

Bonefish Grill Nutrition Analysis: Happier Hours and Tales Tuesday

	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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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.

Happier Hour

Sriracha Pepper Chicken	781	500	56	10	1	187	26	886	1	3	44
Fresh Ceviche	500	162	18	3	0	110	53	1443	6	6	31
Bang Bang Tacos	642	376	42	10	0	126	46	1489	5	4	19
Blue Cheese Kettle Chips	969	654	73	14	0	49	65	1196	5	10	12

Tales Tuesday

Lobster Roll Sliders + Fries	674	310	34	13	0	164	64	1649	6	4	26
Cold Water Lobster Tail 4-5 oz (with butter for dipping)	681	556	62	32	0	195	2	724	0	0	26
Sirloin with Lobster Thermidor	782	365	41	20	0	206	41	1802	6	7	60
Filet with Lobster Thermidor	826	446	50	24	0	235	38	1814	6	7	56
Lobster Grilled Cheese + Fries	1146	597	66	33	0	179	93	2971	6	11	41