



Nutritional Breakdown

Of the Ocean Basket Menu

	Energy (kJ)	Protein (g)	Carbohydrate (g)
Mains *			
Calamari, grilled	1462.00	34.50	7.20
Calamari Steak	1760.00	36.40	11.00
Linefish Fillet	1664.00	41.70	4.00
Sole	1560.00	34.50	4.00
Prawn Special	1774.00	50.30	1.00
Pacific Cod	1797.00	52.10	0.40
Kingklip	2691.00	79.50	4.00
King Prawns (6)	1821.00	50.40	1.10
Seafood Platter for one	4710.00	87.10	22.90
Seafood Platter for two	9420.00	174.20	45.80
Additional			
Full Portion of Rice	1196.00	5.30	52.40
Full Portion of Chips	1916.00	6.50	52.70
Side Salad (for one person) excl. salad dressing	1032.00	12.05	12.10
Table Salad (For four people) excl. salad dressing	4131.00	48.20	48.40
Salad Dressing (20ml)	605.00	0.00	0.12
Salad Dressing (100ml)	3025.00	0.00	0.60
Combos *			
Fish & Calamari	2544.00	52.20	11.80
Prawns & Fish	3578.00	104.70	4.50
Linefish & Calamari	2611.00	59.00	7.80
3 way Calamari Combo	2820.00	55.10	23.30
Pacific Cod & Calamari	2744.00	69.40	4.20
Pacific Cod & Prawns	2684.00	77.25	0.90
Kingklip & Calamari	3638.00	96.80	7.80
Prawns & Calamari	2349.00	59.65	7.70
Prawns & Linefish	2551.00	66.85	4.50
Prawns & Kingklip	3578.00	104.65	4.50
Feesh (fried) & Chips	3794.00	47.60	66.10
Feesh (grilled) & Chips	3691.00	57.70	53.10
Additional			
Full Portion of Rice	1196.00	5.30	52.40
Full Portion of Chips	1916.00	6.50	52.70
Side Salad (for one person) excl. salad dressing	1032.00	12.05	12.10
Table Salad (For four people) excl. salad dressing	4131.00	48.20	48.40
Salad Dressing (20ml)	605.00	0.00	0.12
Salad Dressing (100ml)	3025.00	0.00	0.60

* (Rice/chips or salad/salad dressing analyzed separately, except where specified. All analyses used the grilled option, except where specified.)

	Fibre (g)	Total Fat (g)	Saturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)
Z	0.00	19.40	4.49	4.00	521.00	275.00
	0.10	24.60	7.21	4.93	544.00	933.00
	0.10	22.90	0.37	4.75	107.00	413.00
	0.10	23.50	0.57	4.77	94.00	434.00
	0.00	24.30	4.26	4.89	472.00	1003.00
	0.00	23.20	4.53	4.93	115.00	384.00
	0.10	34.30	3.13	8.66	227.00	390.00
	0.00	13.30	4.41	5.01	472.00	1078.00
	0.20	74.70	21.06	21.40	773.00	2473.00
	0.40	149.40	42.12	42.80	1546.00	4946.00
	1.30	5.20	1.02	1.33	0.00	391.00
	5.30	22.20	2.82	4.11	0.00	297.00
	4.00	16.38	9.73	3.66	39.00	575.00
	16.00	65.50	38.90	14.65	153.00	2297.00
	0.00	16.30	2.08	4.82	0.00	181.00
	0.00	81.40	10.44	24.10	0.00	906.00
	0.20	40.51	8.72	13.31	386.00	1100.00
	0.10	46.45	5.26	11.11	463.00	892.00
	0.10	30.30	4.15	8.18	371.00	873.00
	0.30	39.20	9.64	9.90	921.00	1889.00
	0.00	38.60	8.31	8.36	486.00	1257.00
	0.00	35.35	6.66	7.38	351.00	886.00
	0.10	49.70	6.91	12.09	491.00	850.00
	0.00	31.55	6.62	6.45	757.00	777.00
	0.10	35.05	2.50	7.20	343.00	915.00
	0.10	46.45	5.26	16.37	463.00	892.00
	5.70	47.70	6.43	8.99	161.00	484.00
	5.70	46.50	7.78	9.30	164.00	662.00
	1.30	5.20	1.02	1.33	0.00	391.00
	5.30	22.20	2.82	4.11	0.00	297.00
	4.00	16.38	9.73	3.66	39.00	575.00
	16.00	65.50	38.90	14.65	153.00	2297.00
	0.00	16.30	2.08	4.82	0.00	181.00
	0.00	81.40	10.44	24.10	0.00	906.00

