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## Texas Roadhouse

	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
<b>Just for Starters</b>						
Grilled Shrimp - without butter sauce	240	3	1240	25	1	17
Marinara Sauce	35	0	320	4	>1	1
<b>Chili &amp; Soup</b>						
Loaded Potato Soup (1 cup) - No saltines	150	4.5	500	15	0	2
<b>Salads - Dinner Size Meals</b>						
Grilled Chicken Caesar Salad - No Dressing	590	10	660	13	8	60
House Salad-No Dressing	230	8	290	9	2	13
<b>Dressing (2 oz)</b>						
Honey French	220	1	540	36	0	0
Italian	400	5	660	17	0	0
Low Fat Ranch	330	4.5	810	3	0	3
<b>Hand-Cut Steaks</b>						
Dallas Filet - 6 ounces	270	4	720	6	2	45
Dallas Filet -8 ounces	360	6	960	8	2	60
USDA Choice Sirloin - 6 ounces	250	2.5	560	3	1	46
USDA Choice Sirloin - 8 ounces	340	3	740	5	2	61
USDA Choice Sirloin - 11 ounces	460	4.5	1020	6	2	84
USDA Choice Sirloin - 16 ounces	670	6	1490	9	3	122
<b>Steak Smothers</b>						
Sauteed Mushrooms (3.5 ounces)	60	1.5	250	3	0	2
Brown Gravy (2 ounces)	70	1	310	3	0	0
<b>Texas Size Combos</b>						
Grilled BBQ Chicken with Sirloin (6 ounces)	510	3.5	880	13	3	92
Chicken Critters with Sirloin (6 ounces)	520	5	1240	19	3	72



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<b>Chicken Specialties</b>						
Grilled BBQ Chicken	260	1	320	10	2	46
Smothered Chicken topped with Cream Gravy	400	7	690	11	3	50
Smothered Chicken topped with Jack Cheese	420	9	720	7	3	55
<b>Dockside Favorites</b>						
Fried Catfish (3 pieces)	530	6	770	29	0	30
Grilled Salmon (5 ounces)	320	7	500	0	0	27
<b>Sandwiches (Steak Fries not included)</b>						
BBQ Chicken Sandwich	720	10	1410	56	6	57
<b>Kids Meal (sides and drink not included)</b>						
Grilled Chicken	160	1	135	0	1	35
Lil' Dillo Steak Bites	170	1.5	370	2	0	31
Jr. Chicken Tenders	360	3	780	24	2	31
Andy's Steak (6 ounces)	250	2.5	560	3	1	46
<b>Legendary Sides &amp; Extras</b>						
Apple Sauce	150	0	15	37	3	0
Buttered Corn	210	3.5	660	32	3	5
Green Beans	100	1	1070	13	2	6
Coleslaw	330	4	320	14	2	1
House Salad-No Dressing	230	8	290	9	2	13
Sauteed Mushrooms	90	2.5	350	4	>1	3
Sweet Potato (no toppings)	350	4	120	62	10	6
<b>Other</b>						
Fresh Baked Bread (1 piece-no butter)	120	0	105	24	1	4
Peanuts - 1 ounce (about 16 shelled nuts)	160	2	210	7	3	7
Texas Road House Steak Sauce (1 TBSP)	25	0	220	6	0	0