



Ingredient Statements

Battered Fish*

Fish (Alaska Pollock, Hoki, Hake or Haddock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil. **Contains: Pollock, Hoki, Hake or Haddock, Wheat**

Battered Chicken Planks*

Lightly dusted chicken portioned breast strips containing up to 9.0% (based on raw weight of chicken) of a solution of water, salt and sodium tri-polyphosphate. Predusted with: Bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid, **OR** Lightly dusted chicken tenderloins containing up to 6.4% (based on raw weight of chicken) of a solution of water, salt, and sodium tri-polyphosphate. Predusted with: Bleached Wheat Flour, Malted Barley Flour (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, and Folic Acid).

Contains: Wheat

Battered Shrimp*

Shrimp (may contain sulfites), Flour. **Contains: Shrimp, Wheat**

**Each of the above items are dipped in batter (listed directly below) and fried in 100% soybean oil. The partially hydrogenated soybean oil contains TBHQ, citric acid and dimethylpolysiloxane.*

Batter

Wheat Flour (May be Bleached and Enriched with Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Starch, Yellow Corn Flour, Salt, Monosodium Glutamate, Spices (Including Paprika), Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Garlic Powder, Natural Flavoring, Guar Gum, Spice Extract.

Contains: Wheat

Crumblies®

Same as Batter ingredients. **Contains: Wheat**

Alaskan Flounder**

Flounder, Water, Modified Food Starch, Bleached Wheat Flour, Less Than 2% of each of the following: Corn Dextrin, Corn Starch, Extractives of Turmeric and Paprika, Garlic Powder, Gum Arabic, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Methylcellulose, Modified Cellulose, Monosodium Glutamate, Partially Hydrogenated Soybean Oil, Rice Flour, Salt, Spice, Sugar, Tapioca Dextrin, White Corn Flour, Xanthan Gum, Yeast, Yellow Corn Flour, Yellow Corn Meal.

Contains: Flounder, Wheat

Breaded Clam Strips**

Clams and Natural Clam Juice, Bleached Wheat Flour, Soybean Oil, Modified Food Starch, Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Contains 2% or less of the following: Rice Flour, Spices, Partially Hydrogenated Soybean Oil, Dextrose, Sodium Tripolyphosphate, Monosodium Glutamate, Water, Hydrolyzed Wheat Gluten, Yeast, Lactic Acid, Autolyzed Yeast Extract, Bonito Extract, Buttermilk, Artificial Flavor.

Contains: Clams, Wheat, Milk

Breadstick**

Enriched Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains Less Than 2% of the following: Salt, Yeast, Dextrose, Datem, Malted Barley Flour, Calcium Sulfate, Ascorbic Acid, Enzyme.

Contains: Wheat

Buttered Lobster Bites**

Langostino, bleached wheat flour, modified wheat starch, yellow corn flour, water, maltodextrin, salt, natural butter flavor, sugar, leavening (sodium bicarbonate, sodium aluminum phosphate), whey, monosodium glutamate, natural and artificial flavors, partially hydrogenated soybean oil, butter (cream and salt), crab powder, gum Arabic, nonfat milk, autolyzed yeast extract, disodium inosinate and disodium guanylate, lobster powder, tapioca starch, ascorbic acid, yeast, parsley, xanthan gum, corn starch, hydroxypropyl methylcellulose, mono and diglycerides and less than 2% silicon dioxide (to prevent caking), yellow 5 and yellow 6.

Contains: Langostino Lobster, Wheat, Milk

Crispy Fries**

Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Corn Oil, Cottonseed Oil, Palm Oil, Soybean Oil, Sunflower Oil), Modified Food Starch, Rice Flour, Dextrin, Wheat Starch, Cornstarch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Xanthan Gum, Coloring, (Dextrose, Caramel Powder, Oleoresin Turmeric, FD&C Yellow 5&6).

Contains: Milk, Wheat

OR

Potatoes, Partially Hydrogenated Vegetable Shortening (Soybean Oil and/or Cottonseed Oils), and/or Vegetable Oil (Canola, Soybean, and/or Sunflower Oils), Modified Food Starch, Rice Flour, Dextrin, Cornstarch, Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Salt, Xanthan Gum, Caramel color, FD&C Yellow 5 and 6), Turmeric, Dextrose and Sodium Acid Pyrophosphate (to retain natural color).

Contains: Milk, Wheat

Hushpuppy**

White Corn Meal, Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soy Flour, Dehydrated Onion, Sugar, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Salt, Guar Gum, Soy Protein Concentrate, Dextrose Whey, Oil of Onion.

Contains: Wheat, Milk, Soy

Popcorn Shrimp**

Shrimp, Wheat Flour (may be bleached and enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Yeast, Salt, Sugar, Modified Food Starch, Yellow Corn Flour, Hydrolyzed Soy Protein, Garlic Powder, Whey, Onion Powder, Rice Flour, Spices (including Paprika), Disodium Inosinate and Disodium Guanylate, Partially Hydrogenated Soybean Oil, Natural Flavor, Corn Starch, Monosodium Glutamate, Leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), Guar Gum (to adjust viscosity), Sodium Bisulfite as preservative.

Contains: Shrimp, Wheat, Milk, Soy

*****The above items are fried in 100% soybean oil. The partially hydrogenated soybean oil contains TBHQ, citric acid and dimethylpolysiloxane.***

Baked Cod Filet

Cod, Lemon Crumb Seasoning [(Bread Crumb (Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil Shortening (soybean), contains 2 percent or less of leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Distilled Vinegar, Sugar, Salt, Datem, Monoglycerides, Yeast, Yeast Nutrients (Ammonium Chloride, Calcium Sulfate), Spice Extractive, Dough Conditioners (L-cysteine Monohydrochloride, Azodicarbonamide)], Partially Hydrogenated Soybean and/or Cottonseed Oils, Food Starch – Modified, Maltodextrin, Salt, Buttermilk, Sugar Dehydrated Butter (Cream, Nonfat Milk, Salt, Annatto), Monosodium Glutamate, Nonfat Milk, Mono and Diglycerides, Corn Syrup Solids, Tomato Powder, Natural Butter Flavor (with whey), Dehydrated Parsley, Dehydrated Red Bell Pepper, Lemon Juice Solids, Citric Acid, Disodium Inosinate, Disodium Guanylate, Spice Extractive, Extractive of Paprika (color), with not more than 2% Silicon Dioxide added as an anti-caking agent.

Contains: Cod, Wheat, Milk

Baja Fish Taco

Flour Tortilla: Enriched Bleached Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Hydrogenated Vegetable Oil (Contains one or more of the following: Cottonseed Oil, Soybean Oil), Mono- and Diglycerides, Sugar, contains less than 2% of the following: Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Fumaric Acid, Calcium Propionate and Potassium Sorbate (used as Preservatives), Dough Conditioners (DATEM, Mono- and Diglycerides, and Enzymes).

OR Enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil (soybean oil, hydrogenated soybean oil), contains less than 2% of the following: sugar, salt, leavening (sodium bicarbonate, sodium acid pyrophosphate), fumaric acid, calcium propionate and potassium sorbate (used as preservative), dough conditioner (DATEM, mono- and diglycerides, enzymes), **Battered Fish:** Fish (Alaska Pollock, Hoki, Hake or Haddock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil, **Iceberg Lettuce, Crumbles®:** Same as Batter ingredients, **Baja Sauce:** soybean oil, water, egg yolks, distilled vinegar, salt, contains less than 2% of sugar, spices, dehydrated garlic, lime juice concentrate, monosodium glutamate, lactic acid, sodium benzoate and potassium sorbate (as preservatives), xanthan gum, paprika, dehydrated onion, spice extractive, natural & artificial flavors, calcium disodium EDTA added to protect flavor.

Contains: Pollock, Hoki, Hake or Haddock, Wheat, Egg

Broccoli Cheese Soup

Water, Broccoli, Pasteurized Processed Cheese Spread [American Cheese (Milk, Cheese Culture, Salt, Enzymes), Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Salt, Milkfat, Artificial Color], Onion, Creaming Agent (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate a Milk Derivative, Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan), Cream, Margarine (Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Salt, Nonfat Dry Milk, Soybean Lecithin, Mono and Diglycerides, Sodium Benzoate added as a preservative, Artificial Flavor, Colored with Beta Carotene, Vitamin A Palmitate), Contains less than 2% of the following: Modified Food Starch, Cold Pack Cheese [Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Water, Salt, Apocarotenal (color), Oleoresin Paprika (color)], Flavor (Wheat Flour, Partially Hydrogenated Soybean Oil), Cream Base (Clarified Butter Oil, Partially Hydrogenated Soybean Oil, Modified Food Starch, Sweet Cream Solids, Corn Syrup Solids, Salt, Mono and Diglycerides, Flavorings with Annatto and Turmeric, Xanthan Gum, Sugar, Disodium Inosinate, Disodium Guanylate, Natural Tocopherol to protect flavor), Salt, Chicken Base [Cooked Mechanically Separated Chicken, Salt, Sugar, Maltodextrin, Hydrolyzed Corn Gluten, Chicken Fat, Whey, Chicken Flavor (contains Salt, Acid Whey Powder, Yeast Autolysate, Sweet Whey Powder, Hydrogenated Soybean Oil, Water, Lactose, Spice Oleoresins, and Oleoresin of Turmeric), Onion Powder, Turmeric, Disodium Inosinate and Disodium Guanylate, Xanthan Gum, Spice Extractive], Natural Flavor (Maltodextrin, Modified Butter Oil, Salt, Dehydrated Butter, Shortening Powder, Guar Gum, Sodium Bicarbonate, Annatto and Turmeric for color), Emulsifier (Mono- and Diglycerides with TBHQ and Citric Acid added to protect flavor), Natural Flavor (Cream and Enzymes), Propylene Glycol Alginate, Spice, Lecithin, Red Pepper Sauce (Vinegar, Aged Red Pepper, Salt), Xanthan Gum, Annatto Color (Propylene Glycol, Purified Annatto, Mono- and Diglycerides, and Potassium Hydroxide), Paprika Oleoresin (Refined Soybean Oil, Natural Extractives of Paprika).

Contains: Eggs, Milk, Soy, Wheat

Chicken Sandwich

Battered Chicken Planks: Lightly dusted chicken portioned breast strips containing up to 9.0% (based on raw weight of chicken) of a solution of water, salt and sodium tri-polyphosphate.

Predusted with: Bleached wheat flour, malted barley flour, niacin, reduced iron, triamine mononitrate, riboflavin and folic acid, **OR** Lightly dusted chicken tenderloins containing up to 6.4% (based on raw weight of chicken) of a solution of water, salt, and sodium tripolyphosphate.

Predusted with: Bleached Wheat Flour, Malted Barley Flour (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin), **Corn Dusted Oval Bun:** Enriched Wheat Flour

[Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils) Cornmeal. Contains 2% or less of: Wheat Gluten, Yeast, Salt, Dough Conditioners (may contain one or more of the following: Mono and Diglycerides, Calcium and Sodium Stearoyl Lactylates, Calcium Peroxide), Soy Flour, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Whole Eggs, Calcium Propionate added to retard spoilage, Turmeric and Paprika extractives (coloring), Cornstarch, Sugar, Dextrose, Soya Lecithin, **Tartar Sauce:** Water, Soybean Oil, Corn Syrup, Distilled Vinegar, High Fructose Corn Syrup, Pickles, Modified Food Starch, Egg Yolk, Salt, Sugar, Sucrose, Dehydrated Onion, Spice, Bell Peppers, Xanthan Gum, Sodium Benzoate Added as Preservative, Natural Flavors, Polysorbate 80, Calcium Disodium EDTA Added to Protect Flavor, **Iceberg Lettuce.**

Contains: Wheat, Soy, Egg

Chocolate Cream Pie

Water, reduced fat sweetened condensed milk (milk, skim milk, sugar, vitamin A palmitate), enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, milk, partially hydrogenated palm kernel oil, vegetable shortening (palm oil and soybean oil), cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), vegetable oil (soybean oil, palm oil), high fructose corn syrup, cocoa (processed with alkali), corn syrup, contains 2% or less of each of the following: chocolate liquor, dextrose, salt, baking soda, natural and artificial flavors, mono- and diglycerides, colored with apocarotenal carob bean gum, soy lecithin, cheese culture, polysorbate 65, polysorbate 80, monosodium phosphate, carrageenan, cocoa butter, butter oil, xanthan gum, malic acid.

Contains: Milk, Wheat, Soy

Cocktail Sauce

Water, Tomato Paste, Horseradish, Sugar, Distilled Vinegar, Salt, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic, Sugar, Spices, Tamarind, Natural Flavor and Sulfiting Agents), Lemon Juice Concentrate, Dehydrated Onion, Sodium Benzoate and Potassium Sorbate as Preservatives, Red Peppers, Dehydrated Garlic, Natural and Artificial Flavors, Xanthan Gum, Calcium Disodium EDTA Added to Protect Flavor.

Coleslaw

Cabbage, Carrots, **Coleslaw Dressing** (Sugar, Soybean Oil, Corn Cider Vinegar, Egg Yolk, Salt, Water, Mustard Seed, Propylene Glycol Alginate).

Contains: Egg

Corn Cobbette

Super sweet variety corn.

Corn Cobbette with Butter Oil

Super sweet variety corn, prepared with Butter Flavored Oil (Liquid and Hydrogenated Soybean Oil, Salt, Soybean Lecithin, Natural and Artificial Flavor, Beta Carotene for color).

Contains: Soy

Fish Sandwich

Battered Fish: Fish (Alaska Pollock, Hoki, Hake, or Haddock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil, **Corn Dusted Oval Bun :** Enriched Wheat Flour [Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils) Cornmeal. Contains 2% or less of: Wheat Gluten, Yeast, Salt, Dough Conditioners (may contain one or more of the following: Mono and Diglycerides, Calcium and Sodium Stearoyl Lactylates, Calcium Peroxide), Soy Flour, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Whole Eggs, Calcium Propionate added to retard spoilage, Turmeric and Paprika extractives (coloring), Cornstarch, Sugar, Dextrose, Soya Lecithin, **Tartar Sauce:** Water, Soybean Oil, Corn Syrup, Distilled Vinegar, High Fructose Corn Syrup, Pickles, Modified Food Starch, Egg Yolk, Salt, Sugar, Sucrose, Dehydrated Onion, Spice, Bell Peppers, Xanthan Gum, Sodium Benzoate Added as Preservative, Natural Flavors, Polysorbate 80, Calcium Disodium EDTA Added to Protect Flavor, **Iceberg Lettuce.**

Contains: Pollock, Hoki, Hake or Haddock, Wheat, Soy, Egg

Ginger Teriyaki Sauce

High Fructose Corn syrup, Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Sugar, Brown sugar, Sherry wine, Modified Food Starch, Pineapple Concentrate, Vinegar, Rice wine Vinegar, Sesame Seed Oil, White Sesame Seeds, Sodium Acid Sulfate, Ginger, Garlic, Sodium Benzoate.

Contains: Soy, Wheat

Grilled Pacific Salmon

Salmon (Salmon, Water, Sodium Phosphates, Salt), Olive Oil, Water, Contains 2% or less of the following: Dehydrated Garlic, Spices, Salt, Autolyzed Yeast Extract, Dehydrated Onion, Dehydrated Red Sweet Pepper, Paprika, Gums (guar, locust bean and xanthan), Spice Extractive, Citric Acid, Natural Grill Flavor (from partially hydrogenated soybean/cottonseed oil).

Contains: Salmon

Grilled Tilapia

Tilapia, Butter (cream, salt), Dehydrated Garlic, Salt, Nonfat Milk, Spices, Romano Cheese (part skim cow's milk, cheese cultures, salt, enzymes), Sugar, Maltodextrin, Red Bell Pepper, Dehydrated Onion, Wheat Maltodextrin, Monosodium Glutamate, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Soybean Oil, White Wine Solids, Extractives of Turmeric, Natural Flavor, Gum Acacia.

Contains: Tilapia, Wheat, Milk

Ketchup

Tomato Concentrate made from red ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.

Lobster Stuffed Crab Cake

Crabmeat, lobster, imitation crab (Pollock, water, wheat starch, egg whites, sorbitol, sugar, natural and artificial flavors, salt, calcium carbonate, disodium inosinate disodium guanylate, sodium tripolyphosphate, color added), Monterey Jack cheese product (Monterey Jack cheese [pasteurized milk, rennet, salt, enzymes, annatto (color)], whey, butterfat, sodium phosphates, contains 2% or less of the following: natural flavors, salt, citric acid, lactic acid, sorbic acid [preservative], carrageenan, beta carotene [color]), onions, bleached wheat flour, bell peppers, corn syrup, contains 2% or less of each of the following: salt, soybean oil, yeast, dextrose, sugar, partially hydrogenated soybean oil, mono and diglycerides, dipotassium phosphate, sodium stearyl-2 lactylate, water, vinegar, whole eggs, methyl cellulose, egg white powder, xanthan gum, guar gum, rice flour, sodium caseinate (a milk derivative), modified food starch, sodium phosphate, corn oil, wheat starch, tomato paste, maltodextrin, onion powder, paprika, disodium inosinate, disodium guanylate, parsley, garlic, high fructose corn syrup, tapioca dextrin, medium-chain triglycerides, gum arabic, butter, autolyzed yeast extract, natural flavors, spice. **BREADED WITH:** Bleached wheat flour, water, salt, sugar, yellow corn flour, partially hydrogenated soybean oil, yeast, spice, modified food starch, corn starch, natural flavor, leavening (sodium acid pyrophosphate, sodium bicarbonate), nonfat dry milk, dried whey, mono and diglycerides, spice extractive.

Contains: Crab, Lobster, Pollock, Wheat, Egg, Milk

Louisiana Hot Sauce

Cayenne Peppers, Distilled Vinegar, Salt, Guar, Tragacanth, and Xanthan Gums, Yellow #6 and Red #40.

Malt Vinegar

Vinegar (made from Barley and Corn Malt), Water, Salt.

Pineapple Cream Pie

Reduced fat sweetened condensed milk (sugar, skim milk, vitamin A palmitate), water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, pineapple, milk, vegetable shortening (palm oil and soybean oil), partially hydrogenated vegetable shortening (coconut oil, palm kernel oil), high fructose corn syrup, cream cheese (pasteurized milk and cream, cheese culture, salt, carob bean gum), contains 2% or less of each of the following: pineapple juice, palm oil, baking soda, citric acid, salt, dextrose, maltodextrin, fructose, corn syrup solids, colored with apocarotenal, beta carotene, and annatto, natural and artificial flavors, mono- and diglycerides, carob bean gum, cheese culture, ascorbic acid, hydroxypropyl methylcellulose, glyceryl-lacto esters of fatty acids, lactose, sodium caseinate (a milk derivative, soy lecithin, xanthan gum, disodium phosphate, sodium citrate, polyglycerol esters of fatty acids, polysorbate 60, food starch-modified, dipotassium phosphate.

Contains: Milk, Wheat, Soy

Rice

Enriched Long Grain Parboiled Rice (Iron, Niacin, Thiamin Mononitrate, Folic Acid), Dehydrated Vegetable (Carrot, Onion Garlic), Salt, Butter (Sweet Cream, Salt, Annatto Color), Maltodextrin, Autolyzed Yeast Extract, Sugar, Coconut Oil, Chicken Fat, Dextrose, Corn Syrup Solids, Nonfat Milk Solids, Chicken Broth, Natural Flavors, Hydrolyzed Soy Protein, Sodium & Potassium Phosphate, Gelatin, Sodium Caseinate, Disodium Inosinate & Disodium Guanylate, Mono & Diglycerides, Lactic Acid, Calcium Lactate, Soy Lecithin.

Contains: Milk, Soy

Salmon Bowl

Grilled Pacific Salmon: Salmon (Salmon, Water, Sodium Phosphates, Salt), Olive Oil, Water, Contains 2% or less of the following: Dehydrated Garlic, Spices, Salt, Autolyzed Yeast Extract, Dehydrated Onion, Dehydrated Red Sweet Pepper, Paprika, Gums (guar, locust bean and xanthan), Spice Extractive, Citric Acid, Natural Grill Flavor (from partially hydrogenated soybean/cottonseed oil). **Rice:** Enriched Long Grain Parboiled Rice (Iron, Niacin, Thiamin Mononitrate, Folic Acid), Dehydrated Vegetable (Carrot, Onion Garlic), Salt, Butter (Sweet Cream, Salt, Annatto Color), Maltodextrin, Autolyzed Yeast Extract, Sugar, Coconut Oil, Chicken Fat, Dextrose, Corn Syrup Solids, Nonfat Milk Solids, Chicken Broth, Natural Flavors, Hydrolyzed Soy Protein, Sodium & Potassium Phosphate, Gelatin, Sodium Caseinate, Disodium Inosinate & Disodium Guanylate, Mono & Diglycerides, Lactic Acid, Calcium Lactate, Soy Lecithin. **Vegetable Medley:** Carrots, Yellow Carrots, Green Beans, Water, Seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) Butter (cream, salt), Margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin A palmitate), Garlic. **Ginger Teriyaki Sauce:** High Fructose Corn syrup, Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Sugar, Brown sugar, Sherry wine, Modified Food Starch, Pineapple Concentrate, Vinegar, Rice wine Vinegar, Sesame Seed Oil, White Sesame Seeds, Sodium Acid Sulfate, Ginger, Garlic, Sodium Benzoate. **Contains: Salmon, Soy, Milk, Wheat**

Shrimp Bowl

Shrimp Scampi: Shrimp, partially hydrogenated soy oil, water, rice starch, sodium tripolyphosphate, lecithin, artificial flavor, beta carotene. TBQH & Dimethylpolysiloxane, garlic powder, maltodextrin, modified food starch, corn syrup solids, salt, sugar, spices, lemon juice solids, autolyzed yeast extract, cellulose gum, lemon oil, citric acid, natural flavor, less than 2% tricalcium phosphate to prevent caking. **Rice:** enriched long grain parboiled rice (iron, niacin, thiamin mononitrate, folic acid), dehydrated vegetable (carrot, onion garlic), salt, butter (sweet cream, salt, annatto color), maltodextrin, autolyzed yeast extract, sugar, coconut oil, chicken fat, dextrose, corn syrup solids, nonfat milk solids, chicken broth, natural flavors, hydrolyzed soy protein, sodium & potassium phosphate, gelatin, sodium caseinate, disodium inosinate & disodium guanylate, mono & diglycerides, lactic acid, calcium lactate, soy lecithin. **Vegetable Medley:** carrots, yellow carrots, green beans, water, seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) butter (cream, salt), margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin a palmitate), garlic. **Ginger Teriyaki Sauce:** high fructose corn syrup, water, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), sugar, brown sugar, sherry wine, modified food starch, pineapple concentrate, vinegar, rice wine vinegar, sesame seed oil, white sesame seeds, sodium acid sulfate, ginger, garlic, sodium benzoate.

Contains: Shellfish, Soy, Milk, Wheat

Shrimp Scampi

Shrimp, partially hydrogenated soy oil, water, rice starch, sodium tripolyphosphate, lecithin, artificial flavor, beta carotene. TBQH & Dimethylpolysiloxane, garlic powder, maltodextrin, modified food starch, corn syrup solids, salt, sugar, spices, lemon juice solids, autolyzed yeast extract, cellulose gum, lemon oil, citric acid, natural flavor, less than 2% tricalcium phosphate to prevent caking.

Contains: Shellfish, Soy

Grilled Pacific Salmon Smart Choice: Salmon (Salmon, Water, Sodium Phosphates, Salt), Olive Oil, Water, Contains 2% or less of the following: Dehydrated Garlic, Spices, Salt, Autolyzed Yeast Extract, Dehydrated Onion, Dehydrated Red Sweet Pepper, Paprika, Gums (guar, locust bean and xanthan), Spice Extractive, Citric Acid, Natural Grill Flavor (from partially hydrogenated soybean/cottonseed oil). **Rice:** Enriched Long Grain Parboiled Rice (Iron, Niacin, Thiamin Mononitrate, Folic Acid), Dehydrated Vegetable (Carrot, Onion Garlic), Salt, Butter (Sweet Cream, Salt, Annatto Color), Maltodextrin, Autolyzed Yeast Extract, Sugar, Coconut Oil, Chicken Fat, Dextrose, Corn Syrup Solids, Nonfat Milk Solids, Chicken Broth, Natural Flavors, Hydrolyzed Soy Protein, Sodium & Potassium Phosphate, Gelatin, Sodium Caseinate, Disodium Inosinate & Disodium Guanylate, Mono & Diglycerides, Lactic Acid, Calcium Lactate, Soy Lecithin. **Vegetable Medley:** Carrots, Yellow Carrots, Green Beans, Water, Seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) Butter (cream, salt), Margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin A palmitate), Garlic.

Contains: Salmon, Soy, Milk

Grilled Tilapia Smart Choice

Grilled Tilapia: Tilapia, butter (cream, salt), dehydrated garlic, salt, nonfat milk, spices, romano cheese (part skim cow's milk, cheese cultures, salt, enzymes), sugar, maltodextrin, red bell pepper, dehydrated onion, wheat maltodextrin, monosodium glutamate, garlic powder, disodium inosinate, disodium guanylate, soybean oil, white wine solids, extractives of turmeric, natural flavor, gum acacia. **Rice:** Enriched long grain parboiled rice (iron, niacin, thiamin mononitrate, folic acid), dehydrated vegetable (carrot, onion garlic), salt, butter (sweet cream, salt, annatto color), maltodextrin, autolyzed yeast extract, sugar, coconut oil, chicken fat, dextrose, corn syrup solids, nonfat milk solids, chicken broth, natural flavors, hydrolyzed soy protein, sodium & potassium phosphate, gelatin, sodium caseinate, disodium inosinate & disodium guanylate, mono & diglycerides, lactic acid, calcium lactate, soy lecithin. **Vegetable Medley:** Carrots, yellow carrots, green beans, water, seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) butter (cream, salt), margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin a palmitate), garlic.

Contains: Tilapia, Soy, Wheat, Milk.

Shrimp Scampi Smart Choice

Shrimp Scampi: Shrimp, partially hydrogenated soy oil, water, rice starch, sodium tripolyphosphate, lecithin, artificial flavor, beta carotene. TBQH & Dimethylpolysiloxane, garlic powder, maltodextrin, modified food starch, corn syrup solids, salt, sugar, spices, lemon juice solids, autolyzed yeast extract, cellulose gum, lemon oil, citric acid, natural flavor, less than 2% tricalcium phosphate to prevent caking. **Rice:** Enriched long grain parboiled rice (iron, niacin, thiamin mononitrate, folic acid), dehydrated vegetable (carrot, onion garlic), salt, butter (sweet cream, salt, annatto color), maltodextrin, autolyzed yeast extract, sugar, coconut oil, chicken fat, dextrose, corn syrup solids, nonfat milk solids, chicken broth, natural flavors, hydrolyzed soy protein, sodium & potassium phosphate, gelatin, sodium caseinate, disodium inosinate & disodium guanylate, mono & diglycerides, lactic acid, calcium lactate, soy lecithin. **Vegetable Medley:** Carrots, yellow carrots, green beans, water, seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) butter (cream, salt), margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin a palmitate), garlic.

Contains: Shellfish, Soy, Milk

Tartar Sauce

Water, Soybean Oil, Corn Syrup, Distilled Vinegar, High Fructose Corn Syrup, Pickles, Modified Food Starch, Egg Yolk, Salt, Sugar, Sucrose, Dehydrated Onion, Spice, Bell Peppers, Xanthan Gum, Sodium Benzoate Added as Preservative, Natural Flavors, Polysorbate 80, Calcium Disodium EDTA Added to Protect Flavor.

Contains: Egg

Turtle Pie

Water, partially hydrogenated vegetable shortening (soybean oil, coconut oil, palm kernel oil), sugar, enriched flour (flour, niacin, reduced fat sweetened condensed milk (milk, skim milk, sugar, vitamin A palmitate), high fructose corn syrup, cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan gum and/or carob bean gum and/or guar gum), pecans, milk, corn syrup, sweetened condensed milk (sugar, milk), Contains less than 2% of each of the following: cocoa (natural and processed with alkali), chocolate liquor (natural), food starch-modified, salt, baking soda, sodium caseinate (a milk derivative), mono- and diglycerides, cheese cultures, dextrose, carob bean gum, butter, coconut oil, colored with beta carotene and apocarotenal, natural and artificial flavor, corn syrup solids, fructose, maltodextrin, cocoa butter, sodium alginate, polysorbate 60, soy lecithin, glyceryl- lacto esters of fatty acids, lactose, xanthan gum sodium citrate, sorbitan monostearate, caramel color, guar gum citric acid, potassium phosphate, potassium sorbate (to preserve freshness).

Contains: Wheat, Milk, Pecans, Soy

Ultimate Fish Sandwich

Battered Fish: Fish (Alaska Pollock, Hoki, Hake or Haddock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil, **Corn Dusted Oval Bun :** Enriched Wheat Flour [Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Water, High Fructose Corn Syrup, Vegetable Shortening (Partially Hydrogenated Soybean and/or Cottonseed Oils) Cornmeal. Contains 2% or less of: Wheat Gluten, Yeast, Salt, Dough Conditioners (may contain one or more of the following: Mono and Diglycerides, Calcium and Sodium Stearoyl Lactylates, Calcium Peroxide), Soy Flour, Yeast Nutrients (Monocalcium Phosphate, Calcium Sulfate, Ammonium Sulfate), Whole Eggs, Calcium Propionate added to retard spoilage, Turmeric and Paprika extractives (coloring), Cornstarch, Sugar, Dextrose, Soya Lecithin, **Tartar Sauce:** Water, Soybean Oil, Corn Syrup, Distilled Vinegar, High Fructose Corn Syrup, Pickles, Modified Food Starch, Egg Yolk, Salt, Sugar, Sucrose, Dehydrated Onion, Spice, Bell Peppers, Xanthan Gum, Sodium Benzoate Added as Preservative, Natural Flavors, Polysorbate 80, Calcium Disodium EDTA Added to Protect Flavor, **Iceberg Lettuce, Banana Peppers :** Banana peppers, water, vinegar, salt, turmeric, sodium metabisulfate, **Monterey Jack Cheese:** Monterey Jack (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Water, Milkfat, Sodium Citrate, Sodium Phosphate, Salt, Sorbic Acid (Preservative).

Contains: Pollock, Hoki, Hake or Haddock, Milk, Wheat, Soy, Egg

Vegetable Medley

Carrots, Yellow Carrots, Green Beans, Water, Seasonings (salt, modified corn starch, spices, potassium chloride, onion, garlic, sugar, butter, maltodextrin, buttermilk, guar gum, xanthan gum, natural flavor [dairy] soy lecithin, corn syrup solids, turmeric, sodium caseinate, mono and diglycerides) Butter (cream, salt), Margarine (soybean oil and hydrogenated soybean oil, water, salt, mono and diglycerides [vegetable], soy lecithin, citric acid, natural and artificial flavor, beta-carotene, vitamin A palmitate), Garlic.

Contains: Milk, Soy

Jr. Fish Sandwich & Double Jr. Fish Sandwich

Corndusted Yeast Bun: Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, yellow corn meal, contains 2% or less of each of the following: soybean oil, salt, wheat gluten, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, azodicarbonamide), calcium sulfate, natural flavors, calcium propionate (to retard spoilage), **Jr. Battered Fish:** Fish (Alaska Pollock), White Corn Meal (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin), Rice Flour, Vital Wheat Gluten, Modified Food Starch, Soybean Oil, **Iceberg Lettuce, Tartar Sauce:** Water, Soybean Oil, Corn Syrup, Distilled Vinegar, High Fructose Corn Syrup, Pickles, Modified Food Starch, Egg Yolk, Salt, Sugar, Sucrose, Dehydrated Onion, Spice, Bell Peppers, Xanthan Gum, Sodium Benzoate Added as Preservative, Natural Flavors, Polysorbate 80, Calcium Disodium EDTA Added to Protect Flavor.

Contains: Pollock, Wheat, Egg

Zesty Chicken Sandwich

Corndusted Yeast Bun: Enriched wheat flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, yellow corn meal, contains 2% or less of each of the following: soybean oil, salt, wheat gluten, dough conditioners (contains one or more of the following: sodium stearoyl lactylate, calcium stearoyl lactylate, monoglycerides and/or diglycerides, calcium peroxide, calcium iodate, datem, ethoxylated mono- and diglycerides, azodicarbonamide), calcium sulfate, natural flavors, calcium propionate (to retard spoilage), **Battered Chicken:** Lightly dusted chicken portioned breast strips containing up to 9.0% (based on raw weight of chicken) of a solution of water, salt and sodium triphosphate. Predusted with: Bleached wheat flour, malted barley flour, niacin, reduced iron, triamine mononitrate, riboflavin and folic acid **OR** Lightly dusted chicken tenderloins containing up to 6.4% (based on raw weight of chicken) of a solution of water, salt, and sodium triphosphate. Predusted with: Bleached Wheat Flour, Malted Barley Flour (enriched with Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin), **Iceberg Lettuce, Baja Sauce:** soybean oil, water, egg yolks, distilled vinegar, salt, contains less than 2% of sugar, spices, dehydrated garlic, lime juice concentrate, monosodium glutamate, lactic acid, sodium benzoate and potassium sorbate (as preservatives), xanthan gum, paprika, dehydrated onion, spice extractive, natural & artificial flavors, calcium disodium EDTA added to protect flavor.

Contains: Wheat, Egg,