

Bonefish Grill Nutrition Analysis

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
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
Mussels Josephine (PEI) (large)	1698	1077	120	58	3	328	43	4418	2	6	83
Mussels Josephine (PEI) (regular)	1019	660	73	31	1	154	26	2176	2	5	38
Maryland Crab Cakes	503	320	36	7	0	219	15	1750	3	6	32
Thai Coconut Shrimp	744	371	41	9	1	161	70	2682	8	34	23
Twisted Edamame Hummus	436	193	21	3	2	20	47	1355	13	14	18
Wagyu Beef + Ginger Potstickers	609	368	41	12	1	43	45	452	6	8	18
Cold Snap Ceviche	535	180	20	3	0	108	61	1871	7	9	29
NY Strip Tataki	351	160	18	6	0	99	7	2176	3	4	38

Bowls

Spicy Tuna	841	217	24	3	0	60	115	1273	8	12	44
Seared NY Strip	1034	257	29	5	0	99	145	4266	21	41	54
Shrimp Pad Thai	1338	437	49	9	0	390	167	4287	10	66	47
Fire Roasted Vegetables (no protein)	804	229	25	4	0	3	127	1567	7	8	22

Hand Helds

Half-Pound American Kobe Beef Burger	1083	671	75	29	2	227	50	1228	4	7	52
Bang Bang Shrimp Tacos	1171	711	79	18	1	245	79	2780	8	7	34
Baja Fish Tacos	884	392	44	12	0	103	78	1301	20	19	52
Lobster Grilled Cheese (with fresh green + lobster bisque)	1165	746	83	43	0	253	64	2171	2	8	39
Fish & Chips (Tilapia)	857	530	59	10	1	44	64	2501	7	10	19
Fish & Chips (Cod)	1031	435	48	8	1	78	113	3631	9	11	35

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
Lobster Tails (2 Tails, 5 - 6 oz with butter)	867	585	65	32	0	455	3	1198	1	1	61
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
Rib-Eye Steak (13 oz)	971	668	74	30	0	273	0	1952	0	0	70

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Filet Mignon (8oz)	364	174	19	9	0	150	0	321	0	0	51
Filet Mignon (6oz)	272	130	14	6	0	112	0	240	0	0	38
The Angler Steak (6oz)	228	48	5	2	0	84	3	228	0	0	43
Sirloin + Crab Cake Dinner (6oz)	526	241	27	7	0	196	14	1241	2	5	59
Filet + Crab Cake Dinner (6oz)	570	323	36	11	0	224	10	1253	2	5	55
Sauteed +Baked											
Pecan Parmesan Crusted Rainbow Trout	793	483	54	19	1	193	11	804	8	1	65
Tilapia Imperial	649	384	43	17	1	222	8	762	0	3	61
Spring Basil Fettuccine (no protein)	1020	168	19	3	0	94	181	2023	47	44	44
Lily's Chicken	550	261	29	16	1	159	9	735	3	3	63
Soup											
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
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
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
Cilantro Lime Shrimp Salad	845	526	58	10	1	243	40	1484	9	14	42
Florida Cobb Salad	897	532	59	10	1	125	29	879	6	15	65
Watermelon Salad (seasonal)	299	233	26	8	0	22	10	744	2	6	8
Tays Wedge Salad (seasonal)	460	369	41	14	0	37	14	649	3	7	10
Fresh Sides											
French Fries	307	127	14	3	0	0	41	1380	4	0	4
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
Herbed Jasmine Rice	227	50	6	0	0	0	41	345	1	0	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
Fresh Greens	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
Wood-Grilled Broccolini	242	206	23	8	0	17	8	2222	3	2	3
Crab Fried Rice	434	169	19	3	0	22	46	1499	1	3	17
Herbed Couscous	297	46	5	1	0	1	55	392	1	1	9
Desserts											
Jens Jamaican Coconut Pie	906	545	61	47	1	249	82	255	5	65	12
Macadamia Nut Brownie	1167	515	57	35	0	314	147	312	7	132	18
Key Lime Pie	864	360	40	20	0	264	107	377	2	84	18

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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
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
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
Wood-Grilled Shrimp	234	99	11	2	0	224	3	517	0	0	30
Herb-Grilled Chicken	243	35	4	0	0	98	0	271	0	0	52
Ahi Tuna	221	55	6	1	0	60	7	96	1	1	34
Wood- Grilled Salmon	380	222	25	4	0	109	2	170	0	2	39
Seasonal Vegetable											
Succotash	159	81	9	4	0	18	14	376	4	2	6
Spaghetti Squash	53	23	3	1	0	5	8	224	0	1	1
Garbanzo Beans	140	58	6	1	0	6	15	450	7	3	6
Garbanzo Beans Without Sausage	134	54	6	1	0	0	16	450	7	3	5
Zucchini and Tomatoes	42	26	3	1	0	0	4	389	1	3	1
Glazed Carrots	86	12	1	1	0	1	17	350	2	12	1
Mediterranean Ratatouille	46	25	3	1	0	0	5	492	2	2	1
Kids' Menu											
Kid Macaroni and Cheese	532	183	20	12	1	66	60	995	3	11	25
Kid Fish Strips	191	123	14	3	0	18	7	194	1	0	10
Kid Chicken	116	12	1	0	0	49	0	134	0	0	26
Kid Grilled Fish	170	75	8	2	0	55	3	337	1	1	22
Kid Popcorn Shrimp	340	227	25	5	2	126	13	857	1	0	15
Kid Chicken Tenders	404	183	20	4	0	58	31	632	2	1	24
Kid Burger	528	305	34	16	1	126	25	577	1	1	29
Kid French Fries	204	85	9	2	0	0	27	624	3	0	3
Kids LiveWell: Grilled Chicken with Broccoli and Orange Juice	233	16	2	0	0	49	28	195	3	22	29
Kids LiveWell: Grilled Chicken with Green Beans and Orange Juice	259	17	2	0	0	49	34	200	6	23	31
Kids LiveWell: Grilled Fish with Broccoli and Orange Juice	287	78	9	2	0	55	31	398	4	23	25
Kids LiveWell: Grilled Fish with Green Beans and Orange Juice	275	76	8	2	0	55	29	365	4	22	23
Kid Broccoli (no butter)	39	4	0	0	0	0	8	37	3	2	3
Kid Green Bean (no butter)	26	1	0	0	0	0	6	5	3	1	2
Kid Orange Juice	78	0	0	0	0	0	20	23	0	20	0
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

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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
Bearnaise Sauce	154	131	15	9	1	60	4	195	0	2	2
Asian Peppercorn Demi-Glace	229	207	23	14	1	63	5	507	0	3	1
Porcini Sage Butter	161	152	17	8	0	22	2	16	0	0	0
White Truffle Butter	174	176	20	10	0	25	0	1	0	0	0
Creamy Mushroom + Bacon Sauce	362	306	34	17	1	70	9	419	3	3	3

Bread, Pesto + Oil

Bread, pesto & oil	598	307	34	4	0	0	60	773	2	2	12
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Spirit Free

Coca-Cola Classic	198	0	0	0	0	0	54	5	0	54	0
Diet Coke	1	0	0	0	0	0	0	18	0	0	0
Coke Zero	1	0	0	0	0	0	0	8	0	0	0
Sprite	194	0	0	0	0	0	52	42	0	52	0
Cherry Coke	208	0	0	0	0	0	56	8	0	56	0
Seagram's Ginger Ale	180	0	0	0	0	0	48	16	0	48	0
Seagram's Tonic Water	166	0	0	0	0	0	44	18	0	44	0
Vitamin Water	33	0	0	0	0	0	9	2	0	9	0
Vitamin Water : Zero Squeezed Lemonade	1	0	0	0	0	0	1	2	0	0	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Iced Green Tea	94	0	0	0	0	0	23	9	0	23	0
Iced Raspberry Tea	94	0	0	0	0	0	23	9	0	23	0
Espresso	1	0	0	0	0	0	0	0	0	0	0
Cappuccino	45	15	2	1	0	7	5	35	0	4	3
Coffee	0	0	0	0	0	0	0	0	0	0	0

Specialty Spirit Free

House-Made Lemonade	182	5	1	0	0	0	50	6	4	37	2
Fresh Blackberry Smash	91	2	0	0	0	0	23	29	2	19	1