

Bonefish Grill Nutrition Information

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	Calories		Saturated			Cholesterol	Total	Sodium	Dietary		Protein
	Total Calories	From Fat	Total Fat (g)	Fat (g)	Trans Fat (g)		Carbohydrates (g)		Fiber (g)	Sugars (g)	
STARTERS & SHARING											
Ahi Tuna Sashimi, Large	630	310	34	6	0	125	15	2450	3	6	66
Ahi Tuna Sashimi, Regular	340	160	17	3	0	65	11	2200	2	4	35
Bang Bang Shrimp	780	540	61	11	0.5	255	29	1950	3	5	30
Calamari	1220	660	74	12	0.5	205	114	2560	7	18	26
Imperial Dip	1150	870	96	29	7	260	25	1940	2	3	42
Maryland-Style Crab Cakes	490	320	36	7	0	160	14	1300	2	6	29
Mussels Josephine (Prince Edward Island and Penn Cove) without Bread	710	330	37	21	0	160	34	1220	2	10	31
Mussels Josephine (Prince Edward Island and Penn Cove) with Bread	1180	510	57	22	0	160	94	1990	4	12	44
Wagyu Beef + Ginger Potstickers	650	330	36	9	0	80	60	2500	3	10	21
SOUPS & GREENS											
Bonefish Cobb Salad: With Wood-Grilled Chicken	990	540	60	18	0	355	25	1540	5	4	84
Bonefish Cobb Salad: With Wood-Grilled Shrimp	910	600	67	19	0	405	28	2210	5	5	47
Bonefish House Salad: Entrée Salad	360	280	31	2.5	0	0	15	460	4	8	6
Bonefish House Salad: Side Salad	230	170	19	1.5	0	0	11	360	3	6	5
Caesar Salad: Side Salad	480	360	40	7	0.5	45	21	570	4	2	10
Caesar Salad: Entrée Salad	480	360	40	7	0.5	45	22	570	4	3	10
SOUPS & GREENS											
Salad Protein Add-On: Wood-Grilled Chicken	230	25	2.5	0	0	100	0	270	0	0	52
Salad Protein Add-On: Wood-Grilled Salmon	330	170	19	4	0	100	0	180	0	0	39
Salad Protein Add-On: Wood-Grilled Shrimp	160	90	10	1	0	150	3	940	<1	<1	15
Soup: Corn Chowder + Lump Crab, Bowl	530	390	43	20	1	110	22	1110	2	5	11
Soup: Corn Chowder + Lump Crab, Cup	330	240	27	13	0.5	65	14	680	1	3	6
Soup: Corn Chowder + Lump Crab, Cup	270	120	14	6	0	45	23	1290	2	4	9
Soup: Corn Chowder + Lump Crab, Cup	160	80	8	4	0	25	14	790	1	2	5

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	Calories		Saturated			Cholesterol	Total	Dietary			Protein
	Total Calories	From Fat	Total Fat (g)	Fat (g)	Trans Fat (g)		Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)	
SEAFOOD SPECIALTIES											
Cod Imperial	480	250	28	11	0.5	200	7	920	<1	2	50
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 Cod	440	150	17	9	0	220	23	1040	2	4	53
Pecan Parmesan Crusted Rainbow Trout	790	490	55	12	0	210	17	690	5	2	57
Thermidor Gnocchi	1030	570	64	21	1	375	63	2510	5	8	48
Cod Fish & Chips	1030	610	68	13	1	120	66	2040	6	13	39
Thermidor Gnocchi	1030	570	64	21	1	375	63	2510	5	8	48
Spicy Tuna Bowl	1010	320	35	4	0	55	136	2410	8	44	40
Blackened Salmon Pasta	1230	710	78	11	1	115	71	2590	7	9	55
Tacos: Blackened Baja Fish (2 Tacos) with Corn Tortilla (Regional)	460	210	23	4.5	0	85	234	720	5	9	28
Tacos: Blackened Baja Fish (3 Tacos)	770	360	40	9	0	125	59	1620	7	13	45
Tacos: Blackened Baja Fish (3 Tacos) with Corn Tortilla (Regional)	690	310	34	7	0	125	350	1070	8	13	42
Tacos: Blackened Baja Fish Tacos (3 Tacos) with French Fries	1230	580	64	14	0.5	130	115	2910	12	25	49
Tacos: Blackened Baja Fish Tacos (3 Tacos) with French Fries, Corn Tortilla (Regional)	1150	520	58	11	0.5	130	406	2360	12	26	46
Tacos: Bang Bang Chicken Taco (Regional)	390	240	27	8	0	30	31	600	4	4	6
Tacos: Bang Bang Shrimp (2 Tacos) with Corn Tortilla (Regional)	660	430	48	10	0.5	195	133	1420	4	5	23
Tacos: Bang Bang Shrimp (3 Tacos)	1110	670	74	18	0.5	280	71	2530	8	7	37
Tacos: Bang Bang Shrimp (3 Tacos) with Corn Tortilla (Regional)	1030	620	68	16	0.5	280	362	1990	8	8	35
Tacos: Bang Bang Shrimp (3 Tacos) with French Fries	1560	880	98	23	1	285	127	3820	12	19	42
Tacos: Bang Bang Shrimp (3 Tacos) with French Fries, Corn Tortilla (Regional)	1480	830	92	20	1	285	418	3270	13	20	39
FROM THE LAND											
Half-Pound Beef Burger with French Fries	1420	800	88	24	4.5	190	91	1960	7	12	63
Half-Pound Beef Burger without Fries	890	460	51	17	1.5	185	49	1250	3	11	59
Half-Pound Beef Burger Add-On: Avocado	35	30	3	0	0	0	2	0	1	0	0
Half-Pound Beef Burger Add-On: Bacon	60	40	4.5	1.5	0	10	0	230	0	0	4
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
Lily's Chicken	490	200	23	11	0	155	9	830	2	3	62
The Angler's Sirloin Steak, 6 oz	220	45	5	2	0	110	1	440	0	0	41
Chicken Marsala	480	180	20	10	0	140	13	1050	<1	7	56
Fontina Pork Chop	920	470	52	26	0	295	15	1740	<1	7	89
GRILLED FISH											
Ahi Tuna Steak	220	35	4	1	0	80	0	160	0	0	46
Atlantic Salmon, Regular	430	230	25	5	0	130	0	230	0	0	50
Atlantic Salmon, Small	330	170	19	4	0	100	0	180	0	0	39
Chilean Sea Bass, Regular	640	480	53	11	0	140	0	200	0	0	41
Chilean Sea Bass, Small	340	250	28	6	0	75	0	105	0	0	22
Rainbow Trout	410	180	20	4.5	0	195	0	240	0	0	57
Mahi Mahi	250	45	5	2.5	0	90	8	730	2	2	42
PERFECT PARINGS											
Georges Bank Scallops & Shrimp	250	80	9	1.5	0	195	4	1040	0	0	38
Mahi Mahi & Shrimp	330	70	7	3	0	240	8	1390	2	2	57
Steak & Crab Cake, 6 oz Sirloin	510	240	27	6	0.5	190	11	1230	1	5	56
Steak & Crab Cake, Filet	530	270	30	8	0.5	195	10	1100	1	5	56
Steak & Lobster Tail, 6 oz Sirloin	510	270	30	17	1	290	3	900	0	<1	58
Steak & Lobster Tail, Filet	870	640	72	43	3	395	2	1000	0	<1	58
Lobster Tail & Crab Cake	570	410	46	19	1	265	8	1240	<1	4	31
GRILLED FISH: SIGNATURE SAUCES											
Chimmichurri Sauce	130	130	14	1	0	0	1	290	<1	0	<1
Lemon Butter	60	60	6	4	0	15	2	135	0	1	0
Lime Tomato Garlic	60	45	5	3	0	10	4	130	0	3	0
Pan Asian Sauce	70	35	4	0.5	0	<5	7	570	<1	5	0
Mango Salsa	30	0	0	0	0	0	7	65	<1	6	0

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PREMIUM SIDES											
Applewood Bacon Mac and Cheese	720	360	39	23	0.5	125	59	2100	3	9	31
Steamed Asparagus (6 each)	70	25	3	0	0	0	8	340	4	2	4
SIGNATURE SIDES											
Coleslaw	180	130	14	1.5	0	<5	11	490	2	8	<1
Garlic Whipped Potatoes	220	110	12	4	0	10	25	670	2	2	3
Jasmine Rice	210	45	5	0	0	0	39	550	0	0	3
Seasonal Vegetable: Green Beans	50	30	3.5	1.5	0	5	4	115	3	2	2
Seasonal Vegetable: Steamed Broccoli	70	35	3.5	2	0	10	9	190	3	3	3
French Fries	530	340	38	7	3	<5	42	710	4	0	4
Sauteed Spinach	170	130	14	1	0	0	8	480	4	<1	6
DESSERT											
Macadamia Nut Brownie	990	460	51	32	1	235	123	220	8	101	14
Jen's Jamacian Coconut Pie	790	500	56	40	1	225	65	210	4	55	11
Classic Cheesecake w/ Melba Sauce	410	240	27	17	1	130	37	280	0	33	6
Cookies, Cranberry White Chocolate, 1 EA	180	80	9	4.5	0	15	3	105	1	16	2
Cookies, Chocolate Chip, 1 EA	180	70	8	3.5	0	20	3	110	<1	17	2
CHILDREN'S MENU											
Chicken Tenders	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	120	10	1.5	0	0	50	0	135	0	0	26
Kids LiveWell Grilled Chicken with Steamed Broccoli and 100% Orange Juice	230	15	2	0	0	50	28	200	3	22	29
Mac n' Cheese	500	180	20	12	1	65	54	1930	2	10	23
Popcorn Shrimp	220	120	13	2.5	0	115	11	770	<1	0	14
Side: French Fries (without Ketchup)	400	210	24	5	0	<5	42	710	4	0	4
Side: Seasonal Vegetable: Broccoli	70	35	3.5	2	0	10	9	190	3	3	3
Side: Seasonal Vegetable: Green Beans	50	30	3.5	1.5	0	5	4	115	3	2	2
CHILDREN'S BEVERAGES											
100% Orange Juice, 6 oz, with Ice	90	0	0	0	0	0	22	25	0	22	0
2% Milk, without Ice	110	40	4.5	3	0	20	11	95	0	11	7
Barq's Root Beer, 6 oz, with ice	80	0	0	0	0	0	21	10	0	21	0
Coke Zero, 6 oz, with Ice	0	0	0	0	0	0	0	0	0	0	0
Coke, 6 oz, with Ice	70	0	0	0	0	0	20	0	0	20	0
Diet Coke, 6 oz, with Ice	0	0	0	0	0	0	0	5	0	0	0
Dr. Pepper, 6 oz, with ice	90	0	0	0	0	0	25	25	0	25	0
Lemonade, 6 oz, with ice	70	0	0	0	0	0	18	30	0	18	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

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FAMILY BUNDLES											
Bang Bang Shrimp Tacos	3260	1780	198	53	1.5	820	249	7770	27	20	119
Chicken Tacos	2740	1030	115	33	0	475	224	5060	29	49	193
Grilled Salmon	1540	810	89	19	1	460	11	820	3	3	179
Blackened Salmon Pasta	6580	4390	487	58	3	520	303	12360	36	44	250
Grilled Shrimp	770	340	38	6	0.5	1035	8	4710	0	2	102
Grilled Mahi Mahi	970	170	19	10	0	365	21	2910	7	6	167
Lily's Chicken	1760	770	86	40	1.5	545	30	2890	8	10	219
Grilled Chicken	850	90	10	0	0	345	10	950	3	3	184
Chicken Marsala	1560	550	61	29	0.5	470	40	3300	2	21	195
Mahi Mahi & Shrimp	980	200	22	9	0	715	20	4180	6	5	169
Lily's Chicken & Shrimp	1920	860	95	39	2	920	40	4580	10	13	233
Surf N Turf (Sirloin and Shrimp)	2040	750	84	18	2.5	1575	17	6980	0	5	307
Garlic Whipped Potatoes	1330	670	75	25	0	50	151	4040	13	12	16
Jasmine Rice	1280	260	29	2	0	0	236	3310	3	0	19
Broccoli	250	110	13	7	0	25	31	670	11	9	12
Coleslaw	1050	780	86	10	1	30	65	2950	10	47	6
Green Beans	220	130	15	6	0	25	17	480	10	9	7
Applewood Bacon Mac and Cheese	2100	1020	114	67	1.5	360	175	6080	8	25	93
House Salad	270	140	16	1.5	0	0	22	740	9	9	13
Caesar Salad	320	150	17	7	0	25	32	430	10	6	14
Chocolate Chip Cookies	1110	480	53	26	1	95	21	620	7	93	13
White Chocolate Macadamia Nut Cookies	1090	410	45	22	1	110	17	660	3	99	12
BRUNCH SPECIALS (Items Unique to Brunch)											
Avocado Toast	430	250	27	7	0	30	39	780	6	7	11
Crab Cake Rancheros	870	660	74	21	6	150	28	1600	5	7	21
Crab Cake Rancheros - Add an Egg	970	730	81	25	6	160	28	1700	5	7	28
Greens, Eggs & Ham	890	540	60	16	1	90	57	1540	11	16	36
The Cure	1210	650	72	28	1	270	91	3310	8	18	46
BFG Ahi Tuna Steak & Eggs	1060	690	76	35	2	205	28	1090	3	4	65
BLT: Ahi Tuna without Fries	1100	550	61	12	1	105	88	1610	9	14	54
BLT: Ahi Tuna with Fries	1560	760	84	17	1.5	110	144	2900	13	26	58
BLT: Lobster without Fries	980	460	51	10	1	125	89	1930	9	14	45
BLT: Lobster with Fries	1440	670	74	15	1.5	130	144	3220	13	26	49
Crème Brulee French Toast	930	490	54	32	1.5	230	93	830	4	54	20
Eggs Benedict: Bang Bang Shrimp	780	360	40	17	1	170	63	1570	1	7	37
Eggs Benedict: Filet Mignon and Lobster	850	360	41	18	1	165	54	1240	<1	5	61
Eggs Benedict: Traditional	700	310	34	17	1	115	55	1500	0	7	38
Omelet: California with Toast	660	420	46	20	0.5	550	31	1280	4	4	33
Omelet: California, with Egg Whites and Toast	520	270	30	15	0.5	65	30	1410	3	5	34
Omelet: Oscar with Toast	640	380	42	21	1	575	34	1280	4	5	32
Omelet: Oscar, with Egg Whites and Toast	520	250	28	15	1	90	34	1070	4	6	33
Saucy Shrimp & Grits	1070	580	64	36	0.5	465	62	2570	5	27	62
Seafood Johnny Cakes & Eggs	730	350	38	17	0	135	53	2070	3	9	38
Traditional Sirloin Steak & Eggs	1050	700	77	36	2.5	230	29	1370	3	4	60
BRUNCH Add-Ons and Sides (Items Unique to Brunch)											
Add an Egg: Fried	100	70	8	3.5	0	5	0	95	0	0	7
Add an Egg: Poached	80	45	5	1.5	0	0	0	105	0	<1	7
Side: Bacon (3 slices)	90	60	7	2.5	0	10	0	340	0	0	7
Side: French Fries 6 oz portion (with Ketchup)	450	210	24	5	0	<5	56	1290	5	12	4
Side: Grits	270	140	15	10	0.5	50	22	620	0	2	12
Side: Toast with Butter	230	110	12	7	0.5	25	26	260	2	3	4

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BRUNCH COCKTAILS											
Bloody Mary (Regional)	180	30	3.5	0	0	0	17	1840	2	9	2
Endless Bloody Mary, One glass	180	30	3.5	0	0	0	17	1840	2	9	2
Endless Blackberry Sangria, One Glass	190	0	0	0	0	0	32	10	1	28	0
Endless Bubbles Mango Mimosa, One Glass	240	10	1	0	0	0	47	0	4	37	2
Endless Bubbles Peach Bellini, One Glass	160	0	0	0	0	0	23	15	0	12	0
Endless Bubbles Traditional Mimosa, One Glass	100	0	0	0	0	0	15	0	0	9	<1
Bonefish Aperol Spritz	130	0	0	0	0	0	18	15	<1	15	0
Cucumber Spa Spritz	140	0	0	0	0	0	19	0	0	17	0
Bloody Mary Mini Bar	380	110	13	3.5	0	270	26	3400	4	10	22
LUNCH (Available only at Lunch)											
Cod Fish & Chips Small	1010	600	67	12	1	115	66	2020	6	13	37
Tacos: Bang Bang Shrimp (2 Tacos)	770	470	53	12	0.5	195	48	1790	5	5	26
Tacos: Blackened Baja Fish (2 Tacos)	520	240	27	6	0	85	40	1080	5	9	30
Tacos: Chicken (2 Tacos)	530	240	26	6	0	80	41	1160	6	9	33
Tacos: Bang Bang Shrimp (2 Tacos) (Regional)	660	430	48	10	0.5	195	133	1420	4	5	23
Tacos: Blackened Baja Fish (2 Tacos)(Regional)	460	210	23	4.5	0	85	234	720	5	9	28
Tacos: Chicken (2 Tacos)(Regional)	480	200	22	4.5	0	80	235	800	6	9	31
Side Salad - Caesar	480	360	40	7	0.5	45	21	570	4	2	10
Side Salad - House	230	170	19	1.5	0	0	11	360	3	6	5
Chowder (cup)	330	240	27	13	0.5	65	14	680	1	3	6
Added Crispy Chicken	580	200	22	6	1	680	54	1190	3	2	41
Added Grilled Chicken	120	10	1.5	0	0	50	0	135	0	0	26
Lobster Roll	590	220	24	5	0	120	54	1430	4	7	38
Blackened BFG Fish Sandwich - Grouper	720	250	28	4	0	105	54	1350	5	14	56
Half-Pound Wagyu Beef Burger	490	250	28	8	0	35	49	890	3	11	13
Cookie - Cranberry White Chocolate--1 cookie	180	70	8	3.5	0	20	3	110	<1	17	2
Cookie - Cranberry White Chocolate--3 cookies	540	200	23	11	0	55	9	330	2	50	6
Cookie - Cranberry White Chocolate--6 cookies	1090	410	45	22	1	110	17	660	3	99	12
Cookie - Chocolate Chip--1 cookie	180	80	9	4.5	0	15	3	105	1	16	2
Cookie - Chocolate Chip--3 cookies	550	240	26	13	0	50	10	310	4	47	7
Cookie - Chocolate Chip--6 cookies	1110	480	53	26	1	95	21	620	7	93	13
HAPPY HOUR											
Bang Bang Shrimp (Regional)	780	540	61	11	0.5	255	29	1950	3	5	30
Calamari, Small	640	350	38	6	0	105	61	1400	4	11	13
Crispy Broccoli	480	320	36	6	1	25	35	1220	4	4	9
Shrimp Toast	460	180	20	4	2.5	105	47	930	4	17	21
Sliders: Crispy Cod, 2 Sliders	540	270	30	5	0	65	42	710	2	8	25
Sliders: Beef, 2 Sliders	340	150	17	2.5	0	10	39	200	2	10	7
Tacos: Bang Bang Shrimp, 2 Tacos with Fries (Regional)	1120	650	72	15	1	200	189	2710	9	17	28
Tacos: Blackened Baja Fish, 2 Tacos with Fries (Regional)	920	420	47	9	0.5	90	289	2010	10	21	32
HAPPY HOUR BEVERAGES											
Blueberry Lemon Drop	190	0	0	0	0	0	24	0	<1	21	0
Fresh Margarita	160	0	0	0	0	0	14	0	<1	12	0
The Duval	160	0	0	0	0	0	28	0	<1	27	0
Tropical Tiki Martini	220	0	0	0	0	0	30	0	1	28	<1
Bombay Breeze	180	0	0	0	0	0	25	0	0	24	0

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NON-ALCOHOLIC BEVERAGES											
Barq's Root Beer	100	0	0	0	0	0	28	10	0	28	0
Bottled Water: Aqua Panna, , One Liter	0	0	0	0	0	0	0	0	0	0	0
Bottled Water: San Pellegrino, One Liter	0	0	0	0	0	0	0	40	0	0	0
Cappuccino	45	15	1.5	1	0	5	5	35	0	4	3
Coffee, 6 oz	0	0	0	0	0	0	0	5	0	0	0
Coke Zero Sugar, with Ice, 8 oz	0	0	0	0	0	0	0	0	0	0	0
Coke, with Ice, 8 oz	100	0	0	0	0	0	27	0	0	27	0
Diet Coke, with Ice, 8 oz	0	0	0	0	0	0	0	10	0	0	0
Dr. Pepper	90	0	0	0	0	0	25	25	0	25	0
Espresso	0	0	0	0	0	0	0	0	0	0	0
Honest Organic Iced Tea: Black Tea, 8 oz with Ice	0	0	0	0	0	0	0	10	0	0	0
Hot Tea, 6 oz	0	0	0	0	0	0	0	10	0	0	0
Minute Maid Lemonade	90	0	0	0	0	0	25	40	0	25	0
NON-ALCOHOLIC BEVERAGES											
Orange Juice	100	0	0	0	0	0	23	0	0	23	2
Seagram's Ginger Ale, with Ice, 8 oz	90	0	0	0	0	0	24	10	0	24	0
Seasonal Iced Tea: Blackberry	70	0	0	0	0	0	16	5	1	15	0
Sprite, with Ice, 8 oz	100	0	0	0	0	0	26	20	0	26	0
Ginger Mint Infused Lemonade	120	0	0	0	0	0	32	5	<1	30	0
BEER											
Beer: Craft/High Alcohol, Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Beer: Craft/High Alcohol, Draft, 13 oz	210	0	0	0	0	0	<1	15	0	0	3
Beer: Light, Bottle, 12 oz	100	0	0	0	0	0	4	10	0	0	<1
Beer: Light, Draft, 13 oz	110	0	0	0	0	0	5	10	0	0	<1
Beer: Regular, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Beer: Regular, Draft, 13 oz	160	0	0	0	0	0	13	15	0	0	2
Blue Moon, Draft, 13 oz	200	0	0	0	0	0	17	20	0	0	2
Bud Light, Bottle, 12 oz	110	0	0	0	0	0	6	10	0	0	<1
Budweiser, Bottle, 12 oz	140	0	0	0	0	0	10	10	0	0	1
Coors Light, Bottle, 12 oz	100	0	0	0	0	0	5	10	0	0	0
Corona Extra, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Guinness, Can, 14.9 oz	120	0	0	0	0	0	5	15	0	0	1
Heineken, Bottle, 12 oz	140	0	0	0	0	0	0	0	0	0	0
Michelob Ultra, Bottle, 12 oz	90	0	0	0	0	0	3	10	0	0	<1
Miller Lite, Bottle, 12 oz	100	0	0	0	0	0	3	5	0	0	0
Newcastle, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Pyramid Angler Ale, Draft, 13 oz (Regional)	160	0	0	0	0	0	13	15	0	0	2
BEER											
Pyramid Hefeweizen, Draft, 13 oz (Regional)	160	0	0	0	0	0	13	15	0	0	2
Sam Adams Boston Lager, Bottle, 12 oz	170	0	0	0	0	0	17	30	0	0	2
Sam Adams Seasonal Oktoberfest, Draft, 13 oz	200	0	0	0	0	0	20	55	0	<1	2
Sam Adams Seasonal Oktoberfest, Draft, 13 oz	200	0	0	0	0	0	20	55	0	<1	2
Sam Adams Seasonal Summer Ale, Draft, 13 oz	180	0	0	0	0	0	15	45	0	0	2
Sam Adams Seasonal Winter Lager, Draft, 13 oz	210	0	0	0	0	0	20	40	0	<1	3
Sam Adams Summer Ale, Bottle, 12 oz	170	0	0	0	0	0	14	45	0	0	2
Sam Adams Winter Lager, Bottle, 12 oz	190	0	0	0	0	0	19	35	0	<1	2
Stella Artois, Bottle, 12 oz	150	0	0	0	0	0	13	0	0	0	1
COCKTAILS											
Bonefish Pomegranate Martini	250	0	0	0	0	0	37	0	0	36	0
Contemporary Cosmopolitan	180	0	0	0	0	0	18	5	<1	17	0
Espresso Martini	170	5	0.5	0	0	0	18	0	0	16	0
Fall Apple Martini (Seasonal)	230	0	0	0	0	0	27	5	2	24	0
Fresh Grapefruit Martini	170	0	0	0	0	0	19	0	1	16	<1
Fresh Pear Martini (Seasonal)	250	0	0	0	0	0	35	0	2	31	0
Crushed Pineapple Martini	190	0	0	0	0	0	35	0	2	30	<1
Fresh Raspberry Martini	230	0	0	0	0	0	33	25	4	27	2
Infused Manhattan	170	0	0	0	0	0	3	0	0	2	0
Modern Mojito	210	0	0	0	0	0	20	25	1	17	<1

Bonefish Grill Nutrition Information

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. Updated August 2020.

	Calories		Saturated			Cholesterol	Total	Dietary			Protein
	Total Calories	From Fat	Total Fat (g)	Fat (g)	Trans Fat (g)		Carbohydrates (g)	Sodium (mg)	Fiber (g)	Sugars (g)	
Tropic Heat Martini	190	0	0	0	0	0	24	0	1	21	0
Winter White Cosmopolitan (Seasonal)	220	0	0	0	0	0	19	5	<1	18	0
Main Squeeze Spiked Lemonade	170	0	0	0	0	0	15	0	<1	13	0
Tiki Torch	290	0	0	0	0	0	41	20	<1	36	0
COCKTAILS											
Coral Reef Punch	240	0	0	0	0	0	36	0	1	33	0
Fresh Watermelon Martini (Seasonal)	210	0	0	0	0	0	20	0	0	19	0
Irish Goodbye	370	200	22	14	0.5	65	13	20	0	12	2
Parker's Margarita Frozen	190	0	0	0	0	0	21	560	<1	15	0
Parker's Margarita Sauza/Patron	190	0	0	0	0	0	21	560	<1	15	0
Patron's Perfect Cucumber Margarita	230	0	0	0	0	0	27	0	0	24	0
Signature Red Sangria: Blackberry Red	190	0	0	0	0	0	32	10	1	28	0
Signature White Sangria: Sparkling Mango White	220	0	0	0	0	0	33	25	2	23	<1
Smoked Old Fashioned	170	0	0	0	0	0	8	0	0	8	0
The Mule	200	0	0	0	0	0	31	0	<1	28	0
Woodford Reserve Old Fashioned	230	0	0	0	0	0	25	0	1	23	0
WINE											
Red Wine, Glass, 6 oz	150	0	0	0	0	0	5	5	0	1	0
Rose Wine, Bottle, 750ml	650	0	0	0	0	0	19	25	0	7	<1
Rose Wine, Glass, 6 oz	150	0	0	0	0	0	5	5	0	2	0
Sparkling Wine, Bottle, 750 ml	600	0	0	0	0	0	20	0	0	0	0
Sparkling Wine, Split, 187 ml	150	0	0	0	0	0	5	0	0	0	0
White Wine, Bottle, 750 ml	650	0	0	0	0	0	19	25	0	7	<1
White Wine, Glass, 6 oz	150	0	0	0	0	0	5	5	0	2	0
Red Wine, Bottle, 750ml	640	0	0	0	0	0	20	25	0	5	<1