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 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
Crispy Calamari	1	Serving	1020	510	58	11	0.5	665	1870	71	3	13	52
Crab Cakes	1	Serving	570	390	46	8	0	225	1220	11	1	3	36
Imperial Dip w Tortilla Strip	1	Serving	940	550	61	22	1.5	220	1840	57	5	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	720	14	1	2	5
Corn Chowder + Lump Crab, Bowl	1	Serving	530	390	43	21	0.5	115	1190	22	2	4	9
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	760	600	67	8	0	200	1740	21	7	9	27
Caesar Salad with Wood Grilled Chicken and Dressing	1	Serving	1020	660	74	19	1.5	200	2580	34	6	6	58
Shaved Brussels Sprouts Salad with Salmon and Dressing	1	Serving	890	400	44	11	0	135	700	60	8	42	53
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	360	310	34	7	0.5	30	500	10	3	2	6
Shaved Brussels Sprouts Side Salad	1	Serving	220	70	8	2	0	10	160	29	4	21	5
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	840	580	65	37	2.5	355	2010	5	2	1	58
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	2220	24	4	10	58
Simply Grilled													
Lemon Butter	1	Serving	110	100	11	4.5	0	15	120	2	0	1	0
Pan Asian Sauce	1	Fluid ounce	70	40	4.5	0.5	0	5	590	8	0	6	1
Mango Salsa	1	Fluid ounce	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
Grilled Sea Bass	1	Serving	220	40	4.5	1	0	85	410	4	1	1	39
Mahi-Mahi	1	Serving	210	15	2	0	0	165	470	4	1	1	43
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	1460	5	2	1	44
Grilled 9 oz Sirloin	1	Serving	390	150	17	11	0	145	2360	6	4	0	53
Bone-In 12 oz Pork Chop	1	Serving	550	310	35	15	0.5	205	1510	5	2	1	54
Grilled Chicken	1	Serving	400	190	22	9	0	155	1480	5	2	1	47
Signature Sides													
Coleslaw	1	Serving	140	100	12	1.5	0	0	490	9	1	7	1
Jasmine Rice	1	Serving	170	35	4	0	0	0	360	31	0	0	2
Garlic Whipped Potatoes	1	Serving	160	90	10	4	0	15	460	14	2	1	3
French Fries	1	Serving	550	250	28	6	0	0	3260	68	7	8	7
Broccoli	1	Serving	120	80	9	5	0	10	110	8	3	2	3
Green Beans	1	Serving	120	90	10	6	0	10	85	8	3	4	2
Asparagus	1	Serving	50	25	3	0	0	0	540	5	2	1	3
From the Sea													
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
Cold Water Lobster Tails	1	Serving	510	410	47	29	2	270	870	3	1	1	20
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	2040	620	69	34	1.5	250	3150	266	17	20	96
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	1220	730	84	18	0	270	3140	84	8	16	37
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	1080	600	68	13	0	155	3160	68	9	15	50
From the Land													
Lily's Chicken	1	Serving	610	320	35	18	1	200	2260	15	5	3	55
Chimichurri Bistro Filet	1	Serving	750	480	54	14	1	195	1880	6	2	1	63

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)
Chicken Marsala	1	Serving	690	390	44	20	0.5	200	2180	16	2	9	52
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													
Bacon Mac and Cheese	1	Serving	680	300	33	18	1	100	1100	64	2	7	31
Truffle Fries	1	Serving	810	530	62	12	0	20	2190	60	6	0	9
Crispy Cauliflower	1	Serving	460	210	24	4.5	0	5	1400	55	5	17	9
Grilled Asparagus	1	Serving	25	0	0	0	0	0	0	4	2	2	2
Kung Pao Brussels Sprouts	1	Serving	350	260	29	5	0	0	510	22	7	9	7
Roasted New Potatoes	1	Serving	260	100	11	5	0	20	610	38	3	2	4

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
Strawberry Rose Side Car	1	Serving	210	0	0	0	0	0	0	14	0	13	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
Heatwave Martini	1	Serving	180	0	0	0	0	0	0	27	0	23	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
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
Parker's Margarita	1	Serving	170	0	0	0	0	0	480	15	0	11	0
The Mule	1	Serving	150	0	0	0	0	0	0	21	0	19	0
Dragon Fruit Margarita	1	Serving	200	0	0	0	0	0	300	22	0	19	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	1080	580	65	35	2	460	1630	69	5	6	56
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	1	Serving	840	330	38	8	0	10	2370	115	12	30	19
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
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	250	90	10	2	0	75	170	13	1	1	24
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

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)
LUNCH													
LUNCH FAVORITES													
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	1020	660	74	19	1.5	200	2580	34	6	6	58
Shaved Brussels Sprouts Salad with Salmon and Dressing	1	Serving	840	360	40	9	0	140	530	56	7	41	57
Ahi Tuna Poke Bowl	1	Serving	610	280	31	10	0	85	1700	52	3	15	34
Blackened Fish Sandwich with Fries	1	Serving	1260	540	62	12	0	150	4590	119	10	21	59
Grilled Fish Sandwich with Fries	1	Serving	1260	540	61	12	0	150	4570	119	9	21	59
Fried Fish Sandwich with Fries	1	Serving	1630	690	78	16	0	155	4790	167	11	25	67
Blackened Chicken Sandwich	1	Serving	520	200	23	5	0	75	1270	51	3	13	31
Grilled Chicken Sandwich with fries	1	Serving	1060	440	50	11	0	75	4860	118	9	21	37
Fried Chicken Sandwich with fries	1	Serving	1110	460	52	11	0	80	4360	127	9	21	36
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	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	220	70	8	2	0	10	160	29	4	21	5
Bang Bang Shrimp Tacos with coleslaw	1	Serving	1160	750	87	18	0	210	3070	75	8	25	29
Bang Bang Shrimp Tacos with 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	1530	5	2	1	42
BFG Bangin BFG Burger with Fries	1	Serving	1880	1050	119	34	2	315	6500	128	11	18	79
BFG Bangin BFG Burger with Coleslaw	1	Serving	1500	920	105	30	2	315	3820	71	6	19	73
Creamy Tomato Linguine with Chicken	1	Serving	2040	620	69	34	1.5	250	3150	266	17	20	96
Shrimp and Grits	1	Serving	900	510	57	27	1	300	2430	46	3	7	51
Angler's Catch	1	Serving	1750	910	101	19	1	315	4600	147	10	15	66
Pepper Parmesan Linguine with Shrimp	1	Serving	1830	620	69	30	1.5	300	2770	243	13	19	67
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

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)
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
Shaved Brussels Sprouts Side Salad Serves 5	1	Serving	970	280	31	8	0	35	650	136	15	102	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	490	360	40	24	1.5	40	340	30	11	15	7
Broccoli Serves 5	1	Pan	470	330	37	21	1	35	440	30	11	9	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
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	2080	152	14	7	13
Grilled Asparagus Serves 5	1	Pan	140	45	5	1	0	0	1260	20	10	8	10
Entrees													
Grilled Shrimp Serves 5	1	Pan	730	520	59	7	0	230	2370	22	5	7	34
Grilled Salmon	1	Pan	1850	1070	119	27	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	5870	14	5	2	162
Lily's Chicken Serves 5	1	Pan	2220	1230	138	63	3.5	690	7320	44	14	9	190
Sirloin 9 oz Serves 5	1	Pan	1590	620	70	42	2	575	9460	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	10000	299	15	78	183
Fried Chicken Sandwich Serves 5	1	Pan	5440	2150	248	52	1.5	475	8830	594	25	104	229
Grilled Unicorn Fish Sandwich Serves 5	1	Pan	5000	2560	293	57	1	935	7920	295	16	78	310
Blackened Unicorn Fish Sandwich Serves 5	1	Pan	5070	2590	296	57	1	935	6340	308	23	79	313
Fried Unicorn Sandwich Serve 5	1	Pan	6750	2950	336	70	2	965	9260	588	25	102	357
Desserts													

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)
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	3730	2300	257	154	12	1117	2249	308	7	256	49
Cherry Cheesecake Serves 5	1	Pan	3060	1730	192	114	9	945	2125	276	10	218	50
Strawberry Champagne Cheesecake Serves 5	1	Pan	3380	1730	192	114	9	945	2080	347	8	285	49
Apple Cider Cheesecake Serves 5	1	Pan	3610	2160	241	131	10	1005	2100	311	9	254	51
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
Individually Packaged													
Bread with Oil Individual Catering	1	Serving	490	190	21	1.5	0	0	850	60	2	2	12
Simply Grilled Chicken	1	Serving	350	180	20	9	0.5	165	1530	3	1	0	42
Grilled 9 oz Sirloin	1	Serving	390	150	17	11	0	145	2360	6	4	0	53
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	2310	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	430	140	16	4	0	15	310	56	7	41	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
Garlic Whipped Potatoes	1	Serving	160	90	10	4	0	15	460	14	2	1	3
Jasmine Rice	1	Serving	170	35	4	0	0	0	360	31	0	0	2
French Fries	1	Serving	550	250	28	6	0	0	3260	68	7	8	7
Coleslaw	1	Serving	140	100	12	1.5	0	0	490	9	1	7	1
Green Beans	1	Serving	120	90	10	6	0	10	85	8	3	4	2
Broccoli	1	Serving	120	80	9	5	0	10	110	8	3	2	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)
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 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

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)
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
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

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)
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
Sparking 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
Sparking 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