



## NUTRITIONAL INFORMATION

Menu Items	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Breast	173	454	268	29.8	11.3	0.5	214	1044	6.9	0.1	0.4	39.9
Wing	53	146	75	8.2	3.1	0.2	71	533	2.2	0	0.1	15.8
Leg	72	193	117	13.0	4.8	0.3	72	572	0.1	0.1	0.2	18.8
Thigh	118	226	82	9.2	3.6	0.3	65	684	2.5	0.2	0.2	33.7
Grilled Breast	173	300	110	12	6	0	180	1130	2	6	0	48
Grilled Wing	53	120	70	8	2.5	0	80	410	0	0	0	13
Grilled Leg	72	140	80	9	3	0	90	540	1	2	0	15
Grilled Thigh	118	200	90	10	3	0	150	950	1	2	0	26
Chicken Tenders (each)	53	82	19	2.1	0.1	0.1	40	340	3.5	0.6	0.1	12.8
Bites (each)	15	50	30	3.3	1.6	0.2	7	146	2.7	0.2	0	2.5
Wing Dings (each)	24	62	30	3.4	1.1	0.1	32	192	1.8	0.0	0.1	6.1
Ribs (per bone)	42	133	82	9.1	3.2	0.0	46	208	1	0	0.1	12
Pork Chop (each)	100	279	140	17.1	5.5	0.3	77	456	6.9	0.1	0.2	27.9
Cod (piece)	51	75	34	3.8	1.8	0.2	16	289	8.9	0.1	0.1	5.7
Cod Fillet	98	210	90	10	1.5	0	25	280	14	0	0	14
Cod Nuggets (4)	128	230	72	8	1.0	0	35	760	14	1	1	16
Catfish (fillet)	99	260	149	16.6	6.4	0.7	62	419	10.3	0.1	0.2	17.4
Chicken Sandwich, plain	173	632	300	33.6	11.3	0.5	214	1044	6.9	0.1	0.4	39.9
Pulled Pork Sandwich, plain	100	298	82	9.8	2.0	0.0	55	440	6.9	0.1	0.4	16.0
Cod Fillet Sandwich, plain	152	360	115	13	1.5	0	25	510	41	1	4.1	18
Shack Wrap, plain	85	234	71	7.8	2.6	1.1	40	341	22.1	1.6	0.2	17.7

  

Sides	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Broasted Potatoes w/o Butter	128	273	134	14.9	5.8	0.6	6	122	31.7	0.9	0.3	4
Butter for Broasted Potatoes	10	69	68	7.6	1.5	0.1	0	137	0.1	0	0	0
French Fries	104	281	137	15.3	5.4	0.5	7	678	39.8	6.9	0.2	3.1
Cole Slaw	85	171	98	10.9	1.9	0.1	8	64	16.8	0.9	5.8	0.9
Corn w/o Butter	68	55	5	0.7	0.5	0	0	0	12.9	1.4	0.7	2
Green Beans w/o Butter	156	28	0	0.0	0.0	0	0	151	5.5	2.8	2.8	1.4
Onion Rings	82	376	238	26.4	12.3	1.3	15	612	31	0.8	0.2	4.4
Broasted Mushrooms	131	323	183	20.3	7.9	0.9	14	574	31.8	0.9	0.3	4.1
Roll	38	90	10	1.0	0	0	0	160	17	1	2	3
Bar-B-Que Sauce	28	60	0	0	0	0	0	270	15	0	7	0
Hot-N-Spicy Sauce	28	10	0	0	0	0	0	280	3	0	0	0

The Dietary Guidelines for Americans recommend limiting saturated fat to less than 10% of calories per day from saturated fat and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. This data is based on standard portion product guidelines, and variations can be expected due to differences in product assembly, seasonal ingredient substitutions and other factors. Product data is based on current formulation as of date of publication. All calculations are based on serving size per person. 02/2018