

# Texas Roadhouse Nutrition Facts

## Appetizers

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Potato Soup - Bowl	380	230	25	12	0	50	910	27	2	4	9
Baked Potato Soup - Cup	220	130	15	7	0	30	530	16	1	2	5
Boneless Buffalo Wings - Hot	760	380	42	11	0	145	2130	37	12	2	60
Boneless Buffalo Wings - Mild	860	460	50	12	0	145	2830	43	5	1	58
Cactus Blossom	2250	1200	135	26	0	15	5000	236	19	36	25
Cheese Fries - Regular	1240	580	65	25	1	110	5400	126	14	2	38
Cheese Fries - Small	860	400	44	17	1	70	3770	90	10	2	25
Deviled Eggs	520	370	40	10	0	710	750	12	0	7	27
Firecracker Shrimp	1080	810	88	14	0	185	1490	54	4	12	20
Fried Pickles	550	340	38	7	0	0	2580	48	5	1	6
Grilled Shrimp	370	170	19	6	0	130	1740	29	1	4	20
Killer Ribs	910	480	53	18	0	175	2830	59	8	5	49

Rattlesnake Bites	560	330	36	19	0.5	80	1430	34	3	3	25
Tater Skins	1320	790	88	49	2	275	2470	63	7	5	63
Texas Red Chili (no beans) - Bowl	500	270	31	13	1	100	1460	23	5	8	33
Texas Red Chili (no beans) - Cup	250	130	15	5	0.5	50	800	13	3	4	17
Texas Red Chili (with beans) - Bowl	430	210	23	10	0.5	90	1180	25	6	5	31
Texas Red Chili (with beans) - Cup	210	90	10	4	0	45	640	14	4	3	16
Twisted Mozzarella	710	340	39	15	0	65	2610	64	4	6	27

## Salads

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad	440	390	43	8	1	25	450	9	2	2	6
California Chicken Salad	970	420	46	19	0	240	2460	73	9	62	74
Chicken Caesar Salad	1100	810	89	16	1.5	205	1070	20	7	5	60

Chicken Critter Salad	690	360	40	17	0	355	1440	27	6	8	56
Grilled Salmon Salad	830	490	55	22	1.5	375	1310	19	6	9	66
Grilled Shrimp Salad	660	380	43	20	1.5	415	2130	20	5	9	52
House Salad	230	150	16	8	1	135	290	9	2	4	13
Salmon Caesar Salad	1110	900	99	17	1.5	120	1150	20	5	5	40
Shrimp Caesar Salad	940	790	86	16	1.5	155	1960	21	5	5	26
Steakhouse Filet Salad	1340	940	103	25	2.5	190	2870	42	8	21	71

## Hand-Cut Steaks

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
USDA Choice Sirloin 6 oz	270	120	13	5	0.5	115	460	2	0	0	36
USDA Choice Sirloin 8 oz	340	150	17	6	0.5	155	580	2	0	0	48
USDA Choice Sirloin 11 oz	450	200	22	8	0.5	210	740	2	0	0	65

USDA Choice Sirloin 16 oz	670	310	35	13	1	315	1060	2	0	0	96
Ft. Worth Ribeye 10 oz	820	530	59	25	2.5	170	960	2	0	0	69
Ft. Worth Ribeye 12 oz	980	640	71	29	3	205	1130	2	0	0	82
Ft. Worth Ribeye 16 oz	1310	850	94	38	3.5	280	1510	2	0	0	109
Bone-In Ribeye 20 oz	1480	950	106	41	4	340	1640	2	0	0	124
New York Strip 12 oz	640	340	38	15	1.5	195	850	2	0	0	72
Dallas Filet 6 oz	320	140	16	6	0.5	125	430	2	0	0	46
Dallas Filet 8 oz	430	190	22	8	0.5	170	570	2	0	0	61
Porterhouse T-Bone 23 oz	1250	730	81	33	3	365	1110	2	0	0	123
Road Kill 10 oz	750	470	52	21	2	235	960	8	1	4	60
Steak Kabob	820	470	52	20	1.5	205	1410	36	4	8	48
Prime Rib 10 oz	970	660	74	29	2.5	140	970	2	0	0	73
Prime Rib 12 oz	1160	790	88	34	3	170	1160	2	0	0	88
Prime Rib 16 oz	1550	1060	118	46	4	230	1550	2	0	0	117

## Fall-Off-The-Bone Ribs

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Half Slab Ribs	900	500	56	21	1.5	175	2710	44	3	21	57
Full Slab Ribs	1590	910	101	39	3	330	5010	79	6	37	100
BBQ Chicken & Ribs Combo	1240	610	68	25	2	305	3670	65	4	29	84
Sirloin & Ribs Combo (6 oz)	1260	670	74	27	2.5	295	3420	46	3	20	94
Ribeye & Ribs Combo (12 oz)	1770	1030	115	42	3.5	360	4380	46	3	21	131
Ribeye & Ribs Combo (16 oz)	2100	1240	138	50	4.5	440	4760	46	3	21	161
Ribeye & Ribs Combo (10 oz)	1610	940	104	38	3.5	325	4180	46	3	21	116
Filet & Ribs Combo (6 oz)	1110	600	67	25	2	280	3130	46	3	20	81

Filet & Ribs Combo (8 oz)	1220	650	72	26	2.5	325	3270	46	3	20	95
Ribs & Chicken Critters Combo	1480	840	93	34	3	365	4260	77	5	24	91

## Country Dinners

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Pork Chop (Single)	290	120	14	5	0.5	105	880	3	0	0	38
Grilled Pork Chop (Double)	580	240	27	10	1	210	1760	6	0	0	76
Pulled Pork Dinner	890	430	48	15	1	195	2000	48	4	20	64
Country Fried Sirloin	1170	610	68	24	2.5	170	2490	91	6	7	40
Beef Tips	890	480	54	19	1.5	180	1780	31	4	9	64
Country Veg Plate (4 sides)	770	350	39	18	0.5	60	1730	87	14	22	21
Grilled BBQ Chicken	300	70	8	2.5	0	125	950	20	0	15	36
Country Fried Chicken	1140	620	69	21	1.5	200	2110	64	3	8	58

Chicken Critters Dinner	690	360	40	17	0	355	1440	27	6	8	56
Smothered Chicken	420	120	14	6	0.5	155	1230	10	2	5	60
Portobello Mushroom Chicken	400	120	13	5	0.5	155	1060	15	3	6	57

## Dockside Favorites (Seafood)

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Grilled Salmon 5 oz	260	120	13	5	0.5	85	320	0	0	0	34
Grilled Salmon 8 oz	360	180	20	8	1	125	460	0	0	0	51
Fried Catfish 3-piece	760	420	46	8	1	135	1400	47	3	9	40
Fried Catfish 4-piece	1010	560	62	11	1.5	180	1870	62	4	12	53
Grilled Shrimp	360	160	18	6	0.5	230	2340	8	1	4	39
Grilled Salmon Combo (5 oz)	550	240	27	10	1	175	1160	8	1	4	73

Grilled Salmon Combo (8 oz)	650	300	34	12	1.5	215	1300	8	1	4	90
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## Burgers & Sandwiches

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
All-American Cheeseburger	1240	670	74	27	3	280	1750	56	3	16	80
Bacon Cheeseburger	1260	690	77	29	3	290	1850	57	3	16	82
Smokehouse Burger	1440	770	86	31	3.5	310	2360	70	4	19	93
BBQ Chicken Sandwich	480	120	13	3.5	0.5	140	1130	35	2	15	50
Mushroom Jack Chicken	830	280	31	12	1	175	1510	50	3	8	77
Pulled Pork Sandwich	870	420	47	15	1	195	1700	47	3	18	60

## Desserts

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Big Ol' Brownie	1200	340	40	24	0	100	740	203	8	151	12

Bread Pudding	1390	480	53	27	0	270	830	204	4	135	26
Granny's Apple Classic	1110	330	50	16	0	75	970	161	2	97	9
Strawberry Cheesecake	800	420	47	26	0	135	550	76	3	60	10

## Beverages

Item	Calories	From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Coca-Cola	120	0	0	0	0	5	0	34	0	34	0
Diet Coke	0	0	0	0	0	0	10	0	0	0	1
Dr Pepper	130	0	0	0	0	0	50	33	0	32	0
Sprite	120	0	0	0	0	0	30	31	0	31	0
Blue Crush Lemonade	150	0	0	0	0	0	30	40	0	38	0
Red Raspberry Lemonade	150	0	0	0	0	0	30	40	0	37	0
Wild Strawberry Lemonade	150	0	0	0	0	0	30	40	0	38	0
Iced Tea - Sweet	110	0	0	0	0	0	5	28	0	27	0
Iced Tea - Unsweet	0	0	0	0	0	0	0	0	0	0	0
Coffee - Regular	5	0	0	0	0	0	0	1	0	0	0

Milk - Regular	90	20	2	1.5	0	10	105	10	0	10	7
Juice - Apple	80	0	0	0	0	0	15	21	0	19	0
Juice - Orange	90	0	0	0	0	0	15	20	0	18	1