



Serious about Seafood

# NUTRITIONAL ANALYSIS

	AVERAGE SERVING SIZE		ENERGY		PROTEIN		TOTAL FAT		SATURATED FAT		TRANS FAT		CARBOHYDRATE		CARBOHYDRATE, SUGAR		DIETRY FIBRE		SODIUM		OMEGA-3		OMEGA-6	
	PORTION	GRAM	KJ/SERVE	KJ/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	MG/SERVE	MG/100G	G/SERVE	G/100G	G/SERVE	G/100G
Lemon Pepper Chips	Small	130	1580.8	1216	5.59	4.3	19.63	15.1	1.3	1	0.03	0.02	44.59	34.3	0.13	0.1	3.64	2.8	270.4	208	1.53	1.18	3.5	2.69
Lemon Pepper Chips	Regular	220	2675.2	1216	9.46	4.3	33.22	15.1	2.2	1	0.04	0.02	75.46	34.3	0.22	0.1	6.16	2.8	457.6	208	2.6	1.18	5.92	2.69
Lemon Pepper Chips	Large	320	3891.2	1216	13.76	4.3	48.32	15.1	3.2	1	0.06	0.02	109.76	34.3	0.32	0.1	8.96	2.8	665.6	208	3.78	1.18	8.61	2.69

	AVERAGE SERVING SIZE		ENERGY		PROTEIN		TOTAL FAT		SATURATED FAT		TRANS FAT		CARBOHYDRATE		CARBOHYDRATE, SUGAR		DIETRY FIBRE		SODIUM		OMEGA-3		OMEGA-6	
	PORTION	GRAM	KJ/SERVE	KJ/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	MG/SERVE	MG/100G	G/SERVE	G/100G	G/SERVE	G/100G
Little John	1 Burger	170	1528.44	899.08	13.37	7.87	16.48	9.69	1.83	1.07	>0.01	>0.00	38.57	22.69	6.34	3.73	3.17	1.86	649.95	382.32	>0.79	>0.46	>1.47	>0.86
Double Strike	2 Lil. Johns	340	3056.88	899.08	26.74	7.87	32.96	9.69	3.66	1.07	>0.04	>0.01	77.14	22.69	12.68	3.73	6.34	1.86	1299.90	382.32	>1.57	>0.46	>2.94	>0.86
Big John	1 Burger	235	1812.58	771.31	14.92	6.35	19.00	8.08	2.60	1.11	>0.01	>0.01	42.93	18.27	8.09	3.44	3.23	1.38	833.73	354.78	>0.86	>0.37	>1.58	>0.68
Classic Fish and Egg	1 Burger	280	2207.19	788.28	20.28	7.24	25.69	9.17	3.97	1.42	>0.01	>0.00	45.83	16.37	8.77	3.13	3.44	1.23	931.95	332.84	>0.91	>0.33	>1.70	>0.61
Snapper Supreme	1 Burger	314	3258.53	1037.75	18.17	5.79	46.78	14.90	9.45	3.01	>0.01	>0.00	69.11	22.01	5.29	1.68	2.09	0.67	1072.55	341.38	>0.71	>0.23	>1.48	>0.47

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	PORTION	GRAM	KJ/SERVE	KJ/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	G/SERVE	G/100G	MG/SERVE	MG/100G	G/SERVE	G/100G	G/SERVE	G/100G
Hoki, Battered	110	100	1067.00	970.00	13.86	12.60	17.05	15.50	1.43	1.30	0.02	0.02	11.66	10.60	0.55	0.50	0.88	0.80	311.3	283.00	1.573	1.43	2.937	2.67
Hoki, Crumbed	110	100	1197.90	1089.00	13.64	12.40	18.26	16.60	1.65	1.50	0.02	0.02	17.05	15.50	0.77	0.70	1.1	1.00	302.5	275.00	1.771	1.61	3.003	2.73
Hoki, Grilled	110	100	508.20	462.00	21.56	19.60	4.73	4.30	0.88	0.80	<0.01	<0.01	ND	ND	0.11	0.10	0.66	0.60	265.1	241.00	0.869	0.79	0.231	0.21
Snapper, Battered	110	100	1082.40	984.00	17.16	15.60	15.73	14.30	1.21	1.10	0.01	0.01	12.21	11.10	0.55	0.50	0.55	0.50	288.2	262.00	1.419	1.29	2.871	2.61
Snapper, Crumbed	110	100	1221.00	1110.00	15.73	14.30	16.39	14.90	1.21	1.10	0.02	0.02	20.46	18.60	0.99	0.90	1.32	1.20	332.2	302.00	1.419	1.29	2.959	2.69
Snapper, Grilled	110	100	464.20	422.00	24.53	22.30	1.87	1.70	0.33	0.30	<0.01	<0.01	ND	ND	0.11	0.10	<0.1	<0.1	191.4	174.00	0.396	0.36	0.22	0.20

# Nutritional analysis of our food at LJ's is based on average figures and standard formulations. Actual serving size and nutrient values may vary due to factors such as seasonal differences in ingredients used, difference in product assembly, etc.

\*ND= None detected