

## Long John Silver's® Meal Options

According to the USDA Dietary Guidelines for Americans, for a 2,000 calorie-per-day diet, you'll want to consume less than 65 g total fat, 20 g saturated fat, 300 mg cholesterol and 2,400 mg sodium. So check out our top five meal suggestions to help you stay within these important daily nutrition guidelines. These "Best Bets" are delicious meals providing between 430 and 530 calories and less than 25 g total fat! You'll find other valuable nutrients in each meal, too!

**Healthful hint:** *Request an item without tartar sauce or mayonnaise to cut calories and fat!*

| Meal "Best Bets"  | Calories | Total Fat (g) | Saturated Fat (g) | Cholesterol (mg) | Sodium (mg) | Did You Know?  |
|---|----------|---------------|-------------------|------------------|-------------|--|
| 1. Battered chicken, 2 corn cobbettes, 2 hushpuppies and medium diet soft drink | 430      | 19            | 4                 | 15               | 820         | <i>Each of our corn cobbettes has 3 g of fiber!</i>                          |
| 2. Chicken Sandwich, 2 corn cobbettes and medium diet soft drink                | 520      | 20            | 4.5               | 25               | 840         | <i>This meal provides 22% of the DV* for vitamin A!</i>                      |
| 3. 6 Battered shrimp, 2 hushpuppies, 1 corn cobbette and medium diet soft drink | 480      | 23            | 7.5               | 90               | 1170        | <i>Save 200 calories by choosing a diet instead of a regular soft drink!</i> |
| 4. Fish sandwich, 1 corn cobbette and medium diet soft drink                    | 530      | 23            | 5.5               | 35               | 1140        | <i>This popular fish sandwich provides 20% of the DV for iron!</i>           |
| 5. Crunchy Shrimp (basket), 2 corn cobbettes and medium diet soft drink         | 520      | 25            | 6                 | 105              | 740         | <i>Our Crunchy Shrimp provides a whopping 50% of the DV for calcium!</i>     |

\*DV=Daily Value

For a complete listing of nutrient information, visit [www.longjohnsilvers.com](http://www.longjohnsilvers.com)

nutritional information



KEEP IT  
BALANCED



For fresh-from-the-ocean appeal, Long John Silver's is the quick and savory pick for quality seafood meals. Our quality story begins in the cold, clean waters of the Pacific where we catch the finest whitefish your taste buds have ever enjoyed. Quality nutrition is important to us, too. At Long John Silver's, we believe that all fish, even fried options, can be included as part of a balanced eating plan. We know you'll find that our standards live up to demanding expectations for freshness and flavor. So, for a change of taste from the ordinary, sail into Long John Silver's – for a taste of the extraordinary.



| serving size | serving weight (gms) | calories | calories from fat | total fat (gms) | % daily value ** | saturated fat (gms) | % daily value ** | cholesterol (mgs) | % daily value ** | sodium (mgs) | % daily value ** | carbohydrates (gms) | % daily value ** | dietary fiber (gms) | % daily value ** | sugars (gms) | protein (gms) | % DAILY VALUE |           |         |      |
|--------------|----------------------|----------|-------------------|-----------------|------------------|---------------------|------------------|-------------------|------------------|--------------|------------------|---------------------|------------------|---------------------|------------------|--------------|---------------|---------------|-----------|---------|------|
|              |                      |          |                   |                 |                  |                     |                  |                   |                  |              |                  |                     |                  |                     |                  |              |               | vitamin a     | vitamin c | calcium | iron |

| FISH AND SEAFOOD          |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
|---------------------------|------------|-----|-----|-----|-----|----|-----|----|-----|----|------|----|----|----|----|----|----|----|-----|----|----|----|
| Battered Fish             | 1 piece    | 92  | 230 | 120 | 13  | 21 | 4   | 20 | 30  | 10 | 700  | 29 | 16 | 5  | 0  | 0  | 0  | 11 | 0   | 8  | 2  | 10 |
| Baked Cod                 | 1 piece    | 101 | 120 | 40  | 4.5 | 7  | 1   | 5  | 90  | 30 | 240  | 10 | 1  | 0  | 0  | 3  | 0  | 22 | 4   | 0  | 2  | 4  |
| Battered Shrimp           | 1 piece    | 14  | 45  | 25  | 2.5 | 4  | 1   | 4  | 15  | 5  | 125  | 5  | 3  | 1  | 0  | 0  | 0  | 2  | 0   | 2  | 0  | 0  |
| Giant Shrimp              | 1 piece    | 24  | 80  | 45  | 5   | 8  | 1.5 | 6  | 20  | 6  | 250  | 10 | 5  | 2  | 0  | 0  | 0  | 2  | 0   | 0  | 2  | 2  |
| Crunchy Shrimp (basket)   | 21 pieces  | 114 | 340 | 170 | 19  | 28 | 5   | 25 | 105 | 35 | 720  | 30 | 32 | 11 | 2  | 6  | 1  | 12 | 0   | 2  | 50 | 10 |
| Breaded Clams             | 3 oz.      | 85  | 240 | 120 | 13  | 20 | 2   | 11 | 10  | 4  | 1110 | 46 | 22 | 7  | 1  | 4  | 5  | 8  | 0   | 0  | 2  | 6  |
| CHICKEN                   |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Chicken Plank*            | 1 piece    | 52  | 140 | 70  | 8   | 12 | 2.5 | 12 | 20  | 6  | 400  | 17 | 9  | 3  | 0  | 0  | 0  | 8  | 0   | 4  | 0  | 2  |
| SANDWICHES                |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Fish Sandwich             | 1 sandwich | 177 | 440 | 180 | 20  | 31 | 5   | 25 | 35  | 12 | 1120 | 47 | 48 | 16 | 3  | 12 | 2  | 17 | 6   | 15 | 6  | 20 |
| Ultimate Fish Sandwich*   | 1 sandwich | 199 | 500 | 230 | 25  | 39 | 8   | 40 | 50  | 17 | 1310 | 55 | 48 | 16 | 3  | 13 | 4  | 20 | 10  | 15 | 15 | 20 |
| Chicken Sandwich          | 1 sandwich | 137 | 360 | 130 | 15  | 23 | 3.5 | 18 | 25  | 9  | 810  | 34 | 41 | 14 | 3  | 11 | 4  | 13 | 6   | 10 | 6  | 15 |
| SALADS* & DRESSINGS       |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Shrimp & Seafood Salad    | 1 salad    | 356 | 260 | 110 | 12  | 19 | 4.5 | 22 | 85  | 29 | 820  | 34 | 22 | 7  | 4  | 18 | 6  | 18 | 120 | 40 | 35 | 15 |
| Chicken Club Salad        | 1 salad    | 390 | 510 | 270 | 30  | 46 | 9   | 46 | 65  | 21 | 1550 | 65 | 35 | 12 | 5  | 20 | 4  | 28 | 120 | 50 | 15 | 15 |
| Lite Italian Dressing     | 1 pouch    | 43  | 20  | 5   | 1   | 1  | 0   | 0  | 0   | 0  | 780  | 33 | 3  | 1  | 0  | 0  | 2  | 0  | 0   | 0  | 0  | 0  |
| Garden Ranch Dressing     | 1 pouch    | 43  | 230 | 220 | 24  | 38 | 4   | 19 | 10  | 4  | 400  | 17 | 2  | 1  | 0  | 0  | 2  | 1  | 2   | 0  | 2  | 2  |
| Thousand Island Dressing  | 1 pouch    | 43  | 220 | 190 | 21  | 33 | 3.5 | 17 | 25  | 8  | 350  | 15 | 7  | 2  | 0  | 0  | 6  | 0  | 2   | 0  | 0  | 2  |
| Fat Free French Dressing  | 1 pouch    | 43  | 50  | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 240  | 10 | 12 | 4  | <1 | 3  | 8  | 0  | 2   | 0  | 0  | 0  |
| DIPPING SAUCES            |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Cocktail Sauce            | 1 oz.      | 28  | 25  | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 250  | 11 | 6  | 2  | 0  | 0  | 5  | 0  | 6   | 0  | 0  | 0  |
| Tartar Sauce              | 1 oz.      | 28  | 100 | 80  | 9   | 14 | 1.5 | 7  | 15  | 5  | 250  | 10 | 4  | 1  | 0  | 0  | 3  | 0  | 0   | 0  | 0  | 0  |
| SIDES AND STARTERS        |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Regular Fries             | 3 oz.      | 85  | 230 | 90  | 10  | 15 | 2.5 | 13 | 0   | 0  | 350  | 15 | 34 | 11 | 3  | 12 | 0  | 3  | 0   | 25 | 0  | 0  |
| Large Fries               | 5 oz.      | 142 | 390 | 150 | 17  | 26 | 4   | 21 | 0   | 0  | 580  | 24 | 56 | 19 | 5  | 20 | 1  | 4  | 0   | 40 | 0  | 0  |
| Hushpuppies               | 1 pup      | 23  | 60  | 20  | 2.5 | 4  | 0.5 | 3  | 0   | 0  | 200  | 8  | 9  | 3  | 1  | 3  | 1  | 1  | 0   | 0  | 2  | 2  |
| Lobster Stuffed Crab Cake | 1 cake     | 62  | 170 | 80  | 9   | 13 | 2   | 9  | 30  | 9  | 390  | 16 | 16 | 5  | 1  | 4  | 0  | 6  | 0   | 0  | 6  | 4  |
| Slaw                      | 4 oz.      | 113 | 200 | 130 | 15  | 22 | 2.5 | 11 | 20  | 6  | 340  | 14 | 15 | 5  | 3  | 11 | 10 | 1  | 8   | 30 | 4  | 2  |
| Corn Cobbette             | 1 cobbette | 95  | 90  | 25  | 3   | 5  | 0.5 | 3  | 0   | 0  | 0    | 0  | 14 | 5  | 3  | 11 | 6  | 3  | 8   | 2  | 0  | 2  |
| Cheesesticks              | 3 sticks   | 45  | 140 | 70  | 8   | 12 | 2   | 11 | 10  | 3  | 320  | 13 | 12 | 4  | 1  | 3  | 0  | 4  | 4   | 0  | 10 | 4  |
| Rice                      | 4 oz.      | 113 | 180 | 35  | 3.5 | 6  | 1   | 4  | 0   | 0  | 540  | 22 | 34 | 11 | 3  | 13 | 1  | 3  | 25  | 2  | 6  | 6  |
| Crumbles*                 | 1 oz.      | 28  | 170 | 110 | 12  | 19 | 2.5 | 13 | 0   | 0  | 420  | 17 | 14 | 5  | 1  | 6  | 0  | 1  | 0   | 0  | 0  | 2  |
| Clam Chowder              | 1 bowl     | 227 | 220 | 90  | 10  | 15 | 4   | 21 | 25  | 9  | 810  | 34 | 23 | 8  | 0  | 3  | 8  | 9  | 6   | 0  | 15 | 4  |
| DESSERTS                  |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Chocolate Cream Pie       | 1 pie      | 74  | 310 | 200 | 22  | 34 | 14  | 69 | 15  | 5  | 170  | 7  | 24 | 8  | 1  | 4  | 18 | 5  | 4   | 2  | 4  | 8  |
| Pineapple Cream Pie       | 1 pie      | 89  | 290 | 110 | 13  | 20 | 7   | 34 | 15  | 6  | 210  | 9  | 39 | 13 | 1  | 4  | 26 | 4  | 4   | 10 | 8  | 4  |
| Pecan Pie                 | 1 pie      | 95  | 370 | 140 | 15  | 23 | 2.5 | 14 | 40  | 13 | 190  | 8  | 55 | 18 | 2  | 8  | 20 | 4  | 4   | 2  | 2  | 6  |
| BEVERAGES                 |            |     |     |     |     |    |     |    |     |    |      |    |    |    |    |    |    |    |     |    |    |    |
| Coca-Cola® (Small)        | 11 fl. oz. | 325 | 150 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 10   | 0  | 37 | 12 | 0  | 0  | 37 | 0  | 0   | 0  | 0  | 0  |
| Coca-Cola® (Medium)       | 14 fl. oz. | 414 | 200 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 10   | 0  | 47 | 16 | 0  | 0  | 47 | 0  | 0   | 0  | 0  | 0  |
| Coca-Cola® (Large)        | 22 fl. oz. | 651 | 300 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 15   | 1  | 74 | 25 | 0  | 0  | 74 | 0  | 0   | 0  | 0  | 0  |
| Diet Coke® (Small)        | 11 fl. oz. | 325 | 0   | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 15   | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 0   | 0  | 0  | 0  |
| Diet Coke® (Medium)       | 14 fl. oz. | 414 | 0   | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 20   | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 0   | 0  | 0  | 0  |
| Diet Coke® (Large)        | 22 fl. oz. | 651 | 0   | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 30   | 1  | 0  | 0  | 0  | 0  | 0  | 0  | 0   | 0  | 0  | 0  |
| Sprite® (Small)           | 11 fl. oz. | 325 | 140 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 30   | 1  | 36 | 12 | 0  | 0  | 36 | 0  | 0   | 0  | 0  | 0  |
| Sprite® (Medium)          | 14 fl. oz. | 414 | 200 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 40   | 2  | 46 | 15 | 0  | 0  | 46 | 0  | 0   | 0  | 0  | 0  |
| Sprite® (Large)           | 22 fl. oz. | 651 | 290 | 0   | 0   | 0  | 0   | 0  | 0   | 0  | 60   | 3  | 72 | 24 | 0  | 0  | 72 | 0  | 0   | 0  | 0  | 0  |

## MOVE IT!

You don't need to be an athlete to reap the rewards from exercise. Even upping your daily lifestyle activity, little by little, can help ease stress, boost energy levels and manage weight. So add more life to your lifestyle.

- Walk and talk instead of just talk
- Take the long walk to your destination, not the shortcut
- Park at the farthest spot in the lot, not the nearest
- Ride the elevator up; take the stairs down—or take the stairs both ways
- Walk the dog, don't just watch the dog walk

## Q&A Ask A Dietitian

**Q: What's the best way to lose weight?**

**A:** For weight loss and healthy living, it's important that food and fitness go hand in hand. Overeating coupled with under-exercising can knock your body out of balance. A balanced diet boosted by physical activity is the most effective approach for long-term weight management. And remember this: No single food causes weight gain. It's about the total calories. So make your calories count by eating foods rich in nutrition and kick the exercise up a few notches when you eat more than you need. Once you've reached your healthy weight, remember this simple equation: **Energy In = Energy Out.**

| CALORIES:          |           | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less Than | 65g     | 80g     |
| Sat Fat            | Less Than | 20g     | 25g     |
| Cholesterol        | Less Than | 300mg   | 300mg   |
| Sodium             | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

gms = gram mgs = milligram

\*Salad Nutrition does not include dressing.

\*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

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Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. If you have any questions about US and nutrition or are particularly sensitive to specific ingredients or foods, please contact us at 1-888-806-FISH or visit us on the web at [www.longjohnsilvers.com](http://www.longjohnsilvers.com).

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