

**SEAFOOD**

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0208917000001	FRIED CATFISH DINNER	1 each	425	850	390	44	9	0	130	36	27	1330	6	79
0208989000008	FRIED CATFISH SANDWICH	1 each	243	670	300	34	7	0	120	37	2	880	4	51
0208918000000	FRIED CLAM STRIP DINNER	1 each	425	960	400	44	7	0	25	17	30	2310	6	128
0208913000005	FRIED COD DINNER	1 each	425	790	320	36	7	0	55	23	29	1880	6	96
0208990000004	FRIED COD SANDWICH	1 each	243	610	240	26	6	0	45	24	4	1420	4	67
0208915000003	FRIED FLOUNDER DINNER	1 each	425	700	210	23	3	0	50	24	29	1730	6	105
0208912000006	FRIED HADDOCK DINNER	1 each	425	800	190	21	7	0	60	25	29	1830	6	96
0208919000009	FRIED HADDOCK SANDWICH	1 each	243	620	100	11	6	0	55	26	4	1380	4	67
0208914000004	FRIED SEA SCALLOP DINNER	1 each	425	830	360	39	8	0	100	36	27	1640	5	83
0208981000006	FRIED SHRIMP DINNER	1 each	425	870	380	42	7	0	245	41	29	1440	5	85
0208988000009	FRIED SHRIMP SANDWICH	1 each	243	690	290	32	5	0	235	42	4	990	3	57
0208991000003	FRIED TILAPIA SANDWICH	1 each	243	670	290	32	5	0	65	29	3	1280	4	67
0208073000006	SIGNATURE GOUR SEAFOOD SALAD	1/2 cup	100	190		12	2	0	40	7	2	660	0	8
0208221000001	SIGNATURE GOUR SHRIMP ROLL	1 each	163	260	110	12	2	0	90	13	4	3070	1	25
0208652000007	SIGNATURE GOUR SHRIMP SALAD	1/2 cup	100	150		11	2	0	105	10	0	630	0	0
0208441000003	SIGNATURE LBSTR/SEAFD ROLL	1 each	163	330	170	19	3	0	35	10	5	910	1	29
0208458000003	SIGNATURE LBSTR/SEAFD SALAD	1/2 cup	100	170	140	15	2	0	30	5	0	620	0	4
0208474000001	SIGNATURE LUMP CRABCAKE SAND	1 Each	198	580	350	39	7	0	135	22	2	1060	2	34
0208497000002	SIGNATURE MAC/ SHRIMP SALAD	1/2 cup	140	300		17	3	0	70	7	13	440	0	54
0208509000006	SIGNATURE MAC/SHRMP DELX SALAD	1/2 cup	140	390	130	14	2.5	0	50	11	11	1020	0	54
0208847000003	STORE FRIED BAY SCALLOP DINNER	1 each	425	830	360	39	8	0	100	36	27	1640	5	83
0208938000004	STORE FRIED TILAPIA DINNER	1 each	425	830	350	39	6	0	70	28	28	1810	6	95