



Allergens & Sensitivities Guide

	Allergens							Sensitivities		
	Peanut*	Tree Nuts*	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Gluten	MSG (Monosodium Glutamate)
FISH AND SEAFOOD										
Battered Fish			•	•	√	•	√	•	†	†
Battered Shrimp			•	•	√	•	•	√	†	†
Popcorn Shrimp			•	√	√	√	•	√	†	†
Baked Cod				√	√		√		†	†
Alaskan Flounder			•	•	√	•	√	•	†	†
Buttered Lobster Bites			•	√	√	•	•	√	†	†
Breaded Clam Strips			•	√	√	•	•	√	†	†
Grilled Pacific Salmon				•	•	•	√	•	†	
Grilled Tilapia				√	√	•	√	•	†	†
Shrimp Scampi				•	•	√	•	√		
Lobster Stuffed Crab Cake			√	√	√	•	√	√	†	
CHICKEN										
Chicken Plank®			•	•	√	•	•	•	†	†
SANDWICHES, BOWLS, & MORE										
Fish Sandwich			√	•	√	√	√	•	†	†
Ultimate Fish Sandwich®			√	√	√	√	√	•	†	†
Chicken Sandwich			√	•	√	√	•	•	†	†
Freshside Grille Smart Choice Salmon				√	•	√	√	•		
Freshside Grille Smart Choice Tilapia				√	√	√	√	•	†	†
Freshside Grille Smart Choice Shrimp Scampi				√	•	√	•	√		
Salmon Bowl without Sauce				√	•	√	√	•		
Salmon Bowl with Sauce				√	√	√	√	•	†	
Shrimp Bowl without Sauce				√	•	√	•	√		
Shrimp Bowl with Sauce				√	√	√	•	√	†	
SAUCES/CONDIMENTS										
Cocktail Sauce										
Tartar Sauce			√							
Malt Vinegar										
Ginger Teriyaki Sauce					√	√			†	
Baja Sauce			√						†	
Louisiana Hot Sauce										
Ketchup										
SIDES										
Crispy Fries			•	√	√	•	•	•	†	
Hushpuppy				√	√	√	•	•	†	



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Cole Slaw			√							
Corn Cobbette without Butter Oil										
Corn Cobbette with Butter Oil						√				
Crumblyies®			•	•	√	•	•	•	†	
Breadstick			•	•	√	•	•	•	†	
Vegetable Medley			•	√	•	√	•	•		
Rice				√		√				
Broccoli Cheese Soup			√	√	√	√	•	•	†	
DOLLAR STRETCHER MENU										
Jr. Fish Sandwich & Double Jr. Fish Sandwich			√	•	√	√	√	•	†	†
Baja Fish Taco			√	•	√	•	√	•	†	†
Small Golden Fries			•	√	√	•	•	•	†	
Six Hushpuppies				√	√	√	•	•	†	
Four Battered Shrimp			•	•	√	•	•	√	†	†
Zesty Chicken Sandwich			√	•	√	√	•	•	†	†
Three Shrimp & Fries			•	√	√	•	•	√	†	†
Two Jr. Fish & Fries			•	√	√	•	√	•	†	†
Popcorn Shrimp			•	√	√	√	•	√	†	†
Chicken & Fries			•	√	√	•	•	•	†	†
DESSERTS										
Chocolate Cream Pie				√	√	√			†	
Pineapple Cream Pie				√	√	√			†	
Turtle Pie		√		√	√	√			†	

KEY
 *=Peanuts and tree nuts are not served in Long John Silver's restaurants, with the exception of the limited-time offer Turtle Pie dessert item.
 May be used in common manufacturing plants.
 √=contains allergen
 †=contains ingredient that may cause sensitivity
 •=products are prepared in common equipment and therefore may contain allergen

The allergen information displayed on this site is based on standard product formulations and is current as of September 30, 2009. Variations may occur due to differences in suppliers, ingredients and/or product production at the restaurant.

In some restaurants, fish, chicken and potatoes may be prepared in the same oil. Please ask the manager about this practice if you have an allergy to fish or milk.

Some menu items may not be available at all restaurants. Limited time offers, test products, or regional items have not been included.

Customers with allergy-related questions can contact the Food Allergy and Anaphylaxis Network (FAAN) on the web at foodallergy.org or by telephone at (800) 929-4040.