

Skipper's Nutritional Info

Item Name	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Clam Chowder										
Clam Chowder – Cup	120	70	8	0	5	600	14	<1	1	3
Clam Chowder – Bowl	210	120	13	0.5	10	1000	23	1	1	5
Original Fish (Includes Chips & Slaw)										
2-Pc Fish	510	260	29	11	15	1650	59	2	6	18
3-Pc Fish	590	290	32	15	15	2130	71	3	7	25
4-Pc Fish	670	320	36	18	15	2610	83	4	8	32
Halibut	580	270	30	4.5	45	1280	51	0	4	23
Fish Bites (Includes Chips & Slaw)										
6-Pc Fish Bites	490	160	17	3.5	0	1630	94	7	0	7
12-Pc Fish Bites	830	390	43	25	15	3570	107	6	10	46
18-Pc Fish Bites	1070	480	54	36	15	5010	143	9	13	67
Combinations (Includes Chips & Slaw)										
Chicken & Fish	620	240	27	9	45	1650	59	1	5	26
Shrimp & Fish	650	240	27	8	90	2060	83	2	6	25
Chicken & Shrimp	760	220	25	5	120	2060	84	1	5	33
Clams & Fish	740	290	32	9	50	1720	91	8	5	30
Seafood Baskets (Includes Fish & Chips)										
Clam Strip Basket	890	300	34	6	75	1670	113	12	4	38
Original Recipe Shrimp Basket	800	230	25	4	165	2470	107	3	6	32
Skippers Platter	930	300	33	9	12	2550	122	8	6	42
Prawn Seafood Basket	720	360	40	7	280	1200	52	<1	4	36
Popcorn Shrimp Basket	750	230	25	4.5	180	2090	96	2	5	33
Prawn and Fish Basket	730	370	41	10	235	1600	61	2	5	38
Shrimp Trio Basket	1040	340	38	9	305	3020	123	4	7	56
Chicken Baskets (Includes Fish & Chips)										
2-Pc Chicken Basket	730	220	25	7	70	1650	60	0	4	33
3-Pc Chicken Basket	930	240	26	9	105	2170	73	0	4	50
Grilled Items										
Grilled Halibut	200	40	4	0.5	60	100	0	0	0	38
Grilled Salmon	200	50	6	1.5	80	80	0	0	0	33
Grilled Chicken Breast	190	35	4	1	95	85	0	0	0	35
Sandwiches (Includes Chips & Slaw)										
Fish Sandwich	800	310	34	9	20	1780	105	4	14	22
Grilled Chicken Sandwich	1070	450	50	13	145	1510	92	3	12	57
Fried Chicken Sandwich	1260	440	49	15	105	2390	117	3	12	52
Salads										
Small Caesar	150	110	13	2.5	5	300	8	2	4	2
Large Caesar	300	230	25	4.5	5	590	17	4	7	3
Small Caesar with Chicken	340	150	17	3.5	100	380	8	2	4	37
Large Caesar with Chicken	510	260	29	6	125	670	12	2	6	47
Small Caesar with Salmon	350	170	19	4	80	380	8	2	4	35
Large Caesar with Salmon	530	320	36	7	95	640	12	2	6	37
Small Green Salad No Dressing	25	0	0	0	0	20	5	2	3	1
Large Green Salad No Dressing	45	0	0	0	0	35	10	3	6	3
Sides										
3-Pc Hush Puppies	240	80	9	1.5	0	820	47	3	0	3
6-Pc Hush Puppies	490	160	17	3.5	0	1630	94	7	0	7
12-Pc Hush Puppies	970	310	35	7	0	3260	187	14	0	14
French Fries	180	50	6	1.5	0	500	27	0	0	3
French Fries (Family Size)	810	240	27	7	0	2230	122	12	0	14
Coleslaw – Small	170	140	16	2.5	15	190	7	0	4	1
Coleslaw – Cup	210	180	20	3	20	230	9	0	5	1
Coleslaw – Bowl	680	560	63	10	60	750	29	0	166	3
Grilled Veggies	35	0	0	0	0	50	8	3	3	2
Baked Potato – No Condiments	210	0	0	0	0	25	48	5	3	6
Kids Meals (Includes Chips & Kids Side)										
Kids Catch Fish Bites	490	130	15	8	0	1270	84	3	26	15
Kids Catch Shrimp	520	100	11	2.5	50	1150	91	2	25	14
Kids Catch Chicken Tender	560	100	11	4	30	1040	79	1	24	20
Kids Catch Grilled Cheese Sandwich	620	170	19	7	20	1150	97	3	27	14