



Serving (g) Calories Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Fiber (g) Sugars (g) Protein (g)

Seafood Entrées (with French Fries)											
3 Piece True Cod	414	570	12	3	0	70	1180	76	6	3	31
4 Piece True Cod	475	640	13	3	0	95	1560	82	6	3	39
5 Piece True Cod	592	800	16	4	0	120	1950	102	7	3	49
1 Piece Panko True Cod	344	850	34	6	0	40	1110	110	9	1	23
2 Piece Panko True Cod	422	900	35	6	0	75	1350	110	9	1	35
3 Piece Panko True Cod	524	1050	35	6	0	115	2250	130	9	2	49
Baby Prawns	374	790	38	8	6	80	1650	97	6	3	17
Jumbo Prawns	431	590	14	3	0	215	1690	78	6	3	30
Calamari	382	680	21	5	0	370	1170	83	5	3	32
Clams	383	940	45	11	0	115	1120	108	6	3	22
Super Clams	458	1020	60	6	0	45	1790	87	6	3	29
Full Boat Special (2.5 servings)	678	800	28	5	0	125	2580	85	7	12	45
Super Combo	458	1020	60	6	0	45	1790	87	6	3	29
Halibut	458	670	15	4	0	95	1070	82	6	3	43
Oysters	388	560	15	4	0	65	780	80	6	3	19
Salmon	411	760	29	5	0	85	1010	82	6	3	37
Scallops	414	720	14	3	0	120	1290	86	6	3	57
Chicken	427	930	46	9	0	90	1480	89	8	3	39
Grilled											
Grilled Salmon Dinner	416	580	24	4	0	160	580	43	5	12	49
Grilled Halibut Dinner	453	670	16	3	0	125	750	83	8	10	50
Salads (with Dressing)											
Caesar Salad	286	550	42	9	0	175	780	26	5	4	16
Side Caesar Salad	171	180	13	4	0	15	460	12	3	3	6
Crab Caesar Salad	371	640	43	9	0	235	1100	27	5	4	35
Crispy Chicken Caesar Salad	383	840	60	12	0	220	1500	41	6	4	33
Salmon Caesar Salad	475	810	53	11	0	280	890	26	5	4	59
Halibut Caesar Salad	475	770	48	11	0	310	930	29	5	4	55
Shrimp Caesar Salad	380	610	43	9	0	290	1310	27	5	4	29
Asian Soba Salad	370	310	8	2	0	0	640	55	7	29	9
Caesar Salad Dressing	66	360	34	4	0	160	250	6	0	1	4
Chowders											
White Clam Chowder Cup 8oz	226	320	22	13	0	5	660	25	1	1	6
Red Clam Chowder Cup 8 oz	226	200	11	3	0	5	1110	20	2	3	5
Wild AK Smoked Salmon Chowder 8oz	226	240	17	8	0	60	850	15	1	4	8
Sandwiches (solo)											
Fish Sandwich (Cod)	256	560	10	2	0	40	1810	91	3	4	24
2 Fish Tacos (Cod)	216	340	11	2	0	55	1090	38	1	6	21
3 Fish Tacos (Cod)	326	490	15	3	0	80	1520	56	3	9	31
Salmon BLT	226	380	15	4	0	90	590	23	1	2	38



Serving (g) Calories Total Fat (g) Saturated Fat (g) Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbohydrates (g) Fiber (g) Sugars (g) Protein (g)

Beverages											
Hot Chocolate 12 oz	340	164	1	0	0	0	100	42	2	36	2
Barq's Root Beer 22 oz	624	290	0	0	0	0	130	83	0	83	0
Cherry Coke 22 oz	624	280	0	0	0	0	70	77	0	77	0
Coca-Cola Classic 22 oz	624	270	0	0	0	0	85	72	0	72	0
Diet Coke 22 oz	624	0	0	0	0	0	85	0	0	0	0
Fanta Orange Soda 22 oz	624	300	0	0	0	0	95	82	0	82	0
Minute Maid Lemonade 22 oz	624	300	0	0	0	0	40	80	0	77	0
Pibb Xtra 22 oz	624	280	0	0	0	0	85	72	0	72	0
Sprite 22 oz	624	290	0	0	0	0	65	74	0	65	0
Kid Meal's											
Kids Baby Prawns 'n Chips	170	390	20	5	4	50	990	45	3	1	9
Kids Clams 'n Chips	170	460	24	6	0	65	630	50	2	1	11
Kids Fish 'n Chips (Cod)	205	270	6	1	0	50	820	31	2	1	19
Kids Chicken 'n Chips	170	380	19	4	0	40	650	35	3	1	17
Mac and Cheese	210	510	26	15	1	75	990	49	2	4	20
Grilled Cheese (with fries and crackers)	224	600	33	22	0	50	720	55	3	6	17
Sides											
Corn Bread	65	170	5	1	0	25	430	28	2	0	4
Coleslaw	170	150	10	2	0	5	230	15	4	10	2
Crab Cocktail	211	210	1	0	0	65	1690	21	1	1	19
French Fries	291	440	14	4	0	0	50	72	7	3	7
Shrimp Cocktail	233	230	2	0	0	190	1630	21	1	1	24
Condiments											
Barbecue Sauce	34	60	0	0	0	0	350	14	0	11	0
Cocktail Sauce	35	50	0	0	0	0	660	9	0	0	0
Ketchup	34	40	0	0	0	0	310	9	0	7	0
Tartar Sauce	57	164	14	2	0	10	510	10	0	3	0

Please note that while we have made every effort to ensure that our menu items have been properly and accurately tested for nutritional content above, there may be variations in the actual nutritional content across servings based on slight variations in overall serving size and quantity of ingredients, serving portions, or based on special ordering that each customer may request. If you have special dietary needs or preferences, please talk to your server and let us know how we can meet your needs.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories per day. These limits may be higher or lower depending upon the daily calorie level. There may be variations in the nutrition content based upon serving size or quantity of ingredients, or based upon special ordering.



Items vary by location
July 2015

ivars.com