

Bonefish Grill Nutrition Analysis: Lunch

calories calories from fat total fat (g) saturated fat (g) trans fat (g) cholesterol (mg) total carbs (g) sodium (mg) fiber (g) sugars (g) protein (g)

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Starters + Sharing

Bang Bang Shrimp	841	586	65	11	1	220	38	2186	3	4	26
Bang Bang Shrimp Flatbread	521	267	30	8	0	110	42	1689	3	5	22
Twisted Edamame Hummus	436	193	21	3	2	20	47	1355	13	14	18
Cold Snap Ceviche	535	180	20	3	0	108	61	1871	7	9	29
BFG Fish Sandwich with Tilapia	687	320	36	12	0	146	49	977	4	7	44

Grilled Fish

Atlantic Salmon (Regular)	490	281	31	6	0	145	2	223	0	2	51
Atlantic Salmon (Small)	369	212	24	4	0	109	2	168	0	2	39
Tilapia	334	116	13	4	0	141	2	270	0	2	57
Rainbow Trout	427	192	21	6	0	130	0	249	0	0	57

Desserts

Jens Jamaican Coconut Pie	906	545	61	47	1	249	82	255	5	65	12
Key Lime Pie	864	360	40	20	0	264	107	377	2	84	18
S'mores Flatbread	596	143	16	5	0	1	107	380	3	68	8

Add-Ons

Blue Cheese Crumbles	101	77	9	6	0	15	0	334	0	0	6
Feta Cheese	71	51	6	5	0	19	1	548	0	0	4
Fontina Cheese	139	103	11	6	0	41	0	283	0	0	9
Cheddar Cheese	84	61	7	5	0	23	0	137	0	0	5
Bacon	79	55	6	2	0	11	0	309	0	0	6
Avocado	35	29	3	1	0	0	2	2	1	0	0
Mushrooms	61	49	5	1	0	0	2	157	1	0	1

Sauces

Herb Pesto	136	132	15	2	0	0	1	234	0	0	0
Mango Salsa	64	3	0	0	0	10	15	130	1	9	0

Bread, Pesto + Oil

Bread, pesto & oil	598	307	34	4	0	0	60	773	2	2	12
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Lunch Entrees

Maryland-Style Jumbo Lump Crab Cakes (Large)	503	320	36	7	0	219	15	1750	3	6	32
Lily's Salmon	613	405	45	17	1	152	8	515	3	3	45
Wood-Grilled Filet Mignon	561	317	35	14	0	172	12	880	2	7	51
Spring Basil Fettuccine	70	59	7	1	0	0	4	3	3	0	1
Add Chicken	169	57	6	1	0	66	0	267	0	0	26
Add Shrimp	121	27	3	1	0	149	2	409	0	0	20
Add Salmon	276	163	18	3	0	79	1	123	0	1	28

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Lunch Greens

Florida Cobb Salad	645	507	56	10	1	21	24	609	6	13	13
Cilantro Lime Salad	625	438	49	8	1	19	37	1006	8	14	12
Bonefish House Salad	499	412	46	4	1	0	17	444	5	9	6
Caesar Salad	454	330	37	5	0	33	24	583	10	6	12
BFG Asian Salad	230	101	11	1	0	0	27	1158	4	15	5
Add Chicken	169	57	6	1	0	66	0	267	0	0	26
Add Shrimp	121	27	3	1	0	149	2	409	0	0	20
Add Salmon	276	163	18	3	0	79	1	123	0	1	28
Add Ahi Tuna	221	55	6	1	0	60	7	96	1	1	34
Add NY Strip Steak	245	98	11	4	0	99	0	1865	0	0	34

Lunch Hand Helds

BFG Fish Sandwich with Tilapia	687	320	36	12	0	146	49	977	4	7	44
Lilys Chicken Wrap	834	473	53	16	4	117	44	1398	5	6	49
BFG Soft Tacos with Herb-Grilled Chicken	758	383	43	12	0	98	56	1315	7	10	36
BFG Soft Tacos with Tilapia	884	392	44	12	0	103	78	1301	20	19	52
BFG Soft Tacos with Filet Mignon	861	455	51	14	0	85	57	2140	7	10	42
American Kobe Burger	638	401	45	15	1	115	34	774	3	6	25
American Kobe Burger (Double)	899	583	65	22	2	191	34	909	3	6	45
Surf + Turf Burger	1020	675	75	20	2	211	50	1739	4	8	36
Bang Bang Po Boy	830	449	50	9	1	109	74	2870	5	21	19
Bang Bang Shrimp Tacos	1171	711	79	18	1	245	79	2780	8	7	34
Fish + Chips	892	553	61	12	1	52	65	2677	7	10	21

Lunch Soup

Corn Chowder (Cup)	255	172	19	11	0	78	11	666	1	2	5
Corn Chowder (Bowl)	408	275	31	18	0	125	17	1066	2	4	8
Roasted Tomato + Red Pepper Soup (Cup)	114	68	8	4	0	16	9	848	1	3	2
Roasted Tomato + Red Pepper Soup (Bowl)	175	102	11	5	0	20	14	1369	1	5	2

Lunch Combinations

1/2 Chicken Wrap	417	237	26	8	2	59	22	699	3	3	24
Two BFG Soft Tacos with Herb Grilled Chicken	507	255	28	8	0	65	38	877	5	7	24
Two BFG Soft Tacos with Tilapia	521	250	28	8	0	69	39	837	5	7	30
Two BFG Soft Tacos Filet Mignon	576	303	34	9	0	57	39	1427	5	7	28

Lunch Sides

Parmesan Fries	344	150	17	4	0	8	41	1699	5	0	7
Asian Slaw	159	113	13	2	0	4	11	433	2	8	1

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Pesto Couscous	305	46	5	1	0	1	57	392	1	2	9
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