

California FISH GRILL

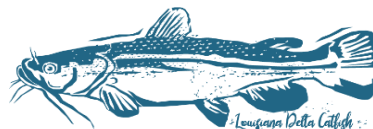
CASUAL KITCHEN



	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*	330	120	13	5	3	620	15	55	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			
Peri-Peri Sauce (1oz)	90	80	9	0	1	140	2	0	0	0	0			
Salmon & Swai Combo	330	100	11	0	3	720	2	140	0	0	23			
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	
Rainbow Trout	400	200	22	0	5	220	0	185	0	0	51	2.4	9.2	
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	-	
Barramundi (Sea Bass)	310	60	7	0	2	230	4	170	0	0	41	1.6	-	
Rockfish	300	45	5	0	2	300	1	155	0	0	35	0.56	2.2	
Seared Scallops* (8 each)	270	250	28	0	2	1,400	4	105	0	0	19	0.18	2.2	
Mahi-Mahi	500	280	31	0	5	250	0	215	0	0	38	0.29	1.2	
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	
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			
Grilled Zucchini (2 each)	120	25	4	0	0	240	20	0	1	4	5			
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 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			
Upgrade Soy Sesame Edamame (5oz)	178													



Nutritional information provided about our menu items is based on California Fish Grill's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply and regional and seasonal differences. Due to these factors, California Fish Grill cannot guarantee the complete accuracy of the nutritional information provided. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.



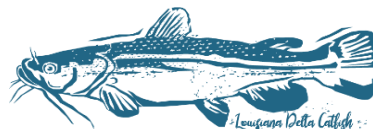
California FISH GRILL

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)	730	250	28	1	16	1,520	93	75	13	28	23
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
Soy Sesame Edamame (10oz)	357										
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
Grilled Zucchini (2 each)	120	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 Rockfish (Corn Tortilla)	325	177	20	0	3	320	31	15	4	2	10
Cajun Salmon (Corn Tortilla)	255	117	13	0	6	1,050	23	105	2	5	13
Cajun Shrimp (Corn Tortilla)	275	147	17	0	7	850	19	110	2	2	13
Cajun Swai (Corn Tortilla)	215	67	8	2	3	370	17	15	2	2	15
Battered Shrimp (Corn Tortilla)	225	32	4	0	2	1,090	28	35	2	4	8
Chimichurri Chicken (Corn Tortilla)	365	177	20	0	4	390	20	115	2	2	30
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 Rockfish (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)	510	234	26	0	12	2,100	46	210	4	10	26
Cajun Swai (Corn Tortilla)	430	134	16	4	5	740	34	30	4	4	30
Battered Shrimp (Corn Tortilla)	450	64	7	0	4	2,180	56	70	4	8	16
Chimichurri Chicken (Corn Tortilla)	730	354	40	0	8	780	40	230	4	4	60
Sub Flour Tortilla	+ 50 calories	18	4	0	1	160	14	0	0	0	4

Nutritional information provided about our menu items is based on California Fish Grill's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply and regional and seasonal differences. Due to these factors, California Fish Grill cannot guarantee the complete accuracy of the nutritional information provided. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.



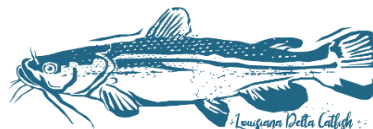
California FISH GRILL

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)
CALIFORNIA BOWLS											
White Rice (8oz)	360	20	2	0	0	580	77	0	2	0	7
Sub Brown Rice (8oz)	400	50	6	0	1	520	76	0	3	0	8
Sub Grain Bowl	510	60	7	0	1	530	102	0	6	2	11
Dynamite Shrimp Bowl (no rice)	710	390	43	0	8	3,920	49	295	6	19	35
Cilantro Lime Salmon (no rice)	1,180	800	89	1	18	1,030	47	180	1	23	49
Ahi Poke Bowl* (no rice)	500	230	26	1	4	1,570	7	110	2	2	56
Coconut Curry Shrimp Bowl (no rice)	490	250	28	0	7	2,280	27	270	4	7	34
WE LOVE SALADS (INCLUDES DRESSING)											
Cajun Seared Ahi* with Cilantro Dressing (no base)	540	280	31	0	3	150	0	110	0	0	67
Asian Shrimp with Asian Dressing (no base)	380	270	30	0	3	1,030	2	230	0	0	25
Grilled Chicken Breast with Cilantro Dressing (no base)	530	320	35	0	4	490	0	165	0	0	54
Cajun Salmon with Lime Vinaigrette (no base)	590	380	42	0	5	360	0	130	0	0	55
Cilantro Dressing (2.5oz)	310	300	33	0	5	290	2	10	0	1	1
Asian Sesame Dressing (2.5oz)	190	140	16	0	3	2,160	9	0	0	8	3
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
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
Asian Shrimp Power Greens (includes dressing)	670	380	42	0	4	2,780	14	230	5	9	32
Grilled Chicken Breast Power Greens (includes dressing)	970	600	67	0	9	800	35	175	5	3	60
Cajun Salmon Power Greens (includes dressing)	950	570	63	1	14	880	41	170	5	10	61
Cajun Seared Ahi* Power Greens (includes dressing)	1,110	680	76	1	17	610	35	160	5	4	74
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

Nutritional information provided about our menu items is based on California Fish Grill's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply and regional and seasonal differences. Due to these factors, California Fish Grill cannot guarantee the complete accuracy of the nutritional information provided. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.



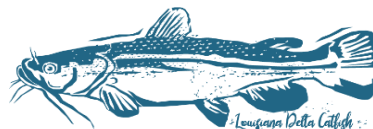
California FISH GRILL

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)
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
Dynamite Fried Rockfish (no sides)	800	570	63	0	11	510	10	135	1	1	47
Breaded Scallops (no sides) 8 pieces	470	140	15	0	3	1080	49	55	2	1	35
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
Cilantro Dressing (1oz)	150	120	13	0	2	115	1	5	0	0	1
Asian Sesame Dressing (1oz)	110	80	9	0	2	270	6	0	0	3	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

Nutritional information provided about our menu items is based on California Fish Grill's standardized recipes, representative values provided by suppliers, analysis using industry standard software, published resources, and/or testing conducted in accredited laboratories, and are expressed in values based on federal rounding and other applicable regulations. A number of factors may affect the actual nutrition values for each product, such as variations in serving sizes, preparation techniques, ingredient substitutions, order customization, product testing, new recipe testing, sources of supply and regional and seasonal differences. Due to these factors, California Fish Grill cannot guarantee the complete accuracy of the nutritional information provided. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.



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)
BEVERAGES (cont.)											
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
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