



Nutrition Facts

POWERBOX [†]	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Powerbox - Grilled Catch	550	17	1	10	1120	72	6	2	29
Powerbox - Salmon	700	30	4	70	210	71	6	2	35
Powerbox - Crispy Cod	650	17	2	60	900	102	6	1	27
Powerbox - Crispy Shrimp	700	17	2	110	1070	114	7	3	25
Powerbox - Grilled Shrimp	680	24	2	240	1010	73	6	2	42
Powerbox - Seared Tuna**	530	15	2	40	450	71	6	2	28
Powerbox - Grilled Chicken	670	24	3	90	540	72	6	3	41
Powerbox - Tofu***	500	15	1	0	1040	74	6	3	19
VEGGIEBOX [‡]	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Veggiebox - Grilled Catch	410	20	2	10	1850	28	10	6	28
Veggiebox - Salmon	550	33	4	70	940	27	10	6	34
Veggiebox - Crispy Cod	510	20	2	60	1630	58	10	6	26
Veggiebox - Crispy Shrimp	560	20	2	110	1800	70	12	7	24
Veggiebox - Grilled Shrimp	530	27	2	240	1740	29	10	6	41
Veggiebox - Seared Tuna**	380	18	2	40	1180	28	10	7	27
Veggiebox - Grilled Chicken	520	27	3	90	1270	28	10	7	40
Veggiebox - Tofu***	350	19	1	0	1760	30	10	7	18
GREENS & GRAINS [‡]	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Greens & Grains - Grilled Catch	480	18	1	10	1480	50	8	4	29
Greens & Grains - Salmon	620	32	4	70	570	49	8	4	34
Greens & Grains - Crispy Cod	580	19	2	60	1270	80	8	3	27
Greens & Grains - Crispy Shrimp	630	19	2	110	1430	92	9	5	25
Greens & Grains - Grilled Shrimp	600	26	2	240	1370	51	8	4	42
Greens & Grains - Seared Tuna**	460	17	2	40	810	50	8	4	28
Greens & Grains - Grilled Chicken	590	25	3	90	910	50	8	5	40
Greens & Grains - Tofu***	430	17	1	0	1400	52	8	5	18
MISO CASHEW [‡]	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Miso Cashew - Grilled Catch	900	61	7	10	2960	62	3	3	31
Miso Cashew - Salmon	1040	75	9	70	2040	62	3	3	37
Miso Cashew - Crispy Cod	1030	64	7	60	2750	93	3	3	29
Miso Cashew - Crispy Shrimp	1080	65	7	110	2920	105	4	5	27
Miso Cashew - Grilled Shrimp	1020	68	7	240	2850	64	3	3	44
Miso Cashew - Seared Tuna**	910	63	7	40	2300	62	3	4	30
Miso Cashew - Grilled Chicken	1010	68	8	90	2380	63	3	4	43
Miso Cashew - Tofu***	880	63	6	0	2890	65	3	4	21
SALAD [‡] (excluding choice of dressing)	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Salad - Grilled Catch	380	16	6	20	1410	31	6	9	27
Salad - Salmon	520	30	9	80	500	30	6	9	33
Salad - Crispy Cod	510	20	7	70	1210	61	6	9	25
Salad - Crispy Shrimp	560	20	7	130	1370	73	8	10	23
Salad - Grilled Shrimp	500	23	7	250	1300	32	6	9	40
Salad - Seared Tuna**	380	18	7	50	750	31	6	10	26
Salad - Grilled Chicken	490	23	8	110	830	31	6	10	39
Salad - Tofu***	350	18	6	10	1340	33	6	10	17
TACOS [‡]	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Tacos - Grilled Catch	530	22	4	10	2050	58	4	4	28
Tacos - Salmon	540	29	6	80	1040	40	2	4	32
Tacos - Crispy Cod	660	26	5	70	1850	89	4	4	26
Tacos - Crispy Shrimp	710	26	5	120	2020	101	6	6	24
Tacos - Grilled Shrimp	660	29	5	240	1940	60	4	4	41
Tacos - Seared Tuna**	400	17	4	40	1300	41	2	5	25
Tacos - Grilled Chicken	650	29	6	100	1480	59	4	5	40
Tacos - Tofu***	510	24	4	10	1990	61	4	5	18
CLASSICS	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Blackened Fish Sandwich	1340	84	15	40	3510	118	9	11	32
Fish & Chips	1370	92	21	130	2900	108	11	17	30
Grilled Salmon Caesar	1390	97	14	90	2900	61	4	9	45
Blackened Shrimp Caesar	1270	91	12	250	3520	62	4	8	52
Lobster Roll	1390	86	22	160	2210	113	8	6	43
Seasonal Special: Blackened Salmon Sweet Potato Plate	900	68	7	70	1830	43	3	7	29
Dinner Plate	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
CLASSICS	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mega-Protein Powerbox	940	41	5	310	1270	73	6	2	67
Low-Carb Grilled Catch Salad*	210	8	3	20	1220	11	4	2	26
Paleo Shrimp Veggiebox	440	17	2	240	1690	29	10	5	41
Keto Salmon Salad	1140	85	15	160	1600	32	9	8	62
SHAREABLES	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Green Garlic Shrimp	610	50	4	240	1700	6	1	1	33
Crispy Shrimp Snack	380	14	2	120	1650	51	2	6	16
Seasonal Special: Hush Puppies	700	37	5	20	2150	79	4	12	9
SIDES, SOUPS & ADD-ONS	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic Tots	350	16	4	0	480	42	4	0	6
Buffalo Bleu Tots	430	25	5	0	680	43	4	0	7
Truffle Parmesan Tots	410	23	6	10	600	43	4	0	9
Classic Slaw	100	7	1	10	290	9	3	5	2
Chowdah	760	51	33	180	2740	61	4	2	11
Mini Chowdah	410	27	16	90	1400	36	2	1	6
Fries	460	20	5	0	870	64	6	3	6
Veggie Blend	110	5	0	0	400	12	5	3	4
Ancient Grain Blend	180	3	0	0	40	34	2	0	5
White Rice	120	3	0	0	440	23	0	0	2
Garlic Bread	200	11	2	0	330	22	1	3	4
Tot Sampler	1190	66	15	10	1760	127	12	0	22
Garlic Bread Basket	1220	67	13	0	2000	132	3	15	24
3 Crispy Shrimp Add-On	150	4	1	60	480	22	1	1	7
3 Grilled Shrimp Add-On	90	4	0	90	330	1	0	0	12
HOUSEMADE BEVERAGES (16 oz.)	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Gingerade	130	0	0	0	10	33	0	31	0
Iced Tea	0	0	0	0	0	1	0	0	0
Sweet Tea	260	0	0	0	0	66	0	66	0
Seasonal Special: Cranberry Gingerade	170	0	0	0	10	43	0	41	1
KIDS' MEALS	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kids Salmon	310	18	3	50	430	14	2	1	21
Kids Grilled Chicken Strips	270	2	2	60	210	15	2	2	23
Kids Fish Bites	360	12	2	80	1020	45	2	1	19
Kids Molly's Quesadilla	380	17	8	20	750	42	2	1	15

KIDS' SIDES										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	
Kids Tots	180	9	2	0	240	21	2	0	3	
Kids Veggie Blend	50	2	0	0	220	7	3	1	2	
KIDS' BEVERAGES										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	
Kids Apple Juice	80	0	0	0	20	21	0	19	0	
Kids Milk	120	5	3	20	120	12	0	12	8	
DESSERTS										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	
Chocolate Chip Cookie	180	10	6	30	130	23	1	11	2	
HOUSEMADE SAUCES & DRESSINGS (1 tbsp.)										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	
Boss Sauce	20	2	0	0	170	2	0	1	0	
Tartar Sauce	90	10	1	10	140	1	0	0	0	
Lemon Vinaigrette	90	10	1	0	50	1	0	0	0	
Sesame Soy	70	8	1	0	160	0	0	0	0	
Creamy Ginger	80	9	1	10	170	1	0	0	0	
Buttermilk Ranch	60	6	1	10	100	1	0	0	1	
Sesame-Soy Sriracha	40	4	0	0	100	0	0	0	0	
Golden Ginger Lime	80	9	1	10	170	1	0	0	0	
Supergreen Garlic & Herb	90	10	1	0	200	0	0	0	0	

[†]Nutritional info based on Original size protein choice.

^{*}Low-Carb Grilled Catch Salad nutritional info excludes lemon vinaigrette dressing (served on side), which can be found separately in the Housemade Sauces & Dressings section.

^{**}Searched Yellowfin Tuna nutritional info excludes sesame soy dressing (served on side), which can be found separately in the Housemade Sauces & Dressings section.

^{***}Tofu nutritional info exclude sesame-soy sriracha (served on side), which can be found separately in the Housemade Sauces & Dressings section.

[†]Excludes dressing (served on side).

Nutritional information on our website is based on Brown Bag's standardized product formulations, data provided by our vendors, benchmarks established by the US Food and Drug Administration and best practice approximations where relevant. Nutritional info may be subject to change based on ingredient substitutions, recipe modifications, order customizations and normal variability in preparation, assembly or serving sizes. Given these factors, the nutritional info provided by Brown Bag cannot be guaranteed to be completely accurate, but rather represents a good faith effort to provide our guests with honest information about our offerings. We will always do our best to expediently update nutritional info if and when there are recipe modifications, new menu offerings or other changes that may affect the resulting nutrition :)

