



NUTRITION GUIDE

Effective: June 27, 2022

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
Creamy Spinach and Artichoke Dip	1350	94	34	0	2170	103	25	13	850	15	8
Chicken Tostones	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
Skillet-Simmered Jerk Shrimp	970	48	25	1.5	1800	82	51	4	430	350	3
Coconut Shrimp	610	36	8	0	1250	53	19	4	320	105	19
Crab and Three Cheese Dip	1190	80	24	1.5	1500	78	41	9	720	190	7
Firecracker Shrimp	1350	99	12	0	2690	76	39	3	890	320	8
SMALL PLATES											
Yuca Cheese Sticks	1060	82	17	1	1660	71	10	6	740	70	4
Crispy Conch Fritters	320	10	1.5	0	1040	48	11	3	90	35	22
Homemade Guac	700	45	4.5	0	300	68	8	14	410	0	3
SOUP & 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
LIGHT & BREEZY 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											
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
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

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)
<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
Black Bean BBQ Burger Vegetarian	640	31	11	0	1260	74	24	10	280	75	17
Honey Butter Crispy Chicken Sandwich	970	50	12	0	1750	81	51	3	450	185	19
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
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
Black Bean & Guac Tacos (2) Vegetarian	640	39	5	0	1160	64	16	12	350	0	6
Cuban Sandwich	1010	47	23	0	2320	85	60	3	420	150	6
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
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
CREATE A COMBO											
side choice NOT included											
Coconut Shrimp (4)	450	25	6	0	920	41	13	3	230	75	18
Half Cuban Sandwich	500	23	12	0	1160	43	30	2	210	75	3
Honey Butter Crispy Chicken Sandwich	970	50	12	0	1750	81	51	3	450	185	19
Coconut Shrimp Tacos (2)	840	57	11	0	1380	67	16	5	510	80	17
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 (4)	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
Side Choices for 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
ISLAND PASTAS											
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
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
Lobster and Shrimp Linguine	1210	60	25	0.5	3010	102	61	5	540	485	7
SEASIDE											
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

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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
FROM THE MAINLAND											
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
Skirt Steak Churrasco	1060	53	17	1.5	2050	91	54	9	470	180	34
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
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
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
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
Buttermilk Fried Chicken	1570	88	34	1.5	3380	113	85	10	790	320	7
Jamaican Jerk Chicken	1490	66	19	0	2670	118	100	10	600	305	57
DESSERTS											
Rebecca's Key Lime Pie	1050	38	20	1	670	162	16	3	340	265	132
Pineapple Cheesecake Empanadas	1840	100	36	1	1260	210	23	8	890	80	79
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)	460	21	8	1	800	43	25	2	190	60	11
Kid's Side & Beverage Choices											
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
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

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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											
Pineapple-Coconut Martini	160	0	0	0	10	23	0	0	0	0	20
Island Old Fashioned	230	0	0	0	100	24	less than 1 g	1	0	0	22
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
King Carnival	300	0	0	0	10	42	0	0	0	0	40
Bahama Mama	240	0	0	0	15	32	less than 1 g	0	0	0	29
Tito's Beachside Strawberry Breeze	200	0	0	0	5	27	0	1	0	0	25
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
FROZEN COCKTAILS											
Ultimate Pineapple	550	10	8	0	45	86	2	4	90	0	79
Kiwi-Melon Martini	270	1	1	0	20	41	0	0	10	0	39
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
Bahamarita	350	0	0	0	50	66	0	1	0	0	61
MARGARITAS											
Dragon Fruit Margarita	250	0	0	0	10	35	0	0	0	0	34
Coconut-Pineapple Margarita	530	15	13	0	50	63	2	2	140	0	56
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
The Ultimate Margarita	200	0	0	0	5	23	0	0	0	0	22
MOJITOS											
Coconut Mojito	260	5	4.5	0	25	35	less than 1 g	less than 1 g	50	0	31
Mojito Cubano	250	0	0	0	15	32	0	0	0	0	30
Strawberry Mojito	240	0	0	0	10	34	less than 1 g	2	0	0	29
FLIGHT TO PARADISE											
Mama's Hooch & Holler	310	2	2	0	20	40	less than 1 g	less than 1 g	20	0	37
Margarita Flight	470	6	5	0	30	58	less than 1 g	1	50	0	56

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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