

# Bonefish Grill Nutrition Information

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Starters &amp; Sharing</b>											
Ahi Tuna Sashimi, Large	550	230	26	4	0	115	14	2210	3	5	66
Ahi Tuna Sashimi, Regular	300	120	13	2	0	55	11	2080	3	4	35
Bacon Wrapped Atlantic Sea Scallops (Regional)	370	170	19	5	0	90	20	890	3	10	30
Bang Bang Shrimp	790	550	61	11	0.5	255	30	1950	4	5	30
Calamari	1150	660	74	12	0.5	205	97	1970	7	5	25
Ceviche	590	130	14	4	0	100	84	1860	8	33	36
Edamame	250	180	19	3	0	0	8	1910	8	0	12
Lamb Lollipops (Regional)	540	410	45	23	0	145	3	630	0	1	29
Maryland/Northwest Crab Cakes	490	320	36	7	0	160	14	1300	2	6	29
Mussels Josephine (Prince Edward Island and Penn Cove)	1120	790	87	53	3.5	300	25	670	2	5	32
Saucy Shrimp	1220	900	100	59	3.5	555	30	1760	5	19	53
Thai Coconut Shrimp	620	310	35	9	0	195	52	1880	5	29	25
Wagyu Beef + Ginger Potstickers	660	330	36	9	0	80	60	2500	3	10	21
<b>Entrée Add-On: Surf &amp; Turf Style</b>											
Cold Water Lobster Tail	300	220	25	15	1	185	3	460	<1	<1	17
Oscar-Style	190	160	17	10	0.5	65	2	290	<1	<1	6
Wood-Grilled Shrimp Skewer	150	80	9	1.5	0	150	3	940	<1	<1	15
<b>Entrée: From the Land</b>											
Bone-In Ribeye Steak, 18 oz	1150	840	93	43	4.5	255	<1	1020	0	0	78
Filet Mignon, 6 oz	240	80	9	4	0	110	0	320	0	0	41
Filet Mignon, 8 oz	310	100	11	5	0	140	0	400	0	0	52
Filet, 6 oz, & Crab Cake Dinner	530	270	30	8	0.5	195	11	1100	1	5	56
Filet, 8 oz, & Crab Cake Dinner (Regional)	600	290	33	9	0.5	225	11	1190	1	5	67
Fontina Pork Chop	830	510	57	32	1.5	220	5	1870	<1	2	73
Lamb Chops (Regional)	940	690	77	39	0	245	8	1280	0	3	51
Lily's Chicken	580	310	34	18	1.5	235	7	540	3	3	63
Sirloin, 6 oz, & Crab Cake Dinner	510	240	27	6	0.5	190	11	1230	1	5	56
The Angler's Sirloin Steak, 6 oz	220	45	5	2	0	110	1	440	0	0	41

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<b>Entrée: Grilled Fish</b>											
Ahi Tuna Steak	220	35	4	1	0	80	0	160	0	0	46
Atlantic Salmon, Regular	380	200	23	4.5	0	115	0	210	0	0	45
Atlantic Salmon, Small	300	160	18	3.5	0	90	0	160	0	0	35
Chilean Sea Bass, Regular	480	360	40	8	0	105	0	150	0	0	31
Chilean Sea Bass, Small	340	250	28	6	0	75	0	105	0	0	21
Fresh Catch of the Day: Atlantic Cobia	440	270	30	10	0	160	5	170	1	1	40
Fresh Catch of the Day: Grouper	240	45	5	1.5	0	95	5	140	1	1	47
Fresh Catch of the Day: Norwegian Salmon	400	240	26	4	0	120	5	130	1	1	39
Fresh Catch of the Day: Redfish	230	50	5	1.5	0	135	5	290	1	1	42
Fresh Catch of the Day: Rockfish	190	45	5	1.5	0	100	0	310	0	0	37
Fresh Catch of the Day: Swordfish	300	170	18	5	0	150	0	190	0	0	35
Fresh Catch of the Day: Walleye	180	35	3.5	1	0	115	0	240	0	0	36
Fresh Catch of the Day: Wild North Atlantic Haddock	170	10	1	0	0	110	5	300	1	1	38
Fresh Catch of the Day: Wild Snapper	280	20	2.5	1	0	160	0	270	0	0	65
Halibut (Regional)	210	30	3	0	0	90	7	180	1	3	44
Mahi Mahi/Dorado) (Regional)	250	15	1.5	0	0	125	5	230	1	2	56
Rainbow Trout	410	180	20	4.5	0	195	0	240	0	0	57
Sea Scallops + Shrimp	390	160	18	2.5	0	220	6	1850	1	2	48
Tilapia	240	70	7	2.5	0	115	0	180	0	0	43
<b>Entrée Add-On: Wood Grilled Fish Signature Sauces</b>											
Herb Pesto	130	130	14	2	0	0	1	230	<1	0	<1
Lemon Butter	140	140	16	10	0.5	40	0	35	0	0	0
Lime Tomato Garlic	160	150	16	10	0.5	45	3	60	0	2	<1
Mango Salsa	70	0	0	0	0	10	16	135	1	9	0
Oscar Style	190	160	17	10	0.5	65	2	290	<1	<1	6
Pan Asian Sauce	35	10	1	0	0	0	6	480	<1	4	0

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<b>Entrée Add-On: Hand-Helds &amp; Bowls</b>											
Alaskan Cod Fish & Chips	1030	610	68	13	1	120	67	1930	6	14	39
Alaskan Cod Fish & Chips, Small (Regional)	1010	600	67	12	1	115	66	1910	6	14	37
BFG Fish Sandwich (Tilapia, with Fries)	1110	480	53	11	1	125	105	2120	8	25	55
BFG Fish Sandwich (Tilapia, with Greens)	740	330	37	7	0	120	54	980	3	16	51
Chicken Teriyaki Bowl	1060	230	25	4	0	260	127	2490	7	20	69
Half-Pound Wagyu Beef Burger	1080	680	75	27	2.5	180	54	1470	4	14	48
Half-Pound Wagyu Beef Burger Add-On: Avocado	35	30	3	0	0	0	2	0	1	0	0
Half-Pound Wagyu Beef Burger Add-On:: Bacon	60	40	4.5	1.5	0	10	0	230	0	0	4
Half-Pound Wagyu Beef Burger Add-On: Mushrooms	25	20	2.5	0	0	0	<1	0	0	0	<1
Lobster Roll (Regional)	1070	440	49	10	1	150	117	2470	10	27	41
Northwest Crab Cake Sandwich (Regional)	740	390	44	13	0	165	58	1680	5	10	29
Pad Thai: No Protein (Regional)	830	110	12	1.5	0	120	161	4630	7	64	20
Pad Thai: With Shrimp (Regional)	970	160	18	2.5	0	270	161	4780	6	64	40
Pad Thai: With Wood-Grilled Chicken (Regional)	1120	190	21	3.5	0	280	160	4810	6	64	72
Pad Thai: With Wood-Grilled Salmon (Regional)	1170	310	34	6	0	210	160	4790	6	64	55
Shrimp Pad Thai	970	160	18	2.5	0	270	161	4780	6	64	40
Spicy Tuna Bowl	940	270	30	3.5	0	55	132	2430	8	38	40
Tacos: Bang Bang Shrimp (3 Tacos)	1110	670	74	18	0.5	280	73	2540	9	8	38
Tacos: Blackened Baja Fish (3 Tacos)	790	360	40	11	0	130	62	1520	8	11	45
Teriyaki Bowl: No Protein (Regional)	800	200	22	3	0	125	125	2190	7	19	16
Teriyaki Bowl: With Chicken (Regional)	1060	230	25	4	0	260	127	2490	7	20	69
Teriyaki Bowl: With Salmon (Regional)	1100	360	40	7	0	220	125	2350	7	19	51
Teriyaki Bowl: With Shrimp (Regional)	960	280	32	4.5	0	275	128	3130	8	20	31

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<b>Soups and Greens</b>											
Bonefish House Salad	220	150	17	1.5	0	0	13	370	4	6	6
Bonefish House Salad: With Chicken	580	280	31	3.5	0	160	18	650	5	10	59
Bonefish House Salad: With Salmon	620	390	44	6	0	90	18	640	5	10	42
Bonefish House Salad: With Shrimp	480	320	35	3.5	0	150	20	1420	6	10	22
Caesar Salad	500	370	41	8	0.5	45	25	580	7	4	12
Caesar Salad: With Chicken	760	410	46	9	1	200	28	760	8	5	64
Caesar Salad: With Salmon	810	530	58	11	0.5	135	27	750	8	5	47
Caesar Salad: With Shrimp	660	450	50	9	0.5	190	30	1530	8	6	27
Cilantro Lime Shrimp Salad	610	370	41	9	0	185	36	1730	8	16	27
Florida Cobb Salad/Cobb Salad	710	360	40	10	0.5	190	24	690	6	12	65
Grilled Salmon Superfood Salad	1090	540	61	14	0.5	135	87	2990	11	33	53
Bonefish Cobb Salad: With Wood-Grilled Shrimp	840	550	62	18	0.5	405	27	1840	6	5	42
Tay's Wedge Salad	420	330	37	11	0	35	14	460	3	7	7
Corn Chowder + Lump Crab, bowl	380	250	28	17	0	120	16	1000	2	4	9
Corn Chowder + Lump Crab, cup	240	160	18	10	0	70	10	620	1	2	5
Salad Add On: Blue Cheese	110	80	9	6	0	25	1	260	0	0	6
Salad Add On: Feta Cheese	110	80	9	6	0	40	2	470	0	2	6
<b>Entrée: Seafood Specialties</b>											
Cod Piccata	460	280	31	14	1	140	10	340	2	2	37
Cold Water Lobster Tails (1 Tail with Butter)	300	220	25	15	1	185	3	460	<1	<1	17
Cold Water Lobster Tails (2 Tails with Butter)	590	440	49	29	2	365	3	910	<1	<1	33
Crab Crusted Alaskan Cod	840	360	40	24	1.5	285	62	1600	4	5	63
Lobster Stuffed Shrimp	750	460	51	22	1.5	405	13	1060	1	3	53
Maryland-Style Jumbo Lump Crab Cakes/Dinner (Regional)	490	320	36	7	0	160	14	1300	2	6	29
Pecan Parmesan Crusted Rainbow Trout	660	360	40	17	0.5	230	13	510	2	2	60
Tilapia Imperial	620	360	40	17	1	230	6	740	0	1	57

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<b>Fresh &amp; Deluxe Sides</b>											
Crab Fried Rice	380	140	15	2	0	140	47	1400	1	4	14
Steamed Asparagus	40	20	2.5	0	0	0	3	280	2	<1	2
Sweet Potato Mash	380	50	5	3.5	0	15	78	250	12	16	6
White Truffle Mac & Cheese	690	370	41	22	0.5	105	57	1610	3	8	24
French Fries (with ketchup)	450	210	24	5	0	<5	56	1180	5	12	5
French Green Beans	90	80	8	3.5	0	10	4	230	3	2	2
Garlic Whipped Potatoes	230	110	12	4.5	0	10	27	800	2	2	3
Greens	80	60	7	0.5	0	0	5	40	0	4	<1
Jasmine Rice	210	45	5	0	0	0	39	550	0	0	3
Potatoes Au Gratin	260	140	16	10	0	55	21	620	1	2	9
Sautéed Spinach	150	110	12	1	0	0	7	420	4	<1	5
Steamed Broccoli	100	70	8	3.5	0	10	8	260	3	2	3
Asparagus	40	20	2.5	0	0	0	3	280	2	<1	2
Spring Medley	200	140	15	4.5	0	10	10	440	4	4	6
Tri-Colored Carrots	100	90	11	4	0	10	0	490	0	0	0
<b>Desserts</b>											
Classic Cheesecake	480	230	26	16	0	120	56	360	1	46	1
Crepe Brulee	880	650	73	42	0	480	37	85	<1	36	3
Doughnuts	480	280	31	13	0	55	42	280	1	13	7
Doughnuts: Caramel Sauce	130	20	2	1.5	0	5	26	210	0	20	1
Doughnuts: Chocolate Sauce	110	0	0.5	0	0	0	27	25	1	22	1
Jen's Coconut Pie	850	550	61	43	1	260	66	230	4	56	9
Key Lime Pie	1070	530	59	27	1	330	117	380	6	84	20
Macadamia Nut Brownie	1240	590	66	39	1	365	145	240	7	124	16
Macadamia Nut Brownie, Half Portion	770	370	41	25	0	215	84	135	4	71	9

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<b>Children's Menu</b>											
Chicken Fingers	400	180	20	3.5	0	60	31	630	2	<1	24
Fish Strips	120	60	7	1.5	0	30	3	110	0	0	11
Grilled Chicken	130	20	2.5	0.5	0	80	0	85	0	0	26
Kids LiveWell Grilled Chicken with Steamed Broccoli + 100% Orange Juice	240	25	3	0.5	0	80	28	150	3	22	29
Mac n' Cheese	500	180	20	12	1	65	54	1910	2	10	23
Popcorn Shrimp	220	120	13	2.5	0	115	11	770	<1	0	14
Broccoli	100	70	8	3.5	0	10	8	260	3	2	3
French Fries (Without Ketchup)	400	210	24	5	0	<5	42	710	4	0	4
2% Milk, without Ice	110	40	4.5	3	0	20	11	95	0	11	7
Coke. 6 oz, with Ice	70	0	0	0	0	0	20	0	0	20	0
Coke Zero, 6 oz , with Ice	0	0	0	0	0	0	0	0	0	0	0
Diet Coke, 6 oz , with Ice	0	0	0	0	0	0	0	5	0	0	0
Seagram's Ginger Ale, 6 oz, with Ice	70	0	0	0	0	0	18	5	0	18	0
Sprite, 6 oz, with Ice	70	0	0	0	0	0	19	15	0	19	0
Cherry Coke, 6 oz , with Ice	80	0	0	0	0	0	21	0	0	21	0
100% Orange Juice, 6 oz, with Ice	90	0	0	0	0	0	22	25	0	22	0

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<b>Brunch Menu</b>											
Crème Brulee French Toast	1030	560	62	35	0	240	94	840	4	55	18
Eggs Benedict: Bang Bang Shrimp	680	320	36	16	1	70	57	1310	2	6	28
Eggs Benedict: Bang Bang Shrimp	760	340	38	16	0.5	150	63	1480	1	7	37
Eggs Benedict: Surf + Turf	840	370	41	18	0.5	170	53	1090	<1	5	61
Half-Pound Wagyu Beef + Egg Burger with Fries	1820	1200	133	50	3	185	96	2670	8	15	59
Half-Pound Wagyu Beef + Egg Burger with Greens	1590	1120	125	52	2.5	225	59	2110	5	13	56
Omelet: California	400	280	31	13	0	520	5	870	2	<1	26
Omelet: Oscar	460	340	38	19	0.5	570	4	880	1	<1	25
Omelet: Western	550	390	44	18	0	560	11	1300	3	3	29
Organic Whole Grain Oatmeal	360	90	11	1	0	<5	62	30	7	22	11
Traditional Eggs Benedict	700	310	34	17	0.5	105	55	1450	0	7	38
Asparagus	40	20	2.5	0	0	0	3	280	2	<1	2
Potatoes Au Gratin	260	140	16	10	0	55	21	620	1	2	9
Toast	230	110	12	6	0	0	26	260	2	3	4
Half-Pound Wagyu Beef + Egg Burger Add-On: Avocado	35	30	3	0	0	0	2	0	1	0	0
Half-Pound Wagyu Beef + Egg Burger Add-On: Bacon	60	40	4.5	1.5	0	10	0	230	0	0	4
Half-Pound Wagyu Beef + Egg Burger Add-On: Mushrooms	25	20	2.5	0	0	0	<1	0	0	0	<1

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<b>Lunch Menu</b>											
Maryland-Style Jumbo Lump Crab Cakes	490	320	36	7	0	160	14	1300	2	6	29
Maryland-Style Jumbo Lump Crab Cakes/Dinner	490	320	36	7	0	160	14	1300	2	6	29
Tacos: Bang Bang Shrimp (2 Tacos)	780	470	53	12	0.5	195	49	1790	6	5	26
Tacos: Blackened Baja Fish (2 Tacos)	530	240	27	7	0	90	42	1020	6	7	30
<b>Happy Hour Menu</b>											
Ahi Tuna Poke (Happy Hour)	540	270	30	3	0	40	43	6700	5	11	26
Calamari (Happy Hour, Small)	590	350	38	6	0	105	50	1000	4	3	13
Cod Sliders (Happy Hour, Two)	540	270	30	5	0	65	43	710	2	9	25
Crispy Au Gratin Bites (Happy Hour)	700	460	51	16	0	95	37	800	5	2	17
Mussels (Happy Hour, Small)	560	390	44	27	1.5	150	12	1450	1	3	16
Wagyu Beef Sliders (Happy Hour, Two)	710	440	49	15	1.5	105	40	1030	2	10	29



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<b>Spirit-Free Specialty Beverages</b>											
Fresh Blackberry Smash	90	0	0	0	0	0	22	20	2	18	<1
Housemade Lemonade (Regional)	190	5	0.5	0	0	0	53	5	5	38	2
<b>Coffee &amp; Tea</b>											
Cappuccino	45	15	1.5	1	0	5	5	35	0	4	3
Espresso	0	0	0	0	0	0	0	0	0	0	0
Numi Organic Hot Tea, 6 oz	0	0	0	0	0	0	0	0	0	0	0
Rainforest Alliance Bold Coffee, 6 oz	0	0	0	0	0	0	0	0	0	0	0
<b>Soft Drinks, Iced Tea &amp; Water</b>											
Cherry Coke with Ice 8 oz	100	0	0	0	0	0	28	0	0	28	0
Coke with Ice 8 oz	100	0	0	0	0	0	27	0	0	27	0
Coke Zero with Ice 8 oz	0	0	0	0	0	0	0	0	0	0	0
Diet Coke with Ice 8 oz	0	0	0	0	0	0	0	10	0	0	0
Henry Weinhard's Root Beer	140	0	0	0	0	0	36	45	0	36	0
Honest Organic Iced Tea: Black Tea, 8 oz with Ice	0	0	0	0	0	0	0	0	0	0	0
Honest Organic Iced Tea: Classic Green Tea, 8 oz with Ice	45	0	0	0	0	0	11	0	0	11	0
Honest Organic Iced Tea: Raspberry Tea, 8 oz with Ice	45	0	0	0	0	0	11	0	0	11	0
Seagram's Ginger Ale, with Ice, 8 oz	90	0	0	0	0	0	24	10	0	24	0
Sprite, with Ice, 8 oz	100	0	0	0	0	0	26	20	0	26	0
Bottled Water Fiji	0	0	0	0	0	0	0	0	0	0	0
Bottled Water San Pellegrino	0	0	0	0	0	0	0	20	0	0	0