



## NUTRITIONAL INFORMATION

January 2015

ITEM	Grotto Only	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	% DAILY VALUE			
														Vitamin A	Vitamin C	Calcium	Iron
<b>Fried Fish</b>																	
Coconut Prawns		6 pc.	470	200	23	12	0	115	1610	32	11	6	22	4%	2%	10%	20%
Coconut Prawns - Extra Shrimp (2)		2 pc.	160	70	8	4	0	40	540	11	4	2	7	2%	0%	4%	6%
Cod Fish, Fried		3 pc.	550	150	17	3	0	60	680	53	2	1	34	2%	2%	8%	25%
Cod Fish, Fried - Extra Fish (1)		1 pc.	180	50	6	1	0	20	230	18	<1	0	11	0%	0%	2%	8%
Halibut Fish, Fried		3 pc.	560	160	17	3	0	70	700	53	2	1	35	2%	0%	6%	25%
Halibut Fish, Fried - Extra Fish (1)		1 pc.	190	50	6	1	0	25	230	18	<1	0	12	0%	0%	2%	8%
Oysters, Fried		5 pc.	570	130	14	2.5	0	55	1720	55	2	1	22	6%	15%	8%	60%
Oysters, Fried - Extra Fish (2)		2 pc.	230	50	6	1	0	25	690	22	<1	0	9	2%	6%	4%	25%
Salmon Fish, Fried		3 pc.	690	280	30	7	0	70	670	53	2	1	37	15%	10%	10%	25%
Salmon Fish, Fried - Extra Fish (1)		1 pc.	230	90	10	2.5	0	25	220	18	<1	0	12	4%	4%	4%	8%
Scallops, Fried		6 pc.	460	140	16	3	0	35	1520	35	1	<1	23	0%	0%	6%	20%
Scallops, Fried - Extra Fish (2)		2 pc.	150	50	5	1	0	10	510	12	0	1	8	0%	0%	2%	6%
Shrimp, Fried		6 pc.	390	110	11	2	0	115	1580	31	1	1	19	4%	0%	10%	20%
Shrimp, Fried - Extra Fish (2)		2 pc.	130	35	4	0.5	0	40	530	10	0	0	6	2%	0%	4%	6%
Tacos - Fried Red Snapper		3 pc.	840	350	39	9	0	55	1120	83	7	4	33	10%	120%	25%	35%
<b>Grilled Fish</b>																	
Grilled Salmon	*	3 pc.	280	160	17	5	0	70	480	2	0	2	28	15%	10%	4%	2%
Grilled Shrimp	*	6 pc.	130	72	8	1.5	0	115	510	1	0	0	12	4%	0%	4%	0%
Grilled Trout	*	5 oz.	240	110	12	2.5	0	90	220	0	0	0	30	8%	8%	4%	2%
<b>Soup</b>																	
Newman's Clam Chowder		12 oz.	330	130	15	9	0	75	1110	27	2	4	21	20%	15%	10%	15%
Newman's Clam Chowder		8 oz.	220	90	10	6	0	50	740	18	1	2	14	10%	10%	8%	10%
<b>Salad</b>																	
Grilled Salmon Salad	*	2 pc./14 oz.	300	160	17	5	0	230	310	12	4	4	27	260%	60%	10%	10%
Shrimp Cocktail (2 oz. sauce)	*	5.5 oz.	160	15	2	0	**	195	1350	13	0	10	22	15%	15%	10%	4%
Shrimp Louie Salad		14 oz.	190	60	7	2	**	330	730	10	4	3	24	160%	60%	15%	10%
<b>Salad Dressing</b>																	
Italian Vinaigrette		2 oz.	290	270	31	4.5	0	0	290	3	0	2	0	0%	2%	2%	2%
Shrimp Louie Salad Dressing		2 oz.	130	100	11	1.5	0	5	430	9	0	7	<1	6%	15%	2%	2%
<b>Sandwiches</b>																	
Fish Roll (Fried Cod) Sandwich	*	1 pc./9.5 oz.	700	280	31	4.5	0	50	1150	71	3	7	29	6%	60%	50%	25%
Prawn Roll	*	7 oz.	460	270	30	4	0	185	1270	25	<1	2	23	10%	35%	50%	4%
Tuna Sandwich	*	7.5 oz.	570	360	40	6	0	65	1040	23	0	2	30	2%	2%	40%	8%
<b>Sides</b>																	
Brown Rice	*	10.5 oz.	330	20	2.5	0	**	0	0	69	5	**	7	0%	0%	2%	8%
Cocktail Sauce		2 oz.	45	0	0	0	**	0	470	12	0	10	<1	8%	15%	2%	2%
Cod Sandwich Sauce	*	2 oz.	180	160	18	2.5	0	10	430	7	0	5	<1	4%	10%	0%	2%
Cole Slaw		8 oz.	170	100	11	1.5	0	5	180	17	5	6	3	15%	140%	10%	6%
Dill Horseradish Sauce	*	2 oz.	250	250	27	4	0	15	250	<1	0	<1	0	4%	6%	0%	2%
French Fries		8 oz.	420	180	20	4.5	0	0	730	54	5	0	5	0%	20%	0%	10%
Taco Sauce		2 oz.	200	190	21	5	0	20	170	2	0	1	<1	4%	6%	4%	2%
Tartar Sauce		2 oz.	330	320	36	5	0	20	380	3	0	<1	<1	0%	2%	0%	0%
<b>Fresh Fish</b>																	
Newman's Crab Cakes		1 pc./3 oz.	160	90	10	1.5	0	60	320	7	0	<1	12	8%	4%	4%	4%
Newman's Seafood Sausage		1 pc./4 oz.	120	50	6	3	**	65	400	2	0	0	16	15%	10%	6%	6%

g = gram, mg = milligram, pc. = piece, oz. = ounce

Recommended limits for a 2,000 calorie a day diet are 20g saturated fat and 2,300mg sodium. A 2,000 caloric diet is used for the basis of general nutrition advice, however individual needs may vary.

Nutritional information is calculated based on Newman's standardized recipes and serving sizes and is derived from a combination of sources, including: standardized USDA nutrition data and information provided by our suppliers. Due to the inherent variability in ingredients and the hand-crafted nature of our menu items, there may be differences between the actual nutritional values and the values provided here.

\* Some menu items are only available at Newman's Grotto. Some are available only as daily specials.