

Joey's Seafood Restaurant Nutritional Information

	Calories	Fat (g)	Fat % Daily Value (75)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Appetizers											
Calamari	603.9	25.9	34.5%	1.9	0	0.0	2120.9	58.0	3.4	17.9	35.8
*Coconut Shrimp	655.0	40.4	53.9%	18.2	0.0	81.0	1458.0	57.3	2.4	34.7	15.0
*Popcorn Shrimp (Breaded North Atlantic)	628.9	32.9	43.8%	7.5	0.0	102.0	1878.9	63.4	1.9	18.4	18.3
*Clam Strips	543.2	22.7	30.2%	5.4	0.2	22.5	1630.9	67.2	1.7	22.5	17.8
Mussels (steamed)	231.8	4.7	6.3%	1.2	0.0	56.7	1198.5	14.0	1.0	2.2	24.7
Classic Shrimp Cocktail	202.3	2.4	3.2%	0.5	0.0	172.0	701.1	20.7	0.5	15.2	24.3
Garlic Toast	440.0	16.0	21.3%	6.0	0.0	0.0	960.0	60.0	4.0	4.0	12.0
Sides											
Fries Dine in total (salt incl)	500.0	28.0	37.3%	2.0	0.0	0.0	1070.0	55.0	6.0	0.0	5.0
Fries Take Out total (salt incl)	750.0	42.0	56.0%	3.0	0.0	0.0	1605.0	82.5	9.0	0.0	7.5
Coleslaw Portioned	99.1	6.7	8.9%	1.0	0.1	6.7	157.6	9.0	2.5	6.0	1.3
Mashed Potatoes & Gravy	192.0	3.8	5.1%	0.9	0.1	0.0	874.5	30.3	2.7	2.4	3.5
Garlic Parsley Potatoes	219.2	8.9	11.8%	5.5	0.0	23.0	65.6	31.3	2.9	2.3	3.8
Rice Pilaf portioned	149.1	2.5	3.4%	0.2	0.0	0.0	206.5	28.7	2.3	2.7	3.2
Mushy Peas	358.0	1.7	2.3%	0.0	0.0	0.0	6.0	78.0	10.0	0.0	21.0
Honey Bourbon Beans Portioned	152.1	0.6	0.8%	0.1	0.0	0.0	527.8	31.6	5.3	14.2	5.3
Peas and carrots	57.0	0.5	0.7%	0.1	0.0	0.0	81.0	12.2	3.8	5.2	3.7
Broccoli	39.0	0.2	0.2%	0.0	0.0	0.0	15.0	2.0	4.1	2.4	4.3
*Sweet Potato Fries	554.0	31.8	42.4%	0.2	0.0	0.0	266.7	61.3	8.4	24.0	5.3
Soups											
Lobster Bisque - Cup 7 oz	240.0	16.6	22.1%	6.6	0.0	58.0	1027.0	15.7	0.8	5.8	8.3
Lobster Bisque - Bowl 15 oz	514.0	35.5	47.3%	14.1	0.0	124.1	2198.0	33.6	1.7	12.4	17.8
Clam Chowder - 7 oz bowl	152.0	5.0	6.7%	1.7	0.0	16.6	1004.0	19.1	0.8	7.0	7.6
Clam Chowder - Bowl 15 oz	324.0	10.7	14.3%	3.6	0.0	35.5	2138.7	40.7	1.7	15.0	16.2
Salads											
Caesar Salad Meal	726.6	61.9	82.5%	11.8	0.7	40.2	1416.3	23.2	5.0	2.9	12.3
Half Caesar Salad	364.3	31.0	41.3%	5.9	0.4	20.1	708.1	11.5	2.6	1.7	6.2
Side Caesar Salad	187.7	15.5	20.7%	3.0	0.4	10.0	355.7	7.2	2.0	1.2	3.4
Blackened Salmon Caesar	1065.7	74.7	99.6%	13.7	0.8	115.7	2063.0	52.6	5.7	17.9	37.0
Jack's Chicken Caesar Salad	854.9	67.9	90.5%	12.4	0.7	65.2	1613.8	28.7	5.0	6.9	23.8
Sesame Thai Chicken Salad	499.0	14.2	19.0%	2.3	0.0	27.8	1637.4	73.4	6.6	36.2	19.5
Garlic *Shrimp Ceasar Salad	1007.7	72.5	96.6%	13.0	0.8	169.3	1796.5	50.9	5.0	17.5	29.6
Sauteed *Shrimp Ceasar Salad	1007.7	72.5	96.6%	13.0	0.8	169.3	1796.5	50.9	5.0	17.5	29.6
Tossed Salad Meal	74.9	0.7	0.9%	0.1	0.0	0.0	74.8	14.8	8.9	8.5	4.0
Tossed Salad 1/2	37.5	0.2	0.3%	0.0	0.0	0.0	37.5	7.4	4.5	4.8	2.0
Tossed Salad Side	27.7	0.1	0.1%	0.0	0.0	0.0	31.8	5.6	2.9	3.7	1.3
Dressings											
Blue Cheese	80.0	9.0	12.0%	1.0	0.0	10.0	170.0	1.0	0.0	1.0	1.0
French	60.0	6.0	8.0%	1.0	0.0	0.0	130.0	2.0	0.0	2.0	0.1
Ranch	70.0	8.0	10.7%	0.5	0.0	5.0	130.0	1.0	0.0	0.0	0.2
Italian	60.0	7.0	9.3%	1.0	0.1	0.0	105.0	0.0	0.0	0.0	0.1
Thousand Island	40.0	3.0	4.0%	0.4	0.0	5.0	180.0	3.0	0.0	3.0	0.1
Oil & Vinegar	60.0	6.0	8.0%	1.0	0.0	0.0	150.0	2.0	0.0	1.0	0.1
Jack's Wraps and Sandwiches											
Fish Sandwich	510.5	28.1	37.5%	2.6	0.0	65.0	773.2	42.3	1.9	6.2	19.6
Tennessee BBQ Chicken Wrap	662.6	22.0	29.3%	5.9	0.0	98.4	1510.0	75.2	3.7	17.6	37.3
*Chicken Caesar Wrap	851.9	52.5	70.0%	8.6	0.4	129.1	1594.4	52.4	3.3	2.5	30.6
Jack's Chicken Wrap	629.8	29.9	39.8%	6.9	0.1	84.6	1385.3	55.2	3.1	5.1	31.5
Hot Open Face Chicken Sandwich	441.5	16.7	22.3%	5.1	0.1	96.0	1412.0	37.5	2.0	3.5	34.1
Salmon Burger	452.5	19.4	25.8%	2.5	0.0	40.0	763.2	37.8	1.9	6.8	25.6
Fish and Chips											
3 Pieces Fish and chips	1231.1	79.7	106.3%	6.1	0.1	156.7	2067.6	79.7	8.7	6.2	45.4
2 Pieces Fish and Chips	1021.1	64.7	86.3%	5.1	0.1	106.7	1787.6	74.7	8.7	6.2	32.4
1 Piece Fish and Chips	811.1	49.7	66.3%	4.1	0.1	56.7	1507.6	69.7	8.7	6.2	19.4
3 Piece Halibut and Chips	1354.1	84.7	112.9%	6.9	0.1	111.7	2062.1	79.7	8.7	6.2	74.5
2 Piece Halibut and Chips	1103.1	68.0	90.7%	5.6	0.1	76.7	1783.9	74.7	8.7	6.2	51.8
1 Piece Halibut and Chips	852.1	51.4	68.5%	4.3	0.1	41.7	1505.8	69.7	8.7	6.2	29.1
3 Piece Haddock and Chips	1282.1	79.0	106.1%	6.0	0.1	195.7	2107.1	79.7	8.7	6.2	38.2
2 Piece Haddock and Chips	1055.1	64.6	86.2%	5.0	0.1	132.7	1813.9	74.7	8.7	6.2	47.6

Nutritional charts compiled by calculation from recipe ingredients. Base nutritional information footnoted at source from one of the following.

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- * Seafood Handbook Nutritional Charts

Percentage Daily values are based on 75 grams of fat per day. Your Daily values may be higher or lower depending on your needs.

Please note that the ingredient disclosures contained in this section relate to the menu items available at Joey's Seafood Restaurants in Canada only. Availability of product and sizes may vary by region. Ingredients and nutritional information for test products are not included. The lists in this guide are also subject to some variation depending on local supplies and the season of the year.

Due to regional and local testing only core meals served across most of Canada are profiled here. Seasonal menu items are not available unless specifically noted.

With the exception of the Fish and Chips entrées, side dishes are not included and must be calculated in addition to values shown. French fries and coleslaw have been included as side dishes with all entrées in the fish and chips section.

*Nutritionals for these items have been supplied by the manufacturers but do not include the oil or butter flavoured oil that is absorbed in the final cooking process. Tests have been conducted measuring oil absorption but it should be understood that these are estimates only and may not be as accurate as scientific nutritional testing.



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Fish and Chips (cont.)											
1 Piece Haddock and Chips	828.1	49.7	66.2%	4.1	0.1	69.7	1520.8	69.7	8.7	6.2	27.0
3 piece Salmon and Chips	1347.1	98.2	130.9%	7.9	0.1	60.7	1937.1	79.7	8.7	6.2	25.2
2 piece Salmon and Chips	1390.1	94.5	126.1%	8.0	0.1	87.7	1743.9	74.7	8.7	6.2	34.6
1 piece Salmon and Chips	908.1	59.4	79.2%	6.1	0.1	60.7	1498.8	69.7	8.7	6.2	25.2
3 piece Cod and Chips	1264.1	79.3	105.7%	6.0	0.1	126.7	2039.1	79.7	8.7	6.2	64.9
2 piece Cod and Chips	1043.1	64.4	85.9%	5.0	0.1	86.7	1809.9	74.7	8.7	6.2	45.4
1 piece Cod and Chips	822.1	49.6	66.1%	4.0	0.1	46.7	1523.8	69.7	8.7	6.2	25.9
Jack's Rotisserie Chicken Dinners											
1/4 Chicken Breast Meat	230.0	10.2	13.6%	2.6	0.1	120.0	433.8	0.0	0.0	0.0	34.4
1/4 Chicken Leg meat	290.0	16.8	22.4%	4.7	0.0	115.0	109.0	0.0	0.0	0.0	32.5
1/2 Chicken	520.0	27.0	36.0%	5.3	0.1	235.0	542.8	0.0	0.0	0.0	66.9
Jack and Joe Combo	440.0	25.2	33.6%	3.6	0.1	170.0	713.8	5.0	0.0	0.0	47.4
Ribs 'N Things											
Nashville BBQ Ribs	1074.0	60.8	81.1%	22.6	0.3	251.0	2165.0	64.9	1.0	36.6	68.6
Ribs and Shrimp	763.9	43.4	57.8%	12.3	0.1	291.0	1796.0	40.4	0.2	26.0	56.2
Nashville Half Rack	432.0	27.0	36.0%	11.0	0.1	119.0	877.0	15.2	0.0	11.0	32.1
Chicken & Ribs	662.0	37.2	49.6%	13.6	0.2	239.0	1310.8	15.2	0.0	11.0	66.5
*Chicken Fingers	614.0	18.0	24.0%	1.5	0.0	75.0	1694.0	73.0	0.0	12.0	39.0
Combos											
Fish and *Shrimp	654.9	36.1	48.1%	2.6	0.0	272.0	1259.9	30.2	0.2	15.0	50.1
Crab and *Shrimp	849.9	63.1	84.1%	36.6	0.0	391.0	1271.9	20.2	0.2	15.0	45.1
Mate's Plate	722.0	31.4	41.8%	5.0	0.1	237.0	2037.9	59.5	1.9	20.4	48.5
Seaside Sampler	1002.2	51.1	68.1%	8.5	0.1	151.0	2532.9	87.0	2.3	22.3	46.1
Seafood Plate	868.9	57.2	76.2%	3.9	0.0	247.0	1529.0	36.3	0.2	15.0	53.9
Chicken & *Shrimp	464.9	16.3	21.7%	3.2	0.1	292.0	1133.7	20.2	0.2	15.1	58.5
Cajun Combo	542.3	23.6	31.5%	2.2	0.0	255.0	1293.2	7.8	2.1	1.2	70.9
*Shrimp Trio	844.3	41.9	55.8%	5.7	0.0	416.3	2311.1	58.1	2.0	17.7	59.1
Rotisserie Chicken Combo	796.9	36.1	48.1%	8.1	0.1	222.0	2312.7	63.4	1.9	18.5	52.7
Joey's Combo and *Clam Strips	811.2	45.7	60.9%	5.6	0.0	115.0	1825.9	60.6	1.0	19.8	38.2
Joey's Combo and *Popcorn Shrimp	842.9	49.7	66.2%	5.8	0.0	168.0	1991.9	58.1	1.1	17.1	38.5
Ocean Fare											
1/2 lbs Cajun *Shrimp Dinner	394.1	10.3	13.8%	1.1	0.0	344.0	1520.9	25.1	1.4	15.6	47.4
1/2 lbs Garlic *Shrimp Dinner	371.9	9.9	13.2%	1.1	0.0	344.0	863.9	22.2	1.2	15.1	47.1
1/2 lbs BBQ Shrimp Dinner	377.9	4.0	5.4%	0.7	0.0	344.0	1143.9	35.6	0.0	24.8	46.7
1/2 lbs Lemon *Butter Shrimp	371.9	9.9	13.2%	1.1	0.0	344.0	863.9	21.2	0.2	15.0	46.8
1/2 lbs Battered Shrimp	371.9	16.9	22.5%	1.6	0.0	344.0	1083.0	26.2	0.2	15.0	46.8
*Shrimp Dinner (Lemon Butter)	221.9	7.5	10.0%	0.8	0.0	229.0	754.5	20.5	0.2	15.0	31.6
Blackened Pacific Snapper	251.2	3.5	4.7%	0.7	0.0	83.0	801.2	4.5	1.4	0.8	47.7
Sea *Scallops	331.9	7.7	10.2%	0.7	0.0	72.0	899.9	24.4	0.2	15.0	39.3
*Trout	441.0	26.3	35.1%	4.5	0.0	134.8	80.0	0.7	0.2	0.2	48.1
Mussels Dinner	449.0	10.7	14.3%	2.7	0.0	128.1	2165.9	23.2	3.6	1.8	54.8
Snow Crab Legs	712.0	58.0	77.3%	36.0	0.0	278.0	1144.0	0.7	0.2	0.2	42.1
Salmon Fillet (grilled)	446.5	28.1	37.4%	10.9	0.0	162.1	258.7	0.6	0.1	0.1	45.1
*Sole Fillets	323.0	9.3	12.4%	1.2	0.0	137.4	206.0	0.7	0.2	0.2	53.1
Lil Swashbucklers											
Fish and chips	462.0	29.0	38.7%	2.0	0.0	50.0	5815.0	33.2	3.2	0.2	15.6
*Popcorn Shrimp and Chips	604.4	30.6	40.8%	4.0	0.0	51.0	6742.4	68.8	4.1	16.7	12.3
*Dino Buddies and Chips	592.0	24.4	32.5%	3.0	0.1	12.0	6897.0	80.7	5.4	3.2	11.3
Scoop of Ice Cream	120.0	6.0	8.0%	3.5	0.2	20.0	40.0	17.0	1.0	11.0	1.0
Dirt Dessert Portioned	195.2	2.2	2.9%	0.9	0.0	4.1	496.5	41.3	0.0	29.7	4.2
Miscellaneous											
Seafood Sauce Portioned	77.9	0.2	0.2%	0.0	0.0	0.0	535.9	18.6	0.0	14.8	1.2
Garlic Parsley Butter 1 Portion	76.8	8.7	11.5%	5.5	0.0	23.0	46.4	0.0	0.0	0.0	0.1
Garlic Herb Butter Portion	123.5	13.7	18.2%	8.7	0.0	36.1	160.1	0.6	0.1	0.1	0.2
Brown Gravy	25.0	0.0	0.0%	0.0	0.0	0.0	320.0	4.0	0.0	1.0	1.0
Chicken Gravy	25.0	0.3	0.4%	0.0	0.0	0.0	390.0	5.0	0.0	1.0	0.4
Creamy Cajun Dip portion	176.8	17.7	23.5%	1.6	0.0	8.0	285.6	4.0	0.1	3.0	0.6
Honey Lime Dip Portioned	363.6	37.1	49.4%	3.4	0.0	16.8	425.7	7.6	0.0	6.8	0.7

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