



NUTRITION GUIDE

Effective: March 8, 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	940	53	19	1	1400	90	25	4	470	75	10
<i>Seasoned Sour Cream</i>	110	10	6	0	90	4	2	0	90	35	2
<i>Pineapple Chutney</i>	90	0	0	0	55	24	0	less than 1 g	0	0	21
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
Coconut Shrimp	500	32	7	0	1000	34	19	4	280	105	3
<i>Citrus-Mustard Sauce</i>	120	4	0.5	0	250	19	less than 1 g	less than 1 g	35	less than 5 mg	16
Firecracker Shrimp	1080	70	7	0	2390	74	39	3	630	295	7
<i>Sriracha Aioli</i>	270	29	4.5	0	300	2	less than 1 g	0	260	25	1
Skillet-Simmered Jerk Shrimp	800	33	14	0.5	1960	75	49	4	300	300	3
Crab & Avocado Stack	320	9	1	0	1150	33	29	4	80	185	17
Jamaican Jerk Wings	1050	72	21	0	3540	12	89	0	640	540	12
<i>Jerk BBQ Sauce</i>	60	1	0	0	220	12	0	0	10	0	9
Habanero Wings	680	29	6	0	1740	51	56	0	260	315	45
<i>Seasoned Sour Cream</i>	110	10	6	0	90	4	2	0	90	35	2
SMALL PLATES											
Jamaican Jerk Wings	530	36	10	0	1770	6	45	0	320	270	6
<i>Jerk BBQ Sauce</i>	60	1	0	0	220	12	0	0	10	0	9
Guac 'n Chips	700	45	4.5	0	300	68	8	14	410	0	3
Yuca Cheese Sticks	540	26	9	0.5	1080	67	9	5	230	30	3
<i>Cilantro-Crema Sauce</i>	250	27	4	0	280	2	less than 1 g	0	240	20	less than 1 g
<i>Sriracha Aioli</i>	270	29	4.5	0	300	2	less than 1 g	0	260	25	1
Conch Fritters	280	9	1	0	790	39	11	4	80	30	7
<i>Citrus-Mustard Sauce</i>	120	4	0.5	0	250	19	less than 1 g	less than 1 g	35	less than 5 mg	16
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
<i>Oyster Crackers</i>	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

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ENTRÉE SALADS											
Grilled Chicken & Bacon Salad	850	42	12	0.5	1620	64	57	9	380	170	34
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
Salmon Tostada Salad	940	58	17	1	2290	56	51	10	520	130	15
SANDWICHES, TACOS & BURGERS											
side choice NOT included											
Blackened Mahi Tacos (3)	610	23	5	0	1810	59	41	6	200	130	4
Blackened Mahi Tacos (2)	410	15	3.5	0	1210	39	27	4	140	85	3
Guacamole	45	4	0.5	0	35	3	less than 1 g	2	40	0	0
Coconut Shrimp Tacos (3)	900	44	11	0	1710	101	25	8	400	95	23
Coconut Shrimp Tacos (2)	570	28	7	0	1080	65	15	5	250	55	15
Sriracha Aioli	270	29	4.5	0	300	2	less than 1 g	0	260	25	1
Black Bean & Guacamole Tacos (2) Vegetarian	640	39	5	0	1160	64	16	12	350	0	6
Jerk Chicken Sandwich	720	28	13	0.5	1140	69	51	2	250	135	2
Jerk BBQ Sauce	60	1	0	0	220	12	0	0	10	0	9
Crispy Buttermilk Chicken Sandwich	830	38	10	0	1670	72	51	3	340	175	9
Grilled Chicken Sandwich	500	14	7	0	860	54	42	4	120	170	16
Cuban Sandwich	1140	64	26	0.5	2140	76	67	3	570	155	6
Black Bean BBQ Burger Vegetarian	650	31	12	0	1290	76	23	10	280	75	18
Applewood Bacon & Cheddar Burger	1000	59	27	1.5	1410	55	62	4	530	240	13
Grilled Burger (choice of cheese not included)	670	34	15	1	750	46	44	3	300	175	10
American	150	12	7	0	480	2	8	0	110	25	less than 1 g
Cheddar	180	15	9	0.5	270	less than 1 g	11	0	130	45	0
Swiss	170	12	8	0	85	2	12	0	110	40	less than 1 g
Pepper-Jack	160	13	8	0.5	260	0	11	0	120	40	0
Goat Cheese	30	2.5	1.5	0	40	less than 1 g	2	0	25	10	0
Sides Choices for Sandwiches, Burgers and Tacos											
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
Oyster Crackers	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)	330	21	5	0	670	23	13	2	190	70	2
Citrus-Mustard Sauce	120	4	0.5	0	250	19	less than 1 g	less than 1 g	35	less than 5 mg	16
Half Jerk Chicken Sandwich	360	14	7	0	570	34	25	1	120	70	less than 1 g
Jerk BBQ Sauce	60	1	0	0	220	12	0	0	10	0	9
Coconut Shrimp Tacos (2)	570	28	7	0	1080	65	15	5	250	55	15
Sriracha Aioli	270	29	4.5	0	300	2	less than 1 g	0	260	25	1
Crispy Buttermilk Chicken Sandwich	830	38	10	0	1670	72	51	3	340	175	9
Grilled Chicken Sandwich	500	14	7	0	860	54	42	4	120	170	16

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Grilled Burger (choice of cheese not included)	670	34	15	1	750	46	44	3	300	175	10
<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	940	53	19	1	1400	90	25	4	470	75	10
<i>Seasoned Sour Cream</i>	110	10	6	0	90	4	2	0	90	35	2
<i>Pineapple Chutney</i>	90	0	0	0	55	24	0	less than 1 g	0	0	21
Blackened Mahi Tacos (2)	410	15	3.5	0	1210	39	27	4	140	85	3
<i>Guacamole</i>	45	4	0.5	0	35	3	less than 1 g	2	40	0	0
Jerk Chicken Sandwich	720	28	13	0.5	1140	69	51	2	250	135	2
<i>Jerk BBQ Sauce</i>	60	1	0	0	220	12	0	0	10	0	9
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
ENTRÉES											
Caribbean Chicken & Shrimp Bowl	960	44	6	0	1970	77	65	5	400	270	8
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
Buttermilk Fried Chicken	1570	88	34	1.5	3380	113	85	10	790	320	7
Jamaican Jerk Chicken	1480	66	19	0	2490	116	100	10	590	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	840	40	8	0	1100	106	21	13	360	25	51
Ropa Vieja Tostones	1350	62	19	1	3490	138	59	13	560	170	12
Top Sirloin & Coconut Shrimp	1230	70	30	1.5	2500	86	67	9	630	290	21
Grilled Top Sirloin Steak	820	46	25	1.5	1680	50	54	7	410	220	3
Baby Back Ribs (Half Rack)	1180	69	18	0	1790	83	54	6	620	175	12
Baby Back Ribs (Full Rack)	1840	114	34	1	2260	96	102	6	1020	350	23
<i>Guava BBQ Sauce</i>	70	0	0	0	210	17	0	0	0	0	14
<i>Ketchup</i>	60	0	0	0	480	15	less than 1 g	less than 1 g	0	0	12
Skirt Steak Churrasco	1060	53	17	1.5	2050	91	54	9	470	180	34
Lobster and Shrimp Linguine	1210	60	25	0.5	3010	102	61	5	540	485	7
Calypso Shrimp Linguine (Light)	770	38	19	0	2190	74	34	5	340	290	5
Calypso Shrimp Linguine (Full)	1140	57	29	0	3330	106	52	7	510	450	8
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
Tequila Sunburn Glazed Salmon	840	34	8	0	1650	87	47	9	310	130	53
Grilled Salmon (choice of sides not included)	390	23	4.5	0	510	1	41	0	210	115	0
<i>Yellow Rice</i>	160	1.5	0	0	600	31	4	0	15	0	1
<i>Broccoli</i>	290	27	17	1	390	10	6	5	240	70	3
Shrimp & Mahi with Lemongrass Sauce (Light)	530	28	12	0	1400	41	29	3	250	165	8
Shrimp & Mahi with Lemongrass Sauce (Full)	730	34	15	0	1980	63	44	5	300	205	13
Vegetables with Lemongrass Sauce	580	33	15	0	1090	63	11	5	290	0	13

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Seafood Paella	940	30	5	1	3530	78	86	3	270	320	5
Coconut Shrimp	1040	62	20	0.5	2290	87	35	8	560	190	6
<i>Citrus-Mustard Sauce</i>	120	4	0.5	0	250	19	less than 1 g	less than 1 g	35	less than 5 mg	16
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
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)	590	33	15	1	750	49	27	4	300	95	14
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
Mango Sorbet with Tropical Fruit	180	0	0	0	0	45	0	less than 1 g	0	0	42
NON-ALC BEVERAGES											
Virgin Ultimate Pineapple	370	14	12	0	55	57	1	3	120	0	54
Virgin Bahamarita	120	0	0	0	15	31	0	less than 1 g	0	0	30
Virgin Pina Colada	520	18	15	0	65	81	2	4	160	0	75
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
Perrier Sparkling Water	0	0	0	0	0	0	0	0	0	0	0
Bottled Still Water	0	0	0	0	0	0	0	0	0	0	0
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
Hot Tea	0	0	0	0	10	less than 1 g	0	0	0	0	0
Coffee	0	0	0	0	5	0	0	0	0	0	0
Hot Chocolate with Whipped Cream	210	11	6	0	200	27	3	0	100	30	26
LEGENDARY ISLAND COCKTAILS											
Rum Runner	350	0	0	0	20	49	0	0	0	0	49
Painkiller	290	4.5	4	0	20	32	less than 1 g	less than 1 g	40	0	29
Goombay Smash	230	0	0	0	10	21	less than 1 g	0	0	0	19
Dark 'n Stormy	160	0	0	0	0	17	0	0	0	0	16
Killer Bee	220	0	0	0	30	30	0	less than 1 g	0	0	26
FROZEN COCKTAILS											
Ultimate Pineapple	550	10	8	0	45	86	2	4	90	0	79
Frozen Bahamarita	310	0	0	0	55	58	0	1	0	0	53
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

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Dreamin' of Blue Seas	620	1.5	1	0	15	103	0	0	15	0	98
MOJITOS											
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
Mojito Cubano	250	0	0	0	15	32	0	0	0	0	30
TROPICAL FAVORITES											
Pineapple-Coconut Martini	160	0	0	0	10	23	0	0	0	0	20
Bahama Mama	240	0	0	0	15	32	less than 1 g	0	0	0	29
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
Pirate Paradise	310	0	0	0	50	43	0	2	0	0	34
MARGARITAS											
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
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
Dragon Fruit Margarita	250	0	0	0	10	35	0	0	0	0	34
COCKTAIL FLIGHTS											
Mama's Hooch & Holler	280	0	0	0	15	33	less than 1 g	0	0	0	30
Margarita Flight	360	0	0	0	10	50	0	less than 1 g	0	0	46
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
WINES											
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
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