

## Seafood Department Nutrition Information

Product Name	Serving Size (oz) Unless noted otherwise	Allergens	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g) *not a significant source of trans fat	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Take 'n Bake Appetizers</b>													
Crab Cakes-Mini	1												
Crab Stuffed Mushrooms	1	Wheat, Milk, Soy, Fish, Shellfish	35	18	2	0.4	0	9	181	2	0.2	0.9	1.9
Oysters Rockefeller	1	Wheat, Milk, Eggs, Shellfish	82	34	3.8	1.6	0.2	30.5	135	3.7	0.2	0.4	5.6
Prawn Stuffed	1 ea	Wh, Egg, Milk, Soy, Fish, Shl	289	133	14.7	3.5	0	241.7	653.8	11	0.5	2.8	24.9
Salmon Bites-Spinach Feta	1 ea	Wheat, Milk, Eggs, Fish	46	28	3.1	0.7	0	17	101	2	0.1	1	2.6
Salmon Bites-Chipotle	1 ea	Wheat, Eggs, Fish	99	70	7.8	1.4	0	11.4	60	2	0.1	0.2	2.4
Salmon Bites-Sesame Teriyaki	1 ea	Wheat, Egg, Soy, Fish	32	13	1.5	0.3	0	7.3	325	21	0.1	2.8	2.6
Salmon Florentine Cups	1 ea	Wheat, Milk, Egg, Fish	71	43	4.8	1.5	0	12	204	2.3	0.2	0.2	4.5
Scallops, Bacon Wrapped-Bourbon	1 ea	Soy, Shellfish	44	10	1.1	0	0	8.7	100	3.5	0	2.5	4
Scallops, Bacon Wrapped-Mango Chipotle	1 ea	Soy, Shellfish	45	9	1	0	0	8.7	121	4.8	0	3	4
Scallops, Bacon Wrapped-Sesame Teriyaki	1 ea	Soy, Shellfish	34	9	1	0	0	8.7	307	16	0	2	4.4
Scallops, Crab Stuffed	1 ea	Wheat, Milk, Soy, Fish, Shfl	50	23	2.6	0.5	0	8.6	174	2	0.1	0.6	3.8
Shrimp, Bacon Wrapped-Bourbon	1 ea	Soy, Shellfish	63	15	1.7	0.1	0	42	130	4.3	0	3.4	6.3
Shrimp, Bacon Wrapped-Mango Chipotle	1 ea	Soy, Shellfish	65	14	1.6	0.1	0	42	169	6	0	4	6.3
Shrimp, Bacon Wrapped-Sesame Teriyaki	1 ea	Soy, Shellfish	50	14	1.5	0.1	0	42	406	21	0	2.8	6.7
Shrimp, Crab Stuffed	1 ea	Wheat, Milk, Soy, Fish, Shfl	72	33	3.7	0.8	0	42	231	2.3	0.1	1	6.2
Shrimp Encrusted, Chipotle	1 ea	Wheat, Milk, Egg, Shellfish	165	108	12	2	0	38	128	5.3	0.3	0.3	4.2
Shrimp Encrusted, Coconut	1 ea	Wheat, Milk, Egg, Soy, Shlf	78	28	3.1	1.4	0	30	107	7	0.3	5	4.5
Shrimp Encrusted, Asian Sesame	1 ea	Wheat, Milk, Egg, Soy, Shlf	53	9	1	0.1	0	29	549	36	0.3	4.5	5.3
Shrimp Encrusted, Parmesa,	1 ea	Wheat, Milk, Egg, Shellfish	60	27	3	0.7	0	31	114	2.5	0.2	1	4.8
Shrimp Crab Stuffed	1 ea	Wheat, Egg, Milk, Shrimp	72	33	3.7	0.8	0	42	231	2.3	0.1	1	6
Shrimp Florentine Cups	1 ea	Wheat, Milk, Egg, Shellfish	69	38	4.3	1.5	0	7.7	258	2.7	0.3	0.3	4.7
<b>Raw Seafood Entrees</b>													
Crab Cakes, Jumbo	3oz	Wheat, Egg, Soy, Crab	170	90	10	1.5	0	90	440	7	0	0	12
Crab Cakes, Special	3oz	Wheat, Egg, Soy, Crab	170	90	10	1.5	0	90	440	7	0	0	12
Fish Fajita Mixture	6oz	Fish	147	23	2.6	1	0	57	1481	8.3	2.7	3.3	24

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Fish Taco, Pollock	4oz.	Fish	100	2	0.2	0	0	69.2	646.1	4.1	0	1	20
Halibut Buttery Dill	4oz	Wheat,Soy, Fish	360	245	27.3	4.7	0	22	604	12.5	0.6	0.6	17
Kabob-Salmon/Veggie	1 ea	Fish	265	138	15.4	3.5	0	62	70	6.4	1.5	3.5	24
Kabob-Swordfish/Veggie	1 ea	Fish	167	42	4.7	1.3	0	44	105	6.4	1.5	3.5	23
Kabob-Tuna/Veggie	1 ea	Fish	193	51	5.7	1.4	0	43	47	6.4	1.5	3.5	27
Orange Roughy, Crab Stuffed	4oz	Wheat, Egg, Milk, Fish	175	79	8.7	1.7	0	58	369	5.2	0.3	2	16
Orange Roughy, EnPapillote	6.5oz	Milk,Fish	234	123	13.7	7.8	0	118	264	2.6	0.7	1.2	24
Salmon Burger-Sesame Teriyaki	6oz	Wheat, Egg, Soy, Fish	338	160	17.8	3.9	0	84	478	16.8	1.1	9.4	26
Salmon Burger-Spinach Feta	6oz	Wheat, Egg, Milk, Fish	341	187	21	6	0	145	473	7.5	1	1.8	29
Salmon Burger-Chipotle	6oz	Wheat, Egg, Fish	439	261	29	6	0	80.6	351	10.5	0.8	0.8	28
Salmon Burger-Caprese	6oz	Wheat, Egg, Milk, Fish, Almonds	461	257	29	6.7	0	131	790	15	1.3	3.3	29
Salmon Burger-Lemon Dill	6oz	Wheat, Egg, Fish	597	409	45.5	8.7	0	87	519	10	0.7	0.4	24
Salmon Burger-SW Poblano	6oz	Wheat, Egg, Fish	327	176	19.6	4.6	0	152	756	6.3	0.9	0.7	30
Salmon Burger-Gluten Free Incred.	6oz	Egg, Fish	325	181	20	4.3	0	150	540	5	2.4	0.7	29
Salmon, EnPapillote	6.5oz	Milk,Fish	421	286	31.7	12	0	111	245	2.6	0.7	1.2	30
Salmon Slider-Sesame Teriyaki	2oz	Wheat,Egg,Soy,Fish	106	55	6	1.4	0	29	302	18	0.3	2.3	9.4
Salmon Slider- Spinach Feta	2oz	Wheat,Egg,Milk,Fish	116	63	7	2	0	50	164	2.6	0.4	0.6	10.2
Salmon Slider-Chipotle	2oz	Wheat,Egg,Fish	152	90	10	2	0	28	118	3.5	0.3	0.4	9.6
Salmon, Florentine	4oz	Wheat,Milk,Fish	206	117	13	4.2	0	48	236	3.4	1	0.4	18
Salmon, Mango Chptl	6oz	Fish	389	172	19	4.3	0	78	434	24.6	0.1	17.4	29
Salmon, Santa Fe	4oz	Fish	241	137	15.3	3.5	0	61	937	1.8	0.9	0.1	23
Salmon, Stuffed Crumb Topped	4.5oz	Wheat,Milk,Eggs,Soy,Shlf,Fish	286	177	19.7	6	0	65	363	4.8	0.4	2.3	21
Sole Roulade	3.5oz	Wheat,Milk,Fish	203	75	8.4	4.9	*	49	403	78	0.4	1	18
Tilapia Burger-Spinach Feta	6oz	Wheat, Milk, Fish, Egg	208	62	6.9	3.1	0	139	426	7.5	0.9	1.5	29
Tilapia Burger-Sesame Teriyaki	6oz	Wheat, Fish, Egg	211	41	4.5	1.1	0	79	460	17	1.1	9.4	26
Tilapia Burger-Chipotle	6oz	Wheat, Egg, Fish	294	124	14	2.7	0	74	342	10.5	0.8	0.8	27
Tilapia Burger-Caprese	6oz	Wheat, Milk, Fish, Eggs	351	153	17	4.3	0	126	782	15	1.3	3.3	29
Tilapia Burger-SW Poblano	6oz	Wheat, Egg, Fish	183	40	4.5	1.4	0	145	747	6.3	0.9	0.7	30

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Tilapia Burger-Lemon Dill	6oz	Wheat, Egg, Fish	474	293	33	6	0	81	511	10	0.7	0.4	23
Tilapia Burger-Gluten Free Ingrid.	6oz	Egg, Fish	191	54	6.1	1.3	0	144	532	5	2.4	0.7	29
Tilapia, Crab Stuffed	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	193	90	10	2.4	0	47	372	5.6	0.3	2.3	18
Tilapia, Florentine	4oz	Wheat,Milk,Fish	125	46	5.2	1.8	0	8	211	4	1	0.4	16
Tilapia, EnPapillote	6.5oz	Milk,Fish	262	136	15	8.9	0	104	236	2.6	0.7	1.2	29
Tilapia, Lemon Pepper Crumb Topped	4oz	Wheat,Fish	180	70	8	2	0	30	450	10	0	3	15
Tilapia, Santa Fe	4oz	Fish	120	21	2.3	0.9	0	56.7	1167	2.3	1	0.2	23
Tilapia, Soy Ginger													
Cooked Seafood Entrees													
Cannelloni Sfood Stuffed	2 ea	Fish, Shellfish, Milk, Wheat, Eggs	270	100	11	5	0	90	780	29	1	2	17
Catfish Nuggets, Oven Fried	4oz.	Milk, Egg, Wheat, Fish (Catfish)	227	102	11	2	0	44	881	17	0.5	0.7	12
Catfish Parm Encrusted	4oz	Wheat, Milk, Egg, Fish	232	124	13.7	3.9	0	65	257	4.4	0.2	0.7	20.2
Cod Chipolte Encrusted	4oz	Egg,Fish	200	85	9.4	1.6	0	49	149	6.2	0.4	0.5	18
Cod Coconut Encrusted	4oz	Wheat,Milk,Egg,Fish,Coconut	150	54	6	2.2	0	45	94	3.4	0.4	1.9	18.5
Cod Crab Stuffed	8oz	Wheat,Egg,Milk,Soy,Shlf	396	198	22	3.7	0	78	937	13.5	0.8	5.5	33
Cod Rustic Italian	4.8oz	Soy,Milk,Fish	180	90	10	3.5	0	45	340	2	0	1	20
Cod Southwest Style	4.8oz	Soy,Fish	160	70	8	3	0	70	440	1	0	1	21
Cod Hny Dijn Pecan	4oz	Egg, Milk,Fish,Pecans	200	114	12.7	1.3	0	44	97	3.2	1.3	1.7	18.7
Halibut Buttery Dill	4oz	Wheat,Soy,Fish	360	245	27.3	4.7	0	22.3	604	12.5	0.6	0.6	17
Orng Roughyw/Crab	4oz	Wheat,Egg, Milk,Soy,Fish,Shlfish	175	79	8.7	1.7	0	58	369	5.2	0.3	2	16
Salmon Bites, Bob's BBQ Seasoned	4oz.	Fish	230	13	2.5	0	70	480	4	0	3	3	24
Salmon Bites, Cajun Spiced	4oz.	Fish	220		13	2.5	0	70	440	0	0	0	24
Salmon Bites, Lemon Pepper Seasoned	4oz.	Fish	220		13	2.5	0	70	1070	0	0	0	24
Salmon Bites, Plain	4oz.	Fish	170		6	1	0	60	100	0	0	0	28
Salmon Bites, Santa Fe Spiced	4oz.	Fish	230		14	2.5	0	70	910	2	1	0	24
Salmon Bites, White Wine Herb Seasoned	4oz.	Fish	230	14	2.5	0	70	910	2	1	0	0	24
Salmon But Dill Crumb	5oz	Wheat,Soy,Fish	513	311	34.6	6.3	0	71	556	20.3	1	1	29
Salmon Smokey Applewd	4oz	Soy,Walnuts,Fish	220	110	12	4	0	55	320	4	0	1	22

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Salmon Glzd Brnbn	5oz	Wheat,Soy,Fish	322	158	17.5	3.9	0	70	199	11.4	0.1	9.5	26
Salmon Glzd Mng Chp	6oz	Fish	389	172	19	4.3	0	78	434	24.6	0.1	17	29
Salmon Glzd Ses Teri	5oz	Wheat,Soy,Fish	288	155	17.3	3.9	0	70	975	58	0	8	27
Salmon Hny Dij Pecan	4oz	Milk,Egg,Fish,Pecans	344	250	27.8	4.3	0	52	112	4.2	1.6	2.3	20.3
Salmon Oscar	4oz	Wheat,Milk,Egg,Fish	232	139	15.4	3.5	*	41	373	6.4	0.7	2.5	14
Salmon Patty Cooked	8oz	Wheat,Fish	447	225	25	5	0.5	98	1602	16.5	1.6	2.8	37.5
Salmon Santa Fe	4oz	Fish	241	137	15.3	3.5	0	61	937	1.8	0.9	0.1	23
Salmon Skewer Regal	8oz	Fish	494	278	31	7	0	125	136	5	1.4	3.2	47
Salmon Stuffed Crab	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	293	178	19.8	4.3	0	54	394	7.5	0.4	2.2	17.6
Salmon Wellington	4oz	Wheat,Egg,Milk,Soy,Fish	392		23	12	0	76	366	30	2	3	15
Shrimp-Crab Stuffed	1 ea	Wheat,Milk,Soy,Fish,Shlf	92	43	4.8	1	0	53	207	3	0.2	1	7.8
Shrimp-Encrst Asian	6 ea	Wheat,Soy,Shellfish	265	55	6	0.8	0	172	1134	76	1.8	8.6	28.6
Shrimp-Encrst Cocont	6 ea	Wheat,Milk,Egg,Shlf,Coco	339	160	17.8	8.2	0	181	300	15.7	1.6	8	26
Shrimp-Encrst Chipot	6 ea	Wheat,Milk,Egg,Shellfish	473	246	27.4	4.8	0	189	502	23	1.5	0.6	25.3
Shrimp-Enrst Parm	6 ea	Wheat,Milk,Egg,Shellfish	269	119	13.2	3.5	sur	187	384	6	0.2	1	27.6
Sole Roulade	3.5oz	Wheat,Milk,Soy,Fish,Shlfish	203	75	8.4	4.9	*	49	403	78	0.4	1	18
Sole Stuffed Crab	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	196	90	10	2.1	0	47	408	5.8	0.4	2.4	17.7
Swai Encrstd Parm	4oz	Wheat, Milk, Egg, Fish	118	65	7.2	3.1	0	45	374	5	0.2	0.6	17.4
Swai Kabob Bl Pepper	7oz	Wheat,Soy,Fish	119	26	2.9	1.4	0	65	1134	19	0	7.6	23
Swai Kabob Ginger	7oz	Fish	174	13	1.5	0.5	0	22.5	512	39	2.6	27.6	9.4
Tilapia Encrstd Chptl	4oz	Wheat,Egg, Fish	214	94	10.4	2.2	0	58	147	6.2	0.4	0.5	20
Tilapia Encrstd Cocon	4oz	Wheat,Milk,Egg,Fish,Cocon	162	63	7	2.8	0	53	91	3.4	0.4	2	20.5
Tilapia Encrstd Parm	4oz	Wheat, Milk, Egg, Fish	186	84	9.3	2.4	0	11	233	5.5	0.2	0.7	18.5
Tilapia Encrstd Pecan	4oz	Wheat,Egg,Fish,Pecans	245	156	17.3	2.2	0	48	207	4.3	1.7	2.3	20
Tilapia Encrstd Potato	4oz	Fish	106	19	2.2	0.1	0	0	129	9.7	0.7	0	12.3
Tilapia Citrus Peppercorn	4.8oz	Fish,Soy	160	50	6	2	0	40	260	4	0	0	24
Tilapia Thai Basil	4.8oz	Fish,Soy	160	70	7	3	0	50	190	1	0	1	24
Tilapia-HnyPecan	4oz	Milk,Egg,Fish,Pecans	235	159	17.7	1.6	0	2.5	196	5	1.6	2.2	16

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Tilapia Santa Fe	4oz	Fish	120	21	2.3	0.9	0	56.7	1167	2.3	1	0.2	23
Tilapia Stfd Crab	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	193	90	10	2.4	0	47	372	5.6	0.3	2.3	18
Tilapia Thai Peanut	4oz	Wheat,Soy,Fish,Peanuts	209	103	11.5	1.3	0	0	260	9.7	1.7	5	18.3
Dips-Salads-Spreads													
Cajun Salmon Spread	1oz	Milk,Egg,Fish	83	62	7	2.4	0	20	100.2	0.5	0	0.2	3.6
Cajun Smoked Salmon Spread	1oz	Milk,Egg,Fish	93	78	8.7	3.2	0	17.6	258	0.7	0	0.6	1.7
Crazy Good Buffalo Crab	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	66	47	5.2	2	0	10	230.5	2.4	0	1.1	1.6
Crazy good Cajun Crab Dip	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	87	65	7.2	2.8	0	19	222	3.2	0.1	1	2
Crazy Good Crab Dip	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	67	49	5.4	3.1	0	18.8	200.4	2.8	0.2	1	1.5
Crazy Good Florentine Crab Dip	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	66	45	5	1.3	0	7.3	244.5	2.9	0.3	1	1
Crazy Good Holiday Crab Dip	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	51	32	3.6	1.9	0	13.7	125	4	0.1	2.6	1.3
Crazy Good Jalapeno Crab Dip	1oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	63	46	5.1	2.8	0	17.6	198	2.7	0.2	1	1.4
Lemon Dill Smoked Salmon Dip	1oz	Milk,Egg,Fish	108	89	9.8	3.6	0	21	235	1	0	0.5	2.2
Salmon Salad	4oz	Egg,Fish	375	296	33	6	0	56	367	1	0.5	0.5	11.4
Seafood Crab Cheddar Ranch	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	232	165	18.4	4.9	0	21	751	10.2	1	2.2	6.5
Seafood Crab Salad	4oz	Wheat,Milk,Egg,Soy,Fish,Shlfish	344	256	28.4	4.8	0	24	645	9.8	1	6.4	5.5
Tuna Salad-Plain	4oz	Tuna,Eggs	127	29	3.2	0.6	0	43	357	1.5	0.7	0.8	21
Tuna Salad-Honey Craisin	4oz	Tuna,Eggs	159	25	2.8	0.6	0	37	308	14	1	12	18
Seafood Sauces and Marinades													
Bourbon Glaze	1oz	Soy, Wheat	58	4	0.5	0	0	0	96.2	11.6	0.1	9.7	0.2
Cocktail Sauce	1oz	None	27	8	0.9	0.1	0	0	247.1	5.8	0.1	4	0.2
Chipotle Aioli	1oz	Egg	231	188	20.8	3	0.3	12.4	193	3.9	0.1	1	0.2
Hollandaise	1oz	Milk,Egg	100		10	3.5	0	20	135	1	0	0	0
Lemon Dill Aioli	1oz	Egg	227	194	21.5	3.1	0.3	13.1	229	2.8	0.1	0.5	0.3
Marinade, Lemon Citrus	.25oz.	None	50	51	5.7	0.7	0	0	241	0.7	0	0	4.3
Marinade, Smokey Alabama	.25oz.	None	50	51	5.7	0.7	0	0	198.4	0.7	0	0.7	0
Marinade, Wild Garlic	.25oz.	None	57	51	5.7	0	0	0	311.8	0	0	0	0
Mango Chipotle Glaze	1oz		68	0	0	0	0	0	257	16.9	0	2	0.1

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Remoulade Sauce	1oz	Egg	61	41	4.6	0.7	0	17.6	216	4.2	0.2	2.9	0.5
Roasted Red Pepper Alfredo	1oz	Milk	59	30	3.3	1.6	0.1	7.5	184	3.6	0.3	0.8	1.3
Asian Sesame Teriyaki	1oz.	Soy, Wheat	47	0	0	0	0	0	362.2	11	0	7.9	0
Tartar	1oz	Milk,Egg	159	143	15.9	2.7	0.2	12.4	202	2.1	0.1	1.9	0.3
Seafood Seasoning													
Santa Fe	1oz	None	46	15	1.6	0.3	0	0	4431	9.3	4.5	0.7	1.9
Smokin Sweet Rub	1oz	None	69	13	1.5	0.2	0	0	6.4	15.7	4.5	10	1.7
Take & Bake Entrees													
Catfish-Parmesan Encrusted	8oz	Wheat,Milk,Eggs,Fish	360	211	23.5	5.3	0	97	709	13.5	0.3	6.4	21
Cod-Cappellini Asiago	12oz	Wheat,Milk,Soy,Fish	412	190	21	8.3	0	55	645	27	1.5	1	22
Fish Fajita Mixture	8oz	Fish	147	23	2.6	1	0	57	1481	8.3	2.7	3.3	24
Orange Roughy, Crab Stuffed	12oz	Wheat,Milk,Soy,Fish,Shlf	520	332	37	13.7	0	145	969	13.6	2	7.8	30
Prawns, Crab Stuffed	10.5oz	Wheat,Milk,Soy,Fish,Shlf	479	297	33	10	0	241.7	938	16	2	6.5	25
Salmon, Bourbon Glazed	11oz	Soy,Fish	520	265	29.4	5.9	0	63	578	34	2	27.4	26
Salmon, Buttery Dill	11oz	Wheat,Milk,Soy,Fish	686	504	56	14.8	0	117	701	7.2	1.4	3	36
Salmon, Mango Chipotle	12oz	Soy,Fish	635	298	33	7	0	94	899	49.5	1.6	35	36.2
Salmon, Sesame Teriyaki	12oz	Soy,Fish	504	297	33	7	0	94	1985	116	1.4	17.8	38
Salmon, Crab Stuffed	8oz	Wheat, Egg, Milk,Soy,Fish,Shlf	564	338	37.5	8.2	0	99.8	1561	14.6	0.3	5.2	34.6
Sole Roulade	7oz	Wheat,Milk,Soy,Fish	443	274	30.4	12.4	0	71	762	15.5	2	5	20
Scallops, Scampi Butter	13oz	Wheat,Milk,Soy,Shellfish	435	192	21.3	8.3	0	57	743	29	1.5	1	25
Shrimp Marengo	16oz	Wheat,Milk,Soy,Shellfish	596	169	18.8	9.5	0	246	929	61	3.2	6.7	37
Swordfish-Pesto	10oz	Wheat,Milk,Fish,Pinenuts	735	387	43	10.7	0	90	835	29	2.1	4.2	40
Tilapia, Chipotle Encrusted	8oz	Wheat,Egg,Milk,Fish	644	435	48.3	8	0	83	388	13	0.2	1	20
Tilapia, Parmesan Encrusted	8oz	Wheat,Milk,Eggs,Fish	428	217	24	5.3	0	44	770	17	0.4	5.8	33