



fishaways

CATCH IT FRESH



October 2021
STANDARD NUTRITIONAL GUIDE

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FOOD ALLERGENS

WHAT IS A FOOD ALLERGY?

Food allergies occur when your body reacts to substances in your food that are harmful to your immune system; these substances are known as allergens.

The most common allergens for young children is milk and egg but, fortunately, many children outgrow these allergies by the time they have reached 5 to 7 years of age. However, allergies such as seafood, peanuts, and tree nuts may develop later, and are lifelong conditions.

HOW DO I KNOW IF I HAVE A FOOD ALLERGY?

Allergic reactions to food may not be severe for some people, but for others, an allergic food reaction can be life-threatening. Signs of food allergies could start to show within a few minutes after eating and should be treated immediately.

The most common food allergy signs & symptoms include:

- Tingling or itching in the mouth
- Itching skin, hives, or eczema
- Swelling of the lips, face, tongue and throat, or other parts of the body
- Wheezing, nasal congestion, or trouble breathing
- Vomiting, abdominal pain, diarrhoea, or nausea
- Fainting, dizziness, or light-headedness

WHAT SHOULD I DO IF I THINK I HAVE A FOOD ALLERGY?

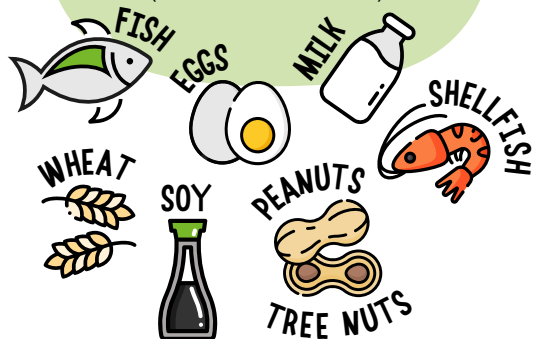
See a doctor or allergist if you experience food allergy symptoms shortly after eating. If possible, see your doctor when the allergic reaction is occurring, this will help your doctor make a diagnosis.

Seek emergency treatment if you develop any signs or symptoms of an allergic reaction, such as:

- Constriction of airways that makes it difficult to breathe
- Shock with a severe drop in blood pressure
- Rapid pulse
- Dizziness or light-headedness

WHAT ALLERGENS COULD BE IN FISHAWAYS?

At Fishaways, we use different ingredients and shared equipment in our kitchens, as well as products that have been produced by suppliers, so we cannot guarantee that our food is completely free of allergens or traces of allergens. Common allergens that may be found in our food are (but are not restricted to):



ALLERGENS

BETTER FOR ONE

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
HAKE SML (FR) & RICE (MED)	X	X			X		X
HAKE SML (GR) & RICE (MED)	X	X	X	X	X		X
HAKE SML (FR) & CHIPS (SML)	X	X					X
HAKE SML(GR) & CHIPS (SML)	X	X	X	X	X		X
HAKE, RICE, CHIPS & COLESLAW MEAL (FR)	X	X	X	X			X
HAKE, RICE, CHIPS & COLESLAW MEAL (GR)	X	X	X	X			X
GOOD LIFE MEAL (FR)	X	X	X	X			X
GOOD LIFE MEAL (GR)	X	X	X	X	X		X
HAKE MED (FR) & CALAMARI STRIPS (FR) & RICE (MED)	X	X					
HAKE MED (GR) & CALAMARI STRIPS (FR) & RICE (MED)	X	X	X		X		
HAKE MED (FR) & CALAMARI STRIPS (FR) & CHIPS (MED)	X	X					X
HAKE MED (GR) & CALAMARI STRIPS (FR) & CHIPS (MED)	X	X	X	X	X		X
PLATTER FOR ONE (FR)	X	X					X
PLATTER FOR ONE (GR)	X	X	X	X	X		X
HAKE (MED), CHIPS & APPLETSER MEAL (FR)	X	X					X
HAKE (MED), CHIPS & APPLETSER MEAL (GR)	X	X		X	X		X
HAKE (FR), CHIPS & PRAWN MEAL	X	X					X
HAKE (GR), CHIPS & PRAWN MEAL	X	X	X	X	X		X

ALLERGENS

BETTER FOR ONE EXPRESS

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
HAKE SML (FR) & RICE	X	X			X		
HAKE SML (FR) & CHIPS	X	X					X
RUSSIAN & CHIPS MEAL				X			X
HAKE, RICE & CHIPS MEAL (FR)	X	X	X	X			X
GOOD LIFE MEAL (FR)	X	X	X	X			X
HAKE & RUSSIAN MEAL WITH RICE (MED)	X	X		X			X
HAKE & RUSSIAN MEAL WITH CHIPS (MED)	X	X			X		X
HAKE, CHIPS & APPLETISER MEAL (FR)	X	X					X

BETTER FOR SHARING

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
HAKE, CHIPS, COLESLAW & ONION RINGS PLATTER (FR)	X	X	X	X			X
HAKE, CHIPS, COLESLAW & ONION RINGS PLATTER (GR)	X	X	X	X	X		
HAKE & PRAWN PLATTER (FR)	X	X					
HAKE & PRAWN PLATTER (GR)	X	X	X	X	X		
GOOD LIFE FOR TWO (FR)	X	X	X	X			X
GOOD LIFE FOR TWO (GR)	X	X	X	X	X		X
TRIO FAMILY MEAL (FR)	X	X					X
TRIO FAMILY MEAL (GR)	X	X	X	X	X		X
PLATTER FOR FOUR (FR)	X	X	X		X		X
PLATTER FOR FOUR (GR)	X	X	X	X	X		X
FAMILY PLATTER (FR)	X	X	X		X		X
FAMILY PLATTER (GR)	X	X	X	X	X		X

BETTER FOR SHARING EXPRESS

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
GOOD LIFE FOR TWO (FR)	X	X	X	X			X
FAMILY PLATTER (FR)	X	X	X		X		X
RUSSIAN MEAL FOR TWO	X	X	X	X			X
HAKE & RUSSIAN PLATTER	X	X		X			X
HAKE, CHIPS COLESRAW & ONION RINGS PLATTER	X	X	X	X			X

ALLERGENS

KIDDIES' MENU

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
FISH FINGERS & CHIPS	X	X		X			X
NUGGETS & CHIPS	X	X		X			X
KIDDIES BURGER & CHIPS	X	X		X			X

SNACKS

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
POP PRAWNS(FR) – SML/MED/LRG	X	X					
CALAMARI STRIPS (FR) -SML/MED/LRG	X	X					
CALAMARI STRIPS (FR) -SML/MED/LRG	X	X	x	x	x		x
NUGGETS (FR) – SML/MED/LRG	X	X					
ONION RINGS – SML/MED/LRG	X	X					
FISHCAKE – ONE/TWO/FOUR	X	X	X		X		X
SQUIGGLY BOX (FR) -SML/MED	X	X					X
PRAWN BOX (FR) -SML/MED	X	X					X
SQUIGGLY POPS (FR) -SML/MED/LRG	X	X					

SIDES

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
BURGER ROLL ONE/TWO/FOUR	X	X		X			
HAKE (FR) EACH -SML/MED/LRG	X	X					
HAKE (GR) EACH -SML/MED/LRG	X	X	X	X	X		
CHIPS PORTION SML/MED/LRG/XL							X
RICE PORTION – SML/MED/LRG				X	X		
COLESLAW -SML			X	X			
RUSSIAN ONE/TWO				X			

ALLERGENS

SAUCES

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
SAUCE THOUSAND ISLAND	X			X			
SAUCE TARTARE				x			
SAUCE SWEET CHILI				X			
CREAMY LEMON SAUCE			X	x			X

HEALTHIER FOR YOU

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
HAKE SALAD	X	X		X	X		
PRAWN SALAD				X	X		X
CALAMARI SALAD				X	X		x
GARDEN SALAD			X	X			X
GREEK SALAD							
HAKE POT	X	X		X	X		
CALAMARI POT	X	X		X	X		X

SPICY POTS

DESCRIPTION	GLUTEN	WHEAT	COW'S MILK	SOYA	EGG	NUTS	SULPHATES
SPICY HAKE POT (FR)	X	X					X
SPICY HAKE POT (GR)	X	X	X	X			X
SPICY PRAWN POT (FR)	X	X					X
SPICY PRAWN POT (GR)			X	X			X

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

BETTER FOR ONE

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
HAKE SML (FR) & RICE (MED)	25,68	15,34	17,89	446
HAKE SML (GR) & RICE (MED)	22,73	16,70	11,50	284
HAKE MED (FR) & RICE (MED)	49,86	23,91	27,45	548
HAKE MED (GR) & RICE (MED)	44,82	23,1	18,9	445
HAKE LRG (FR) & RICE (MED)	54,38	37,82	42,94	763
HAKE LRG (GR) & RICE (MED)	45,63	36,4	19,6	508
HAKE SML (FR) & CHIPS (SML)	38,68	17,84	38,29	579
HAKE SML (GR) & CHIPS (SML)	35,73	19,20	31,90	534
HAKE MED (FR) & CHIPS (MED)	58,56	26,91	56,75	862
HAKE MED (GR) & CHIPS (MED)	53,52	26,1	48,2	759
HAKE LRG (FR) & CHIPS (MED)	63,08	40,82	72,24	1078
HAKE LRG (GR) & CHIPS (MED)	54,33	39,4	48,9	823
HAKE, RICE & CHIPS & COLESLAW MEAL (FR)	63	20,37	61,2	875
HAKE, RICE & CHIPS & COLESLAW MEAL (GR)	57,34	18,55	57,3	799
GOOD LIFE MEAL (FR)	62,82	19,87	54,75	796
GOOD LIFE MEAL (GR)	63,49	25,44	59,90	756
HAKE MED (FR) & CALAMARI STRIPS (FR) & RICE (MED)	51,06	42,91	48,85	876
HAKE MED (GR) & CALAMARI STRIPS (FR) & RICE (MED)	46,02	42,1	40,3	773
HAKE MED (FR) & CALAMARI STRIPS (FR) & CHIPS (MED)	59,76	45,91	78,15	1191
HAKE MED (GR) & CALAMARI STRIPS (FR) & CHIPS (MED)	54,72	45,1	69,6	1088
PLATTER FOR ONE (FR)	97,15	39,42	100,56	1445
PLATTER FOR ONE (GR)	94,46	39,82	97,02	1402
HAKE MED WITH CHIPS & APPLÉTISER® MEAL (FR)	91,56	26,91	56,75	1006
HAKE MED WITH CHIPS & APPLÉTISER® MEAL (GR)	86,52	26,1	48,2	903
HAKE (FR), CHIPS & PRAWN MEAL	38,22	63,56	55,43	758
HAKE (GR), CHIPS & PRAWN MEAL	21,06	22,91	38,85	713

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

BETTER FOR ONE EXPRESS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	Fat (kJ)	ENERGY (kJ)	ENERGY (Cal)
HAKE SML (FR) & RICE (MED)	25,68	15,34	17,89	1378,37	446
HAKE MED (FR) & RICE (MED)	49,86	23,91	27,45	2289,22	548
HAKE LRG (FR) & RICE (MED)	54,38	37,82	42,94	3189,27	763
HAKE SML (FR) & CHIPS (SML)	38,68	17,84	38,29	2418,17	579
HAKE MED (FR) & CHIPS (MED)	58,56	26,91	56,75	3604,52	862
HAKE LRG (FR) & CHIPS (MED)	63,08	40,82	72,24	4504,57	1078
HAKE, RICE, CHIPS & COLESLAW MEAL (FR)	63	20,37	61,2	2144,80	875
GOOD LIFE MEAL (FR)	62	19,87	54,75	5976,39	796
RUSSIAN & CHIPS MEAL	55,7	12,6	61,6	3498,10	654
HAKE SML (FR) & RUSSIAN & RICE (MED)	51,07	23,44	32,59	2500,77	598
HAKE SML (FR) & RUSSIAN & CHIPS (MED)	59,78	26,44	76,89	4386,07	1049
HAKE SML (FR) & RUSSIAN & ROLL	59,78	26,44	76,89	4386,07	619
HAKE, CHIPS & APPLETISER® MEAL (FR)	91,56	26,91	56,75	3604,52	1006
SPICY HAKE POT (FR)	25,38	22,14	66,91		814

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

BETTER FOR SHARING

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
HAKE, CHIPS, COLESLAW & ONION RINGS PLATTER (FR)	77,35	35,69	76,58	1157
HAKE, CHIPS, COLESLAW & ONION RINGS PLATTER (GR)	71,75	36,59	72,61	1097
HAKE & PRAWN PLATTER (FR)	77,38	45	86,54	1467
HAKE & PRAWN PLATTER (FR)	74,66	46,09	82,42	1387
GOOD LIFE MEAL FOR TWO (FR)	121,64	174,02	183,96	1592
GOOD LIFE MEAL FOR TWO (GR)	118,73	170,22	179,66	1512
TRIO FAMILY MEAL (FR)	69,67	64,78	47,84	1293
RIO FAMILY MEAL (GR)	84,78	67,2	73,52	1292
PLATTER FOR FOUR (FR)	192,4	108,86	176,38	2632
PLATTER FOR FOUR (GR)	384,8	217,72	352	2598
FAMILY PLATTER (FR)	161,6	108,67	185,71	2777
FAMILY PLATTER (GR)	141,47	105,43	151,43	2365

BETTER FOR SHARING EXPRESS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
HAKE, CHIPS, COLESLAW & ONION RINGS PLATTER (FR)	77,35	35,69	76,58	1157
GOOD LIFE MEAL FOR TWO (FR)	121,64	174,02	183,96	1592
FAMILY PLATTER (FR)	161,6	108,67	185,71	2777
RUSSIAN MEAL FOR TWO	90,23	37,24	82,08	2638
HAKE & RUSSIAN PLATTER	196,48	203,53	223,53	5404

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

SAUCES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
SAUCE THOUSAND ISLAND (30ML)	21,9	0	19,36	112
SAUCE TARTARE (30ML)	9,57	0	14,23	72
SAUCE SWEET CHILI (30ML)	18,67	0	3,03	41
SAUCE CREAMY LEMON (30ML)	2,97	0,67	18,17	29
MILD SAUCE (30ML)	1,71	0,99	10,8	116

KIDDIES' MENU

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
FISH FINGERS & CHIPS	43,1	11,5	45,3	607
NUGGETS & CHIPS	43,07	13,91	68,43	725
KIDDIES BURGER & CHIPS	50,3	14,58	61,98	684

HEALTHIER FOR YOU

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
HAKE POT	68,82	22,73	26,62	399
CALAMARI POT	24,28	23,27	11,32	430
CALAMARI SALAD	44,12	19	23,41	416
HAKE SALAD	31,60	23,81	20,11	454
PRAWNS SALAD	28,40	20,68	18,17	260
GARDEN SALAD SMALL	8,64	3,88	13,60	70
GARDEN SALAD LARGE	15,28	3,15	7,99	140
GREEK SALAD SMALL	8,64	3,88	13,60	123
GREEK SALAD LARGE	17,28	7,75	27,19	246

SPICY POTS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
SPICY HAKE POT (FR)	25,38	22,14	66,91	814
SPICY HAKE POT (GR)	24,5	20,45	645,4	644
SPICY PRAWN POT (FR)	16,73	12,2	24,53	431
SPICY PRAWN POT (GR)	16,3	11,6	23,5	342

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

SNACKS

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
POP PRAWNS(FR) - LARGE	9	27	32,52	438
POP PRAWNS(FR) - MEDIUM	6	18	21,68	292
POP PRAWNS(FR)- SMALL	3	9	10,84	146
CALAMARI STRIPS(FR) LARGE	3,4	45,6	26,7	561
CALAMARI STRIPS(FR) MEDIUM	44,0	8,0	3,0	374
CALAMARI STRIPS(FR) SMALL	7	10	10,7	187
NUGGETS(FR) - LARGE	35,76	73,92	212,88	1821
NUGGETS(FR) -MEDIUM	23,8	36,96	425,76	1214
NUGGETS(FR) -SMALL	11,92	18,48	53,22	606
ONION RINGS - LARGE	35,76	55,44	159,66	633
ONION RINGS - MEDIUM	72	111	319	422
ONION RINGS- SMALL	12	13,04	12,03	211
FISHCAKE TWO	24	26	24	422
SQUIGGLY POPS (FR) SMALL	4,1	4,6	12,4	167
SQUIGGLY POPS (FR) MEDIUM	8,2	9,1	24,8	334
SQUIGGLY POPS (FR) LARGE	12,24	13,68	37,27	500
SQUIGGLY BOX MEDIUM	17	23	49,7	657
SQUIGGLY BOX LARGE	34	46	99,4	1314
PRAWN BOX MEDIUM	19	37	37,3	782
PRAWN BOX LARGE	38	74	74	1565

RECIPE ANALYSIS

MACRONUTRIENTS & ENERGY CONTENT

SIDES

DESCRIPTION	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (Cal)
CHIPS (LRG) PORTION	69,2	8	46	732
CHIPS (MED) PORTION	51,9	6	34,5	549
CHIPS (SML) PORTION	34,6	4	23	366
RICE (LRG) PORTION	64,8	4,5	6,76	352
RICE (MED) PORTION	43,2	3	5,2	234
RICE (SML) PORTION	21,6	1,5	2,6	117
COLESLAW (SML) PORTION	6,02	1,03	20,31	180
HAKE LRG (FR) EACH	11,18	34,82	37,74	529
HAKE MED (FR) EACH	6,66	20,91	22,25	313
HAKE MED (GR) EACH	1,62	20,1	13,7	210
HAKE SML (FR) EACH	4,08	13,84	15,29	212
HAKE SML (GR) EACH	1,13	15,2	8,9	167
BURGER ROLL - FOUR	66	12	4,5	476
BURGER ROLL - TWO	44	8	3	238
BURGER ROLL- ONE	22	4	1,5	119

Russian contains pork meat and only available at the express stores.

GLOSSARY	
FR	FRIED
GR	GRILLED
SML	SMALL
MED	MEDIUM
LRG	LARGE



Customer Care: 0861 347 429
www.fishaways.co.za

T&Cs apply. All content analysis were performed by Jozidiet www.jozi.diet.co.za