

Proteins - Fish and Shrimp		Quantity For:	Calories	Calories from f	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (m	Sodium (mg)	Carbohydrates	Dietary fiber (g)	Sugars (g)	Protein (g)
Tacos, Small Burritos													
Beer Battered Mahi Mahi	1 piece		110	60	7	1	0	20	90	5			5
Beer Battered Shrimp	3-4 pieces		110	60	7	1	0	40	120	6			5
Sauteed Mahi Mahi	2 pieces		140	90	10	1		40	240	3			11
Sauteed Shrimp	4-5 pieces		80	45	5	0		55	160	2			6
Burritos													
Beer Battered Mahi Mahi	3 pieces		320	190	22	3.5	0.5	60	280	16			16
Beer Battered Shrimp	6-8 pieces		220	130	15	2.5	0	80	240	11			10
Sauteed Mahi Mahi	4 pieces		280	170	20	1.5		80	470	5			21
Sauteed Shrimp	8-10 pieces		150	90	10	1		110	310	4			12
Salads													
Beer Battered Mahi Mahi	3 pieces		320	190	22	3.5	0.5	60	280	16			16
Beer Battered Shrimp	6-8 pieces		220	130	15	2.5	0	80	240	11			10
Sauteed Mahi Mahi	3 pieces		210	130	15	1		60	350	4			16
Sauteed Shrimp	6 pieces		110	70	8	0.5		80	230	3			9
Bowls													
Beer Battered Mahi Mahi	3 pieces		320	190	22	3.5	0.5	60	280	16			16
Beer Battered Shrimp	6-8 pieces		220	130	15	2.5	0	80	240	11			10
Sauteed Mahi Mahi	3 pieces		210	130	15	1		60	350	4			16
Sauteed Shrimp	8-10 pieces		150	90	10	1		110	310	4			12
Nachos													
Beer Battered Mahi Mahi	3 pieces		320	190	22	3.5	0.5	60	280	16			16
Sauteed Mahi Mahi	3 pieces		210	130	15	1		60	350	4			16
Fries, Quesadillas													
Beer Battered Shrimp	6-8 pieces		220	130	15	2.5	0	80	240	11			10
Sauteed Shrimp	8-10 pieces		150	90	10	1		110	310	4			12