

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 received 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: June 2026

| 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 |
| 6ct Chargrilled Oysters half shell | 1 | Serving | 490 | 240 | 28 | 15 | 1 | 105 | 23900 | 26 | 1 | 1 | 17 |
| Blackened Chicken Egg Rolls | 1 | Serving | 440 | 170 | 20 | 4 | 0 | 90 | 1560 | 53 | 3 | 23 | 15 |
| Edamame | 1 | Serving | 290 | 110 | 12 | 2 | 0 | 0 | 2250 | 20 | 16 | 2 | 26 |
| Tempura Crunch Sashimi Tuna | 1 | Serving | 380 | 180 | 20 | 3.5 | 0 | 60 | 3330 | 18 | 3 | 5 | 34 |
| Calamari, Appetizer | 1 | Serving | 1050 | 500 | 56 | 11 | 0.5 | 665 | 1920 | 82 | 3 | 21 | 53 |
| Crab Cakes | 1 | Serving | 510 | 320 | 38 | 6 | 0 | 225 | 1120 | 12 | 1 | 2 | 36 |
| Imperial Dip w Tortilla Strip | 1 | Serving | 910 | 530 | 59 | 22 | 1 | 220 | 1660 | 57 | 4 | 3 | 39 |
| 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 |
| 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 |
| House Side Salad with Citrus Herb Vinaigrette | 1 | Serving | 310 | 260 | 30 | 3.5 | 0 | 0 | 400 | 10 | 3 | 4 | 4 |
| 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 |
| Perfect Pairings & Chef Inspired Selections | | | | | | | | | | | | | |
| Pan Asian Butterfish | 1 | Serving | 390 | 190 | 21 | 8 | 0 | 145 | 1070 | 9 | 1 | 7 | 38 |
| Bourbon Glazed Salmon | 1 | Serving | 660 | 360 | 41 | 8 | 0 | 130 | 1090 | 21 | 0 | 20 | 50 |
| Pan-Seared Blackened Ahi Tuna | 1 | Serving | 370 | 130 | 14 | 6 | 0 | 100 | 1240 | 8 | 1 | 4 | 52 |
| Filet & Lobster Tail | 1 | Serving | 610 | 390 | 43 | 24 | 2 | 270 | 1880 | 5 | 2 | 1 | 53 |
| Scallops and Shrimp Scampi Pasta | 1 | Serving | 1700 | 1040 | 115 | 47 | 2 | 275 | 2500 | 128 | 6 | 14 | 41 |
| Bone In Fontina Pork Chop | 1 | Serving | 880 | 520 | 58 | 26 | 1 | 245 | 2230 | 24 | 4 | 10 | 58 |
| Unicorn Fish & Shrimp | 1 | Serving | 710 | 300 | 34 | 5 | 0 | 345 | 1360 | 23 | 3 | 14 | 76 |
| 8 oz Grilled Chicken & 5 Shrimp Skewer | 1 | Serving | 500 | 260 | 30 | 11 | 0.5 | 195 | 1610 | 6 | 2 | 1 | 52 |
| Sirloin & Shrimp | 1 | Serving | 530 | 270 | 30 | 13 | 0.5 | 185 | 1680 | 8 | 4 | 1 | 58 |

| 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) |
|--------------------------------------|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| Filet & Shrimp | 1 | Serving | 520 | 290 | 33 | 12 | 1 | 185 | 1580 | 9 | 3 | 2 | 50 |
| Sirloin & Crab Cake | 1 | Serving | 700 | 380 | 43 | 15 | 1 | 240 | 3280 | 14 | 5 | 3 | 67 |
| Filet & Crab Cake | 1 | Serving | 680 | 410 | 46 | 15 | 1.5 | 245 | 2370 | 13 | 3 | 4 | 59 |
| 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 |
| 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 |
| 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 | 1 | Serving | 490 | 300 | 33 | 8 | 0 | 135 | 420 | 4 | 1 | 1 | 44 |
| Grilled Grouper | 1 | Serving | 200 | 20 | 2.5 | 0.5 | 0 | 80 | 380 | 1 | 0 | 0 | 42 |
| 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 |
| Grilled Chicken | 1 | Serving | 390 | 150 | 17 | 9 | 0 | 200 | 1570 | 5 | 2 | 1 | 56 |
| Signature Sides | | | | | | | | | | | | | |
| Coleslaw | 1 | Serving | 160 | 120 | 14 | 1.5 | 0 | 5 | 580 | 11 | 2 | 9 | 1 |
| Jasmine Rice | 1 | Serving | 170 | 35 | 4 | 0 | 0 | 0 | 360 | 31 | 0 | 0 | 2 |
| Garlic Mashed Potatoes | 1 | Serving | 160 | 90 | 10 | 4 | 0 | 15 | 460 | 14 | 2 | 1 | 3 |
| Steamed Broccoli | 1 | Serving | 60 | 30 | 3.5 | 2 | 0 | 5 | 160 | 7 | 3 | 2 | 3 |
| French Fries | 1 | Serving | 550 | 250 | 28 | 6 | 0 | 0 | 3260 | 68 | 7 | 8 | 7 |
| From the Sea | | | | | | | | | | | | | |
| Cold Water Lobster Tails | 1 | Serving | 720 | 530 | 60 | 35 | 2 | 270 | 1430 | 24 | 6 | 4 | 24 |
| Cod Imperial | 1 | Serving | 530 | 300 | 34 | 13 | 0.5 | 195 | 1140 | 9 | 1 | 2 | 48 |
| Unicorn Fish & Shrimp | 1 | Serving | 710 | 300 | 34 | 5 | 0 | 345 | 1360 | 23 | 3 | 14 | 76 |
| Lobster Ravioli | 1 | Serving | 750 | 490 | 55 | 33 | 1.5 | 230 | 1220 | 45 | 3 | 8 | 22 |
| Parmesan Crusted Rainbow Trout | 1 | Serving | 840 | 490 | 55 | 13 | 0 | 245 | 1020 | 17 | 3 | 2 | 64 |
| Scallops & Shrimp | 1 | Serving | 810 | 570 | 64 | 10 | 0 | 275 | 1560 | 10 | 1 | 3 | 49 |
| Creamy Tomato Linguine with Shrimp | 1 | Serving | 1750 | 460 | 51 | 25 | 1 | 295 | 2570 | 261 | 16 | 19 | 69 |
| Creamy Tomato Linguine with Chicken | 1 | Serving | 2030 | 580 | 65 | 33 | 1.5 | 295 | 3230 | 266 | 17 | 20 | 105 |
| Creamy Tomato Linguine with Salmon | 1 | Serving | 2100 | 690 | 77 | 31 | 1 | 210 | 2060 | 265 | 17 | 20 | 93 |
| Fish & Chips | 1 | Serving | 1050 | 590 | 66 | 12 | 0 | 95 | 2360 | 81 | 8 | 13 | 37 |
| 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 |

| 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) |
|--|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| 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 | 1 | Serving | 500 | 180 | 20 | 9 | 0 | 215 | 940 | 13 | 4 | 3 | 66 |
| Chimichurri Bistro Filet | 1 | Serving | 750 | 480 | 54 | 14 | 1 | 195 | 1890 | 6 | 2 | 1 | 63 |
| Chicken Marsala | 1 | Serving | 560 | 240 | 26 | 11 | 0 | 210 | 890 | 14 | 1 | 9 | 61 |
| Half Pound BFG Burger with fries | 1 | Serving | 1510 | 790 | 89 | 28 | 2 | 190 | 4480 | 114 | 9 | 17 | 65 |
| Add to Any Entrée | | | | | | | | | | | | | |
| 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 | 720 | 400 | 44 | 24 | 1 | 265 | 230 | 60 | 2 | 54 | 11 |
| Drunken Coconut Pie | 1 | Serving | 1030 | 730 | 81 | 56 | 2 | 270 | 130 | 68 | 1 | 55 | 8 |
| Premium Sides | | | | | | | | | | | | | |
| Kung Pao Brussels Sprouts | 1 | Serving | 350 | 260 | 29 | 5 | 0 | 0 | 510 | 22 | 7 | 9 | 7 |
| Grilled Asparagus | 1 | Serving | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 2 | 2 | 2 |
| Roasted New Potatoes | 1 | Serving | 170 | 25 | 3 | 0 | 0 | 0 | 260 | 34 | 3 | 1 | 3 |
| Bacon Mac and Cheese | 1 | Serving | 620 | 260 | 29 | 17 | 1 | 80 | 860 | 64 | 2 | 7 | 26 |
| Crispy Cauliflower | 1 | Serving | 590 | 380 | 45 | 8 | 0 | 15 | 780 | 46 | 6 | 9 | 9 |
| Truffle Fries | 1 | Serving | 680 | 400 | 46 | 10 | 0 | 15 | 1970 | 60 | 6 | 0 | 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 | | | | | | | | | | | | | |
| 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 | 230 | 15 | 1.5 | 1.5 | 0 | 0 | 15 | 29 | 1 | 26 | 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 | 180 | 5 | 1 | 0 | 0 | 0 | 0 | 24 | 0 | 23 | 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 |
| 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 | 750 | 380 | 42 | 13 | 1 | 120 | 670 | 60 | 3 | 12 | 38 |
| Shrimp Toast | 1 | Serving | 270 | 120 | 14 | 6 | 0 | 210 | 710 | 12 | 2 | 2 | 26 |
| Zesty Pickle Chips | 1 | Serving | 350 | 180 | 21 | 4.5 | 0 | 10 | 2490 | 37 | 3 | 4 | 5 |
| Bangin' Chicken Bites | 1 | Serving | 940 | 610 | 71 | 13 | 0 | 165 | 960 | 32 | 2 | 5 | 49 |
| Crispy Cauliflower (6oz) | 1 | Serving | 590 | 380 | 45 | 8 | 0 | 15 | 780 | 46 | 6 | 9 | 9 |
| 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 |
| Fresh Margarita | 1 | Serving | 150 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 10 | 0 |
| Mini Martini Flight | 1 | Serving | 390 | 0 | 0 | 0 | 0 | 0 | 5 | 60 | 1 | 56 | 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 |
| 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 |
| 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 | | | | | | | | | | | | | |

| 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) |
|---|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| 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 5 | | | | | | | | | | | | | |
| Starters & Sharing | | | | | | | | | | | | | |
| Bang Bang Shrimp Serves 5 | 1 | Serving | 1680 | 1140 | 132 | 24 | 0 | 605 | 4640 | 63 | 5 | 7 | 72 |
| Bang Bang Chicken Bites Serves 5 | 1 | Serving | 2660 | 1320 | 153 | 30 | 1 | 330 | 3120 | 199 | 8 | 22 | 132 |
| Imperial Dip Serves 5 | 1 | Serving | 2330 | 1370 | 152 | 55 | 3 | 550 | 5950 | 140 | 12 | 7 | 98 |
| Tempura Crunch Sashimi Tuna Serves 5 | 1 | Serving | 1650 | 500 | 55 | 10 | 0.5 | 420 | 7290 | 50 | 7 | 17 | 240 |
| Crispy Cauliflower Serves 5 | 1 | Serving | 1760 | 1260 | 146 | 27 | 1 | 45 | 1920 | 111 | 15 | 23 | 24 |
| Soups & Greens | | | | | | | | | | | | | |
| House Side Salad with Citrus Herb Vinaigrette Serves 5 | 1 | Serving | 1590 | 1390 | 157 | 16 | 0.5 | 0 | 1570 | 42 | 13 | 18 | 16 |
| Caesar Side Salad with Dressing - Serves 5 | 1 | Serving | 1650 | 1310 | 145 | 27 | 2 | 125 | 2510 | 65 | 12 | 13 | 28 |

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|---|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| Shaved Brussels Sprouts Side Salad Serves 5 | 1 | Serving | 1020 | 290 | 32 | 10 | 0 | 35 | 1450 | 143 | 15 | 109 | 18 |
| Sides | | | | | | | | | | | | | |
| Garlic Whipped Potatoes (5) | 1 | Pan | 1460 | 820 | 91 | 37 | 0 | 135 | 4210 | 128 | 18 | 9 | 27 |
| Green Beans Serves 5 | 1 | Pan | 220 | 90 | 10 | 6 | 0 | 25 | 450 | 31 | 11 | 14 | 7 |
| Broccoli Serves 5 | 1 | Pan | 240 | 130 | 14 | 8 | 0 | 30 | 700 | 25 | 9 | 8 | 12 |
| Jasmine Rice Serves 5 | 1 | Pan | 830 | 170 | 20 | 1.5 | 0 | 0 | 1810 | 153 | 1 | 1 | 12 |
| Bacon Mac and Cheese Serves 5 | 1 | Pan | 2030 | 920 | 102 | 57 | 2.5 | 285 | 3290 | 196 | 7 | 23 | 84 |
| Grilled Asparagus Serves 5 | 1 | Pan | 160 | 45 | 5 | 1 | 0 | 0 | 760 | 23 | 12 | 10 | 13 |
| Kung Pao Brussels Sprouts Serves 5 | 1 | Pan | 1270 | 810 | 90 | 16 | 1 | 0 | 2080 | 109 | 37 | 40 | 33 |
| Roasted New Potatoes Serves 5 | 1 | Pan | 760 | 110 | 13 | 2 | 0 | 0 | 1170 | 153 | 14 | 7 | 13 |
| Entrees | | | | | | | | | | | | | |
| Grilled Shrimp Serves 5 | 1 | Pan | 730 | 520 | 59 | 7 | 0 | 230 | 2370 | 22 | 5 | 7 | 34 |
| Simply Grilled Salmon | 1 | Pan | 1990 | 1210 | 135 | 29 | 0 | 470 | 1570 | 10 | 4 | 3 | 175 |
| Creamy Tomato Cavatappi Serves 5 | 1 | Pan | 3860 | 1580 | 177 | 89 | 4.5 | 355 | 6440 | 464 | 39 | 63 | 111 |
| Grilled Chicken Serves 5 | 1 | Pan | 1490 | 760 | 85 | 37 | 2 | 560 | 5920 | 14 | 5 | 2 | 162 |
| Lily's Chicken Serves 5 | 1 | Pan | 2220 | 1230 | 138 | 63 | 3.5 | 690 | 7360 | 44 | 14 | 9 | 190 |
| Sirloin 9 oz Serves 5 | 1 | Pan | 1590 | 620 | 70 | 42 | 2 | 575 | 9510 | 34 | 17 | 4 | 213 |
| Lemon Butter Sauce Serves 5 | 1 | Pan | 190 | 170 | 19 | 12 | 0 | 45 | 410 | 6 | 0 | 3 | 0 |
| Chimichurri Sauce Serves 5 | 1 | Pan | 420 | 410 | 45 | 4 | 0 | 0 | 590 | 2 | 1 | 0 | 1 |
| Mango Salsa Serves 5 | 1 | Pan | 80 | 5 | 0 | 0 | 0 | 0 | 190 | 19 | 1 | 16 | 1 |
| Mushroom Marsala Sauce Serves 5 | 1 | Pan | 600 | 400 | 45 | 21 | 0 | 90 | 1390 | 27 | 1 | 18 | 11 |
| Bourbon Glaze Serves 5 | 1 | Pan | 410 | 10 | 1 | 0 | 0 | 0 | 1810 | 76 | 1 | 69 | 2 |
| Tacos | | | | | | | | | | | | | |
| Catering Bang Bang Shrimp Tacos | 1 | Pan | 3420 | 1850 | 213 | 46 | 1 | 775 | 8700 | 268 | 23 | 27 | 115 |
| Catering Blackened Fish Tacos | 1 | Pan | 2790 | 1310 | 148 | 27 | 0 | 390 | 8200 | 213 | 24 | 25 | 143 |
| Catering Blackened Chicken Tacos | 1 | Pan | 3400 | 1640 | 184 | 35 | 0 | 445 | 5890 | 254 | 26 | 62 | 173 |
| Steak Tacos Serve 5 | 1 | Pan | 3270 | 1780 | 201 | 64 | 1.5 | 490 | 10930 | 181 | 28 | 11 | 190 |
| Handhelds | | | | | | | | | | | | | |
| BFG Burger Bar Serves 5 | 1 | Pan | 6050 | 3490 | 396 | 140 | 11 | 1150 | 13610 | 284 | 17 | 53 | 349 |
| Blackened Chicken Sandwich Serves 5 | 1 | Pan | 3890 | 1920 | 222 | 43 | 1 | 445 | 5910 | 314 | 23 | 80 | 186 |
| Grilled Chicken Sandwich Serves 5 | 1 | Pan | 4120 | 2190 | 253 | 64 | 2.5 | 540 | 10040 | 300 | 15 | 78 | 183 |
| Fried Chicken Sandwich Serves 5 | 1 | Pan | 5440 | 2150 | 248 | 52 | 1.5 | 475 | 8830 | 594 | 25 | 104 | 229 |
| Desserts | | | | | | | | | | | | | |
| Assorted Cookies Serves 5 | 1 | Pan | 1110 | 440 | 49 | 24 | 1 | 105 | 640 | 161 | 5 | 97 | 13 |
| Brownie Platter Serves 5 | 1 | Pan | 3770 | 2030 | 227 | 126 | 4 | 1040 | 960 | 340 | 20 | 301 | 38 |
| Strawberry Caramel Cheesecake Serves 5 | 1 | Pan | 7460 | 4610 | 514 | 309 | 23 | 2235 | 4500 | 617 | 14 | 512 | 98 |
| Cherry Cheesecake Serves 5 | 1 | Pan | 6110 | 3460 | 384 | 228 | 18 | 1890 | 4250 | 551 | 18 | 435 | 101 |
| Strawberry Champagne Cheesecake Serves 5 | 1 | Pan | 7140 | 3460 | 385 | 228 | 18 | 1890 | 4170 | 780 | 19 | 645 | 99 |
| Apple Cider Cheesecake Serves 5 | 1 | Pan | 6970 | 6970 | 470 | 254 | 19 | 1980 | 4190 | 584 | 17 | 474 | 103 |
| Key Lime Pie Serves 5 | 1 | Pan | 3000 | 1240 | 138 | 60 | 0 | 1230 | 1260 | 325 | 13 | 294 | 60 |
| Coconut Pie Serves 5 | 1 | Pan | 4860 | 3210 | 359 | 249 | 7 | 1255 | 670 | 378 | 6 | 298 | 37 |

| 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) |
|---|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| Individually Packaged | | | | | | | | | | | | | |
| Bread with Oil Individual Catering | 1 | Serving | 490 | 190 | 21 | 1.5 | 0 | 0 | 850 | 60 | 2 | 2 | 12 |
| Chocolate Chip Cookie | 1 | Serving | 190 | 80 | 9 | 4.5 | 0 | 15 | 105 | 26 | 1 | 16 | 2 |
| Cranberry White Chocolate Cookie | 1 | Serving | 180 | 70 | 8 | 3.5 | 0 | 20 | 110 | 27 | 1 | 16 | 2 |
| Simply Grilled Chicken | 1 | Serving | 350 | 180 | 20 | 9 | 0.5 | 165 | 1540 | 3 | 1 | 0 | 42 |
| Half-Pound Beef Burger | 1 | Serving | 1010 | 580 | 66 | 24 | 2 | 195 | 2290 | 48 | 4 | 9 | 58 |
| Bang Bang Shrimp Tacos (2) | 1 | Serving | 790 | 480 | 55 | 12 | 0 | 190 | 1900 | 51 | 4 | 6 | 26 |
| Blackened Baja Fish Tacos (2) | 1 | Serving | 550 | 250 | 28 | 6 | 0 | 95 | 1110 | 42 | 4 | 10 | 33 |
| Blackened Baja Chicken Tacos | 1 | Serving | 550 | 270 | 31 | 6 | 0 | 75 | 1110 | 38 | 5 | 5 | 29 |
| Atlantic Salmon | 1 | Serving | 360 | 190 | 21 | 4.5 | 0 | 105 | 190 | 3 | 1 | 1 | 41 |
| Lily's Chicken | 1 | Serving | 590 | 320 | 36 | 18 | 1 | 210 | 2330 | 16 | 5 | 3 | 50 |
| Blackened Fish Sandwich | 1 | Serving | 710 | 300 | 34 | 6 | 0 | 150 | 1340 | 51 | 3 | 13 | 52 |
| Grilled Fish Sandwich | 1 | Serving | 710 | 290 | 34 | 6 | 0 | 150 | 1310 | 50 | 3 | 13 | 52 |
| Fried Fish Sandwich | 1 | Serving | 1080 | 440 | 50 | 10 | 0 | 155 | 1540 | 99 | 4 | 17 | 60 |
| Blackened Chicken Sandwich | 1 | Serving | 520 | 200 | 23 | 5 | 0 | 75 | 1270 | 51 | 3 | 13 | 31 |
| Grilled Chicken Sandwich | 1 | Serving | 510 | 190 | 23 | 5 | 0 | 75 | 1600 | 50 | 2 | 13 | 30 |
| Fried Chicken Sandwich | 1 | Serving | 890 | 350 | 40 | 10 | 0 | 85 | 1480 | 98 | 4 | 17 | 38 |
| Creamy Tomato Linguine | 1 | Serving | 1640 | 430 | 48 | 24 | 1 | 95 | 1670 | 261 | 16 | 19 | 49 |
| House Side Salad with Citrus Herb Vinaigrette | 1 | Serving | 430 | 370 | 41 | 4.5 | 0 | 0 | 480 | 13 | 5 | 5 | 6 |
| Caesar Salad:Entrée Salad with Dressing | 1 | Serving | 400 | 330 | 36 | 8 | 0.5 | 35 | 500 | 14 | 4 | 3 | 7 |
| Shaved Brussels Sprouts Salad | 1 | Serving | 460 | 150 | 16 | 5 | 0 | 15 | 710 | 60 | 7 | 45 | 9 |
| 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 |
| Marsala Sauce | 1 | Serving | 300 | 200 | 23 | 11 | 0 | 45 | 700 | 13 | 1 | 9 | 5 |
| Bourbon Glaze | 1 | Serving | 270 | 5 | 0.5 | 0 | 0 | 0 | 1210 | 51 | 0 | 46 | 1 |
| 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 |

| 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) |
|---|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| House Side Salad with Citrus Herb Vinaigrette | 1 | Serving | 270 | 210 | 24 | 3 | 0 | 0 | 430 | 11 | 4 | 5 | 5 |
| House Entree 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 | 320 | 250 | 28 | 5 | 0 | 25 | 500 | 14 | 3 | 2 | 6 |
| 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 | 460 | 260 | 29 | 7 | 0 | 115 | 390 | 4 | 1 | 1 | 44 |
| Mahi-Mahi | 1 | Serving | 210 | 15 | 2 | 0 | 0 | 165 | 470 | 4 | 1 | 1 | 43 |
| Chilean Sea Bass | 1 | Serving | 220 | 40 | 4.5 | 1 | 0 | 85 | 410 | 4 | 1 | 1 | 39 |
| 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 |
| 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 | 160 | 90 | 10 | 4 | 0 | 15 | 460 | 14 | 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 |

| 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) |
|--|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| 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 |
| 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 |
| 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 |

| 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) |
|--|----------|---------|----------|--------------|---------|-------------------|---------------|------------------|-------------|------------------|-----------------|-----------|-------------|
| Signature Sparkling White Sangria | 1 | Serving | 210 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 1 | 22 | 0 |
| Brunch | | | | | | | | | | | | | |
| Brunch Cocktails | | | | | | | | | | | | | |
| Mimosa | 1 | Serving | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 8 | 1 |
| Bottle La Marca with Juice | 1 | Serving | 360 | 0 | 0 | 0 | 0 | 0 | 5 | 29 | 0 | 18 | 2 |
| Bloody Mary with bacon | 1 | Serving | 160 | 35 | 4 | 1 | 0 | 5 | 820 | 8 | 2 | 2 | 4 |
| Whistlepig Old Fashioned | 1 | Serving | 260 | 35 | 3.5 | 1 | 0 | 10 | 180 | 18 | 0 | 17 | 4 |
| Espresso Martini | 1 | Serving | 170 | 5 | 1 | 0 | 0 | 0 | 5 | 22 | 0 | 21 | 0 |
| Dragon Fruit Nojito | 1 | Serving | 140 | 0 | 0 | 0 | 0 | 0 | 0 | 36 | 0 | 32 | 0 |
| Sparkling Blueberry Refresher | 1 | Serving | 190 | 0 | 0 | 0 | 0 | 0 | 10 | 47 | 0 | 45 | 0 |
| Harvest Cider | 1 | Serving | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 1 | 23 | 0 |
| Brunch Favorites | | | | | | | | | | | | | |
| Crab Huevos Rancheros | 1 | Serving | 880 | 400 | 45 | 12 | 0 | 510 | 2090 | 91 | 24 | 10 | 47 |
| Bang Bang Shrimp Eggs Benedict | 1 | Serving | 1270 | 810 | 92 | 23 | 1 | 540 | 2380 | 71 | 6 | 4 | 41 |
| Traditional Eggs Benedict | 1 | Serving | 1070 | 660 | 73 | 24 | 1 | 490 | 2170 | 63 | 4 | 5 | 39 |
| Shrimp and Grits | 1 | Serving | 1630 | 880 | 97 | 38 | 1 | 535 | 5220 | 96 | 7 | 11 | 90 |
| Crab and Fontina Cheese Frittata | 1 | Serving | 1310 | 910 | 102 | 39 | 1.5 | 910 | 2140 | 36 | 4 | 6 | 58 |
| BFG Egg Burger | 1 | Serving | 1600 | 1000 | 112 | 35 | 2.5 | 400 | 2170 | 78 | 6 | 12 | 73 |
| B.A.E. Tacos with breakfast potatoes and bacon | 1 | Serving | 1540 | 1080 | 122 | 42 | 1.5 | 850 | 2470 | 61 | 6 | 6 | 51 |
| Creme Brulee French Toast | 1 | Serving | 1930 | 1200 | 134 | 83 | 3 | 870 | 1320 | 144 | 7 | 75 | 36 |