

Bonefish Grill Nutrition Analysis: Brunch

The nutritional analysis is comprised of data from an independent testing facility commissioned by Bonefish Grill, combined with nutrient data from Bonefish Grill suppliers and the USDA nutrient database using nutritional analysis software. Menu items are hand-prepared and nutritional values may vary from the stated amount due to ordinary differences inherent in the preparation of menu items, suppliers, region of the country and season of the year. Nutrition analysis updated July 2014.

	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)
Grilled Fish											
Chilean Sea Bass (Regular)	477	327	36	7	0	105	2	201	0	2	38
Chilean Sea Bass (Small)	345	237	26	5	0	76	1	145	0	1	28
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
Sea Scallops & Shrimp	191	43	5	0	0	162	4	707	2	0	34
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
Ahi Tuna Steak	304	130	14	3	0	58	3	618	1	1	45
Wood Grilled Steaks + Chops											
Fontina Chop	745	433	48	24	1	174	12	1386	3	3	63
Filet Mignon (8oz)	364	174	19	9	0	150	0	321	0	0	51
Filet Mignon (6oz)	954	564	63	19	1	221	47	2225	6	6	54
The Angler Steak (6oz)	228	48	5	2	0	84	3	228	0	0	43
Sauteed +Baked											
Tilapia Imperial	649	384	43	17	1	222	8	762	0	3	61
Lily's Chicken	550	261	29	16	1	159	9	735	3	3	63
Greens											
Bonefish Caesar Salad	444	339	38	6	1	38	18	633	7	4	11
Bonefish House Salad	303	240	27	2	0	0	11	372	3	6	5
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
Creme Brulee	875	628	70	42	0	470	41	81	1	40	4
Sauces											
Herb Pesto	136	132	15	2	0	0	1	234	0	0	0
Lemon Butter	133	128	14	9	1	26	1	19	0	0	0
Mango Salsa	64	3	0	0	0	10	15	130	1	9	0
Pan Asian	35	9	1	0	0	0	6	483	1	4	0
Lime Tomato Garlic	203	176	20	12	1	39	5	75	1	4	1
Bread, Pesto + Oil											
Bread, pesto & oil	598	307	34	4	0	0	60	773	2	2	12
Brunch Starters + Sharing											
Bang Bang Shrimp	841	586	65	11	1	220	38	2186	3	4	26

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Twisted Edamame Hummus	436	193	21	3	2	20	47	1355	13	14	18
Singapore Calamari	1319	764	85	14	1	232	112	2065	8	18	28
Ahi Tuna Sashimi (Regular)	359	139	15	2	0	64	17	2195	2	5	37
Ahi Tuna Sashimi (Large)	675	276	31	4	0	128	27	2439	4	7	72
Thai Coconut Shrimp	744	371	41	9	1	161	70	2682	8	34	23
Corn Chowder with Lump Crab (Cup)	255	172	19	11	0	78	11	666	1	2	5
Corn Chowder with Lump Crab (Bowl)	408	275	31	18	0	125	17	1066	2	4	8
Omelets											
Oscar	436	308	34	18	1	550	6	722	1	1	26
Oscar (Egg White)	314	178	20	13	1	63	5	510	1	2	27
Western	430	274	30	13	0	568	7	1283	2	2	31
Western (Egg White)	308	144	16	8	0	81	7	1417	2	3	32
California	486	329	37	14	0	550	8	1127	1	4	30
California (Egg White)	364	199	22	9	0	63	8	1261	1	5	31
Cajun Shrimp	635	386	43	17	0	696	18	1844	4	8	41
Cajun Shrimp (Egg White)	514	257	29	12	0	209	18	1978	4	9	42
Garden Fresh	323	200	22	10	0	516	8	837	2	3	23
Garden Fresh (Egg White)	201	70	8	5	0	29	8	971	2	4	24
Egg White and Asparagus	176	66	7	5	0	19	5	1674	2	2	21
Favorites											
Crème Brulee French Toast	1069	565	63	33	0	246	96	1151	4	55	24
Organic Whole Grain Oatmeal	368	95	11	1	0	5	63	32	7	23	11
“American Style” Kobe Beef Burger with Fried Egg and Spring Mix	1516	1043	116	48	2	227	56	2245	5	11	59
“American Style” Kobe Beef Burger with Fried Egg and House-Made Chips	1958	1264	140	52	2	230	106	2734	9	8	64
Eggs Benedict											
Traditional Eggs Benedict	680	284	32	15	1	101	55	1457	0	7	38
Spinach + Mushroom Eggs Benedict	709	353	39	16	1	60	56	1103	3	5	27
Bang Bang Shrimp Eggs Benedict	770	353	39	16	1	131	65	1479	1	6	34
Huevos Benedictos	779	395	44	17	1	162	47	1970	10	6	44
Surf + Turf Eggs Benedict	995	571	63	33	1	155	52	1154	0	5	49
Hand Helds											
Bang Bang Shrimp Tacos	1171	711	79	18	1	245	79	2780	8	7	34
Grilled Fish Sandwich (Tilapia)	687	320	36	12	0	146	49	977	4	7	44
“American Style” Kobe Beef Burger	1083	671	75	29	2	227	50	1228	4	7	52
Fish + Chips (Cod)	1031	435	48	8	1	78	113	3631	9	11	35
Fish & Chips (Tilapia)	961	597	66	11	1	58	67	2501	7	9	25
Fresh Sides											
Garlic Whipped Potatoes	228	111	12	5	0	13	27	799	2	2	3
Potatoes Au Gratin	256	144	16	10	0	58	18	582	1	2	10

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Herbed Jasmine Rice	227	50	6	0	0	0	41	345	1	0	3
Steamed Vegetable Medley	83	44	5	2	0	0	9	252	3	4	3
French Green Beans	70	50	6	2	0	0	4	220	3	2	2
Steamed Broccoli	79	43	5	2	0	0	8	254	3	2	3
Steamed Asparagus	44	20	2	0	0	0	4	282	2	1	2
Spring Mix	83	61	7	1	0	0	5	36	0	4	1
House-Made Chips	516	275	31	5	0	0	55	520	5	0	5
Toast	230	111	12	6	0	0	26	265	2	3	4