

BONEFISH GRILL NUTRITION

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Nutrition information is updated when new data is received from suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date.

Created: October 2024

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Starters & Sharing													
Bang Bang Shrimp	1	Serving	730	500	56	10	0	245	2010	29	4	4	30
Ahi Tuna Poke	1	Serving	510	90	10	1.5	0	55	1250	71	5	27	35
Tempura Crunch Sashimi Tuna	1	Serving	380	180	20	3.5	0	60	3290	19	3	5	34
Imperial Dip w Tortilla Strip	1	Serving	910	530	59	22	1	220	1660	57	4	3	39
Maryland-Style Crab Cakes	1	Serving	520	370	41	8	0.5	185	1620	12	1	4	28
Calamari	1	Serving	1050	500	55	11	0.5	665	1930	82	3	21	53
Mussels Josephine	1	Serving	1200	480	54	18	0	155	2890	106	4	11	54
Beef & Ginger Potstickers	1	Serving	670	370	41	10	1	70	2880	56	3	10	19
Crab-Topped Bang Fries	1	Serving	1280	700	78	15	0	65	3840	121	13	2	24
Bread and Pesto	1	Serving	490	190	21	1.5	0	0	850	60	2	2	12
Soups & Greens													
Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	43	20	0	115	1210	23	2	4	10
Corn Chowder + Lump Crab, Cup	1	Serving	320	240	27	13	0	70	730	14	1	2	5
Butternut Squash Soup, Bowl	1	Serving	410	290	33	16	0.5	80	990	22	3	5	11
Butternut Squash Soup, Cup	1	Serving	220	160	18	8	0	40	560	11	2	3	6
House Salad: Entrée Salad with Citrus Herb Vinaigrette	1	Serving	430	370	41	4.5	0	0	480	13	5	5	6
House Salad: Entrée Salad with Shrimp and Citrus Herb Vinaigrette	1	Serving	540	400	45	5	0	200	1390	14	5	5	26
Caesar Salad:Entrée Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	14	4	3	7
Caesar Salad:Entrée Salad with Wood Grilled Chicken and Dressing	1	Serving	670	370	42	9	0.5	205	690	14	4	3	62
Caesar Salad:Entrée Salad with Shrimp and Dressing	1	Serving	520	360	40	8	0.5	235	1400	15	4	3	27
House Side Salad with Citrus Herb Vinaigrette	1	Serving	270	210	24	3	0	0	460	12	4	5	6
Caesar Side Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	13	3	2	7
Florida Cobb Salad: With Wood-Grilled Chicken With Citrus Herb Vinaigrette Dressing	1	Serving	840	520	58	12	0	190	660	16	6	7	67
Shaved Brussels Sprouts Salad with Salmon and Dressing	1	Serving	870	360	40	10	0	140	890	60	7	46	57
From The Sea													
Bonefish Signature Pasta, Cajun Cream (no protein)	1	Serving	830	150	16	7	0	35	2470	130	14	18	31
Bonefish Signature Pasta, Cajun Cream with Chicken	1	Serving	1080	190	21	9	0	195	2640	130	14	18	84
Bonefish Signature Pasta, Cajun Cream with Salmon	1	Serving	1130	310	34	11	0	125	2630	130	14	18	67
Bonefish Signature Pasta, Cajun Cream with Shrimp	1	Serving	940	180	20	8	0	235	3370	131	14	18	51
Tuna Poke Bowl	1	Serving	610	120	13	1.5	0	55	1520	89	3	22	36
Cod Imperial	1	Serving	410	210	23	9	0	165	1640	9	1	2	40

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Parmesan Crusted Rainbow Trout	1	Serving	840	490	55	13	0	245	1020	17	3	2	64
Cold Water Lobster Tails	1	Serving	700	430	49	29	2	425	1310	3	1	1	61
From the Dock													
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
Crispy Fried Shrimp with Fries	1	Serving	1230	580	65	12	0	405	3490	119	9	19	45
Bang Bang Shrimp Tacos with Fries	1	Serving	1580	870	96	21	0.5	270	4050	134	12	8	43
Blackened Baja Fish Tacos with Fries	1	Serving	1330	610	68	14	0	125	3300	127	12	20	50
From the Land													
Half-Pound Beef Burger with French Fries	1	Serving	1410	750	84	27	1.5	175	2550	107	9	11	57
Add Bacon	1	Serving	70	45	5	2	0	15	250	0	0	0	5
Chimichurri Bistro Filet	1	Serving	820	520	57	8	0.5	165	2350	16	3	6	63
Filet Mignon	1	Serving	260	90	9	4.5	0	120	340	0	0	0	44
The Angler's Sirloin Steak	1	Serving	210	45	5	2	0	105	430	1	0	0	39
Lily's Chicken	1	Serving	510	200	22	9	0	215	930	13	4	3	67
Chicken Marsala	1	Serving	530	210	23	11	0	215	910	14	1	9	61
Fontina Pork Chop	1	Serving	790	440	49	22	0	240	1550	14	1	10	62
Wood Fired Grill													
Atlantic Salmon, Regular	1	Serving	410	220	24	5	0	125	220	0	0	0	48
Atlantic Salmon, Small	1	Serving	350	180	21	4.5	0	105	190	0	0	0	41
Mahi-Mahi	1	Serving	230	15	1.5	0	0	115	210	3	1	1	52
Chilean Sea Bass	1	Serving	570	420	47	9	0	125	180	0	0	0	36
Skewer: Shrimp and Scallop	1	Serving	290	80	9	1.5	0	260	1370	5	0	0	49
Grilled Rainbow Trout	1	Serving	450	200	22	5	0	215	270	0	0	0	63
Wood-Grilled Chicken	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
Bone-In 12 oz Pork Chop	1	Serving	460	210	23	8	0	175	1240	6	0	3	53
Perfect Pairings													
Mahi-Mahi & Shrimp	1	Serving	340	45	5	1.5	0	320	1120	4	1	1	72
Filet & Crab Cake	1	Serving	590	320	36	9	1	220	1250	10	1	3	59
Sirloin & Crab Cake	1	Serving	530	280	31	8	0	185	1050	10	3	3	55
Filet & Lobster Tail	1	Serving	620	300	34	19	1.5	335	1060	3	1	1	75
Sirloin & Shrimp	1	Serving	330	70	8	3.5	0	290	1050	3	2	0	60
Filet & Shrimp	1	Serving	380	120	13	5	0	320	1250	1	0	0	64
Grilled Chicken & Shrimp	1	Serving	390	80	9	2	0	370	1090	1	0	0	76

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Signature Sauces													
Mango Salsa	1	Serving	25	0	0	0	0	0	65	5	1	5	0
Lemon Butter	1	Serving	50	40	4.5	3	0	10	100	2	0	1	0
Pan Asian Sauce	1	Serving	60	35	4	0.5	0	5	560	7	0	6	1
Chimichurri Sauce	1	Serving	140	140	15	1.5	0	0	200	1	0	0	0
Lemon Caper Butter Sauce	1	Serving	70	60	6	4	0	15	150	2	0	1	0
Premium Sides													
Bacon Mac and Cheese	1	Serving	650	300	33	19	0	100	1100	59	2	7	103
Steamed Asparagus	1	Serving	45	30	3	0	0	0	500	4	2	1	2
Kung Pao Brussels Sprouts	1	Serving	350	260	28	5	0	0	520	22	7	9	7
Crispy Potatoes	1	Serving	800	540	60	10	0	5	1230	58	7	0	7
Creamy Parmesan Risotto	1	Serving	320	140	16	8	0	40	700	34	0	2	10
Signature Sides													
Garlic Whipped Potatoes	1	Serving	190	90	10	2.5	0	5	570	22	3	1	3
Steamed Broccoli	1	Serving	100	60	7	4	0	15	330	8	3	3	4
Green Beans	1	Serving	100	60	7	4	0	15	300	9	3	4	2
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Coleslaw	1	Serving	160	110	13	1.5	0	5	600	11	2	9	1
French Fries	1	Serving	550	250	28	6	0	0	1720	68	7	8	7
Dessert													
Chocolate Strawberry Bliss	1	Serving	1030	520	57	30	0.5	305	250	123	6	108	12
Macadamia Nut Brownie	1	Serving	1070	480	53	33	0.5	245	210	130	9	107	15
Apple Cider Cheesecake	1	Serving	1190	780	87	48	3	330	580	88	2	73	16
Cranberry White Chocolate Cookie	1	Serving	180	70	8	3.5	0	20	110	27	1	16	2
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Cranberry White Chocolate Cookie	3	Servings	540	200	23	11	0	55	330	81	2	49	6
Chocolate Chip Cookie	3	Servings	560	240	27	13	0	50	310	79	4	47	7
Cranberry White Chocolate Cookie	6	Servings	1090	410	45	22	1	110	660	163	3	99	12
Chocolate Chip Cookie	6	Servings	1120	480	53	26	1	95	620	159	7	94	14
Key Lime Cake	1	Serving	1210	600	66	27	0	100	1260	152	3	118	10
Drunken Coconut Pie	1	Serving	900	610	68	47	1.5	235	120	65	1	52	7
Children's Menu													
Kids Fish Strips	1	Serving	130	70	7	1.5	0	35	125	3	0	0	13
Kids Grilled Chicken	1	Serving	120	20	2	0.5	0	75	80	0	0	0	24
Popcorn Shrimp	1	Serving	220	120	13	2.5	0	115	770	11	1	0	14
Kids Mac & Cheese	1	Serving	350	90	10	6	0	30	500	53	2	6	13
Chicken Tenders	1	Serving	430	160	18	3.5	0	65	990	35	2	2	29
Kids Grilled Shrimp	1	Serving	80	0	0	0	0	160	95	0	--	0	20
Kids Steamed Broccoli	1	Serving	70	45	5	3	0	10	240	6	2	2	3
Kids Side Steamed Spinach	1	Serving	20	0	0	0	0	0	65	3	2	0	2

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Kids Side Green Beans	1	Serving	30	0	0	0	0	0	0	7	3	3	2
Family Bundles													
Bacon Mac and Cheese	1	Pan	1950	900	100	57	1	295	3290	178	7	22	308
Garlic Whipped Potatoes	1	Pan	1050	590	66	26	0	100	3030	92	13	7	20
Broccoli	1	Pan	390	240	27	16	0	60	1300	33	11	11	14
Green Beans	1	Pan	380	230	26	16	0	60	1180	37	12	17	7
House Salad	1	Pan	1360	1170	132	14	0	0	1410	41	13	18	16
Jasmine Rice	1	Pan	1200	250	28	2	0	0	2620	222	2	1	17
Lily's Chicken Catering for 5	1	Pan	1460	670	75	32	1	550	5400	37	10	9	163
Grilled Chicken	1	Pan	800	140	15	4	0	490	540	7	2	1	161
Bang Bang Shrimp Tacos	1	Pan	3320	1710	190	48	1	810	8380	276	24	32	118
Grilled Mahi Mahi	1	Pan	910	50	6	2	0	470	860	11	3	3	209
Grilled Salmon	1	Pan	1400	730	81	17	0	415	740	11	3	3	162
Mahi Mahi & Shrimp	1	Pan	1270	150	16	4.5	0	1070	3570	19	5	4	269
Creamy Cajun Pasta with Chicken	1	Pan	3820	780	87	27	0	675	7430	459	42	65	293
Creamy Cajun Pasta with Shrimp	1	Pan	3470	670	75	23	0	1145	8160	460	42	65	235
Catering (Serves 10)													
Starters and Sharing													
Bang Bang Shrimp	1	Pan	3300	2230	248	44	1	1210	9540	125	11	12	143
Beef and Ginger Dumplings	1	Pan	2620	1250	140	36	4	355	12050	255	10	44	87
Imperial Dip	1	Pan	4660	2740	304	110	6	1100	11900	280	23	14	195
Tempura Crunch Sashimi Tuna	1	Pan	2690	930	104	19	1	655	14300	78	10	24	367
Soups and Greens													
House Side Salad with Citrus Herb Vinaigrette	1	Pan	3230	2790	314	32	1	0	3400	92	28	40	38
Caesar Side Salad with Dressing	1	Pan	2330	1900	211	41	3	190	3390	78	18	17	42
Sides													
Garlic Whipped Potatoes	1	Pan	2930	1650	183	73	0	275	8410	256	37	18	55
Jasmine Rice	1	Pan	2000	420	47	3	0	0	4360	369	3	2	29
Broccoli	1	Pan	490	250	28	16	0	60	1400	50	19	17	25
Green Beans	1	Pan	440	190	21	12	0	45	890	61	22	28	14
Bacon Mac and Cheese	1	Pan	3910	1790	199	113	1.5	590	6580	356	13	44	617
Bread and Pesto	1	Pan	1940	760	85	6	0	5	3390	241	8	8	49
Entrees													
Grilled Shrimp	1	Pan	1790	790	88	14	0	2410	10950	14	0	2	237
Simply Grilled Salmon	1	Pan	1940	1020	113	23	0	585	1030	10	4	4	225
Creamy Cajun Pasta with Chicken	1	Pan	6790	1320	147	45	0	990	13380	894	80	118	466
Creamy Cajun Pasta with Shrimp	1	Pan	6370	1160	130	40	0	1950	13970	880	75	115	415
Simply Grilled Chicken	1	Pan	1930	330	36	10	0	1175	2820	15	4	4	388
Lily's Chicken	1	Pan	3480	1410	157	69	2	1460	7090	76	21	19	445
Lemon Caper Butter Sauce	1	Pan	330	280	32	19	0	75	760	12	1	6	1
Chimichurri Sauce	1	Pan	1050	1030	114	10	0	0	1480	5	2	1	2

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Pan Asian Sauce	1	Pan	280	50	5	0	0	0	4200	56	1	46	3
Mango Salsa	1	Pan	120	10	1	0	0	0	340	28	3	24	2
Lemon Butter Sauce	1	Pan	380	340	37	23	0	90	810	13	0	7	1
Tacos													
Bang Bang Shrimp Tacos	1	Pan	410	210	23	9	0	165	1640	9	1	2	40
Blackened Fish Tacos	1	Pan	850	500	56	11	0	245	1020	17	3	2	64
Blackened Chicken Tacos	1	Pan	700	430	49	29	2	425	1310	3	1	1	61
Desserts													
Assorted Cookies	1	Pan	6480	3330	370	91	2	1595	16730	538	45	55	232
Macadamia Nut Brownie	1	Pan	5100	2080	231	54	1	770	10700	460	40	92	281
Dessert Tray	1	Pan	6220	3030	336	76	1.5	970	10360	476	46	104	309
Catering (Individually Packaged)													
Simply Grilled Chicken	1	Serving	280	50	5	1.5	0	175	190	0	0	0	58
Lily's Chicken	1	Serving	420	140	16	7	0	200	540	6	2	2	62
Atlantic Salmon	1	Serving	360	190	21	4.5	0	105	190	3	1	1	41
Half-Pound Beef Burger	1	Serving	900	500	56	21	1.5	175	1220	48	3	11	51
Caesar Salad with Dressing	1	Serving	400	320	36	7	0.5	30	610	16	4	4	7
House Side Salad with Citrus Herb Vinaigrette	1	Serving	430	370	41	4.5	0	0	590	15	6	5	7
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On 4 oz Wood-Grilled Chicken	1	Serving	130	25	2.5	0.5	0	85	95	0	0	0	28
Bonfish Signature Pasta (No Protein)	1	Serving	790	120	13	5	0	25	2230	133	15	19	29
The Angler's Sirloin Steak	1	Serving	240	50	6	2.5	0	120	500	1	0	0	46
Lemon Caper Butter Sauce	1	Serving	70	60	6	4	0	15	150	2	0	1	0
Chimichurri Sauce	1	Serving	140	140	15	1.5	0	0	200	1	0	0	0
Pan Asian Sauce	1	Serving	60	35	4	0.5	0	5	560	7	0	6	1
Mango Salsa	1	Serving	25	0	0	0	0	0	65	5	1	5	0
Lemon Butter	1	Serving	50	40	4.5	3	0	10	100	2	0	1	0
Garlic Whipped Potatoes	1	Serving	180	100	11	4.5	0	15	510	15	2	1	3
Green Beans	1	Serving	100	60	7	4	0	15	300	9	3	4	2
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Cranberry White Chocolate Cookie	1	Serving	180	70	8	3.5	0	20	110	27	1	16	2
Bread and Pesto	1	Serving	490	190	21	1.5	0	0	850	60	2	2	12
Spirit Free Beverages													
Lemonade, Gallon	1	Serving	2090	0	0	0	0	0	125	544	0	523	0
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Serving	0	0	0	0	0	0	480	0	0	0	0
Sweet Iced Tea	1	Serving	1040	0	0	0	0	0	150	269	0	268	0
Airport													
Soups & Greens													
Corn Chowder + Lump Crab, Cup	1	Serving	320	240	27	13	0	70	730	14	1	2	5
Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	43	20	0	115	1210	23	2	4	10

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House Side Salad with Citrus Herb Vinaigrette	1	Serving	270	210	24	3	0	0	460	12	4	5	6
House Entree Salad with Citrus Herb Vinaigrette	1	Serving	430	370	41	4.5	0	0	590	15	6	5	7
Caesar Side Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	13	3	2	7
Caesar Entrée Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	14	4	3	7
Add On 4 oz Wood-Grilled Chicken	1	Serving	130	25	2.5	0.5	0	85	95	0	0	0	28
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On Salmon	1	Serving	370	200	22	4.5	0	115	200	0	0	0	44
From the Grill													
Atlantic Salmon	1	Serving	370	200	22	4.5	0	115	200	0	0	0	44
Mahi-Mahi	1	Serving	230	15	1.5	0	0	115	210	3	1	1	52
Chilean Sea Bass	1	Serving	570	420	47	9	0	125	180	0	0	0	36
Shrimp Skewer	1	Serving	440	270	30	3.5	0	400	1830	3	0	1	40
Chicken Breast	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
The Angler's Sirloin Steak	1	Serving	210	45	5	2	0	105	430	1	0	0	39
Handhelds & Bowls													
Tuna Poke Bowl	1	Serving	610	120	13	1.5	0	55	1520	88	3	22	36
Chicken Caesar Wrap	1	Serving	650	360	40	9	0	105	930	40	3	2	37
Shrimp Caesar Wrap	1	Serving	620	370	41	9	0	220	1730	40	3	2	29
Half-Pound BFG Burger	1	Serving	900	500	56	21	1.5	175	1220	48	3	11	51
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
BFG Blackened Fish Sandwich	1	Serving	640	320	35	7	0	105	1070	44	2	9	37
BFG Fried Fish Sandwich	1	Serving	900	570	64	12	0	100	1290	51	3	10	31
BFG Grilled Fish Sandwich	1	Serving	640	320	35	7	0	105	1100	44	2	9	37
Grilled Chicken Sandwich	1	Serving	650	340	37	8	0	110	1090	43	2	9	35
Pick Your Sides													
Garlic Whipped Potatoes	1	Serving	180	100	11	4.5	0	15	510	15	2	1	3
Green Beans	1	Serving	100	60	7	4	0	15	300	9	3	4	2
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
French Fries	1	Serving	550	250	28	6	0	0	1720	68	7	8	7
Breakfast Potatoes	1	Serving	430	210	23	4.5	0	0	1300	49	5	0	6
Fresh Fruit	1	Serving	40	0	0	0	0	0	0	10	2	7	1
Toast	1	Serving	310	90	10	4.5	0	15	460	46	0	6	8
Bacon	1	Serving	70	45	5	2	0	15	250	0	0	0	5
Breakfast													
Waffles	1	Serving	760	390	43	25	0	90	450	85	3	54	8
Open Face Omelette	1	Serving	830	580	65	34	0.5	885	1420	5	0	5	54
Two Eggs, Fried, Sunny Side Up, Medium	1	Serving	140	90	10	3	0	370	140	1	0	0	13
Two Eggs, Scrambled	1	Serving	230	160	18	9	0	390	250	3	0	2	14
BELT Sandwich	1	Serving	650	380	42	13	0	245	1190	44	2	9	24
BFG Breakfast Wrap	1	Serving	870	560	63	28	0	475	1500	40	2	4	39
Granola Parfait	1	Serving	390	90	10	3.5	0	10	100	59	6	35	21

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Desserts													
Classic Cheesecake with Melba Sauce	1	Serving	540	290	32	19	1.5	160	350	54	1	43	8
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Chocolate Chip Cookie, 3 each	1	Serving	560	240	27	13	0	50	310	79	4	47	7
Chocolate Chip Cookie, 6 each	1	Serving	1120	480	53	26	1	95	620	159	7	94	14
Cranberry White Chocolate Cookie	1	Serving	180	70	8	3.5	0	20	110	27	1	16	2
Cranberry White Chocolate Cookie, 3 each	1	Serving	540	200	23	11	0	55	330	81	2	49	6
Cranberry White Chocolate Cookie, 6 each	1	Serving	1090	410	45	22	1	110	660	163	3	99	12
Non Alcoholic Beverages													
Coke with Ice	1	Serving	100	0	0	0	0	0	30	27	0	27	0
Coke Zero with Ice	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Diet Coke with Ice	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Sprite with Ice	1	Serving	110	0	0	0	0	0	25	27	0	24	0
Dr. Pepper with Ice	1	Serving	100	0	0	0	0	0	40	26	0	26	0
Barq's Root Beer with Ice	1	Serving	110	0	0	0	0	0	45	29	0	29	0
Minute Maid Lemonade with Ice	1	Serving	100	0	0	0	0	0	15	25	0	25	0
Ginger Ale with Ice	1	Serving	90	0	0	0	0	0	25	23	0	22	0
Hot Tea	1	Serving	0	0	0	0	0	0	5	1	0	0	0
Coffee	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Espresso	1	Serving	45	10	1.5	0	0	5	30	7	0	4	1
100% Orange Juice with Ice	1	Serving	80	0	0	0	0	0	0	19	0	19	1
2% Milk	1	Serving	120	45	5	3	--	20	100	11	0	12	8
Beer													
Bud Light Draft	1	Serving	130	0	0	--	--	0	10	8	0	--	1
Blue Moon Draft	1	Serving	210	0	0	0	0	0	20	17	0	0	2
Samuel Adams Seasonal	1	Serving	180	0	0	0	--	0	15	15	0	0	2
Michelob Ultra	1	Serving	100	0	0	0	0	0	10	3	0	0	1
Bud Light	1	Serving	110	0	0	--	--	0	10	7	0	--	1
Coors Light	1	Serving	110	0	0	0	0	0	10	5	0	0	0
Miller Lite	1	Serving	100	0	0	0	0	0	5	3	0	0	0
Corona	1	Serving	150	0	0	0	--	0	15	13	0	0	2
Stella Artois	1	Serving	150	0	0	0	0	0	0	13	0	0	1
Newcastle Brown Ale	1	Serving	150	0	0	0	--	0	15	13	0	0	2
Truly Hard Seltzer	1	Serving	100	0	0	0	0	0	30	2	0	1	0
Modelo	1	Serving	140	0	0	0	0	0	0	14	0	0	1
Cocktails													
Bonefish Pomegranate Martini	1	Serving	260	0	0	0	0	0	0	38	0	37	0
French 75	1	Serving	170	0	0	0	0	0	0	17	0	15	0
Coral Reef Punch	1	Serving	230	0	0	0	0	0	0	31	1	29	0
1901 Dirty Martini	1	Serving	200	60	6	1.5	0	5	790	1	0	0	1
Crushed Pineapple Martini	1	Serving	180	0	0	0	0	0	0	29	0	28	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Espresso Martini	1	Serving	170	5	1	0	0	0	5	22	0	21	0
Tropic Heat Martini	1	Serving	210	0	0	0	0	0	0	28	0	26	0
The Mule	1	Serving	160	0	0	0	0	0	0	20	1	19	0
Strawberry Smash	1	Serving	170	0	0	0	0	0	0	13	1	11	0
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	2	0	1	0
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	16	0	11	0
Wine													
Red Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	5	5	0	1	0
Rose Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	10	7	0	7	1
Sparkling Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	0	5	0	0	0
White Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	10	5	0	2	0
Red Wine, Bottle, 750 ml	1	Serving	630	0	0	0	0	0	30	19	0	5	1
Rose Wine, Bottle, 750 ml	1	Serving	640	0	0	0	0	0	40	29	0	29	3
Sparkling Wine, Bottle, 750 ml	1	Serving	600	0	0	0	0	0	0	22	0	0	0
White Wine, Bottle, 750 ml	1	Serving	610	0	0	0	0	0	35	19	0	7	1
Blackberry Sangria	1	Serving	190	0	0	0	0	0	10	29	1	27	0
Signature Sparkling White Sangria	1	Serving	210	0	0	0	0	0	0	27	1	22	0