



Nutrition Facts

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
POWERBOX[‡]										
Powerbox - Grilled Catch	550	17	1	10	1120	72	6	2	0	29
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	1	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 Garlic Chili Crisp Shrimp	910	45	7	250	2050	82	6	5	3	43
VEGGIEBOX[‡]										
Veggiebox - Grilled Catch	410	20	2	10	1850	28	10	3	0	27
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	560	20	2	110	1880	70	12	7	0	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 Garlic Chili Crisp Shrimp	760	48	7	250	2780	38	11	9	3	42
GREENS & GRAINS[‡]										
Greens & Grains - Grilled Catch	480	18	1	10	1480	50	8	4	0	29
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	590	19	2	60	1270	80	3	0	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	25	3	90	910	5	9	2	0	40
Greens & Grains - Tofu***	430	17	1	0	1400	52	8	5	0	18
Greens & Grains - Seasonal Garlic Chili Crisp Shrimp	830	47	7	250	2410	61	9	7	3	43
MISO CASHEW[‡]										
Miso Cashew - Grilled Catch	900	61	7	10	2960	62	3	3	0	31
Miso Cashew - Salmon	1040	75	9	70	2040	62	3	0	0	37
Miso Cashew - Honey-Sriracha Salmon	1270	89	10	70	2400	86	3	27	23	38
Miso Cashew - Crispy Cod	1030	64	7	60	2750	93	3	3	0	29
Miso Cashew - Crispy Shrimp	1080	65	7	110	2920	105	4	5	0	27
Miso Cashew - Grilled Shrimp	1020	68	7	240	2850	64	3	3	0	44
Miso Cashew - Seared Tuna**	910	63	7	40	2300	62	3	4	1	30
Miso Cashew - Grilled Chicken	1010	68	8	90	2380	63	3	4	1	43
Miso Cashew - Tofu***	880	63	6	0	2890	65	3	4	0	21
Miso Cashew - Seasonal Garlic Chili Crisp Shrimp	1250	90	12	250	3890	73	4	7	3	45
SALAD[‡] (excluding choice of dressing)										
Salad - Grilled Catch	380	16	6	20	1410	31	6	9	0	27
Salad - Salmon	520	30	9	80	500	30	6	9	0	33
Salad - Honey-Sriracha Salmon	740	44	10	80	850	55	6	33	23	33
Salad - Crispy Cod	510	20	7	70	1210	61	6	9	0	25
Salad - Crispy Shrimp	560	20	7	130	1370	73	6	10	0	23
Salad - Grilled Shrimp	500	23	7	250	1300	32	6	9	0	40
Salad - Seared Tuna**	380	18	7	50	750	31	6	10	1	26
Salad - Grilled Chicken	490	23	8	110	830	31	6	10	1	39
Salad - Tofu***	350	18	6	10	1340	33	6	10	0	17
Salad - Seasonal Garlic Chili Crisp Shrimp	730	45	12	260	2340	42	7	12	3	41
TACOS[‡]										
Tacos - Grilled Catch	530	22	4	10	2050	58	4	4	0	28
Tacos - Salmon	680	36	7	80	1140	58	4	4	0	34
Tacos - Honey-Sriracha Salmon	900	50	8	80	1500	83	4	28	24	35
Tacos - Crispy Cod	660	26	5	70	1650	69	4	4	0	26
Tacos - Crispy Shrimp	710	28	5	120	2020	101	6	6	0	24
Tacos - Grilled Shrimp	660	29	5	240	1940	60	4	4	0	41
Tacos - Seared Tuna**	540	24	5	40	1400	59	4	5	1	27
Tacos - Grilled Chicken	650	29	6	100	1480	59	4	5	2	40
Tacos - Tofu***	510	24	4	10	1980	61	4	5	0	18
Tacos - Seasonal Garlic Chili Crisp Shrimp	890	51	10	260	2980	69	5	8	3	42
CLASSICS										
Blackened Fish Sandwich	1340	84	15	40	3510	118	9	11	10	32
Fish & Chips	1370	92	21	130	2900	108	11	17	4	30
Grilled Salmon Caesar	1300	97	14	90	4200	61	4	9	7	45
Blackened Shrimp Caesar	1270	91	12	250	3520	62	4	8	7	52
Lobster Roll	1390	86	22	160	2210	113	8	6	5	43
Seasonal Special: Ginger Chili Crisp Salmon Sandwich	1440	90	21	80	2590	115	10	9	6	42
Dinner Plate	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
LIFESTYLE SPECIALS										
Mega-Protein Powerbox	940	41	5	310	1270	73	6	2	1	67
Light & Bright Grilled Catch Salad*	220	8	3	20	1330	13	4	3	0	26
Chicken & Veggie Macro Bowl	590	28	3	90	1380	42	12	13	2	41
Whole Harvest Salmon Bowl	970	67	7	70	1320	58	7	8	1	33
SHAREABLES										
Green Garlic Shrimp	610	50	4	240	1700	6	1	1	0	33
Crispy Shrimp Snack	380	14	2	120	1650	51	2	6	4	16
Seasonal Special: Hush Puppies	740	43	6	20	1880	75	4	9	7	10
SIDES, SOUPS & ADD-ONS										
Classic Tots	350	18	4	0	480	42	0	0	0	6
Buffalo Bleu Tots	430	25	5	0	680	43	4	0	0	9
Tuffle Parmesan Tots	410	23	6	10	800	43	4	0	0	7
Seasonal Chili Crisp Tots	500	31	7	10	1010	49	5	2	1	7
Classic Slaw	100	7	1	10	290	9	3	5	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	400	12	5	3	0	4
Ancient Grain Blend	180	3	0	0	40	34	2	0	0	5
White Rice	120	3	0	0	440	23	0	0	0	2
Sweet Potatoes	90	1	0	0	140	18	3	7	0	2
Garlic Bread	200	11	2	0	330	22	1	3	3	4
Tot Sampler	1190	66	15	10	1760	127	0	12	0	22
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.)										
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										
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 tb.sp.)	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

¹Nutritional 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 exclude 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.)

