

## 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: August 2023

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)
<b>Starters &amp; Sharing</b>													
Bang Bang Shrimp	1	Serving	730	500	56	10	0	245	2010	29	4	4	30
Ahi Tuna Poke	1	Serving	490	90	10	1.5	0	55	1180	66	6	22	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	890	480	53	10	0.5	600	2030	55	2	17	43
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
<b>Soups &amp; Greens</b>													
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
House Salad: Entrée Salad with Citrus Herb Vinaigrette	1	Serving	460	370	42	4.5	0	0	510	19	7	8	8
House Salad: Entrée Salad with Wood Grilled Chicken and Citrus Herb Vinaigrette	1	Serving	730	420	47	6	0	170	690	20	7	8	63
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
Florida Cobb Salad: With Wood-Grilled Chicken With Citrus Herb Vinaigrette Dressing	1	Serving	860	530	59	12	0	190	670	21	9	9	68
Apple Harvest Salad with Wood Grilled Chicken and Dressing	1	Serving	810	470	53	9	0	190	600	20	6	10	67
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On: Grilled Salmon	1	Serving	300	160	18	3.5	0	90	160	0	0	0	35
Add On: Chicken	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
<b>From The Sea</b>													
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
Parmesan Crusted Rainbow Trout	1	Serving	850	500	56	11	0	245	1020	17	3	2	64
Cold Water Lobster Tails	1	Serving	700	430	49	29	2	425	1310	3	1	1	61

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<b>From the Dock</b>													
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
<b>From the Land</b>													
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 Tenderloin	1	Serving	630	300	34	17	0	205	1310	19	1	10	55
<b>Wood Fired Grill</b>													
Atlantic Salmon, Regular	1	Serving	410	220	24	5	0	125	220	0	0	0	48
Atlantic Salmon, Small	1	Serving	300	160	18	3.5	0	90	160	0	0	0	35
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
Pork Tenderloin	1	Serving	220	40	4	1.5	0	125	1960	4	0	2	40
<b>Perfect Pairings</b>													
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	560	290	32	7	0.5	215	1390	11	1	3	59
Filet & Lobster Tail	1	Serving	620	300	34	19	1.5	335	1060	3	1	1	75
Sirloin & Shrimp	1	Serving	350	80	9	3.5	0	320	1390	2	0	0	64
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

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<b>Signature Sauces</b>													
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
<b>Premium Sides</b>													
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
<b>Signature Sides</b>													
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
<b>Dessert</b>													
Macadamia Nut Brownie	1	Serving	1050	480	53	33	0.5	245	220	126	9	103	15
Classic Cheesecake with Melba Sauce	1	Serving	540	290	32	19	1.5	160	350	54	1	43	8
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
<b>Children's Menu</b>													
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
Kids Side Green Beans	1	Serving	30	0	0	0	0	0	0	7	3	3	2
<b>Family Bundles</b>													
Bacon Mac and Cheese	1	Serving	1950	900	100	57	1	295	3290	178	7	22	308
Garlic Whipped Potatoes	1	Serving	1140	550	61	15	0.5	35	3400	131	15	8	18

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)
Broccoli	1	Serving	390	240	27	16	0	60	1300	33	11	11	14
Green Beans	1	Serving	380	230	26	16	0	60	1180	37	12	17	7
House Salad	1	Serving	1430	1180	133	14	0	0	1440	53	20	24	20
Jasmine Rice	1	Serving	1200	250	28	2	0	0	2620	222	2	1	17
Lily's Chicken	1	Serving	1530	650	72	33	1	630	2580	35	10	9	189
Grilled Chicken	1	Serving	800	140	15	4	0	490	540	7	2	1	161
Bang Bang Shrimp Tacos	1	Serving	3320	1710	190	48	1	810	8380	276	24	32	118
Grilled Mahi Mahi	1	Serving	910	50	6	2	0	470	860	11	3	3	209
Grilled Salmon	1	Serving	1400	730	81	17	0	415	740	11	3	3	162
Mahi Mahi & Shrimp	1	Serving	1270	150	16	4.5	0	1070	3570	19	5	4	269
Creamy Cajun Pasta with Chicken	1	Serving	3820	780	87	27	0	675	7430	459	42	65	293
Creamy Cajun Pasta with Shrimp	1	Serving	3470	670	75	23	0	1145	8160	460	42	65	235
<b>Non-Alcoholic Beverages</b>													
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	0	20	100	11	0	12	8
<b>Beer</b>													
Bud Light Draft	1	Serving	130	0	0	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	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	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	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	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
<b>Cocktails</b>													
Bonefish Pomegranate Martini	1	Serving	260	0	0	0	0	0	0	38	0	37	0

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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
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
<b>Wine</b>													
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