

Texas Roadhouse

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Just for Starters						
Grilled Shrimp – w/o butter sauce	240	3	1240	25	1	17
Marinara Sauce	35	0	320	4	0	1
Chili & Soup*						
Loaded Potato Soup (1 cup)	150	4.5	500	15	0	2
Texas Red Chili	290	5	865	16	4	21
<i>*no saltine crackers included</i>						
Salads - Dinner Size Meals (no dressing)						
Grilled Chicken Caesar Salad	590	10	660	13	8	60
House Salad	230	8	290	9	2	13
Dressing (3 oz)						
Honey French	220	1	540	36	0	0
Honey Lime	240	1	930	45	0	0
Low Fat Ranch	330	4.5	810	3	0	3
Hand-Cut Steaks						
Dallas Filet - 6 oz	270	4	720	6	2	45
Dallas Filet - 8 oz	360	6	960	8	2	60
USDA Choice Sirloin - 6 oz	250	2.5	560	3	1	46
USDA Choice Sirloin - 8 oz	340	3	740	5	2	61
USDA Choice Sirloin - 11 oz	460	4.5	1020	6	2	84
USDA Choice Sirloin - 16 oz	670	6	1490	9	3	122
Steak Smothers						
Sautéed Mushrooms (3.5 oz)	60	1.5	250	3	0	2
Brown Gravy (2 oz)	70	1	310	3	0	0
Texas Size Combos – 6 oz						
Grilled BBQ Chicken w/ Sirloin	510	3.5	880	13	3	92
Chicken Critters w/ Sirloin	520	5	1240	19	3	72

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Chicken Specialties						
Grilled BBQ Chicken	260	1	320	10	2	46
Smothered Chicken Topped w/ Cream Gravy	400	7	690	11	3	50
Smothered Chicken topped w/ Jack Cheese	420	9	720	7	3	55
Dockside Favorites						
Fried Catfish (3 pieces)	530	6	770	29	0	30
Grilled Salmon (5 oz)	320	7	500	0	0	27
Sandwiches (Steak Fries not included)						
BBQ Chicken Sandwich	720	10	1410	56	6	57
Kids Meal (sides and drink not included)						
Grilled Chicken	160	1	135	0	1	34
Lil' Dillo Steak Bites	170	1.5	370	2	0	31
Jr. Chicken Tenders	360	3	780	24	2	31
Andy's Steak (6 oz)	250	2.5	560	3	1	46
Legendary Sides & Extras						
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
Sautéed Mushrooms	90	2.5	350	4	0	3
Sweet Potato (no toppings)	350	4	120	62	10	6
Other						
Fresh Baked Bread (1 piece- no butter)	120	0	105	24	1	4
Peanuts - 1 oz (about 16 shelled nuts)	160	2	210	7	3	7
Texas Roadhouse Steak Sauce (1 TBSP)	25	0	220	6	0	0