

TEXAS ROADHOUSE NUTRITIONAL INFORMATION

	Category	Item	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Sodium (mg)	Carbs (g)	Sugar (g)
Steaks & Ribs	6 oz Sirloin Steak	250	6	2.5	46	560	—	—	
	20 oz Bone-In Ribeye	1,480	101	44	143	1,720	—	—	
	Full Slab Ribs	\$1,450.00	102	—	—	—	—	—	
	Half Slab Ribs	\$900.00	63	—	—	—	—	—	
Seafood	5 oz Grilled Salmon	\$410.00	33	—	27	770	—	—	
	4-Piece Fried Catfish	1,170	93	—	40	1,490	—	—	
Salads	House Salad (No Dressing)	230	16	—	13	290	—	—	
	Steakhouse Filet Salad	1,340	103	—	71	2,870	—	—	
Chicken & Pork	Grilled Pork Chop (Single)	290	12	—	41	1,620	—	—	
	Country Fried Sirloin	1,180	76	—	52	2,220	—	—	
Burgers & Sandwiches	BBQ Chicken Sandwich	640	18	—	55	1,310	—	—	
	Smokehouse Burger	1,080	67	—	58	2,490	—	—	
Pasta Dishes	Chicken & Broccoli Pasta	\$850.00	36	—	44	—	—	—	

	Shrimp & Broccoli Pasta	\$860.00	34	–	45	–	–	–	
Desserts	Chocolate Stampede	\$1,410.00	73	–	–	–	154	–	
	New York Style Cheesecake	\$660.00	48	–	–	–	–	–	
Beverages	Dasani Water	\$0.00	0	–	0	0	0	0	
	Flavored Lemonades	150	–	–	–	–	–	38	
Kids' Menu	Kid's Grilled Chicken	110	2	–	23	–	–	–	
	Mini Cheeseburgers	670	36	–	30	–	–	–	
Sides	Fresh Veggies	~190	–	–	–	–	–	–	
	Baked Sweet Potato	Varies	–	–	–	–			