

At Ivar's, every nutritious meal starts with wholesome ingredients and thoughtful preparation. Ivar's sources the highest quality seafood and ingredients for the best flavor and nutritional value.

Ivar Haglund was proud of the Pacific Northwest and its inherent bounty. So, naturally, Ivar's is wild about seafood with a tradition that continues in today's quality menu offerings. The seafood we serve is high in protein, rich in antioxidants and Omega 3 fatty acids.

We proudly serve wild Alaskan Salmon, deep-water Alaskan Halibut and Pacific True Cod. Our fish is sourced directly from the waters where they thrive, making their flavor robust and nutritionally pristine. We also take great care in preparing your seafood by using only 0 grams trans fat canola oil.

Seafood is delicious and nutritious. Did you know the American Heart Association recommends you eat fish at least twice a week? Recent research shows that eating oily fish like salmon, which contains omega-3 fatty acids, may help lower your risk of heart disease.

Seafood has also long been considered brain food. Additional research suggests that certain foods may reduce the risk of stroke and appears to protect brain cells. This includes cold water fish that contain beneficial omega-3 fatty acids such as salmon and halibut. The Alzheimer's Association also recommends increasing intake of these foods.

Enjoy your delicious and healthy Ivar's seafood today.

.....

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.



www.ivars.com

Nutritional Information





Serving (g) Calories Saturated Fat (g) Protein (g) Carbohydrates (g) Sodium (mg)

| Fish and Seafood | | | | | | |
|----------------------------------|-----|-----|-----|----|-----|------|
| 3 Piece Fish 'n Chips | 372 | 536 | 3 | 32 | 69 | 840 |
| 4 Piece Fish 'n Chips | 428 | 610 | 3 | 41 | 74 | 1070 |
| 5 Piece Fish 'n Chips | 619 | 870 | 4 | 52 | 105 | 1550 |
| Baby Prawns 'n Chips | 302 | 640 | 7 | 20 | 74 | 1270 |
| Jumbo Prawns'n Chips | 400 | 600 | 3 | 41 | 70 | 970 |
| Calamari 'n Chips | 382 | 680 | 5 | 32 | 83 | 1170 |
| Chicken 'n Chips | 363 | 790 | 7 | 35 | 75 | 1410 |
| Clams 'n Chips | 283 | 770 | 10 | 19 | 83 | 1050 |
| Full Boat Special (2.5 servings) | 591 | 750 | 4 | 46 | 78 | 2010 |
| Super Combo | 337 | 720 | 7 | 26 | 83 | 1320 |
| Halibut 'n Chips | 428 | 660 | 3 | 46 | 74 | 1040 |
| Oysters 'n Chips | 347 | 470 | 3 | 18 | 66 | 820 |
| Salmon 'n Chips | 428 | 800 | 6 | 45 | 74 | 1030 |
| Scallops 'n Chips | 342 | 611 | 2 | 55 | 68 | 1280 |
| 3 Piece Sole 'n Chips | 443 | 610 | 3 | 47 | 69 | 910 |
| Grilled | | | | | | |
| Grilled Salmon Dinner | 453 | 857 | 6 | 53 | 85 | 760 |
| Grilled Halibut Dinner | 453 | 770 | 2 | 66 | 83 | 757 |
| Grilled Mahi Mahi Dinner | 453 | 703 | 3 | 59 | 83 | 835 |
| Grilled Chicken Dinner | 541 | 940 | 10 | 35 | 108 | 1520 |
| Salads | | | | | | |
| Asian Salad | 382 | 320 | 1.5 | 9 | 57 | 640 |
| Caesar Salad | 265 | 328 | 5 | 8 | 20 | 810 |
| Side Caesar Salad | 136 | 151 | 3 | 5 | 10 | 400 |
| Crab Caesar Salad | 350 | 410 | 6 | 27 | 21 | 1130 |
| Grilled Chicken Caesar Salad | 373 | 630 | 10 | 24 | 39 | 1420 |
| Salmon Caesar Salad | 435 | 639 | 9 | 43 | 21 | 893 |
| Shrimp Caesar Salad | 350 | 410 | 6 | 26 | 21 | 940 |
| Salad Dressing | | | | | | |
| Caesar Dressing | 59 | 188 | 3 | 2 | 4 | 502 |
| Side Caesar Dressing | 22 | 71 | 1 | 1 | 2 | 188 |
| Crab Caesar Dressing | 59 | 188 | 3 | 2 | 4 | 502 |
| Grilled Chicken Caesar Dressing | 144 | 282 | 4 | 21 | 5 | 824 |
| Salmon Caesar Dressing | 59 | 188 | 3 | 2 | 4 | 502 |
| Shrimp Caesar Dressing | 59 | 188 | 3 | 2 | 4 | 502 |



Serving (g) Calories Saturated Fat (g) Protein (g) Carbohydrates (g) Sodium (mg)

| Chowders | | | | | | |
|-------------------------------|-----|------|-----|----|-----|------|
| White Clam Chowder Cup 8oz | 227 | 240 | 2.5 | 8 | 21 | 980 |
| White Clam Chowder Bread Bowl | 768 | 1150 | 4 | 37 | 171 | 3100 |
| Red Clam Chowder Cup 8 oz | 241 | 210 | 3 | 5 | 21 | 1080 |
| Clamhattan Chowder Cup 8 oz | 163 | 80 | < 1 | 7 | 12 | 380 |
| Smoked Salmon Chowder 8oz | 227 | 250 | 1.5 | 10 | 20 | 1000 |
| Kid Meal's | | | | | | |
| Kids Baby Prawns 'n Chips | 170 | 370 | 4 | 12 | 42 | 770 |
| Kids Clams 'n Chips | 170 | 463 | 6 | 11 | 50 | 630 |
| Kids Fish 'n Chips | 197 | 280 | 1 | 21 | 31 | 580 |
| Little Chicken 'n Chips | 166 | 360 | 3 | 17 | 34 | 710 |
| Sides | | | | | | |
| Corn Bread | 65 | 170 | 1 | 4 | 28 | 430 |
| Coleslaw | 170 | 150 | 1.5 | 2 | 15 | 230 |
| Crab Cocktail | 98 | 120 | 1 | 13 | 10 | 854 |
| French Fries side order | 284 | 430 | 3.5 | 7 | 70 | 50 |
| Shrimp Cocktail | 98 | 120 | < 1 | 14 | 10 | 820 |
| Side Salad | 213 | 37 | < 1 | 2 | 8 | 39 |
| Beverages | | | | | | |
| Hot Chocolate 12 oz | 60 | 164 | 0 | 2 | 42 | 100 |
| Barq's Root Beer 22 oz | 689 | 305 | 0 | 0 | 83 | 66 |
| Cherry Coke 22 oz | 688 | 288 | 0 | 0 | 77 | 11 |
| Coca-Cola Classic 22 oz | 684 | 267 | 0 | 0 | 75 | 25 |
| Diet Coke 22 oz | 659 | 3 | 0 | 0 | 0 | 11 |
| Fanta Orange Soda 22 oz | 691 | 325 | 0 | 0 | 88 | 25 |
| Minute Maid Lemonade 22 oz | 680 | 308 | 0 | 0 | 77 | 44 |
| Pibb Xtra 22 oz | 684 | 267 | 0 | 0 | 72 | 19 |
| Sprite 22 oz | 678 | 271 | 0 | 0 | 69 | 61 |
| Condiments | | | | | | |
| Barbecue Sauce | 35 | 53 | 0 | 0 | 13 | 392 |
| Cocktail Sauce | 34 | 50 | 0 | 0 | 9 | 640 |
| Ketchup | 30 | 29 | 0 | 1 | 0 | 334 |
| Tartar Sauce | 57 | 164 | 2 | 0 | 10 | 493 |

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.