



Nutrition Facts

POWERBOX ⁴										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Powerbox - Grilled Catch	570	16	1	60	1130	71	6	2	0	35
Powerbox - Salmon	700	30	4	70	210	71	6	2	0	35
Powerbox - Honey-Sriracha Salmon	920	45	5	70	570	96	6	26	24	36
Powerbox - Crispy Cod	650	17	2	60	900	102	6	1	0	27
Powerbox - Crispy Shrimp	700	17	2	110	1070	114	7	3	0	25
Powerbox - Grilled Shrimp	680	24	2	240	1010	73	6	2	0	42
Powerbox - Seared Tuna**	530	15	2	40	450	71	6	2	0	28
Powerbox - Grilled Chicken	670	24	3	90	540	72	6	3	2	41
Powerbox - Tofu***	500	15	1	0	1040	74	6	3	0	19
Powerbox - Seasonal Coconut Sweet Chili Shrimp	830	19	3	110	1720	142	9	26	13	26
VEGGIEBOX ⁴										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Veggiebox - Grilled Catch	420	19	2	60	1850	28	10	3	0	33
Veggiebox - Salmon	550	33	4	70	940	27	10	6	0	34
Veggiebox - Honey-Sriracha Salmon	770	48	5	70	1290	52	10	30	24	35
Veggiebox - Crispy Cod	510	20	2	60	1630	58	10	6	0	26
Veggiebox - Crispy Shrimp	670	20	2	110	2440	98	13	30	13	24
Veggiebox - Grilled Shrimp	530	27	2	240	1740	29	10	6	0	41
Veggiebox - Seared Tuna**	380	18	2	40	1180	28	10	7	1	27
Veggiebox - Grilled Chicken	520	27	3	90	1270	28	10	7	2	40
Veggiebox - Tofu***	350	19	1	0	1760	30	10	7	0	18
Veggiebox - Seasonal Coconut Sweet Chili Shrimp	570	22	3	110	1800	71	12	7	0	24
GREENS & GRAINS ²										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Greens & Grains - Grilled Catch	500	18	1	60	1490	50	8	4	0	34
Greens & Grains - Salmon	620	32	4	70	570	49	8	4	0	34
Greens & Grains - Honey-Sriracha Salmon	850	46	5	70	930	74	8	28	24	35
Greens & Grains - Crispy Cod	580	19	2	60	2270	80	8	3	0	27
Greens & Grains - Crispy Shrimp	630	19	2	110	1430	92	9	5	0	25
Greens & Grains - Grilled Shrimp	600	26	2	240	1370	51	8	4	0	42
Greens & Grains - Seared Tuna**	460	17	2	40	810	50	8	4	1	28
Greens & Grains - Grilled Chicken	590	26	3	90	910	50	8	5	2	40
Greens & Grains - Tofu***	430	17	1	0	1400	52	8	5	0	18
Greens & Grains - Seasonal Coconut Sweet Chili Shrimp	760	20	3	110	2080	120	11	28	13	25
MISO CASHEW ²										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Miso Cashew - Grilled Catch	830	51	6	60	2820	62	3	3	0	36
Miso Cashew - Salmon	960	65	8	70	1900	61	3	3	0	36
Miso Cashew - Honey-Sriracha Salmon	1180	80	10	70	2260	86	3	27	23	37
Miso Cashew - Crispy Cod	950	55	7	60	2610	93	3	3	0	29
Miso Cashew - Crispy Shrimp	1000	56	7	110	2780	105	4	5	0	27
Miso Cashew - Grilled Shrimp	940	59	7	240	2710	64	3	3	0	44
Miso Cashew - Seared Tuna**	830	54	7	40	2160	62	4	3	1	30
Miso Cashew - Grilled Chicken	930	59	7	90	2240	63	3	4	1	42
Miso Cashew - Tofu***	790	54	6	0	2750	65	3	5	0	20
Miso Cashew - Seasonal Coconut Sweet Chili Shrimp	1120	57	8	110	3430	133	6	28	13	27
SALAD ² (excluding choice of dressing)										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Salad - Grilled Catch	400	16	6	70	1420	31	7	9	0	32
Salad - Salmon	520	30	9	80	500	31	6	9	0	33
Salad - Honey-Sriracha Salmon	750	44	10	80	860	56	6	33	23	34
Salad - Crispy Cod	510	20	7	70	1210	62	6	9	0	25
Salad - Crispy Shrimp	560	20	7	130	1360	74	8	11	0	23
Salad - Grilled Shrimp	500	23	7	250	1300	33	7	9	0	40
Salad - Seared Tuna**	390	18	7	50	760	32	6	10	1	26
Salad - Grilled Chicken	490	23	8	110	840	32	6	10	1	39
Salad - Tofu***	360	18	6	10	1350	34	7	11	0	17
Salad - Seasonal Coconut Sweet Chili Shrimp	690	21	8	130	2030	102	10	34	13	23
TACOS ²										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Tacos - Grilled Catch	580	25	4	60	2300	60	2	4	0	34
Tacos - Salmon	710	39	7	80	1380	60	2	4	0	34
Tacos - Honey-Sriracha Salmon	930	53	8	80	1740	85	2	28	24	35
Tacos - Crispy Cod	700	29	5	70	2090	91	2	4	0	27
Tacos - Crispy Shrimp	750	29	5	120	2260	103	4	6	0	25
Tacos - Grilled Shrimp	690	32	5	240	2180	62	2	4	0	42
Tacos - Seared Tuna**	580	27	5	40	1640	61	2	5	1	28
Tacos - Grilled Chicken	680	32	6	100	1710	61	2	5	2	41
Tacos - Tofu***	540	27	4	10	2220	63	2	6	0	18
Tacos - Seasonal Coconut Sweet Chili Shrimp	870	30	6	120	2910	131	6	29	13	25
CLASSICS										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Blackened Fish Sandwich	1510	85	17	80	3850	148	12	11	10	40
Fish & Chips	1500	92	22	120	3190	137	14	16	5	32
Grilled Salmon Caesar	1230	90	13	90	2670	62	5	8	7	45
Blackened Shrimp Caesar	1210	84	12	250	3290	63	15	8	6	52
Lobster Roll	1390	86	22	160	2210	113	8	6	5	43
Seasonal Special: Salmon BLT	1340	80	18	110	2440	110	9	9	7	48
Dinner Plate	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
LIFESTYLE SPECIALS										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Mega-Protein Powerbox	940	41	5	310	1270	73	6	2	1	67
Light & Bright Grilled Catch Salad*	240	7	3	70	1340	13	4	4	0	31
Chicken & Veggie Macro Bowl	590	28	3	90	1380	42	12	13	2	41
Whole Harvest Salmon Bowl	880	57	6	70	1120	58	7	9	1	33
SHAREABLES										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Green Garlic Shrimp	520	40	4	240	1500	5	1	1	0	33
Crispy Shrimp Snack	360	12	2	120	1480	50	2	5	3	16
Hush Puppies	680	37	5	20	1780	75	4	8	7	9
Seasonal Special: Loaded Chowder Tots	790	50	24	110	2940	69	6	1	1	18
SIDES, SOUPS & ADD-ONS										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Classic Tots	350	18	4	0	490	42	4	0	0	6
Buffalo Ranch Tots	430	26	5	0	680	43	4	0	0	6
Truffle Parmesan Tots	410	23	6	10	600	43	4	0	0	9
Classic Slaw	130	8	1	10	360	12	4	7	1	2
Chowdah	760	51	33	180	2740	61	4	2	1	11
Mini Chowdah	410	27	16	90	1400	36	2	1	1	6
Fries	460	20	5	0	870	64	6	3	3	6
Veggie Blend	110	5	0	0	420	13	5	3	0	4
Ancient Grain Blend	230	4	0	0	50	43	3	1	0	6
White Rice	140	2	0	0	560	30	0	0	0	3
Sweet Potatoes	110	2	0	0	180	3	9	0	0	1
Garlic Bread	200	11	2	0	330	22	1	3	3	4
Tot Sampler	1190	66	15	10	1760	128	12	0	0	21
Garlic Bread Basket	1220	67	13	0	2000	132	3	15	15	24
3 Crispy Shrimp Add-On	150	4	1	60	480	22	1	1	0	7
3 Grilled Shrimp Add-On	90	4	0	90	330	1	0	0	0	12
HOUSEMADE BEVERAGES (16 oz.)										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Gingerade	130	0	0	0	10	33	0	31	29	0
Iced Tea	0	0	0	0	0	1	0	0	0	0
Sweet Tea	260	0	0	0	0	66	0	66	66	0
KIDS' MEALS										
	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Kids Salmon	310	18	3	50	430	14	2	1	0	21
Kids Grilled Chicken Strips	270	12	2	60	510	15	2	2	1	23
Kids Fish Bites	360	12	2	60	1020	45	2	1	0	19
Kids Moly's Quesadilla	380	17	8	20	750	42	2	1	0	15

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

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

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.)

