

BONEFISH GRILL NUTRITION													
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. Nutrition information is updated when new data is recieved from suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date. Created: November 2025													
Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Starters & Sharing													
Bang Bang Shrimp	1	Serving	740	520	60	11	0	245	1950	28	3	4	29
Tempura Crunch Sashimi Tuna	1	Serving	380	180	20	3.5	0	60	3330	18	3	5	34
Calamari	1	Serving	1050	500	56	11	0.5	665	1920	82	3	21	53
Crab Cakes	1	Serving	510	360	40	8	0.5	190	1610	12	1	4	28
Blackened Chicken Egg Rolls	1	Serving	440	170	20	4	0	90	1560	53	3	23	15
6ct Chargrilled Oysters half shell	1	Serving	410	230	26	15	1	85	23740	24	1	1	12
Imperial Dip w Tortilla Strip	1	Serving	910	530	59	22	1	220	1660	57	4	3	39
Edamame	1	Serving	290	110	12	2	0	0	2250	20	16	2	26
Bread and Pesto	1	Serving	490	190	21	1.5	0	0	850	60	2	2	12
Soups & Greens													
Corn Chowder + Lump Crab, Cup	1	Serving	330	240	27	13	0	70	730	14	1	2	5
Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	44	21	0.5	115	1200	23	2	4	10
Tomato Bisque Soup cup	1	Serving	270	190	21	12	0.5	50	810	16	2	6	4
Tomato Bisque Soup Bowl	1	Serving	530	370	42	23	1.5	95	1600	31	4	12	8
Entrée House Salad with Shrimp and Citrus Herb Vinaigrette	1	Serving	540	400	45	5	0	200	1390	14	5	5	26
Caesar Salad with Wood Grilled Chicken and Dressing	1	Serving	940	560	62	12	1	215	1280	32	6	6	67
Shaved Brussels Sprouts Salad with Salmon and Dressing	1	Serving	870	360	40	10	0	140	930	60	7	45	57
House Side Salad with Citrus Herb Vinaigrette	1	Serving	270	210	24	3	0	0	430	11	4	5	5
Caesar Side Salad with Dressing	1	Serving	320	250	28	5	0	25	500	14	3	3	6
Shaved Brussels Sprouts Salad	1	Serving	230	70	8	2.5	0	10	360	31	4	23	5
Chef-Curated Selections													
Pan Asian Butterfish with Sauteed Spinach & Jasmine Rice	1	Serving	730	350	39	10	0	145	1880	53	5	7	45
Bourbon Glazed Salmon with New Potatoes & Asparagus	1	Serving	880	410	47	8	0	130	1880	59	5	23	55
Pan-Seared Blackened Ahi Tuna (6oz) with Jasmine Rice & Kung Pao Brussels Sprouts	1	Serving	700	190	21	6	0	100	2660	67	7	16	60
Scallops and Shrimp Scampi Pasta	1	Serving	1700	1040	115	47	2	275	2500	128	6	14	41
Filet & Lobster Tail with Garlic Whipped Potatoes & broccoli	1	Serving	870	540	60	32	2	300	2660	27	6	5	60
Bone In Fontina Pork Chop w/ roasted new potatoes and Asparagus	1	Serving	1120	580	65	27	1	245	3060	67	9	13	64
Simply Grilled													
Lemon Butter	1	Serving	110	100	11	4.5	0	15	120	2	0	1	0
Pan Asian Sauce	1	Serving	70	35	4	0.5	0	5	610	8	0	6	1
Mango Salsa	1	Serving	25	0	0	0	0	0	60	6	0	5	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Chimichurri Sauce	1	Serving	140	140	15	1.5	0	0	200	1	0	0	0
Lemon Caper Butter Sauce	1	Serving	120	100	11	4.5	0	15	135	3	0	1	0
Mahi-Mahi	1	Serving	210	15	2	0	0	165	470	4	1	1	43
Grilled Sea Bass	1	Serving	220	40	4.5	1	0	85	410	4	1	1	39
Grilled Atlantic Salmon 7.5 oz	1	Serving	460	260	29	7	0	115	390	4	1	1	44
Grilled Rainbow Trout	1	Serving	470	180	20	3.5	0	180	290	3	1	1	64
Grilled Wahoo 7.5 oz	1	Serving	490	300	33	8	0	135	420	4	1	1	44
Filet Mignon 7 oz	1	Serving	370	180	20	10	1	145	1470	5	2	1	44
Grilled 9 oz Sirloin	1	Serving	390	150	17	11	0	145	2380	6	4	0	53
Bone-In 12 oz Pork Chop	1	Serving	550	310	35	15	0.5	205	1520	5	2	1	54
Wood-Grilled Chicken	1	Serving	390	150	17	9	0	200	1570	5	2	1	56
Signature Sides													
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Coleslaw	1	Serving	160	120	14	1.5	0	5	580	11	2	9	1
Garlic Mashed Potatoes	1	Serving	160	90	10	4	0	15	460	14	2	1	3
Steamed Broccoli	1	Serving	100	60	7	4	0	15	330	8	3	3	4
French Fries	1	Serving	550	250	28	6	0	0	3260	68	7	8	7
From the Sea													
Scallops & Shrimp with Jasmine Rice & Broccoli	1	Serving	720	270	30	10	0	305	2330	53	3	4	63
Cod Imperial with Jasmine Rice & Asparagus	1	Serving	780	370	41	13	0.5	195	2110	51	4	4	53
Mahi Mahi & Shrimp with Rice & Broccoli and Mango Salsa	1	Serving	770	310	35	11	0	355	1570	55	5	6	61
Lobster Tails with Jasmine Rice & Sauteed Spinach	1	Serving	840	570	64	31	2	250	1610	46	5	2	25
Lobster Ravioli	1	Serving	750	490	55	33	1.5	230	1220	45	3	8	22
Creamy Tomato Linguine with Shrimp	1	Serving	1750	460	51	25	1	295	2570	261	16	19	69
Creamy Tomato Linguine with Salmon	1	Serving	2100	690	77	31	1	210	2060	265	17	20	93
Creamy Tomato Linguine with Chicken	1	Serving	2030	580	65	33	1.5	295	3230	266	17	20	105
Parmesan Crusted Rainbow Trout with Jasmine Rice and Seasonal Veg	1	Serving	1290	710	80	24	1	295	2800	67	6	10	74
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
Bang Bang Shrimp Tacos with Fries	1	Serving	1600	880	100	22	0.5	265	5520	134	12	9	43
Bang Bang Shrimp Tacos with Coleslaw	1	Serving	1410	870	100	20	0	270	3800	97	10	26	39
Blackened Baja Fish Tacos with Fries	1	Serving	1450	740	84	18	0	155	5550	117	13	8	56
Blackened Baja Fish Tacos with Coleslaw	1	Serving	1260	730	84	15	0	160	3830	80	11	25	52
From the Land													
Lily's Chicken with Whipped Potatoes & Broccoli	1	Serving	920	490	55	26	1	270	3120	38	10	7	71
Chicken Marsala with Whipped Potatoes & Broccoli	1	Serving	960	500	56	27	0.5	280	5120	42	7	13	69
Chimichurri Bistro Filet with Fries & Broccoli	1	Serving	1400	790	88	24	1	210	5480	83	11	12	73
Half Pound BFG Burger with fries	1	Serving	1510	790	89	28	2	190	4480	114	9	17	65
Half Pound BFG Burger with Coleslaw	1	Serving	1280	780	89	26	2	195	2380	67	6	27	60

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Make It A Perfect Pairing													
Shrimp Skewer 5 each w/ citrus dressing	1	Serving	330	240	27	3	0	200	960	3	0	1	20
Scallop (4) Skewer w/ Citrus Dressing	1	Serving	400	260	29	3	0	60	510	6	0	1	29
Crab Cake	1	Serving	320	230	25	4.5	0	95	900	8	1	3	14
Lobster Tail	1	Serving	360	220	25	15	1	220	690	3	1	1	33
Desserts													
Bourbon Brownie	1	Serving	1580	970	108	63	2.5	450	370	130	6	116	15
Key Lime Cake	1	Serving	1350	710	79	36	1	140	1270	155	3	121	11
Drunken Coconut Pie	1	Serving	1030	730	81	56	2	270	130	68	1	55	8
Premium Sides													
Bacon Mac and Cheese	1	Serving	870	410	45	25	1	130	1510	78	3	10	37
Potatoes Au Gratin	1	Serving	930	520	58	30	1.5	145	2860	70	7	13	34
Truffle Fries	1	Serving	1490	930	107	22	0	35	4160	120	12	0	18
Crispy Cauliflower	1	Serving	500	210	24	5	0	10	1420	66	7	30	11
Kung Pao Brussels Sprouts	1	Serving	590	450	50	9	0.5	0	1020	33	10	15	9

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Martini's & Cocktails													
Bonefish Pomegranate Martini	1	Serving	260	0	0	0	0	0	0	38	0	37	0
Heatwave Martini	1	Serving	180	0	0	0	0	0	0	27	0	23	0
Crushed Pineapple Martini	1	Serving	180	0	0	0	0	0	0	29	0	28	0
Key Lime Martini	1	Serving	220	15	1.5	1.5	0	0	15	27	1	24	0
Strawberry Rose Side Car	1	Serving	210	0	0	0	0	0	0	14	0	13	0
1901 Dirty Martini	1	Serving	200	60	6	1.5	0	5	790	1	0	0	1
Espresso Martini	1	Serving	170	5	1	0	0	0	5	22	0	21	0
Chocolate Martini	1	Serving	210	15	1.5	2.5	0	0	0	18	0	16	1
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	2	0	1	0
The Mule	1	Serving	150	0	0	0	0	0	0	21	0	19	0
French 75	1	Serving	170	0	0	0	0	0	0	17	0	15	0
BFG Dragon Fruit Margarita	1	Serving	200	0	0	0	0	0	300	22	0	19	0
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	15	0	11	0
Coral Reef Punch	1	Serving	230	0	0	0	0	0	0	31	1	29	0
Indigo Sunset	1	Serving	260	0	0	0	0	0	5	41	0	28	0
Social Hour													
Ahi Tuna Wonton Crisps	1	Serving	510	90	10	1.5	0	55	1250	71	5	27	35
Shrimp Toast	1	Serving	1080	580	65	35	2	460	1630	69	5	6	56
Beef & Ginger Potstickers	1	Serving	670	370	41	10	1	70	2880	56	3	10	19
Bangin' Chicken Bites	1	Serving	760	460	53	10	0	140	740	32	2	5	43
Crispy Cauliflower	1	Serving	900	300	35	7	0	10	2460	135	12	46	21
Beef Sliders	1	Serving	920	470	52	19	1	145	1380	67	1	23	47
Mahi Sliders	1	Serving	700	250	28	5	0	100	830	59	1	16	54
Mango Bourbon Sour	1	Serving	240	0	0	0	0	0	0	37	0	35	0
Blueberry Lemon Drop	1	Serving	190	0	0	0	0	0	0	22	0	20	0
Coconut Crush	1	Serving	160	0	0	0	0	0	30	16	1	13	1
Bees Knees Cocktail	1	Serving	230	0	0	0	0	0	0	24	0	22	0
Paper Plane Cocktail	1	Serving	180	0	0	0	0	0	0	9	0	8	0
Fresh Margarita	1	Serving	150	0	0	0	0	0	0	12	0	10	0
Jefferson's Ocean Old Fashioned	1	Serving	210	0	0	0	0	0	0	19	1	18	0
Minnow's Menu (Kid's Menu)													
Kids Fish Strips	1	Serving	130	70	7	1.5	0	35	125	3	0	0	13
Kids Popcorn Shrimp	1	Serving	220	120	13	2.5	0	115	770	11	1	0	14
Kids Chicken Bites	1	Serving	230	90	10	2	0	65	160	13	1	1	21
Kids Mac & Cheese	1	Serving	350	90	10	6	0	30	500	53	2	6	13
Kids Grilled Chicken	1	Serving	120	20	2	0.5	0	75	80	0	0	0	24
Kids Grilled Shrimp	1	Serving	80	0	0	0	0	160	95	0	--	0	20
Kids Side Steamed Spinach	1	Serving	20	0	0	0	0	0	65	3	2	0	2
Kids Side Green Beans	1	Serving	30	0	0	0	0	0	0	7	3	3	2

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Kids Side Steamed Broccoli	1	Serving	25	5	0	0	0	0	25	4	2	1	3
Kids Side Fries	1	Serving	550	250	28	6	0	0	1720	68	7	8	7
LUNCH													
SALADS & BOWLS & SANDWICHES													
House Salad: Entrée Salad with Shrimp and Citrus Herb Vinaigrette	1	Serving	540	400	45	5	0	200	1390	14	5	5	26
Caesar Salad with Wood Grilled Chicken and Dressing	1	Serving	940	560	62	12	1	215	1280	32	6	6	67
Shaved Brussels Sprouts Salad with Salmon and Dressing	1	Serving	870	360	40	10	0	140	930	60	7	45	57
Ahi Tuna Poke	1	Serving	510	90	10	1.5	0	55	1270	71	5	27	35
Blackened Fish Sandwich w/fries	1	Serving	1110	440	50	10	0	175	4390	111	10	14	57
Grilled Fish Sandwich w/fries	1	Serving	1100	430	49	10	0	175	4270	109	9	13	56
Fried Fish Sandwich w/fries	1	Serving	1310	600	68	14	0.5	180	4090	118	9	13	57
PRIX FIXE LUNCH													
Corn Chowder + Lump Crab, Cup	1	Serving	330	240	27	13	0	70	730	14	1	2	5
Tomato Bisque Soup cup	1	Serving	270	190	21	12	0.5	50	810	16	2	6	4
House Side Salad with Citrus Herb Vinaigrette	1	Serving	270	210	24	3	0	0	430	11	4	5	5
Caesar Side Salad with Dressing	1	Serving	320	250	28	5	0	25	500	14	3	3	6
Shaved Brussels Sprouts Side Salad	1	Serving	230	70	8	2.5	0	10	360	31	4	23	5
Bang Bang Shrimp Tacos (2) w/Coleslaw	1	Serving	1160	750	87	18	0	210	3070	75	8	25	29
Bang Bang Shrimp Tacos (2) w/ Fries	1	Serving	1390	760	87	21	0.5	205	5170	121	11	15	34
Blackened Baja Fish Tacos with Coleslaw	1	Serving	960	560	65	11	0	125	2660	58	7	22	40
Blackened Baja Fish Tacos with Fries	1	Serving	1150	580	65	14	0	120	4370	95	10	5	44
Blackened Baja Chicken Tacos with Coleslaw	1	Serving	940	590	68	12	0	95	2150	59	7	22	29
Blackened Baja Chicken Tacos with Fries	1	Serving	1160	610	68	14	0	90	4250	105	10	13	34
Half Pound BFG Burger with Coleslaw	1	Serving	1280	780	89	26	2	195	2380	67	6	27	60
Half Pound BFG Burger with fries	1	Serving	1510	790	89	28	2	190	4480	114	9	17	65
Fish & Chips	1	Serving	980	570	63	11	0	70	2400	81	8	15	27
Simply Grilled Chicken	1	Serving	360	180	20	9	0.5	165	1540	5	2	1	42
Coleslaw	1	Serving	160	120	14	1.5	0	5	580	11	2	9	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
Garlic Whipped Potatoes	1	Serving	180	100	11	4.5	0	15	510	15	2	1	3
French Fries	1	Serving	550	250	28	6	0	0	3260	68	7	8	7
Catering Menu													
Serves 10													
Starters & Sharing													
Bang Bang Shrimp	1	Serving	3360	2290	264	49	1	1205	9290	126	11	13	143
Imperial Dip	1	Serving	4660	2740	304	110	6	1100	11900	280	23	14	195
Tempura Crunch Sashimi Tuna	1	Serving	2680	930	104	19	1	655	14460	78	10	25	367
Soups & Greens													
House Side Salad with Citrus Herb Vinaigrette	1	Serving	3180	2790	314	32	1	0	3140	82	26	36	31

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Caesar Side Salad with Dressing	1	Serving	2330	1900	211	41	3	190	3390	78	18	17	42
Shaved Brussels Sprouts Salad	1	Serving	1170	330	36	12	0	35	1510	148	30	97	30
Sides													
Garlic Whipped Potatoes	1	Pan	2930	1650	183	73	0	275	8410	256	37	18	55
Jasmine Rice	1	Pan	2000	420	47	3	0	0	4360	369	3	2	29
Broccoli	1	Pan	490	250	28	16	0	60	1400	50	19	17	25
Green Beans	1	Pan	440	190	21	12	0	45	890	61	22	28	14
Bacon Mac and Cheese	1	Pan	3880	1800	200	116	5	585	6600	358	14	43	165
Bread and Pesto	1	Pan	1940	760	85	6	0	5	3390	241	8	8	49
Entrees													
Grilled Shrimp	1	Pan	1790	790	88	14	0	2410	10950	14	0	2	237
Simply Grilled Salmon	1	Pan	1940	1020	113	23	0	585	1030	10	4	4	225
Creamy Tomato Cavatappi	1	Pan	7680	3160	353	179	9	710	12870	917	76	124	221
Add Grilled Shrimp	1	Pan	1140	310	35	8	0	2010	9040	9	0	0	198
Add on Grilled Chicken	1	Pan	2690	460	51	14	0	1680	1850	4	0	0	553
Simply Grilled Chicken	1	Pan	1930	330	36	10	0	1175	2820	15	4	4	388
Lily's Chicken	1	Pan	3380	1290	143	68	2	1460	7200	77	22	18	444
Lemon Butter Sauce	1	Pan	380	340	37	23	0	90	810	13	0	7	1
Chimichurri	1	Pan	1050	1030	114	10	0	0	1480	5	2	1	2
Mango Salsa	1	Pan	140	5	1	0	0	0	330	34	2	29	1
Tacos													
Bang Bang Shrimp Tacos	1	Pan	6840	3700	425	93	1.5	1550	17410	536	46	53	230
Blackened Fish Tacos	1	Pan	5590	2790	315	55	0.5	730	11520	404	34	44	277
Blackened Chicken Tacos	1	Pan	5860	2970	335	65	1	895	10080	404	36	45	301
Desserts													
Assorted Cookies	1	Pan	4420	1770	197	96	3	415	2580	643	21	386	51
Individually Packaged													
Simply Grilled Chicken	1	Serving	280	50	5	1.5	0	175	190	0	0	0	58
Lily's Chicken	1	Serving	410	140	15	7	0	200	550	6	2	2	62
Atlantic Salmon	1	Serving	360	190	21	4.5	0	105	190	3	1	1	41
Creamy Tomato Linguine	1	Serving	1640	430	48	24	1	95	1670	261	16	19	49
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On 8 oz Wood-Grilled Chicken	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
Half-Pound Beef Burger	1	Serving	990	560	63	24	2	200	1220	48	3	11	58
CaesarSalad with Dressing	1	Serving	400	320	36	7	0.5	30	610	16	4	4	7
House Side Salad with Citrus Herb Vinaigrette	1	Serving	430	370	41	4.5	0	0	480	13	5	5	6
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On 8 oz Wood-Grilled Chicken	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
Chimichurri Sauce	1	Serving	140	140	15	1.5	0	0	200	1	0	0	0
Mango Salsa	1	Serving	25	0	0	0	0	0	60	6	0	5	0
Lemon Butter	1	Serving	110	100	11	4.5	0	15	120	2	0	1	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Garlic Whipped Potatoes	1	Serving	180	100	11	4.5	0	15	510	15	2	1	3
Green Beans	1	Serving	100	60	7	4	0	15	300	9	3	4	2
Steamed Broccoli	1	Serving	100	60	7	4	0	15	330	8	3	3	4
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Bread and Pesto	1	Serving	490	190	21	1.5	0	0	850	60	2	2	12
Spirit Free Beverages													
Lemonade, Gallon	1	Serving	2090	0	0	0	0	0	125	544	0	523	0
Fresh Brewed Iced Tea Unsweetened, Gallon	1	Serving	0	0	0	0	0	0	480	0	0	0	0
Sweet Iced Tea	1	Serving	1040	0	0	0	0	0	150	269	0	268	0
Airport													
Starters & Sharing													
Bang Bang Shrimp	1	Serving	740	520	60	11	0	245	1950	28	3	4	29
Ahi Tuna Poke	1	Serving	510	90	10	1.5	0	55	1250	71	5	27	35
Beef & Ginger Potstickers	1	Serving	670	370	41	10	1	70	2880	56	3	10	19
Crab-Topped Bang Fries	1	Serving	1290	710	81	16	0	65	3800	121	13	2	24
Soups & Greens													
Corn Chowder + Lump Crab, Cup	1	Serving	330	240	27	13	0	70	730	14	1	2	5
Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	44	21	0.5	115	1200	23	2	4	10
House Side Salad with Citrus Herb Vinaigrette	1	Serving	270	210	24	3	0	0	430	11	4	5	5
House Side Salad with Citrus Herb Vinaigrette	1	Serving	430	370	41	4.5	0	0	480	13	5	5	6
Caesar Side Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	13	3	2	7
Caesar Salad:Entrée Salad with Dressing	1	Serving	400	330	36	8	0.5	35	500	14	4	3	7
Add On 4 oz Wood-Grilled Chicken	1	Serving	130	25	2.5	0.5	0	85	95	0	0	0	28
Add-On: Wood-Grilled Shrimp	1	Serving	110	30	3.5	1	0	200	900	1	0	0	20
Add On Salmon	1	Serving	370	200	22	4.5	0	115	200	0	0	0	44
From the Grill													
Atlantic Salmon	1	Serving	370	200	22	4.5	0	115	200	0	0	0	44
Mahi-Mahi	1	Serving	230	15	1.5	0	0	115	210	3	1	1	52
Chilean Sea Bass	1	Serving	570	420	47	9	0	125	180	0	0	0	36
Shrimp Skewer	1	Serving	440	270	30	3.5	0	400	1830	3	0	1	40
Chicken Breast	1	Serving	270	45	5	1.5	0	170	190	0	0	0	55
The Angler's Sirloin Steak	1	Serving	210	45	5	2	0	105	430	1	0	0	39
Handhelds & Bowls													
Tuna Poke Bowl	1	Serving	630	110	13	1.5	0	55	1590	94	2	27	36
Chicken Caesar Wrap	1	Serving	650	360	42	10	0	105	900	40	3	3	37
Shrimp Caesar Wrap	1	Serving	630	370	43	10	0	220	1700	41	3	3	29
Half-Pound Beef Burger	1	Serving	990	560	63	24	2	200	1220	48	3	11	58
Fish & Chips	1	Serving	1040	590	66	12	0	95	2350	80	8	13	36
Blackened Fish Sandwich	1	Serving	650	330	39	8	0	100	1030	45	2	9	37
Fried Tempura Fish Sandwich	1	Serving	910	590	69	14	0	95	1220	51	3	10	31

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Grilled Fish Sandwich	1	Serving	650	330	39	8	0	100	1060	45	2	9	37
Grilled Chicken Sandwich	1	Serving	650	350	41	9	0	105	1050	44	2	9	35
Pick Your Sides													
Garlic Whipped Potatoes	1	Serving	180	100	11	4.5	0	15	510	15	2	1	3
Green Beans	1	Serving	100	60	7	4	0	15	300	9	3	4	2
Steamed Broccoli	1	Serving	100	60	7	4	0	15	330	8	3	3	4
Jasmine Rice	1	Serving	200	40	4.5	0	0	0	440	37	0	0	3
French Fries	1	Serving	550	250	28	6	0	0	1720	68	7	8	7
From the Bar													
Signature Sparkling White Sangria	1	Serving	210	0	0	0	0	0	0	27	1	22	0
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	15	0	11	0
Jefferson's Ocean Old Fashioned	1	Serving	210	0	0	0	0	0	0	19	1	18	0
Desserts													
Classic Cheesecake with Melba Sauce	1	Serving	850	460	51	30	2.5	250	550	82	2	66	13
Chocolate Chip Cookie	1	Serving	190	80	9	4.5	0	15	105	26	1	16	2
Chocolate Chip Cookie, 3 each	1	Serving	560	240	27	13	0	50	310	79	4	47	7
Chocolate Chip Cookie, 6 each	1	Serving	1120	480	53	26	1	95	620	159	7	94	14
Cranberry White Chocolate Cookie	1	Serving	180	70	8	3.5	0	20	110	27	1	16	2
Cranberry White Chocolate Cookie, 3 each	1	Serving	540	200	23	11	0	55	330	81	2	49	6
Cranberry White Chocolate Cookie, 6 each	1	Serving	1090	410	45	22	1	110	660	163	3	99	12
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	--	20	100	11	0	12	8
Dragon Fruit No-Jito	1	Serving	140	0	0	0	0	0	4	36	0	32	0
Sparkling Blueberry Refresher	1	Serving	190	0	0	0	0	0	11	47	0	45	0
Beer													
Bud Light Draft	1	Serving	130	0	0	--	--	0	10	8	0	--	1
Blue Moon Draft	1	Serving	210	0	0	0	0	0	20	17	0	0	2
Samuel Adams Seasonal Draft	1	Serving	180	0	0	0	--	0	15	15	0	0	2
Michelob Ultra	1	Serving	100	0	0	0	0	0	10	3	0	0	1

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Bud Light	1	Serving	110	0	0	--	--	0	10	7	0	--	1
Coors Light	1	Serving	110	0	0	0	0	0	10	5	0	0	0
Miller Lite	1	Serving	100	0	0	0	0	0	5	3	0	0	0
Corona Extra	1	Serving	150	0	0	0	--	0	15	13	0	0	2
Stella Artois	1	Serving	150	0	0	0	0	0	0	13	0	0	1
Newcastle Brown Ale	1	Serving	150	0	0	0	--	0	15	13	0	0	2
Truly Hard Seltzer	1	Serving	100	0	0	0	0	0	30	2	0	1	0
Modelo Especial	1	Serving	140	0	0	0	0	0	0	14	0	0	1
Cocktails													
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	22	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
Strawberry Smash	1	Serving	170	0	0	0	0	0	0	13	1	11	0
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	2	0	1	0
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	16	0	11	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