



fishaways

CATCH IT FRESH

APRIL 2018
STANDARD NUTRITIONAL GUIDE

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GRAB YOUR GREAT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F1 HAKE REG(FR) & CHIPS(REG)	38,68	17,84	38,29	2418,17
F1 HAKE REG(FR) & RICE(REG)	25,68	15,34	17,89	1378,37
F2 HAKE MED(FR) & CHIPS(MED)	58,56	26,91	56,75	3604,52
F2 HAKE MED(FR) & RICE(MED)	49,86	23,91	27,45	2289,22
F2 HAKE MED(GR) & CHIPS(MED)	53,52	26,1	48,2	3174,05
F2 HAKE MED(GR) & RICE(MED)	44,82	23,1	18,9	1858,75
F3 HAKE LRG(FR) & CHIPS(MED)	63,08	40,82	72,24	4504,57
F3 HAKE LRG(FR) & RICE(MED)	54,38	37,82	42,94	3189,27
F3 HAKE LRG(GR) & CHIPS(MED)	54,33	39,4	48,9	3439,01
F3 HAKE LRG(GR) & RICE(MED)	45,63	36,4	19,6	2123,71
F4 LOADED FRIES HAKE NUGGETS	0	0	0	0
F4 LOADED FRIES CALAMARI STRIPS	0	0	0	0
F5 HAKE MED(FR) & CHIPS(MED) & COLESLAW	64,59	27,94	77,06	4355,65
F5 HAKE MED(FR) & RICE(MED) & COLESLAW	55,89	24,94	47,76	3040,35
F5 HAKE MED(GR) & CHIPS(MED) & COLESLAW	59,55	27,12	68,5	3925,18
F5 HAKE MED(GR) & RICE(MED) & COLESLAW	50,85	24,12	39,2	2609,88
F5 HAKE LRG(FR) & CHIPS(MED) & COLESLAW	69,1	41,85	92,55	5255,7
F5 HAKE LRG(FR) & RICE(MED) & COLESLAW	60,4	38,85	63,25	3940,4
F5 HAKE LRG(GR) & CHIPS(MED) & COLESLAW	60,35	40,42	69,21	4190,14
F5 HAKE LRG(GR) & RICE(MED) & COLESLAW	51,65	37,42	39,91	2874,84
F06 HAKE MED(FR) & CALAMARI TUBES(GR) & CHIPS(MED)	60,59	42,3	70,76	4686,54
F06 HAKE MED(FR) & CALAMARI TUBES(GR) & RICE(MED)	51,89	39,3	41,46	3371,24
F6 HAKE MED(GR) & CALAMARI TUBES(GR) & CHIPS(MED)	55,55	41,49	62,2	4256,06
F6 HAKE MED(GR) & CALAMARI TUBES(GR) & RICE(MED)	46,85	38,49	32,9	2940,76
F6 HAKE LRG(FR) & CALAMARI TUBES(GR) & CHIPS(MED)	65,1	56,22	86,24	5586,58
F6 HAKE LRG(FR) & CALAMARI TUBES(GR) & RICE(MED)	56,4	53,22	56,94	4271,28
F06 HAKE LRG(GR) & CALAMARI TUBES(GR) & CHIPS(MED)	56,35	54,79	62,91	4521,02
F6 HAKE LRG(GR) & CALAMARI TUBES(GR) & RICE(MED)	47,65	51,79	33,61	3205,72
F7 HAKE MED(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	59,76	45,91	78,15	4978,52

GRAB YOUR GREAT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F7 HAKE MED(FR) & CALAMARI RINGS(FR) & RICE(MED)	51,06	42,91	48,85	3663,22
F7 HAKE MED(GR) & CALAMARI RINGS(FR) & CHIPS(MED)	54,72	45,1	69,6	4548,05
F7 HAKE MED(GR) & CALAMARI RINGS(FR) & RICE(MED)	46,02	42,1	40,3	3232,75
F7 HAKE LRG(FR) & CALAMARI RINGS(FR) & CHIPS(MED)	64,28	59,82	93,64	5878,57
F7 HAKE LRG(FR) & CALAMARI RINGS(FR) & RICE(MED)	55,58	56,82	64,34	4563,27
F7 HAKE LRG(GR) & CALAMARI RINGS(FR) & CHIPS(MED)	55,53	58,4	70,3	4813,01
F7 HAKE LRG(GR) & CALAMARI RINGS(FR) & RICE(MED)	46,83	55,4	41	3497,71
F8 CALAMARI WRAP(FR)	67,14	27,3	50,7	3722
F8 CALAMARI WRAP(FR) SLAW	62,13	26,03	60,91	3860,73
F8 CALAMARI WRAP(GR)	62,44	15,3	24,8	2407,4
F8 CALAMARI WRAP(GR) SLAW	61,53	21,03	50,71	3480,73
F8 HAKE WRAP(FR)	71,28	23,09	61,78	3945,53
F8 HAKE WRAP(FR) SLAW	69,66	21,81	82,09	4528,86
F8 HAKE WRAP(GR)	62,54	21,63	59,93	3702,13
F8 HAKE WRAP(GR) SLAW	60,93	20,36	80,24	4285,47
F9 PRAWN WRAP(FR)	61,74	16,3	29,35	2438,4
F9 PRAWN WRAP(FR) SLAW	9,43	9,03	40,59	1713,86
F10 CALAMARI BURGER(FR) & CHIPS(REG)	101,1	21,6	132	6411,6
F10 HAKE BURGER(FR) & CHIPS(REG)	71,18	21,94	61,09	3888,07
F10 HAKE BURGER(GR) & CHIPS(REG)	68,33	21,5	59	3746,81
F11 GOOD LIFE MEAL	60,82	87,01	91,98	5976,39
F12 GRILLED HAKE MEAL - HAKE MED RICE & STIR FRIED VEG	60,82	87,01	91,98	5976,39
F12 GRILLED HAKE - HAKE, MED RICE & STIR-FRIED VEG	40,67	83,77	57,75	4254,49
F13 SEAFOOD PAELLA	69,93	34,21	52,09	3946,22
F14 SEAFOOD HOT POT HAKE NUGGET	41,16	30,74	70,46	4005,78
F14 SEAFOOD HOT POT SHRIMP	28,16	28,24	50,06	2965,98
F15 PLATTER FOR ONE(FR)	69,49	44,94	89,01	5288,95
F15 PLATTER FOR ONE(GR)	64,45	44,12	80,45	4858,48



RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT



RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

SHARE IN THE GOODLIFE

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
F16 DOUBLE UP MEAL - HAKE REG(FR)x2 & CHIPS(LRG)	77,35	35,69	76,58	4836,35
F16 DOUBLE UP MEAL - HAKE REG(FR)x2 & RICE(LRG)	72,95	32,19	37,34	3247,15
F16 DOUBLE UP MEAL - HAKE REG(GR)x2 & CHIPS(LRG)	71,75	36,59	72,61	4586,42
F16 DOUBLE UP MEAL - HAKE REG(GR)x2 & RICE(LRG)	67,35	33,09	33,37	2997,22
F17 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & CHIPS(LRG)	81,35	73,69	119,38	7556,35
F17 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & RICE(LRG)	76,95	70,19	80,14	5967,15
F17 HAKE & CALAMARI PLATTER REG(GR)x2 & C STRIPS(FR) & CHIPS(LRG)	75,75	74,59	115,41	7306,42
F17 HAKE & CALAMARI PLATTER REG(FR)x2 & C STRIPS(FR) & RICE(LRG)	71,35	71,09	76,17	5717,22
F18 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(FR)x2 & CHIPS(XL)	0	0	0	0
F18 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(FR)x2 & RICE(LRG)	0	0	0	0
F18 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(GR)x2 & CHIPS(XL)	0	0	0	0
F18 HAKE & FISHCAKE PLATTER REG(FR)x2 & HAKE MED(GR)x2 & RICE(LRG)	0	0	0	0
F19 SNACK PLATTER	0	0	0	0
F20 PLATTER FOR TWO(FR)	0	0	0	0
F20 PLATTER FOR TWO(GR)	0	0	0	0
F21 FAMILY PLATTER HAKE LRG(FR)x4 & HAKE REG(FR) x2 & RICE(XL)	160,1	106,34	119,58	9136,88
F21 FAMILY PLATTER HAKE LRG(GR)x4 & HAKE REG(GR) x2 & CHIPS(XL)	134,3	109,34	175,06	10785,08
F21 FAMILY PLATTER HAKE LRG(GR)x4 & HAKE REG(GR) x2 & RICE(XL)	160,1	106,34	119,58	9136,88
HAKE PLATTER HAKE REG(GR)x4 & CHIPS(XL)	108,9	69,18	122,22	7642,65
HAKE PLATTER HAKE REG(GR)x4 PLATTER & RICE(XL)	134,7	66,18	66,74	5994,45
HAKE PLATTER HAKE REG(FR)x4 & CHIPS(XL)	120,11	67,38	130,17	8142,5
HAKE PLATTER HAKE REG(FR)x4 PLATTER & RICE(XL)	81,11	59,88	67,93	5023,1

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

KEEP ON TRACK SNACKS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
S1 HAKE SLIDER & CHIPS	11,92	18,48	53,22	2535,16
S2 CALAMARI SLIDERS & CHIPS	0	0	0	0
S3 HAKE & ONION RING SLIDER WITH CHIPS	59,28	14,92	37,65	2666,34
S4 ONION RINGS	12	13,04	12,03	882,82
S5 CALAMARI RINGS(FR) SNACK (100G)	1,2	19	21,4	1374
S6 POP PRAWNS(FR) SNACK (100G)	0	8	10,15	521
S7 SRIRACHA POP PRAWNS	0	0	0	0
S8 FISH POPS	5,6	0,8	6,4	390,8
S9 SQUIGGLY POPS(FR) SNACK (100G)	0,8	7,6	20,7	1060
S10 NUGGETS(FR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S10 NUGGETS(GR) SNACK (10 EACH)	11,92	18,48	53,22	2535,16
S11 CALAMARI STRIPS(FR) SNACK(100G)	2	19	21,4	1360
S11 CALAMARI STRIPS(GR) SNACK(100G)	1,4	14	11,2	980
S12 SHRIMP FRIED RICE	45,7	13,25	12,2	1462,75
S13 CALAMARI STRIPS WITH REG RICE	32,15	20,17	35,83	2404,96
S14 FISHCAKE	12	13,04	12,03	882,82

SIDES & EXTRAS

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
RICE(REG) PORTION	21,6	1,5	2,6	490,4
RICE(MED) PORTION	43,2	3	5,2	980
RICE(LRG) PORTION	64,8	4,5	6,76	1471,2
SALAD GREEN LARGE	15,82	3,53	11,33	755,04
SALAD GREEN MEDIUM	8,91	1,77	11,27	607,32
SALAD GREEK LARGE	20,02	9,23	26,45	1490,94
SALAD GREEK MEDIUM	11,01	4,62	18,83	975,27
STIR-FRIED VEG	12,57	1,89	0,37	249,11
COLESLAW(MED) PORTION	16,07	2,74	54,16	2003,02
CHEESE SLICE EACH	1	5	6	330
BURGER ROLL	22	4	1,5	499
CHIPS(REG) PORTION	34,6	4	23	1530,2
CHIPS(MED) PORTION	51,9	6	34,5	2295,3

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

CHIPS(LRG) PORTION	69,2	8	46	3060,4
CHIPS(XL) PORTION	103,8	12	69	4590,6
CALAMARI TUBES(GR) (200G)	4,05	30,79	28,01	2164,02
HAKE REG(FR) EACH	4,08	13,84	15,29	887,97
HAKE REG(GR) EACH	0	0	0	0
HAKE MED(FR) EACH	6,66	20,91	22,25	1309,22
HAKE MED(GR) EACH	1,62	20,1	13,7	878,75
HAKE LRG(GR) EACH	11,18	34,82	37,74	2209,27

CATCH OF THE DAY

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
ANGELFISH(FR) (6-8OZ) LRG	7,86	41,91	35,06	2163,06
ANGELFISH(GR) (6-8OZ) LRG	0,43	40,7	13	1172,01
ANGELFISH(FR) MED	5,46	30,91	21,55	1412,12
ANGELFISH (GR) MED	0,43	30,7	13	1172,21
SNOEK(GR) & CHIPS(MED)	61,28	50,92	75,44	4768,07
SNOEK(GR) & RICE(MED)	43,83	46,5	22,8	2387,21
SOLE(GR) & SALAD	16,75	33,33	24,6	1751,05
HAKE CAL STRIPS FISHCAKES RICE & CHIPS	77,85	80,52	86,59	6221,59
KINGKLIP(GR)x4 FAMILY MEAL	110,39	94,1	84,85	6727,91
KINGKLIP(GR)x6 FAMILY MEAL	120,59	137,08	107,96	8525,21
KINGKLIP(GR) EACH	0,43	20,74	13,1	868,21
SNACK CATCH & RICE(REG)	40,87	19	26,48	2104,4

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SNOEK(FR) & CHIPS(REG) & SODA 330ML	43,98	48,92	63,94	4002,97
SNOEK(FR) & RICE(REG) & SODA 330ML	30,98	46,42	43,54	2963,17
SNOEK(GR) & CHIPS(REG) & SODA 330ML	35,23	47,5	40,6	2937,41
SNOEK(GR) & RICE(REG) & SODA 330ML	22,23	45	20,2	1897,61

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
FISH POPS	16,8	2,4	19,2	1172,4
F6 - CALAMARI RINGS(FR) & CHIPS(REG)	53,1	25	55,9	3669,3
F10 - NUGGETS & CHIPS(REG)	46,52	22,48	76,22	4065,36

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT

Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
FISH CAKE & CHIPS(REG)	46,6	17,04	35,03	2413,02
Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SAUCE THOUSAND ISLAND	11,9	0	35,47	1546,07
SAUCE MAYO	0	0	51,8	1968,4
SAUCE SWEET CHIILI	18,67	0	3,03	406
SAUCE CREAMY LEMON	2,97	0,67	18,17	711,53
Description	CARBOHYDRATES (g)	PROTEIN (g)	FAT (g)	ENERGY (kJ)
SNOEK(GR) 200G	0,63	43,5	17,6	1407,21
SNOEK(FR) 200G	9,38	44,92	40,94	2472,77
ANGELFISH(GR) 140G	0,43	30,7	13	1172,21
ANGELFISH(FR) 140G	5,46	30,91	21,55	1412,12
HAKE SML(FR)	2,37	7,33	8,72	490,76
ANGEL FISH(GR) MED	0,43	40,7	13	1172,01
ANGEL FISH(FR) MED	7,86	41,91	35,06	2163,06

*NOTES: Frozen chips are used in all recipes. Nutritional values for fresh chips are available in the Sub-Recipe Analysis.

GLOSSORY

FR	FRIED
GR	GRILLED
REG	REGULAR
MED	MEDIUM
LRG	LARGE
SML	SMALL

RECIPE ANALYSIS – MACRONUTRIENTS & ENERGY CONTENT





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T&Cs apply. While stocks last. Prices are subject to change without any prior notice. All photographic representations of menu items are serving suggestions only. Tableware not included. Fish is a natural product and may vary in size.

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