



## Nutrition Facts

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>POWERBOX</b>									
Powerbox - Daily Catch*	430	20	1	40	500	36	3	1	25
Powerbox - Salmon	540	30	4	70	350	37	3	2	32
Powerbox - White Fish	510	28	1	60	210	36	3	2	30
Powerbox - Crispy Cod	530	24	2	50	780	62	3	1	20
Powerbox - Crispy Shrimp	610	25	2	110	1080	79	5	3	21
Powerbox - Grilled Shrimp	420	19	1	190	960	37	3	1	26
Powerbox - Seared Yellowfin Tuna	390	17	2	40	460	37	3	2	24
Powerbox - Curry Fish Cakes**	750	49	6	70	740	55	5	2	25
Powerbox - Grilled Chicken	550	25	3	110	520	38	3	3	43
Powerbox - Cornflake Chicken	720	31	4	210	570	75	4	4	38
Powerbox - Sesame Broccoli Salad	360	19	1	0	270	43	6	3	9
Powerbox - Spicy Cauliflower	470	24	2	0	530	59	10	15	11
<b>VEGGIEBOX</b>									
Veggiebox - Daily Catch*	370	22	2	40	510	19	7	4	29
Veggiebox - Salmon	480	31	4	70	360	20	7	4	32
Veggiebox - White Fish	450	30	2	60	220	19	7	4	31
Veggiebox - Crispy Cod	470	26	2	50	790	45	7	4	21
Veggiebox - Crispy Shrimp	550	27	2	110	1090	63	8	5	22
Veggiebox - Grilled Shrimp	360	21	2	190	970	20	7	4	27
Veggiebox - Seared Yellowfin Tuna	330	19	2	40	470	20	7	5	25
Veggiebox - Curry Fish Cakes**	690	51	6	70	750	38	6	4	26
Veggiebox - Grilled Chicken	490	26	3	110	530	21	7	6	43
Veggiebox - Cornflake Chicken	660	32	4	210	580	58	7	7	39
Veggiebox - Sesame Broccoli Salad	300	21	2	0	280	26	9	5	10
Veggiebox - Spicy Cauliflower	410	26	2	0	540	42	14	18	12
<b>GREENS &amp; GRAINS</b>									
Greens & Grains - Daily Catch*	400	21	1	40	530	29	5	3	29
Greens & Grains - Salmon	510	31	4	70	350	28	5	3	32
Greens & Grains - White Fish	480	29	2	60	210	28	5	3	31
Greens & Grains - Crispy Cod	500	25	2	50	780	53	5	3	20
Greens & Grains - Crispy Shrimp	580	26	2	110	1080	71	7	4	21
Greens & Grains - Grilled Shrimp	420	23	2	190	970	29	5	3	26
Greens & Grains - Seared Yellowfin Tuna	380	18	2	40	460	28	5	4	24
Greens & Grains - Curry Fish Cakes**	720	50	6	70	750	47	6	3	26
Greens & Grains - Grilled Chicken	520	25	3	110	520	29	5	5	43
Greens & Grains - Cornflake Chicken	690	31	4	210	580	66	6	5	39
Greens & Grains - Sesame Broccoli Salad	330	20	2	0	280	34	8	4	9
Greens & Grains - Spicy Cauliflower	440	25	2	0	540	50	12	17	12
<b>SALAD (excluding choice of dressing)</b>									
Salad - Daily Catch*	280	15	4	60	530	10	3	2	29
Salad - Salmon	390	25	7	90	490	11	3	3	32
Salad - White Fish	360	23	4	70	340	10	3	3	30
Salad - Crispy Cod	380	19	5	60	910	36	3	2	20
Salad - Crispy Shrimp	460	20	5	130	1210	54	4	4	21
Salad - Grilled Shrimp	280	14	4	200	1100	11	3	2	26
Salad - Seared Yellowfin Tuna	240	12	5	50	590	11	3	3	24
Salad - Curry Fish Cakes**	600	44	9	80	880	29	4	3	25
Salad - Grilled Chicken	400	20	6	120	660	12	3	4	43
Salad - Cornflake Chicken	580	26	6	220	710	49	3	5	38
Salad - Sesame Broccoli Salad	210	14	4	10	410	17	5	4	9
Salad - Spicy Cauliflower	320	19	5	10	670	33	10	16	11
<b>SANDWICH</b>									
Sandwich - Daily Catch*	530	27	4	80	1100	43	2	5	30
Sandwich - Salmon	640	37	7	90	950	43	2	6	33
Sandwich - White Fish	590	35	5	60	800	43	2	5	29
Sandwich - Crispy Cod	630	32	5	60	1380	69	2	5	22
Sandwich - Crispy Shrimp	710	33	5	120	1680	86	3	7	23
Sandwich - Grilled Shrimp	530	27	4	190	1570	44	2	5	27
Sandwich - Seared Yellowfin Tuna	490	25	4	40	1060	44	2	6	26
Sandwich - Curry Fish Cakes**	850	57	9	70	1350	62	3	6	27
Sandwich - Grilled Chicken	650	32	6	120	1120	45	2	7	44
Sandwich - Cornflake Chicken	830	38	7	220	1180	81	2	8	40
Sandwich - Sesame Broccoli Salad	460	27	5	10	880	49	4	7	11
Sandwich - Spicy Cauliflower	570	32	5	10	1140	65	9	19	13
<b>TACOS</b>									
Tacos - Daily Catch*	390	18	3	50	1040	32	1	2	29
Tacos - Salmon	500	28	6	80	900	33	1	3	32
Tacos - White Fish	450	25	3	60	750	32	1	3	28
Tacos - Crispy Cod	490	22	4	60	1320	58	1	2	21
Tacos - Crispy Shrimp	570	23	4	120	1620	75	2	4	22
Tacos - Grilled Shrimp	380	17	3	190	1510	33	1	2	26
Tacos - Seared Yellowfin Tuna	350	15	4	40	1000	33	1	3	25
Tacos - Curry Fish Cakes**	710	47	8	70	1290	51	2	3	26
Tacos - Grilled Chicken	510	22	5	120	1070	34	1	4	43
Tacos - Cornflake Chicken	680	28	6	220	1120	71	1	5	39
Tacos - Sesame Broccoli Salad	320	17	3	10	820	39	3	4	10
Tacos - Spicy Cauliflower	430	22	4	10	1080	55	8	16	12
<b>BIG FISH</b>									
Lobster Roll (w/Truffle-Parm Tots)	1250	75	15	220	2180	99	6	6	43
Seasonal Special: Spicy Shrimp Gumbo	690	37	5	90	2270	60	5	7	29
Fish & Chips	1070	81	11	110	1730	65	5	15	26
Dinner Plate	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
<b>SIDES</b>									
Classic Tots	280	15	3	0	370	33	3	0	5
Buffalo Bleu Tots	370	24	4	10	600	34	3	1	6
Truffle Parmesan Tots	330	19	4	10	490	33	3	0	5
Classic Slaw	150	15	2	10	320	5	1	3	1
Louisiana Tang Slaw	100	9	1	10	540	4	1	2	1
Lime Cilantro Slaw	120	11	1	0	270	6	1	3	1
Sesame Broccoli Salad	90	7	1	0	160	7	3	2	3
Spicy Cauliflower	120	6	0	0	310	17	1	11	4
Fancy Fish Sticks	600	52	6	50	840	27	5	2	11
<b>ADD-ONS</b>									
Veggie Blend Add-On	120	7	1	0	60	12	4	2	4
Ancient Grain Blend Add-On	130	6	0	0	50	17	1	0	3
Garlic Bread Add-On	200	11	3	0	300	23	1	3	4
3 Crispy Shrimp Add-On	220	12	1	60	480	22	1	1	8
Extra Protein Add-On	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies	Varies
<b>SOUPS (Regular size, 16 oz.)</b>									
Chowdah	750	53	33	180	2610	59	2	2	11
Daily Soup: Black Bean	420	1	0	0	1240	79	18	7	25
Daily Soup: Butternut Squash Soup	440	21	10	40	1630	47	9	19	15
Daily Soup: Mushroom Barley Soup	180	6	1	0	2380	27	6	3	5
Daily Soup: Thai Cauliflower Curry Coconut	270	18	6	30	3380	24	7	10	3
Daily Soup: Traditional Minestrone	170	8	1	0	1920	22	8	3	5
Chots	830	56	28	140	2380	70	6	2	15
<b>HOUSEMADE BEVERAGES (16 oz.)</b>									
Gingerade	80	0	0	0	0	22	0	20	0
Hibiscus Cider Tea	130	0	0	0	20	32	1	26	0

Agua Fresca	90	0	0	0	0	24	0	21	0
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**KIDS' MEALS**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kids Salmon	200	13	2	60	170	1	0	0	19
Kids Grilled Chicken Strips	190	8	1	70	270	1	0	1	24
Kids Crispy Chicken Strips	300	12	2	140	300	26	0	2	22
Kids Fish Bites	260	12	1	50	660	26	0	0	14
Kids Grilled Chicken Sandwich	490	22	5	70	690	40	1	4	31
Kids Molly's Quesadilla	360	20	12	40	680	28	0	0	18

**KIDS' SIDES**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kids Applesauce	50	0	0	0	0	13	1	11	0
Kids Tots	140	7	1	0	190	16	2	0	2
Kids Avocado	60	5	1	0	0	3	3	0	1
Kids Baby Carrots	30	0	0	0	60	7	2	5	1
Kids Veggie Blend	30	0	0	0	20	6	2	1	2

**KIDS' BEVERAGES**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Kids Apple Juice	80	0	0	0	20	21	0	19	0
Kids Milk	120	5	3	20	120	12	0	12	8

**DESSERTS**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Chip Cookie	180	10	6	30	130	23	1	11	2
Oatmeal Raisin Cookie	170	7	4	30	120	25	1	13	2
Soft Serve Ice Cream	170	6	4	30	120	26	0	23	4

**HOUSEMADE DRESSINGS (1 tbsp.)**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Lemon Vinaigrette	90	10	1	0	50	1	0	0	0
Sesame Soy	70	8	1	0	160	0	0	0	0
Creamy Ginger	80	9	1	10	170	1	0	0	0
Buttermilk Ranch	40	4	1	0	90	1	0	1	1

**HOUSEMADE SAUCES (1 tbsp.)**

	Calories	Fat (g)	Sat. fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boss Sauce	20	2	0	0	170	2	0	1	0
Tartar Sauce	90	10	1	10	150	1	0	0	0
Rickshaw	20	0	0	0	130	5	0	4	0

\*Nutritional info provided for the Daily Catch varies based on the offering. Figures presented here represent an average across the assortment of Daily Catch offerings.  
 \*\*Curry Fish Cakes nutritional info excludes ginger dressing, which can be found separately in the Housemade 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.)