



# GLUTEN-FREE

## STARTERS & SHARING

**Prince Edward Island Mussels Josephine®** tomatoes, red onion, garlic, basil and lemon wine sauce (1180 cal)

**GREENS** add Blue cheese or Feta (100 cal) to any salad for an additional cost

**Bonefish House Salad** hearts of palm, Kalamata olives, tomatoes and citrus herb vinaigrette (240 cal)

**Classic Caesar Salad** prepared without croutons (510 cal)

**Bonefish Cobb Salad** prepared without croutons

romaine and kale, tomato, egg, Blue cheese crumbles, fresh avocado and bacon, tossed in a ranch dressing, with wood-grilled shrimp (920 cal) or chicken (1000 cal)

**Grilled Salmon\* Superfood Salad** prepared without farro/ancient grains

romaine and kale, Feta, avocado, pickled onions and sweet potato bites, tossed in our house vinaigrette, finished with a citrus aioli (1180 cal)

**Add one of the following toppings to your entrée salad for an additional cost:**

Wood-Grilled Chicken (230 cal)

Wood-Grilled Shrimp (160 cal)

Wood-Grilled Salmon\* (330 cal)

## GRILLED FISH

*Our fish is lightly seasoned and wood-grilled. Served with choice of two signature sides*

**Chilean Sea Bass** (640 cal)

**Atlantic Salmon\*** (430 cal)

**Baja Striped Bass** (410 cal)

**Georges Bank Sea Scallops & Shrimp** (250 cal)

**Rainbow Trout** (410 cal)

*We are committed to providing the finest fish so our menu changes regularly based on availability.*

**Enjoy your fish with a freshly grilled lemon or choose from one of our Signature Sauces:**

Lime Tomato Garlic (60 cal)

Mango Salsa (70 cal)

Chimichurri Sauce (130 cal)

Lemon Butter (60 cal)

*2,000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information available upon request.*

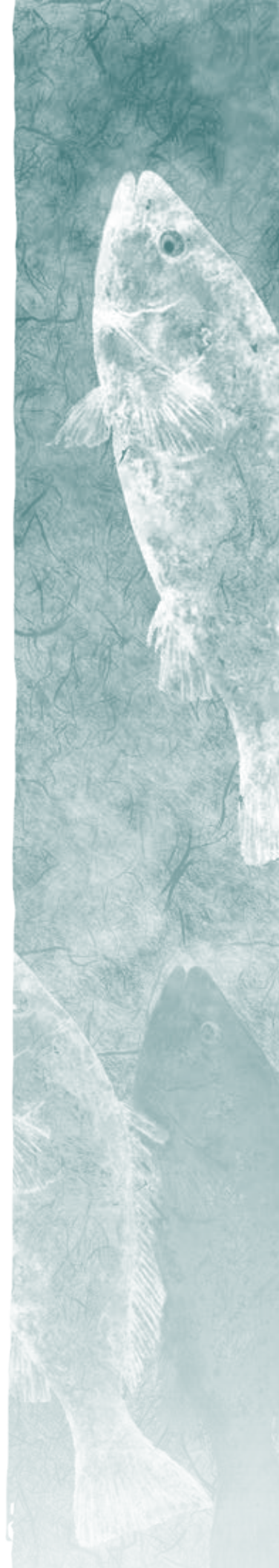
*\* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.*

With the guidance of registered dietitians, we have prepared this menu based on the most current information available from our suppliers and their stated absence of gluten within these items. Please be aware that because our dishes are prepared-to-order, during normal kitchen operations, individual foods may come into contact with one another due to shared cooking and preparation areas. Thus, we cannot guarantee that cross-contact with foods containing gluten will not occur. We encourage you to carefully consider your dining choices and your individual dietary needs when dining with us.

When placing your order, please let your server know that you are ordering a gluten-free menu item.

**Please ask your server for pricing. Menu items vary by location and are subject to change.**

BGF\_030320



## FROM THE LAND *with choice of two signature sides*

---

**Filet Mignon\*** 6 oz or 8 oz USDA seasoned and wood-grilled (240/310 cal)

**Bone-In Ribeye Steak\***  
18 oz steakhouse style (1150 cal)

**The Angler's Sirloin Steak\***  
6 oz center cut (220 cal)

**Lily's Chicken®** goat cheese, spinach, artichoke hearts and lemon basil sauce (470 cal)

### **Enjoy it Surf & Turf style:**

*add one of the following to your entrée for an additional cost*

Wood-Grilled Shrimp Skewer (160 cal)

Oscar-Style (130 cal)

Cold Water Lobster Tail (300 cal)

## SEAFOOD SPECIALTIES *with choice of two signature sides*

---

**Cold Water Lobster Tails** 5-6 oz lobster tail, seasoned and steamed, served with warm drawn butter *Single Tail entrée (300 cal) | Twin Tail entrée (590 cal)*

**Dynamite-Style Shrimp** wood-grilled shrimp topped with dynamite aioli and Feta cheese crumbles (470 cal)

## SIGNATURE SIDES

---

Garlic Whipped Potatoes (220 cal)

Seasonal Vegetables (30-150 cal)

Jasmine Rice (210 cal)

## PREMIUM SIDES

---

*for an additional charge*

Steamed Asparagus (70 cal)

## DESSERTS

---

### **Macadamia Nut Brownie**

flourless brownie, raspberry sauce, vanilla ice cream, sprinkled with macadamia nuts (990 cal)

### **Seasonal Crème Brûlée**

with fresh whipped cream (410-960 cal)

## BRUNCH *Available Saturday & Sunday*

---

**Saucy Shrimp & Grits** tender shrimp sautéed with sun-dried tomatoes and Kalamata olives in a velvety lime-tomato garlic sauce served over goat cheese-infused grits, finished with crumbled Feta cheese (1060 cal)

**Oscar Omelet** asparagus, crab, cheese, basil and lemon butter (620 cal)

**California Omelet** Applewood bacon, Cheddar, caramelized onions, tomatoes and avocado (660 cal)

**Omelets are served with a choice of side and may be prepared with egg whites (subtract 140 cal) upon request.**

**All rocks and wines featured on our dinner menu are gluten-free.**

**Please ask your server for availability of gluten-free beer options.**

---

*2,000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information available upon request.*

\* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

With the guidance of registered dietitians, we have prepared this menu based on the most current information available from our suppliers and their stated absence of gluten within these items. Please be aware that because our dishes are prepared-to-order, during normal kitchen operations, individual foods may come into contact with one another due to shared cooking and preparation areas. Thus, we cannot guarantee that cross-contact with foods containing gluten will not occur. We encourage you to carefully consider your dining choices and your individual dietary needs when dining with us.

When placing your order, please let your server know that you are ordering a gluten-free menu item.

**Please ask your server for pricing. Menu items vary by location and are subject to change.**

BGF\_030320

