

Bonefish Grill Nutrition Information

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 and may vary from print menu. Updated January 2023.

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	650	220	24	4	0	55	1040	73	9	23	36
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	1130	620	69	11	0	195	2360	97	3	18	24
Mussels Josephine	1	Serving	1180	470	53	18	0	155	2890	106	4	25	54
Beef & Ginger Potstickers	1	Serving	610	320	36	9	1	70	2700	53	2	8	19
BFG Fries	1	Serving	1280	700	78	15	0	65	3840	121	13	2	24
Bread and Pesto	1	Serving	480	180	20	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
House Salad: Entrée Salad with Citrus Herb Vinaigrette	1	Serving	390	290	32	3	0	0	610	21	7	10	8
House Side Salad with Citrus Herb Vinaigrette	1	Serving	260	180	20	2	0	0	510	17	6	7	7
Caesar Salad:Entrée Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	14	4	3	7
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	770	440	50	10	0	180	750	23	9	10	65
Florida Cobb Salad: With Wood-Grilled Shrimp With Citrus Herb Vinaigrette	1	Serving	630	420	48	10	0	225	1490	23	9	10	33
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	230	40	4.5	1	0	140	160	0	0	0	46
SEAFOOD SPECIALTIES/FROM THE SEA													
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
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
From the Dock													
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
Bang Bang Shrimp Tacos with Fries	1	Serving	1580	870	96	21	0.5	270	4050	133	12	8	43
Crispy Fried Shrimp with Fries	1	Serving	1230	580	65	12	0	405	3490	119	9	19	45
Blackened Baja Fish Tacos with Fries	1	Serving	1320	610	68	14	0	125	3170	126	11	18	50
FROM THE LAND													
Half-Pound Beef Burger with French Fries	1	Serving	1410	740	82	25	1.5	165	2570	109	9	12	58
Add Bacon	1	Serving	90	60	7	2.5	0	15	360	0	0	0	6
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	510	190	22	11	0	210	910	14	1	9	61
Fontina Pork Chop	1	Serving	790	440	49	22	0	240	1550	14	1	10	62
WOOD-FIRED GRILL													
Chilean Sea Bass, Regular	1	Serving	570	420	47	9	0	125	180	0	0	0	36
Atlantic Salmon, Regular	1	Serving	380	200	23	4.5	0	115	210	0	0	0	45
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
Grilled Rainbow Trout	1	Serving	450	200	22	5	0	215	270	0	0	0	63
Bone-In 12 oz Pork Chop	1	Serving	460	210	23	8	0	175	1240	6	0	3	53
Wood-Grilled Chicken	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
Skewer: Shrimp and Scallop	1	Serving	290	80	9	1.5	0	260	1370	5	0	0	49

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	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
SIGNATURE SAUCES													
Lemon Caper Butter	1	Serving	70	60	6	4	0	15	150	2	0	1	0
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
PREMIUM SIDES													
Bacon Mac and Cheese	1	Serving	700	330	36	21	0.5	115	1090	61	3	8	31
Steamed Asparagus	1	Serving	45	25	3	0	0	0	500	4	2	1	2
Creamed Spinach	1	Serving	490	390	43	23	1	110	1110	17	4	3	14
SIGNATURE SIDES													
Garlic Whipped Potatoes	1	Serving	190	90	10	2.5	0	5	570	22	3	1	3
Fries	1	Serving	510	250	28	6	0	0	1340	59	6	0	7
Coleslaw	1	Serving	150	110	13	1.5	0	5	230	8	2	6	1
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Seasonal Vegetables	1	Serving	100	60	7	4	0	15	330	8	3	3	4
Green Beans	1	Serving	50	20	2.5	1.5	0	5	105	8	3	4	2
DESSERT													
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	Serving	540	200	23	11	0	55	330	81	2	49	6
Chocolate Chip Cookie	3	Serving	560	240	27	13	0	50	310	79	4	47	7
Cranberry White Chocolate Cookie	6	Serving	1090	410	45	22	1	110	660	163	3	99	12
Chocolate Chip Cookie	6	Serving	1120	480	53	26	1	95	620	159	7	94	14
Classic Cheesecake with Melba Sauce	1	Serving	540	290	32	19	1.5	160	350	54	1	43	8
Macadamia Nut Brownie	1	Serving	1010	480	53	33	0.5	245	220	114	9	94	15
BFG Key Lime Cake Recipe	1	Serving	1210	600	66	27	0	100	1260	152	3	118	10
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	5	0	30	490	53	3	7	13
Chicken Tenders	1	Serving	470	190	21	4	0	50	1960	43	4	1	27
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
CATERING MENU													
Starters and Sharing													
Bang Bang Shrimp	1	Serving	3300	2230	248	44	1	1210	9530	124	11	12	143
Beef and Ginger Dumplings - Catering	1	Serving	2590	1250	140	36	4	355	11010	247	10	36	87
BFG Catering Imperial Dip	1	Serving	5820	3520	391	125	6	1100	11310	362	40	18	204
Tempura Crunch Sashimi Tuna	1	Serving	2690	930	104	19	1	655	14300	78	10	24	367
Soups and Greens													
House Side Salad with Citrus Herb Vinaigrette	1	Serving	2760	2160	244	21	0	0	4140	126	38	60	46
Caesar Side Salad with Dressing	1	Serving	2330	1900	211	41	3	190	3390	78	18	17	42
Sides													
Garlic Whipped Potatoes (10)	1	Serving	3170	1520	169	41	2	100	9430	364	42	22	50
Jasmine Rice	1	Serving	2000	420	47	3	0	0	4360	369	3	2	29
Broccoli	1	Serving	490	250	28	16	0	60	1400	50	19	17	25
Green Beans	1	Serving	440	190	21	12	0	45	890	61	22	28	14
Bacon Mac and Cheese	1	Serving	4170	1960	218	127	4	675	6530	363	16	48	184
Bread and Pesto	1	Serving	1940	760	85	6	0	5	3390	241	8	8	49

Entrees													
Grilled Shrimp	1	Serving	1700	690	77	13	0	2410	11080	16	0	4	238
Simply Grilled Salmon	1	Serving	1940	1020	113	23	0	585	1030	10	4	4	225
Creamy Cajun Pasta with Chicken	1	Serving	6880	1330	149	46	0	1000	13790	892	80	118	473
Creamy Cajun Pasta with Shrimp	1	Serving	6460	1170	132	40	0	1960	14390	878	75	115	422
Simply Grilled Chicken	1	Serving	1360	230	25	7	0	830	920	12	4	4	273
Lily's Chicken	1	Serving	2560	1090	121	56	1.5	1060	4170	56	15	16	315
BFG Catering Lemon Caper Butter Sauce	1	Serving	330	280	32	19	0	75	760	12	1	6	1
BFG Catering Chimichurri	1	Serving	1050	1030	114	10	0	0	1480	5	2	1	2
BFG Catering Pan Asian Sauce	1	Serving	280	50	5	0	0	0	4200	56	1	46	3
BFG Catering Mango Salsa	1	Serving	120	10	1	0	0	0	340	28	3	24	2
BFG Catering Lemon Butter Sauce	1	Serving	380	340	37	23	0	90	810	13	0	7	1
Tacos													
Catering Bang Bang Shrimp Tacos	1	Serving	6480	3320	369	91	2	1595	16730	537	45	55	232
Catering Blackened Fish Tacos	1	Serving	5100	2080	231	54	1	770	10700	460	40	92	281
Catering Blackened Chicken Tacos	1	Serving	4690	2080	231	58	1	545	8400	454	40	92	184
Desserts													
Assorted Cookies	1	Serving	4420	1770	197	96	3	415	2580	643	21	386	51
Macadamia Nut Brownie	1	Serving	4050	1790	199	122	3	1065	930	527	49	440	64
Dessert Tray	1	Serving	3630	1830	203	112	6	845	1920	428	21	315	53
Catering Individual Packaged Entrees													
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
Bonefish Signature Pasta with Chicken	1	Serving	1080	190	21	9	0	195	2640	130	14	18	84
Bonefish Signature Pasta with Shrimp	1	Serving	940	180	20	8	0	235	3370	131	14	18	51
Half-Pound Beef Burger	1	Serving	900	490	55	19	1.5	165	1230	51	3	12	51
The Angler's Sirloin Steak (7 oz)	1	Serving	240	50	6	2.5	0	120	500	1	0	0	46
Catering Individual Packaged Salads													
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	330	37	3.5	0	0	630	21	8	9	10
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
Catering Individual Packaged Sauces													
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	Fluid ounce	60	35	4	0.5	0	5	560	7	0	6	1
Mango Salsa	1	Fluid ounce	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
Catering Individual Packaged Sides/Desserts													
Garlic Whipped Potatoes	1	Serving	190	90	10	2.5	0	5	570	22	3	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
Catering 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
FAMILY BUNDLES													
Bacon Mac and Cheese	1	Serving	2090	980	109	63	2	340	3270	182	8	24	92
Garlic Whipped Potatoes	1	Serving	1140	550	61	15	0.5	35	3400	131	15	8	18
Broccoli	1	Serving	390	240	27	16	0	60	1300	33	11	11	14
Green Beans	1	Serving	210	90	10	6	0	20	420	30	11	14	7
House Salad	1	Serving	1170	890	101	9	0	0	1790	60	20	29	21
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	3310	1700	189	48	1	810	8380	275	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

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	0	20	100	11	0	12	8
BFG Regional Happy Hour Menu													
House Side Salad with Citrus Herb Vinaigrette	1	Serving	250	170	19	2	0	0	520	17	6	8	7
Caesar Side Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	13	3	2	7
Corn Chowder + Lump Crab, Cup	1	Serving	320	240	27	13	0	70	730	14	1	2	5
Bacon Mac and Cheese	1	Serving	700	330	36	21	0.5	115	1090	61	3	8	31
Beef & Ginger Potstickers	1	Serving	610	320	36	9	1	70	2700	53	2	8	19
Bang Bang Shrimp Tacos (2) w/Fries	1	Serving	1230	660	74	16	0	145	3340	114	11	13	27
Bang Bang Chicken Tacos (2) w/Fries	1	Serving	1250	620	69	14	0	65	2800	127	12	18	27
Blackened Baja Fish Tacos (2) w/Fries	1	Serving	1100	500	55	11	0	95	2840	109	10	16	40
Bang Bang Chicken (Regional)	1	Serving	880	470	52	9	0	140	1030	57	4	4	44
Bang Bang Shrimp	1	Serving	730	500	56	10	0	245	2010	29	4	4	30
Calamari	1	Serving	1130	620	69	11	0	195	2360	97	3	18	24
Brunch Cocktails													
Bloody Mary with bacon	1	Serving	160	35	4	1	0	5	820	8	2	2	4
Espresso Martini	1	Serving	170	5	1	0	0	0	5	21	0	21	0
Mimosa	1	Serving	110	0	0	0	0	0	0	12	0	10	1
Bottle La Marca with Juice	1	Serving	360	0	0	0	0	0	0	30	0	23	2
Blackberry Red Sangria	1	Serving	570	0	0	0	0	0	35	91	2	83	1
Sparkling Mango White Sangria	1	Serving	630	0	0	0	0	0	15	81	2	66	1
Parker's Margarita	1	Serving	530	0	0	0	0	0	480	51	1	36	1
Brunch Favorites													
Side of Bacon	1	Serving	70	45	5	2	0	15	250	0	0	0	5
Side of Seasoned Breakfast Potatoes	1	Serving	430	210	23	4.5	0	0	1300	49	5	0	6
Bacon and Cheddar Frittata	1	Serving	760	540	60	32	0.5	865	1120	5	0	5	48
Grand Marnier French Toast Sticks	1	Serving	1290	750	83	44	2	525	220	114	2	82	21
Caprese Frittata	1	Serving	840	630	70	29	1.5	835	1570	11	1	7	41
Crab and Fontina Cheese Frittata	1	Serving	760	520	58	29	0.5	900	1240	7	0	5	50
BEER													
Bud Light Draft	14	Ounces	130	0	0	0	0	0	10	8	0	0	1
Blue Moon Draft	14	Ounces	210	0	0	0	0	0	20	17	0	0	2
Samuel Adams Seasonal	14	Ounces	180	0	0	0	0	0	15	15	0	0	2
Michelob Ultra	12	Ounces	100	0	0	0	0	0	10	3	0	0	1
Bud Light	12	Ounces	110	0	0	0	0	0	10	7	0	0	1
Coors Light	12	Ounces	110	0	0	0	0	0	10	5	0	0	0
Miller Lite	12	Ounces	100	0	0	0	0	0	5	3	0	0	0
Corona	12	Ounces	150	0	0	0	0	0	15	13	0	0	2
Stella Artois	12	Ounces	150	0	0	0	0	0	0	13	0	0	1
Newcastle Brown Ale	12	Ounces	150	0	0	0	0	0	15	13	0	0	2
Truly Hard Seltzer	12	Ounces	100	0	0	0	0	0	30	2	0	1	0
Modelo	12	Ounces	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
Espresso Martini	1	Serving	170	5	1	0	0	0	5	21	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