



# fishaways

CATCH IT FRESH

**OCTOBER 2018**  
**EXPRESS NUTRITIONAL GUIDE**

# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## GRAB YOUR GREAT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F1 HAKE REG(FR) & ROLL	77,98	23,84	51,29	3682,27
F2 HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17
F2 HAKE REG(FR) & GREEN SALAD	58,56	26,91	56,75	3604,52
F3 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52
F3 HAKE MED(FR) & GREEN SALAD(LRG)	22,48	24,44	33,58	2064,26
F4 HAKE LRG(FR) WITH SALAD	63,08	40,82	72,24	4504,57
F4 HAKE LRG(FR) WITH CHIPS	63,08	40,82	72,24	4504,57
F5 RUSSIAN & CHIPS(MED)	55,7	12,6	61,6	3498,1
F5 RUSSIAN & GREEN SALAD	43,5	8,2	50,2	3298,1
F6 HAKE REG(FR) & RUSSIAN & CHIPS(MED)	59,78	26,44	76,89	4386,07
F7 CALAMARI WRAP(FR)	67,14	27,3	50,7	3722
F7 CALAMARI WRAP(FR) SLAW	62,13	26,03	60,91	3860,73
F7 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F7 HAKE WRAP(FR) SLAW	69,66	21,81	82,09	4528,86
F8 CALAMARI BURGER(FR) & CHIPS(REG)	101,1	21,6	132	6411,6
F8 HAKE BURGER(FR) & CHIPS(REG)	71,18	21,94	61,09	3888,07
F9 PRAWN WRAP(FR)	61,74	16,3	29,35	2438,4
F9 PRAWN WRAP(FR) SLAW	9,43	9,03	40,59	1713,86
F10 HAKE MED(FR) & CALAMARI STRIPS(FR) & CHIPS(MED)	60,56	45,91	78,15	4964,52
F10 HAKE MED(FR) & CALAMARI STRIPS(FR) & GREEN SALAD	65,08	59,82	93,64	5864,57
F11 GOOD LIFE MEAL	60,82	87,01	91,98	5976,39

## SHARE IN THE GOOD LIFE

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F12 DOUBLE UP MEAL - HAKE REG(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
F13 SHARING PLATTER HAKE REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35
F14 HAKE & CALAMARI PLATTER 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
F16 HAKE & FISHCAKE PLATTER REG x2 & HAKE MED(FR)x2 & CHIPS(XL)	154,66	80	90,26	7394,82
F17 SNACK PLATTER	82,64	59,61	111,98	6758,7



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## KEEP ON TRACK SNACKS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
S1 HAKE SLIDER & CHIPS	11,92	18,48	53,22	2535,16
S2 CALAMARI SLIDER & CHIPS	53,65	16,6	39,58	2775,18
S3 HAKE & ONION RING SLIDER WITH CHIPS	59,28	14,92	37,65	2666,34
S4 ONION RINGS	12	13,04	12,03	882,82
S5 SRIRACHA POP PRAWNS	10,48	17,44	7,31	748,07
S6 POP PRAWNS(FR) SNACK (100G)	0	8	10,15	521
S7 FISH POPS	5,6	0,8	6,4	390,8
S8 NUGGETS(FR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S9 FISHCAKE EACH	12	13,04	12,03	882,82
S10 CALAMARI STRIPS(FR) SNACK(100G)	2	19	21,4	1360
S11 RUSSIAN	3,8	6,6	27,1	1202,8

## SIDES & EXTRAS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SALAD GREEN LARGE	15,82	3,53	11,33	755,04
SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32
COLESLAW REG	16,07	2,74	54,16	2003,02
CHEESE SLICE EACH	1	5	6	330
BURGER ROLL	22	4	1,5	499
CHIPS(REG)	34,6	4	23	1530,2
CHIPS(MED)	51,9	6	34,5	2295,3
CHIPS(LRG)	69,2	8	46	3060,4
CHIPS(XL)	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
FISHPOPS	16,8	2,4	19,2	1172,4
SNOEK(FR) & CHIPS(MED)	61,28	50,92	75,44	4768,0

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## SIDES & EXTRAS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
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 CHILLI	18,67	0	3,03	406
SAUCE GARLIC	4,9	0,77	24,5	1008,7

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

GLOSSARY	
FR	FRIED
SML	SMALL
REG	REGULAR
MED	MEDIUM
LRG	LARGE
XL	X-LARGE





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**[www.fishaways.co.za](http://www.fishaways.co.za)**

**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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