

Restaurant Foods Nutrition Facts

Fish Dinners	Serving Size (g)	Calories	Total Fat (g)	Total Fat (%DV)	Saturated Fat (g)	Saturated Fat (%DV)	Trans Fat (g)	Cholesterol (mg)	Cholesterol (%DV)	Sodium (mg)	Sodium (%DV)	Total Carbohydrates (g)	Total Carbohydrates (%DV)	Dietary Fiber (g)	Dietary Fiber (%DV)	Sugar (g)	Added Sugar (g)	Added Sugar (%DV)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)
Complete Meals with Roll, Coleslaw, Tartar Sauce, Ketchup, Lemon Wedge, and Choice of Side	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Large Haddock Meal with Fries	1 Meal	1640	108	138	14	70	1	170	57	3160	137	121	44	7	25	18	15	30	40	6	15	15	25
Large Haddock Meal with Mac & Cheese	1 Meal	1540	104	133	17	85	1	195	65	3050	133	101	37	5	18	21	15	30	44	6	25	15	20
Small Haddock Meal with Fries	1 Meal	1300	90	115	11	55	0.5	120	40	2530	110	98	36	6	21	18	15	30	23	0	10	15	20
Small Haddock Meal with Mac & Cheese	1 Meal	1200	86	110	14	70	1	150	50	2410	105	78	28	5	18	21	15	30	28	6	25	15	15
Haddock Sandwich Meal with Fries	1 Meal	1170	68	87	8	40	0	95	32	2180	95	107	39	6	21	8	5	10	27	0	10	20	20
Haddock Sandwich Meal with Mac & Cheese	1 Meal	1070	64	82	11	55	0	125	42	2060	90	87	32	4	14	12	5	10	32	6	20	15	15
Individual Nutrition	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Large Haddock	1 Piece (246g)	580	32	41	5	27	0	80	26	1110	48	40	15	0	0	1	0	0	28	4	2	4	10
Small Haddock	1 Piece (143g)	340	19	24	3	16	0	45	15	650	28	23	8	1	2	0	0	0	16	2	2	2	6
Haddock Sandwich - Small Haddock with Lettuce and Tomatoes on a Club Roll.	1 Sandwich (282g)	540	21	27	3	15	0	45	15	940	41	62	23	2	7	4	1	2	24	0	8	15	10
French Fries	5 oz (142g)	290	15	19	2.5	13	0	0	0	530	23	37	13	2	7	0	0	0	3	0	2	6	10
Macaroni and Cheese	4 oz (113g)	190	11	14	5	25	0	30	10	410	18	17	6	1	4	3	0	0	7	0	10	6	2
Coleslaw	4 oz (113g)	230	21	27	3	16	0	20	7	510	22	13	5	2	7	9	7	14	1	0	8	6	4
Ketchup	1 Each (9g)	10	0	0	0	0	0	0	0	90	4	2	1	0	0	2	2	4	0	0	0	0	0
Lemon Wedge	1 Piece (7g)	0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
Lettuce	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0
Roll	1 Roll (34g)	100	2.5	3	0	0	0	5	2	130	6	17	6	0	0	3	3	6	2	0	0	6	0
Club Roll for Sandwich	1 Roll (82g)	190	1.5	2	0	0	0	0	0	290	13	37	13	1	4	2	1	2	7	0	6	10	2
Tartar Sauce	1 Each (57g)	310	33	42	2.5	13	0	50	17	530	23	3	1	1	4	1	1	2	1	0	2	0	0
Tomato	1 oz (28g)	5	0	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	2

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