

Menu Label Report: Bonefish Grill Nutrition Information

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 November 2021.

Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Trans Fat		Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
						Saturated Fat (g)	(g)						
STARTERS & SHARING													
Bang Bang Shrimp	1	Serving	730	500	56	10	0	245	2010	29	4	4	30
Ahi Tuna Poke	1	Serving	670	230	25	4	0	65	1060	77	9	23	32
Tempura Crunch Sashimi Tuna	1	Serving	380	180	20	3.5	0	60	3210	17	3	5	34
Imperial Dip w Tortilla Strip	1	Serving	1010	600	67	23	1.5	260	1780	57	5	3	39
Maryland-Style Crab Cakes	1	Serving	520	370	41	8	0.5	185	1620	12	1	4	28
Calamari	1	Serving	1120	620	69	11	0	195	2320	96	3	17	24
Mussels Josephine	1	Serving	1180	470	53	18	0	155	2890	106	4	25	54
Beef & Ginger Potstickers	1	Serving	610	330	37	8	1	70	2600	52	2	8	18
Crab Fries	1	Serving	1280	700	78	15	0	65	3980	120	13	1	24
SOUPS & GREENS													
Soup: Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	43	20	0	115	1210	23	2	4	10
Soup: Corn Chowder + Lump Crab, Cup	1	Serving	320	240	27	13	0	70	730	14	1	2	5
Bonefish House Salad: Entrée Salad	1	Serving	390	290	32	3	0	0	610	21	7	10	8
Bonefish House Salad: Side Salad	1	Serving	250	170	19	2	0	0	520	17	6	8	7
Caesar Salad:Entrée Salad	1	Serving	480	370	41	9	0.5	40	590	21	4	3	8
Caesar Salad:Side Salad	1	Serving	470	370	41	9	0.5	40	580	20	4	3	8
Florida Cobb Salad: With Wood-Grilled Chicken	1	Serving	690	390	43	10	0	170	750	20	7	10	61
Florida Cobb Salad: With Wood-Grilled Shrimp	1	Serving	550	370	42	9	0	185	1320	20	7	10	29
Add-On: Wood-Grilled Shrimp	1	Serving	90	25	3	0.5	0	165	730	1	0	0	16
Add On: Grilled Salmon	1	Serving	300	160	18	3.5	0	90	160	0	0	0	35
Add On: Chicken	1	Serving	230	40	4.5	1	0	140	160	0	0	0	46
SEAFOOD SPECIALTIES/FROM THE SEA													
Cod Imperial	1	Serving	440	230	26	10	0	180	1680	9	1	2	40
Parmesan Crusted Rainbow Trout	1	Serving	850	500	56	11	0	245	1020	17	3	2	64
Cold Water Lobster Tails	1	Serving	700	430	49	29	2	425	1310	3	1	1	61
Bonefish Signature Pasta, Cajun Cream (no protein)	1	Serving	830	150	16	7	0	35	2470	130	14	18	31
Bonefish Signature Pasta, Cajun Cream with Chicken	1	Serving	1080	190	21	9	0	195	2640	130	14	18	84
Bonefish Signature Pasta, Cajun Cream with Salmon	1	Serving	1130	310	34	11	0	125	2630	130	14	18	67
Bonefish Signature Pasta, Cajun Cream with Shrimp	1	Serving	920	170	19	8	0	200	3200	131	14	18	47
Tuna Poke Bowl	1	Serving	630	130	14	1.5	0	65	1530	93	4	22	32
From the Dock													
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
Bang Bang Shrimp Tacos	1	Serving	1070	620	69	16	0	270	2710	74	6	8	36
Crispy Fried Shrimp	1	Serving	1190	570	64	12	0	405	2980	110	8	12	44
Blackened Baja Fish Tacos	1	Serving	780	370	41	8	0	125	1580	59	5	12	43
FROM THE LAND													
Half-Pound Beef Burger with French Fries	1	Serving	1410	740	82	25	1.5	165	2570	109	9	12	58
Add Bacon	1	Serving	90	60	7	2.5	0	15	360	0	0	0	6
Filet Mignon	1	Serving	260	90	9	4.5	0	120	340	0	0	0	44
The Angler's Sirloin Steak	1	Serving	210	45	5	2	0	105	430	1	0	0	39
Lily's Chicken	1	Serving	510	200	22	9	0	215	930	13	4	3	67
Chicken Marsala	1	Serving	510	190	22	11	0	210	910	14	1	9	61
Fontina Pork Chop	1	Serving	790	440	49	22	0	240	1550	14	1	10	62
WOOD-FIRED GRILL													
Chilean Sea Bass, Regular	1	Serving	570	420	47	9	0	125	180	0	0	0	36
Atlantic Salmon, Regular	1	Serving	380	200	23	4.5	0	115	210	0	0	0	45
Atlantic Salmon, Small	1	Serving	300	160	18	3.5	0	90	160	0	0	0	35
Mahi-Mahi	1	Serving	230	15	1.5	0	0	115	210	3	1	1	52
Scallops & Shrimp Skewer	1	Serving	290	80	9	1.5	0	260	1370	5	0	0	49
Grilled Rainbow Trout	1	Serving	450	200	22	5	0	215	270	0	0	0	63
Bone-In 12 oz Pork Chop	1	Serving	460	210	23	8	0	175	1240	6	0	3	53
Wood-Grilled Chicken	1	Serving	230	40	4.5	1	0	145	160	0	0	0	48

PERFECT PAIRINGS													
Mahi-Mahi & Shrimp	1	Serving	320	40	4	1	0	280	950	3	1	1	68
Filet & Crab Cake	1	Serving	590	320	36	9	1	220	1250	10	1	3	59
Sirloin & Crab Cake	1	Serving	560	290	32	7	0.5	215	1390	11	1	3	59
Filet & Lobster Tail	1	Serving	620	300	34	19	1.5	335	1060	3	1	1	75
Sirloin & Shrimp	1	Serving	330	80	8	3	0	280	1210	2	0	0	61
Filet & Shrimp	1	Serving	360	110	12	5	0	285	1080	1	0	0	60
Grilled Chicken & Shrimp	1	Serving	370	70	8	2	0	335	920	1	0	0	72
SIGNATURE SAUCES													
Lime Tomato Garlic	1	Serving	60	45	5	3	0	10	125	4	0	3	0
Mango Salsa	1	Serving	25	0	0	0	0	0	65	5	1	5	0
Lemon Butter	1	Serving	50	40	4.5	3	0	10	100	2	0	1	0
Pan Asian Sauce	1	Serving	60	35	4	0.5	0	5	550	7	0	6	1
Chimichurri Sauce	1	Serving	140	140	15	1.5	0	0	200	1	0	0	0
PREMIUM SIDES													
Bacon Mac and Cheese	1	Serving	700	330	36	21	0.5	115	1090	61	3	8	31
Steamed Asparagus	1	Serving	45	25	3	0	0	0	500	4	2	1	2
Creamed Spinach	1	Serving	480	380	42	23	1	110	1080	15	4	3	13
SIGNATURE SIDES													
Garlic Whipped Potatoes	1	Serving	190	90	10	2.5	0	5	570	22	3	1	3
Fries	1	Serving	510	250	28	6	0	0	1340	59	6	0	7
Coleslaw	1	Serving	160	130	14	1.5	0	5	250	9	2	6	1
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Steamed Broccoli	1	Serving	100	60	7	4	0	15	330	8	3	3	4
Green Beans	1	Serving	50	20	2.5	1.5	0	5	105	8	3	4	2
DESSERT													
Cranberry White Chocolate Cookie	1	Serving	180	70	8	3.5	0	20	110	3	1	17	2
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Cranberry White Chocolate Cookie	3	Serving	540	200	23	11	0	55	330	9	2	50	6
Chocolate Chip Cookie	3	Serving	560	240	27	13	0	50	310	79	4	47	7
Cranberry White Chocolate Cookie	6	Serving	1090	410	45	22	1	110	660	17	3	99	12
Chocolate Chip Cookie	6	Serving	1120	480	53	26	1	95	620	159	7	94	14
Classic Cheesecake with Melba Sauce	1	Serving	370	230	26	15	1	135	270	28	1	25	7
Macadamia Nut Brownie	1	Serving	1010	480	53	33	0.5	245	220	114	9	94	15
CHILDREN'S MENU													
Fish Strips	1	Serving	130	70	7	1.5	0	35	125	3	0	0	13
Grilled Chicken	1	Serving	120	20	2	0.5	0	75	80	0	0	0	24
Mac & Cheese	1	Serving	470	140	16	9	0.5	55	1040	58	2	12	21
Popcorn Shrimp	1	Serving	220	120	13	2.5	0	115	770	11	1	0	14
Chicken Tenders	1	Serving	470	190	21	4	0	50	1960	43	4	1	27
FAMILY BUNDLES													
Bacon Mac and Cheese	1	Serving	2090	980	109	63	2	340	3270	182	8	24	92
Garlic Whipped Potatoes	1	Serving	1140	560	62	15	0.5	35	3400	131	15	8	18
Broccoli	1	Serving	390	240	27	16	0	60	1300	33	11	11	14
Green Beans	1	Serving	210	90	10	6	0	20	420	30	11	14	7
House Salad	1	Serving	1170	890	101	9	0	0	1790	60	20	29	21
Jasmine Rice	1	Serving	1200	250	28	2	0	0	2620	222	2	1	17
Lily's Chicken	1	Serving	1530	650	72	33	1	630	2580	35	10	9	189
Grilled Chicken	1	Serving	800	140	15	4	0	490	540	7	2	1	161
Bang Bang Shrimp Tacos	1	Serving	3310	1700	189	48	1	810	8380	275	24	32	118
Grilled Mahi Mahi	1	Serving	910	50	6	2	0	470	860	11	3	3	209
Grilled Salmon	1	Serving	1400	730	81	17	0	415	740	11	3	3	162
Mahi Mahi & Shrimp	1	Serving	1210	130	14	4	0	955	3060	18	5	4	258

NON-ALCOHOLIC BEVERAGES													
Coke with Ice	1	Serving	100	0	0	0	0	0	30	27	0	27	0
Coke Zero with Ice	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Diet Coke with Ice	1	Serving	0	0	0	0	0	0	25	0	0	0	0
Sprite with Ice	1	Serving	110	0	0	0	0	0	25	27	0	24	0
Dr. Pepper with Ice	1	Serving	100	0	0	0	0	0	40	26	0	26	0
Barq's Root Beer with Ice	1	Serving	110	0	0	0	0	0	45	29	0	29	0
Minute Maid Lemonade with Ice	1	Serving	100	0	0	0	0	0	15	25	0	25	0
Ginger Ale with Ice	1	Serving	90	0	0	0	0	0	25	23	0	22	0
Hot Tea	1	Serving	0	0	0	0	0	0	5	1	0	0	0
Coffee	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Espresso	1	Serving	45	10	1.5	0	0	5	30	7	0	4	1
100% Orange Juice with Ice	1	Serving	80	0	0	0	0	0	0	19	0	19	1
2% Milk	1	Serving	120	45	5	3	0	20	100	11	0	12	8
BEER													
BUD LIGHT DRAFT	14	Ounces	130	0	0	0	0	0	10	8	0	0	1
BLUE MOON DRAFT	14	Ounces	210	0	0	0	0	0	20	17	0	0	2
SAMUEL ADAMS SEASONAL	14	Ounces	180	0	0	0	0	0	15	15	0	0	2
MICHELOB ULTRA	12	Ounces	100	0	0	0	0	0	10	3	0	0	1
BUD LIGHT	12	Ounces	110	0	0	0	0	0	10	7	0	0	1
COORS LIGHT	12	Ounces	110	0	0	0	0	0	10	5	0	0	0
MILLER LITE	12	Ounces	100	0	0	0	0	0	5	3	0	0	0
CORONA EXTRA	12	Ounces	150	0	0	0	0	0	15	13	0	0	2
MODELO ESPECIAL	12	Ounces	150	0	0	0	0	0	14	13	0	0	2
STELLA ARTOIS	12	Ounces	150	0	0	0	0	0	0	13	0	0	1
NEWCASTLE BROWN ALE	12	Ounces	150	0	0	0	0	0	15	13	0	0	2
Truly Hard Seltzer	12	Ounces	100	0	0	0	0	0	30	2	0	1	0
COCKTAILS													
Bonefish Pomegranate Martini	1	Serving	260	0	0	0	0	0	0	38	0	37	0
French 75	1	Serving	170	0	0	0	0	0	0	17	0	15	0
Coral Reef Punch	1	Serving	230	0	0	0	0	0	0	31	1	29	0
1901 Dirty Martini	1	Serving	200	60	6	1.5	0	5	790	1	0	0	1
Crushed Pineapple Martini	1	Serving	180	0	0	0	0	0	0	29	0	28	0
Espresso Martini	1	Serving	170	5	1	0	0	0	5	21	0	21	0
Tropic Heat Martini	1	Serving	210	0	0	0	0	0	0	28	0	26	0
The Mule	1	Serving	160	0	0	0	0	0	0	20	1	19	0
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	16	0	11	0
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	2	0	1	0
WINE													
Red Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	5	5	0	1	0
Rose Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	10	7	0	7	1
Sparkling Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	0	5	0	0	0
White Wine, Glass, 6 ounce	1	Serving	140	0	0	0	0	0	10	5	0	2	0
Red Wine, Bottle, 750 ml	1	Serving	630	0	0	0	0	0	30	19	0	5	1
Rose Wine, Bottle, 750 ml	1	Serving	640	0	0	0	0	0	40	29	0	29	3
Sparkling Wine, Bottle, 750 ml	1	Serving	600	0	0	0	0	0	0	22	0	0	0
White Wine, Bottle, 750 ml	1	Serving	610	0	0	0	0	0	35	19	0	7	1
Blackberry Sangria	1	Serving	190	0	0	0	0	0	10	29	1	27	0
Signature Sparkling White Sangria	1	Serving	210	0	0	0	0	0	0	27	1	22	0