



April 16, 2014

Mr. Ray Blanchette, CEO
Ignite Restaurant Group
9900 Westpark Drive, Suite 300
Houston, TX 77063

Re: Joe's Crab Shack's harmful meals

Dear Mr. Blanchette:

Long after responsible restaurant companies, including Olive Garden, Ruby Tuesday, Red Lobster, KFC, McDonald's, Burger King, Starbucks, and others, reformulated their products without partially hydrogenated oil, Joe's Crab Shack restaurants continue to sell meals containing that ingredient wherever it is legal. Partially hydrogenated oil is a problem because it contains artificial trans fat, a potent cause of heart disease. Compounding the problem is that the menus deceptively state: "We use zero trans fat oil."

Many of the offending meals are served with or are cooked in an imitation butter that contains partially hydrogenated oil. Manufactured by Ventura Foods (and possibly other suppliers), the substance has 3.5 g of trans fat per tablespoon. Consequently, the four-tablespoon side of "dipping butter" that comes with all the Buckets of Crab and Steampots contains 14 grams of trans fat according to the nutrition information posted on the Joe's Crab Shack website. Many other meals contain anywhere from 7 to 25 grams of trans fat.

Because trans fat strongly promotes heart disease, the American Heart Association recommends that people consume no more than 2 grams per day (including naturally occurring trans fat). In addition, the Institute of Medicine and the federal government's Dietary Guidelines for Americans recommend that people keep their consumption of trans fat as low as possible. More than a decade ago the Food and Drug Administration required labeling of trans fat on packaged foods because that fat was causing many thousands of heart attack deaths annually. And last year, in light of the strong evidence that trans fat is deadly, the FDA proposed revoking the GRAS status of partially hydrogenated oil. Meanwhile, California, New York City, and numerous other local governments have banned trans fat from restaurants and bakeries. Indeed, Joe's Crab Shack restaurants in those jurisdictions apparently do not use ingredients containing partially hydrogenated oil, demonstrating that *all* of your restaurants could switch quickly to ingredients made with healthier oils.

Joe's Crab Shack's reckless marketing of foods loaded with artificial trans fat shows contempt for, and needlessly endangers, its customers. CSPI urges Ignite Restaurant Group to protect the wellbeing of *all* its customers by switching to healthier fats for *all* of its products in *all* of its restaurants.

Looking forward to hearing from you, I am,

Yours truly,

A handwritten signature in black ink that reads "Michael F. Jacobson". The signature is written in a cursive, flowing style with a long horizontal tail on the final letter.

Michael F. Jacobson, Ph.D.
Executive Director



NUTRITIONAL FACTS

Appetizers	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Bucket of Shrimp, 12	190	2.5	0	0	285	2400	9	1	5	30.63
Bucket of Shrimp, 18	270	3.5	0	0	425	3320	10	1	5	47
Crab Stuffed Mushrooms	800	40	17	1.5	135	2050	76	5	4	41
Mozzarella Sticks	710	36	14	0.5	50	1560	68	6	4	30
Clam Strips	790	63	11	0	75	1010	37	1	3	17
Crazy Good Crab Dip	1280	83	31	1.5	295	1580	94	5	4	43
Joe's Stuffers	1230	91	42	1	445	3480	73	3	6	31
Crab Nachos	2030	145	49	1.5	310	2720	134	11	9	58
Garlicky Mussels	880	42	9	7	75	1980	81	4	1	46
Double Dip	1280	81	31	1.5	195	1810	99	7	4	41
New England Clam Chowder - Bowl	320	17	10	0	75	1190	26	2	1	13
New England Clam Chowder - Cup	250	13	8	0	55	930	22	2	1	10
Great Balls of Fire	1040	71	21	1	110	2620	77	7	5	27
Crispy Calamari	1240	87	18	1	495	670	73	4	3	41
Classic Sampler	1650	116	34	2	450	1830	99	6	6	52
Fried Oysters	1060	64	12	0	40	1710	104	9	1	18
Big Easy Bites	1130	64	13	2	120	4150	107	6	4	31
Salads										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Crab Cake Chipotle Caesar Salad	970	73	20	0	145	2670	53	9	12	27
Chicken Fried Salad	950	52	16	0	150	1780	75	12	12	52
Caesar Salad	450	37	9	0	35	1110	18	5	5	13
Caesar Salad - Chicken	670	46	11	0	130	1580	18	5	5	47
Caesar Salad - Shrimp	530	38	10	0	180	2100	19	5	5	28
Caesar Side Salad	220	18	4.5	0	15	540	8	2	2	6
House Side Salad	120	7	3	0	15	250	10	2	3	6
Fish										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Maui Mahi	680	28	7	3.5	200	3400	49	8	9	56
Redfish Orleans	850	43	21	0.5	355	2520	49	2	2	61
Southern Style Catfish	1570	97	18	0	105	4100	145	12	14	36
Get Stuffed Snapper	1030	65	19	10	200	2510	47	4	6	61
Grilled Sunset Salmon	890	45	10	4	135	3650	66	8	25	53
Fish & Chips	1900	125	23	0.5	110	4260	159	14	13	41

Red Fish Pontchartrain	1090	75	21	16	195	2070	44	5	5	59
Blackened Red Fish	710	36	8	7	115	1370	43	6	4	52
Shore to Please										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Steak & Malibu Shrimp	660	22	6	0	265	1910	48	5	6	68
Pasta-laya	1820	94	24	14	335	5140	161	12	10	82
Shrimp Pasta Alfredo	1650	85	36	1	400	3980	158	8	3	70
Crab Cake Dinner	1470	109	21	14	260	3420	82	9	14	42
Crawfish Half & Half	960	53	17	0	210	2030	81	4	11	36
Skillet Paella	1920	85	24	0.5	395	5330	189	11	17	102
Out of Water										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
12oz. Ribeye	1130	80	31	7	210	1610	25	5	3	77
Joe's Steak Deal	710	32	8	0	120	1260	53	8	2	53
Homestyle Chicken Tenders	1660	103	18	0	175	4190	127	11	18	64
Cheesy Chicken	1490	93	44	1.5	225	2340	108	7	10	56
Big Platters										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
The Big Hook Up	3280	205	50	1.5	530	7610	265	25	39	99
Third Coast Platter	1620	112	53	1	630	3990	64	2	5	86
Big Shrimp Platter	1850	104	27	0	520	5810	170	19	33	62
East Coast Platter	2470	182	41	1	360	5590	146	11	15	65
Shrimp Trio	1130	57	19	0	480	3030	91	12	23	65
Seaside Platter	2140	131	25	0.5	250	5340	188	15	20	57
Fisherman's Platter	2300	157	32	1	430	5360	167	14	21	56
Caribbean Feast	1290	61	23	0	485	3220	97	14	30	90
Buckets of Crab										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
*Snow Crab	470	4	0	0	100	1030	68	7	6	42.33
*Queen Crab	440	3	0	0	80	820	68	7	6	35
*Dungeness Crab	470	3	1	0	110	590	69	7	6	41
*King Crab	430	3	0	0	65	1420	68	7	6	33
*Crab Daddy Feast	500	4	1	0	120	1370	69	7	6	47
*Lobster Daddy Feast	580	4	1	0	320	1420	69	7	6	66
Dipping Butter	400	44	10	14	0	360	0	0	0	0
Fire Grilled	60	1.5	0	0	0	7780	10	2	0	3
Garlic Herb	5	0	0	0	0	15	0	0.01	0	0.02
Joe's Famous BBQ	50	0.5	0	0	0	7940	9	1	5	2
Spicy Boil	5	0	0.02	0	0	950	1	0.01	0	0.01
*Excluding side of butter										

Steampots	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
The Orleans	1310	65	16	14	730	3930	72	8	7	105
Ragin' Cajun	1160	63	16	14	220	6970	88	10	9	61
Samuel Adams Steampot	1180	74	19	14	175	2400	72	7	6	54
The KJ Steampot	1330	85	19	25	120	2630	77	7	7	54
Arctic Bay Steampot	1260	75	19	14	450	4460	70	7	6	73
The Great Barrier	1660	112	27	25	295	3870	79	7	7	73
Bean Town Bake	1470	78	20	14	705	4170	73	7	6	113
Joe's Classic Steampot	1200	75	19	14	275	3070	70	7	6	59
*Joe's Classic Steampot For 2	1200	75	19	14	275	3070	70	7	6	59
Sunset Fire Grilled Steampot	1260	75	19	14	285	10180	80	9	7	64
*Sunset Fire Grilled Steampot For 2	1260	75	19	14	285	10180	80	9	7	64
*Nutritionals for 1 serving										
On the Bun										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chicken Club Sandwich - Blackened	990	71	22	14	135	1320	36	2	5	51
Chicken Club Sandwich - Grilled	790	49	17	7	135	1730	36	2	5	51
Chipotle Bacon Cheeseburger	970	64	23	8	155	2430	47	3	13	48
Crab Cake Sandwich	810	61	12	10	135	1490	40	3	4	22
Joe's Surf 'n Turf Burger	1300	93	29	2	200	2550	65	4	10	50
Blackened Mahi Sandwich	780	53	12	8	205	1090	38	2	7	54
Shrimp & Lots of It										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Grilled Malibu Shrimp	540	19	4	0	290	2400	55	5	9	39
Fish & Shrimp	1410	86	16	0	200	4380	133	11	17	31
Crispy Jumbo Shrimp	1480	81	15	0	360	5000	162	12	16	30
Crab Stuffed Shrimp	710	37	8	3.5	335	2750	48	5	4	43
Popcorn Shrimp	1310	78	15	0	185	4750	125	11	16	29
Jumbo Coconut Shrimp	1680	97	30	0	360	4070	150	24	33	57
Southern Stuffed Shrimp	1070	59	27	0	365	4010	81	3	8	50
Desserts										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chocolate Shack Attack	1530	63	29	0	120	1660	225	10	155	17
Crabby Apple Crumble	1400	51	30	0	115	600	227	4	161	11
Key Lime Wave	1230	55	38	0	525	460	162	2	135	23
Sea Turtle Sundae	1240	57	25	0	105	960	167	6	125	15
Lunch										
	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Lunch Chicken Fried Salad	950	52	16	0	150	1780	75	12	12	52
Lunch Coconut Shrimp	1150	67	21	0	245	2570	103	16	28	38
Lunch Fish & Chips	1610	109	20	0.5	105	3040	125	10	13	36

Surf Side & Add ons	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Coconut Shrimp	490	28	11	0	175	730	37	7	16	24
Fried Shrimp	400	20	4	0	175	1300	42	2	7	11
Popcorn Shrimp	310	18	3.5	0	85	1170	24	1	7	10
Add Grilled Shrimp	280	5	1	0	145	1460	37	1	0	20
Add Snow Crab	260	23	5	7	35	520	0	0	0	11.77
Add Dungeness Crab	260	23	5	7	45	400	1	0	0	13
Add Queen Crab	270	23	5	7	40	570	0	0	0	13
Onion Strings	510	39	8	0	5	500	35	2	8	5
French Fries	590	30	6	0	0	2480	75	8	0	8
Broccoli Florets	75.43	5.81	1.22	0	0	109.45	6.16	3.07	2.05	3.06
Cheesy New Potatoes	250	15	9	0.5	35	670	19	2	1	9
Coleslaw	113.78	6.64	1.27	0.01	1.27	88.05	12.69	1.95	10.32	1.56
Dirty Rice	170.87	2.56	0.97	0	21.5	603.12	29.91	0.89	1.08	4.77
Ear of Corn	60	1	0	0	0	170	14	2	2	2
Hush Puppies (8 each)	800	35	6	0	85	2210	109	5	12	14
Kids										
Kids	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Captain's Catch	1290	85	18	0.5	115	2060	100	8	4	33
Cheesy Mac	260	9	3	--	20	910	35	1	8	11
Chicken Dippers	460	31	5	0	80	700	21	1	5	27
Fish Fingers	840	62	12	0	70	1040	49	3	4	22
Mini Beach Burgers	710	42	18	1	75	750	54	2	6	28
Rockin' Popcorn Shrimp	500	41	8	0	110	1120	21	1	1	12
Shrimply Grilled Shrimp	310	8	1.5	0	140	1500	40	3	1	21
Mini Steampot	390	15	4.5	0	135	1060	35	3	3	29
Kid's Snow Crab	90	1	0	0	35	350	7	1	1	13
Pizza	450	15	6	0	30	480	61	4	4	21
French Fries	300	15	3	0	0	440	38	4	0	4
Corn on the Cob	30	0	0	0	0	5	7	1	1	1
Apple Sauce	90	0	0	0	0	0	24	1	22	0
Celery & Ranch	150	13	2.5	0	0	350	6	2	3	2
Rice	200	4	1	0	0	110	36	1	0	4
Veggies	40	3	0.5	0	0	55	3	2	1	2
Strawberry Sundae	290	14	9	0	45	60	39	1	35	3
Chocolate Sundae	340	14	9	0	45	85	50	0	44	4
Paint a Crab	350	6	2	0	0	300	75	1	49	2