

NUTRITION GUIDE

LONG John SILVERS™ 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
FISH AND SEAFOOD																	
Battered Fish	1 piece	92	260	140	16	4	4.5	35	790	17	0	0	12	2	8	2	4
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
Baked Cod	1 piece	101	120	40	4.5	1	0	90	240	1	0	0	22	4	0	2	4
Alaskan Flounder	1 piece	104	250	100	11	2.5	3	35	910	26	2	0	12	0	0	4	6
Buttered Lobster Bites	1 snack box	99	250	80	9	3	3.5	65	560	27	2	0	14	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 filet	116	110	20	2.5	1	0	55	250	1	0	1	22	0	0	2	2
Shrimp Scampi	8 pieces	122	110	45	5	1	0.5	150	610	1	0	0	16	2	0	4	2
Shrimp Stuffed Crab Cake	1 cake	62	170	80	9	2	0	30	390	16	1	0	6	0	0	6	4
CHICKEN																	
Chicken Plank®	1 piece	52	140	70	8	2	2.5	20	480	9	0	0	8	0	4	0	4
SANDWICHES AND BOWLS																	
Fish Sandwich	1 sandwich	177	470	210	23	5	4.5	45	1210	48	3	4	18	8	4	6	15
Ultimate Fish Sandwich®	1 sandwich	199	530	250	28	8	5	60	1400	49	3	4	21	10	8	15	15
Chicken Sandwich	1 sandwich	137	360	140	15	3.5	2.5	25	900	40	3	4	14	6	4	6	15
Salmon Bowl without Sauce	1 bowl	383	470	100	11	2.5	0.5	55	1470	53	7	6	30	170	2	14	14
Salmon Bowl with Sauce	1 bowl	454	610	100	11	2.5	0.5	55	2080	82	7	32	30	170	4	16	16
Shrimp Bowl without Sauce	1 bowl	335	400	70	7	2	0.5	150	1400	52	7	5	20	170	2	16	10
Shrimp Bowl with Sauce	1 bowl	406	530	70	7	2	0.5	150	2000	81	7	31	21	170	4	18	12
SAUCES/CONDIMENTS																	
Cocktail Sauce	1 oz.	28	25	0	0	0	0	0	250	6	0	5	0	6	0	0	0
Tartar Sauce	1 oz.	28	100	80	9	1.5	0	15	250	4	0	3	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
Ginger Teriyaki Sauce	1.5 oz.	43	80	0	0	0	0	0	370	18	0	16	0	0	0	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	0	0	0	0	0	0
Ketchup	1 packet	9	10	0	0	0	0	0	100	2	0	2	0	0	0	0	0
SIDES																	
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	14	3	6	3	8	2	0	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	420	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	270	40	4.5	1	0.5	0	670	43	4	1	4	30	2	8	8
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 pie	74	310	200	22	14	2	15	170	24	1	18	5	4	2	4	8
Pineapple Cream Pie	1 slice pie	89	290	110	13	7	2	15	210	39	1	26	4	4	10	8	4
Pecan Pie	1 slice pie	95	370	140	15	3	2	40	190	55	2	20	4	4	2	2	6
BEVERAGES																	
Pepsi® (small)	11 fl. oz.	325	140	0	0	0	0	0	35	39	0	37	0	0	0	0	0
Pepsi® (medium)	14 fl. oz.	414	180	0	0	0	0	0	45	49	0	47	0	0	0	0	0
Pepsi® (large)	22 fl. oz.	651	280	0	0	0	0	0	70	77	0	74	0	0	0	0	0
Diet Pepsi® (small)	11 fl. oz.	325	0	0	0	0	0	0	35	0	0	0	0	0	0	0	0
Diet Pepsi® (medium)	14 fl. oz.	414	0	0	0	0	0	0	45	0	0	0	0	0	0	0	0
Diet Pepsi® (large)	22 fl. oz.	651	0	0	0	0	0	0	70	0	0	0	0	0	0	0	0
Mt. Dew® (small)	11 fl. oz.	325	150	0	0	0	0	0	50	40	0	40	0	0	0	0	0
Mt. Dew® (medium)	14 fl. oz.	414	190	0	0	0	0	0	60	51	0	51	0	0	0	0	0
Mt. Dew® (large)	22 fl. oz.	651	300	0	0	0	0	0	100	80	0	80	0	0	0	0	0

g = gram mg = milligram

For a typical adult who consumes 2,000 calories per day, the recommended limits are 20 grams of saturated fat and 2,300 milligrams of sodium. Recommended limits may be higher or lower depending on daily calorie consumption.

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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