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# BONEFISH GRILL



6322 North Federal Highway  
 Ft. Lauderdale, FL 33306  
 For reservations call (954) 492-3266  
*Ask Telf, Proprietor*

Tuesday Take of Lobster menu starting at just \$7.9. Available every single Tuesday for a limited time!

## BRUNCH COCKTAILS + LIBATIONS

**Endless Bubbles**  
 Peach Bellini, Passionfruit Mimosa or Traditional Mimosa with any entrée 12  
*by the glass 6*

**House-Made Bloody Mary**  
 K.A.B.M. Absolut Citrus, Meir Glen Organic Tomato, and a house-made blend of seasonings. Finished with a kick! 7.5

**Georgia Peach Martini**  
 Bellini-style. Swedish vodka, Cointreau, fresh peach + bubbles 7.9

**ALL DAY. EVERY DAY.**

**Blood Orange Paloma**  
 Sana Hormitos tequila, Seleno blood orange liqueur, fresh grapefruit juice + hint of lime 6

**Classic Salsar + Mango Twist**  
 A classic brandy cocktail with a modern mango flair 5

**Spiked Blackberry Elixir**  
 Madiba rum, fresh blackberries, coconut water, lightly sweetened + a hint of fresh mint 5

**Raspberry Vodka Collins**  
 Swedish vodka, fresh raspberries, house-made sour mix, sparkling soda 5

**SPECIALTY SPIRIT-FREE**

**House-Made Lemonade**  
 fresh pressed lemon juice, organic agave nectar + a hint of housemade lemongrass simple syrup 3.5

**Fresh Blackberry Smash**  
 fresh blackberries, coconut water, lightly sweetened + a hint of fresh mint 3.5

**CLASSIC BEVERAGES**

Iced Tea OR NuMi Hot Tea 2.7  
 Rainforest Alliance Bold Coffee 2.7  
 Espresso 3.7  
 Cappuccino 3.7  
 Fij Water (200 ml) 2.9  
 San Pellegrino (500 ml) 2.9  
*We proudly serve Coca-Cola products.*

**DESSERTS**

**Key Lime Pie**  
 roasted pecan crust 5.9

**Crème Brûlée**  
 berries + whipped cream 6.2

**Jen's Jamaican Coconut Pie**  
 creamy coconut, rum sauce + fresh whipped cream 6.2

**Popular Guest Choice**

# SUNDAY BRUNCH

## STARTERS + SHARING

**Bang Bang Shrimp\*** crispy, tossed in a creamy, spicy sauce 9.5  
**Singapore Calamari** flash-fried with peppers + sweet spicy Asian sauce 8.5  
**Ahi Tuna Sashimi\*** sesame-seared rare with wasabi + pickled ginger *Regular* 9.7 *Large* 16.7  
**Maryland Crab Cakes** jumbo lump cakes + red remoulade 11.9  
**Thai Coconut Shrimp** 6 jumbos with crispy ginger + sweet spicy sauce 9.5  
**Coru Chowder + Lump Crab** with a hint of bacon  
 Cup 6.1 *Bowl 6.9* *Add a cup of chowder to any entrée 3.1*  
**Bonefish Caesar Salad** house-made garlic croutons 5.3 (with entrée 3.1)  
**Bonefish House Salad** hearts of palm, Kalamata olives, tomatoes, citrus herb vinaigrette 5.3 (with entrée 3.1) *Add Danish Blue or Feta 1.5*

## BRUNCH FAVORITES

**Crème Brûlée French Toast** Grand Mariner + orange zest battered, served with whipped cream, fresh mint, strawberries + bacon 10.5  
**"American Style" Kobe Beef + Egg Burger** fully dressed with sharp cheddar, fried egg + special sauce on a lightly toasted brioche bun served with fresh greens or house-made chips 12.1  
*Add bacon, avocado or mushrooms each .5*  
**Organic Whole Grain Oatmeal** topped with fresh seasonal berries + served with brown sugar 3.9

## EGGS BENEDICT

*Served with choice of fresh fruit medley or potatoes on grain*

**Oscar** asparagus, crab, smoked mozzarella, basil, lemon butter 9.5  
**Western** turkey chorizo, cheddar, cilantro, onions, ranchero, lime sour cream 8.5  
**California** Applewood bacon, cheddar, caramelized onions, tomatoes, avocado 8.5  
**Cajun Shrimp** goat cheese, onions, sweet bell peppers + creole sauce 9.5  
**Caribbean** fresh broccoli florets, onions, sweet bell peppers, tomatoes, Gruyere cheese + basil 8.9  
**Egg White + Asparagus** grilled asparagus, tomatoes + Feta cheese 8.5  
*All omelets above may be prepared with egg whites upon request*

## HAND HELDS

*Zepp, burgers + sandwiches served with fresh greens or house-made chips*

**"American Style" Kobe Beef Burger** fully dressed with sharp cheddar + special sauce on a lightly toasted brioche bun 11.5 *Add bacon, avocado or mushrooms each .5*  
**Bang Bang Tacos** shrimp, lettuce, tomatoes + sour cream 9.9  
**Baja Fish Tacos** "Cajun style" with lettuce, mango salsa + sour cream 9.9  
**Grilled Fish Sandwich** 6 oz fillet, Parmesan dusted + fully dressed on a lightly toasted brioche bun Tilapia 11.3 | Salmon 14.3  
**Sir Will's Fish + Chips** tempura-style with house-made tartar, french fries 11.3

## GRILLED FISH - over our wood-burning grill -

*Served with a fresh seasonal vegetable + your choice of one side item*

**Chilean Sea Bass** 27.5 / 23.5 oz  
**Atlantic Salmon\*** 17.3 / 14.3 oz  
**Sea Scallops + Shrimp** 16.9  
**Rainbow Trout** 16.9  
**Tilapia** 15.3

## GRILLED + BAKED SPECIALTIES - over our wood-burning grill -

*Served with a fresh seasonal vegetable + your choice of one side item*

**Lily's Chicken\*** goat cheese, spinach, artichoke hearts, lemon basil sauce 14.5  
**Fountain Chop\*** boneless pork chop, fountain cheese, garlic, prosciutto, mushroom marsala wine sauce 14.6  
**Tilapia Imperial** stuffed with shrimp, scallops, crab meat, Gruyere cheese, Parmesan cheese + lemon caper butter 18.3  
**Filet Mignon\*** USDA Choice "center cut" 8 oz 21.7 / 6 oz 19.7  
*Add Garlic Compound butter 1.5*  
**The Angler's Steak\*** USDA Choice sirloin 11 oz 18.3 / 6 oz 15.3

## FRESH SIDES

Garlic Whipped Potatoes	French Green Beans (Seasonal)
Potatoes Au Gratin	Steamed Broccoli
Herbed Jasmine Rice	Steamed Asparagus (with sauce*)
Steamed Vegetable Medley	

*\*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.*  
 Gluten-Free Menu Available

Bonefish grill menu nutrition pdf.

Kids& Happy Meals are smaller portions, also including a toy or prize, French fries, a side and a drink. Contact McDonald&es If you have any questions or concerns, you can contact McDonald&es. As it is, the sandwich has 44 grams of carbohydrates in total, but you can reduce that if you skip the bread. This iconic burger includes a bun, a beef patty, shredded lettuce sauce, smoked bacon, cheese, pickles and onions. You can also order items separately or as a meal with French fries or salad and a soft drink. The total calorie count of an Egg McMuffin comes to 300 with 18 grams of protein, 12 grams of total fat and 30 grams of total carbohydrates. This popular breakfast includes an English muffin, egg, Canadian bacon, a piece of American cheese, and butter. Also check out the nutritional information for a Big Mac. If you are looking for breakfast items, you will find the Egg McMuffin featured with all the ingredients on display. With extensive testing of every ingredient, McDonald&es took off and grew into the fast-food king it is today, also achieving many memorable milestones along the way.McDonald&es has published its full menu online for customers to explore. The Southwest Grilled Chicken Salad features a grilled chicken fillet, a salad and vegetable mix, a lime glaze, shredded cheese, lime, tortilla strips, and grilling seasoning. The McDonald&es website has a list of frequently asked questions, which may give you the information you want. The value menu has a number of items priced around \$1 each, which makes it affordable to drive around for a quick, inexpensive meal. The total fat is only six grams for this sandwich, and it has 36 grams of protein. Calorie and nutrition information for popular Bonefish Grill products: Popular Items: Fish, Salads, Dressings, Seafood Cmar, Sides, Steak, Tppy, Tuna, Vegetables, more... Customer service line keeps @m hours every day of the week, from the early morning | G00.03: SBRAC | G00.16: Taf | Lack097: Seirolac - Gnivores 1 Rep PMIRHS GNAF DCUDORP SECUAS LLIRG HSIFENOB EROM WEIV G00.0. NIETORP | G00.6: SBRAC | G00.1: Taff | Lack53: Seirolac - PSBT 1 Rep Ecuas Naisa NAP G00.0: Nietorp | G00.1: SBRAC | G00.41: Taf | Lack331: Seirolac - Gnivores 1 Rep Ecuas Rettub Nomel Sturdorp Smit LLIRG HSIFENOB EROM WEIV G00.74: NIETORP | G00.71: SBRAC | G00.05: Taff | Lack936: Seirolac - SPUC 2 REP DALARAPSA DNA NOMLA G00.56: Nietorp | G00.92: SBRAC | G00.95: Taff | Lack798: Seirolac - Dahas 1 Rep Dalam BBC Adrolf G00.0: Nietorp | G00.0: SBRAC | G00.0: Taff | Lack561: Seirolac - Llams 1 Rep Rayac Hsif HSIF HSIF HSIV HSIV HSIV .SMETI UNEM SA "" à € € DLOSODCM ROF NOTOITIRTON EHT LANOITIRTON EHT RedNow RedNow Thim Uoy, Sehra Valley EE Uoy Lia DNA Sekirts. 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À € € "" à € € DLANDCM TA Smeti UNEM Morf Taceles Taceles Uoy, TEID Ruoy GnicheTaw Era € € Uoy Visit "" À € € dianodcm ta yitlah GnitaeH GnitaeH. 30.00g Crab Cake Per 1 cake - Calories: 180kcal | Fat: 10.00g | Carbs: 16.00g | Protein: 8.00g Fried Calamari Per 1 cup - Calories: 300kcal | Fat: 13.00g | Carbs: 17.00g | Protein: 29.00g Georges Bank Scallops & Shrimp Per 1 serving - Calories: 250kcal | Fat: 9.00g | Carbs: 4.00g | Protein: 38.00g Imperial Longfin Per 1 serving - Calories: 333kcal | Fat: 9.00g | Carbs: 13.00g | Protein: 50.00g view more bonefish grill seafood products view more bonefish grill shrimp products view more bonefish grill sides products Angler Steak Per 1 entree - Calories: 228kcal | Fat: 5.00g | Carbs: 3.00g | Protein: 43.00g Filet Mignon Per 1 serving - Calories: 272kcal | Fat: 14.00g | Carbs: 0.00g | Protein: 38.00g Sirloin & Crab Cake Dinner Per 1 entree - Calories: 526kcal | Fat: 27.00g | Carbs: 14.00g | Protein: 59.00g view more bonefish grill steak products Longfin Imperial Tilapia Per 1 serving - Calories: 335kcal | Fat: 13.00g | Carbs: 2.00g | Protein: 57.00g Tilapia Per 1 serving - Calories: 240kcal | Fat: 7.00g | Carbs: 0.0 products for grilling Please note that these nutritional values are estimated based on our standard µ. The premise from the outset was to cook high-quality food uniformly, so that customers could always eat the same hamb and fries regardless of the McDonald's restaurant they chose. The total calories for a Big Mac are about 600, with 30 grams of protein, 33 grams of total fat and 47 grams of total carbohydrates.

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