



gms = grams mgs = milligrams

\* Some meals contain more than one serving per meal.

\*\*Content of Family-size items is equal to (4) individual servings Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Product data is based on current U.S. formulations as of date of publication. Substitution of ingredients may alter nutritional values. Menu items and hours

of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure.

Beverage volumes are represented in fluid ounces. ©2024 Long John Silver's, LLC

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	Serving Size	Serving Weight (gms)	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
<b>FISH AND SEAFOOD</b>													
Battered Alaskan Pollock	1 piece	89	246	142	16	7	1	37	809	15	1	0	11
Battered Shrimp	3 pieces	111	67	7	3	0	30	484	7	0	0	4	10
Popcorn Shrimp*	1 portion	83	249	120	13	6	1	82	741	22	2	0	11
Breaded Clam Strips*	1 portion	85	343	172	19	8	1	27	918	24	2	1	18
Battered Alaskan Cod	1 piece	85	212	118	13	6	1	37	774	13	1	0	11
Lobster-Stuffed Crab Cake	1 crab cake	62	169	77	9	4	0	30	450	17	1	1	6
Grilled Shrimp	3 pc	33	36	9	1	0	0	54	499	0	0	0	6
Grilled Salmon	1 piece	98	91	10	1	0	0	40	406	0	0	0	20
<b>CHICKEN</b>													
Chicken Breast Strip	1 piece	59	145	76	8	4	1	36	546	7	1	0	10
<b>SANDWICHES &amp; TACOS</b>													
Fish Sandwich	1 sandwich	181	446	192	21.8	8.2	1.02	42	1229	4.3	0.94	7.3	14.9
Baja Fish Taco	1 taco	175	456	242	26.8	10.2	1.02	47	1289	39	2.94	7.3	13.9
Southwest Battered Fish Taco	1 taco	175	390	190	21	4	0	35	1275	41	5	7	13
Sweet Chili Battered Fish Taco	1 taco	175	380	190	21	4	0	35	1260	42	4	7	13
<b>GRILLED</b>													
Seasoned Grilled Salmon Rice Bowl	1 bowl	280	360	70	8	1	0	85	1750	45	2	15	21
Seasoned Grilled Shrimp Rice Bowl	1 bowl	280	360	70	8	1	0	86	1740	47	2	16	21
Sweet Chili Grilled Salmon Bowl	1 bowl	290	370	80	9	2	0	27	1340	48	2	18	26
Sweet Chili Grilled Shrimp Rice Bowl	1 bowl	290	390	100	11	2	0	86	1790	51	2	18	21
Southwest Grilled Salmon Rice Bowl	1 bowl	290	420	130	15	3	0	20	1230	45	3	11	26
Southwest Grilled Shrimp Rice Bowl	1 bowl	290	420	140	16	3	0	70	1580	48	3	13	20
Baja Grilled Shrimp Bowl	1 bowl	290	410	140	16	3	0	70	1580	48	3	13	20
Baja Grilled Salmon Bowl	1 bowl	290	410	140	15	3	0	20	1230	45	3	11	26
Baja Grilled Salmon Taco	1 taco	120	210	82	9	2	0	17	590	23	2	8	13
Baja Grilled Shrimp Taco	1 taco	120	210	90	10	2	0	75	773	21	2	8	12
Seasoned Grilled Salmon Taco	1 taco	120	180	40	4	1	0	21	580	21	2	8	16
Seasoned Grilled Shrimp Taco	1 taco	120	180	40	5	1	0	60	820	23	2	6	12
Sweet Chili Grilled Salmon Taco	1 taco	130	190	40	5	1	0	22	630	22	2	9	16
Sweet Chili Grilled Shrimp Taco	1 taco	130	200	50	6	1	0	60	874	26	2	9	11
Southwest Grilled Salmon Taco	1 taco	130	220	82	9	2	0	17	590	23	2	8	13
Southwest Grilled Shrimp Taco	1 taco	130	220	90	10	2	0	75	773	21	2	8	12
<b>SAUCES &amp; CONDIMENTS</b>													
BBQ	1 dipping cup	28	40	0	0	0	0	0	230	10	0	6	0
Cocktail Sauce	1 dipping cup	25	20	5	0	0	0	0	230	4	0	0	1
Honey Mustard	1 packet	12	60	50	6	1	0	5	55	2	0	2	0
Ketchup	1 pouch	27	30	0	0	0	0	0	250	8	0	6	0
Lemon Juice	1 packet	4	0	0	0	0	0	0	0	0	0	0	0
Louisiana Hot Sauce	1 teaspoon	5	0	0	0	0	0	0	140	0	0	0	0
Malt Vinegar	0.5 oz.	14	0	0	0	0	0	0	35	0	0	0	0
Marinara	1 dipping cup	28	15	0	0	0	0	0	125	4	1	2	1
Creamy Ranch	1 packet	12	50	50	6	1	0	0	115	1	0	0	0
Creamy Garlic Butter Sauce	1 oz.	28	101	98	11	7	0	29	213	1	0	0	0
Sweet & Zesty Asian Sauce	1 oz.	28	45	2	0	0	0	0	217	11	0	10	0
Sweet & Sour Sauce	1 dipping cup	28	45	0	0	0	0	0	120	12	0	7	0
Cheese Sauce	2 oz.	57	73	41	5	1	0	5	485	5	0	0	1
Tartar Sauce	1 packet	12	40	30	4	1	0	5	110	3	0	2	0
<b>SIDES</b>													
	** For family-size information, see disclosure below												
Coleslaw	Individual**	113	170	100	11	2	0	20	410	18	2	16	1
Corn	Individual**	99	160	70	8	2	0	0	370	19	2	2	3
Fries	Individual**	105	350	150	17	3	0	0	500	44	4	0	4
Waffle Fries	Individual**	84	150	63	7	1	0	0	40	21	1	0	2
Green Beans	Individual**	113	25	0	0	0	0	0	600	4	1	1	1
Macaroni & Cheese	Individual**	113	150	50	6	3	0	10	490	19	1	3	6
Rice	Individual**	142	180	10	1	1	0	0	470	37	2	1	4
Cheese Bites	Small **	100	349	216	24	13	1	69	625	15	0	1	18
Hushpuppies	2 pups	48	186	108	12	5	1	9	446	17	1	1	2
Crumbles®	1 oz.	28	172	128	14	6	1	7	498	9	0	0	2
Mott's® Apple Sauce	1 pouch	90	70	0	0	0	0	0	5	18	1	17	0

DESSERTS													
Cheesecake Factory Classic Cheesecake	1 slice	138	450	252	28	16	0.5	120	380	43	1	32	6
Cheesecake Factory Chocolate Cheesecake	1 slice	138	520	324	36	21	1	115	270	50	4	35	7
Strawberry Swirl Cheesecake	1 slice	99	320	160	17	10	1	60	250	35	1	23	7

BEVERAGES													
Pepsi®	Kids	12	150	0	0	0	0	0	35	42	0	40	0
Pepsi®	Small	20	250	0	0	0	0	0	60	70	0	67	0
Pepsi®	Medium	32	400	0	0	0	0	0	100	112	0	108	0
Pepsi®	Large	40	500	0	0	0	0	0	125	140	0	135	0
Mountain Dew®	Kids	12	160	0	0	0	0	0	50	43	0	43	0
Mountain Dew®	Small	20	270	0	0	0	0	0	85	72	0	72	0
Mountain Dew®	Medium	32	440	0	0	0	0	0	140	116	0	116	0
Mountain Dew®	Large	40	550	0	0	0	0	0	170	145	0	145	0
Starry®	Kids	12	150	0	0	0	0	0	35	39	0	39	0
Starry®	Small	20	250	0	0	0	0	0	58	65	0	65	0
Starry®	Medium	32	400	0	0	0	0	0	93	104	0	104	0
Starry®	Large	40	500	0	0	0	0	0	116	130	0	130	0
Dr. Pepper®	Kids	12	150	0	0	0	0	0	50	40	0	40	0
Dr. Pepper®	Small	20	250	0	0	0	0	0	85	67	0	67	0
Dr. Pepper®	Medium	32	400	0	0	0	0	0	140	108	0	108	0
Dr. Pepper®	Large	40	500	0	0	0	0	0	175	135	0	135	0
Tropicana® Lemonade	Kids	12	150	0	0	0	0	0	160	41	0	41	0
Tropicana® Lemonade	Small	20	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade	Medium	32	400	0	0	0	0	0	420	108	0	108	0
Tropicana® Lemonade	Large	40	500	0	0	0	0	0	525	135	0	135	0
Tropicana® Twister® Orange	Kids	12	170	0	0	0	0	0	40	47	0	45	0
Tropicana® Twister® Orange	Small	20	280	0	0	0	0	0	65	78	0	75	0
Tropicana® Twister® Orange	Medium	32	440	0	0	0	0	0	100	124	0	120	0
Tropicana® Twister® Orange	Large	40	550	0	0	0	0	0	125	155	0	150	0
Tropicana® Fruit Punch	Kids	12	160	0	0	0	0	0	35	45	0	45	0
Tropicana® Fruit Punch	Small	20	270	0	0	0	0	0	60	75	0	75	0
Tropicana® Fruit Punch	Medium	32	440	0	0	0	0	0	100	120	0	120	0
Tropicana® Fruit Punch	Large	40	550	0	0	0	0	0	125	150	0	150	0
Dole Starrberry Lemonade	Kids	12	165	0	0	0	0	0	240	42	0	42	0
Dole Starrberry Lemonade	Small	20	275	0	0	0	0	0	400	70	0	70	0
Dole Starrberry Lemonade	Medium	32	440	0	0	0	0	0	640	112	0	112	0
Dole Starrberry Lemonade	Large	40	550	0	0	0	0	0	800	140	0	140	0
Wild Cherry Pepsi®	Kids	12	150	0	0	0	0	0	30	42	0	42	0
Wild Cherry Pepsi®	Small	20	250	0	0	0	0	0	50	70	0	70	0
Wild Cherry Pepsi®	Medium	32	400	0	0	0	0	0	80	112	0	112	0
Wild Cherry Pepsi®	Large	40	500	0	0	0	0	0	100	140	0	140	0
Lipton® Raspberry Tea	Kids	12	120	0	0	0	0	0	35	31	0	31	0
Lipton® Raspberry Tea	Small	20	200	0	0	0	0	0	60	52	0	52	0
Lipton® Raspberry Tea	Medium	32	320	0	0	0	0	0	100	84	0	84	0
Lipton® Raspberry Tea	Large	40	400	0	0	0	0	0	125	105	0	105	0
Silver's Tea (sweetened)	Kids	12	130	0	0	0	0	0	15	32	0	32	0
Silver's Tea (sweetened)	Small	20	210	0	0	0	0	0	20	54	0	54	0
Silver's Tea (sweetened)	Medium	32	340	0	0	0	0	0	35	87	0	87	0
Silver's Tea (sweetened)	Large	40	420	0	0	0	0	0	40	108	0	108	0
Silver's Tea (unsweetened)	Kids	12	0	0	0	0	0	0	15	0	0	0	0
Silver's Tea (unsweetened)	Small	20	0	0	0	0	0	0	25	0	0	0	0
Silver's Tea (unsweetened)	Medium	32	0	0	0	0	0	0	35	0	0	0	0
Silver's Tea (unsweetened)	Large	40	0	0	0	0	0	0	45	0	0	0	0
Diet Pepsi®	Kids	12	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®	Small	20	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi®	Medium	32	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®	Large	40	0	0	0	0	0	0	125	0	0	0	0
Diet Mountain Dew®	Kids	12	0	0	0	0	0	0	60	0	0	0	0
Diet Mountain Dew®	Small	20	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®	Medium	32	0	0	0	0	0	0	160	0	0	0	0
Diet Mountain Dew®	Large	40	0	0	0	0	0	0	200	0	0	0	0
Mott's® Apple juice	1 box	4	60	0	0	0	0	0	5	15	0	14	0



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A&W Menu													
Diet Root Beer	1/2 Gallon	1920	0	0	0	0	0	0	576	0	0	0	0
Diet Root Beer	Gallon	3840	0	0	0	0	0	0	1152	0	0	0	0
Diet Root Beer	Kid's	340	0	0	0	0	0	0	108	0	0	0	0
Diet Root Beer	Large	960	0	0	0	0	0	0	288	0	0	0	0
Diet Root Beer	Regular	600	0	0	0	0	0	0	180	0	0	0	0
Diet Root Beer	Small	480	0	0	0	0	0	0	144	0	0	0	0
Root Beer	1/2 Gallon	1920	930	0	0	0	0	0	432	250	0	240	0
Root Beer	Gallon	3840	1860	0	0	0	0	0	864	500	0	480	0
Root Beer	Kids	340	150	0	0	0	0	0	30	43	0	43	0
Root Beer	Large	960	470	0	0	0	0	0	216	125	0	120	0
Root Beer	Regular	600	290	0	0	0	0	0	135	78	0	75	0
Root Beer	Small	480	240	0	0	0	0	0	108	63	0	60	0

A&W Sweet Treats & Desserts													
Float Diet Root Beer	Large 32 oz.	794	320	90	11	6	0	45	380	47	0	42	9
Float Diet Root Beer	Regular 20 oz.	468	160	45	5	3	0	20	200	24	0	21	4
Float Diet Root Beer	Small 16 oz.	411	160	45	5	3	0	20	190	24	0	21	4
Float Orange	Large 32 oz.	794	590	95	11	6	0	45	1690	124	0	117	9
Float Orange	Regular 20 oz.	468	330	47	5	3	0	20	1010	71	0	67	4
Float Orange	Small	411	300	47	5	3	0	20	880	64	0	60	4
Float Root Beer	Large 32 oz.	794	610	90	11	6	0	45	360	119	0	114	9
Float Root Beer	Regular 20 oz.	468	340	45	5	3	0	20	190	68	0	66	4
Float Root Beer	Small 16 oz.	411	310	45	5	3	0	20	180	61	0	59	4
Freeze Diet Root Beer	Large 32 oz.	879	630	190	21	12	0	90	620	95	0	84	18
Freeze Diet Root Beer	Regular 20 oz.	539	360	110	12	7	0	50	360	54	0	48	10
Freeze Diet Root Beer	Small 16 oz.	397	270	80	9	5	0	40	270	41	0	36	8
Freeze Orange	Large	879	850	190	21	12	0	90	1680	157	0	145	18
Freeze Orange	Regular	539	500	110	12	7	0	50	1050	94	0	87	10
Freeze Orange	Small	397	370	80	9	5	0	40	770	70	0	64	8
Freeze Root Beer	Large 32 oz.	879	870	190	21	12	0	90	610	153	0	143	18
Freeze Root Beer	Regular 20 oz.	539	520	110	12	7	0	50	350	92	0	86	10
Freeze Root Beer	Small 16 oz.	397	380	80	9	5	0	40	260	68	0	64	8
Shake Chocolate	Large 32 oz.	757	1160	300	34	21	0	125	830	193	0	166	26
Shake Chocolate	Regular 20 oz.	502	770	200	23	14	0	80	540	129	0	109	17
Shake Chocolate	Small 16 oz.	360	540	160	17	11	0	60	390	88	0	74	12
Shake Strawberry	Large 32 oz.	757	1090	290	33	20	0	125	780	173	0	149	25
Shake Strawberry	Regular 20 oz.	502	730	200	22	14	0	80	510	115	0	98	16
Shake Strawberry	Small 16 oz.	360	520	150	17	11	0	60	370	81	0	69	12
Shake Vanilla	Large 32 oz.	729	1070	290	33	20	0	125	780	173	0	149	25
Shake Vanilla	Regular 20 oz.	474	690	200	22	14	0	80	510	110	0	94	16
Shake Vanilla	Small 16 oz.	360	540	150	17	11	0	60	380	86	0	73	12
Polar Swirl Cookie Dough	20 oz.	494	970	310	34	19	1	140	640	145	0	113	22
Polar Swirl Cookie Dough	Mini	197	380	120	14	8	0	55	250	57	0	45	9
Polar Swirl Cookie Dough	16 oz.	388	740	240	26	15	1	105	500	111	0	88	17
Polar Swirl Cookie Dough	12 oz.	331	650	210	23	13	1	95	430	98	0	76	15
Polar Swirl M&M	20 oz.	536	1190	390	43	26	0	105	640	182	3	162	24
Polar Swirl M&M	Mini	213	470	150	17	10	0	40	260	71	1	64	10
Polar Swirl M&M	16 oz.	417	900	290	32	19	0	80	500	137	2	122	19
Polar Swirl M&M	12 oz.	360	810	260	29	17	0	70	430	123	2	110	16
Polar Swirl Oreo	20 oz.	490	980	230	26	14	0	95	810	148	0	117	21
Polar Swirl Oreo	Mini	195	390	90	10	6	0	40	320	59	0	46	9
Polar Swirl Oreo	16 oz.	385	750	180	20	11	0	75	620	114	0	90	17
Polar Swirl Oreo	12 oz.	328	660	160	17	9	0	65	550	100	0	78	14
Polar Swirl Reese's Peanut Butter Cup	20 oz.	494	1030	390	43	20	0	100	810	141	3	126	26
Polar Swirl Reese's Peanut Butter Cup	Mini	197	410	150	17	8	0	40	320	56	1	50	10
Polar Swirl Reese's Peanut Butter Cup	16 oz.	388	780	290	32	16	0	80	620	109	2	97	20
Polar Swirl Reese's Peanut Butter Cup	12 oz.	331	690	260	29	14	0	65	540	95	2	85	18
Sundae Chocolate	Regular	204	360	100	11	8	0	35	240	61	0	50	7
Sundae Hot Caramel	Regular	204	380	100	11	7	0	35	270	65	0	51	7
Sundae Hot Fudge	Regular	204	390	130	14	11	0	35	250	60	0	46	7
Sundae Strawberry	Regular	204	340	100	11	7	0	35	220	54	0	44	7
Vanilla Cone	Kids 4 oz.	119	200	60	6	3.5	0	25	160	32	0	24	5
Vanilla Cone	Regular 5.5 oz.	162	270	80	8	5	0	35	220	42	0	33	7
Chocolate Cone	Kids 4 oz.	119	220	50	5	3	0	20	150	38	0.5	29	5
Chocolate Cone	Regular 5.5 oz.	162	290	70	7	4.5	0	30	210	51	0.5	40	6
Root Beer Cone	Kids 4 oz.	119	200	50	6	3.5	0	25	150	31	0	24	5
Root Beer Cone	Regular 5.5 oz.	162	260	70	8	4.5	0	30	210	41	0	32	6
A&W Entrees													
3 Pc. Hand-Breaded Chicken Tenders	156	260	80	9	2.5	0	125	1100	5	1	0	0	2
3 Pc. Freezer to Fryer Chicken Tenders	176	370	162	18	2.5	0	55	1190	29	2	8	0	2
5 Pc. Hand-Breaded Chicken Tenders	260	430	140	15	4	0	210	1830	8	1	0	0	3
Chicken Club Sandwich - Grilled	291	470	160	17	4	0	85	1170	39	0	7	103	3
Chicken Club Sandwich - Hand Breaded	250	490	180	20	5	0	90	1390	42	0	7	103	3
Chicken Sandwich - Grilled	272	410	110	12	1.5	0	85	930	38	0	7	15	3
Chicken Sandwich - Hand Breaded	230	440	140	15	2.5	0	90	1150	42	0	7	15	3
Crispy Chicken Sandwich	240	480	182	20	2.5	0	40	1270	51	2	12	15	3
Crispy Chicken Club	260	540	228	25	5	0	40	1510	52	2	12	8	3
Burger Patty, 1 Each	53	130	80	9	3.5	0	45	80	0	0	0	12	1
Hamburger	161	350	100	11	3.5	1.5	45	650	41	0	9	28	4
Cheeseburger	175	400	140	16	6	1.5	45	890	42	0	10	117	4
Double Cheeseburger	242	590	260	29	12	2	95	1200	42	1	10	217	5
Original Bacon Cheeseburger - Double	289	650	330	36	13	1	100	1160	41	1	8	219	5
Original Bacon Cheeseburger - Single	220	460	210	23	7	0	55	840	40	1	8	118	4
Papa Burger® Double	282	640	310	35	12	1	100	1210	42	1	11	219	5
Papa Burger® Single	214	450	190	22	7	0	50	890	42	1	10	118	4
Mushroom Onion Melt - Burger - Double	235	580	260	29	11	1	115	1260	39	0	7	243	5
Mushroom Onion Melt - Burger - Single	167	400	150	17	6	0	60	960	38	0	7	129	4
Mushroom Onion Melt - Chicken - Grilled	259	410	100	11	3	0	90	1300	38	0	7	117	3
Mushroom Onion Melt - Chicken - Hand-Breaded	218	430	130	14	4	0	95	1610	42	0	7	117	3
Mushroom Onion Melt - Texas Toast Double	239	570	280	31	12	1	95	1380	35	0	4	310	5
Mushroom Onion Melt - Texas Toast Single	170	380	160	18	6	0	50	1060	34	0	3	210	4
Pork Tenderloin Sandwich	242	520	17	2.5	0	55	1180	65	3	7	44	4	4
Hot Dog	121	310	160	18	6	1	35	860	28	0	6	56	0
Coney Dog	135	320	170	19	7	0.5	40	960	26	0	4	61	0

Coney Cheese Dog	163	360	195	22	8	0.5	45	1160	29	0	4	75	0
Corn Dog Nuggets®, 5 Pc.	97	270	58	13	2.5	0	50	330	30	6	6	87	2
Corn Dog Nuggets®, 10 Pc.	194	540	115	26	4	0.5	57	1038	40	2.5	12	174	4
Footlong Coney Cheese Dog	320	700	380	42	17	1	80	2230	54	2	7	125	2
Footlong Coney Dog	263	630	335	37	15	1	75	1810	48	0	7	96	2
Footlong Hot Dog	235	610	310	34	14	2	65	1610	52	1	12	96	2

A&W Kid's Meals													
2 Pc. Hand-Breaded Chicken Tender Kid's Meal	402-421	240-520	54-149	6-17	1.5-5	0	85-100	750-1200	21-55	1-2	17-22	7-390	1-2
Cheeseburger Kid's Meal	473-492	470-760	143-238	16-26	6-9	1.5	45-60	900-1360	60-94	1-2	27-32		
Corn Dog Nuggets® Kid's Meal	395-414	340-620	116-210	13-23	2.5-6	0	50-65	350-800	48-82	6-7	23-28	93-477	2-3
Hamburger Kid's Meal	459-478	420-710	103-197	11-22	3.5-7	1.5	45-60	660-1120	59-93	1-2	26-31	35-418	4
Hot Dog Kid's Meal	416-397	360-640	158-252	18-28	6-10	0.5	35-50	780-1240	41-75	0-1	20-25	59-442	0-5

A&W Sides													
Cheese Curds, Large	284	1140	720	80	42	0	210	2440	54	4	6	160	20
Cheese Curds, Regular	142	570	360	40	21	0	105	1220	27	2	3	80	10
Cheese Fries	170	390	157	17	4.5	0	5	880	50	1	0	28	0
Chili Cheese Fries	198	410	164	18	5	0	15	1040	51	1	2	29	1
Chili Fries	170	380	141	16	4.5	0	10	840	49	1	2	15	1
Coleslaw, 3 oz.	85	100	70	8	1.5	0	10	200	7	2	5	42	0
Corn Dog Nuggets®, 5 Pc.	97	270	58	13	2.5	0	50	330	30	6	6	87	2
Fries, Large, 5.5 oz.	156	430	150	17	4	0	0	640	61	6	1	0	0
Fries, Regular, 4 oz.	113	310	117	13	3	0	0	460	45	4	0	0	0
Fries, Small, 2.5 oz.	71	210	72	8	2	0	0	290	29	3	0	0	0
Mott's® Applesauce	90	70	0	0	0	0	0	5	18	1	17	0	0
Onion Rings	146	280	35	4	0	0	0	930	53	2	5	0	6