NUTRITION GUIDE

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

Long John Silver's America's FISH FRY 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	89	230	130	14	5	0	40	580	14	1	0	12	0	0	2	2
Battered Alaskan Pollock Tender	1 piece	51	200	130	14	6	0	25	580	11	0	0	7	0	0	2	2
Battered Shrimp	3 pieces	39	130	60	7	3	0	45	350	5	0	0	6	0	0	2	2
Popcorn Shrimp*	1 snack box	83	330	110	12	5	0	70	510	20	1	0	8	0	0	35	8
Breaded Clam Strips*	1 snack box	85	280	115	16	6	0	10	1030	20	1	5	7	0	0	2	6
Battered Cod	1 piece	85	280	180	19	8	0	60	640	6	0	0	19	0	0	2	2
Baked Cod	1 piece	170	160	10	1	0	0	120	390	1	0	0	36	0	2	2	0
Baked Shrimp	3 pieces	29	25	0	0	0	0	45	105	0	0	0	5	0	0	2	0
Crab Cake	1 cake	62	280	140	15	6	0	35	880	26	1	3	10	4	6	8	6
CHICKEN																	
Chicken Tenders	1 piece	59	170	70	8	3	0	20	400	11	0	0	8	0	0	0	2
Chicken Bites	1 piece	17	60	30	4	2	0	10	200	4	0	0	2	0	0	0	2
SANDWICHES & TACOS																	
Ciabatta Jack Fish Sandwich	1 sandwich	229	550	270	30	10	0	50	1300	48	2	3	22	8	10	15	15
Ciabatta Jack Chicken Sandwich	1 sandwich	258	660	300	33	10	0	60	1520	57	3	2	26	10	10	15	20
Seafood Salad Sandwich	1 sandwich	215	470	250	27	6	0	50	1230	42	2	5	17	8	10	25	20
Baja Fish Taco	1 taco	196	580	350	39	10	0	45	1330	41	2	2	16	2	6	8	10
Baja Chicken Taco	1 taco	175	530	300	33	11	0	30	1200	40	2	1	13	2	0	8	10
SALADS & DRESSINGS																	
Cranberry Walnut Chicken Salad	1 salad	238	390	160	18	6	0	35	630	39	4	18	15	60	30	15	8
Seafood Salad Salad	1 salad	238	310	200	23	5	0	50	760	16	3	6	11	60	35	25	10
Side Salad	1 salad	71	35	15	2	1	0	5	75	3	1	2	2	30	15	6	2
LJS Special T Dressing	1.5 oz.	43	250	250	28	4	0	25	320	1	0	1	0	0	0	0	0
Ranch Dressing	1 packet	43	200	190	22	4	0	10	320	2	0	1	0	0	0	2	0
Dijon Honey Mustard Dressing	1 packet	43	180	140	16	3	0	10	230	8	0	7	0	0	0	0	0
Raspberry Vinaigrette	1 packet	43	45	0	0	0	0	0	330	11	0	11	0	0	2	0	0
SAUCES/CONDIMENTS																	
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0	0	0	0	2
Cocktail Sauce	1 dipping cup	28	25	0	0	0	0	0	330	6	0	3	0	2	0	0	2
Honey Mustard	1 dipping cup	28	100	60	6	2	0	0	170	12	0	6	0	0	0	0	0
Ketchup	1 pouch	27	30	0	0	0	0	0	250	8	0	6	0	3	3	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	3	0	15	240	2	0	1	0	0	0	0	0
Sweet Thai Chili Sauce	1 dipping cup	28	60	0	0	0	0	0	300	14	0	9	0	4	0	0	0
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0	8	1	1	0
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0	2	3	0	0
Sweet & Sour Sauce	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0	0	2	0	0
Tartar Sauce	1 packet	12	40	30	4	1	0	5	110	2	0	2	0	0	0	0	0
Zesty Tartar Sauce	1 dipping cup	28	140	140	15	3	0	0	220	1	0	1	0	0	0	0	0
SIDES																	
Fries	Individual	105	350	150	17	5	0	0	500	44	4	0	4	0	15	2	8
Salt & Vinegar Chips	Individual	43	140	80	9	3	0	0	320	14	1	0	1	0	6	0	2
Seafood Salad	Individual	75	150	90	10	2	0	30	510	8	0	2	7	0	0	15	8
Battered Onion Rings	5 pieces	88	350	240	26	10	0	0	730	25	1	2	2	2	2	2	4
Hushpuppy	2 pups	48	160	120	13	5	0	0	390	18	1	1	2	0	0	4	6
Cole Slaw	Individual	113	200	130	15	3	0	20	340	15	3	10	1	8	30	4	2
Corn Cobbette without Butter Oil	1 cobbette	95	90	25	3	1	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
Crumblies®	1 oz.	28	150	110	13	5	0	0	360	8	0	0	1	0	0	0	2
Clam Chowder	1 bowl	227	230	140	16	6	0	35	820	16	0	0	9	10	10	15	4
Seasoned Green Beans	Individual	113	29	2	0	0	0	0	362	5	2	1	1	0	0	6	6
Rice	Individual	142	180	10	1	1	0	0	470	37	2	1	4	6	0	2	15
Baked Potato	1 piece	337	297	3	0	0	0	0	361	67	8	3	6	0	25	4	15
Breaded Mozzarella Sticks	3 pieces	50	170	90	10	5	0	15	400	12	0	1	5	6	0	15	2
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	310	220	24	9	0	10	440	18	3	3	5	8	15	8	2
Macaroni & Cheese	Individual	113	150	50	6	3	0	10	490	19	1	3	6	6	0	10	4
Jalapeno Cheddar Bites	5 pieces	82	240	150	16	7	0	10	630	18	1	3	6	4	0	10	0
Broccoli Cheese Soup	1 bowl	210	220	160	18	8	0	30	650	8	1	2	5	20	10	15	6
DESSERTS																	
Chocolate Cream Pie	1 slice	74	280	160	17	10	0	10	230	28	1	19	3	0	0	6	8
Pecan Pie	1 slice	95	410	190	21	6	0	70	220	52	1	22	4	2	2	0	0
Pineapple Cream Pie	1 slice	89	300	150	17	11	0	10	250	35	0	25	3	2	0	8	2
ICEFLOW LEMONADE																	
Iceflow™ Lemonade	16 oz. cup	454	220	0	0	0	0	0	15	47	0	40	0	0	12	0	0
Strawberry Iceflow Lemonade	16 oz. cup	482	320	0	0	0	0	0	35	79	0	76	0	0	15	2	0
BEVERAGES																	
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

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														Vitamin A	Vitamin C	Calcium	Iron
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
Silver's Tea (sweetened)	kids	12 fl.oz.	130	0	0	0	0	0	15	32	0	32	0	0	0	2	0
Silver's Tea (sweetened)	small	20 fl.oz.	210	0	0	0	0	0	20	54	0	54	0	0	0	2	0
Silver's Tea (sweetened)	medium	32 fl.oz.	340	0	0	0	0	0	35	87	0	86	0	0	0	2	0
Silver's Tea (sweetened)	large	40 fl.oz.	420	0	0	0	0	0	40	108	0	108	0	0	0	2	0
Silver's Tea (unsweetened)	kids	12 fl.oz.	0	0	0	0	0	0	15	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	small	20 fl.oz.	0	0	0	0	0	0	25	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	medium	32 fl.oz.	0	0	0	0	0	0	35	0	0	0	0	0	0	2	0
Silver's Tea (unsweetened)	large	40 fl.oz.	0	0	0	0	0	0	45	0	0	0	0	0	0	2	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**

*** 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.

Data Revised: September 2014