

Long John Silver's

| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Protein (g) |
|---|----------|-------------------|-------------|------------------|-----------|-------------|
| Add a Piece (No more than 4g saturated fat) | | | | | | |
| Battered Shrimp | 111 | 3 | 0 | 0 | 0 | 4 |
| Chicken Breast Strip | 145 | 4 | 546 | 7 | 1 | 10 |
| Crab Cake | 280 | 4 | 450 | 17 | 1 | 6 |
| Grilled Shrimp | 280 | 4 | 1220 | 1 | 0 | 11 |
| Grilled Salmon | 110 | 0 | 325 | 0 | 1 | 23 |
| Snacks | | | | | | |
| Lobster Bites | 308 | 3 | 745 | 31 | 0 | 18 |
| Sandwiches & Tacos | | | | | | |
| Southwest Battered Fish Taco | 390 | 4 | 1275 | 41 | 5 | 13 |
| Sweet Chili Battered Fish Taco | 380 | 4 | 1260 | 42 | 4 | 13 |
| Grilled | | | | | | |
| Grilled Salmon Rice Bowl | 667 | 1 | 1750 | 45 | 2 | 21 |
| Grilled Shrimp Rice Bowl | 765 | 1 | 1740 | 47 | 2 | 21 |
| Sweet Chili Grilled Salmon Bowl | 682 | 2 | 1340 | 48 | 2 | 26 |
| Sweet Chili Grilled Shrimp Rice Bowl | 780 | 2 | 1790 | 51 | 2 | 21 |
| Southwest Grilled Salmon Rice Bowl | 730 | 3 | 1230 | 45 | 3 | 26 |
| Southwest Grilled Shrimp rice Bowl | 828 | 3 | 1580 | 48 | 3 | 20 |
| Baja Grilled Shrimp Bowl | 803 | 3 | 1580 | 48 | 3 | 20 |
| Baja Grilled Salmon Bowl | 705 | 3 | 1230 | 45 | 3 | 26 |
| Baja Grilled Salmon Taco | 220 | 1 | 580 | 21 | 2 | 16 |
| Baja Grilled Shrimp Taco | 269 | 1 | 820 | 23 | 2 | 12 |
| Grilled Salmon Taco | 145 | 1 | 580 | 21 | 2 | 16 |
| Grilled Shrimp Taco | 194 | 1 | 820 | 23 | 2 | 12 |
| Sweet Chili Grilled Salmon Taco | 170 | 1 | 630 | 22 | 2 | 16 |
| Sweet Chili Grilled Shrimp Taco | 219 | 1 | 874 | 26 | 2 | 11 |
| Southwest Grilled Salmon Taco | 260 | 2 | 590 | 23 | 2 | 13 |
| Southwest Grilled Shrimp Taco | 309 | 2 | 773 | 21 | 2 | 12 |



| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrate (g) | Fiber (g) | Protein (g) |
|--|----------|-------------------|-------------|------------------|-----------|-------------|
| Sides | | | | | | |
| Coleslaw | 170 | 2 | 410 | 18 | 2 | 1 |
| Corn | 160 | 2 | 370 | 19 | 2 | 3 |
| Green Beans | 25 | 0 | 600 | 4 | 1 | 1 |
| Rice | 180 | 1 | 470 | 37 | 2 | 4 |
| Sauces & Condiments (saturated fat free) | | | | | | |
| BBQ (1 dipping cup) | 40 | 0 | 230 | 10 | 0 | 0 |
| Cocktail Sauce (1 dipping cup) | 20 | 0 | 230 | 4 | 0 | 1 |
| Ketchup (1 pouch) | 30 | 0 | 250 | 8 | 0 | 0 |
| Malt Vinegar (0.5 oz.) | 0 | 0 | 35 | 0 | 0 | 0 |
| Sweet & Sour Sauce (1 dipping cup) | 45 | 0 | 120 | 12 | 0 | 0 |

Summer 2024

