

Duke's Chowder House Nutritional Information

Appetizers

Menu Item	Quantity	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>*Please note that nutritional information for french fries, sauces, and side salads is listed separately for each prospective appetizer</i>												
Surf Clam Strips	369	17.3	1.4	0	63	1353	144	23.7	9	1.5	32	
Chicken Strips	441	28.15	2.7	0	85.25	275	444	16.82	9	1.6	35.75	
Calamari Steak Strips	342	17.4	1.9	0	333	223	402	21	9	1.5	25	
Goat Cheese Pesto Quesadilla	691	55.9	25	0	71	852	293	32.2	1.8	3.5	18.1	
Prawns Del Cabo	529	53.66	5.55	0	61	376	485	8.4	4.8	1.1	9.1	
Halibut Quesadilla	646	45.45	15.1	0	102	1338.5	446.5	31	0.5	2.2	27.3	
Dungeness Crab Uncake	820	58.6	25.6	0	195	897	37	19	0.3	3.4	12	
Topless Salmon Sliders	503	33.78	2.51	0	65.995	490	650	24.3	2.699	0	26.19	
Mussels El Duke	711	45.06	21.47	0	174.6	1985.6	823.6	41.36	2	0	34.22	
Barbecue Sauce	75	1.2	0	0	0	531	180	14.7	0	13.2	1.8	
French Fries	445	23	3	0.5	0	410	780	54.5	5	1	5.5	
Ketchup	60	0	0	0	0	454		14.2	0	11.3	0	
Ranch	156	15.9	2.4	0	15	198	36	1.8	0	1.5	1.2	
Salsa	63	6.4	0.9	0	0	76	114	1.8	0.6	1.2	0.5	
Side salad, with citrus vinaigrette	108	11.8	1.3	0	4	91	92	0.8	0.3	0	0.6	
Tartar Sauce	432	45	6	0	42	480	42	6	0	4.2	0.6	
Tortilla Chips	319	15.96	2.2	0	0	262	0	43.22	45	0	4.5	
Wasabi Mayonnaise	324	34.8	0	0	36	336	12	2.4	0	0	0	

Salads

Menu Item	Quantity	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Starter Caesar Salad	1 salad	536	46.6	15.5	0	54	1733	298	16.1	1.8	0.8	16.3
Starter Caesar Salad, No dressing	1 salad	284	18.4	11.3	0	51	1385	277	15.8	1.8	0.8	14.5
Entree Caesar Salad	1 salad	1068	93.2	31.2	0	108	3463	526	31.3	2.7	1.6	32.3
Entree Caesar Salad, No dressing	1 salad	564	36.8	22.8	0	102	2767	484	30.7	2.7	1.6	28.7
1/2 Chicken Caesar	1 salad	722	49	16.1	0	150	1841	730	16.1	1.8	0.8	55.3
1/2 Chicken Caesar, No dressing	1 salad	470	20.8	11.9	0	147	1493	709	15.8	1.8	0.8	53.5
Chicken Caesar	1 salad	1254	95.6	31.8	0	204	3571	958	31.3	2.7	1.6	71.3
Chicken Caesar, No dressing	1 salad	750	39.2	23.4	0	198	2875	916	30.7	2.7	1.6	67.7
1/2 Blackened Salmon Caesar	1 salad	736	55.6	16.85	0	134	1793	993	16.1	1.8	0.8	44.3
1/2 Blackened Salmon Caesar, No dressing	1 salad	484	27.4	12.65	0	131	1445	972	15.8	1.8	0.8	42.5
Blackened Salmon Caesar	1 salad	1268	102.2	32.55	0	188	3523	1221	31.3	2.7	1.6	60.3
Blackened Salmon Caesar, No dressing	1 salad	764	45.8	24.15	0	182	2827	1179	30.7	2.7	1.6	56.7
Starter Spinach Salad	1 salad	384	30.05	6.85	0	130.5	871.5	804	16.9	3.45	7.9	19.1
Starter Spinach Salad, No dressing	1 salad	261	18.65	5.35	0	130.5	556.5	780	11.2	3.45	2.5	17.9

Entree Spinach Salad	1 salad	756	60.2	13.7	0	261	1740	1462	31.5	6.2	14.2	37.7
Entree Spinach Salad, No dressing	1 salad	510	37.4	10.7	0	261	1110	1414	20.1	6.2	3.4	35.3
Starter Wild Mixed Greens	1 salad	374	29.5	5.8	0	11	509	570	25.3	4.6	19.6	6.8
Starter Wild Mixed Greens, No dressing	1 salad	224	13.9	3.6	0	11	235	560	21.5	4.6	16	6.8
Entree Wild Mixed Greens	1 salad	742	59	11.6	0	22	994	974	49.6	8.6	39.2	12.8
Entree Wild Mixed Greens, No dressing	1 salad	442	27.8	7.2	0	22	446	954	42	8.6	32	12.8
Starter Blue Caesar	1 salad	593	80.9	18.35	0	80.5	1432.5	645.5	23.1	4.9	2.45	12.65
Starter Blue Caesar, No dressing	1 salad	293	19.7	9.65	0	38.5	1174.5	582.5	20.7	4.9	2.45	10.25
Entree Blue Caesar	1 salad	1170	101.9	36.7	0	161	2859	1075	42.9	8.2	3.3	24.3
Entree Blue Caesar, No dressing	1 salad	570	39.5	19.3	0	77	2343	949	38.1	8.2	3.3	19.5
1/2 Unchopped Salad	1 salad	686	50.7	10.8	0	219	733.5	1097.6	18.5	4.6	4.6	43.05
1/2 Unchopped Salad, No dressing	1 salad	446	22.7	6.8		219	658.5	1077.1	18.5	4.6	4.6	43.05
Unchopped Salad	1 salad	1196	99.8	21.6	0	244	1133	1551.2	31.8	7.6	7.6	53.1
Unchopped Salad, No dressing	1 salad	816	43.8	13.6		244	983	1510	31.8	7.6	7.6	53.1
1/2 Ocean Fresh Salad	1 salad	493	40.2	8.3	0	118	856	792	10.1	4.2	0.9	22.9
1/2 Ocean Fresh Salad, No dressing	1 salad	215	10.7	4.2	0	91	616	744	8.3	4.2	0.9	22.1
Ocean Fresh Salad	1 salad	710	59.4	12.2	0	161	1356	1063	14.6	5.1	1.6	29.5
Ocean Fresh Salad, No dressing	1 salad	293	15	6.9	0	119	996	991	11.9	5.1	1.6	28.3
1/2 Chicken Cobb	1 salad	771	84.5	18.1	0	384	1096.5	1237.5	15.9	3.7	1.7	59.75
1/2 Chicken Cobb, No dressing	1 salad	471	23.3	9.4	0	342	838.5	1174.5	13.5	3.7	1.7	57.35
Chicken Cobb	1 salad	1128	115.8	29.8	0	714	2334	1744	28.6	5.1	0.2	81.4
Chicken Cobb, No dressing	1 salad	728	44.2	18.2	0	588	1560	1555	21.4	5.1	0	74.2
1/2 Blackened Salmon Cobb	1 salad	920	106.1	27.85	0	392	1048.5	1500.5	15.9	3.7	1.7	48.75
1/2 Blackened Salmon Cobb, No dressing	1 salad	620	44.9	19.15		350	790.5	1437.5	13.5	3.7	1.7	46.35
Blackened Salmon Cobb	1 salad	1277	137.4	39.55	0	722	2286	2007	28.6	5.1	0.2	70.4
Blackened Salmon Cobb, No dressing	1 salad	877	65.8	27.95	0	596	1512	1818	21.4	5.1	0.2	63.2
1/2 Filet Mignon Salad	1 salad	577	39.38	10.33		92	755	944	25.6	4.6	19.6	34.8
1/2 Filet Mignon Salad, No dressing	1 salad	427	23.78	8.13	0	92	481	934	21.8	4.6	16	34.8
Filet Mignon Salad	1 salad	1148	78.76	20.66	0	184	1486	1722	50.1	8.6	39.2	68.8
Filet Mignon Salad, No dressing	1 salad	848	47.56	16.26	0	184	938	1702	42.5	8.6	32	68.8

Fish & Chips

Menu Item	Quantity	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>*Please note that the nutritional information for fries and sauces are listed separately from fish</i>												
Fish & Chips	2 pieces, fish only	362	19	4.3	0	53	710	499	26.5	0.8	0	22.8
Fish & Chips	3 pieces, fish only	543	28.5	6.45	0	79.5	1080	748.5	39.75	1.2	0	34.2
Halibut & Chips	2 pieces, fish only	410	21.4	4.3	0	53	710	539	26.5	0.8	0	26.4

Sides and Sauces

Duke's Slaw	1 side	80	4.7	0	0	0	41	288	8.7	2.3	5.9	1.9
French Fries	5 oz	445	23	3	0.5	0	410	780	54.5	5	1	5.5
Blue Cheese Dressing	1.5 oz	300	61.2	8.7	0	42	258	63	2.4	0	0	2.4
Chipotle Mayonnaise	1.5 oz	234	23.4	1.8	0	18	207	0	5.4	0	4.5	0

Duke's Barbecue Sauce	1.5 oz	75	1.2	0	0	0	531	180	14.7	0	13.2	1.8
Ketchup	1.5 oz	60	0	0	0	0	454		14.2	0	11.3	0
Ranch Dressing	1.5 oz	156	15.9	2.4	0	15	198	36	1.8	0	1.5	1.2
Tartar Sauce	3 oz	432	45	6	0	42	480	42	6	0	4.2	0.6
Cajun Chicken Chowder	side bowl	195	6	1.75	0	6	697.5	0	23.25	0.75	6	13.5
Clam Chowder	side bowl	180	12.6	2.25	0	4.5	405	0	14.25	0.37	3	6.75
Crab Bisque	side bowl	150	7.5	4.5	0	19	1041	0	11.2	0	3.7	9
Lobster Chowder	side bowl	184	11.6	7.5	0	68	694	0	12.9	0	4.1	4.1
NW Seafood Chowder	side bowl	212	9.08	1.3	0	44.75	1345	390	6.75	1.12	5.25	18.66

Burgers & Sandwiches

<i>Menu Item</i>	<i>Quantity</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Potassium (mg)</i>	<i>Carbohydrate (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
*Please note that nutritional information for french fries, sauces, and side salads is listed separately for each prospective appetizer												
Duke's Cheeseburger	1 burger	1377	101.4	44.6	0	263	1161	534	54	2	12	52
Duke's BBQ Bacon Burger	1 burger	1347	92.6	45	0	278	1885	980	64.2	2	20.8	61.6
Duke's Blue Cheese Bacon Burger	1 burger	1777	172.2	57.9	0	412	2804	1214	61.6	2	12	68.4
Duke's North of California burger	1 burger	1451	106.8	42	0	270	1513	1037	60.1	4.4	15.2	61.1
Duke's Jr Cheeseburger	1 burger	666	48.2	20.8	0	127.5	580.5	267	27	1	6	26
Duke's Jr BBQ Bacon Burger	1 burger	801	54.1	22.4	0	139.5	1372.5	610	41.9	1	19.2	32
Duke's Jr Blue Cheese Bacon Burger	1 burger	816	63.4	26	0	160	1144	544	28.4	1	6	31.8
Duke's Jr North of California Burger	1 burger	703	50.9	19.5	0	131	756.5	518.5	30	2.2	7.6	30.55
Duchess Combo	1 sandwich	554	39.1	14.47	0	89	657.5	321	24.6	3.2	0.1	22.05
Dungeness Crab Club	1 sandwich	1109	78.2	28.93	0	178	1315	642	49.4	6.4	0.2	44
Grilled Chicken Breast Sandwich	1 sandwich	1339	86.4	34.9	0	217	2075	1115	63.7	6.4	13.4	67.9
Salmon Sandwich, 5 oz	1 sandwich	945	64.6	13.55	0	128	795	872	54.3	6.4	6.2	34.7
Salmon Sandwich, 8 oz	1 sandwich	1065	70	14.36		176	831	1289	54.3	6.4	6.2	51.5

Sides and Sauces

French Fries	5 oz	445	23	3	0.5	0	410	780	54.5	5	1	5.5
Sweet Potato Fries	5 oz	420	21	3.5	0.5	0	410	673	53	9	12	4
Blue Cheese Dressing	1.5 oz	300	61.2	8.7	0	42	258	63	2.4	0	0	2.4
Chipotle Mayonnaise	1.5 oz	234	23.4	1.8	0	18	207	0	5.4	0	4.5	0
Duke's Barbecue Sauce	1.5 oz	75	1.2	0	0	0	531	180	14.7	0	13.2	1.8
Ketchup	1.5 oz	60	0	0	0	0	454		14.2	0	11.3	0
Ranch Dressing	1.5 oz	156	15.9	2.4	0	15	198	36	1.8	0	1.5	1.2
Cajun Chicken Chowder	side bowl	195	6	1.75	0	6	697.5	0	23.25	0.75	6	13.5
Clam Chowder	side bowl	180	12.6	2.25	0	4.5	405	0	14.25	0.37	3	6.75
Crab Bisque	side bowl	150	7.5	4.5	0	19	1041	0	11.2	0	3.7	9
Lobster Chowder	side bowl	184	11.6	7.5	0	68	694	0	12.9	0	4.1	4.1
NW Seafood Chowder	side bowl	212	9.08	1.3	0	44.75	1345	390	6.75	1.12	5.25	18.66

Chowders

<i>Menu Item</i>	<i>Quantity</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Potassium (mg)</i>	<i>Carbohydrate (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
Clam Chowder												
Small Bowl	6 oz	180	12.6	2.25	0	4.5	405	0	14.25	0.37	3	6.75
Bowl	12 oz	360	25.2	4.7	0	9	810	0	28.5	0.75	6	13.5
Tureen	18 oz	540	37.8	6.75	0	13.5	1215	0	42.75	1.08	9	20.25
Crab Bisque												
Small Bowl	6 oz	150	7.5	4.5	0	19	1041	0	11.2	0	3.7	9
Bowl	12 oz	300	15	9	0	38	2082	0	22.4	0	7.4	18
Tureen	18 oz	450	21.5	13.5	0	57	3123	0	33.6	0	11.1	27
Cajun Chicken Chowder												
Small Bowl	6 oz	195	6	1.75	0	6	697.5	0	23.25	0.75	6	13.5
Bowl	12 oz	390	12	3.5	0	12	1395	0	46.5	1.5	12	27
Tureen	18 oz	525	18	5.25	0	18	2092	0	69.75	2.25	18	40.5
Lobster Chowder												
Small Bowl	6 oz	184	11.6	7.5	0	68	694	0	12.9	0	4.1	4.1
Bowl	12 oz	368	23.2	15	0	139	1388	0	25.8	0	8.2	8.2
Tureen	18 oz	552	34.8	22.5	0	207	2082	0	38.7	0	12.3	12.3
NW Seafood Chowder												
Small Bowl	6 oz	212	9.08	1.3	0	44.75	1345	390	6.75	1.12	5.25	18.66
Bowl	12 oz	408	17.71	2.5	0	84	2462	524	12.75	2.24	10.5	34.92
Tureen	18 oz	637	27	3.9	0	134	4038	1170	20.25	3.36	15.75	56
Add Bread Bowl to any Chowder												
Super Sour Boule Bread	1 boule	600	2	0	0	0	1340	0	130	6	0	18

Tacos

<i>Item</i>	<i>Quantity</i>	<i>Calories</i>	<i>Fat (g)</i>	<i>Saturated Fat (g)</i>	<i>Trans Fat (g)</i>	<i>Cholesterol (mg)</i>	<i>Sodium (mg)</i>	<i>Potassium (mg)</i>	<i>Carbohydrate (g)</i>	<i>Fiber (g)</i>	<i>Sugar (g)</i>	<i>Protein (g)</i>
<i>*Please note that nutritional information for chips and salsa are listed separately from taco portions</i>												
Rockfish Tacos	2 tacos	1146	74.82	34.01	0	240	1698	1382	50.3	3.7	11.8	64.6
Half Rockfish Tacos	1 taco	593	37.4	17	0	120	864	899.5	29.9	3.55	8.85	33.5
Blackened Rockfish Tacos	3 tacos	1220	78.5	27.1	0	117.1	2196.5	1702.5	66.45	8.65	9.4	61.6
Blackened Rockfish Tacos	2 tacos	820	53.2	19.5	0	84.9	1438.5	1089.4	43.55	5.25	6.5	41.6
Blackened Rockfish Tacos	1 taco	429	26.6	9.75	0	42.45	843	633.7	23.85	3.05	4.5	21.25

Sides and Sauces

Tortilla Chips	16 chips	319	15.96	2.2	0	0	262	0	43.22	45	0	4.5
Salsa	2 oz	63	6.4	0.9	0	0	76	114	1.8	0.6	1.2	0.5

Seafood Entrees

Menu Item	Quantity	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
<i>*Nutritional information reflects 1 full plate, including side items</i>												
Blueberry goat cheese salmon	5 oz	735	42.2	21.15	0	154	1171	1212	35.2	3.1	10.5	42.6
Blueberry goat cheese salmon	8 oz	855	47.6	21.96	0	202	1207	1629	35.2	3.1	10.5	59.4
Pan-Seared Wild Salmon	5 oz	867	61.86	31.9	0	233	259	796.7	41.3	0	14.5	31.6
Pan-Seared Wild Salmon	8 oz	987	67.26	32.71	0	281	295	1213.7	41.3	0	14.5	48.4
Pesto Salmon	5 oz	781	65	15.75	0	116	1252	1171	19.8	2.3	0.6	34.6
Pesto Salmon	8 oz	901	70.4	16.56	0	164	1288	1588	19.8	2.3	0.6	51.4
Peppered Blue Cheese Salmon	5 oz	836	97.2	27.3	0	258	1759	1361	22.5	1.1	0.6	43.3
Peppered Blue Cheese Salmon	8 oz	956	102.6	21.76	0	306	1795	1778	22.5	1.1	0.6	60.1
Stuffed Salmon	5 oz	1097	95.1	44.25	0	323	1410	1143	21.1	1.1	0.6	41
Stuffed Salmon	8 oz	1217	100.5	45.06	0	371	1446	1560	21.1	1.1	0.6	57.8
Duke's Favorite Salmon Pasta	5 oz	1929	157.3	92.75	0	592	1188	1273	86.2	5.7	4.4	70.5
Duke's Favorite Salmon Pasta	8 oz	2049	162.7	93.56	0	640	1224	1690	86.2	5.7	4.4	87.3
Dungeness Crab Uncakes	2 crab cakes	1533	137.1	41.02	0	370	2495	426.6	48	1.7	3	26
Halibut Macadamia	5 oz	1284	115.3	60	0	303	1253	1139	32.6	3.9	1.6	33.9
Halibut Macadamia	8 oz	1362	116.44	60.24	0	345	1310	1508	32.6	3.9	1.6	49.9
Parmesan Encrusted Halibut	5 oz	1292	104.4	61.6	0	326	1583	1089	41.7	1.6	1.2	42.2
Parmesan Encrusted Halibut	8 oz	1370	105.54	61.84	0	368	1640	1458	41.7	1.6	1.2	58.2
Stuffed Halibut	5 oz	1027	88	43.3	0	313	1445	1063	21.1	1.1	0.6	39
Stuffed Halibut	8 oz	1105	89.14	43.54	0	355	1502	1432	21.1	1.1	0.6	55
Seafood Cioppino	Small	529	27.104	8.05	0	117.75	1835.5	514.22	32.32	3.12	5.25	32.81
Seafood Cioppino	Large	808	43.86	9.85	0	184.25	2849	1076	36.35	3.87	8.75	55.22
Crab Cake Mixed Grill	1 plate	820	63.3	17.96	0	277	1770	606.8	32.4	1.4	1.8	29.9