

H.SALT FISH & CHIPS

NUTRITIONAL INFORMATION



Recommended Dietary Guidelines for a typical individual consuming 2,000 calories daily are 20 grams or less of saturated fat and less than 2,300 milligrams of sodium.

This nutritional information is based on samples, times and conditions in which testing occurred for our standard menu items the way they are usually prepared and offered for sale. Additional information is derived from testing conducted in accredited laboratories and published resources including those from the United States Department of Agriculture. All nutritional information is based on average values and is rounded to the nearest whole number to meet current U.S. F.D.A. N.L.E.A. guidelines. Variations from this data may occur in items you select and H.Salt's Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. This is due to the possibility of different suppliers, ingredient substitutions by suppliers or us, recipe variations, product assembly at restaurant, seasonal variations, special ordering, changes in product formulations, processing variations, storage or temperature, interactions, different serving size from quantity tested, procedure variations at a restaurant, or other factors that may affect the nutritional values for each menu item. Please use this nutritional information for guidance, but not as a claim that your selection or meal has exactly the stated amounts of any items or characteristic. We do not represent that any item meets any particular dietary or health need, preference or restriction (for example, free of caffeine, eggs, gluten, lactose, nuts, shellfish, soy, wheat, yeast, or other ingredients, halal or kosher, vegetarian or vegan, natural or organic) or is made or processed in facilities that are free of any particular ingredients or processing methods. These and other allergens or characteristics may or may not be present. H.Salt of Southern California, Inc., its employees, affiliates, and franchisees assume no responsibility for any food item satisfying a particular dietary need, preference or restriction. This information was updated July 2012.

MENU ITEMS	Serving Size (Grams)	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Cholesterol (Milligrams)	Sodium (Milligrams)	Total Carbohydrate (Grams)	Protein (Grams)
FISH									
1-piece Fish (Alaskan Pollock) - Battered & Fried	105	245	117	13	3	39	500	18	13
Picadilly Plate (1-piece Fish & Chips)	220	480	284	32	9	39	687	62	18
London Special (2-pieces Fish & Chips)	325	725	401	45	12	78	1187	80	31
Regular Dinner (3-pieces Fish & Chips)	430	970	518	58	15	117	1687	98	44
Big Ben (4-pieces Fish & Chips)	535	1215	635	71	18	156	2187	116	57
Dinner Kettle (10-pieces Fish & Chips)	1280	2920	1504	168	42	390	5374	268	140
Banquet Kettle (15-pieces Fish & Chips)	1805	4145	2089	233	57	585	7874	358	205
SHRIMP									
1-piece Jumbo Shrimp - Battered & Fried	36	146	40	4	1	64	123	4	8
2-pieces Jumbo Shrimp & Chips	187	527	247	27	7	128	433	52	21
3-pieces Jumbo Shrimp & Chips	223	673	287	31	8	192	556	56	29
4-pieces Jumbo Shrimp & Chips	259	819	327	35	9	256	679	60	37
Shrimp Basket (Mini-Shrimp)	213	514	234	26	4	140	940	46	24
1-piece Medium Shrimp - Battered & Fried	20	82	22	2	0	36	69	2	4
COMBOS									
Combo 1 (1-piece Jumbo Shrimp, 1-piece Fish & Chips)	256	626	324	36	10	103	810	66	26
Combo 2 (2-pieces Jumbo Shrimp, 2-pieces Fish & Chips)	397	1017	481	53	13	206	1433	88	47
Combo 8 (8-pieces Jumbo Shrimp, 8-pieces Fish & Chips)	1358	3598	1590	174	41	824	5358	264	178
Double Catch (3-pieces Medium Shrimp, 1-piece Fish, Zucchini Garnish & Chips)	355	898	442	48	13	147	1356	84	33
Triple Catch (2-pieces Medium Shrimp, 3-pieces Scallops, 1-piece Fish & Chips)	332	836	415	45	13	165	1284	84	35
Seafood Combo (1-piece Fish, 5-pieces Medium Sized Shrimps, 2-pieces of Oysters, 1/2 order of Clam Strips & Chips)	413	1177	540	59	15	269	1910	100	47
Special Combo (2-pieces Jumbo Shrimp, 1-piece Fish & Chips)	292	772	364	40	10	167	933	70	34
Captain Combo (1-piece Jumbo Shrimp, 2-pieces Fish & Chips)	361	871	441	49	13	142	1310	84	39
Combo Trio (1-piece Fish, 1-piece Oyster, 1/2 order of Clam Strips & Chips)	290	712	404	46	13	74	1455	84	25
Fish Taco Combo (3-Fish Tacos & Drink*) *Drink based on a 7UP	999	1230	540	60	9	69	1960	151	30
OTHER SEAFOOD									
1-Fish Taco	133	330	180	20	3	23	630	29	10
1-Fish Sandwich (with Tartar Sauce and Coleslaw Garnish)	158	454	211	23	5	55	615	41	17
1-piece Oyster (Breaded & Fried)	23	55	26	3	1	15	110	6	2
6-pieces Oysters & Chips (Breaded & Fried)	253	565	323	37	12	90	847	80	17
Clam Strips (Breaded & Fried)	94	354	188	21	5	39	1316	32	10
Clam Strips & Chips (Breaded & Fried)	209	589	355	40	11	39	1503	76	15
1-piece Scallop (Breaded & Fried)	24	64	29	3	1	18	153	6	3
6-pieces Scallops & Chips (Breaded & Fried)	259	619	341	37	12	108	1105	80	23
SIDES									
French Fries (30-40 individually cut fries), also referred to as Chips	115	235	167	19	6	0	187	44	5
Zucchini (6-pieces) - Battered & Fried	224	515	276	31	9	0	1387	49	9
Hush Puppies (5-6 pieces) - Fried	100	329	131	14	3	30	1085	40	6
Mushrooms (7-9 pieces) - Battered & Fried	147	288	130	8	3	280	96	39	19
Onion Rings (8-10 pieces) - Battered & Fried	176	585	291	33	15	30	911	66	8
Tartar Sauce (Homemade Style)	113	400	324	19	4	60	754	15	1
Malt Vinegar	28	0	0	0	0	0	0	0	0
Cocktail Sauce (Small)	43	38	0	0	0	0	381	9	0
Cocktail Sauce (Large)	130	115	0	0	0	0	1152	27	0
Coleslaw (Regular)	105	155	101	11	2	4	213	16	1
Coleslaw (Large)	269	398	258	27	4	11	546	40	3

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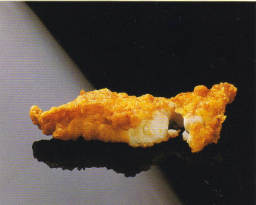
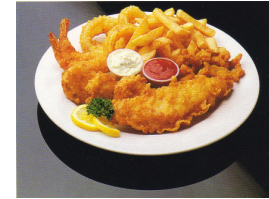
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DRINKS (20-Fluid OZ.)									
7UP	20-FL. OZ.	240	0	0	0	0	70	64	0
Diet 7UP	20-FL. OZ.	0	0	0	0	0	75	0	0
Cherry 7UP (Antioxidant)	20-FL. OZ.	240	0	0	0	0	70	64	0
Diet Cherry 7UP (Antioxidant)	20-FL. OZ.	0	0	0	0	0	70	0	0
Sunkist Orange	20-FL. OZ.	270	0	0	0	0	115	74	0
Diet Sunkist Orange	20-FL. OZ.	0	0	0	0	0	180	0	0
Sunkist Fruit Punch	20-FL. OZ.	300	0	0	0	0	110	82	0
Sunkist Grape	20-FL. OZ.	280	0	0	0	0	100	76	0
Sunkist Peach	20-FL. OZ.	290	0	0	0	0	110	78	0
Sunkist Pineapple	20-FL. OZ.	320	0	0	0	0	105	86	0
Sunkist Sparkling Lemonade	20-FL. OZ.	280	0	0	0	0	110	73	0
Sunkist Cherry Limeade	20-FL. OZ.	290	0	0	0	0	110	73	0
Sunkist Strawberry	20-FL. OZ.	290	0	0	0	0	100	76	0
Sun Drop Citrus	20-FL. OZ.	290	0	0	0	0	90	76	0
Diet Sun Drop Citrus	20-FL. OZ.	15	0	0	0	0	220	1	0
Sun Drop Cherry Lemon Citrus	20-FL. OZ.	290	0	0	0	0	90	76	0
A&W Root Beer	20-FL. OZ.	290	0	0	0	0	135	78	0
Diet A&W Root Beer	20-FL. OZ.	0	0	0	0	0	180	0	0
A&W Cream Soda	20-FL. OZ.	290	0	0	0	0	115	77	0
Diet A&W Cream Soda	20-FL. OZ.	0	0	0	0	0	160	0	0
Canada Dry Ginger Ale	20-FL. OZ.	230	0	0	0	0	80	60	0
Squirt Citrus	20-FL. OZ.	240	0	0	0	0	90	64	0
Diet Squirt Citrus	20-FL. OZ.	5	0	0	0	0	90	0	0
Squirt Ruby Red Citrus Berry	20-FL. OZ.	280	0	0	0	0	90	76	0
Diet Squirt Ruby Red Citrus Berry	20-FL. OZ.	5	0	0	0	0	100	0	0
RC Cola	20-FL. OZ.	270	0	0	0	0	70	72	0
RC Cherry Cola	20-FL. OZ.	270	0	0	0	0	70	74	0
RC Diet Cola	20-FL. OZ.	0	0	0	0	0	70	0	0
Welch's Grape	20-FL. OZ.	330	0	0	0	0	85	81	0
Cactus Cooler Orange Pineapple	20-FL. OZ.	250	0	0	0	0	105	66	0
Hawaiian Punch Green Berry Rush Juice	20-FL. OZ.	170	0	0	0	0	250	43	0
Hawaiian Punch Lemon Berry Squeeze Juice	20-FL. OZ.	170	0	0	0	0	250	43	0
Hawaiian Punch Mazin Melon Juice	20-FL. OZ.	280	0	0	0	0	300	72	0
Hawaiian Punch Wild Purple Smash Juice	20-FL. OZ.	280	0	0	0	0	300	72	0
Hawaiian Punch Fruit Juicy Red Juice	20-FL. OZ.	160	0	0	0	0	250	42	0
Light Hawaiian Punch Fruit Juicy Red Juice	20-FL. OZ.	20	0	0	0	0	280	4	0
Deja Blue Purified Drinking Water	20-FL. OZ.	0	0	0	0	0	0	0	0
Country Time Lemonade	20-FL. OZ.	230	0	0	0	0	180	58	0
Country Time Pink Lemonade	20-FL. OZ.	230	0	0	0	0	180	58	0
Country Time Strawberry Lemonade	20-FL. OZ.	230	0	0	0	0	180	60	0
Country Time Lemon Flavored Iced Tea	20-FL. OZ.	210	0	0	0	0	270	54	0
Crush Cherry	20-FL. OZ.	290	0	0	0	0	115	78	0
Crush Grape	20-FL. OZ.	270	0	0	0	0	110	72	0
Crush Orange	20-FL. OZ.	270	0	0	0	0	120	72	0
Diet Crush Orange	20-FL. OZ.	0	0	0	0	0	120	0	0
Crush Pineapple	20-FL. OZ.	320	0	0	0	0	110	86	0
Crush Strawberry	20-FL. OZ.	290	0	0	0	0	110	77	0
Crush Peach	20-FL. OZ.	310	0	0	0	0	105	83	0
Snapple Apple Juice	20-FL. OZ.	250	0	0	0	0	15	60	0
Snapple Peach Tea	20-FL. OZ.	210	0	0	0	0	15	50	0
Diet Snapple Peach Tea	20-FL. OZ.	10	0	0	0	0	15	0	0
Snapple Raspberry Tea	20-FL. OZ.	190	0	0	0	0	15	46	0
Diet Snapple Raspberry Tea	20-FL. OZ.	10	0	0	0	0	15	1	0
Snapple Lemon Tea	20-FL. OZ.	190	0	0	0	0	15	46	0
Diet Snapple Lemon Tea	20-FL. OZ.	10	0	0	0	0	15	0	0
Snapple Kiwi Strawberry Juice	20-FL. OZ.	240	0	0	0	0	20	58	0
Snapple Orangeade Juice	20-FL. OZ.	230	0	0	0	0	15	58	0
Snapple Mango Madness Juice	20-FL. OZ.	240	0	0	0	0	20	58	0
Snapple Fruit Punch Juice	20-FL. OZ.	250	0	0	0	0	15	60	0



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