Gluten-Friendly



STARTERS, SOUPS & GREENS —

CHARGRILLED OYSTERS* served without crostini six oysters (imported, farm-raised or wild caught), chef-crafted garlic lemon butter, topped with Parmesan cheese (260 cal)

STEAMED EDAMAME served without crostini tossed with house seasoning blend (290 cal)

TOMATO BISQUE served without crostini with basil cup (220 cal) | bowl (460 cal)

SHAVED BRUSSELS SPROUTS SALAD

prepared without crispy onions with maple balsamic vinaigrette, macadamia nuts, feta, and balsamic drizzle with wood-grilled salmon (910 cal)

BONEFISH HOUSE SALAD citrus herb vinaigrette, Kalamata olives, hearts of palm, tomatoes, pepitas, with wood-grilled shrimp (imported, farm-raised) (430 cal)

CLASSIC CAESAR SALAD prepared without croutons romaine with wood-grilled chicken (600 cal)

Side Bonefish House (270 cal)

Side Classic Caesar Salad prepared without croutons (330 cal)

Side Shaved Brussels Sprouts Salad prepared without crispy onions (160 cal)

- CHEF-CURATED SELECTIONS -

FILET* & LOBSTER TAIL

7 oz barrel cut filet, seasoned and steamed cold water lobster tail (imported), with garlic whipped potatoes and broccoli (870 cal)

BONE-IN FONTINA PORK CHOP*

12 oz, fontina cheese, bacon, mushroom marsala wine sauce, with roasted new potatoes and asparagus (1080 cal)

- SIMPLY GRILLED -

Chef-crafted signature sauces:
Lemon Butter (60 cal)
Mango Salsa (25 cal)
Chimichurri (140 cal)
Lemon Caper Butter (80 cal)

MAHI-MAHI

(imported, wild-caught) (230 cal)

CHILEAN SEA BASS

(imported, wild-caught) (570 cal)

ATLANTIC SALMON*

(imported, farm-raised) (350 cal)

RAINBOW TROUT

(imported, farm-raised) (450 cal)

7 OZ BARREL CUT FILET* (260 cal)

BONE-IN 12 OZ PORK CHOP $(460\ cal)$

CHICKEN BREAST (270 cal)

- SIGNATURE SIDES -

Jasmine Rice (200 cal) | Asparagus (45 cal) | Roasted New Potatoes (190 cal)

Broccoli (100 cal) | Seasonal Vegetable (100 cal) | Garlic Whipped Potatoes (200 cal)

- FROM THE SEA -

GRILLED SCALLOPS & SHRIMP grilled scallops (imported) and shrimp (imported, farm-raised), mango salsa with jasmine rice and broccoli (720 cal)

GRILLED MAHI-MAHI & SHRIMP grilled mahi (imported, wild-caught) and shrimp (imported, farm-raised) mango salsa with jasmine rice and broccoli (770 cal)

TWIN COLD WATER LOBSTER TAILS (imported) 5-6 oz each, seasoned and steamed, with jasmine rice, sautéed spinach and drawn butter (840 cal)

— FROM THE LAND —

LILY'S CHICKEN® goat cheese, spinach, artichoke hearts, lemon butter, with garlic whipped potatoes and broccoli (910 cal)

CHICKEN MARSALA mushroom marsala wine sauce, bacon, with garlic whipped potatoes and broccoli (910 cal)

CHIMICHURRI BISTRO FILET* served without fries 8 oz sliced, chef-crafted chimichurri, with broccoli (1150 cal)

- DESSERT -

BOURBON BROWNIE rich, flourless brownie, chef-crafted bourbon chocolate sauce, chopped macadamia nuts, vanilla ice cream (1580 cal)

ADD TO ANY ENTRÉE

SHRIMP SKEWER (330 cal) (imported, farm-raised)

SCALLOPS SKEWER (400 cal)

(imported)

COLD WATER LOBSTER TAIL (350 cal) (imported)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Nutrition information is updated when new data is received from our suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date.

Some items served at this establishment may contain imported seafood. Ask for more information.

* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

Food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any menu item is completely free of gluten. When placing your order, please let your server know you are ordering a gluten-friendly menu item. FDA regulations define "gluten-free" as containing less than 20ppm gluten. It is possible that some individuals may be sensitive to levels below this amount. If you have any concerns pertaining to those levels, please consult your healthcare provider.

Please ask your server for pricing. Menu items vary by location and are subject to change.