



Allergens & Sensitivities Guide

(based on U.S. Formulations as of date of posting)

	Allergens							Sensitivities		
	Peanut*	Tree Nuts*	Egg	Milk	Wheat	Soybean	Fish	Shellfish	Gluten	MSG (Monosodium Glutamate)
ALASKAN POLLOCK AND SEAFOOD										
Battered Alaskan Pollock			•	•	√	•	√	•	†	†
Battered Shrimp			•	•	√	•	•	√	†	†
Popcorn Shrimp			•	√	√	√	•	√	†	†
Buttered Lobster Bites			•	√	√	•	•	√	†	†
Breaded Clam Strips			•	√	√	•	•	√	†	†
Grilled Pacific Salmon				•	•	•	√	•		
Grilled Tilapia				√	√	•	√	•	†	†
Shrimp Scampi				•	•	√	•	√		
Langostino Lobster Stuffed Crab Cake			√	√	√	•	√	√	†	
CHICKEN STRIPS										
Chicken Strips			•	•	√	•	•	•	†	†
SANDWICHES & MORE										
Alaskan Pollock Sandwich			√	•	√	√	√	•	†	†
Ultimate Alaskan Pollock Sandwich®			√	√	√	√	√	•	†	†
Chicken Strips Sandwich			√	•	√	√	•	•	†	†
Baja Fish Taco			√	•	√	•	√	•	†	†
Baja Chicken Strips Taco			√	•	√	•	•	•	†	†
Zesty Chicken Strips Sandwich			√	•	√	√	•	•	†	†
Freshside Grille® Salmon Entrée				√	•	√	√	•		
Freshside Grille® Tilapia Entrée				√	√	√	√	•	†	†
Freshside Grille® Shrimp Scampi Entrée				√	•	√	•	√		
SAUCES/CONDIMENTS										
Cocktail Sauce										
Tartar Sauce			√							
Malt Vinegar									†	
Baja Sauce			√							†
Louisiana Hot Sauce										
Ketchup										
SIDES										
Crispy Fries			•	√	√	•	•	•	†	
Hushpuppy				√	√	√	•	•	†	
Cole Slaw			√							
Corn Cobbette without Butter Oil										
Corn Cobbette with Butter Oil						√				
Crumbly®			•	•	√	•	•	•	†	



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Breadstick			•	•	√	•	•	•	†	
Vegetable Medley			•	√	•	√	•	•		
Rice				√		√				
Broccoli Cheese Soup			√	√	√	√	•	•	†	
DESSERTS										
Chocolate Cream Pie				√	√	√			†	
Pineapple Cream Pie				√	√	√			†	
ICEFLOW LEMONADE										
Iceflow™ Lemonade										
Iceflow™ Strawberry Lemonade										

KEY
 *=Peanuts and tree nuts are not served in Long John Silver's restaurants, with the exception of some limited-time offers.
 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 U.S. product formulations and is current as of February 7, 2011. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, 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.