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
Ø	Cross-contamination with allergen known to occur in our kitchens
X	Contains allergen

*Available at some locations only!

	Contains Gluten	Contains Dairy	Contains Shellfish	Contains Meat / Fish (Not Vegetarian)	Contains Animal Products (Not Vegan)	Contains Soy	Contains Egg	Contains Nuts
Proteins								
Grilled Catch			Ø	X	X			
Salmon	X		Ø	X	X	X		
Honey-Sriracha Salmon	X		Ø	X	X	X		
Crispy Cod	X		Ø	X	X			
Grilled Shrimp			X	X	X			
Crispy Shrimp	X		X	X	X			
Tuna	O			X	X	O		
Grilled Chicken			Ø	X	X			
Tofu	Ø		Ø			X		
Builds								
Powerbox	O							
Veggiebox			Ø					
Greens & Grains	O		Ø					
Miso Cashew	X					X		O
Salad	O	O			O			
Tacos*	O	O	Ø		O	O	O	
Classics								
Blackened Fish Sandwich	X		Ø	X	X	X	X	
Grilled Salmon Caesar	X	X		X	X	X	X	
Fish & Chips	X		Ø	X	X	X	X	
Lobster Roll	X	X	X	X	X	X	X	
Chicken & Veggie Macro Bowl	Ø		Ø	X	X			
Mega-Protein Powerbox	X		X	X	X	X		
Light & Bright Grilled Catch Salad		O	Ø	X	X			
Whole Harvest Salmon Bowl	X		Ø	X	X	X		O
Sides, Soups & Shareables								
Classic Tots	Ø		Ø			X		
Truffle-Parm Tots	Ø	X	Ø		X	X		
Buffalo Ranch Tots	Ø	X	Ø		X	X	X	
Classic Slaw					X	X	X	
Chowdah		X	X	X	X			
Veggie Blend			Ø					
Ancient Grain Blend	O							
White Rice	Ø							
Sweet Potatoes	Ø		Ø					
Garlic Bread	X		Ø					
Fries	Ø		Ø			X		
Crispy Shrimp Snack	X	X	X	X	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								