



# Nutritional Information

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)
<b>Original Fish (Includes Chips &amp; Slaw)</b>									
2-Piece Fish	510	260	29	11	15	1650	59	2	6
3 Piece Fish	590	290	32	15	15	2130	71	3	7
4 Piece Fish	670	320	36	18	15	2610	83	4	8
Halibut	580	270	30	4.5	45	1280	51	0	4
<b>Fish Bites (Includes Chips &amp; Slaw)</b>									
6 Piece Fish Bites & Chips	490	160	17	3.5	0	1630	94	7	0
12 Piece Fish Bites & Chips	830	390	43	25	15	3570	107	6	10
18 Piece Fish Bites & Chips	1070	480	54	36	15	5010	143	9	13
<b>Combinations (Includes Chips &amp; Slaw)</b>									
Chicken & Fish Basket	620	240	27	9	45	1650	59	1	5
Shrimp & Fish Basket	650	240	27	8	90	2060	83	2	6
Chicken & Shrimp Basket	760	220	25	5	120	2060	84	1	5
Clams & Fish Basket	740	290	32	9	50	1720	91	8	5
<b>Seafood Baskets (Includes Chips &amp; Slaw)</b>									
Clam Strip Basket	890	300	34	6	75	1670	113	12	4
Original Recipe Shrimp Basket	800	230	25	4	165	2470	107	3	6
Skippers Platter	930	300	33	9	12	2550	122	8	6
Prawn Seafood Basket	720	360	40	7	280	1200	52	Less than 1	4
Popcorn Shrimp Basket	750	230	25	4.5	180	2090	96	2	5
Prawn & Fish Basket	730	370	41	10	235	1600	61	2	5
Shrimp Trio Basket	1040	340	38	9	305	3020	123	4	7
<b>Chicken Baskets (Includes Chips &amp; Slaw)</b>									
2 Piece Chicken Basket	730	220	25	7	70	1650	60	0	4
3 Piece Chicken Basket	930	240	26	9	105	2170	73	0	4
<b>Grilled Fish</b>									
Grilled Halibut - Fish only	200	40	4	0.5	60	100	0	0	0
Grilled Salmon - Fish only	200	50	6	1.5	80	80	0	0	0
Grilled Chicken Breast - chicken only	190	35	4	1	95	85	0	0	0
<b>Sandwiches (Includes Chips &amp; Slaw)</b>									
Fish Sandwich	800	310	34	9	20	1780	105	4	14
Grilled Chicken Sandwich	1070	450	50	13	145	1510	92	3	12
Fried Chicken Sandwich	1260	440	49	15	105	2390	117	3	12
<b>Salads</b>									
Small Caesar	150	110	13	2.5	5	300	8	2	4
Large Caesar	300	230	25	4.5	5	590	17	4	7
Small Caesar with Chicken	340	150	17	3.5	100	380	8	2	4
Large Caesar with Chicken	510	260	29	6	125	670	12	2	6
Small Caesar with Salmon	350	170	19	4	80	380	8	2	4
Large Caesar with Salmon	530	320	36	7	95	640	12	2	6
Small Green Salad - no dressing	25	0	0	0	0	20	5	2	3
Large Green Salad - no dressing	45	0	0	0	0	35	10	3	6
<b>Sides</b>									
Hush Puppies 3 Piece	240	80	9	1.5	0	820	47	3	0
Hush Puppies 6 Piece	490	160	17	3.5	0	1630	94	7	0
Hush Puppies 12 Piece	970	310	35	7	0	3260	187	14	0
French Fries	180	50	6	1.5	0	500	27	0	0
French Fries - Family Size (4 Servings)	810	240	27	7	0	2230	122	12	0
Coleslaw - Small	170	140	16	2.5	15	190	7	0	4
Coleslaw - Cup	210	180	20	3	20	230	9	0	5
Coleslaw - Bowl	680	560	63	10	60	750	29	0	16
Original Shrimp (9 Shrimp)	220	15	1.5	0	75	890	36	1	1
Clam Strips	270	50	6	1	30	490	39	6	0
Original Fish Fillet (1 Fillet)	80	30	3.5	3.5	0	480	12	1	1
Homestyle Chicken Tenderloin (1 Tenderloin)	190	15	1.5	1.5	30	480	13	0	0
Baked Potato - no condiments	210	0	0	0	0	25	48	5	3
Grilled Veggies	35	0	0	0	0	50	8	3	3
Clam Chowder - Cup	120	70	8	0	5	600	14	Less Than 1	1
Clam Chowder - Bowl	210	120	13	0/.5	10	1000	23	1	1
<b>Kids Meals (Includes Chips &amp; Kids Side)</b>									
Kids Catch Fish Bites	490	130	15	8	0	1270	84	3	26
Kids Catch Shrimp	520	100	11	2.5	50	1150	91	2	25
Kids Catch Chicken Tenderloin	560	100	11	4	30	1040	79	1	24
Kids Catch Grilled Cheese Sandwich	620	170	19	7	20	1150	97	3	27

Nutritional values are based on standard formulas. Actual values may vary from Skippers Corporate information due to individual ingredients. This information is believed to be accurate, but does not constitute a guarantee.

**Protein (g)**

18  
25  
32  
23

7  
46  
67

26  
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