

brown bag seafood co. **ALLERGEN GUIDE**

At Brown Bag, our meals are produced in a kitchen that also processes wheat, dairy, eggs, shellfish, fish, soy, and sesame. Therefore, a risk of cross-contact exists. We ask that if you have any allergy at all, please advise a manager on duty prior to ordering.

Key	
O	Please ask a manager on duty about allergen accommodations or substitutions
∅	Cross-contamination with allergen known to occur in our kitchens
X	Contains allergen

	Contains Gluten	Contains Dairy	Contains Shellfish	Contains Meat / Fish (Not Vegetarian)	Contains Animal Products	Contains Soy	Contains Egg	Contains Nuts
Proteins								
Grilled Catch			∅	X	X			
Salmon	X		∅	X	X	X		
Crispy Cod	X		∅	X	X			
Grilled Shrimp			X	X	X			
Crispy Shrimp	X		X	X	X			
Tuna	O			X	X	O		
Grilled Chicken			∅	X	X			
Tofu	∅		∅			X		
Builds								
Powerbox	O							
Veggiebox			∅					
Greens & Grains	O		∅					
Miso Cashew	X					X		X
Salad	O	O			O			
Tacos*	O	O	∅		O	O	X	
Classics								
Blackened Fish Sandwich	X		∅	X	X	X	X	
Grilled Salmon Caesar	X	X		X	X	X	X	
Fish & Chips	X		∅	X	X	X	X	
Lobster Roll	X	X	X	X	X	X	X	
Sides, Soups & Shareables								
Classic Tots	∅		∅			X		
Truffle-Parm Tots	∅	X	∅		X	X		
Buffalo Bleu Tots	∅	X	∅		X	X	X	
Classic Slaw					X	X	X	
Chowdah		X	X	X	X			
Veggie Blend			∅					
Ancient Grain Blend	O							
White Rice	∅							
Sweet Potatoes	∅		∅					
Garlic Bread	X		∅					
Fries	∅		∅			X		
Crispy Shrimp Snack	X	O	X	X	X			
Green Garlic Shrimp			X	X	X			
Hush Puppies	X	X	X	X	X	X	X	
Sauces & Dressings								
Boss Sauce		X			X	X	X	
Buttermilk Ranch		X			X	X	X	
Tartar Sauce					X	X	X	
Ketchup								
Hot Sauce								
Lemon Vinaigrette								
Sesame Soy	X					X		
Sesame-Soy Sriracha	X					X		
Golden Ginger Lime					X	X	X	
Supergreen Garlic & Herb								

*Available at some locations only!