

# Texas Roadhouse Nutritional Guide

This information is comprised by data obtained by our suppliers and independent laboratories.

Variations in nutritional values may occur due to the handcrafted nature of our menu items, along with changes in ingredients and procedures. Updated 4/23/2021



## JUST FOR STARTERS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Buffalo Wings - with Hot Sauce	Yes	860	460	50	12	0	145	2830	43	5	1	58
Boneless Buffalo Wings - with Mild Sauce	Yes	760	380	42	11	0	145	2130	37	12	2	60
+ Bleu Cheese Dressing (2 oz)	Yes	280	270	30	5	0	15	370	4	0	1	2
Cactus Blossom®	Yes	1700	800	89	17	2.5	5	5260	202	13	26	27
+ Cajun Sauce (3 oz)	Yes	270	240	26	6	0	25	370	9	less than 1g	6	less than 1g
Cheese Fries - Small	No	860	390	44	17	1	70	3180	91	10	0	26
Cheese Fries - Regular	Yes	1240	580	65	25	1	110	4570	127	14	less than 1g	39
Cheese Fries - Regular with Chili	Yes	1460	720	80	30	1.5	145	5200	136	16	4	49
Firecracker Shrimp (14 pieces)	No	1100	810	88	14	0	210	1610	58	5	13	23
Fried Pickles	Yes	550	340	38	7	0	0	2580	48	5	1	6
+ Cajun Sauce (3 oz)	Yes	270	240	26	6	0	25	370	9	less than 1g	6	less than 1g
+ Ranch Dressing (3 oz)	Yes	430	420	47	6	0	20	510	5	0	1	less than 1g
Grilled Shrimp	Yes	240	70	8	3	0	110	1240	25	1	4	17
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Killer Ribs - includes Steak Fries	Yes	910	480	53	18	0	175	2470	60	8	4	49
Rattlesnake Bites	Yes	560	330	36	19	0.5	80	1430	34	3	3	25
+ Cajun Sauce (3 oz)	Yes	270	240	26	6	0	25	370	9	less than 1g	6	less than 1g
+ Ranch Dressing (3 oz)	Yes	430	420	47	6	0	20	510	5	0	1	less than 1g
Tater Skins	Yes	1020	440	29	22	1	115	2110	107	12	3	37
+ Sour Cream (2 oz)	Yes	110	100	11	7	0	30	25	2	0	2	1
Twisted Mozzarella	No	650	320	36	14	0	60	2060	58	2	2	25
+ Marinara Sauce (3 oz)	No	35	15	2	0	0	0	320	4	less than 1g	0	1

## Combo Appetizer Options (see matching item above for sauce options)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Buffalo Wings - with Hot Sauce	Yes	430	230	25	6	0	75	1410	21	2	less than 1g	29
Boneless Buffalo Wings - with Mild Sauce	Yes	380	190	21	6	0	75	1070	19	6	less than 1g	30
Fried Pickles	Yes	280	170	19	3.5	0	0	1290	24	2	less than 1g	3
Rattlesnake Bites	Yes	280	160	18	9	0	40	720	17	2	1	13
Tater Skins	Yes	510	220	24	11	0	60	1060	53	6	1	18

## Chili & Soup

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Texas Red Chili (Cup)	Yes	290	140	16	5	0	55	865	16	4	4	21
Texas Red Chili (Bowl)	Yes	490	240	27	11	1	100	1450	27	6	7	35
Loaded Potato Soup (Cup)	No	150	90	10	4.5	0	15	500	15	less than 1g	2	2
Loaded Potato Soup (Bowl)	No	260	140	16	7	0	25	830	25	2	3	3
+ Saline Crackers (1 packet)	Yes	25	0	0	0	0	0	50	5	0	0	0

## SALADS – Dinner-sized Salads (dressing not included unless indicated)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
California Chicken Salad	No	740	360	41	19	0	250	1640	20	11	9	78
Chicken Caesar Salad - dressing included	Yes	1050	730	81	18	0	215	1090	22	8	5	63
Chicken Critter® Salad	Yes	690	360	41	17	0	355	1440	27	6	8	56
Grilled Chicken Salad	Yes	810	400	45	22	0	465	1240	20	7	9	85
Grilled Salmon Salad	Yes	800	470	53	22	0	375	1270	18	7	7	66
Grilled Shrimp House Salad	No	730	390	44	22	0	525	3210	22	6	9	65
Grilled Shrimp Caesar Salad - dressing included	No	970	720	80	18	0	275	3070	24	5	7	42
Salmon Caesar Salad - dressing included	Yes	1150	950	104	24	0	105	2220	22	6	5	35
Steakhouse Filet Salad - dressing included	Yes	910	520	57	18	1	160	2290	38	8	20	68
+ Dressing - Bleu Cheese (3 oz)	Yes	420	410	45	7	0	25	550	5	0	1	3
+ Dressing - Caesar (3 oz)	Yes	460	440	48	8	0	25	430	6	0	1	3
+ Dressing - Honey French (3 oz)	No	220	80	8	1	0	0	540	36	0	33	0
+ Dressing - Honey Lime (3 oz)	No	240	70	7	1	0	0	930	45	0	43	0
+ Dressing - Honey Mustard (3 oz)	Yes	470	430	47	7	0	20	420	16	less than 1g	11	less than 1g
+ Dressing - Italian (3 oz)	Yes	400	330	36	5	0	0	660	17	less than 1g	15	less than 1g
+ Dressing - Low Fat Ranch (3 oz)	No	330	270	30	4.5	0	30	810	3	0	3	3
+ Dressing - Parmesan Peppercorn (3 oz)	No	320	290	32	8	0	35	770	6	less than 1g	2	5
+ Dressing - Ranch (3 oz)	Yes	430	420	47	6	0	20	510	5	0	1	less than 1g
+ Dressing - Thousand Island (3 oz)	Yes	400	350	39	5	0	20	680	14	less than 1g	7	less than 1g

## SALADS – Side Salads (dressing not included unless indicated)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad - dressing included	Yes	420	360	39	9	0	30	470	11	2	2	8
House Salad	Yes	230	140	16	8	0	135	290	9	2	4	13
+ Dressing - Bleu Cheese (2 oz)	Yes	280	270	30	5	0	15	370	4	0	1	2
+ Dressing - Caesar (2 oz)	Yes	310	290	32	5	0	15	290	4	0	less than 1g	2
+ Dressing - Honey French (2 oz)	No	140	50	6	1	0	0	360	24	0	22	0
+ Dressing - Honey Lime (2 oz)	No	160	45	5	0.5	0	0	620	30	0	29	0
+ Dressing - Honey Mustard (2 oz)	Yes	320	290	32	7	0	13	280	11	less than 1g	7	less than 1g
+ Dressing - Italian (2 oz)	Yes	270	220	24	3	0	0	440	11	less than 1g	10	0
+ Dressing - Low Fat Ranch (2 oz)	No	220	180	20	3	0	20	540	2	0	2	2
+ Dressing - Parmesan Peppercorn (2 oz)	No	220	200	22	5	0	20	520	4	0	1	3
+ Dressing - Ranch (2 oz)	Yes	290	280	31	4	0	15	340	4	0	less than 1g	less than 1g
+ Dressing - Thousand Island (2 oz)	Yes	270	240	26	4	0	10	460	10	less than 1g	5	less than 1g

## HAND-CUT STEAKS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bone-In Ribeye (20 oz)	Yes	1480	900	101	44	10	450	1720	20	4	4	143
Dallas Filet (6 oz)	Yes	270	90	10	4	1	110	720	6	2	2	45
Dallas Filet (8 oz)	Yes	360	120	13	6	1.5	145	960	8	2	2	60
Filet Medallions (9 oz) - includes Seasoned Rice	Yes	760	280	30	11	1.5	165	2370	56	5	5	74
+ Peppercorn Sauce (4 oz)	Yes	160	130	14	5	0	0	830	7	0	2	less than 1g
+ Portobello Mushroom Sauce (4 oz)	No	70	45	5	2	0	0	440	6	less than 1g	2	2
Ft. Worth Ribeye (10 oz)	No	800	540	60	25	5	200	980	2	3	2	65
Ft. Worth Ribeye (12 oz)	Yes	960	650	72	30	6	240	1180	2	4	2	78
Ft. Worth Ribeye (14 oz)	No	1120	760	84	35	7	285	1370	14	4	2	90
Ft. Worth Ribeye (16 oz)	Yes	1280	860	96	40	8	325	1570	3	5	3	103
New York/Kansas City Strip (8 oz)	Yes	420	200	22	9	1.5	335	660	less than 1g	less than 1g	2	57
New York/Kansas City Strip (12 oz)	Yes	640	300	33	13	2	505	980	1	1	3	85
Porterhouse T-Bone (23 oz)	Yes	1040	490	54	24	3.5	400	1440	1	2	4	139
Prime Rib (10 oz)	No	780	540	59	26	4	220	740	2	2	1	62
Prime Rib (12 oz)	Yes	940	640	71	31	5	260	890	2	2	1	75
Prime Rib (16 oz)	Yes	1250	860	95	42	7	350	1180	2	3	2	99
+ Au Jus (3 oz)	Yes	40	20	2	0	0	0	530	4	less than 1g	2	less than 1g
Ribeye Cap Steak (7.5 oz)	No	700	350	38	14	1.5	105	1710	48	2	4	39
+ Chimichurri Sauce (2 oz)	No	300	280	32	4	0	0	420	4	0	0	0
+ Peppercorn Ssauce (3 oz)	No	120	100	11	4	0	0	630	5	0	1	0
Road Kill	Yes	720	480	53	23	2	145	1250	7	3	2	54
Road Kill - With Black Bean Patty	No	680	400	45	18	0	25	2540	50	11	10	19
Steak Kabob - includes Seasoned Rice	Yes	1000	460	51	15	0	135	3310	85	2	31	50
USDA Choice Sirloin (6 oz)	Yes	250	50	6	2.5	0	125	560	3	1	1	46
USDA Choice Sirloin (8 oz)	Yes	340	70	8	3	0	170	740	5	2	2	61
USDA Choice Sirloin (11 oz)	Yes	460	100	11	4.5	0.5	235	1020	6	2	3	84
USDA Choice Sirloin (16 oz)	Yes	670	140	16	6	1	340	1490	9	3	4	122

## STEAK SMOTHERS – Steaks 11oz and smaller

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Sautéed Mushrooms (3.5 oz)	Yes	60	45	5	1.5	0	0	250	3	less than 1g	1	2
Sautéed Onions (3 oz)	Yes	90	60	7	2.5	0	0	330	6	less than 1g	2	less than 1g
Jack Cheese (1 oz)	Yes	100	70	8	5	0	25	180	0	0	0	7
Brown Gravy (2 oz)	Yes	70	50	6	1	0	0	310	3	0	0	less than 1g
Grilled Shrimp	Yes	240	70	8	3	0	110	1240	25	1	4	17
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Fire-Roasted Green Chiles	No	80	70	7	2.5	0	0	1240	2	1	less than 1g	0
Fire-Roasted Green Chile Sauce	No	190	10	1.5	0	0	20	330	22	6	14	10

## FALL-OFF-THE-BONE RIGS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Ribs - Half Slab	Yes	900	570	63	25	0	285	1400	9	3	6	72
Ribs - Full Slab	Yes	1450	920	102	41	0	460	2260	15	4	10	116

## TEXAS-SIZED COMBOS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Critters® with Ribs	Yes	820	460	51	18	0	250	1540	21	3	5	70
Chicken Critters® with Sirloin 6 oz	Yes	520	160	18	5	0	200	1240	19	3	2	72
Filet 6 oz with Grilled Shrimp	Yes	510	160	18	7	1	220	1960	31	3	5	62
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Filet 6 oz with Ribs	Yes	820	440	49	20	1	285	1580	12	3	5	90
Grilled BBQ Chicken with Ribs	Yes	810	390	43	17	0	335	1180	16	3	11	91
Grilled BBQ Chicken with Sirloin 6 oz	Yes	510	90	10	3.5	0	285	880	13	3	9	92
Ribeye 10 oz with Grilled Shrimp	No	1040	610	68	28	5	310	2220	35	4	5	81
+ Garlic Butter (1 oz)	No	170	170	18	8	0	0	430	less than 1g	0	0	0
Ribeye 10 oz with Ribs	No	1350	890	99	41	5	375	1840	16	5	6	109
Ribeye 12 oz with Grilled Shrimp	No	1200	720	80	33	6	350	2420	37	5	6	94
+ Garlic Butter (1 oz)	No	170	170	18	8	0	0	430	less than 1g	0	0	0
Ribeye 12 oz with Ribs	No	1510	1000	111	46	6	420	2040	18	5	6	122
Sirloin 6 oz with Grilled Shrimp	Yes	490	130	14	5	0	235	1800	28	3	5	63
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Sirloin 6 oz with Ribs	Yes	800	410	45	18	0	300	1420	9	3	5	90
Sirloin 8 oz with Grilled Shrimp	Yes	570	140	16	6	0.5	280	1990	30	3	6	78
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Sirloin 8 oz with Ribs	Yes	890	420	47	19	0.5	345	1600	10	3	6	105

## CHICKEN SPECIALTIES

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
California Grilled Chicken	No	490	190	22	8	0	185	970	23	6	17	55
Chicken Critters®	Yes	480	190	21	4	0	130	1190	26	3	2	45
+ BBQ Sauce (2 oz)	Yes	80	0	0	0	0	0	270	18	0	14	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	7	0	13	280	11	less than 1g	7	less than 1g
+ Ranch Dressing (2 oz)	Yes	290	280	31	4	0	15	340	4	0	less than 1g	less than 1g
Country Fried Chicken	Yes	750	380	43	15	0	175	1350	43	1	9	47
Green Chile Grilled Chicken	No	370	130	14	7	0	185	760	6	3	2	54
Grilled BBQ Chicken	Yes	260	35	3.5	1	0	160	320	10	2	8	46
Herb Crusted Chicken	Yes	250	35	4	1	0	160	2910	6	3	3	47
Portobello Mushroom Chicken	No	430	170	19	10	0	195	810	6	3	2	59
Sierra Chicken Pasta	No	910	390	44	23	0	225	1320	79	13	8	53
Smothered Chicken - topped with Cream Gravy	Yes	400	160	18	7	0	175	690	11	3	6	50
Smothered Chicken - topped with Jack Cheese	Yes	420	170	19	9	0	185	720	7	3	3	55

## COUNTRY DINNERS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Beef Tips - with Mashed Potatoes	Yes	990	570	63	25	0.5	155	4090	50	6	9	56
Beef Tips - with Seasoned Rice	Yes	990	490	54	17	0.5	145	4910	66	4	9	57
Country Fried Sirloin	Yes	1100	640	71	21	0	195	2040	68	2	9	50
Grilled Pork Chops (Single)	Yes	290	110	12	4.5	0	305	1620	4	1	less than 1g	41
Grilled Pork Chops (Double)	Yes	580	220	25	9	0	610	3250	7	2	1	82
+ Peppercorn Sauce (3 oz)	Yes	120	100	11	4	0	0	630	5	0	1	less than 1g
Pulled Pork Dinner	No	860	340	40	13	0	275	1110	50	4	22	80
Pulled Pork Dinner - North Carolina only	No	810	340	38	14	0	275	1340	37	3	13	81
Pulled Pork Dinner - South Carolina only	No	820	330	37	13	0	245	1250	47	4	21	78
Country Veg Plate - See "Legendary Sides" for options	Yes											

## DOCKSIDE FAVORITES

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fish and Chips - includes Steak Fries	No	1180	380	42	8	1	110	4770	136	9	0	61
+ Tartar Sauce (3 oz)	No	390	350	38	5	0	15	530	14	0	9	0
Fried Catfish (3 pieces)	No	530	300	33	6	0	105	770	29	less than 1g	less than 1g	30
Fried Catfish (4 pieces)	No	710	390	44	9	0	135	1030	39	less than 1g	less than 1g	40
+ Creole Mustard Sauce (3 oz)	No	520	510	57	8	0	25	520	5	0	0	0
Grilled Salmon (5 oz)	Yes	320	220	24	7	0	75	500	less than 1g	0	0	27
Grilled Salmon (8 oz)	Yes	480	300	33	8	0	120	680	1	less than 1g	less than 1g	45
+ Tartar Sauce (2 oz)	Yes	260	230	26	3.5	0	10	360	9	0	6	0
Grilled Shrimp - includes Seasoned Rice	Yes	500	170	18	5	0	220	3450	50	2	4	32
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Roadhouse Fish Fry - includes Steak Fries	No	1140	380	42	8	1	110	4090	125	8	0	59
+ Tartar Sauce (3 oz)	No	390	350	38	5	0	15	530	14	0	9	0

## BURGERS (Steak Fries not included)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
All-American Cheeseburger	Yes	1010	610	68	27	1.5	125	2210	50	6	6	52
Bacon Cheeseburger	Yes	1150	700	78	30	1.5	150	2690	50	6	6	62
Smokehouse Burger	Yes	1200	720	80	33	1.5	150	2710	62	6	14	60
+ Sliced Avocado	No	80	60	7	1	0	0	0	4	3	0	1

## SANDWICHES (Steak Fries not included)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
BBQ Chicken Sandwich	Yes	720	280	31	10	0	165	1410	56	6	12	57
Mushroom Jack Chicken Sandwich	Yes	820	370	42	16	0	190	1600	48	6	5	65
Pulled Pork Sandwich	No	1010	470	54	17	0	225	1840	63	5	17	70
Pulled Pork Sandwich - North Carolina only	No	970	470	52	18	0	220	2020	53	5	10	71
Pulled Pork Sandwich - South Carolina only	No	970	460	51	17	0	200	1950	61	5	16	68

## KIDS MEALS (side and drink not included)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
All-Beef Hot Dog	Yes	370	200	24	10	0	45	870	25	1	3	12
All-Beef Hot Dog with Chili	Yes	440	250	29	12	0	55	890	28	2	4	15
Grilled Chicken	Yes	160	25	2.5	1	0	115	135	less than 1g	1	0	34
Jr. Chicken Tenders	Yes	360	140	16	3	0	70	780	24	2	0	31
Macaroni and Cheese	Yes	300	80	9	3	0	10	660	45	2	8	10
Lil' Dillo Steak Bites	Yes	170	35	4	1.5	0	85	370	2	less than 1g	less than 1g	31
Mini-Cheeseburgers	Yes	610	300	33	14	0.5	60	890	48	3	7	29

## RANGER MEALS (side and drink not included)

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Andy's Steak (6 oz)	Yes	250	50	6	2.5	0	125	560	3	1	1	46
Chicken Critters® Basket	Yes	340	130	15	3	0	95	850	19	2	1	32
+ BBQ Sauce (2 oz)	Yes	80	0	0	0	0	0	270	18	0	14	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	7	0	13	280	11	less than 1g	7	less than 1g
+ Ranch Dressing (2 oz)	Yes	290	280	31	4	0	15	340	4	0	less than 1g	less than 1g
Ranger Rib Basket	Yes	550	350	39	15	0	175	860	6	2	4	44

## KIDS SIDE OPTIONS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple Sauce	Yes	150	0	0	0	0	0	15	37	3	30	0
Buttered Corn	Yes	210	80	9	3.5	0	0	660	32	3	4	5
Fresh Vegetables	Yes	190	140	15	7	0	0	420	12	5	5	4
Green Beans	Yes	100	30	3	1	0	10	1070	13	2	4	6
Mashed Potatoes	Yes	220	140	15	6	0	9	360	19	2	2	3
Steak Fries	Yes	200	100	11	2	0	0	1790	22	1	2	2

## DESSERTS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Big Ol' Brownie	Yes	1230	360	42	23	0	130	670	205	6	150	9
Bread Pudding	No	1740	420	47	14	4.5	165	900	309	4	240	25
Vanilla ice cream for Bread Pudding	No	280	120	14	8	0	100	110	34	0	26	4
Granny's Apple Classic	Yes	1260	560	62	30	0	110	940	170	4	106	10
Strawberry Cheesecake	Yes	780	490	45	24	0	135	560	81	3	59	38

## LEGENDARY SIDES & EXTRAS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Apple Sauce	Yes	150	0	0	0	0	0	15	37	3	30	0
Baked Potato	Yes	380	120	13	5	0	10	1970	60	6	3	7
+ Butter - Whipped (1 oz)	Yes	100	100	11	3.5	0	0	140	0	0	0	0
+ Sour Cream (1 oz)	Yes	60	50	6	3.5	0	15	10	1	0	1	0
Baked Potato - Loaded (cheddar cheese, bacon bits and sour cream)	Yes	650	350	39	17	0	60	2440	61	6	4	17
Buttered Corn	Yes	210	80	9	3.5	0	0	660	32	3	4	5
Caesar Salad - includes dressing	Yes	420	360	39	9	0	30	470	11	2	2	8
Coleslaw	No	330	280	31	4	0	15	320	14	2	8	1
Cottage Cheese	No	160	70	8	4.5	0	35	720	8	0	6	18
Fresh Vegetables	Yes	190	140	15	7	0	0	420	12	5	5	4
Green Beans	Yes	100	30	3	1	0	10	1070	13	2	4	6
House Salad - without dressing (see "Side Salads")	Yes	230	140	16	8	0	135	290	9	2	4	13
Loaded Potato Soup (Cup)	No	150	90	10	4.5	0	15	500	15	less than 1g	2	2
+ Saltine Crackers (1 packet)	No	25	0	0	0	0	0	50	5	0	0	0
Mashed Potatoes	Yes	220	140	15	6	0	9	360	19	2	2	3
+ Brown Gravy (2 oz)	Yes	70	50	6	1	0	0	310	3	0	0	less than 1g
+ Cream Gravy (2 oz)	Yes	90	60	7	3.5	0	15	150	5	0	3	2
Mashed Potatoes - Loaded (cheddar cheese, bacon bits and sour cream)	Yes	500	360	40	19	0	55	760	20	2	3	13
Macaroni and Cheese	No	170	72	8	6	0	40	480	16	2	2	8
Sautéed Mushrooms	Yes	90	70	7	2.5	0	0	350	4	less than 1g	2	3
Sautéed Onions	Yes	150	100	11	4	0	0	560	10	1	4	less than 1g
Seasoned Rice	Yes	360	150	16	3.5	0	0	1330	47	2	3	6
Steak Fries	Yes	360	120	14	2.5	0	0	1610	54	6	0	5
Steak Fries - Loaded (cheddar cheese and bacon bits)	Yes	510	230	25	9	0	40	1930	54	6	0	15
Sweet Potato	Yes	350	80	9	4	0	10	120	62	10	19	6
+ Butter - Honey Cinnamon (1 oz)	Yes	100	90	10	3	0	0	125	2	0	2	0
Sweet Potato - Loaded (mini-marshmallows and caramel sauce)	Yes	770	250	28	12	0	8	310	126	11	70	7
Texas Red Chili (Cup)	Yes	290	140	16	5	0	55	865	16	4	4	21
+ Saltine Crackers (1 packet)	Yes	25	0	0	0	0	0	50	5	0	0	0

## SIDEKICKS

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Shrimp Sidekick	Yes	240	70	8	3	0	110	1240	25	1	4	17
+ Garlic Butter (1 oz)	Yes	170	170	18	8	0	0	430	less than 1g	0	0	0
Rib Sidekick	Yes	550	350	39	15	0	175	860	6	2	4	44

## LEGENDARY LUNCH MENU

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Buffalo Wings - with Mild Sauce & Steak Fries	No	1120	500	56	14	0	145	3740	91	18	2	65
Boneless Buffalo Wings - with Hot Sauce & Steak Fries	No	1210	580	64	15	0	150	4440	97	11	1	64
+ Bleu Cheese Dressing (2 oz)	No	280	270	30	5	0	15	370	4	0	1	2
Chicken Critters® & Steak Fries	No	700	260	29	6	0	95	2460	73	8	1	38
+ BBQ Sauce (2 oz)	Yes	80	0	0	0	0	0	270	18	0	14	0
+ Honey Mustard Dressing (2 oz)	Yes	320	290	32	7	0	13	280	11	less than 1g	7	less than 1g
+ Ranch Dressing (2 oz)	Yes	290	280	31	4	0	15	340	4	0	less than 1g	less than 1g
Sirloin Salad - dressing not included	No	820	400	45	23	0	430	1550	21	7	8	84

## OTHER

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fresh Baked Bread (1 piece)	Yes	120	10	1	0	0	0	105	24	1	3	4
+ Butter - Honey Cinnamon (1 oz)	Yes	100	90	10	3	0	0	125	2	0	2	0
+ Butter - Whipped (1 oz)	Yes	100	100	11	3.5	0	0	140	0	0	0	0
Peanuts (1 oz)	Yes	160	110	12	2	0	0	210	7	3	less than 1g	7
Texas Roadhouse® Steak Sauce (1 Tbsp)	Yes	25	0	0	0	0	0	220	6	0	4	0

## BEVERAGES, NONALCOHOLIC – Soft Drinks

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Coca-Cola® (Regular)	Yes	130	0	0	0	0	0	30	36	0	36	0
Coca-Cola® (Kids)	Yes	80	0	0	0	0	0	20	22	0	22	0
Diet Coke® (Regular)	Yes	0	0	0	0	0	0	40	0	0	0	0
Diet Coke® (Kids)	Yes	0	0	0	0	0	0	25	0	0	0	0
Hi-C® Fruit Punch (Regular)	No	140	0	0	0	0	0	50	38	0	38	0
Hi-C® Fruit Punch (Kids)	No	80	0	0	0	0	0	30	23	0	23	0
Hi-C® Orange (Regular)	No	150	0	0	0	0	0	30	41	0	40	0
Hi-C® Orange (Kids)	No	90	0	0	0	0	0	20	24	0	24	0
Minute Maid® Lemonade (Regular)	Yes	130	0	0	0	0	0	90	36	0	34	0
Minute Maid® Lemonade (Kids)	Yes	80	0	0	0	0	0	50	21	0	20	0
Sprite® (Regular)	Yes	130	0	0	0	0	0	60	35	0	35	0
Sprite® (Kids)	Yes	80	0	0	0	0	0	35	21	0	21	0

## BEVERAGES, NONALCOHOLIC – Flavored Lemonades

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Blue Crush Lemonade (Regular)	Yes	150	0	0	0	0	0	30	40	0	38	0
Blue Crush Lemonade (Kids)	Yes	90	0	0	0	0	0	20	23	0	22	0
Red Raspberry Lemonade (Regular)	Yes	150	0	0	0	0	0	30	40	0	37	0
Red Raspberry Lemonade (Kids)	Yes	90	0	0	0	0	0	20	23	0	22	0
Wild Strawberry Lemonade (Regular)	Yes	150	0	0	0	0	0	30	40	0	38	0
Wild Strawberry Lemonade (Kids)	Yes	90	0	0	0	0	0	20	23	0	22	0

## BEVERAGES, NONALCOHOLIC – Other

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Coffee - Decaffeinated	Yes	5	0	0	0	0	0	0	1	0	0	0
Coffee - Regular	Yes	5	0	0	0	0	0	0	1	0	0	0
Dasani® Bottled Water	Yes	0	0	0	0	0	0	0	0	0	0	0
Juice - Apple	Yes	80	0	0	0	0	0	15	21	0	19	0
Juice - Orange	Yes	90	0	0	0	0	0	15	20	0	18	1
Milk - Chocolate	Yes	150	20	2.5	1.5	0	10	170	26	less than 1g	23	7
Milk - Regular	Yes	90	20	2	1.5	0	10	105	10	0	10	7



## BEVERAGES, ALCOHOL – Margaritas

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Legend Margarita	Yes	270	0	0	0	0	0	5	35	0	31	0
Mango Margarita (18 oz)	No	480	0	0	0	0	0	35	76	0	69	less than 1g
Original Margarita - Frozen (10 oz)	No	230	0	0	0	0	0	5	35	0	31	0
Original Margarita - Frozen (18 oz)	Yes	430	0	0	0	0	0	10	66	0	59	0
Original Margarita - Rocks (10 oz)	No	170	0	0	0	0	0	0	16	0	14	0
Original Margarita - Rocks (18 oz)	Yes	280	0	0	0	0	0	0	26	0	23	0
Hurricane Margarita - Frozen (18 oz)	Yes	460	0	0	0	0	0	10	73	0	66	less than 1g
Hurricane Margarita - Rocks (18 oz)	Yes	260	0	0	0	0	0	5	37	0	34	less than 1g
Jamaican Cowboy Margarita - Frozen (18 oz)	Yes	440	0	0	0	0	0	10	59	0	52	less than 1g
Jamaican Cowboy Margarita - Rocks (18 oz)	Yes	240	0	0	0	0	0	0	22	0	20	less than 1g
Raspberry Margarita - Frozen (18 oz)	Yes	470	0	0	0	0	0	10	83	less than 1g	76	0
Sangria Margarita - Frozen (18 oz)	No	440	0	0	0	0	0	10	66	0	58	0
Sangria Margarita - Rocks (18 oz)	No	260	0	0	0	0	0	0	28	0	24	0
Strawberry Margarita - Frozen (18 oz)	Yes	470	0	0	0	0	0	35	85	0	77	0

## BEVERAGES, ALCOHOL – Margaritas Kickers

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clolesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
+ 1800® Kicker	No	60	0	0	0	0	0	0	0	0	0	0
+ Margaritaville® Gold Kicker	No	60	0	0	0	0	0	0	0	0	0	0
+ Patrón® Kicker	No	60	0	0	0	0	0	0	3	0	2	0
Margaritas (Utah Locations Only)												
Original Margarita - Frozen (10 oz)	No	210	0	0	0	0	0	5	36	0	32	0
Original Margarita - Frozen (18 oz)	No	260	0	0	0	0	0	0	37	0	33	0
Original Margarita - Rocks (10 oz)	No	160	0	0	0	0	0	0	23	0	21	0
Original Margarita - Rocks (18 oz)	No	390	0	0	0	0	0	15	70	0	63	0
Hurricane Margarita - Rocks (18 oz)												
Hurricane Margarita - Frozen (18 oz)												
Jamaican Cowboy Margarita - Frozen (18 oz)	No	340	0	0	0	0	0	15	72	0	64	0
Jamaican Cowboy Margarita - Rocks (18 oz)	No	210	0	0	0	0	0	5	30	0	26	less than 1g
Peach Margarita - Frozen (18 oz)	No	460	0	0	0	0	0	10	79	0	71	0
Raspberry Margarita - Frozen (18 oz)	No	750	15	1.5	0	0	0	10	106	0	51	2
Strawberry Margarita - Frozen (18 oz)	No	460	0	0	0	0	0	10	87	less than 1g	78	0

## BEVERAGES, ALCOHOL – Signature Cocktails

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Armadillo Punch	Yes	130	0	0	0	0	0	5	17	0	16	0
Long Island Iced Tea	Yes	270	0	0	0	0	0	40	55	0	51	0
Kenny's Cooler	Yes	290	0	0	0	0	0	20	40	0	37	0
+ Island Kicker	No	45	0	0	0	0	0	0	0	0	0	0
Sangria Red	No	280	0	0	0	0	0	35	53	0	49	less than 1g
Texas Peach Fuzz	Yes	160	0	0	0	0	0	5	15	0	14	less than 1g
Top Shelf Long Island Iced Tea	Yes	340	0	0	0	0	0	40	55	0	51	0

## BEVERAGES, ALCOHOL – Wine

Menu Item Name	Available at all locations?	Calories	Calories from Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Clorestero (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Blush wine (6 oz glass, 4 glasses per bottle)	Yes	130	0	0	0	0	0	20	10	0	7	0
Blush wine (9 oz Texas Pour)	Yes	200	0	0	0	0	0	30	15	0	11	0
Red wine (6 oz glass, 4 glasses per bottle)	Yes	150	0	0	0	0	0	10	5	0	1	0
Red wine (9 oz Texas Pour)	Yes	230	0	0	0	0	0	15	8	0	2	0
White wine (6 oz glass, 4 glasses per bottle)	Yes	150	0	0	0	0	0	10	5	0	2	0
White wine (9 oz Texas Pour)	Yes	230	0	0	0	0	0	15	8	0	3	0