

## 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: April 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)
<b>Starters &amp; Sharing</b>													
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
<b>Soups &amp; Greens</b>													
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
<b>Perfect Pairings &amp; Chef Inspired Selections</b>													
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	470	260	29	12	0.5	155	1640	8	3	1	47
Sirloin & Crab Cake	1	Serving	530	270	30	7	0	185					

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)
<b>Simply Grilled</b>													
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
<b>Signature Sides</b>													
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
<b>From the Sea</b>													
Cod Imperial	1	Serving	530	300	34	13	0.5	195	1140	9	1	2	48
Cold Water Lobster Tails	1	Serving	720	530	60	35	2	270	1430	24	6	4	24
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	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
<b>From the Land</b>													
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

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)
Half Pound BFG Burger with fries	1	Serving	1510	790	89	28	2	190	4480	114	9	17	65
<b>Add to Any Entrée</b>													
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
<b>Desserts</b>													
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
<b>Premium Sides</b>													
Bacon Mac and Cheese	1	Serving	870	410	45	25	1	130	1510	78	3	10	37
Truffle Fries, Premium	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 Shareable Side	1	Serving	600	460	51	9	0.5	0	990	33	10	15	9
Roasted New Potatoes	1	Serving	170	25	3	0	0	0	260	34	3	1	3
Grilled Asparagus (4 oz)	1	Serving	25	0	0	0	0	0	0	4	2	2	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)
<b>Martini's &amp; Cocktails</b>													
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
<b>Social Hour</b>													
Ahi Tuna Wonton Crisp	1	Serving	510	90	10	1.5	0	55	1270	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 (3)	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 Cocktai	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
<b>Minnow's Menu (Kid's Menu)</b>													
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

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 Fries	1	Serving	550	250	28	6	0	0	1720	68	7	8	7
<b>LUNCH</b>													
<b>SALADS &amp; BOWLS &amp; SANDWICHES</b>													
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
<b>PRIX FIXE LUNCH</b>													
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
<b>Catering Menu</b>													
<b>Serves 5</b>													
<b>Starters &amp; Sharing</b>													
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
<b>Soups &amp; Greens</b>													
House Side Salad with Citrus Herb Vinaigrette Serves 5	1	Serving	1590	1390	157	16	0.5	0	1570	42	13	18	16

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 - Serves 5	1	Serving	1650	1310	145	27	2	125	2510	65	12	13	28
Shaved Brussels Sprouts Side Salad Serves 5	1	Serving	1020	290	32	10	0	35	1450	143	15	109	18
<b>Sides</b>													
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
<b>Entrees</b>													
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
<b>Tacos</b>													
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
<b>Handhelds</b>													
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
<b>Desserts</b>													
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	6070	3460	384	228	18	1890	4250	542	18	429	100
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	1190	780	87	49	3.5	330	580	88	2	73	15
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)
<b>Individually Packaged</b>													
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
<b>Spirit Free Beverages</b>													
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
<b>Airport</b>													
<b>Starters &amp; Sharing</b>													
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
<b>Soups &amp; Greens</b>													
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

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 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
<b>From the Grill</b>													
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
<b>Handhelds &amp; Bowls</b>													
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
<b>Pick Your Sides</b>													
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
<b>From the Bar</b>													
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
<b>Desserts</b>													
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
<b>Non Alcoholic Beverages</b>													

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)
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
<b>Beer</b>													
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
<b>Cocktails</b>													
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
<b>Wine</b>													
Red Wine, Glass, 6 ounce	1	Serving	150	0	0	0	0	0	5	5	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)
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
<b>Brunch</b>													
<b>Brunch Cocktails</b>													
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
<b>Brunch Favorites</b>													
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