



fishaways

CATCH IT FRESH

OCTOBER 2016
STANDARD NUTRITIONAL GUIDE

CONTENTS

	Page
Recipe Analysis _____	3
Sub-recipe Analysis _____	13
Production Recipe Analysis _____	15

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
F01 HAKE REG(FR) & RICE(REG)	25,68	15,34	17,89	1378,37
F02 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52
F02 HAKE MED(FR) & RICE(MED)	49,86	23,91	27,45	2289,22
F02 HAKE MED(GR) & CHIPS(MED)	53,52	26,1	48,2	3174,05
F02 HAKE MED(GR) & RICE(MED)	44,82	23,1	18,9	1858,75
F03 HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57
F03 HAKE LRG(FR) & RICE(MED)	54,38	37,82	42,94	3189,27
F03 HAKE LRG(GR) & CHIPS(MED)	54,33	39,4	48,9	3439,01
F03 HAKE LRG(GR) & RICE(MED)	45,63	36,4	19,6	2123,71
F04 GRILLED CALAMARI SALAD	32,15	20,17	35,83	2404,96
F05 HAKE MED(FR) & CHIPS(MED) & COLESLAW	64,59	27,94	77,06	4355,65
F05 HAKE MED(FR) & RICE(MED) & COLESLAW	55,89	24,94	47,76	3040,35
F05 HAKE MED(GR) & CHIPS(MED) & COLESLAW	59,55	27,12	68,5	3925,18
F05 HAKE MED(GR) & RICE(MED) & COLESLAW	50,85	24,12	39,2	2609,88
F05 HAKE LRG(FR) & CHIPS(MED) & COLESLAW	69,1	41,85	92,55	5255,7
F05 HAKE LRG(FR) & RICE(MED) & COLESLAW	60,4	38,85	63,25	3940,4
F05 HAKE LRG(GR) & CHIPS(MED) & COLESLAW	60,35	40,42	69,21	4190,14
F05 HAKE LRG(GR) & RICE(MED) & COLESLAW	51,65	37,42	39,91	2874,84
F06 HAKE MED(FR) & CALAMARI TUBES(GR) & CHIPS(MED)	60,59	42,3	70,76	4686,54
F06 HAKE MED(FR) & CALAMARI TUBES(GR) & RICE(MED)	51,89	39,3	41,46	3371,24
F06 HAKE MED(GR) & CALAMARI TUBES(GR) & CHIPS(MED)	55,55	41,49	62,2	4256,06
F06 HAKE MED(GR) & CALAMARI TUBES(GR) & RICE(MED)	46,85	38,49	32,9	2940,76
F06 HAKE LRG(FR) & CALAMARI TUBES(GR) & CHIPS(MED)	65,1	56,22	86,24	5586,58
F06 HAKE LRG(FR) & CALAMARI TUBES(GR) & RICE(MED)	56,4	53,22	56,94	4271,28
F06 HAKE LRG(GR) & CALAMARI TUBES(GR) & CHIPS(MED)	56,35	54,79	62,91	4521,02
F06 HAKE LRG(GR) & CALAMARI TUBES(GR) & RICE(MED)	47,65	51,79	33,61	3205,72
F07 HAKE MED(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F07 HAKE MED(FR) & CALAMARI RINGS(FR) & RICE(MED)	51,06	42,91	48,85	3663,22
F07 HAKE MED(GR) & CALAMARI RINGS(FR) & CHIPS(MED)	54,72	45,1	69,6	4548,05
F07 HAKE MED(GR) & CALAMARI RINGS(FR) & RICE(MED)	46,02	42,1	40,3	3232,75
F07 HAKE LRG(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	64,28	59,82	93,64	5878,57
F07 HAKE LRG(FR) & CALAMARI RINGS(FR) & RICE(MED)	55,58	56,82	64,34	4563,27
F07 HAKE LRG(GR) & CALAMARI RINGS(FR) & CHIPS(MED)	55,53	58,4	70,3	4813,01
F07 HAKE LRG(GR) & CALAMARI RINGS(FR) & RICE(MED)	46,83	55,4	41	3497,71
F01 HAKE REG(GR) & CHIPS(REG)	35,88	18,3	36,3	2293,21
F01 HAKE REG(GR) & RICE(REG)	22,88	15,8	15,9	1253,41
F08 CALAMARI WRAP(FR)	67,14	27,3	50,7	3722
F08 CALAMARI WRAP(FR) SLAW	62,13	26,03	60,91	3860,73
F08 CALAMARI WRAP(GR)	62,44	15,3	24,8	2407,4
F08 CALAMARI WRAP(GR) SLAW	61,53	21,03	50,71	3480,73
F08 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F08 HAKE WRAP(FR) SLAW	69,66	21,81	82,09	4528,86
F08 HAKE WRAP(GR)	62,54	21,63	59,93	3702,13
F08 HAKE WRAP(GR) SLAW	60,93	20,36	80,24	4285,47
F09 CALAMARI BURGER(FR) & CHIPS(REG)	101,1	21,6	132	6411,6
F09 HAKE BURGER(FR) & CHIPS(REG)	71,18	21,94	61,09	3888,07
F09 HAKE BURGER(GR) & CHIPS(REG)	68,33	21,5	59	3746,81
F10 PRAWN WRAP(FR)	61,74	16,3	29,35	2438,4
F10 PRAWN WRAP(FR) SLAW	9,43	9,03	40,59	1713,86
F11 SHIP SHAPE FRIED - HAKE MED RICE STIR FRIED VEG	60,82	87,01	91,98	5976,39
F11 SHIP SHAPE GRILLED - HAKE MED RICE STIR FRIED VEG	40,67	83,77	57,75	4254,49
F12 PAELLA	69,93	34,21	52,09	3946,22
F13 OCEAN'S DELIGHT & CHIPS(REG) [NUGGETS & CALAMARI RINGS(FR) & POP PRAWNS]	41,16	30,74	70,46	4005,78
F13 OCEAN'S DELIGHT & RICE(REG) [NUGGETS & CALAMARI RINGS(FR) & POP PRAWNS]	28,16	28,24	50,06	2965,98
F14 PLATTER FOR ONE(FR)	69,49	44,94	89,01	5288,95

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F14 PLATTER FOR ONE(GR)	64,45	44,12	80,45	4858,48
F15 TWIN TIDE - HAKE REG(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
F15 TWIN TIDE - HAKE REG(FR)x2 & RICE(LRG)	72,95	32,19	37,34	3247,15
F16 SKIPPER'S PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35
F16 SKIPPER'S PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & RICE(LRG)	76,95	70,19	80,14	5967,15
HAKE PLATTER HAKE REG(FR)x4 & CHIPS(XL)	120,11	67,38	130,17	8142,5
HAKE PLATTER HAKE REG(FR)x4 PLATTER & RICE(XL)	81,11	59,88	67,93	5023,1
F17 CAPT FEAST HAKE REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	125,28	81,5	144,09	8984,99
F17 CAPT FEAST HAKE REG(FR)x2 & HAKE MED(FR)x2 & RICE(LRG)	86,28	74	81,85	5865,59
F17 CAPT FEAST HAKE REG(FR)x2 & HAKE MED(GR)x2 & CHIPS(XL)	115,2	79,88	126,98	8124,04
F17 CAPT FEAST HAKE REG(FR)x2 & HAKE MED(GR)x2 & RICE(LRG)	76,2	72,38	64,74	5004,64
F20 FAMILY PLATTER HAKE LRG(FR)x2 & HAKE REG(FR) x2 & CHIPS(XL)	134,3	109,34	175,06	10785,08
F20 FAMILY PLATTER HAKE LRG(FR)x2 & HAKE REG(FR) x2 & RICE(XL)	160,1	106,34	119,58	9136,88
F20 FAMILY PLATTER HAKE LRG(GR)x2 & HAKE REG(GR) x2 & CHIPS(XL)	134,3	109,34	175,06	10785,08
F20 FAMILY PLATTER HAKE LRG(GR)x2 & HAKE REG(GR) x2 & RICE(XL)	160,1	106,34	119,58	9136,88
F15 TWIN TIDE - HAKE REG(GR)x2 & CHIPS(LRG)	71,75	36,59	72,61	4586,42
F15 TWIN TIDE - HAKE REG(GR)x2 & RICE(LRG)	67,35	33,09	33,37	2997,22
F16 SKIPPER'S PLATTER HAKE REG(GR)x2 & C STRIPS(FR) & CHIPS(LRG)	75,75	74,59	115,41	7306,42
F16 SKIPPER'S PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & RICE(LRG)	71,35	71,09	76,17	5717,22
HAKE PLATTER HAKE REG(GR)x4 & CHIPS(XL)	108,9	69,18	122,22	7642,65
HAKE PLATTER HAKE REG(GR)x4 PLATTER & RICE(XL)	134,7	66,18	66,74	5994,45
F17 CAPT FEAST HAKE REG(GR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	119,67	82,41	140,12	8735,07
F17 CAPT FEAST HAKE REG(GR)x2 & HAKE MED(FR)x2 & RICE(LRG)	80,67	74,91	77,88	5615,67

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F17 CAPT FEAST HAKE REG(GR)x2 & HAKE MED(GR)x2 & CHIPS(XL)	109,6	80,78	123	7874,12
F17 CAPT FEAST HAKE REG(GR)x2 & HAKE MED(GR)x2 & RICE(LRG)	70,6	73,28	60,76	4754,72
S01 FISHCAKE EACH	12	13,04	12,03	882,82
S02 CALAMARI STRIPS(FR) SNACK(100G)	2	19	21,4	1360
S02 CALAMARI STRIPS(GR) SNACK(100G)	1,4	14	11,2	980
S03 CALAMARI RINGS(FR) SNACK (100G)	1,2	19	21,4	1374
S04 SQUIGGLY POPS(FR) SNACK (100G)	0,8	7,6	20,7	1060
S05 NUGGETS(FR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S05 NUGGETS(GR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S06 POP PRAWNS(FR) SNACK (100G)	0	8	10,15	521
S07 FISH POPS	5,6	0,8	6,4	390,8
S08 STIR-FRIED VEG	12,57	1,89	0,37	249,11
S09 SHRIMP-FRIED RICE	45,7	13,25	12,2	1462,75
RICE(REG) PORTION	21,6	1,5	2,6	490,4
RICE(MED) PORTION	43,2	3	5,2	980
RICE(LRG) PORTION	64,8	4,5	6,76	1471,2
SALAD GREEN LARGE	15,82	3,53	11,33	755,04
SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32
SALAD GREEK LARGE	20,02	9,23	26,45	1490,94
SALAD GREEK MEDIUM	11,01	4,62	18,83	975,27
COLESLAW(MED) PORTION	16,07	2,74	54,16	2003,02
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
CALAMARI TUBES(GR) (200G)	4,05	30,79	28,01	2164,02
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 MED(GR) EACH	1,62	20,1	13,7	878,75
HAKE LRG(FR) EACH	11,18	34,82	37,74	2209,27

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
HAKE LRG(GR) EACH	2,43	33,4	14,4	1143,71
FISH POPS	16,8	2,4	19,2	1172,4
SQUIGGLY POPS & CHIPS(REG) F36001	70	15,6	116,7	6020,4
POP PRAWNS PORTION (50G) UPSSELL	0	8	10,15	521
CALAMARI TUBES & CHIPS(REG) F36013	38,65	34,79	51,01	3694,22
CALAMARI TUBES & RICE(REG)	47,25	33,79	33,21	3144,02
HAKE WRAP(FR) & CHIPS(REG)	100,42	26,14	57,49	4335,57
HAKE WRAP(GR) & CHIPS(REG)	97,57	25,7	55,4	4194,31
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
HAKE REG(FR) & RUSSIAN & CHIPS(REG)	42,48	24,44	65,39	3620,97
RUSSIAN & CHIPS(REG)	38,4	10,6	50,1	2733
EX RUSSIAN	3,8	6,6	27,1	1202,8
FISHCAKES & SALAD	36,22	24,44	43,52	2730,66
FISHCAKES & CHIPS(REG)	55	24,91	55,19	3505,82
FISHCAKES & RICE(REG)	63,6	23,91	37,39	2955,62
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) & RICE(MED)	48,66	33,91	26,75	2392,12
CAPTAINS CATCH(GR) & CHIPS(REG)	35,03	34,7	36	2702,41
CAPTAINS CATCH(GR) & RICE(MED)	43,63	33,7	18,2	2152,21
CAPTAINS CATCH(FR) LRG & CHIPS(REG)	42,46	45,91	58,06	3693,26
CAPTAINS CATCH(FR) LRG & RICE(MED)	51,06	44,91	40,26	3143,06
CAPTAINS CATCH(GR) LRG & CHIPS(REG)	35,03	44,7	36	2702,21
CAPTAINS CATCH(GR) LRG & RICE(MED)	43,63	43,7	18,2	2152,01
CALAMARI TRIO& CHIPS(REG)	38,23	2	68,75	4516,21
CALAMARI TRIO & RICE(REG)	25,23	39,7	48,35	3476,41
NUGGETS & CALAMARI RINGS(FR) & CHIPS(REG) F36511	41,16	22,74	60,31	3484,78

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
NUGGETS & CALAMARI RINGS(FR) & RICE(REG)	28,16	20,24	39,91	2444,98
HAKE SKINLESS(FR) & CHIPS(REG)	44,41	31,9	53,02	3286,3
HAKE SKINLESS(FR) & RICE(MED)	53,01	30,9	35,22	2736,1
HAKE SKINLESS(GR) & CHIPS(REG)	37,63	30,8	37,1	2541,51
HAKE SKINLESS(GR) & RICE(MED)	46,23	29,8	19,3	1991,31
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
SAILOR'S CHOICE(FR) & RICE(MED)	101,68	21,44	38,49	3629,57
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 MED(FR) & RICE(REG)	28,26	22,41	24,85	1799,62
HAKE MED(GR) & CHIPS(REG)	36,22	24,1	36,7	2408,95
HAKE MED(GR) & RICE(REG)	23,22	21,6	16,3	1369,15
HAKE REG(FR) & CHIPS(REG) & SODA 330ML	38,68	17,84	38,29	2418,17
HAKE REG(FR) & RICE(REG) & SODA 330ML	25,68	15,34	17,89	1378,37
HAKE REG(GR) & CHIPS(REG) & SODA 330ML	35,88	18,3	36,3	2293,21
HAKE REG(GR) & RICE(REG) & SODA 330ML	22,88	15,8	15,9	1253,41
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
ANGELFISH (GR) EXTRA	0,43	30,7	13	1172,21
HAKE BURGER(GR)	32,73	17,4	36	2214,81
HAKE BURGER(FR)	35,58	17,84	38,09	2356,07
SAUCE THOUSAND ISLAND	11,9	0	35,47	1546,07
SNOEK(GR) & CHIPS(MED)	61,28	50,92	75,44	4768,07
SNOEK(GR) & RICE(MED)	43,83	46,5	22,8	2387,21
SOLE(GR) & SALAD	16,75	33,33	24,6	1751,05
HAKE CAL STRIPS FISHCAKES RICE AND CHIPS	77,85	80,52	86,59	6221,59
KINGKLIP(GR)x4 FAMILY MEAL	110,39	94,1	84,85	6727,91
KINGKLIP(GR)x6 FAMILY MEAL	120,59	137,08	107,96	8525,21
KINGKLIP(GR) EACH	0,43	20,74	13,1	868,21
SNACK CATCH & RICE(REG)	40,87	19	26,48	2104,4

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
DOUBLE HOOK(FR) & RICE(CMB)	47,93	17,65	22,63	1961,53
POLLOCK(GR) & CHIPS(REG)	35,03	31,1	37,1	2528,21
CALAMARI TUBES & RICE(MED)	47,25	33,79	33,21	3144,02
FAMILY FEAST & CHIPS(MED)x2	120,11	67,38	130,17	8142,5
FAMILY FEAST & RICE(LRG)	145,91	64,38	74,69	6494,3
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
F4 - DOUBLE & RICE(REG)	56,32	56,48	100,12	5931,96
HAKE BUTTERFLY(FR) & CHIPS(REG)	41,7	24,98	47,35	2927,59
HAKE BUTTERFLY(FR) & RICE(REG)	28,7	22,48	26,95	1887,79
SNOEK(FR) & CHIPS(REG) & SODA 330ML	43,98	48,92	63,94	4002,97
SNOEK(FR) & RICE(REG) & SODA 330ML	30,98	46,42	43,54	2963,17
SNOEK(GR) & CHIPS(REG) & SODA 330ML	35,23	47,5	40,6	2937,41
SNOEK(GR) & RICE(REG) & SODA 330ML	22,23	45	20,2	1897,61
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
HAKE MED(GR)X4 & CHIPS(XL)	110,29	92,38	123,78	8105,59
SAILOR'S CHOICE(FR) & CHIPS(REG)	49,88	19,44	51,09	3199,77
SAILOR'S CHOICE(FR) & RICE(MED)	58,48	18,44	33,29	2649,57
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
HAKE MED(FR) & RICE(REG)	28,26	22,41	24,85	1799,62
HAKE MED(GR) & CHIPS(REG)	36,22	24,1	36,7	2408,95
HAKE MED(GR) & RICE(REG)	23,22	21,6	16,3	1369,15
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
F14 TWIN TIDE & RICE(LRG) & SODA 1LT	72,95	32,19	37,34	3247,15
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
F01 HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17
F02 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
F06 CALAMARI WRAP(FR)	66,64	27,3	26,7	2788,8
F06 CALAMARI WRAP(FR) SLAW	57,03	26,03	45,71	3198,13
F06 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F06 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
F07 HAKE FRIED BURGER & CHIPS(REG)	66,34	22,11	77,19	4436,71
F09 HAKE MED(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52
F09 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
F11 TWIN TIDE - HAKE MEDIUM(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
F13 FM PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35
F14 HAKE PLATTER HAKE REG(FR)x4 & CHIPS(XL)	120,11	67,38	130,17	8142,5
F16 CAPT FEAST HAKE REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	125,28	81,5	144,09	8984,99
F19 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
F7 - MEDIUM HAKE, REG CHIPS & ROLL FF32003	60,68	21,84	39,79	2917,17
HAKE WRAP(FR) & CHIPS(REG)	100,42	26,14	57,49	4335,57
HAKE WRAP(GR) & CHIPS(REG)	97,57	25,7	55,4	4194,31
CAPTAINS CATCH(FR) & CHIPS(REG)	40,06	34,91	44,55	2942,32
CAPTAINS CATCH(FR) & RICE(MED)	48,66	33,91	26,75	2392,12

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
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
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
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

RECIPE ANALYSIS – MACRONUTRIENTS AND ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
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 CREAMY LEMON	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
S01 FISHCAKE EACH	12	13,04	12,03	882,82
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
F13 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(GR) 120GR	1,62	20,1	13,7	878,75
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 SQUIGGLY POPS 60G	0,8	7,6	20,7	1060
SR POP PRAWN RECIPE 50GR	0	8	10,15	521
SR CALAMARI TUBES(GR) 100GR	2,03	15,4	14	1082,01
SR HAKE BRG PATTY(GR) 80GR	1,23	13,4	13,2	746,71
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 NUGGET(GR) EACH	0,53	1,76	7,7	325,1
SR HAKE STRIP(FR) EACH	2,38	3,7	10,64	507,03
SR HAKE STRIP(GR) EACH	0,2	3,33	10,18	446,18
SR COOKED FISHCAKES 100GR EACH	12	13,04	12,03	882,82
SR SNOEK(GR) 200GR	0,63	43,5	17,6	1407,21
SR SNOEK(FR) 200GR	9,38	44,92	40,94	2472,77
SR CALAMARI STRIPS(GR) 50G	0,7	7	5,6	490
SR PRAWN MEAT(FR) 50GR	3,28	8,54	10,84	612,27
SR ANGELFISH(GR) 140GR	0,43	30,7	13	1172,21
SR ANGELFISH(FR) 140GR	5,46	30,91	21,55	1412,12
SR PRAWN(GR) 50GR	0	8	10,15	521
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(GR) 200GR	0,43	40,7	13	1172,01
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(GR) 200GR	2,43	33,4	14,4	1143,71
SR HAKE LRG(FR) 200GR	11,18	34,82	37,74	2209,27
SR HAKE REG(GR) 85GR	1,28	14,3	13,3	763,01
SR CHIPS REG (FRESH) 200GR	34,6	4	73	3430,2
SR CHIPS MED (FRESH) 300GR	51,9	6	80	4024,3

SUB-RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
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 RICE LRG 300GR	64,8	4,5	6,76	1471,2
SR RICE MED 200GR	43,2	3	5,2	980
SR RICE REG 100GR	21,6	1,5	2,6	490,4
SR RICE CMB 150GR	32,4	2,25	3,9	735,6
SR SALAD GREEN	15,82	3,53	11,33	755,04
SR SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32
SR SALAD GREEK	20,02	9,23	26,45	1490,94
SR SALAD GREEK MEDIUM	11,01	4,62	18,83	975,27



PRODUCTION RECIPES ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
RICE & VEGGIE MIX	3681,58	257,43	445,45	83617,86
RICE	3500	240	30	64720
BATTER MIX	710	118	150	19776
FISH CAKE RAW MIX	276,8	622,1	67,9	17861,5
CREAMY LEMON	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
FISHCAKE SPICY 50G EACH	6,8	6,97	0,73	278,54
HAKE NUGGET OFFCUTS	10	166,67	9,12	3309,17
HAKE STRIPS OFFCUTS	10	166,67	9,12	3309,17
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.

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