



Big Fish Grill

Last Updated April, 2014

	Calories	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbo hydrate (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
	Starters												
Big Fish Dip (Includes Crackers)	302	13	2.2	0.2	1.6	0.9	31	608	277	28	1.1	2	15
Big Fish Peel & Eat Shrimp (No Dipping Sauce)	246	2.8	0.7		1.1	0.5	442	511	569	11	5.1		48
Bruschetta	820	35	8.1	0.8	1.9	11	16	1932	570	112	7.1	11	21
Crispy Fried Tilapia Fingers (No Dipping Sauce)	510	28	5.2		0.8	1	74	2662	530	30	1.6	3.2	34
Freshy Icy Blue Mussels	300	8	1.6		2	2	87	1119	1102	16	0.8	2.1	37
Fried Calamari (No Dipping Sauce)	840	47	7.5		1.4	0.3	532	1475	672	59	2.1	3.3	43
Fried Oysters (No Dipping Sauce)	659	38	6.2		1.2	0.3	46	1678	325	62	2.1	3.3	17
Fried Shrimp (No Dipping Sauce)	472	27	4.2		0.7	0.3	245	967	284	26	1.1	1.6	30
Grilled Charcoal Shrimp (No Dipping Sauce)	128	1.3	0.4		0.5	0.2	243	629	227	1			26
Middle Neck Clams (No Bread)	195	3.5	0.7		0.7	0.3	80	363	737	7.5	0.1	0.2	29
Spring Rolls (Includes Sauce)	524	35	5.2		0.7	0.5	110	1278	345	35	3	19	17
Big Fish Sandwiches (Fries Not Included)													
Big Chicken Sandwich	889	35	12	2.3	2.7	8.2	303	1837	833	47	2.8	11	88
Big Fish Burger	919	58	21	4.3	1.1	5.5	231	1512	261	46	2.6	11	49
Crispy Fried Tilapia Sandwich	1117	72	11	2.3	0.8	1	181	1942	500	74	2.9	14	42
Entree (No Sides Included)													
1.5 Lb Lobster (Butter Not Included)	133	0.8	0.1		0.1	0.2	97	517	479	1.7			27
3 Lb Lobster (Butter Not Included)	266	1.6	0.3		0.2	0.4	195	1034	958	3.5			55
Big Chicken	493	29	3.7	0.4	7.1	16	144	454	456	1.5	0.3	0.4	52
Big Fish Filet Mignon	599	36	15		1.3	14	177	675	602	8.9	0.1	3.8	49
Big Fish Jumbo Lump Crab Cakes (No Dipping Sauce)	502	39	6.9		0.2	1.1	180	845	33	10	0.1	1.6	22
Big Pork Chops	432	15	5.7	0.1	1.5	6	146	892	1397	4.4	0.1	1.9	66
Big Shrimp	256	2.7	0.7		1.1	0.5	486	1258	454	2			52
Big Shrimp Pasta	1433	81	17	0.1	23	21	447	2329	2021	92	10	5.2	85
Big Shrimp Penne	1213	69	37		4.1	21	641	1727	1183	80	5.4	5.9	63
Flash Fried Seafood Combo (No Dipping Sauce)	713	35	5.6		1.2	0.4	230	1262	544	56	2	3.2	42
Fried Scallops (No Dipping Sauce)	820	45	6.7		0.8	0.1	78	1208	831	57	2	3.2	46
Fried Shrimp (No Dipping Sauce)	754	40	6.3		1	0.4	363	1256	436	52	2	3.2	46
Jambalaya	119	2	0.1		0.1	0.1	37	1230	122	15	4.2	10	7.9
Mom's Meatloaf	925	55	22	2.8	1	4.2	315	2262	276	61	0.8	22	45
Scallop Skewer	56	0.5	0.1		0.2		19	629	206	2.2	0.1		10
Seafood of The Day	1178	66	36	0.1	4.3	19	460	1643	796	79	3.3	5.2	59
Sirloin Steak And Shrimp	598	26	10		1.5	10	371	1000	867	5.4	0.1	1.9	76



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Fresh Daily Specials (No Sides Included)													
Big Fish Cioppino	733	12	2.2		3.1	2.5	282	1183	1347	72	3.8	3.7	77
Big Fish Style Broiled Combo (No Tartar Sauce)	384	14	4.3		1	1.5	250	540	997	3.7		0.3	56
Filet And Crab Cake	625	44	12		0.9	9.1	219	590	381	6.7	0.1	1	43
Fresh Grilled Yellowfin Tuna (Includes Lobster Sauce)	348	9.4	4.9		1	2.4	139	231	1155	1.6		0.4	59
Grilled Halibut	287	6.8	1		2	2.6	81	190	1144	0.3			52
Grilled Mahi Mahi	226	2.7	0.6		0.5	1	186	278	1059	0.3			47
Grilled Salmon	418	25	5.1		8.9	9.5	125	175	763	0.3			43
Grilled Swordfish	317	11	2.9		2.5	4.6	99	282	733	0.3			50
Grilled Tuna	285	3.4	0.7		0.8	1.1	115	147	1130	0.3			59
Sides													
Baked Spiced Apples	105	1.1	0.7		0.1	0.3	2.7	5.3	79	24	1.6	19	0.3
Cole Slaw	198	15	2.2				14	155	268	12	3.6	8.7	1.8
Creamed Spinach	265	26	16		1.1	7.4	89	233	153	6.1	1.1	0.6	3
Hand-cut Shoestring Fries	422	29	4.3		0.1			510	743	39	3.5	1.7	3.7
Mashers	383	32	11		0.6	4	41	1254	410	20	1.8	0.9	3.4
Mushrooms	92	7.2	2.6		0.4	0.9	8.8	727	466	5.6	2.4	2.4	3.6
Neva's Potatoes	302	20	12		0.6	4.4	66	405	52	23	2.7	1.1	6.9
Saffron Rice	193	4.6	2.5		0.2	1.1	10	336	35	33	1.2	0.6	2.7
Stewed Tomatoes	74	3.1	0.6		0.3	1.9		375	13	9.9	1.5	5.7	1.5
Succotash	175	10	6.4		0.4	2.9	35	24	110	16	1.3	3.9	3.6
Sweet Potato Mashers	180	3.5	2.2		0.1	0.9	9.1	82	371	36	3.2	18	1.7
Salads (No Dressing)													
Arugula Salad	407	20	6.1		3.5	5.6		198	627	52	7.2	41	12
Big Fish Chopped Salad	89	1.1	0.1		0.3			35	655	18	5.5	6.8	4
Big Fish House Salad	339	27	7.8		13	2.6	25	413	235	14	6.9	6	12
Big Fish Spinach Salad	319	19	6.2		2.7	7.8	447	812	1586	10	5.3	2.1	27
Big Fish Wedge Salad	244	16	8.8		1.1	3.7	48	900	494	8.7	3.2	4.9	15
Caesar Salad	230	11	5.6		1.1	1.7		305	1394	21	11	6.9	14
Goat Cheese Salad	303	25	5.7		5.9	11	10	245	111	13	6.7	6.6	8.5
Salmon Napoleon	558	40	10		0.8	1.1	96	2519	267	29	2.1	9.7	32
Southern Fried Chicken Salad	872	62	14				95	1907	106	42	4.6	7.6	39
Dressings And Sauces (2 Oz)													
Buttermilk Ranch Dressing	191	18	4.2		0.2	1	23	471	35	4.8	0.1	4.4	0.7
Caesar Dressing	390	42	5.2	0.3	7.4	27	51	243	11	1.8	0.1	0.4	1.5
Cocktail Sauce	52							603		14		10	
Greek Dressing	331	37	5.7		3.9	25		138	31	1.9	0.4	0.8	0.9
Lemon Thyme Vinaigrette	300	34	4.9		3.7	24		56	22	2.4	0.4	1	0.2
Maple Walnut Vinaigrette	322	31	2.6	0.4	9.3	17		35	60	11	0.4	9.4	0.8
Marinara Sauce	21	0.1						226	249	5.1	1.1	2.7	0.9
Melted Butter	406	45	29		1.7	11	121	6.2	13				0.5
Mustard Sauce	138	13	8.4		0.5	3.9	46	229	54	1.6		1	1
Raspberry Vinaigrette	351	38	5.5		4.2	27		116	5.3	4.2		3.6	0.1
Tartar Sauce	327	35	4.8				31	417	7.7	2.1	0.1	1.5	0.1

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	Desserts												
Apple Cobbler	901	64	25		7.2	18	65	594	150	81	7.3	49	5.6
Bread Pudding	1773	111	64	0.5	5.1	31	1060	907	316	168	4.6	92	31
Chocolate Mayo Cake	1177	89	41		2.5	17	279	504	204	87	1.7	50	9
Peanut Butter Pie	2210	168	89		2.6	15	199	1294	251	153	10	123	41

MenuTrinfo, LLC provides nutritional label information by reverse ingredient look-up using reputable data references based on the FDA accepted USDA Nutrient Database SR-25. (www.ars.usda.gov). We provide nutrition value estimates based on the information provided by various suppliers that represents a wide range of actual values. Though this is inherently a subjective process, we always assert our best efforts to maintain compliance with the industry standard according to the FDA and any and all current Menu Labeling laws in place at the time of this analysis. In addition, actual values may vary due to factors such as individual preparation of our menu items.