

Seafood Department Nutrition Information

Product Name	Serving Size (oz) Unless noted otherwise	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)	Allergens
Take 'n Bake Appetizers													
Crab Cakes-Mini	1												
Crab Stuffed Mushrooms	1	35	18	2	0.4	0	9	181	2	0.2	0.9	1.9	Wheat, Milk, Soy, Fish, Shellfish
Oysters Rockefeller	1	82	34	3.8	1.6	0.2	30.5	135	3.7	0.2	0.4	5.6	Wheat, Milk, Eggs, Shellfish
Prawn Stuffed	1 ea	289	133	14.7	3.5	0	241.7	653.8	11	0.5	2.8	24.9	Wh, Egg, Milk, Soy, Fish, Shl
Salmon Bites-Spinach Feta	1 ea	46	28	3.1	0.7	0	17	101	2	0.1	1	2.6	Wheat, Milk, Eggs, Fish
Salmon Bites-Chipotle	1 ea	99	70	7.8	1.4	0	11.4	60	2	0.1	0.2	2.4	Wheat, Eggs, Fish
Salmon Bites-Sesame Teriyaki	1 ea	32	13	1.5	0.3	0	7.3	325	21	0.1	2.8	2.6	Wheat, Egg, Soy, Fish
Salmon Florentine Cups	1 ea	71	43	4.8	1.5	0	12	204	2.3	0.2	0.2	4.5	Wheat, Milk, Egg, Fish
Scallops, Bacon Wrapped-Bourbon	1 ea	44	10	1.1	0	0	8.7	100	3.5	0	2.5	4	Soy, Shellfish
Scallops, Bacon Wrapped-Mango Chipotle	1 ea	45	9	1	0	0	8.7	121	4.8	0	3	4	Soy, Shellfish
Scallops, Bacon Wrapped-Sesame Teriyaki	1 ea	34	9	1	0	0	8.7	307	16	0	2	4.4	Soy, Shellfish
Scallops, Crab Stuffed	1 ea	50	23	2.6	0.5	0	8.6	174	2	0.1	0.6	3.8	Wheat, Milk, Soy, Fish, Shfl
Shrimp, Bacon Wrapped-Bourbon	1 ea	63	15	1.7	0.1	0	42	130	4.3	0	3.4	6.3	Soy, Shellfish
Shrimp, Bacon Wrapped-Mango Chipotle	1 ea	65	14	1.6	0.1	0	42	169	6	0	4	6.3	Soy, Shellfish
Shrimp, Bacon Wrapped-Sesame Teriyaki	1 ea	50	14	1.5	0.1	0	42	406	21	0	2.8	6.7	Soy, Shellfish
Shrimp, Crab Stuffed	1 ea	72	33	3.7	0.8	0	42	231	2.3	0.1	1	6.2	Wheat, Milk, Soy, Fish, Shfl
Shrimp Encrusted, Chipotle	1 ea	165	108	12	2	0	38	128	5.3	0.3	0.3	4.2	Wheat, Milk, Egg, Shellfish
Shrimp Encrusted, Coconut	1 ea	78	28	3.1	1.4	0	30	107	7	0.3	5	4.5	Wheat, Milk, Egg, Soy, Shellf
Shrimp Encrusted, Asian Sesame	1 ea	53	9	1	0.1	0	29	549	36	0.3	4.5	5.3	Wheat, Milk, Egg, Soy, Shellf
Shrimp Encrusted, Parmesa,	1 ea	60	27	3	0.7	0	31	114	2.5	0.2	1	4.8	Wheat, Milk, Egg, Shellfish
Shrimp Crab Stuffed	1 ea	72	33	3.7	0.8	0	42	231	2.3	0.1	1	6	Wheat, Egg, Milk, Shrimp
Shrimp Florentine Cups	1 ea	69	38	4.3	1.5	0	7.7	258	2.7	0.3	0.3	4.7	Wheat, Milk, Egg, Shellfish
Raw Seafood Entrees													
Crab Cakes, Jumbo	3oz	170	90	10	1.5	0	90	440	7	0	0	12	Wheat, Egg, Soy, Crab
Crab Cakes, Special	3oz	170	90	10	1.5	0	90	440	7	0	0	12	Wheat, Egg, Soy, Crab
Fish Fajita Mixture	6oz	147	23	2.6	1	0	57	1481	8.3	2.7	3.3	24	Fish

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

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Tilapia Burger-Lemon Dill	6oz	474	293	33	6	0	81	511	10	0.7	0.4	23	Wheat, Egg, Fish
Tilapia Burger-Gluten Free Ingrid.	6oz	191	54	6.1	1.3	0	144	532	5	2.4	0.7	29	Egg, Fish
Tilapia, Crab Stuffed	4oz	193	90	10	2.4	0	47	372	5.6	0.3	2.3	18	Wheat,Milk,Egg,Soy,Fish,Shlfish
Tilapia, Florentine	4oz	125	46	5.2	1.8	0	8	211	4	1	0.4	16	Wheat,Milk,Fish
Tilapia, EnPapillote	6.5oz	262	136	15	8.9	0	104	236	2.6	0.7	1.2	29	Milk,Fish
Tilapia, Lemon Pepper Crumb Topped	4oz	180	70	8	2	0	30	450	10	0	3	15	Wheat,Fish
Tilapia, Santa Fe	4oz	120	21	2.3	0.9	0	56.7	1167	2.3	1	0.2	23	Fish
Tilapia, Soy Ginger													
Cooked Seafood Entrees													
Cannelloni Sfood Stuffed	2 ea	270	100	11	5	0	90	780	29	1	2	17	Fish, Shellfish, Milk, Wheat, Eggs
Catfish Nuggets, Oven Fried	4oz.	227	102	11	2	0	44	881	17	0.5	0.7	12	Milk, Egg, Wheat, Fish (Catfish)
Catfish Parm Encrusted	4oz	232	124	13.7	3.9	0	65	257	4.4	0.2	0.7	20.2	Wheat, Milk, Egg, Fish
Cod Chipolte Encrusted	4oz	200	85	9.4	1.6	0	49	149	6.2	0.4	0.5	18	Egg,Fish
Cod Coconut Encrusted	4oz	150	54	6	2.2	0	45	94	3.4	0.4	1.9	18.5	Wheat,Milk,Egg,Fish,Coconut
Cod Crab Stuffed	8oz	396	198	22	3.7	0	78	937	13.5	0.8	5.5	33	Wheat,Egg,Milk,Soy,Shlf
Cod Rustic Italian	4.8oz	180	90	10	3.5	0	45	340	2	0	1	20	Soy,Milk,Fish
Cod Southwest Style	4.8oz	160	70	8	3	0	70	440	1	0	1	21	Soy,Fish
Cod Hny Dijn Pecan	4oz	200	114	12.7	1.3	0	44	97	3.2	1.3	1.7	18.7	Egg, Milk,Fish,Pecans
Halibut Buttery Dill	4oz	360	245	27.3	4.7	0	22.3	604	12.5	0.6	0.6	17	Wheat,Soy,Fish
Orng Roughyw/crab	4oz	175	79	8.7	1.7	0	58	369	5.2	0.3	2	16	Wheat,Egg, Milk,Soy,Fish,Shlfish
Salmon But Dill Crumb	5oz	513	311	34.6	6.3	0	71	556	20.3	1	1	29	Wheat,Soy,Fish
Salmon Smokey Applewd	4oz	220	110	12	4	0	55	320	4	0	1	22	Soy,Walnuts,Fish
Salmon Glzd Brnbn	5oz	322	158	17.5	3.9	0	70	199	11.4	0.1	9.5	26	Wheat,Soy,Fish
Salmon Glzd Mng Chp	6oz	389	172	19	4.3	0	78	434	24.6	0.1	17	29	Fish
Salmon Glzd Ses Teri	5oz	288	155	17.3	3.9	0	70	975	58	0	8	27	Wheat,Soy,Fish
Salmon Hny Dijn Pecan	4oz	344	250	27.8	4.3	0	52	112	4.2	1.6	2.3	20.3	Milk,Egg,Fish,Pecans
Salmon Oscar	4oz	232	139	15.4	3.5	*	41	373	6.4	0.7	2.5	14	Wheat,Milk,Egg,Fish
Salmon Patty Cooked	8oz	447	225	25	5	0.5	98	1602	16.5	1.6	2.8	37.5	Wheat,Fish

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Salmon Santa Fe	4oz	241	137	15.3	3.5	0	61	937	1.8	0.9	0.1	23	Fish
Salmon Skewer Regal	8oz	494	278	31	7	0	125	136	5	1.4	3.2	47	Fish
Salmon Stuffed Crab	4oz	293	178	19.8	4.3	0	54	394	7.5	0.4	2.2	17.6	Wheat,Milk,Egg,Soy,Fish,Shlfish
Salmon Wellington	4oz	392		23	12	0	76	366	30	2	3	15	Wheat,Egg,Milk,Soy,Fish
Shrimp-Crab Stuffed	1 ea	92	43	4.8	1	0	53	207	3	0.2	1	7.8	Wheat,Milk,Soy,Fish,Shlf
Shrimp-Encrst Asian	6 ea	265	55	6	0.8	0	172	1134	76	1.8	8.6	28.6	Wheat,Soy,Shellfish
Shrimp-Encrst Cocont	6 ea	339	160	17.8	8.2	0	181	300	15.7	1.6	8	26	Wheat,Milk,Egg,Shlf,Coco
Shrimp-Encrst Chipot	6 ea	473	246	27.4	4.8	0	189	502	23	1.5	0.6	25.3	Wheat,Milk,Egg,Shellfish
Shrimp-Enrst Parm	6 ea	269	119	13.2	3.5	sur	187	384	6	0.2	1	27.6	Wheat,Milk,Egg,Shellfish
Sole Roulade	3.5oz	203	75	8.4	4.9	*	49	403	78	0.4	1	18	Wheat,Milk,Soy,Fish,Shlfish
Sole Stuffed Crab	4oz	196	90	10	2.1	0	47	408	5.8	0.4	2.4	17.7	Wheat,Milk,Egg,Soy,Fish,Shlfish
Swai Encrstd Parm	4oz	118	65	7.2	3.1	0	45	374	5	0.2	0.6	17.4	Wheat, Milk, Egg, Fish
Swai Kabob Bl Pepper	7oz	119	26	2.9	1.4	0	65	1134	19	0	7.6	23	Wheat,Soy,Fish
Swai Kabob Ginger	7oz	174	13	1.5	0.5	0	22.5	512	39	2.6	27.6	9.4	Fish
Tilapia Encrstd Chptl	4oz	214	94	10.4	2.2	0	58	147	6.2	0.4	0.5	20	Wheat,Egg, Fish
Tilapia Encrstd Cocon	4oz	162	63	7	2.8	0	53	91	3.4	0.4	2	20.5	Wheat,Milk,Egg,Fish,Cocon
Tilapia Encrstd Parm	4oz	186	84	9.3	2.4	0	11	233	5.5	0.2	0.7	18.5	Wheat, Milk, Egg, Fish
Tilapia Encrstd Pecan	4oz	245	156	17.3	2.2	0	48	207	4.3	1.7	2.3	20	Wheat,Egg,Fish,Pecans
Tilapia Encrstd Potato	4oz	106	19	2.2	0.1	0	0	129	9.7	0.7	0	12.3	Fish
Tilapia Citrus Peppercorn	4.8oz	160	50	6	2	0	40	260	4	0	0	24	Fish,Soy
Tilapia Thai Basil	4.8oz	160	70	7	3	0	50	190	1	0	1	24	Fish,Soy
Tilapia-HnyPecan	4oz	235	159	17.7	1.6	0	2.5	196	5	1.6	2.2	16	Milk,Egg,Fish,Pecans
Tilapia Santa Fe	4oz	120	21	2.3	0.9	0	56.7	1167	2.3	1	0.2	23	Fish
Tilapia Stfd Crab	4oz	193	90	10	2.4	0	47	372	5.6	0.3	2.3	18	Wheat,Milk,Egg,Soy,Fish,Shlfish
Tilapia Thai Peanut	4oz	209	103	11.5	1.3	0	0	260	9.7	1.7	5	18.3	Wheat,Soy,Fish,Peanuts
Dips-Salads-Spreads													
Cajun Salmon Spread	1oz	83	62	7	2.4	0	20	100.2	0.5	0	0.2	3.6	Milk,Egg,Fish
Cajun Smoked Salmon Spread	1oz	93	78	8.7	3.2	0	17.6	258	0.7	0	0.6	1.7	Milk,Egg,Fish

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Crazy Good Buffalo Crab	1oz	66	47	5.2	2	0	10	230.5	2.4	0	1.1	1.6	Wheat,Milk,Egg,Soy,Fish,Shlfish
Crazy good Cajun Crab Dip	1oz	87	65	7.2	2.8	0	19	222	3.2	0.1	1	2	Wheat,Milk,Egg,Soy,Fish,Shlfish
Crazy Good Crab Dip	1oz	67	49	5.4	3.1	0	18.8	200.4	2.8	0.2	1	1.5	Wheat,Milk,Egg,Soy,Fish,Shlfish
Crazy Good Florentine Crab Dip	1oz	66	45	5	1.3	0	7.3	244.5	2.9	0.3	1	1	Wheat,Milk,Egg,Soy,Fish,Shlfish
Crazy Good Holiday Crab Dip	1oz	51	32	3.6	1.9	0	13.7	125	4	0.1	2.6	1.3	Wheat,Milk,Egg,Soy,Fish,Shlfish
Crazy Good Jalapeno Crab Dip	1oz	63	46	5.1	2.8	0	17.6	198	2.7	0.2	1	1.4	Wheat,Milk,Egg,Soy,Fish,Shlfish
Lemon Dill Smoked Salmon Dip	1oz	108	89	9.8	3.6	0	21	235	1	0	0.5	2.2	Milk,Egg,Fish
Salmon Salad	4oz	375	296	33	6	0	56	367	1	0.5	0.5	11.4	Egg,Fish
Seafood Crab Cheddar Ranch	4oz	232	165	18.4	4.9	0	21	751	10.2	1	2.2	6.5	Wheat,Milk,Egg,Soy,Fish,Shlfish
Seafood Crab Salad	4oz	344	256	28.4	4.8	0	24	645	9.8	1	6.4	5.5	Wheat,Milk,Egg,Soy,Fish,Shlfish
Tuna Salad-Plain	4oz	127	29	3.2	0.6	0	43	357	1.5	0.7	0.8	21	Tuna,Eggs
Tuna Salad-Honey Craisin	4oz	159	25	2.8	0.6	0	37	308	14	1	12	18	Tuna,Eggs
Seafood Sauces and Marinades													
Bourbon Glaze	1oz	57	4	0.4	0	0	0	124	11.4	0.1	9.5	0.3	Soy
Cocktail Sauce	1 Tbl	10	0	0	0	0	0	40	3	1	2	0	None
Chipotle Aioli	1oz	283	181	20	3.4	0	17	112	3.5	0.1	0.6	0	Egg
Hollandaise	1oz	57	41	4.5	1.7	0.5	5.8	137	1.8	0.1	0.7	0.8	Milk,Soy
Lemon Dill Aioli	1oz	230	187	20.8	3.6	0	18	131	2.3	0	0.1	0	Egg
Marinade, Lemon Citrus	.25oz.	50	51	5.7	0.7	0	0	241	0.7	0	0	4.3	None
Marinade, Smokey Alabama	.25oz.	50	51	5.7	0.7	0	0	198.4	0.7	0	0.7	0	None
Marinade, Wild Garlic	.25oz.	57	51	5.7	0	0	0	311.8	0	0	0	0	None
Mango Chipotle Glaze	1oz	63	0	0	0	0	0	234	16.4	0.1	11.6	0.1	Soy
Remoulade Sauce	1oz	64	44	4.9	0.7	0	16	230	4.5	0.1	2.8	0.5	Milk, Egg
Roasted Red Pepper Alfredo	1oz	39	23	2.5	1.4	0	6.4	193	2.2	0.2	0.7	1.4	Milk,Soy
Sesame Teriyaki	1oz.	47	0	0	0	0	0	262.2	11	0	7.9	0	Soy, Wheat
Tartar	1oz	167	144	16	3.2	0	15.7	116	2	0.1	1.5	0.1	Milk,Egg
Seafood Seasoning													
Santa Fe	1oz	46	15	1.6	0.3	0	0	4431	9.3	4.5	0.7	1.9	None

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