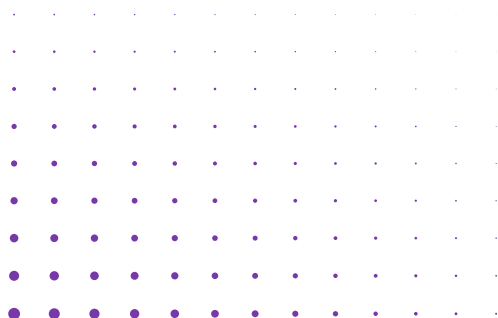




Long John Silver's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Add a Piece						
Battered Shrimp (3 pieces)	111	3	0	0	0	4
Chicken Breast Strip (1 piece)	145	4	546	7	1	10
Crab Cake (1 cake)	280	4	450	17	1	6
Grilled Shrimp (3 pieces)	78	0	1220	1	0	11
Grilled Salmon (1 piece)	110	0	325	0	1	23
Snacks						
Lobster Bites	308	3	745	31	1	10
Sandwiches & Tacos						
Southwest Battered Fish Taco	390	4	1275	41	5	13
Sweet Chili Battered Fish Taco	380	4	1260	42	4	13

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Grilled						
Grilled Salmon Rice Bowl	667	1	1750	45	2	21
Grilled Shrimp Rice Bowl	765	1	1740	47	2	21
Sweet Chili Grilled Salmon Bowl	682	2	1340	48	2	26
Sweet Chili Grilled Shrimp Rice Bowl	780	2	1790	51	2	21
Southwest Grilled Salmon Rice Bowl	730	3	1230	45	3	26
Southwest Grilled Shrimp Rice Bowl	828	3	1580	48	3	20
Baja Grilled Shrimp Bowl	803	3	1580	48	3	20
Baja Grilled Salmon Bowl	705	3	1230	45	3	26
Baja Grilled Salmon Taco	220	1	580	21	2	16
Baja Grilled Shrimp Taco	269	1	820	23	2	12
Grilled Salmon Taco	145	1	580	21	2	16
Grilled Shrimp Taco	194	1	820	23	2	12

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Sweet Chili Grilled Salmon Taco	170	1	630	22	2	16
Sweet Chili Grilled Shrimp Taco	219	1	874	26	2	11
Southwest Grilled Salmon Taco	260	2	590	23	2	13
Southwest Grilled Shrimp Taco	309	2	773	21	2	12
Sides						
Coleslaw	170	2	410	18	2	1
Corn	160	2	370	19	2	3
Green Beans	25	0	600	4	1	1
Rice	180	1	470	37	2	4
Waffle Fries	309	3	160	33	4	4
Sauces and Condiments						
BBQ (1 dipping cup)	40	0	230	10	0	0
Cocktail Sauce (1 dipping cup)	20	0	230	4	0	1
Ketchup (1 pouch)	30	0	250	8	0	0
Malt Vinegar (0.5 oz)	0	0	35	0	0	0
Sweet and Sour Sauce (1 dipping cup)	45	0	120	12	0	0

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