



Core Menu Nutrition and Allergens

We analyzed all of the items on this chart on an individual basis. We did not include breadsticks, hush puppies, dipping sauces, and other sides as part of any meal. Instead, we analyzed those items separately. Please take into account all components of a meal to determine the final nutritional, allergen and sensitivity content of your complete meal.

* The FDA does not require information for polyunsaturated fat, monounsaturated fat and potassium. Blank cells for those nutrients indicate that the information was not provided by our manufacturers and could not be declared.



	Serving Size	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)*	Mono unsat fat (g)*	Cholesterol (mg)	Sodium (mg)	Potassium (mg)*	Carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)	
FISH																
Batter Dipped Fish	1 filet	230	130	15	8	1			50	570		11	0	0	10	
Breaded Flounder	1 filet	240	130	15	7	1			50	430	260	10	0	0	15	
Catfish	1 filet	260	160	19	8	1			60	570		11	0	0	11	
Country Style Fish	1 filet	190	100	12	6	1			40	500		11	0	0	9	
Southern Style Fish Tenders	1 tender	110	70	8	4	0.5			15	240		4	0	0	5	
Southern Style White Fish Filet	1 filet	560	330	37	20	2.5			80	1390		26	0	0	27	
SEAFOOD																
Butterfly Shrimp	1 shrimp	60	40	4.5	1.5	0			15	5		4	0	0	2	
Crab Cakes	1 cake	190	100	11	5	0.5			15	330	45	10	0	2	3	
Popcorn Shrimp	1 order	490	240	27	13	2			135	830		48	2	0	15	
Stuffed Crab	1 piece	140	90	10	3.5	0			10	350	30	11	0	0	3	
FROM THE GRILL																
Blackened Tilapia	1 filet	210	70	7	2	0	3	2	85	270	530	1	0	0	34	
Grilled Salmon	1 filet	220	90	10	1.5	0	4.5	2.5	80	105	500	0	0	0	31	
Grilled Shrimp Skewers	1 skewer	100	25	3	1	0			95	340		1	0	0	12	
Grilled Steak Tips	1 order	110	35	4	1	0			50	360		2	0	0	17	
Grilled White Fish Filet	1 filet	180	70	8	3	0	2.5	1	45	510		2	0	0	25	
Grilled White Fish Tender	1 tender	50	25	3	1	0	1		10	180		0	0	0	5	
Lemon Pepper White Fish	1 filet	180	70	8	3	0	2.5	1	45	450		1	0	0	25	
Shrimp Scampi	1 order	980	590	67	12	1.5	0	1	130	2130	150	70	5	5	28	
SALADS (dressing not included)																
Grilled Tilapia Salad	1 salad	310	120	13	5	0	3.5	2	100	570	1020	9	4	5	41	
Skewer Shrimp Salad	1 salad	300	90	11	5	0	0		210	560	500	10	4	5	30	
Southern Style Breaded Chicken Salad	1 salad	290	150	17	8	1	0		45	570	500	20	4	5	15	
Wild Alaskan Salmon Salad	1 salad	330	140	16	4.5	0	4.5	2.5	95	480	1010	10	4	5	38	
SIDE DISHES																
Baked Potato	1 potato	210	0	0	0	0			0	25	1200	48	5	3	6	
Breadstick	1 piece	150	45	5	2	0.5			2	150		22	1	3	3	
Broccoli	1 order	20	0	0	0	0			0	20	180	4	3	1	2	
Cocktail Sauce	1 serving	25	0	0	0	0			0	220		4	1	4	0	
Coleslaw	1 order	180	110	13	1.5	0			15	350	160	15	2	11	1	
Corn On The Cob	1 order	180	15	1.5	0	0			0			37	4	5	5	
D's Dippin' Sauce	1 serving	140	130	14	2.5	0			10	320		3	0	2	0	
French Fries	1 order	330	190	22	10	1			20	400		28	3	0	3	
Green Beans	1 order	70	25	2.5	2	0			5	630		5	2	2	2	
Honey Mustard	1 serving	120	110	12	2	0			10	100		3	0	3	0	
Hushpuppy	1 piece	80	35	4	2	0			10	200	10	9	0	0	1	
Loaded Baked Potato	1 potato	400	130	15	8	0		2	50	440	1230	49	5	3	18	
Macaroni & Cheese	1 order	170	70	8	4	0			20	570	35	18		3	6	