



Important Allergen Information

While we take steps to minimize cross-contact, Long John Silver's® kitchens are not allergen-free environments. Shared cooking equipment, fryers, preparation areas, and utensils may result in cross-contact between menu items.

Ingredient information is based on standard product formulations and may change without notice due to supplier substitutions, recipe updates, or regional variations. Menu offerings and preparation methods may vary by location.

Some items served at Long John Silver's® restaurants may be cooked in animal fats. Guests with food allergies or dietary concerns, including alpha-gal syndrome, should speak with a General Manager regarding preparation methods before ordering.

This guide identifies menu items that contain the major food allergens as defined by the U.S. FDA: milk, eggs, wheat, soy, peanuts, tree nuts, fish, sesame, and shellfish.

● = contains allergen | ○ = contains ingredient that may cause sensitivity

PROTEINS	Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Sesame	Shellfish
Battered Wild-Caught Alaskan Pollock			○	○	●	○	●		○
Battered Wild-Caught Pacific Cod			○	○	●	○	●		○
Oven-Grilled Wild-Caught Alaskan Salmon				○	○	○	●		○
Oven-Grilled Shrimp							○		●
Battered Shrimp			○	○	●	○	○		●
Popcorn Shrimp			○	●	●	●	○		●
Breaded Clam Strips			○	●	●	○	○		●
Crab Cakes			●	●	●	○	●		●
Lobster Bites			○	●	●	●	○		●
Chicken Planks			○	○	●	○	○		○
ENTREES	Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Sesame	Shellfish
Fish Sandwich			●	●	●	●	●		○
Chicken Sandwich			●	○	●	●	○		○
Baja Fish Taco			●	○	●	○	●		○
Grilled Shrimp Bowl				●		●	○		●
Grilled Salmon Bowl				●	○	●	●		○
Battered Shrimp Taco			○	○	●	○	○		●
Grilled Salmon Taco				○	●	○	●		○
Grilled Shrimp Taco					●		○		●
SAUCES/CONDIMENTS	Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Sesame	Shellfish
BBQ									
Cocktail Sauce									
Honey Mustard									
Ketchup									
Malt Vinegar									
Creamy Ranch			●						
Sweet & Sour Sauce									
Tartar Sauce			●						
SIDES	Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Sesame	Shellfish
Waffle Fries			○	●	●	○	○		○
Hushpuppies			●	●	●	●	○		○
Coleslaw			●						
Corn						●			
Rice				●		●			
Green Beans									
Cheese Bites			○	●	●		○		
Crumbles®			○	○	●	○	○		○
DESSERTS by Cheesecake Factory	Peanut	Tree Nuts	Egg	Milk	Wheat	Soybean	Fish	Sesame	Shellfish
Classic Cheesecake	○	○	●	●	●	●			
Triple Chocolate Cheesecake	○	○	●	●	●	●			



Nutrition Information

Product data is based on current U.S. formulations as of date of publication. Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant, and other factors. Except for limited time offerings, optional, or test market items, menu products as of this printing are included in this brochure.

Please note: Some items served at Long John Silver's® locations may be cooked in animal fats. Guests with food allergies or dietary concerns, including alpha-gal syndrome, should ask a General Manager about food preparation before ordering.

Beverage volumes are represented in fluid ounces.

**Content of Family-size items is equal to (4) individual servings Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

***Content of Large-size items is equal to (2) individual servings Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

gms = grams mgs = milligrams		Serving Size	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)	
ADD A PIECE														
		Battered Wild-Caught Alaskan Pollock	1 piece	246	142	16	7	1	37	809	15	1	0	11
		Battered Wild-Caught Pacific Cod	1 piece	212	118	13	6	1	38	774	13	1	0	11
		Grilled Wild-Caught Alaskan Salmon	1 piece	110	16	2	0	0	41	325	0	1	0	23
		Battered Shrimp	3 pieces	111	67	7	3	0	<0.12	<0.15	<0.18	0	0	4
		Crab Cake	1 crab cake	280	77	9	4	0	30	450	17	1	1	6
		Grilled Shrimp	3 pc	78	7	0	0	0	98	1220	1	0	0	11
		Chicken Plank	1 piece	145	76	8	4	1	36	546	7	1	0	10
SNACKS														
		Popcorn Shrimp	1 portion***	159	18	8	8	1	108	982	29	2	0	14
		Breaded Clam Strips	1 portion***	343	172	19	8	1	27	918	24	2	1	18
		Lobster Bites	4.0 oz***	308	162	18	3	0	26	745	31	<1	3	10
		Cheese Bites	Small***	349	216	24	13	1	69	625	15	0	1	18
		Hushpuppies	6 pups***	559	324	36	16	2	28	840	66	0	12	6
SANDWICHES, TACOS, & BOWLS														
		Fish Sandwich	1 sandwich	446	192	22	8	1	42	1229	43	1	7	15
		Baja Fish Taco	1 taco	288	242	27	10	1	47	1289	39	3	7	14
		Grilled Salmon Taco no sauce	1 taco	145	40	4	1	0	21	580	21	2	7	16
		Grilled Shrimp Taco no sauce	1 taco	194	40	5	1	0	60	820	23	2	6	12
		Grilled Salmon Bowl no sauce	1 bowl	667	70	8	1	0	85	1750	45	2	15	21
		Grilled Shrimp Bowl no sauce	1 bowl	765	70	8	1	0	86	1740	47	2	16	21
		Sweet Chili Grilled Salmon Bowl	1 bowl	682	80	9	2	0	27	1340	48	2	18	26
		Sweet Chili Grilled Shrimp Bowl	1 bowl	780	100	11	2	0	86	1790	51	2	18	21
		Sweet Chili Grilled Salmon Taco	1 taco	170	40	5	1	0	22	630	22	2	9	16
		Sweet Chili Grilled Shrimp Taco	1 taco	219	50	6	1	0	60	874	26	2	9	11
		Baja Grilled Shrimp Bowl	1 bowl	803	140	16	3	0	70	1580	48	3	13	20
		Baja Grilled Salmon Bowl	1 bowl	705	140	15	3	0	20	1230	45	3	11	26
		Baja Grilled Salmon Taco	1 taco	220	40	4	1	0	21	580	21	2	7	16
		Baja Grilled Shrimp Taco	1 taco	269	40	5	1	0	60	820	23	2	6	12
		Southwest Grilled Salmon Bowl	1 bowl	730	130	15	3	0	20	1230	45	3	11	26
		Southwest Grilled Shrimp Bowl	1 bowl	828	140	16	3	0	70	1580	48	3	13	20
		Southwest Grilled Salmon Taco	1 taco	260	82	9	2	0	17	590	23	2	8	13



gms = grams mgs = milligrams

Serving Size	Calories	Calories from Fat	Total Fat (gms)	Saturated Fat (gms)	Trans Fat (gms)	Cholesterol (mgs)	Sodium (mgs)	Carbohydrates (gms)	Dietary Fiber (gms)	Sugars (gms)	Protein (gms)
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SAUCES & CONDIMENTS												
BBQ	1 dipping cup	40	0	0	0	0	230	10	0	6	0	
Cocktail Sauce	1 dipping cup	20	5	0	0	0	230	4	0	0	1	
Honey Mustard	1 packet	60	50	6	1	0	55	2	0	2	0	
Ketchup	1 packet	30	0	0	0	0	250	8	0	6	0	
Malt Vinegar	0.5 oz.	0	0	0	0	0	35	0	0	0	0	
Creamy Ranch	1 packet	50	50	6	1	0	115	1	0	0	0	
Sweet & Sour Sauce	1 dipping cup	45	0	0	0	0	120	12	0	7	0	
Tartar Sauce	1 packet	40	30	4	1	0	110	3	0	2	0	
SIDES												
Coleslaw	Individual**	170	100	11	2	0	20	410	18	2	16	1
Corn	Individual**	160	70	8	2	0	0	370	19	2	2	3
Waffle Fries	Individual**	309	153	17	3	0	9	160	33	4	1	4
Green Beans	Individual**	25	0	0	0	0	0	600	4	1	1	1
Rice	Individual**	180	10	1	1	0	0	470	37	2	1	4
Hushpuppies	2 pups	186	108	12	5	1	9	446	17	1	1	2
** For family-size information, see disclosure above												
DESSERTS												
Cheesecake Factory Classic Cheesecake	1 slice	450	252	28	16	0.5	120	380	43	1	32	6
Cheesecake Factory Triple Chocolate Cheesecake	1 slice	520	324	36	21	1	115	270	50	4	35	7
BEVERAGES												
Pepsi®	Small	250	0	0	0	0	0	60	70	0	67	0
Pepsi®	Medium	400	0	0	0	0	0	100	112	0	108	0
Pepsi®	Large	500	0	0	0	0	0	125	140	0	135	0
Diet Pepsi®	Kids	0	0	0	0	0	0	35	0	0	0	0
Diet Pepsi®	Medium	0	0	0	0	0	0	100	0	0	0	0
Diet Pepsi®	Large	0	0	0	0	0	0	125	0	0	0	0
Mountain Dew®	Small	270	0	0	0	0	0	85	72	0	72	0
Mountain Dew®	Medium	440	0	0	0	0	0	140	116	0	116	0
Mountain Dew®	Large	550	0	0	0	0	0	170	145	0	145	0
Diet Mountain Dew®	Small	0	0	0	0	0	0	100	0	0	0	0
Diet Mountain Dew®	Medium	0	0	0	0	0	0	160	0	0	0	0
Diet Mountain Dew®	Large	0	0	0	0	0	0	200	0	0	0	0
Starry®	Small	240	0	0	0	0	0	58	65	0	65	0
Starry®	Medium	400	0	0	0	0	0	93	104	0	104	0
Starry®	Large	480	0	0	0	0	0	116	130	0	130	0
Dr. Pepper®	Small	250	0	0	0	0	0	85	67	0	67	0
Dr. Pepper®	Medium	400	0	0	0	0	0	140	108	0	108	0
Dr. Pepper®	Large	500	0	0	0	0	0	175	135	0	135	0
Tropicana® Lemonade	Small	250	0	0	0	0	0	265	68	0	68	0
Tropicana® Lemonade	Medium	400	0	0	0	0	0	420	108	0	108	0
Tropicana® Lemonade	Large	500	0	0	0	0	0	525	135	0	135	0
Dole Starrberry Lemonade	Small	275	0	0	0	0	0	400	70	0	70	0
Dole Starrberry Lemonade	Medium	440	0	0	0	0	0	640	112	0	112	0
Dole Starrberry Lemonade	Large	550	0	0	0	0	0	800	140	0	140	0
Lipton® Tea (sweetened)	Small	210	0	0	0	0	0	20	54	0	54	0
Lipton® Tea (sweetened)	Medium	340	0	0	0	0	0	35	87	0	87	0
Lipton® Tea (sweetened)	Large	420	0	0	0	0	0	40	108	0	108	0
Lipton® Tea (unsweetened)	Kids	0	0	0	0	0	0	15	0	0	0	0
Lipton® Tea (unsweetened)	Medium	0	0	0	0	0	0	35	0	0	0	0
Lipton® Tea (unsweetened)	Large	0	0	0	0	0	0	45	0	0	0	0