brown bag seafood co.

Nutrition Facts

POWERBOX‡	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Powerbox - Grilled Catch	610	21	1	10	1480	75	7	2	0	30
Powerbox - Salmon	750	35	4	70	570	74	7	2	0	36
Powerbox - Honey-Sriracha Salmon	970	49	5	70	930	99	7	26	24	36
Powerbox - Crispy Cod	710	21	2	60	1270	105	7	1	0	28
Powerbox - Crispy Shrimp	760	22	2	110	1430	117	8	3	0	26
Powerbox - Grilled Shrimp	730	28	2	240	1370	76	7	2	0	43
Powerbox - Seared Tuna**	590	20	2	40	810	75	7	2	1	29
Powerbox - Grilled Chicken	720	28	3	90	910	75	7	3	2	42
Powerbox - Tofu***	640	25	1	0	2270	80	7	4	0	28
Powerbox - *Seasonal* Coconut Sweet Chili Shrimp	880	23	3	110	2080	145	10	26	13	26

VEGGIEBOX‡	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Veggiebox - Grilled Catch	360	19	2	10	1820	20	8	5	0	26
Veggiebox - Salmon	510	33	4	70	910	19	8	5	0	31
Veggiebox - Honey-Sriracha Salmon	730	47	5	70	1270	44	8	29	24	32
Veggiebox - Crispy Cod	460	20	2	60	1600	50	8	5	0	24
Veggiebox - Crispy Shrimp	620	20	2	110	2420	90	11	29	13	22
Veggiebox - Grilled Shrimp	490	27	2	240	1710	22	8	5	0	39
Veggiebox - Seared Tuna**	340	18	2	40	1150	20	8	6	1	25
Veggiebox - Grilled Chicken	470	27	3	90	1250	21	8	6	2	38
Veggiebox - Tofu***	390	23	2	0	2610	26	8	7	0	23
Veggiebox - *Seasonal* Coconut Sweet Chili Shrimp	530	21	3	110	1770	63	10	6	0	22

GREENS & GRAINS‡	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	490	20	2	10	1650	48	7	3	0	28
Greens & Grains - Salmon	630	34	4	70	740	47	7	3	0	34
Greens & Grains - Honey-Sriracha Salmon	850	48	5	70	1100	72	7	27	24	34
Greens & Grains - Crispy Cod	590	21	2	60	1440	78	7	3	0	26
Greens & Grains - Crispy Shrimp	630	21	2	110	1600	90	9	5	0	24
Greens & Grains - Grilled Shrimp	610	28	2	240	1540	49	7	3	0	41
Greens & Grains - Seared Tuna**	460	19	2	40	980	47	7	4	1	27
Greens & Grains - Grilled Chicken	600	27	3	90	1080	48	7	4	2	40
Greens & Grains - Tofu***	520	24	1	0	2440	53	8	6	0	26
Greens & Grains - *Seasonal* Coconut Sweet Chili Shrimp	760	22	3	110	2250	118	11	27	13	24

MISO CASHEW‡	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	820	52	6	10	2820	62	3	3	0	31
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	3	4	1	30
Miso Cashew - Grilled Chicken	930	59	7	90	2240	63	3	4	1	42
Miso Cashew - Tofu***	880	59	6	0	3620	68	3	6	0	28
Miso Cashew - *Seasonal* Coconut Sweet Chili Shrimp	1120	57	8	110	3430	133	6	28	13	27

SALAD‡ *(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	380	16	6	20	1410	32	7	9	0	27
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	1380	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***	440	23	6	10	2220	37	7	12	0	25
Salad - *Seasonal* Coconut Sweet Chili Shrimp	690	21	8	130	2030	102	10	34	13	23

TACOS‡	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)
Tacos - Grilled Catch	570	25	4	10	2290	60	2	4	0	29
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***	630	32	4	10	3100	66	3	7	0	26
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	1490	86	17	30	3840	148	12	11	10	35
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	5	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	990	45	5	310	1640	77	7	2	1	68
Light & Bright Grilled Catch Salad*	230	8	3	20	1330	14	4	4	0	26
Chicken & Veggie Macro Bowl	550	28	3	90	1360	35	10	12	2	38
Whole Harvest Salmon Bowl	910	59	6	70	1300	60	7	9	1	34

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	480	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	90	5	0	0	410	9	4	2	0	3
Ancient Grain Blend	260	7	0	0	280	45	4	1	0	7
White Rice	140	2	0	0	560	30	0	0	0	3
Sweet Potatoes	110	2	0	0	180	22	3	9	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	300	18	3	50	420	13	2	1	0	21
Kids Grilled Chicken Strips	260	12	2	60	510	14	2	1	1	23
Kids Fish Bites	350	12	2	60	1020	44	2	1	0	19
Kids Molly's Quesadilla	370	17	8	20	750	41	2	1	0	14

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	40	2	0	0	210	5	2	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 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 :)

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