

	Serving Size	Calories	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 piece	211	15	8	1			48	601	0.2	22		0.7	10
Breaded Flounder	1 piece	233	14	7	1	0	0	48	440	255	12		0.2	14
Catfish	1 piece	252	18	8	1			62	589	0.1	16	0	0.4	10
Country Style Fish	1 piece	180	11	6	1			41	525	0.1	19		0.5	9
Southern Style Fish Tenders	1 piece	93	7	4	0			14	251	0.1	8.4		0.3	5
Southern Style White Fish Fillet	1 piece	539	37	19	2			79	1429	0.2	39	0	1.1	26
Seafood														
Butterfly Shrimp	1 shrimp	55	4	2	0			10	40		3.6		0.1	1
Crab Cakes	1 piece	188	10	5	1			14	328	45	10	1	1.8	3
Popcorn Shrimp	1 order	485	27	13	2			133	827		48	2		15
Stuffed Crab	1 piece	141	10	4	0			11	349	30	10			3
From The Grill														
Grilled Chicken	1 serving	188	6	1		2	1	70	718	1.2	1.2	0	0.1	28
Grilled Salmon	1 serving	241	11	3		4	3	86	392	505	1	0	0.1	31
Grilled Shrimp	1 serving	95	4	0		0	0	72	571	90	3.4	0	0.2	10
Grilled Shrimp Skewers	1 skewer	101	3	1				96	344	1.1	1.1	0	0.1	12
Grilled Steak Tips	1 kabob	110	4	1				48	361		1.7			16
Grilled White Fish Fillet	1 piece	175	8	3		2	1	42	609	1.5	1.1	0	0.1	25
Grilled White Fish Tender	1 piece	47	3	1		1	0	8.5	170	0.5	0.4		0.1	5
Seasoned Tilapia	1 piece	223	9	3		3	2	90	488	518	0.7		0.2	34
Shrimp Scampi	1 serving	656	35	6	1	0	1	77	1075	145	64	4	4.3	22
Salads														
Grilled Chicken Salad	1 salad	293	11	4	0	2	1	85	842	501	10	4	4.8	34
Skewer Shrimp Salad	1 salad	206	9	4	0	0		111	467	501	10	4	4.7	18
Southern Style Breaded Chicken Salad	1 salad	286	15	8	1	1	0	50	1752	663	20	4	5.5	16
Wild Alaskan Salmon Salad	1 salad	310	13	5	0	2	2	101	477	1005	9.8	4	4.7	37

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Side Dishes														
Baked Potato	1 serving	209	0	0		0			549	1204	47	5	2.7	6
Breadstick	1 piece	148	5	2	1			2.2	149		22	1	3	3
Broccoli	1 serving	22	0			0			20	180	4.1	3	1.1	2
Cocktail Sauce	1 serving	25							229		5		5	
Coleslaw	1 serving	180	12	2				16	346	156	15	2	10	1
Corn On The Cob	1 serving	180	2								37	4	5	5
D's Dippin' Sauce	1 serving	141	14	2				9.4	321		2.8		1.9	
French Fries	1 serving	365	26	10	1	3	4	18	478	332	29	3		3
Green Beans	1 serving	67	3	2				6.7	627		5.5	2	1.8	2
Hushpuppy	1 piece	78	4	2	0			10	196	10	9.1	0	0.5	1
Loaded Baked Potato	1 serving	400	14	8	0	0	2	51	963	1234	49	5	2.7	17
Macaroni & Cheese	1 serving	175	8	3				12	625				2.5	6
Okra	1 serving	324	20	10	1			21	466	199	30	3	2.7	4
Seasoned Rice	1 serving	168	1	0		0	0	1.3	543	57	34	1	0.2	3
Side Salad	1 serving	20	0			0			11	252	4.2	2	2.4	1
Tartar Sauce	1 serving	134	13	2				13	182				1.4	
Other Favorites														
Cheese Sticks	1 order	500	32	17	2			48	1066		34		2.7	21
Chicken Tender	1 piece	182	10	5	1	0	0	35	1628	162	11	0	0.8	10
Clam Strips	1 order	869	57	19	2			53	1440		74	4		22
Great Little Fish Sandwich	1 sandwich	605	35	12	1			66	1537	0.3	76	1	6.7	16
Jalapeno Poppers	1 order	1158	75	41	3			136	1200		102	5	5	17
The Captain Sandwich	1 sandwich	1085	73	30	4			141	2342	14	111	2	6.1	28
Desserts														
Bananas Foster Bites	1 order	503	29	14	2			60	347		54	2	27	4
Cheesecake	1 slice	410	27	13	1			79	320		35	1	24	6
Chocolate Cake	1 slice	299	10	3	1			25	269		48	2	34	3
Chocolate Chip Cookie	1 cookie	180	8	4					140	53	27	1	16	2
Strawberry Topping	1 serving	50							5		12	1	11	

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Drinks														
Coke - Kids	12 fl oz	149							45		40		40	
Coke - Small	22 fl oz	274							82		74		74	
Coke - Medium	32 fl oz	399							120		107		107	
Coke - Large	42 fl oz	524							157		141		141	
Diet Coke - Kids	12 fl oz	0							41					
Diet Coke - Small	22 fl oz	0							76					
Diet Coke - Medium	32 fl oz	0							111					
Diet Coke - Large	42 fl oz	0							146					
Dr. Pepper - Kids	12 fl oz	149							60		39		38	
Dr. Pepper - Small	22 fl oz	274							110		72		70	
Dr. Pepper - Medium	32 fl oz	399							160		105		102	
Dr. Pepper - Large	42 fl oz	524							210		138		134	
Sprite - Kids	12 fl oz	147	0						33	3.7	37		33	0
Sprite - Small	22 fl oz	271	0						60	6.8	68		60	0
Sprite - Medium	32 fl oz	394	0						88	9.9	99		88	1
Sprite - Large	42 fl oz	517	0						116	12	131		116	1
Sweet Tea - Kids	12 fl oz	143							10	5.6	37		36	
Sweet Tea - Small	22 fl oz	262							20	10	67		67	
Sweet Tea - Medium	32 fl oz	382							29	14	98		98	
Sweet Tea - Large	42 fl oz	502							38	19	129		129	
Unsweetened Tea - Kids	12 fl oz	0							34					
Unsweetened Tea - Small	22 fl oz	0							64					
Unsweetened Tea - Medium	32 fl oz	0							93					
Unsweetened Tea - Large	42 fl oz	0							122					

MenuTrinfo, LLC provides nutritional label information by reverse ingredient look-up using reputable data references based on the FDA accepted USDA Nutrient Database SR-25. (www.ars.usda.gov). We provide nutrition value estimates based on the information provided by various suppliers that represents a wide range of actual values. Though this is inherently a subjective process, we always assert our best efforts to maintain compliance with the industry standard according to the FDA and any and all current Menu Labeling laws in place at the time of this analysis. In addition, actual values may vary due to factors such as individual preparation of our menu items.