

PUB BATTERED COD	Quantity	Measure	Gram Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pub Battered Cod Basket - 2 Pc. w/ Fries & Coleslaw <i>Contains: Eggs, Milk, Wheat, Soy, Fish</i>	1	Serving	395	877	463	51	10	0	48	1249	108	7	16	12
Pub Battered Cod Basket - 3 Pc. w/ Fries & Coleslaw <i>Contains: Eggs, Milk, Wheat, Soy, Fish</i>	1	Serving	451	992	517	57	11	0	63	1394	128	7	16	16
FRIES: Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Modified Food Starch (Potato, Corn, Tapioca), Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, COOKING OIL: Canola Oil made from High Oleic Low Linolenic Canola Oil with TBHQ to protect flavor, Dimethylpolysiloxane, an antifoaming agent added, SLAW COLESLAW VEGETABLES: Cabbage, Carrots, SLAW DRESSING: Soybean Oil, Sugar, Corn Cider Vinegar, Water, Egg Yolk, Salt, Mustard Seed, Xanthan Gum, COD FILLET: Cod, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Modified Food Starch, Yellow Corn Flour, Salt, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whey, Autolyzed Yeast Extract, Natural Flavor, Dextrose, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dried Garlic, Spices, Yellow 5, Yellow 6, Fried in Soybean Oil, TARTAR SAUCE: Soybean Oil, Water, High Fructose Corn Syrup, Sweet Pickle Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Natural Spice Flavors, Polysorbate 80, Alum), Distilled Vinegar, Food Starch - Modified, Egg Yolks, Contains less than 2% of Salt, Spice (includes Mustard), Dehydrated Onion, Natural Flavor, Calcium Disodium EDTA added to protect flavor).														
Pub Battered Cod - 2 Pc. A La Carte <i>Contains: Egg, Fish, Milk, Wheat</i>	1	Serving	169	431	256	28	5	0	48	784	54	0	9	8
Pub Battered Cod - 3 Pc. A La Carte <i>Contains: Egg, Fish, Milk, Wheat</i>	1	Serving	225	546	310	34	6	0	63	929	75	0	9	11
COD FILLET: Cod, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Modified Food Starch, Yellow Corn Flour, Salt, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whey, Autolyzed Yeast Extract, Natural Flavor, Dextrose, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dried Garlic, Spices, Yellow 5, Yellow 6, Fried in Soybean Oil, TARTAR SAUCE: Soybean Oil, Water, High Fructose Corn Syrup, Sweet Pickle Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Natural Spice Flavors, Polysorbate 80, Alum), Distilled Vinegar, Food Starch - Modified, Egg Yolks, Contains less than 2% of Salt, Spice (includes Mustard), Dehydrated Onion, Natural Flavor, Calcium Disodium EDTA added to protect flavor).														
Cod Slider Basket - 2 Sliders w/ Fries & Coleslaw <i>Contains: Egg, Fish, Milk, Soy, Wheat</i>	1	Serving	503	1160	555	62	11	0	57	1930	149	7	24	18
FRIES: Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Modified Food Starch (Potato, Corn, Tapioca), Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, COOKING OIL: Canola Oil made from High Oleic Low Linolenic Canola Oil with TBHQ to protect flavor, Dimethylpolysiloxane, an antifoaming agent added, SLAW COLESLAW VEGETABLES: Cabbage, Carrots, SLAW DRESSING: Soybean Oil, Sugar, Corn Cider Vinegar, Water, Egg Yolk, Salt, Mustard Seed, Xanthan Gum, COD FILLET: Cod, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Modified Food Starch, Yellow Corn Flour, Salt, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whey, Autolyzed Yeast Extract, Natural Flavor, Dextrose, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dried Garlic, Spices, Yellow 5, Yellow 6, Fried in Soybean Oil, TARTAR SAUCE: Soybean Oil, Water, High Fructose Corn Syrup, Sweet Pickle Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Natural Spice Flavors, Polysorbate 80, Alum), Distilled Vinegar, Food Starch - Modified, Egg Yolks, Contains less than 2% of Salt, Spice (includes Mustard), Dehydrated Onion, Natural Flavor, Calcium Disodium EDTA added to protect flavor), POTATO SLIDER: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Potato Flakes, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Potato Flour, Salt, Artificial Flavors, Calcium Propionate (Preservative), Calcium Sulfate, Sodium Stearoyl Lactylate, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Corn Flour, Spices (Turmeric and Paprika), Mono & Diglycerides, Pea Protein, Wheat Protein, Potato Protein, Rice Protein, Sunflower Oil, Dextrose, Maltodextrins, Cornstarch, PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calcium Chloride, Sodium Benzoate (preservative), Alum, Polysorbate 80, Natural Flavor, Turmeric Extract (Color)..														
Cod Slider - 1 Slider A La Carte <i>Contains: Egg, Fish, Milk, Wheat</i>	1	Serving	110	256	100	11	2	0	20	485	41	0	4	7
COD FILLET: Cod, Water, Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Modified Food Starch, Yellow Corn Flour, Salt, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whey, Autolyzed Yeast Extract, Natural Flavor, Dextrose, Yeast, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Dried Garlic, Spices, Yellow 5, Yellow 6, Fried in Soybean Oil, POTATO SLIDER: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Potato Flakes, Yeast, Soybean Oil, Contains 2% or less of the following: Wheat Gluten, Potato Flour, Salt, Artificial Flavors, Calcium Propionate (Preservative), Calcium Sulfate, Sodium Stearoyl Lactylate, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Corn Flour, Spices (Turmeric and Paprika), Mono & Diglycerides, Pea Protein, Wheat Protein, Potato Protein, Rice Protein, Sunflower Oil, Dextrose, Maltodextrins, Cornstarch, TARTAR SAUCE: Soybean Oil, Water, High Fructose Corn Syrup, Sweet Pickle Relish (Pickles, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Minced Onion, Salt, Sugar, Red Bell Pepper, Xanthan Gum, Natural Spice Flavors, Polysorbate 80, Alum), Distilled Vinegar, Food Starch - Modified, Egg Yolks, Contains less than 2% of Salt, Spice (includes Mustard), Dehydrated Onion, Natural Flavor, Calcium Disodium EDTA added to protect flavor), PICKLES: Cucumbers, Water, Vinegar, Salt, Contains less than 2% of Calcium Chloride, Sodium Benzoate (preservative), Alum, Polysorbate 80, Natural Flavor, Turmeric Extract (Color)..														
SHRIMP	Quantity	Measure	Gram Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Shrimp Basket - 16 Pc. w/ Fries & Coleslaw & Cocktail Dipping Sauce <i>Contains: Crustaceans, Egg, Milk, Shellfish, Wheat</i>	1	Serving	415	950	441	49	11	0	150	1820	104	7	13	23
SHRIMP: Shrimp, Bleached Wheat Flour, Water, Enriched Wheat Flour (Niacin, Ferrous, Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Modified Food Starch, Dextrose, Sugar, Yeast, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Spices, Garlic Powder, Onion Powder, Citric Acid, Soybean Oil, Dried Whey (milk), Xanthan Gum, Natural Flavor, FRIES: Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Modified Food Starch (Potato, Corn, Tapioca), Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum, COOKING OIL: Canola Oil made from High Oleic Low Linolenic Canola Oil with TBHQ to protect flavor, Dimethylpolysiloxane, an antifoaming agent added, SLAW COLESLAW VEGETABLES: Cabbage, Carrots, SLAW DRESSING: Soybean Oil, Sugar, Corn Cider Vinegar, Water, Egg Yolk, Salt, Mustard Seed, Xanthan Gum, COCKTAIL SAUCE: Water, Tomato Paste, Sugar, Distilled Vinegar, Horseradish, Salt, Xanthan Gum, Soybean Oil, Potassium Sorbate and Sodium Benzoate added as preservatives, Dehydrated Onion, Lemon Juice Concentrate, Natural Flavor, Corn Syrup, Molasses, Dehydrated Garlic, Spice, Caramel Color, Tamarind, Calcium Disodium EDTA added to protect flavor.														
SAUCES	Servings	Measure	Gram Weight	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Tartar Sauce (2oz) <i>Contains: Egg</i>	1	Serving	57	201	148	16	3	0	18	494	13	0	9	0