



# fishaways

CATCH IT FRESH

**OCTOBER 2016**  
**EXPRESS NUTRITIONAL GUIDE**

# CONTENTS

	<b>Page</b>
Recipe Analysis _____	3
Sub-recipe Analysis _____	10
Production Recipe Analysis _____	11

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F01 HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17
F02 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52
F04 HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57
F03 HAKE MED(FR) & GREEN SALAD(LRG)	22,48	24,44	33,58	2064,26
F11 HAKE MED(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52
F11 HAKE LRG(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	64,28	59,82	93,64	5878,57
F07 CALAMARI WRAP(FR)	67,14	27,3	50,7	3722
F07 CALAMARI WRAP(FR) SLAW	62,13	26,03	60,91	3860,73
F07 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F07 HAKE WRAP(FR) SLAW	69,66	21,81	82,09	4528,86
F08 CALAMARI BURGER(FR) & CHIPS(REG)	101,1	21,6	132	6411,6
F08 HAKE BURGER(FR) & CHIPS(REG)	71,18	21,94	61,09	3888,07
F09 OCEAN'S DELIGHT & CHIPS(REG) [NUGGETS & CALAMARI RINGS(FR) & POP PRAWNS]	41,16	30,74	70,46	4005,78
F09 OCEAN'S DELIGHT & RICE(REG) [NUGGETS & CALAMARI RINGS(FR) & POP PRAWNS]	28,16	28,24	50,06	2965,98
F12 TWIN TIDE - HAKE REG(FR)x2 & C STRIPS(FR)	77,35	35,69	76,58	4836,35
F14 TWIN TIDE - HAKE REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F15 HAKE PLATTER HAKE REG(FR)x4 & CHIPS(XL)	120,11	67,38	130,17	8142,5
CAPT FEAST HAKE REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	125,28	81,5	144,09	8984,99
CAPT FEAST HAKE REG(FR)x2 & HAKE MED(GR)x2 & CHIPS(XL)	115,2	79,88	126,98	8124,04
FAMILY PLATTER HAKE LRG(FR)x2 & HAKE REG(FR)x2 & CHIPS(XL)	134,3	109,34	175,06	10785,08
S01 FISHCAKE EACH	12	13,04	12,03	882,82
S02 CALAMARI STRIPS(FR) SNACK(100G)	2	19	21,4	1360
S03 CALAMARI RINGS(FR) SNACK (100G)	1,2	19	21,4	1374
S05 NUGGETS(FR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S06 POP PRAWNS(FR) SNACK (100G)	0	8	10,15	521
SALAD GREEN LARGE	15,82	3,53	11,33	755,04
SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32
COLESLAW(MED) PORTION	16,07	2,74	54,16	2003,02
COLESLAW(LRG) PORTION	24,1	4,11	81,24	3004,53
CHEESE SLICE EACH	1	5	6	330
BURGER ROLL	22	4	1,5	499
CHIPS(REG) PORTION	34,6	4	23	1530,2
CHIPS(MED) PORTION	51,9	6	34,5	2295,3
CHIPS(LRG) PORTION	69,2	8	46	3060,4
CHIPS(XL) PORTION	103,8	12	69	4590,6
HAKE REG(FR) EACH	4,08	13,84	15,29	887,97
HAKE MED(FR) EACH	6,66	20,91	22,25	1309,22
HAKE LRG(FR) EACH	11,18	34,82	37,74	2209,27
FISH POPS	16,8	2,4	19,2	1172,4
POP PRAWNS PORTION (50G) UPSSELL	0	8	10,15	521
HAKE WRAP(FR) & CHIPS(REG)	100,42	26,14	57,49	4335,57
PLATTER (4-6)	75,35	171,04	274,6	15384,97
HAKE MEDIUM(FR) & CHIPS(MED) & ROLL & SODA 330ML	60,68	21,84	39,79	2917,17
KIDS NUGGETS & CHIPS(REG)	44,14	18,79	65,58	3558,33
TROPICAL FISHWICH	49,48	25,61	86,98	4577,18
SNACK ATTACK	31,63	33,24	56,61	3299,71

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
HAKE REG(FR) & RUSSIAN & CHIPS(REG)	42,48	24,44	65,39	3620,97
CREAMY FISH SOUP & ROLL	33,1	17,76	13,95	1378,66
RUSSIAN & CHIPS(REG)	38,4	10,6	50,1	2733
EX RUSSIAN	3,8	6,6	27,1	1202,8
SPICY FISHCAKES & SALAD	36,22	24,44	43,52	2730,66
SPICY FISHCAKES & CHIPS(REG)	55	24,91	55,19	3505,82
HAKE REG(FR)x4 & CHIPS(REG)x2 & ROLLx4	208,11	83,38	136,17	10138,5
HAKE REG(FR)x2 & CHIPS(REG) & ROLLx2	104,05	41,69	68,08	5069,25
HAKE MEDIUM(FR) & CHIPS(REG) & ROLL	60,68	21,84	39,79	2917,17
CAPTAINS CATCH(FR) & CHIPS(REG)	40,06	34,91	44,55	2942,32
CAPTAINS CATCH(FR) LRG & CHIPS(REG)	42,46	45,91	58,06	3693,26
CALAMARI TRIO& CHIPS(REG)	38,23	42,2	68,75	4516,21
NUGGETS & CALAMARI RINGS(FR) & CHIPS(REG) F36511	41,16	22,74	60,31	3484,78
HAKE SKINLESS(FR) & CHIPS(REG)	44,41	31,9	53,02	3286,3
HAKE SKINLESS(FR) UPSSELL	9,81	27,9	30,02	1756,1
SAILOR'S CHOICE(FR) & CHIPS(REG)	49,88	19,44	51,09	3199,77
FISH POPS UPSSELL	16,8	2,4	19,2	1172,4
HAKE MED(FR) & CHIPS(REG)	41,26	24,91	45,25	2839,42
HAKE REG(FR) & CHIPS(REG) & SODA 330ML	38,68	17,84	38,29	2418,17
ANGELFISH(FR) (6-8OZ) EXTRA	7,86	41,91	35,06	2163,06
ANGELFISH(GR) (6-8OZ) EXTRA	0,43	40,7	13	1172,01
ANGELFISH(FR) EXTRA	5,46	30,91	21,55	1412,12
HAKE BURGER(FR)	35,58	17,84	38,09	2356,07
SAUCE THOUSAND ISLAND	11,9	0	35,47	1546,07
SAUCE TARTARE	9,57	0	14,23	703,5
SAUCE MAYO	0	0	51,8	1968,4
SAUCE SWEET CHIILI	18,67	0	3,03	406
SAUCE GARLIC	4,9	0,77	24,5	1008,7
SAUCE LEMON BUTTER	2,97	0,67	18,17	711,53
SNOEK(FR) & CHIPS(MED)	61,28	50,92	75,44	4768,07

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SNOEK(FR) & RICE(MED)	52,58	47,92	46,14	3452,77
SNOEK LRG EACH	0,63	43,5	17,6	1407,21
HAKE STRIPS AND CHIPS	44,14	18,79	65,58	3558,33
FISHCAKE 2FOR1	24	26,08	24,06	1765,64
KINGKLIP(FR)x4 FAMILY MEAL	116,95	95,19	126,24	8430,46
KINGKLIP(FR)x6 FAMILY MEAL	127,87	138,29	169,5	11008,04
KINGKLIP(FR) EACH	5,46	21,55	21,65	1298,32
SNACK CATCH & CHIPS(REG)	53,87	21,5	46,88	3144,2
HAKE MEDIUM(FR) FAMILY PLATTER & SODA 1LT	123,57	70,12	162,83	9114,31
DOUBLE HOOK(FR) & CHIPS(REG)	39,33	18,65	40,43	2511,73
HAKE SHAPED(FR) & CHIPS(REG)	41,26	24,91	45,25	2839,42
HAKE SML(FR)x3 & CHIPS(REG)	41,7	25,98	49,15	3002,49
PLATTER FOR 2	55,35	64,48	111,37	6207,93
POLLOCK(FR) & CHIPS(REG)	40,06	31,91	45,65	2958,32
FAMILY FEAST & CHIPS(MED)x2	120,11	67,38	130,17	8142,5
BIG FAMILY PLATTER (CALAMARI RINGS(FR) & POP PRAWNS)	105,05	81,19	122,68	8154,25
BIG FAMILY PLATTER (HAKE BURGERx2)	187,5	102,25	146,6	10717,71
F4 - DOUBLE & CHIPS(REG)	82,32	61,48	140,92	8011,56
HAKE BUTTERFLY(FR) & CHIPS(REG)	41,7	24,98	47,35	2927,59
SNOEK(FR) & CHIPS(REG) & SODA 330ML	43,98	48,92	63,94	4002,97
FREE FISH POPS HALF PORTION	5,6	0,8	6,4	390,8
HAKE MED(FR)x4 & CHIPS(XL)	130,45	95,63	158,02	9827,49
SAILOR'S CHOICE(FR) & CHIPS(REG)	49,88	19,44	51,09	3199,77
F3 & FREE HAKE REG(FR) EACH	4,08	13,84	15,29	887,97
HAKE MED(FR) & CHIPS(REG)	41,26	24,91	45,25	2839,42
NUGGETS(FR) SNACK (10 EACH) & CHIPS (REG)	46,52	22,48	76,22	4065,36
F16 HAKE PLATTER & 1LT SODA	120,11	67,38	130,17	8142,5
F14 TWIN TIDE & CHIPS(LRG) & SODA 1LT	77,35	35,69	76,58	4836,35
F12 OCEAN'S DELIGHT & CHIPS(REG) & SODA 330ML	75,76	26,74	83,31	5014,98
F12 OCEAN'S DELIGHT & RICE(REG) & SODA 330ML	28,16	28,24	50,06	2965,98

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
FISH POPS	16,8	2,4	19,2	1172,4
F6 - CALAMARI RINGS(FR) & CHIPS(REG)	53,1	25	55,9	3669,3
F10 - NUGGETS & CHIPS(REG)	46,52	22,48	76,22	4065,36
F02 HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17
F01 HAKE REG(FR) & CHIPS(MED) & ROLL	77,98	23,84	51,29	3682,27
F03 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52
F04 HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57
F05 RUSSIAN & CHIPS(MED)	55,7	12,6	61,6	3498,1
F07 CALAMARI WRAP(FR)	66,64	27,3	26,7	2788,8
F07 CALAMARI WRAP(FR) SLAW	57,03	26,03	45,71	3198,13
F07 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F07 HAKE WRAP(FR) SLAW	20,66	15,81	78,09	3441,86
F07 CALAMARI BURGER & CHIPS(REG)	62,86	17,77	72,6	4235,73
F08 HAKE FRIED BURGER & CHIPS(REG)	66,34	22,11	77,19	4436,71
F06 HAKE REG(FR) & RUSSIAN & CHIPS(MED)	59,78	26,44	76,89	4386,07
F11 HAKE MED(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52
F11 HAKE LRG(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	64,28	59,82	93,64	5878,57
F10 HAKE MED(FR) & CALAMARI STRIPS(FR) & CHIPS(MED)	60,56	45,91	78,15	4964,52
F10 HAKE LRG(FR) & CALAMARI STRIPS(FR) & CHIPS(MED)	65,08	59,82	93,64	5864,57
F12 TWIN TIDE - HAKE MEDIUM(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
F13 SKIPPERS PLATTER HAKE REG(FR)x2 & RUSSIANSx2 & CHIPS(LRG)	84,95	48,89	130,78	7241,95
F13 SKIPPERS PLATTER HAKE REG(FR)x2 & RUSSIANSx2 & CHIPS(LRG)	84,95	48,89	130,78	7241,95
F14 FM PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35
F15 HAKE PLATTER HAKE REG(FR)x4 & CHIPS(XL)	120,11	67,38	130,17	8142,5
CAPT FEAST HAKE REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	125,28	81,5	144,09	8984,99

# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
FAMILY PLATTER HAKE LRG(FR)x2 & HAKE REG(FR)x2 & CHIPS(XL)	134,3	109,34	175,06	10785,08
HAKE REG(FR)x4 & CHIPS(REG)x2 & ROLLx4	208,11	77,38	101,67	7843,2
2 RUSSIAN & MED CHIPS	59,5	16,2	71,45	3553,25
F7 - MEDIUM HAKE, REG CHIPS & ROLL FF32003	60,68	21,84	39,79	2917,17
RUSSIANx2 & CHIPS(MED) & ROLLSx2	104,05	41,69	68,08	5069,25
HAKE WRAP(FR) & CHIPS(REG)	100,42	26,14	57,49	4335,57
CAPTAINS CATCH(FR) & CHIPS(REG)	40,06	34,91	44,55	2942,32
NUGGETS & CALAMARI RINGS(FR) & CHIPS(REG)	36,39	15,35	39,02	2470,72
POP PRAWNS	0	16	20,3	1042
DOUBLE HOOK(FR) & CHIPS(REG)	39,33	18,65	40,43	2511,73
HAKE SML(FR)x2 & CHIPS(REG) WELKOM ONLY	39,33	18,65	40,43	2511,73
HAKE SKINLESS(FR) & CHIPS(REG)	44,41	31,9	53,02	3286,3
HAKE SKINLESS(FR) UPSELL	9,81	27,9	30,02	1756,1
SAILOR'S CHOICE(FR) & CHIPS(REG)	49,88	19,44	51,09	3199,77
FISH POPS UPSELL	16,8	2,4	19,2	1172,4
HAKE REG(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
HAKE PROMO(FR) & CHIPS(REG)	41,26	24,91	45,25	2839,42
HAKE REG(FR) & CHIPS(REG) & SODA 330ML	38,68	17,84	38,29	2418,17
FISH CAKE & CHIPS(REG)	46,6	17,04	35,03	2413,02
TROPICAL FISHWHICH	49,48	25,61	86,98	4577,18
HAKE(FR) & CHIPS(REG) OLD	41,26	24,91	45,25	2839,42
POLLOCK(FR) & CHIPS(REG)	40,06	31,91	45,65	2958,32
FAMILY FEAST & CHIPS(MED)x2	68,21	61,38	95,67	5847,2
HAKE BUTTERFLY(FR) & CHIPS(REG)	41,7	24,98	47,35	2927,59
SNOEK(FR) & CHIPS(REG) & SODA 330ML	43,98	48,92	63,94	4002,97
HAKE REG(FR) EACH	4,08	13,84	15,29	887,97
HAKE MED(FR) EACH	6,66	20,91	22,25	1309,22
HAKE LRG(FR) EACH	11,18	34,82	37,74	2209,27
FISH POPS	16,8	2,4	19,2	1172,4
CALAMARI BURGER(FR)	28,2	13,77	49,6	2705,53
HAKE BURGER(FR)	31,74	18,11	54,19	2906,51
CHIPS(REG) PORTION	34,6	4	23	1530,2



# RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
CHIPS(MED) PORTION	51,9	6	34,5	2295,3
CHIPS(LRG) PORTION	69,2	8	46	3060,4
CHIPS(XL) PORTION	103,8	12	69	4590,6
COLESLAW(MED) PORTION	24,1	4,11	81,24	3004,53
COLESLAW(LRG) PORTION	16,07	2,74	54,16	2003,02
SALAD GREEN MED	8,91	1,77	11,27	607,32
SALAD GREEN LRG	15,82	3,53	11,33	755,04
CHEESE SLICE EACH	1	5	6	330
BURGER ROLL	22	4	1,5	499
SAUCE THOUSAND ISLAND	11,9	0	35,47	1546,07
SAUCE MAYO	0	0	51,8	1968,4
SAUCE SWEET CHILLI	18,67	0	3,03	406
SAUCE LEMON BUTTER	2,97	0,67	18,17	711,53
S05 NUGGETS(FR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S04 CALAMARI RINGS(FR) SNACK (100G)	1,2	19	21,4	1374
S03 CALAMARI STRIPS(FR) SNACK (100G)	2	19	21,4	1360
S02 RUSSIANx2	7,6	13,2	54,2	2405,6
S01 FISHCAKE EACH	12	13,04	12,03	882,82
HAKE REG(FR) UPSELL	4,08	13,84	15,29	887,97
HAKE MED(FR) UPSELL	6,66	20,91	22,25	1309,22
HAKE LRG(FR) UPSELL	11,18	34,82	37,74	2209,27
FISHCAKE UPSELL	12	13,04	12,03	882,82
CALAMARI STRIPS(FR) UPSELL	1	9,5	10,7	680
CALAMARI RINGS(FR) UPSELL	0,6	9,5	10,7	687
NUGGET(FR) UPSELL	1,19	1,85	5,32	253,52
RUSSIAN UPSELL	3,8	6,6	27,1	1202,8
ANGELFISH(FR) EXTRA	5,46	30,91	21,55	1412,12
F16 FAMILY PLATTER & SODA 2LT	134,3	109,34	175,06	10785,08
FISHCAKE 2FOR1	24	26,08	24,06	1765,64
F12 OCEAN'S DELIGHT & CHIPS(REG) [NUGGETS & CALAMARI RINGS(FR) & POP PRAWNS]	41,16	30,74	70,46	4005,78

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

## SUB-RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SR HAKE MED(FR) 120GR	6,66	20,91	22,25	1309,22
SR CALAMARI RINGS(FR) 50GR	0,6	9,5	10,7	687
SR CALAMARI STRIPS(FR) 50GR	1	9,5	10,7	680
SR COOKED FISHCAKES 50GR EACH	6	6,5	6	441
SR POP PRAWN RECIPE 50GR	0	8	10,15	521
SR HAKE BRG PATTY(FR) 80GR	4,08	13,84	15,29	887,97
SR HAKE REG(FR) 85GR	4,08	13,84	15,2	887,97
SR HAKE NUGGET(FR) EACH	1,19	1,85	5,32	253,52
SR HAKE STRIP(FR) EACH	2,38	3,7	10,64	507,03
SR COOKED FISHCAKES 100GR EACH	12	13,04	12,03	882,82
SR SOLE(FR) EACH	8,8	31,08	32,42	1885,23
SR SNOEK(FR) 200GR	9,38	44,92	40,94	2472,77
SR PRAWN MEAT(FR) 50GR	3,28	8,54	10,84	612,27
SR HAKE SML(FR) 45GR	2,37	7,33	8,72	490,76
SR FISH POPS SMALL (EACH)	1,4	0,2	1,6	97,7
SR ANGEL FISH(FR) 200GR	7,86	41,91	35,06	2163,06
SR HAKE BUTTERFLY(FR) 130GR	7,1	20,98	24,35	1397,39
SR HAKE LRG(FR) 200GR	11,18	34,82	37,74	2209,27
SR CHIPS REG (FRESH) 200GR	34,6	4	73	3430,2
SR CHIPS MED (FRESH) 300GR	51,9	6	80	4024,3
SR CHIPS LRG (FRESH) 400GR	69,2	8	100	5112,4
SR CHIPS XL (FRESH) 600GR	103,8	12	180	8808,6
SR CHIPS MED (FROZEN) 300GR	51,9	6	34,5	2295,3
SR CHIPS LRG (FROZEN) 400GR	69,2	8	46	3060,4
SR CHIPS XL (FROZEN) 600GR	103,8	12	69	4590,6
SR CHIPS REG (FROZEN) 200GR	34,6	4	23	1530,2
SR SALAD GREEN	15,82	3,53	11,33	755,04
SR SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32

## PRODUCTION RECIPES ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
BATTER MIX	710	118	150	19776
FISH CAKE RAW MIX	276,8	622,1	67,9	17861,5
LEMON BUTTER	35,5	8	217,5	8518
MILK EGG WASH	48	68	62	4328
COLESLAW DRESSING	539	77	4547	154118,12
COLESLAW	114,8	19,6	386,96	14311,56
FISHCAKE EACH	12	13,04	2,03	502,84
FISH POPS SMALL EACH	1,42	0,21	0,25	59,71
SALAD GREEN BASE	13,82	3,525	0,125	295,44





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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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