



NUTRITIONAL INFORMATION

Menu Items	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breast	173	454	268	29.8	11.3	0.5	214	1044	6.9	0.1	0.4	39.9
Wing	53	146	75	8.2	3.1	0.2	71	533	2.2	0	0.1	15.8
Leg	72	193	117	13.0	4.8	0.3	72	572	0.1	0.1	0.2	18.8
Thigh	118	226	82	9.2	3.6	0.3	65	684	2.5	0.2	0.2	33.7
Grilled Breast	173	300	110	12	6	0	180	1130	2	6	0	48
Grilled Wing	53	120	70	8	2.5	0	80	410	0	0	0	13
Grilled Leg	72	140	80	9	3	0	90	540	1	2	0	15
Grilled Thigh	118	200	90	10	3	0	150	950	1	2	0	26
Chicken Tenders (each)	53	82	19	2.1	0.1	0.1	40	340	3.5	2	0	12.8
Grilled Tenders (each)	53	54	8	1.0	0.0	0.0	34	368	1.0	2	0	15.4
Ribs (per bone)	42	133	82	9.1	3.2	0.0	46	208	1	0	0.1	12
Bites (each)	15	50	30	3.3	1.6	0.2	7	146	2.7	0.2	0	2.5
Wing Dings (each)	24	62	30	3.4	1.1	0.1	32	192	1.8	0.0	0.1	6.1
Pork Chop (each)	100	279	140	17.1	5.5	0.3	77	456	6.9	0.1	0.2	27.9
Cod (piece)	51	75	34	3.8	1.8	0.2	16	289	8.9	0.1	0.1	5.7
Alaskan Flounder	114	160	90	4.5	1.0	0	30	540	17	1	0	13
Shrimp (piece)	19	25	15	0	0.0	0.0	7	120	4	0	0	1.8
Catfish (fillet)	99	260	149	16.6	6.4	0.7	62	419	10.3	0.1	0.2	17.4
Chicken Sandwich, plain	136	497	236	26.4	8.9	0.4	168	821	5.5	0.1	0.3	31.4
Flounder Sandwich, plain	168	310	115	15	1.5	0	30	770	41	1	4.1	17
Shack Wrap, plain	85	234	71	7.8	2.6	1.1	40	341	22.1	1.6	0.2	17.7

Sides	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Potatoes w/o Butter	128	273	134	14.9	5.8	0.6	6	122	31.7	0.9	0.3	4
Butter for Potatoes	10	69	68	7.6	1.5	0.1	0	137	0.1	0	0	0
French Fries	104	281	137	15.3	5.4	0.5	7	678	39.8	6.9	0.2	3.1
Cole Slaw	85	171	98	10.9	1.9	0.1	8	64	16.8	0.9	5.8	0.9
Corn w/o Butter	68	55	5	0.7	0.5	0	0	0	12.9	1.4	0.7	2
Onion Rings (about 6)	87	190	80	9.0	1.5	0.0	0	230	23	0.0	5.0	3.0
Mushrooms	131	323	183	20.3	7.9	0.9	14	574	31.8	0.9	0.3	4.1
Green Beans w/o Butter	156	28	0	0.0	0.0	0	0	151	5.5	2.8	2.8	1.4
Roll	38	90	10	1.0	0	0	0	160	17	1	2	3
Bar-B-Que Sauce	56	120	0	0	0	0	0	580	30	0	28	0
Hot-N-Spicy Sauce	56	20	0	0	0	0	0	580	4	0	0	0
Sweet Chili Sauce	56	96	0	0	0	0	0	544	22	0	19	0

The Dietary Guidelines for Americans recommend limiting saturated fat to less than 10% of calories per day from saturated fat and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. This data is based on standard portion product guidelines, and variations can be expected due to differences in product assembly, seasonal ingredient substitutions and other factors. Product data is based on current formulation as of date of publication. All calculations are based on serving size per person.