



fishaways

CATCH IT FRESH

October 2020
STANDARD NUTRITIONAL GUIDE

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SINGLE EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
HAKE REG(FR) & RICE(REG)	25,68	15,34	17,89	1378,37	329,75
HAKE REG(GR) & RICE(REG)	22,73	16,70	11,50	1189,15	284,49
HAKE MED(FR) & RICE(MED)	49,86	23,91	27,45	2289,22	547,66
HAKE MED(GR) & RICE(MED)	44,82	23,1	18,9	1858,75	444,68
HAKE LRG(FR) & RICE(MED)	54,38	37,82	42,94	3189,27	762,98
HAKE LRG(GR) & RICE(MED)	45,63	36,4	19,6	2123,71	508,06
HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17	578,51
HAKE REG(GR) & CHIPS(REG)	35,73	19,20	31,90	2228,95	533,51
HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52	862,33
HAKE MED(GR) & CHIPS(MED)	53,52	26,1	48,2	3174,05	759,34
HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57	1077,65
HAKE LRG(GR) & CHIPS(MED)	54,33	39,4	48,9	3439,01	822,73
HAKE REG(FR) & SALAD(REG)	20,30	17,56	24,98	1582,13	378,50
HAKE REG(GR) & SALAD(MED)	17,49	18,01	23,00	1457,17	348,61
HAKE MED(FR) & SALAD(REG)	22,87	24,63	31,94	2003,38	479,28
HAKE MED(GR) & SALAD(REG)	17,83	23,8	23,4	1572,901	376,29
HAKE LRG(FR) & SALAD(LARGE)	27,39	38,54	47,42	2903,42	694,60
HAKE LRG(GR) & SALAD(LARGE)	18,64	37,11	24,09	21837,87	439,68
SEAFOOD HOT POTS – HAKE NUGGETS	55,9	16,49	58,59	3465,85	829,15

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SINGLE EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
HAKE MED(FR) & CALAMARI STRIPS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52	1191,03
HAKE MED(GR) & CALAMARI STRIPS(GR) & CHIPS(MED)	54,72	45,1	69,6	4548,05	1088,05
HAKE MED(FR) & CALAMARI STRIPS(FR) & RICE(MED)	51,06	42,91	48,85	3663,22	876,37
HAKE MED(GR) & CALAMARI STRIPS(FR) & RICE(MED)	46,02	42,1	40,3	3232,75	773,39
HAKE MED(FR) & CALAMARI TUBES(FR) & SALAD (REG)	29,87	34,13	42,64	2785,38	666,36
HAKE MED(GR) & CALAMARI TUBES(GR) & SALAD (REG)	24,83	33,31	34,08	2354,9	563,37
GOOD LIFE MEAL	60,82	87,01	91,98	5976,39	1429,76
PLATTER FOR ONE (FR)	34,89	40,94	66,01	3758,75	899,22
PLATTER FOR ONE (GR)	29,85	40,12	57,45	3328,28	796,24
PLATTER FOR ONE(FR) REGULAR RICE AND SALAD (REG)	50,71	44,47	77,34	4513,79	1079,854067
PLATTER FOR ONE(GR) REGULAR RICE AND SALAD (REG)	45,67	43,65	68,78	4083,32	976,8708134
HAKE WITH HALF RICE & HALF CHIPS (FR)	76,35	22,08	95,05	4911,59	1174
HAKE WITH HALF RICE & HALF CHIPS (GR)	73,36	23,44	88,66	4722,37	1129

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SHARING EATS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
GOOD LIFE FOR TWO	121,64	174,02	183,96	5976,39	2859,52
DOUBLE UP MEAL - HAKE REG(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35	1157,02
DOUBLE UP MEAL - HAKE REG(GR)x2 & CHIPS(LRG)	71,75	36,59	72,61	4586,42	1097,23
DOUBLE UP MEAL - HAKE REG(FR)x2 & RICE(LRG)	72,95	32,19	37,34	3247,15	776,83
DOUBLE UP MEAL - HAKE REG(GR)x2 & RICE(LRG)	67,35	33,09	33,37	2997,22	717,04
DOUBLE UP MEAL - HAKE REG(FR)x2 & SALAD(LRG)	24,36	31,41	40,27	2470,10	590,93
DOUBLE UP MEAL - HAKE REG(GR)x2 & SALAD(LRG)	18,76	32,31	36,29	2220,18	531,14
HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	78,35	45	87,28	5516,35	1319,70
HAKE & CALAMARI PLATTER REG(GR)x2 & C STRIPS(FR) & CHIPS(LRG)	75,75	46,09	83,31	5266,42	1259,91
HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & RICE(LRG)	73,95	42	48,04	3927,15	939,51
HAKE & CALAMARI PLATTER REG(GR)x2 & C STRIPS(FR) & RICE(LRG)	68,35	42,59	44,07	3677,22	879,72
HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & SALAD(LRG)	31,36	40,91	50,97	3252,1	778,014354
HAKE & CALAMARI PLATTER REG(GR)x2 & C STRIPS(FR) & SALAD(LRG)	25,76	41,81	47	3002,18	718,224880
PLATTER FOR TWO(FR) AND REG CHIPS	114,6	54,71	101,50	6729,48	1609,92
PLATTER FOR TWO(GR) AND REG CHIPS	108,9	55,62	97,52	6479,55	1550,13
PLATTER FOR TWO(FR) AND SALAD (REG)	96,2	54,43	88,19	5893,44	1409,91
PLATTER FOR TWO(GR) AND SALAD (REG)	90,5	55,34	84,21	5643,51	1350,12
PLATTER FOR FOUR(FR) AND SALAD (REG)	192,4	108,86	176,38	11786,88	2819,82
PLATTER FOR FOUR(GR) AND SALAD (REG)	384,8	217,72	352,76	23573,76	2700,24
FAMILY PLATTER- FRIED	161,6	108,67	185,71	11607,83	2776,99
FAMILY PLATTER- GRILLED	141,47	105,43	151,48	9885,92	2365,05
TRIO MEAL (FR)	69,67	64,78	47,84	4107,44	982,6411483
TRIO MEAL (GR)	84,78	67,2	73,52	5398,9	1291,602871
SEA FOOD SHARING PLATTER (FR)	225,96	170,14	414,32	20567,82	5271
SEA FOOD SHARING PLATTER (GR)	216,22	166,3	414,05	2.0367.55	4859

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

LUNCH

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
DOUBLE HAKE SLIDER	59,94	24,70	28,78	2493,88	596,62
DOUBLE HAKE SLIDER AND SMALL CHIPS	110,04	30,64	63,2	4789,18	1145,74
HAKE SML RICE 200G ONION RINGS 50 GRAMS (FR)	59,3	30,0	32,52	2750,79	657,00
HAKE SML RICE 200G ONION RINGS 50 GRAMS (GR)	56,30	31,2	26,13	2561,57	612,00
HAKE CHIPS AND COLESLAW MEAL (FR)	54,8	20,58	92,45	4421,19	1635,00
HAKE CHIPS AND COLESLAW MEAL (GR)	51,80	21,94	86,06	4231,97	1590,00
SMALL HAKE RICE COLESLAW AND ONION RINGS (FR)	54,73	32,24	43,93	3111,77	1304,00
SMALL HAKE RICE COLESLAW AND ONION RINGS (GR)	51,33	33,6	38	2922,55	1259,00

BURGERS & SLIDERS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
HAKE SLIDER	29,97	12,35	14,39	1246,94	298,31
HAKE SLIDER & CHIPS	55,02	15,35	31,6	2394,59	572,87
CALAMARI SLIDER	34,7	13,7	16,07	1507,14	360,56
CALAMARI SLIDER & CHIPS	60,63	16,7	33,32	2654,79	635,12
PRAWNS & ONION RING BURGER	33,3	12,96	14,87	1345,59	303,02
PRAWNS & ONION RING BURGER WITH CHIPS	59,23	15,96	32,12	2493,24	669,02
CALAMARI BURGER(FR)	32,62	14,50	27,85	1869,50	647,00
CALAMARI BURGER(FR) & CHIPS(REG)	65,5	17,5	59	3738,80	1013,00
HAKE BURGER(FR) & CHIPS(REG)	71,18	21,94	51,70	3552,67	849,92
HAKE BURGER(GR) & CHIPS(REG)	68,79	21,5	50	3411,41	816,13

U500

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
HAKE STRIPS SALAD	32,62	24,64	21,92	1774,1	448
CALAMARI STRIPS SALAD	44,82	19,35	23,56	1957,45	424
HAKE STRIPS BOWL	68,82	22,73	26,62	2545,27	375
CALAMARI STRIPS BOWL	24,28	23,27	11,32	1190,87	365

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SNACKS & SIDES

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
RICE(REG) PORTION	21,6	1,5	2,6	490,4	117,32
RICE(MED) PORTION	43,2	3	5,2	980	234,45
RICE(LRG) PORTION	64,8	4,5	6,76	1471,2	351,96
SALAD GREEN LARGE	16,21	3,72	9,62	546,43	130,72
SALAD GREEN MEDIUM	9,30	1,95	11,27	607,32	145,29
COLESLAW(MED) PORTION	16,07	2,74	54,16	2003,02	479,19
BURGER ROLL	22	4	1,5	499	119,38
CHIPS(REG) PORTION	34,6	4	23	1530,2	366,08
CHIPS(MED) PORTION	51,9	6	34,5	2295,3	549,11
CHIPS(LRG) PORTION	69,2	8	46	3060,4	732,15
CHIPS(XL) PORTION	103,8	12	69	4590,6	1098,23
ONION RINGS	12	13,04	12,03	882,82	211,20
POP PRAWNS(FR) (100G)	3	9	10,84	612	146,48
FISH POPS	5,6	0,8	6,4	390,8	93,49
NUGGETS(FR) (100G) (10 EACH)	11,92	18,48	53,22	2535,16	606,50
CALAMARI STRIPS (FR) (100G)	7	10	10,7	782	187,08
CALAMARI STRIPS(GR) (100G)	1,4	14	11,2	980	234,45
FISHCAKE	12	13,04	12,03	882,82	211,20
HAKE REG(FR) EACH	4,08	13,84	15,29	887,97	212,43
HAKE REG(GR) EACH	1,13	15,2	8,9	698,75	167,17
HAKE MED(FR) EACH	6,66	20,91	22,25	1309,22	313,21
HAKE MED(GR) EACH	1,62	20,1	13,7	878,75	210,23
HAKE LRG(GR) EACH	11,18	34,82	37,74	2209,27	528,53

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

CATCH OF THE DAY

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)	ENERGY (Calories)
ANGELFISH(FR) (6-8OZ) LRG	7,86	41,91	35,06	2163,06	517,48
ANGELFISH(GR) (6-8OZ) LRG	0,43	40,7	13	1172,01	280,39
ANGELFISH(FR) MED	5,46	30,91	21,55	1412,12	337,83
ANGELFISH (GR) MED	0,43	30,7	13	1172,21	280,43
SNOEK(GR) & CHIPS(MED)	61,28	50,92	75,44	4768,07	1140,69
SNOEK(GR) & RICE(MED)	43,83	46,5	22,8	2387,21	571,10
SOLE(GR) & SALAD	17,13	33,51	23,0	1690,17	404,35
HAKE, CAL STRIPS, FISHCAKES, RICE & CHIPS	77,85	80,52	86,59	6221,59	1488,42
NUGGETS & CHIPS(REG)	46,52	22,48	76,22	4065,36	972,57
FISH CAKE & CHIPS(REG)	46,6	17,04	35,03	2413,02	577,28
SAUCE THOUSAND ISLAND	21,9	0	19,36	1096,68	262,36
SAUCE MAYO	0	0	51,8	1968,4	470,91
SAUCE SWEET CHILLI	18,67	0	3,03	406	97,13
SAUCE CREAMY LEMON	2,97	0,67	18,17	711,53	170,22
HONEY SOY	74,47	3,27	0	1206,63	288,67
SNOEK(GR) 200G	0,63	43,5	17,6	1407,21	336,65
SNOEK(FR) 200G	9,38	44,92	40,94	2472,77	591,57
FISH POPS	5,60	0,80	6,40	390,80	93,00
ANGELFISH(GR) 140G	0,43	30,7	13	1172,21	280,43
ANGELFISH(FR) 140G	5,46	30,91	21,55	1412,12	337,83
ANGEL FISH(GR) MED	0,43	40,7	13	1172,01	280,39
ANGEL FISH(FR) MED	7,86	41,91	35,06	2163,06	517,48

*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



Customer Care: 0861 347 429
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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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