemonade	20 oz. cup	556	240	0	0	0	0	0	15	60	0	50	0	0	150	0	0
Strawberry Iceflow Lemonade	16 oz. cup	462	240	0	0	0	0	0	15	60	0	48	0	0	120	0	0
Strawberry Iceflow Lemonade	20 oz. cup	585	310	0	0	0	0	0	20	79	0	62	0	0	150	0	0

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														Vitamin A	Vitamin C	Calcium	Iron
<b>BEVERAGES</b>																	
Pepsi®	kids	12 fl.oz.	150	0	0	0	0	0	35	42	0	40	0	0	0	0	0
Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	60	70	0	67	0	0	0	0	0
Pepsi®	medium	32 fl.oz.	400	0	0	0	0	0	100	112	0	108	0	0	0	0	0
Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	125	140	0	135	0	0	0	0	0
Mountain Dew®	kids	12 fl.oz.	160	0	0	0	0	0	50	43	0	43	0	0	0	0	0
Mountain Dew®	small	20 fl.oz.	270	0	0	0	0	0	85	72	0	72	0	0	0	0	0
Mountain Dew®	medium	32 fl.oz.	440	0	0	0	0	0	140	116	0	116	0	0	0	0	0
Mountain Dew®	large	40 fl.oz.	550	0	0	0	0	0	170	145	0	145	0	0	0	0	0
Sierra Mist®	kids	12 fl.oz.	150	0	0	0	0	0	30	40	0	40	0	0	0	0	0
Sierra Mist®	small	20 fl.oz.	250	0	0	0	0	0	50	67	0	67	0	0	0	0	0
Sierra Mist®	medium	32 fl.oz.	400	0	0	0	0	0	80	108	0	108	0	0	0	0	0
Sierra Mist®	large	40 fl.oz.	500	0	0	0	0	0	100	135	0	135	0	0	0	0	0
Dr. Pepper®	kids	12 fl.oz.	150	0	0	0	0	0	50	40	0	40	0	0	0	0	0
Dr. Pepper®	small	20 fl.oz.	250	0	0	0	0	0	85	67	0	67	0	0	0	0	0
Dr. Pepper®	medium	32 fl.oz.	400	0	0	0	0	0	140	108	0	108	0	0	0	0	0
Dr. Pepper®	large	40 fl.oz.	500	0	0	0	0	0	175	135	0	135	0	0	0	0	0
Tropicana® Lemonade	kids	12 fl.oz.	150	0	0	0	0	0	160	41	0	41	0	0	0	0	0
Tropicana® Lemonade	small	20 fl.oz.	250	0	0	0	0	0	265	68	0	68	0	0	0	0	0
Tropicana® Lemonade	medium	32 fl.oz.	400	0	0	0	0	0	420	108	0	108	0	0	0	0	0
Tropicana® Lemonade	large	40 fl.oz.	500	0	0	0	0	0	525	135	0	135	0	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	0
Tropicana® Twister® Orange	small	20 fl.oz.	280	0	0	0	0	0	65	78	0	75	0	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	0
Tropicana® Twister® Orange	large	40 fl.oz.	550	0	0	0	0	0	125	155	0	150	0	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	0
Tropicana® Fruit Punch	small	20 fl.oz.	270	0	0	0	0	0	60	75	0	75	0	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	0
Tropicana® Fruit Punch	large	40 fl.oz.	550	0	0	0	0	0	125	150	0	150	0	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	0
Wild Cherry Pepsi®	small	20 fl.oz.	250	0	0	0	0	0	50	70	0	70	0	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	0
Wild Cherry Pepsi®	large	40 fl.oz.	500	0	0	0	0	0	100	140	0	140	0	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	0
Lipton® Raspberry Tea	small	20 fl.oz.	200	0	0	0	0	0	60	52	0	52	0	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	0
Lipton® Raspberry Tea	large	40 fl.oz.	400	0	0	0	0	0	125	105	0	105	0	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	0
Iced Tea (unsweetened)	small	20 fl.oz.	0	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	0
Iced Tea (unsweetened)	large	40 fl.oz.	0	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	0
Diet Pepsi®	small	20 fl.oz.	0	0	0	0	0	0	60	0	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	0
Diet Pepsi®	large	40 fl.oz.	0	0	0	0	0	0	125	0	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	0
Diet Mountain Dew®	small	20 fl.oz.	0	0	0	0	0	0	100	0	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	0
Diet Mountain Dew®	large	40 fl.oz.	0	0	0	0	0	0	200	0	0	0	0	0	0	0	0

g = gram                      mg = milligram

**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: February 2011



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