



# fishaways

CATCH IT FRESH

**OCTOBER 2018**  
STANDARD NUTRITIONAL GUIDE

# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## GRAB YOUR GREAT

| Description  | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|--|-------------------|-------------|---------|-------------|
| F1 HAKE REG(FR) & CHIPS(REG)                       | 38,68             | 17,84       | 38,29   | 2418,17     |
| F1 HAKE REG(FR) & RICE(REG)                        | 25,68             | 15,34       | 17,89   | 1378,37     |
| F2 HAKE MED(FR) & CHIPS(MED)                       | 58,56             | 26,91       | 56,75   | 3604,52     |
| F2 HAKE MED(FR) & RICE(MED)                        | 49,86             | 23,91       | 27,45   | 2289,22     |
| F2 HAKE MED(GR) & CHIPS(MED)                       | 53,52             | 26,1        | 48,2    | 3174,05     |
| F2 HAKE MED(GR) & RICE(MED)                        | 44,82             | 23,1        | 18,9    | 1858,75     |
| F3 HAKE LRG(FR) & CHIPS(MED)                       | 63,08             | 40,82       | 72,24   | 4504,57     |
| F3 HAKE LRG(FR) & RICE(MED)                        | 54,38             | 37,82       | 42,94   | 3189,27     |
| F3 HAKE LRG(GR) & CHIPS(MED)                       | 54,33             | 39,4        | 48,9    | 3439,01     |
| F3 HAKE LRG(GR) & RICE(MED)                        | 45,63             | 36,4        | 19,6    | 2123,71     |
| F4 SEAFOOD HOT POTS – HAKE NUGGETS                 | 55,9              | 16,49       | 58,59   | 3465,85     |
| F4 SEAFOOD HOT POTS – SHRIMP                       | 47,55             | 35,55       | 26,93   | 2445,23     |
| F5 SEAFOOD PAELLA                                  | 69,93             | 34,21       | 52,09   | 3946,22     |
| F6 HAKE MED(FR) & CALAMARI TUBES(GR) & CHIPS(MED)  | 60,59             | 42,3        | 70,76   | 4686,54     |
| F6 HAKE MED(FR) & CALAMARI TUBES(GR) & RICE(MED)   | 51,89             | 39,3        | 41,46   | 3371,24     |
| F6 HAKE MED(GR) & CALAMARI TUBES(GR) & CHIPS(MED)  | 55,55             | 41,49       | 62,2    | 4256,06     |
| F6 HAKE MED(GR) & CALAMARI TUBES(GR) & RICE(MED)   | 46,85             | 38,49       | 32,9    | 2940,76     |
| F6 HAKE LRG(FR) & CALAMARI TUBES(GR) & CHIPS(MED)  | 65,1              | 56,22       | 86,24   | 5586,58     |
| F6 HAKE LRG(FR) & CALAMARI TUBES(GR) & RICE(MED)   | 56,4              | 53,22       | 56,94   | 4271,28     |
| F6 HAKE LRG(GR) & CALAMARI TUBES(GR) & CHIPS(MED)  | 56,35             | 54,79       | 62,91   | 4521,02     |
| F6 HAKE LRG(GR) & CALAMARI TUBES(GR) & RICE(MED)   | 47,65             | 51,79       | 33,61   | 3205,72     |
| F7 HAKE MED(FR) & CALAMARI STRIPS(FR) & CHIPS(MED) | 59,76             | 45,91       | 78,15   | 4978,52     |
| F7 HAKE MED(FR) & CALAMARI STRIPS(FR) & RICE(MED)  | 51,06             | 42,91       | 48,85   | 3663,22     |
| F7 HAKE MED(GR) & CALAMARI STRIPS(FR) & CHIPS(MED) | 54,72             | 45,1        | 69,6    | 4548,05     |
| F7 HAKE MED(GR) & CALAMARI STRIPS(FR) & RICE(MED)  | 46,02             | 42,1        | 40,3    | 3232,75     |
| F7 HAKE LRG(FR) & CALAMARI STRIPS(FR) & CHIPS(MED) | 64,28             | 59,82       | 93,64   | 5878,57     |
| F7 HAKE LRG(FR) & CALAMARI STRIPS(FR) & RICE(MED)  | 55,58             | 56,82       | 64,34   | 4563,27     |
| F7 HAKE LRG(GR) & CALAMARI STRIPS(FR) & CHIPS(MED) | 55,53             | 58,4        | 70,3    | 4813,01     |

# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## GRAB YOUR GREAT

| Description   | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|---|-------------------|-------------|---------|-------------|
| F7 HAKE LRG(GR) & CALAMARI STRIPS(FR) & RICE(MED)     | 46,83             | 55,4        | 41      | 3497,71     |
| F8 CALAMARI WRAP(FR)                                  | 67,14             | 27,3        | 50,7    | 3722        |
| F8 CALAMARI WRAP(FR) SLAW                             | 62,13             | 26,03       | 60,91   | 3860,73     |
| F8 CALAMARI WRAP(GR)                                  | 62,44             | 15,3        | 24,8    | 2407,4      |
| F8 CALAMARI WRAP(GR) SLAW                             | 61,53             | 21,03       | 50,71   | 3480,73     |
| F8 HAKE WRAP(FR)                                      | 71,28             | 23,09       | 61,78   | 3945,53     |
| F8 HAKE WRAP(FR) SLAW                                 | 69,66             | 21,81       | 82,09   | 4528,86     |
| F8 HAKE WRAP(GR)                                      | 62,54             | 21,63       | 59,93   | 3702,13     |
| F8 HAKE WRAP(GR) SLAW                                 | 60,93             | 20,36       | 80,24   | 4285,47     |
| 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 CALAMARI BURGER(FR) & CHIPS(REG)                  | 101,1             | 21,6        | 132     | 6411,6      |
| F10 HAKE BURGER(FR) & CHIPS(REG)                      | 71,18             | 21,94       | 61,09   | 3888,07     |
| F10 HAKE BURGER(GR) & CHIPS(REG)                      | 68,33             | 21,5        | 59      | 3746,81     |
| F11 GOOD LIFE MEAL                                    | 60,82             | 87,01       | 91,98   | 5976,39     |
| F12 GRILLED HAKE MEAL - HAKE, MED RICE & VEG STIR-FRY | 60,82             | 87,01       | 91,98   | 5976,39     |
| F12 GRILLED HAKE - HAKE, MED RICE & VEG STIR-FRY      | 40,67             | 83,77       | 57,75   | 4254,49     |
| F13 PLATTER FOR ONE(FR)                               | 69,49             | 44,94       | 89,01   | 5288,95     |
| F13 PLATTER FOR ONE(GR)                               | 64,45             | 44,12       | 80,45   | 4858,48     |





# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## SHARE IN THE GOOD LIFE

| Description  | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|--|-------------------|-------------|---------|-------------|
| F14 DOUBLE UP MEAL - HAKE REG(FR)x2 & CHIPS(LRG)                   | 77,35             | 35,69       | 76,58   | 4836,35     |
| F14 DOUBLE UP MEAL - HAKE REG(FR)x2 & RICE(LRG)                    | 72,95             | 32,19       | 37,34   | 3247,15     |
| F14 DOUBLE UP MEAL - HAKE REG(GR)x2 & CHIPS(LRG)                   | 71,75             | 36,59       | 72,61   | 4586,42     |
| F14 DOUBLE UP MEAL - HAKE REG(GR)x2 & RICE(LRG)                    | 67,35             | 33,09       | 33,37   | 2997,22     |
| F15 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)  | 81,35             | 73,69       | 119,38  | 7556,35     |
| F15 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & RICE(LRG)   | 76,95             | 70,19       | 80,14   | 5967,15     |
| F15 HAKE & CALAMARI PLATTER REG(GR)x2 & C STRIPS(FR) & CHIPS(LRG)  | 75,75             | 74,59       | 115,41  | 7306,42     |
| F15 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & RICE(LRG)   | 71,35             | 71,09       | 76,17   | 5717,22     |
| F16 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL) | 154,66            | 80          | 90,26   | 7394,82     |
| F16 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(FR)x2 & RICE(LRG) | 154,66            | 80          | 90,26   | 7394,82     |
| F16 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(GR)x2 & CHIPS(XL) | 154,66            | 80          | 90,26   | 7394,82     |
| F16 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(GR)x2 & RICE(LRG) | 154,66            | 80          | 90,26   | 7394,82     |
| F17 SNACK PLATTER  | 82,64             | 59,61       | 111,98  | 6758,7      |
| F18 PLATTER FOR TWO(FR)  | 238,98            | 96,14       | 155,6   | 9846,95     |
| F18 PLATTER FOR TWO(GR)  | 229,76            | 84,09       | 149,4   | 8972,95     |
| F19 FAMILY PLATTER HAKE LRG(FR)x4 & HAKE REG(FR) x2 & RICE(XL)     | 160,1             | 106,34      | 119,58  | 9136,88     |
| F19 FAMILY PLATTER HAKE LRG(GR)x4 & HAKE REG(GR) x2 & CHIPS(XL)    | 134,3             | 109,34      | 175,06  | 10785,08    |
| F19 FAMILY PLATTER HAKE LRG(GR)x4 & HAKE REG(GR) x2 & RICE(XL)     | 160,1             | 106,34      | 119,58  | 9136,88     |
| HAKE PLATTER HAKE REG(FR)x4 & RICE(L) & CHIPS(M)                   | 133,11            | 67,55       | 102,52  | 7351,49     |
| 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     |
| 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      |
| F20 FOR THREE MEAL – GRILLED                                       | 141,28            | 112,69      | 95,97   | 7962,74     |
| F20 FOR THREE MEAL – FRIED   | 167,54            | 116,96      | 165,98  | 11159,41    |

# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## 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 SLIDERS & 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 HAKE & MAYO SLIDER WITH CHIPS       | 44,22             | 14,54       | 50,16   | 2893,47     |
| S5 ONION RINGS                         | 12                | 13,04       | 12,03   | 882,82      |
| S6 POP PRAWNS(FR) (100G)               | 0                 | 8           | 10,15   | 521         |
| S7 SRIRACHA POP PRAWNS                 | 10,48             | 17,44       | 7,31    | 748,07      |
| S8 FISH POPS                           | 5,6               | 0,8         | 6,4     | 390,8       |
| S9 SQUIGGLY POPS(FR) (100G)            | 0,8               | 7,6         | 20,7    | 1060        |
| S10 NUGGETS(FR) (10 EACH)              | 11,92             | 18,48       | 53,22   | 2535,16     |
| S11 CALAMARI STRIPS(FR) (100G)         | 2                 | 19          | 21,4    | 1360        |
| S11 CALAMARI STRIPS(GR) (100G)         | 1,4               | 14          | 11,2    | 980         |
| S12 SHRIMP FRIED RICE                  | 45,7              | 13,25       | 12,2    | 1462,75     |
| S13 FISHCAKE                           | 12                | 13,04       | 12,03   | 882,82      |

## SIDES & EXTRAS

| Description           | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|-----------------------|-------------------|-------------|---------|-------------|
| 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      |
| VEG STIR-FRY          | 12,57             | 1,89        | 0,37    | 249,11      |
| 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      |

# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

## SIDES & EXTRAS

| Description               | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|---------------------------|-------------------|-------------|---------|-------------|
| 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 REG(GR) EACH         | 1,13              | 15,2        | 8,9     | 698,75      |
| 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(GR) EACH         | 11,18             | 34,82       | 37,74   | 2209,27     |

## CATCH OF THE DAY

| Description                               | CARBOHYDRATES (g) | PROTEIN (g) | FAT (g) | ENERGY (kJ) |
|---|-------------------|-------------|---------|-------------|
| ANGELFISH(FR) (6-8OZ) LRG                 | 7,86              | 41,91       | 35,06   | 2163,06     |
| ANGELFISH(GR) (6-8OZ) LRG                 | 0,43              | 40,7        | 13      | 1172,01     |
| ANGELFISH(FR) MED                         | 5,46              | 30,91       | 21,55   | 1412,12     |
| ANGELFISH (GR) MED                        | 0,43              | 30,7        | 13      | 1172,21     |
| 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 & CHIPS | 77,85             | 80,52       | 86,59   | 6221,59     |
| NUGGETS & CHIPS(REG)                      | 46,52             | 22,48       | 76,22   | 4065,36     |
| FISH CAKE & CHIPS(REG)                    | 46,6              | 17,04       | 35,03   | 2413,02     |
| SAUCE THOUSAND ISLAND                     | 11,9              | 0           | 35,47   | 1546,07     |
| SAUCE MAYO                                | 0                 | 0           | 51,8    | 1968,4      |
| SAUCE SWEET CHILI                         | 18,67             | 0           | 3,03    | 406         |
| SAUCE CREAMY LEMON                        | 2,97              | 0,67        | 18,17   | 711,53      |
| HONEY SOY                                 | 74,47             | 3,27        | 0       | 1206,63     |
| SNOEK(GR) 200G                            | 0,63              | 43,5        | 17,6    | 1407,21     |
| SNOEK(FR) 200G                            | 9,38              | 44,92       | 40,94   | 2472,77     |
| ANGELFISH(GR) 140G                        | 0,43              | 30,7        | 13      | 1172,21     |
| ANGELFISH(FR) 140G                        | 5,46              | 30,91       | 21,55   | 1412,12     |
| ANGEL FISH(GR) MED                        | 0,43              | 40,7        | 13      | 1172,01     |
| ANGEL FISH(FR) MED                        | 7,86              | 41,91       | 35,06   | 2163,06     |



# RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

\*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   |





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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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