



fishaways

CATCH IT FRESH

April 2020
STANDARD NUTRITIONAL GUIDE

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SINGLE EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
F2 HAKE SML(FR) & CHIPS(SML)	38,68	17,84	38,29	2418,17	578,51
F1 HAKE SML(FR) & RICE(SML)	25,68	15,34	17,89	1868,50	447,01
F3 HAKE SML(FR) & SALAD(REG)	19,90	17,37	26,62	1643,01	393,06
F3 HAKE SML(GR) & SALAD(REG)	17,10	17,83	24,63	1518,05	363,17
F2 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52	862,33
F1 HAKE MED(FR) & RICE(MED)	49,86	23,91	27,45	2289,22	547,66
F2 HAKE MED(GR) & CHIPS(MED)	53,52	26,1	48,2	3174,05	759,34
F1 HAKE MED(GR) & RICE(MED)	44,82	23,1	18,9	1858,75	444,68
F3 HAKE MED(FR) & SALAD(REG)	22,48	24,44	33,58	2064,26	493,84
F3 HAKE MED(GR) & SALAD(REG)	17,44	23,6	25,0	1633,79	390,86
F2 HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57	1077,65
F1 HAKE LRG(FR) & RICE(MED)	54,38	37,82	42,94	3189,27	762,98
F2 HAKE LRG(GR) & CHIPS(MED)	54,33	39,4	48,9	3439,01	822,73
F1 HAKE LRG(GR) & RICE(MED)	45,63	36,4	19,6	2123,71	508,06
F3 HAKE LRG(FR) & SALAD(LARGE)	27	38,35	49,07	2964,31	709,17
F3 HAKE LRG(GR) & SALAD(LARGE)	18,25	36,93	25,73	1898,75	454,25
F4 SEAFOOD HOT POTS – HAKE NUGGETS	55,9	16,49	58,59	3465,85	829,15
F4 SEAFOOD HOT POTS – SHRIMP	47,55	35,55	26,93	2445,23	584,98
F4 SEAFOOD HOT POT - VEGGIE	61,69	7,56	29,58	2274,42	544,12
F5 SEAFOOD PAELLA	69,93	34,21	52,09	3946,22	944,07
F6 HAKE MED(FR) & CALAMARI TUBES(GR) & CHIPS(MED)	60,59	42,3	70,76	4686,54	1121,18
F6 HAKE MED(FR) & CALAMARI TUBES(GR) & RICE(MED)	51,89	39,3	41,46	3371,24	806,52
F6 HAKE MED(GR) & CALAMARI TUBES(GR) & CHIPS(MED)	55,55	41,49	62,2	4256,06	1018,20
F6 HAKE MED(GR) & CALAMARI TUBES(GR) & RICE(MED)	46,85	38,49	32,9	2940,76	703,53
F6 HAKE MED(FR) & CALAMARI TUBES(GR) & SALAD (REG)	24,5	39,83	47,58	3146,27	752,6961722
F6 HAKE MED(GR) & CALAMARI TUBES(GR) & SALAD (REG)	19,47	39,02	39,03	2715,8	649,7129187
F7 HAKE MED(FR) & CALAMARI STRIPS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52	1191,03
F7 HAKE MED(FR) & CALAMARI STRIPS(FR) & RICE(MED)	51,06	42,91	48,85	3663,22	876,37

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Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
F7 HAKE MED(GR) & CALAMARI STRIPS(FR) & CHIPS(MED)	54,72	45,1	69,6	4548,05	1088,05
F7 HAKE MED(GR) & CALAMARI STRIPS(FR) & RICE(MED)	46,02	42,1	40,3	3232,75	773,39
F7 HAKE MED(FR) & CALAMARI STRIPS(FR) & SALAD (REG)	23,48	33,93	44,28	2744,26	656,5215311
F7 HAKE MED(GR) & CALAMARI STRIPS(FR) & SALAD (REG)	18,44	33,12	35,72	2313,78	553,5358852
F8 GRILLED HAKE MEAL - HAKE, MED RICE & VEG STIR-FRY	75,82	27,64	27,12	2754,10	658,88
F9 CALAMARI WRAP(FR)	67,14	27,3	50,7	3722	890,43
F9 CALAMARI WRAP(FR) SLAW	62,13	26,03	60,91	3860,73	923,62
F9 CALAMARI WRAP(GR)	63,14	22,3	30,4	2897,4	693,16
F9 CALAMARI WRAP(GR) SLAW	61,53	21,03	50,71	3480,73	832,71
F9 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53	943,91
F9 HAKE WRAP(FR) SLAW	69,66	21,81	82,09	4528,86	1083,46
F9 HAKE WRAP(GR)	62,54	21,63	59,93	3702,13	885,68
F9 HAKE WRAP(GR) SLAW	60,93	20,36	80,24	4285,47	1025,23
F9 PRAWN WRAP(FR)	61,74	16,3	29,35	2438,4	583,35
F9 PRAWN WRAP(FR) SLAW	58,42	15,02	44,59	2800,00	669,86
B2 CALAMARI BURGER(FR) & CHIPS(SML)	62,86	17,76	73	4235,73	1013,33
B1 HAKE BURGER(FR) & CHIPS(SML)	71,18	21,94	61,09	3888,07	930,16
B3 PRAWN & ONION RING	33,17	25,98	47,23	2797,71	669,30
F11 GOOD LIFE MEAL	60,82	87,01	91,98	5976,39	1429,76
F10 PLATTER FOR ONE(FR) SMALL RICE & CHIPS (SML)	94,5	38,27	102,89	5287,7	1265,00
F10 PLATTER FOR ONE(FR) SMALL RICE & SALAD (REG)	50,71	44,47	77,34	4513,79	1079,854067
F10 PLATTER FOR ONE(GR) SMALL RICE & SALAD (REG)	45,67	43,65	68,78	4083,32	976,8708134

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Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
U3 GRILLED HAKE & VEG STIR-FRY	32,62	24,64	21,92	1774,10	424,43
U4 HONEY SOY FISH POT	44,82	19,35	23,56	1957,45	468,29

SHARING EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
F14 DOUBLE UP MEAL - HAKE SML(FR)x2 & CHIPS(LRG)	94,5	38,27	102,89	6759,06	1617,00
F14 DOUBLE UP MEAL - HAKE SML(FR)x2 & RICE(LRG)	90,1	34,77	63,65	5170,66	1237,00
F14 DOUBLE UP MEAL - HAKE SML(GR)x2 & CHIPS(LRG)	71,75	36,59	72,61	4586,42	1097,23
F14 DOUBLE UP MEAL - HAKE SML(FR)x2 & SALAD(LRG)	41,12	33,8	68,22	5170,66	1237,00
F14 DOUBLE UP MEAL - HAKE SML(GR)x2 & SALAD(LRG)	18,37	32,12	37,93	4455,88	1066,00
F16 HAKE & CALAMARI PLATTER SML(GR)x2 & C STRIPS(FR) & CHIPS(LRG)	75,75	46,09	83,31	5517,60	1320,00
F16 HAKE & CALAMARI PLATTER SML(GR)x2 & C STRIPS(FR) & RICE(LRG)	68,35	42,59	44,07	3677,22	879,72
F16 HAKE & CALAMARI PLATTER SML(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	78,35	45	87,28	5516,35	1319,70
F16 HAKE & CALAMARI PLATTER SML(FR)x2 & C STRIPS(FR) & RICE(LRG)	73,95	42	48,04	3927,15	939,51
F16 HAKE & CALAMARI PLATTER SML(GR)x2 & C STRIPS(FR) & SALAD(LRG)	19,37	41,62	48,64	3210,24	768,000000
F16 HAKE & CALAMARI PLATTER SML(FR)x2 & C STRIPS(FR) & SALAD(LRG)	24,97	40,72	52,61	3211	768,181818
F18 HAKE & FISHCAKE PLATTER SML(FR)x2 & HAKE MED(FR)x2 & MED CHIPS & MED RICE	143,67	81	132,70	8832,69	2113,08
F18 HAKE & FISHCAKE PLATTER SML(GR)x2 & HAKE MED(FR)x2 & RICE(LRG)	133,59	79	115,58	7971,74	1907,11

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SHARING EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
F15 SNACK PLATTER	82,64	59,61	112,0	6758,70	1616,91
F17 PLATTER FOR TWO(FR) & SML CHIPS	114,6	54,71	101,50	6729,48	1609,92
F17 PLATTER FOR TWO(GR) & SML CHIPS	108,9	55,62	97,52	6479,55	1550,13
F17 PLATTER FOR TWO(FR) & SALAD (REG)	95,8	54,25	89,80	5954,32	1424,48
F17 PLATTER FOR TWO(GR) & SALAD (REG)	90,2	55,14	85,85	5704,40	1364,69
F20 FAMILY PLATTER AS PER MENU DESCRIPTION - GRILLED	141,47	105,43	151,48	11607,86	2777,00
F19 TRIO FAMILY MEAL	69,67	64,78	47,84	4107,44	982,6411483
F19 TRIO FAMILY MEAL	84,78	67,2	73,52	5398,9	1291,602871

SNACKS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
B4 HAKE SLIDER	28,09	12,28	20,65	1469,34	351,52
B4 HAKE SLIDER & CHIPS	54,04	15,28	37,9	2616,99	626,07
B5 CALAMARI SLIDERS	27,7	13,6	22,33	1627,53	389,36
B5 CALAMARI SLIDERS & CHIPS	53,65	16,6	39,58	2775,18	663,92
B6 HAKE & ONION RING SLIDER	32,3	12,89	21,13	1567,99	375,12
B6 HAKE & ONION RING SLIDER WITH CHIPS	58,25	15,89	38,38	2715,64	649,67
S9 ONION RINGS	12	13,04	12,03	882,82	211,20
S1 POP PRAWNS(FR) (100G)	3	9	10,84	612	146,48
S2 SRIRACHA POP PRAWNS	10,48	17,44	7,31	748,07	178,96
S3 FISH POPS	5,6	0,8	6,4	390,8	93,49
S4 SQUIGGLY POPS(FR) (100G)	6,8	7,6	20,7	1162	277,99
S5 VEGGIE POPS	18,5	2,65	0,57	370,45	88,62
S6 NUGGETS(FR) (10 EACH)	11,92	18,48	53,22	2535,16	606,50
S7 CALAMARI STRIPS(FR) (100G)	7	10	10,7	782	187,08
F12 SHRIMP FRIED RICE	45,7	13,25	12,2	1462,75	349,94
S10 FISHCAKE	12	13,04	12,03	882,82	211,20

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SIDES

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
RICE(SML) PORTION	21,6	1,5	2,6	490,4	117,32
RICE(MED) PORTION	43,2	3	5,2	980	234,45
RICE(LRG) PORTION	64,8	4,5	6,76	1471,2	351,96
SALAD GREEN LARGE	15,82	3,53	11,33	755,04	180,63
SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32	145,29
SALAD GREEK LARGE	20,02	9,23	26,45	1490,94	356,68
SALAD GREEK MEDIUM	11,01	4,62	18,83	975,27	233,32
SRIRACHA COLESLAW (150G)	31,37	1,37	27,41	2754,62	659,00
VEG STIR-FRY	12,57	1,89	0,37	249,11	59,60
COLESLAW(MED) PORTION	16,07	2,74	54,16	2003,02	479,19
CHEESE SLICE EACH	1	5	6	330	78,95
BURGER ROLL	22	4	1,5	499	119,38
CHIPS(SML) PORTION	34,6	4	23	1530,2	366,08
CHIPS(MED) PORTION	51,9	6	34,5	2295,3	549,11
CHIPS(LRG) PORTION	69,2	8	46	3060,4	732,15
CHIPS(XL) PORTION	103,8	12	69	4590,6	1098,23
CALAMARI TUBES(GR) (200G)	4,05	30,79	28,01	2164,02	517,71
HAKE SML(FR) EACH	4,08	13,84	15,29	887,97	212,43
HAKE SML(GR) EACH	1,13	15,2	8,9	698,75	167,17
HAKE MED(FR) EACH	6,66	20,91	22,25	1309,22	313,21
HAKE MED(GR) EACH	1,62	20,1	13,7	878,75	210,23
HAKE LRG(GR) EACH	11,18	34,82	37,74	2209,27	528,53

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

CATCH OF THE DAY

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
ANGELFISH(FR) (6-8OZ) LRG	7,86	41,91	35,06	2163,06	517,48
ANGELFISH(GR) (6-8OZ) LRG	0,43	40,7	13	1172,01	280,39
ANGELFISH(FR) MED	5,46	30,91	21,55	1412,12	337,83
ANGELFISH (GR) MED	0,43	30,7	13	1172,21	280,43
SNOEK(GR) & CHIPS(MED)	61,28	50,92	75,44	4768,07	1140,69
SNOEK(GR) & RICE(MED)	43,83	46,5	22,8	2387,21	571,10
SOLE(GR) & SALAD	16,75	33,33	24,6	1751,05	418,91
HAKE, CAL STRIPS, FISHCAKES, RICE & CHIPS	77,85	80,52	86,59	6221,59	1488,42
NUGGETS & CHIPS(REG)	46,52	22,48	76,22	4065,36	972,57
FISH CAKE & CHIPS(REG)	46,6	17,04	35,03	2413,02	577,28
SAUCE THOUSAND ISLAND	11,9	0	35,47	1546,07	369,87
SAUCE MAYO	0	0	51,8	1968,4	470,91
SAUCE SWEET CHILI	18,67	0	3,03	406	97,13
SAUCE CREAMY LEMON	2,97	0,67	18,17	711,53	170,22
HONEY SOY	74,47	3,27	0	1206,63	288,67
SNOEK(GR) 200G	0,63	43,5	17,6	1407,21	336,65
SNOEK(FR) 200G	9,38	44,92	40,94	2472,77	591,57
ANGELFISH(GR) 140G	0,43	30,7	13	1172,21	280,43
ANGELFISH(FR) 140G	5,46	30,91	21,55	1412,12	337,83
ANGEL FISH(GR) MED	0,43	40,7	13	1172,01	280,39
ANGEL FISH(FR) MED	7,86	41,91	35,06	2163,06	517,48

*NOTES: Frozen chips are used in all recipes. Nutritional values for fresh chips are available in the Sub-Recipe Analysis.

GLOSSARY	
FR	FRIED
GR	GRILLED
SML	SMALL
REG	REGULAR
MED	MEDIUM
LRG	LARGE



Customer Care: 0861 347 429
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T&Cs apply. While stocks last. Prices are subject to change without any prior notice. All photographic representations of menu items are serving suggestions only. Tableware not included. Fish is a natural product and may vary in size.

**All content analysis were performed by Jozidiet.
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