



NUTRITION GUIDE

Effective: October 4, 2021

Bahama Breeze has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-866-475-5666.

| MENU ITEM | Calories | Total Fat (Grams) | Saturated Fat (Grams) | Trans Fat (Grams) | Sodium (Milligrams) | Total Carbs (Grams) | Protein (Grams) | Dietary Fiber (Grams) | Calories from Fat | Cholesterol (Milligrams) | Sugars (Grams) |
|--|----------|-------------------|-----------------------|-------------------|---------------------|---------------------|-----------------|-----------------------|-------------------|--------------------------|----------------|
| APPETIZERS | | | | | | | | | | | |
| Beef Empanadas | 1140 | 62 | 25 | 1 | 1540 | 119 | 27 | 5 | 560 | 110 | 34 |
| Spinach Dip & Chips | 1350 | 94 | 34 | 0 | 2170 | 103 | 25 | 13 | 850 | 15 | 8 |
| Tostones with Chicken | 960 | 52 | 16 | 1 | 1870 | 85 | 39 | 8 | 460 | 120 | 6 |
| Whole Jamaican Jerk Wings | 1020 | 66 | 19 | 0 | 3450 | 25 | 82 | 0 | 600 | 495 | 22 |
| Classic Chicken Wings - Spicy Habanero BBQ | 790 | 38 | 12 | 0.5 | 1830 | 55 | 58 | 0 | 350 | 355 | 47 |
| Classic Chicken Wings - Buffalo | 850 | 65 | 14 | 1 | 4640 | 7 | 59 | 3 | 590 | 345 | 2 |
| Classic Chicken Wings - Citrus-Mustard | 780 | 39 | 8 | 0 | 1320 | 51 | 57 | 2 | 350 | 330 | 43 |
| Coconut Shrimp | 610 | 36 | 8 | 0 | 1250 | 53 | 19 | 4 | 320 | 105 | 19 |
| Firecracker Shrimp | 1350 | 99 | 12 | 0 | 2690 | 76 | 39 | 3 | 890 | 320 | 8 |
| Skillet-Simmered Jerk Shrimp | 970 | 48 | 25 | 1.5 | 1800 | 82 | 51 | 4 | 430 | 350 | 3 |
| Crab & Avocado Stack | 320 | 9 | 1 | 0 | 1150 | 33 | 29 | 4 | 80 | 185 | 17 |
| SMALL PLATES | | | | | | | | | | | |
| Guac 'n Chips | 700 | 45 | 4.5 | 0 | 300 | 68 | 8 | 14 | 410 | 0 | 3 |
| Yuca Cheese Sticks | 1060 | 82 | 17 | 1 | 1660 | 71 | 10 | 6 | 740 | 70 | 4 |
| Conch Fritters | 320 | 10 | 1.5 | 0 | 1040 | 48 | 11 | 3 | 90 | 35 | 22 |
| SOUPS & SALAD | | | | | | | | | | | |
| Bahamian Seafood Chowder (Cup) | 230 | 21 | 13 | 0 | 630 | 7 | 5 | less than 1 g | 190 | 75 | 3 |
| Bahamian Seafood Chowder (Bowl) | 470 | 42 | 26 | 0 | 1260 | 15 | 9 | 1 | 380 | 150 | 6 |
| Oyster Crackers | 60 | 2 | 0 | 0 | 50 | 11 | 1 | less than 1 g | 15 | 0 | 0 |
| Cuban Black Bean Soup (Cup) | 220 | 11 | 1.5 | 0 | 1030 | 24 | 7 | 8 | 100 | 5 | 2 |
| Cuban Black Bean Soup (Bowl) | 440 | 22 | 3.5 | 0 | 2070 | 48 | 14 | 17 | 200 | 15 | 4 |
| House Salad with Island Vinaigrette | 220 | 11 | 2 | 0 | 1140 | 27 | 6 | 4 | 100 | 0 | 15 |
| ENTRÉE SALADS | | | | | | | | | | | |
| Salmon Tostada Salad | 940 | 58 | 17 | 1 | 2290 | 56 | 51 | 10 | 520 | 130 | 15 |
| Chicken Tostada Salad | 860 | 47 | 15 | 1 | 2360 | 57 | 57 | 11 | 420 | 170 | 15 |
| Tropical Chicken Salad | 670 | 21 | 4.5 | 0 | 1710 | 85 | 43 | 9 | 190 | 120 | 57 |
| Tropical Salad Vegetarian | 470 | 17 | 3.5 | 0 | 1300 | 77 | 10 | 8 | 150 | 10 | 51 |
| HANDHELDS | | | | | | | | | | | |
| side choice NOT included | | | | | | | | | | | |
| Blackened Mahi Tacos (2) | 450 | 19 | 4 | 0 | 1240 | 42 | 28 | 6 | 170 | 85 | 3 |
| Blackened Mahi Tacos (3) | 660 | 27 | 6 | 0 | 1850 | 62 | 41 | 8 | 240 | 130 | 5 |
| Coconut Shrimp Tacos (2) | 840 | 57 | 11 | 0 | 1380 | 67 | 16 | 5 | 510 | 80 | 17 |
| Coconut Shrimp Tacos (3) | 1170 | 73 | 15 | 0 | 2010 | 103 | 25 | 8 | 660 | 115 | 24 |

| MENU ITEM | Calories | Total Fat (Grams) | Saturated Fat (Grams) | Trans Fat (Grams) | Sodium (Milligrams) | Total Carbs (Grams) | Protein (Grams) | Dietary Fiber (Grams) | Calories from Fat | Cholesterol (Milligrams) | Sugars (Grams) |
|--|----------|-------------------|-----------------------|-------------------|---------------------|---------------------|-----------------|-----------------------|-------------------|--------------------------|----------------|
| Black Bean & Guacamole Tacos (2) Vegetarian | 640 | 39 | 5 | 0 | 1160 | 64 | 16 | 12 | 350 | 0 | 6 |
| Jerk Chicken Sandwich | 1020 | 38 | 16 | 1 | 1650 | 91 | 80 | 3 | 340 | 235 | 13 |
| Crispy Buttermilk Chicken Sandwich | 820 | 38 | 9 | 0 | 1640 | 70 | 51 | 3 | 340 | 175 | 9 |
| Grilled Chicken Sandwich | 460 | 13 | 7 | 0 | 840 | 45 | 42 | 4 | 120 | 170 | 10 |
| Cuban Sandwich | 1010 | 47 | 23 | 0 | 2320 | 85 | 60 | 3 | 420 | 150 | 6 |
| Black Bean BBQ Burger Vegetarian | 640 | 31 | 11 | 0 | 1260 | 74 | 24 | 10 | 280 | 75 | 17 |
| Applewood Bacon & Cheddar Burger | 1010 | 61 | 28 | 2 | 1390 | 53 | 63 | 4 | 540 | 245 | 13 |
| Grilled Burger (choice of cheese not included) | 680 | 36 | 16 | 1.5 | 730 | 44 | 45 | 3 | 320 | 180 | 9 |
| <i>American</i> | 150 | 12 | 7 | 0 | 480 | 2 | 8 | 0 | 110 | 25 | less than 1 g |
| <i>Cheddar</i> | 180 | 15 | 9 | 0.5 | 270 | less than 1 g | 11 | 0 | 130 | 45 | 0 |
| <i>Swiss</i> | 170 | 12 | 8 | 0 | 85 | 2 | 12 | 0 | 110 | 40 | less than 1 g |
| <i>Pepper-Jack</i> | 160 | 13 | 8 | 0.5 | 260 | 0 | 11 | 0 | 120 | 40 | 0 |
| <i>Goat Cheese</i> | 30 | 2.5 | 1.5 | 0 | 40 | less than 1 g | 2 | 0 | 25 | 10 | 0 |
| Sides Choices for Handhelds | | | | | | | | | | | |
| French Fries | 520 | 24 | 2 | 0 | 1330 | 70 | 6 | 6 | 220 | 0 | less than 1 g |
| Fresh Fruit with Mango Sorbet | 120 | 0 | 0 | 0 | 0 | 32 | less than 1 g | 2 | 0 | 0 | 27 |
| Vine-Ripened Tomato Salad | 70 | 5 | 0.5 | 0 | 110 | 7 | 1 | 2 | 50 | 0 | 5 |
| Cup of Black Bean Soup | 220 | 11 | 1.5 | 0 | 1030 | 24 | 7 | 8 | 100 | 5 | 2 |
| Cup of Bahamian Seafood Chowder | 230 | 21 | 13 | 0 | 630 | 7 | 5 | less than 1 g | 190 | 75 | 3 |
| <i>Oyster Crackers</i> | 60 | 2 | 0 | 0 | 50 | 11 | 1 | less than 1 g | 15 | 0 | 0 |
| Black Beans and Yellow Rice | 230 | 2.5 | 0 | 0 | 1070 | 43 | 7 | 4 | 20 | 0 | 2 |
| ISLAND COMBOS | | | | | | | | | | | |
| side choice NOT included | | | | | | | | | | | |
| Coconut Shrimp (4) | 450 | 25 | 6 | 0 | 920 | 41 | 13 | 3 | 230 | 75 | 18 |
| Half Jerk Chicken Sandwich | 540 | 19 | 8 | 0 | 940 | 52 | 40 | 2 | 170 | 115 | 12 |
| Half Cuban Sandwich | 500 | 23 | 12 | 0 | 1160 | 43 | 30 | 2 | 210 | 75 | 3 |
| Coconut Shrimp Tacos (2) | 840 | 57 | 11 | 0 | 1380 | 67 | 16 | 5 | 510 | 80 | 17 |
| Crispy Buttermilk Chicken Sandwich | 820 | 38 | 9 | 0 | 1640 | 70 | 51 | 3 | 340 | 175 | 9 |
| Grilled Chicken Sandwich | 460 | 13 | 7 | 0 | 840 | 45 | 42 | 4 | 120 | 170 | 10 |
| Grilled Burger (choice of cheese not included) | 680 | 36 | 16 | 1.5 | 730 | 44 | 45 | 3 | 320 | 180 | 9 |
| <i>American</i> | 150 | 12 | 7 | 0 | 480 | 2 | 8 | 0 | 110 | 25 | less than 1 g |
| <i>Cheddar</i> | 180 | 15 | 9 | 0.5 | 270 | less than 1 g | 11 | 0 | 130 | 45 | 0 |
| <i>Swiss</i> | 170 | 12 | 8 | 0 | 85 | 2 | 12 | 0 | 110 | 40 | less than 1 g |
| <i>Pepper-Jack</i> | 160 | 13 | 8 | 0.5 | 260 | 0 | 11 | 0 | 120 | 40 | 0 |
| <i>Goat Cheese</i> | 30 | 2.5 | 1.5 | 0 | 40 | less than 1 g | 2 | 0 | 25 | 10 | 0 |
| Beef Empanadas | 1140 | 62 | 25 | 1 | 1540 | 119 | 27 | 5 | 560 | 110 | 34 |
| Blackened Mahi Tacos (2) | 450 | 19 | 4 | 0 | 1240 | 42 | 28 | 6 | 170 | 85 | 3 |
| Jerk Chicken Sandwich | 1020 | 38 | 16 | 1 | 1650 | 91 | 80 | 3 | 340 | 235 | 13 |
| Side Choices for Island Combos | | | | | | | | | | | |
| House Salad with Island Vinaigrette | 220 | 11 | 2 | 0 | 1140 | 27 | 6 | 4 | 100 | 0 | 15 |
| Cup of Black Bean Soup | 220 | 11 | 1.5 | 0 | 1030 | 24 | 7 | 8 | 100 | 5 | 2 |
| Cup of Bahamian Seafood Chowder | 230 | 21 | 13 | 0 | 630 | 7 | 5 | less than 1 g | 190 | 75 | 3 |
| <i>Oyster Crackers</i> | 60 | 2 | 0 | 0 | 50 | 11 | 1 | less than 1 g | 15 | 0 | 0 |
| FROM THE MAINLAND | | | | | | | | | | | |
| Grilled Chicken with Cilantro-Crema (Light) | 1020 | 57 | 19 | 1 | 1790 | 81 | 49 | 8 | 510 | 205 | 11 |
| Grilled Chicken with Cilantro-Crema (Full) | 1220 | 61 | 20 | 1 | 2200 | 88 | 81 | 9 | 550 | 315 | 17 |
| Jerk Chicken Pineapple Bowl | 790 | 24 | 3 | 0 | 1540 | 90 | 53 | 5 | 220 | 160 | 43 |
| Buttermilk Fried Chicken | 1570 | 88 | 34 | 1.5 | 3380 | 113 | 85 | 10 | 790 | 320 | 7 |

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|---|----------|-------------------|-----------------------|-------------------|---------------------|---------------------|-----------------|-----------------------|-------------------|--------------------------|----------------|
| Jamaican Jerk Chicken | 1490 | 66 | 19 | 0 | 2670 | 118 | 100 | 10 | 600 | 305 | 57 |
| Grilled Chicken Breast (Light) | 810 | 42 | 23 | 1 | 1480 | 74 | 40 | 9 | 370 | 220 | 38 |
| Grilled Chicken Breast (Full) | 1040 | 46 | 24 | 1 | 1890 | 89 | 73 | 10 | 410 | 330 | 50 |
| Jamaican Stuffed Plantain Bowl | 1140 | 56 | 14 | 0.5 | 2470 | 118 | 39 | 11 | 510 | 115 | 48 |
| Black Bean Stuffed Plantain Bowl Vegetarian | 990 | 44 | 9 | 0 | 1400 | 133 | 24 | 14 | 400 | 25 | 53 |
| Baby Back Ribs (Half Rack) | 1310 | 69 | 18 | 0 | 2490 | 115 | 54 | 7 | 620 | 175 | 38 |
| Baby Back Ribs (Full Rack) | 1970 | 114 | 34 | 1 | 2950 | 128 | 102 | 8 | 1030 | 350 | 49 |
| Skirt Steak Churrasco | 1060 | 53 | 17 | 1.5 | 2050 | 91 | 54 | 9 | 470 | 180 | 34 |
| Grilled Top Sirloin Steak | 820 | 46 | 25 | 1.5 | 1680 | 50 | 54 | 7 | 410 | 220 | 3 |
| Top Sirloin & Coconut Shrimp | 1230 | 70 | 30 | 1.5 | 2500 | 86 | 67 | 9 | 630 | 290 | 21 |
| ISLAND PASTAS | | | | | | | | | | | |
| Lobster and Shrimp Linguine | 1210 | 60 | 25 | 0.5 | 3010 | 102 | 61 | 5 | 540 | 485 | 7 |
| Jerk Shrimp Pasta (Light) | 680 | 33 | 17 | 0 | 1600 | 64 | 33 | 4 | 300 | 290 | 3 |
| Jerk Shrimp Pasta (Full) | 1270 | 65 | 34 | 0.5 | 3130 | 109 | 62 | 8 | 590 | 575 | 6 |
| Jerk Chicken Pasta (Light) | 700 | 35 | 17 | 0 | 1590 | 66 | 30 | 4 | 310 | 135 | 3 |
| Jerk Chicken Pasta (Full) | 1300 | 68 | 35 | 0 | 3120 | 114 | 56 | 7 | 620 | 270 | 5 |
| BEST OF THE BAY | | | | | | | | | | | |
| Tequila Sunburn Glazed Salmon | 840 | 34 | 8 | 0 | 1650 | 87 | 47 | 9 | 310 | 130 | 53 |
| Grilled Salmon | 870 | 55 | 24 | 1 | 1390 | 43 | 51 | 5 | 490 | 195 | 4 |
| Jerk Shrimp Pineapple Bowl | 730 | 17 | 1.5 | 0 | 3800 | 91 | 56 | 6 | 150 | 505 | 44 |
| Seafood Paella | 940 | 30 | 5 | 1 | 3530 | 78 | 86 | 3 | 270 | 320 | 5 |
| Coconut Shrimp | 1160 | 67 | 20 | 0.5 | 2550 | 106 | 35 | 9 | 600 | 195 | 23 |
| DESSERTS | | | | | | | | | | | |
| Rebecca's Key Lime Pie | 1050 | 38 | 20 | 1 | 670 | 162 | 16 | 3 | 340 | 265 | 132 |
| Chocolate Island | 1040 | 56 | 28 | 0 | 800 | 128 | 15 | 7 | 500 | 220 | 86 |
| Pineapple Cheesecake Empanadas | 1840 | 100 | 36 | 1 | 1260 | 210 | 23 | 8 | 890 | 80 | 79 |
| KID'S MENU | | | | | | | | | | | |
| Bowtie Mac 'N Cheese (includes fresh fruit) | 680 | 36 | 20 | 0.5 | 1190 | 67 | 20 | 3 | 330 | 100 | 7 |
| Grilled Chicken Breast (includes fresh fruit) | 340 | 18 | 9 | 0.5 | 600 | 14 | 36 | 4 | 160 | 145 | 8 |
| Crispy Chicken Fingers (includes fresh fruit) | 540 | 35 | 10 | 0.5 | 1200 | 34 | 25 | 4 | 310 | 85 | 7 |
| Burger Sliders (includes fresh fruit) | 460 | 21 | 8 | 1 | 800 | 43 | 25 | 2 | 190 | 60 | 11 |
| Broccoli | 140 | 13 | 8 | 0.5 | 200 | 5 | 3 | 2 | 120 | 35 | 1 |
| French Fries | 520 | 24 | 2 | 0 | 1330 | 70 | 6 | 6 | 220 | 0 | less than 1 g |
| Milk 1% | 130 | 3 | 2 | 0 | 135 | 15 | 10 | 0 | 25 | 15 | 15 |
| Honest Super Fruit Punch | 40 | 0 | 0 | 0 | 15 | 10 | 0 | 0 | 0 | 0 | 9 |
| Honest Appley Ever After | 40 | 0 | 0 | 0 | 15 | 10 | 0 | 0 | 0 | 0 | 9 |
| GLUTEN-SENSITIVE (GS) SALADS | | | | | | | | | | | |
| GS House Salad with Island Vinaigrette | 190 | 11 | 2 | 0 | 1070 | 21 | 4 | 4 | 100 | 0 | 14 |
| GS Tropical Chicken Salad | 480 | 18 | 4.5 | 0 | 1530 | 44 | 40 | 7 | 160 | 125 | 32 |
| GS Tropical Salad Vegetarian | 300 | 13 | 3.5 | 0 | 1110 | 42 | 7 | 6 | 120 | 10 | 31 |
| GLUTEN-SENSITIVE (GS) ENTRÉES | | | | | | | | | | | |
| GS Grilled Chicken Breast (Light) | 810 | 42 | 23 | 1 | 1480 | 74 | 40 | 9 | 370 | 220 | 38 |
| GS Grilled Chicken Breast (Full) | 1040 | 46 | 24 | 1 | 1890 | 89 | 73 | 10 | 410 | 330 | 50 |
| GS Grilled Top Sirloin Steak | 820 | 46 | 25 | 1.5 | 1680 | 50 | 54 | 7 | 410 | 220 | 3 |
| GS Baby Back Ribs (Half Rack) | 1050 | 58 | 25 | 1 | 1590 | 74 | 54 | 5 | 530 | 220 | 27 |
| GS Baby Back Ribs (Full Rack) | 1700 | 103 | 41 | 1 | 2050 | 87 | 102 | 5 | 930 | 395 | 38 |
| GS Grilled Salmon with Lemon Butter | 870 | 55 | 24 | 1 | 1390 | 43 | 51 | 5 | 490 | 195 | 4 |

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|--------------------------------------|----------|-------------------|-----------------------|-------------------|---------------------|---------------------|-----------------|-----------------------|-------------------|--------------------------|----------------|
| GS Tequila Sunburn Glazed Salmon | 840 | 34 | 8 | 0 | 1650 | 87 | 47 | 9 | 310 | 130 | 53 |
| GS Seafood Paella | 940 | 30 | 5 | 1 | 3530 | 78 | 86 | 3 | 270 | 320 | 5 |
| GLUTEN-SENSITIVE (GS) DESSERT | | | | | | | | | | | |
| GS Fresh Fruit with Mango Sorbet | 260 | 0 | 0 | 0 | 0 | 67 | 1 | 2 | 0 | 0 | 59 |
| NON-ALC BEVERAGES | | | | | | | | | | | |
| Lemon Breeze | 220 | 0 | 0 | 0 | 25 | 57 | 0 | 1 | 0 | 0 | 56 |
| Strawberry Lemon Breeze | 270 | 0 | 0 | 0 | 25 | 70 | less than 1 g | 2 | 0 | 0 | 67 |
| Raspberry Lemon Breeze | 260 | 0 | 0 | 0 | 25 | 67 | less than 1 g | 1 | 0 | 0 | 66 |
| Virgin Pina Colada | 520 | 18 | 15 | 0 | 65 | 81 | 2 | 4 | 160 | 0 | 75 |
| Virgin Ultimate Pina Colada | 380 | 14 | 11 | 0 | 45 | 61 | 1 | 3 | 120 | 0 | 56 |
| Virgin Bahamarita | 120 | 0 | 0 | 0 | 15 | 31 | 0 | less than 1 g | 0 | 0 | 30 |
| Tropical Ice - Mango | 190 | 0 | 0 | 0 | 15 | 48 | 0 | 1 | 0 | 0 | 45 |
| Tropical Ice - Strawberry | 210 | 0 | 0 | 0 | 10 | 52 | less than 1 g | 3 | 0 | 0 | 47 |
| Tropical Ice - Kiwi Melon | 340 | 2 | 2 | 0 | 40 | 83 | 0 | less than 1 g | 20 | 0 | 79 |
| Fresh Brewed Iced Tea | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 0 | 0 | 0 |
| Coke | 140 | 0 | 0 | 0 | 45 | 39 | 0 | 0 | 0 | 0 | 39 |
| Diet Coke/Coke Zero | 0 | 0 | 0 | 0 | 40 | 0 | 0 | 0 | 0 | 0 | 0 |
| Sprite | 140 | 0 | 0 | 0 | 65 | 38 | 0 | 0 | 0 | 0 | 38 |
| Dr. Pepper | 150 | 0 | 0 | 0 | 50 | 41 | 0 | 0 | 0 | 0 | 41 |
| Ginger Ale | 120 | 0 | 0 | 0 | 40 | 33 | 0 | 0 | 0 | 0 | 33 |
| Fanta Orange | 160 | 0 | 0 | 0 | 60 | 45 | 0 | 0 | 0 | 0 | 44 |
| Limeade Minutemaid | 180 | 0 | 0 | 0 | 20 | 50 | 0 | 0 | 0 | 0 | 47 |
| TASTE THE TROPICS | | | | | | | | | | | |
| Island Old Fashioned | 230 | 0 | 0 | 0 | 100 | 24 | less than 1 g | 1 | 0 | 0 | 22 |
| Pineapple-Coconut Martini | 160 | 0 | 0 | 0 | 10 | 23 | 0 | 0 | 0 | 0 | 20 |
| One Love | 290 | 0 | 0 | 0 | 15 | 39 | less than 1 g | 1 | 0 | 0 | 34 |
| Long Island Iced Tea | 220 | 0 | 0 | 0 | 10 | 18 | 0 | 0 | 0 | 0 | 18 |
| Tito's Beachside Strawberry Breeze | 200 | 0 | 0 | 0 | 5 | 27 | 0 | 1 | 0 | 0 | 25 |
| King Carnival | 300 | 0 | 0 | 0 | 10 | 42 | 0 | 0 | 0 | 0 | 40 |
| FROZEN COCKTAILS | | | | | | | | | | | |
| Ultimate Pineapple | 550 | 10 | 8 | 0 | 45 | 86 | 2 | 4 | 90 | 0 | 79 |
| Frozen Bahamarita | 350 | 0 | 0 | 0 | 50 | 66 | 0 | 1 | 0 | 0 | 61 |
| Ultimate Pina Colada | 450 | 9 | 7 | 0 | 40 | 65 | 1 | 3 | 80 | 0 | 60 |
| Pina Colada | 550 | 12 | 10 | 0 | 50 | 75 | 1 | 3 | 110 | 0 | 69 |
| Kiwi Melon Martini | 270 | 1 | 1 | 0 | 20 | 41 | 0 | 0 | 10 | 0 | 39 |
| LEGENDARY ISLAND COCKTAILS | | | | | | | | | | | |
| Bahama Mama | 240 | 0 | 0 | 0 | 15 | 32 | less than 1 g | 0 | 0 | 0 | 29 |
| Rum Runner | 220 | 0 | 0 | 0 | 15 | 29 | less than 1 g | 0 | 0 | 0 | 28 |
| Painkiller | 290 | 4.5 | 4 | 0 | 20 | 32 | less than 1 g | less than 1 g | 40 | 0 | 29 |
| MOJITOS | | | | | | | | | | | |
| Mojito Cubano | 250 | 0 | 0 | 0 | 15 | 32 | 0 | 0 | 0 | 0 | 30 |
| Coconut Mojito | 260 | 5 | 4.5 | 0 | 25 | 35 | less than 1 g | less than 1 g | 50 | 0 | 31 |
| Strawberry Mojito | 240 | 0 | 0 | 0 | 10 | 34 | less than 1 g | 2 | 0 | 0 | 29 |
| MARGARITAS | | | | | | | | | | | |
| Dragon Fruit Margarita | 250 | 0 | 0 | 0 | 10 | 35 | 0 | 0 | 0 | 0 | 34 |
| The Ultimate Margarita | 200 | 0 | 0 | 0 | 5 | 23 | 0 | 0 | 0 | 0 | 22 |
| Mystic Margarita | 290 | 0 | 0 | 0 | 10 | 43 | 0 | 0 | 0 | 0 | 39 |

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|--|----------|-------------------|-----------------------|-------------------|---------------------|---------------------|-----------------|-----------------------|-------------------|--------------------------|----------------|
| Classic Margarita | 270 | 0 | 0 | 0 | 10 | 30 | 0 | 0 | 0 | 0 | 30 |
| Coconut-Pineapple Margarita | 530 | 15 | 13 | 0 | 50 | 63 | 2 | 2 | 140 | 0 | 56 |
| FLIGHT TO PARADISE | | | | | | | | | | | |
| Margarita Flight | 470 | 6 | 5 | 0 | 30 | 58 | less than 1 g | 1 | 50 | 0 | 56 |
| Mama's Hooch & Holler | 310 | 2 | 2 | 0 | 20 | 40 | less than 1 g | less than 1 g | 20 | 0 | 37 |
| SANGRIAS | | | | | | | | | | | |
| Sunrise Moscato Sangria | 210 | 0 | 0 | 0 | 15 | 24 | 0 | 0 | 0 | 0 | 22 |
| Sunset Berry Sangria | 250 | 0 | 0 | 0 | 20 | 39 | 0 | 0 | 0 | 0 | 37 |
| WINES | | | | | | | | | | | |
| White Wine - 6 oz. | 150 | 0 | 0 | 0 | 10 | 4 | 0 | 0 | 0 | 0 | 2 |
| White Wine - 9 oz. | 220 | 0 | 0 | 0 | 15 | 6 | 0 | 0 | 0 | 0 | 3 |
| White Wine - Bottle | 630 | 0 | 0 | 0 | 35 | 16 | less than 1 g | 0 | 0 | 0 | 7 |
| Red Wine - 6 oz. | 160 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 1 |
| Red Wine - 9 oz. | 230 | 0 | 0 | 0 | 0 | 8 | 0 | 0 | 0 | 0 | 2 |
| Red Wine - Bottle | 660 | 0 | 0 | 0 | 0 | 21 | less than 1 g | 0 | 0 | 0 | 5 |
| BEERS & CIDERS | | | | | | | | | | | |
| Light Beer (example: Miller Light) - 12 oz. | 100 | 0 | 0 | 0 | 15 | 6 | less than 1 g | 0 | 0 | 0 | 0 |
| Light Beer (example: Miller Light) - 20 oz. | 170 | 0 | 0 | 0 | 25 | 10 | 1 | 0 | 0 | 0 | less than 1 g |
| Regular Beer (under 6% ABV /example: Budweiser) - 12 oz. | 150 | 0 | 0 | 0 | 15 | 13 | 2 | 0 | 0 | 0 | 0 |
| Regular Beer (under 6% ABV /example: Budweiser) - 20 oz. | 260 | 0 | 0 | 0 | 25 | 21 | 3 | 0 | 0 | 0 | 0 |
| High Alcohol Beer (6% ABV and up /example: Lagunitas IPA) - 12 oz. | 210 | 0 | 0 | 0 | 15 | 15 | 3 | 0 | 0 | 0 | 0 |
| High Alcohol Beer (6% ABV and up /example: Lagunitas IPA) - 20 oz. | 340 | 0 | 0 | 0 | 25 | 25 | 5 | 0 | 0 | 0 | 0 |
| Non-Alcoholic Beer (example: O'Douls) - 12 oz. | 130 | 0 | 0 | 0 | 45 | 29 | less than 1 g | 0 | 0 | 0 | 29 |
| Non-Alcoholic Beer (example: O'Douls) - 20 oz. | 220 | 0.5 | 0 | 0 | 75 | 48 | 1 | 0 | 5 | 0 | 48 |
| Hard Ciders (example: Angry Orchard) - 12 oz. | 200 | 0 | 0 | 0 | 15 | 21 | 0 | 0 | 0 | 0 | 21 |
| Hard Ciders (example: Angry Orchard) - 20 oz. | 330 | 0 | 0 | 0 | 25 | 35 | 0 | 0 | 0 | 0 | 35 |
| Hard Seltzer (White Claw) - 12 oz. | 100 | 0 | 0 | 0 | 20 | 2 | 0 | 0 | 0 | 0 | 2 |