

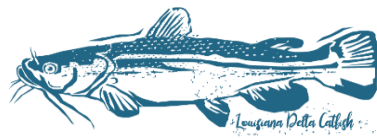
California FISH GRILL

CASUAL KITCHEN



	Calories	Calories from Fat	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)	Cholesterol (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)			
STARTERS														
Ahi Poke* - Green Goddess	330	110	12	1	2	630	15	50	2	1	29			
Breaded Shrimp	330	140	15	0	3	3,240	25	175	3	0	23			
Breaded Calamari	490	230	26	0	5	2,810	39	210	5	0	30			
Parmesan String Beans	560	310	34	0	8	1,230	52	10	5	3	11			
CHOWDERS														
Regular Clam Chowder (8oz)	270	170	19	0	10	750	17	60	2	4	7			
Large Clam Chowder (12oz)	390	250	28	0	14	1,110	24	85	2	5	9			
Westminster Oyster Crackers (1 bag)	70	N/A	2	0	1	80	11	0	0	0	1			
GRILLED SPECIALTIES														
Garlic Butter (1oz)	130	130	14	1	9	150	1	40	0	1	1			
Seasoned Olive Oil (0.5oz)	90	90	10	0	2	95	1	0	0	0	0			
Cajun Style (0.5oz)	65	65	7	0	5	75	1	20	0	1	1			
Salmon & Swai Combo	330	100	11	0	3	720	2	140	0	0	0			
Atlantic Salmon	340	120	13	0	3	360	0	130	0	0	22		2.6	2.8
Ahi Tuna* (Grilled or Cajun Seared)	290	20	3	0	1	150	0	110	0	0	55		0.24	4.7
Tilapia	280	60	7	0	2	290	0	110	0	0	43		0.42	3.3
Louisiana Delta Catfish	380	120	13	0	4	210	2	195	0	0	34		0.3	4.3
Shrimp Skewers	390	240	27	0	3	1,000	3	275	1	0	30		0.48	2.6
Swai (White/Fish)	290	60	7	0	2	970	3	130	0	0	34		0.05	2.3
Giant Shrimp	200	20	2	0	1	940	2	315	0	0	31		0.46	2.5
Chicken Breast	520	260	29	0	5	740	4	190	1	1	67		0.17	-
Mahi-Mahi	500	280	31	0	5	250	0	215	0	0	38		0.29	1.2
Sea Bass (Branzino)	450	280	31	0	3	160	0	180	0	0	44		1.72	0.6
Sockeye Salmon*	280	80	9	0	2	180	2	155	0	0	68		2.1	8.9
Swai & Shrimp Combo	485	180	21	0	3	1,470	5	268	1	0	49		0.29	3.2
SUBS / SIDES FOR GRILLED SPECIALTIES														
White Rice (8oz)	360	20	2	0	0	580	77	0	2	0	7			
Beans (6oz)	120	0	0	0	0	490	19	0	7	2	5			
Kalelsaw (6oz)	170	80	9	0	2	300	22	25	4	10	5			
Rosemary-Zucchini	60	13	2	0	0	120	10	0	1	2	3			
Sweet Potato Fries (5oz) (no sauce)	360	120	13	0	3	190	57	0	6	6	4			
French Fries (7.5oz)	640	280	31	0	7	1,310	81	0	8	0	9			
Sub Cauliflower Rice (8oz)	120	80	8	0	0	600	8	0	8	8	8			
Sub Brown Rice (8oz)	400	50	6	0	1	520	76	0	3	0	8			
Add Green Salad (no dressing)	25	0	0	0	0	10	5	0	2	0	2			
Upgrade Brussels Sprouts (4oz)	450	230	26	0	5	580	53	0	8	22	5			
Upgrade Fire Roasted Street Corn (5oz)	365	130	14	0	8	760	47	35	7	14	12			
Upgrade Dynamite Fries (5oz)	510	233	26	0	5	1,273	63	3	5	5	6			
Upgrade Grilled Asparagus (3 each)	100	75	9	0	1	228	9	0	1	4	2			

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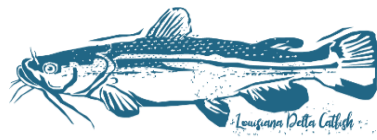
California FISH GRILL

CASUAL KITCHEN



	Calories	Calories from Fat	Total Fat (g)	Trans Fat (g)	Saturated Fat (g)	Sodium (mg)	Total Carbs (g)	Cholesterol (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
ON THE SIDE											
Brussel Sprouts (Balsamic Glazed) (8oz)	750	450	50	0	11	660	67	0	16	44	10
Fire Roasted Street Corn (10oz) - EVOO	860	320	36	0	8	4,560	104	25	15	29	25
Sweet Potato Fries (7.5oz)	650	240	27	0	4.5	880	98	5	9	17	6
Dynamite Fries (7.5oz)	760	350	39	0	8	1,910	95	5	8	8	9
Cauliflower Rice (8oz)	120	80	8	0	0	600	8	0	8	8	8
Brown Rice (6oz)	300	45	5	0	1	390	57	0	3	0	6
White Rice (6oz)	270	10	2	0	0	440	57	0	1	0	5
Green Salad (no dressing)	25	0	0	0		10	5	0	2	0	2
French Fries (7.5oz)	640	280	31	0	7	1,310	81	0	8	0	9
Beans (6oz)	120	0	0	0	0	490	19	0	7	2	5
Kalelsaw (6oz)	170	80	9	0	2	300	22	25	4	10	5
Rosemary-Zucchini	130	25	4	0	0	240	20	0	1	4	5
Side Corn Tortillas (3 each)	165	21	3	0	0	150	33	0	3	0	9
Side Flour Tortillas (2 each)	160	18	4	0	1	160	14	0	0	0	4
Add On Shrimp Skewer (1 each)	195	120	14	0	1	500	2	138	1	0	17
Grilled Asparagus Lime Vinaigrette	200	150	17	0	2	455	18	0	2	7	4
COASTAL TACOS ALA CARTE											
Beans (4oz)	80	0	0	0	0	330	12	0	5	1	3
White Rice (4oz)	180	10	1	0	0	290	38	0	1	0	4
Battered Fish (Corn Tortilla)	325	177	20	0	3	320	31	15	4	2	10
Cajun Salmon (Corn Tortilla) - Green Goddess	325	147	17	0	3	230	26	40	4	2	17
Cajun Shrimp (Corn Tortilla)	275	147	17	0	7	850	19	110	2	2	13
Cajun Swai (Corn Tortilla) - Green Goddess	255	57	7	3	2	410	26	10	4	2	17
Battered Shrimp (Corn Tortilla)	225	32	4	0	2	1,090	28	35	2	4	8
Grilled Chicken (Corn Tortilla)	325	137	15	0	4	300	23	90	4	2	25
Sub Flour Tortilla	+ 25 calories	9	2	0	1	80	7	0	0	0	2
1 Corn Tortilla	55	7	1	0	0	50	11	0	1	0	3
1 Flour Tortilla	80	9	2	0	1	80	7	0	0	0	2
COASTAL TACO COMBOS											
<i>Does not include sides or drinks</i>											
Battered Fish (Corn Tortilla)	650	354	40	0	6	640	62	30	8	4	20
Cajun Shrimp (Corn Tortilla)	550	294	34	0	14	1,700	38	220	4	4	26
Cajun Salmon (Corn Tortilla) - Green Goddess	910	304	35	0	5	1,080	102	80	14	5	41
Cajun Swai (Corn Tortilla) - Green Goddess	770	124	15	5	4	1,440	102	20	14	5	41
Battered Shrimp (Corn Tortilla)	450	64	7	0	4	2,180	56	70	4	8	16
Grilled Chicken (Corn Tortilla)	910	284	31	0	8	1,220	96	180	14	5	57
Sub Flour Tortilla	+ 50 calories	18	4	0	1	160	14	0	0	0	4

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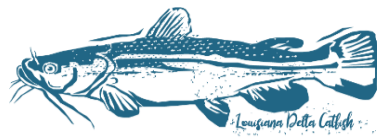
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CASUAL KITCHEN



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CALIFORNIA BOWLS											
White Rice (8oz)	360	20	2	0	0	580	77	0	2	0	7
Brown Rice (8oz)	400	50	6	0	1	520	76	0	3	0	8
Cauliflower Rice (8oz)	120	80	8	0	0	600	8	0	8	8	8
Dynamite Shrimp Bowl	1,070	410	45	0	8	4,500	126	295	8	19	42
Dynamite Tempeh Bowl	1,780	700	78	0	11	2,780	171	0	29	16	89
Keto Shrimp Bowl	580	370	41	0	6	1,050	13	270	4	5	38
Paleo Salmon Bowl	660	470	53	0	9	970	21	65	8	9	30
Mediterranean Grain Bowl	770	380	43	0	5	600	66	50	11	9	36
WE LOVE SALADS (INCLUDES DRESSING)											
California Mix (Greens Only)	410	240	27	0	7	490	34	40	5	23	15
Power Greens (Greens Only)	150	10	1	0	0	25	33	0	5	3	5
Green Goddess Dressing (2.5oz)	300	250	28	0	1	350	3	0	0	0	0
Ranch Dressing (2.5oz)	350	350	40	0	6	750	5	13	0	3	3
Balsamic Vinaigrette (2.5oz)	150	113	13	0	1	475	10	0	0	10	0
Lime Vinaigrette (2.5oz)	240	170	19	0	3	440	18	0	0	16	0
Seasoned Olive Oil (2oz)	360	360	40	0	6	380	2	0	0	0	0
KID APPROVED											
French Fries (6oz)	510	230	25	0	6	1050	64	0	6	0	7
Kaleslaw (3oz)	90	45	5	0	1	150	11	10	2	1	2
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Soft Drink (12oz)	0-165	N/A	0	N/A	N/A	33-75	0-42	N/A	N/A	0-42	0
White Rice (4oz)	180	10	1	0	0	290	38	0	1	0	4
Brown Rice (4oz)	200	25	3	0	0	260	38	0	2	0	4
Beans (4oz)	80	0	0	0	0	330	12	0	5	1	3
Brussels Sprouts (4oz)	375	225	25	0	6	330	34	0	8	22	5
Sweet Potato Fries (5oz) (no sauce)	360	120	13	0	3	190	57	0	6	6	4
Dynamite Fries (4oz)	435	175	20	0	4	5,945	63	3	8	5	6
Battered Fish (no sides)	760	470	52	0	11	2,830	38	70	3	0	33
Grilled Swai (White/Fish) (no sides)	390	250	28	4	8	380	0	20	0	0	19
Breaded Shrimp (no sides) - 6 each	230	100	11	0	3	1,200	16	135	1	0	17
Chicken Strip (no sides)	480	220	24	0	5	820	36	70	3	0	28
Grilled Chicken (no sides)	310	150	17	3	3	1,000	1	175	0	0	39
Grilled Shrimp (no sides) - 6 each	150	130	14	0	1	50	0	50	0	0	7
Grilled Salmon (no sides)	170	60	7	0	1	180	0	65	0	0	11

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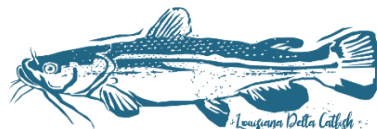
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CLASSICS											
Beans (6oz)	120	0	0	0	0	490	19	0	7	2	5
Kaleslaw (3oz)	90	45	5	0	1	150	11	10	2	1	2
French Fries (7.5oz)	640	280	31	0	7	1,310	81	0	8	0	9
Sub Sweet Potato Fries (5oz) (no sauce)	360	120	13	0	3	190	57	0	6	6	4
Sub Dynamite Fries (5oz)	510	233	26	0	5	1,273	63	3	5	5	6
Fish & Chips (no sides)	710	430	48	0	10	2,650	36	65	3	0	31
Calamari Plate (no sides)	530	230	26	0	5	2,810	39	210	5	0	30
Fried Catfish (no sides)	720	410	45	0	0	970	23	190	0	3	57
Breaded Shrimp (no sides)	550	230	25	0	5	2,810	38	310	2	0	39
Breaded Fish & Shrimp (no sides)	1,050	390	43	0	9	3,050	94	310	5	7	71
Breaded Shrimp & Calamari (no sides)	580	260	29	0	6	2,160	42	290	3	0	38
Breaded Fish & Calamari (no sides)	1,040	400	44	0	10	2,250	94	265	5	7	67
SAUCES / SALSAS / DRESSINGS											
Dynamite Sauce (1oz)	80	45	5	0	1	400	9	5	0	5	0
Ranch Dressing (1oz)	140	140	15	0	3	280	2	5	0	1	0
Balsamic Vinaigrette (1oz)	60	45	5	0	1	190	4	0	0	4	0
Lime Vinaigrette (1oz)	100	100	14	0	3	320	13	0	0	4	0
Fresh Salsa (1oz)	7	0	0	0	0	53	1	0	0	1	0
Spicy Tomatillo Salsa (1oz)	10	0	0	0	0	180	2	0	1	1	0
House Tartar Sauce (1oz)	160	150	16	0	3	220	4	15	1	1	1
Ketchup (1oz)	40	0	0	0	0	320	10	0	0	8	0
Spicy Roasted Tomato Salsa (1oz)	7	0	0	0	0	53	1	0	0	1	0
House Cocktail Sauce (1oz)	23	3	0	0	0	375	5	0	1	5	1
Creole Remoulade (1oz)	110	90	10	0	2	310	4	10	0	3	1
Cilantro (1oz)	7	1	0	0	0	13	1	0	1	0	1
Lemons (1 wedge)	2	0	0	0	0	0	0	0	0	0	0
BEVERAGES											
Caleb's Kola Draft (12oz)	135	0	0	0	0	68	36	0	0	35	0
Black Cherry Tarragon (12oz)	135	0	0	0	0	53	36	0	0	36	0
Black Cherry Tarragon Low Cal (12oz)	0	0	0	0	0	75	0	0	0	0	0
Agave Vanilla Cream Soda (12oz)	150	0	0	0	0	60	39	0	0	39	0
Lemon Berry Acai (12oz)	150	0	0	0	0	68	41	0	0	41	0
Pineapple Cream Soda (12oz)	150	0	0	0	0	53	39	0	0	39	0
Orange Hibiscus (12oz)	165	0	0	0	0	38	42	0	0	41	0
Classic Root Beer (12oz)	165	0	0	0	0	60	42	0	0	42	0
Izze Sparkling Clementine (12oz)	105	0	0	0	0	113	29	0	0	27	0
Izze Sparkling Grapefruit (12oz)	120	0	0	0	0	75	30	0	0	29	0
Tropicana Watermelon	140	N/A	0	0	0	15	34	0	N/A	34	0
Pure Leaf Lemon	160	0	0	0	0	0	41	0	0	41	0
Pure Leaf Green Tea	0	0	0	0	0	15	0	0	0	0	0
Vive Immunity Boost	20	0	0	0	0	0	4	0	0	3	1
Zola Coconut Water	50	0	0	0	0	55	13	0	0	10	0
Pepsi Bottle (20oz)	250	-	0	-	-	50	69	-	-	69	0
Diet Pepsi Bottle (20oz)	0	-	0	-	-	60	0	-	-	0	0
Sierra Mist Bottle (20oz)	240	-	0	-	-	60	61	-	-	61	0
Stubborn Agave Vanilla (12oz)	150	-	0	-	-	65	38	-	-	38	0
Stubborn Root Beer (12oz)	150	-	0	-	-	70	39	-	-	39	0

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BEVERAGES (cont.)											
Stubborn Black Cherry Tarragon (12oz)	140	-	0	-	-	55	36	-	-	36	0
Kevita Kombucha Pineapple Peach	70	0	0	0	0	40	16	0	0	16	0
Evian Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Badoit Sparkling Water	0	0	0	0	0	60	0	0	0	0	0
Rowdy Mermaid Strawberry Tonic	45	0	0	0	0	0	9	0	0	9	0
Rowdy Mermaid Living Ginger	45	0	0	0	0	0	9	0	0	9	0
Raspberry Basil Lemonade (11oz)	60	0	0	0	0	15	18	0	1	8	1
Matcha Green Tea Lemonade (11oz)	120	0	0	0	0	0	38	0	1	21	3
Pineapple Matcha Juice (11oz)	130	0	0	0	0	10	36	0	0	29	2
Sea Salt Mango Juice (11oz)	140	0	0	0	0	80	34	0	0	33	0
DESSERTS											
Chewy Marshmallow Treat	250	45	5	0	3	240	49	15	0	26	2
Peruvian Chocolate Brownie	350	180	20	0	10	135	40	70	3	27	5
WINES											
Kendall Jackson Chardonnay 7oz	168	0	0	0	0	0	1	0	0	0	0
Kendall Jackson Chardonnay Bottle	609	0	0	0	0	0	25	0	0	0	0
Kendall Jackson Sauvignon Blanc 7oz	281	0	0	0	0	0	4	0	0	0	0
Kendall Jackson Sauvignon Blanc Bottle	1,021	0	0	0	0	0	15	0	0	0	0
Benvolio Pinot Grigio 7oz	154										
Benvolio Pinot Grigio Bottle	558										
Murphy Goode Red Blend 7oz	182										
Murphy Goode Red Blend Bottle	695										
BEERS											
Corona Bottle	148	0	0	0	0	0	13	0	0	0	0
Pacifico Bottle	145	0	0	0	0	0	13	0	0	13	0
Coors Light Bottle	102	0	0	0	0	11	5	0	0	0	1
Bud Light 16oz	160	0	0	0	0	20	19	0	0	0	0
Bud Light Pitcher	560	0	0	0	0	80	76	0	0	0	0
Modelo Especial 16oz	193	0	0	0	0	0	5	0	0	0	0
Modelo Especial Pitcher	677	0	0	0	0	0	20	0	0	0	0
Karl Strauss Red Trolley 16oz	232	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Karl Strauss Red Trolley Pitcher	813	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tangerine Express 16oz	279	N/A	N/A	N/A	N/A	33	15	N/A	N/A	N/A	3
Tangerine Express Pitcher	977	N/A	N/A	N/A	N/A	132	60	N/A	N/A	N/A	10
Stone Ripper 16oz	227	N/A	N/A	N/A	N/A	33	24	N/A	N/A	N/A	3
Stone Ripper Pitcher	793	N/A	N/A	N/A	N/A	132	96	N/A	N/A	N/A	10
Stone Blonde Ale 16oz	220	N/A	N/A	N/A	N/A	26	22	N/A	N/A	N/A	3
Stone Blonde Ale Pitcher	770	N/A	N/A	N/A	N/A	103	88	N/A	N/A	N/A	10
Bohemia Bottle 12oz	135	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Dos Equis Lager Bottle 12oz	141	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

RESPONSIBLY DELICIOUS

We think it's important for future generations of fish lovers to enjoy their favorites. That's why we proudly partner with the Monterey Bay Aquarium Seafood Watch® program to serve seafood they rate as Best Choice, Good Alternative or that is eco-certified by an organization they defer to.



Best Choice



Good Alternative



Aquaculture
Stewardship Council



Best
Aquaculture Practices



Marine
Stewardship Council

We take enormous pride in serving high-quality, sustainably-sourced seafood at an affordable price. Ensuring we source responsibly and at the quality level we demand, we may change between selections of fresh, frozen, wild-caught and farm-raised on our menu from time-to-time.

Download the free Seafood Watch app to see up-to-date recommendations for the seafood on our menu today.

CFG MENU LIST	STEP 1: TYPE SEAFOOD WATCH APP NAME					FACTS
	STEP 2: CLICK	STEP 3: CLICK	STEP 4: CLICK	STEP 5: CLICK		
Ahi Tuna	Tuna, Yellowfin	Tuna, Yellowfin	IMPORTED	WILD	EASTERN PACIFIC HAND POLE AND LINE	Eastern Pacific Method: Pole & Line Caught
Atlantic Salmon	Salmon, Atlantic	Salmon, Atlantic	IMPORTED	FARMED	ECO CERTIFICATION TAB	Norway/Chile/Canada Method: Marine Net Pen ECO Certified by ASC
Branzino	Seabass, European	Seabass, European	IMPORTED	FARMED	EUROPEAN MEDITERRANEAN & BLACK SEA: MEDITERRANEAN SEA	Mediterranean Sea Method: Marine Net Pen
Calamari	Squid, Jumbo	Squid , Jumbo	IMPORTED	WILD	PERU JIG	Peru Method: Jig Caught
Catfish	Catfish, Channel	Catfish, Channel	DOMESTIC	FARMED	U.S. POND	USA Method: Pond
Clams	Clams, Ocean Quahog or Clams, Atlantic Surf	Clams, Ocean Quahog & Clams, Atlantic Surf	DOMESTIC	WILD	U.S. ATLANTIC TOWED DREDGES	Atlantic Ocean, Method: Towed Dredges ECO Certified by MSC

For further questions email hello@cafishgrill.com

We think it's important for future generations of fish lovers to enjoy their favorites. That's why we proudly partner with the Monterey Bay Aquarium Seafood Watch® program to serve seafood they rate as Best Choice, Good Alternative or that is eco-certified by an organization they defer to.



Best Choice



Good Alternative



Aquaculture
Stewardship Council



Best
Aquaculture Practices



Marine
Stewardship Council

We take enormous pride in serving high-quality, sustainably-sourced seafood at an affordable price. Ensuring we source responsibly and at the quality level we demand, we may change between selections of fresh, frozen, wild-caught and farm-raised on our menu from time-to-time.

Download the free Seafood Watch app to see up-to-date recommendations for the seafood on our menu today.

CFG MENU LIST (continued)	STEP 1: SEAFOOD WATCH APP NAME					FACTS
	STEP 2: CLICK	STEP 3: CLICK	STEP 4: CLICK	STEP 5: CLICK		
Mahi	Dolphinfish	Mahi-Mahi	IMPORTED	WILD	ECUADOR - EASTERN CENTRAL PACIFIC OCEAN	Ecuador - Southeast Pacific Ocean Method: Drifting Longlines
Shrimp	Shrimp, Whiteleg	Shrimp , Whiteleg	IMPORTED	FARMED	ECO CERTIFICATION TAB - ASC & BAP	India/Indonesia Method: Pond, Indoor Recirculating Tank ECO Certified by ASC/BAP
Sockeye Salmon	Salmon, Sockeye	Salmon, Sockeye	DOMESTIC	WILD	ECO CERTIFICATION TAB - MSC	Alaska Method: Drift Nets/Seine Nets/Purse Seines ECO Certified by MSC
Swai (White/Fish)	Catfish, Sutchi	Catfish, Sutchi	IMPORTED	FARMED	ECO CERTIFICATION TAB - ASC & BAP	Vietnam Method: Pond ECO Certified by ASC/BAP
Tilapia	Tilapia	Tilapia	IMPORTED	FARMED	ECO CERTIFICATION TAB - ASC & BAP	Costa Rica Method: Pond ECO Certified by ASC/BAP

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