



Long John Silver's®

Food Item

Chicken and Fish	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Batter-Dipped Fish 1 piece – 3 oz.	170	12	11	11	470	1 starch 1 lean meat 1 fat
Batter-Dipped Chicken 1 piece - 2 oz.	120	11	8	6	400	1/2 starch 1 medium fat meat
Batter-Dipped Shrimp 1 piece – 1/2 oz.	35	2	1	3	95	1 fat
Flavorbaked™ Fish 1 piece - 2 oz.	90	1	14	3	320	2 very lean meat
Flavorbaked™ Chicken 1 piece – 3 oz	110	<1	19	3	600	3 very lean meat

Sandwiches

Batter-Dipped Fish Sandwich	320	40	17	13	800	2 1/2 starch 1 medium fat meat 1 fat
Ultimate™ Fish Sandwich	430	44	18	21	1340	3 starch 1 medium fat meat 2 1/2 fat

	Calories	Carbohydrates(gm)	Protein(gm)	Total Fat(gm)	Sodium(mg)	Exchanges
Baked Fish Sandwich	320	28	23	14	930	2 starch 3 very lean meat 1 fat
Baked Chicken Sandwich	290	27	24	10	970	2 starch 3 very lean meat 1 fat

Salads and Dressings

Garden Salad†	45	9	3	0	25	2 vegetables
Grilled Chicken Salad†	140	10	20	3	260	2 vegetables 2 very lean meat
Ocean Chef Salad†	130	15	14	2	540	1/2 starch 1 vegetable 1 lean meat
Ranch Dressing 1 oz.	170	1	0	18	260	3 1/2 fat
Fat-free Ranch Dressing – 1 oz.	50	13	2	0	380	1 carbohydrate
Italian Dressing 1 oz.	130	2	0	14	280	3 fat

† Without dressing

Nutrient data obtained from Long John Silver's, Inc

Information compiled and exchanges calculated by:

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