

Texas Roadhouse — Complete Nutrition Guide 2026

Cal · Fat · Sat Fat · Cholesterol · Sodium · Carbs · Fiber · Sugar · Protein

STARTERS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Baked Potato Soup - Bowl	380	25	12	50	910	27	2	4	9
Baked Potato Soup - Cup	220	15	7	30	530	16	1	2	5
Boneless Buffalo Wings - Hot	760	42	11	145	2130	37	12	2	60
Boneless Buffalo Wings - Mild	860	50	12	145	2830	43	5	1	58
Cactus Blossom	2250	135	26	15	5000	236	19	36	25
Fire Blossom	2730	173	50	140	8730	248	22	43	49
Cheese Fries - Regular	1240	65	25	110	5400	126	14	2	38
Cheese Fries - Small	860	44	17	70	3770	90	10	2	25
Deviled Eggs	520	40	10	710	750	12	0	7	27
Firecracker Shrimp	1080	88	14	185	1490	54	4	12	20
Fried Pickles	550	38	7	0	2580	48	5	1	6
Grilled Shrimp	370	19	6	130	1740	29	1	4	20
Killer Ribs	910	53	18	175	2830	59	8	5	49
Rattlesnake Bites	560	36	19	80	1430	34	3	3	25
Tater Skins	1320	88	49	275	2470	63	7	5	63
Texas Red Chili (no beans) - Bowl	500	31	13	100	1460	23	5	8	33
Texas Red Chili (no beans) - Cup	250	15	5	50	800	13	3	4	17
Texas Red Chili (with beans) - Bowl	430	23	10	90	1180	25	6	5	31
Texas Red Chili (with beans) - Cup	210	10	4	45	640	14	4	3	16
Twisted Mozzarella	710	39	15	65	2610	64	4	6	27

SALADS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Caesar Salad	440	43	8	25	450	9	2	2	6
California Chicken Salad	970	46	19	240	2460	73	9	62	74
Chicken Caesar Salad	1100	89	16	205	1070	20	7	5	60
Chicken Critter Salad	690	40	17	355	1440	27	6	8	56
Grilled Salmon Salad	830	55	22	375	1310	19	6	9	66
Grilled Shrimp Salad	660	43	20	415	2130	20	5	9	52
House Salad	230	16	8	135	290	9	2	4	13
Salmon Caesar Salad	1110	99	17	120	1150	20	5	5	40
Shrimp Caesar Salad	940	78	16	155	1960	20	5	5	26
Steakhouse Filet Salad	1340	103	25	190	2870	42	8	21	71

HAND-CUT STEAKS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Bone-In Ribeye (20 oz)	1480	101	44	450	1720	20	4	4	143
Dallas Filet - 6 oz.	270	10	4	110	720	6	2	2	45
Dallas Filet - 8 oz.	360	13	6	145	960	8	2	2	60
Filet Medallions	760	30	10	170	2510	56	5	5	74
Ft. Worth Ribeye - 10 oz.	820	59	25	170	960	2	0	0	69
Ft. Worth Ribeye - 12 oz.	960	72	30	240	1180	12	4	2	78
Ft. Worth Ribeye - 14 oz.	1120	84	35	285	1370	14	4	2	90
Ft. Worth Ribeye - 16 oz.	1280	96	40	325	1570	16	5	3	103
New York Strip - 8 oz. Thick Cut	420	22	9	335	660	1	0	2	57
New York Strip - 12 oz.	640	33	13	505	980	1	1	3	85
New York Strip - 16 oz.	850	44	17	670	1310	2	2	3	114
Porterhouse T-Bone (23 oz)	1040	54	24	400	1440	1	2	4	139
Prime Rib - 10 oz.	970	74	29	260	970	2	0	0	73
Prime Rib - 12 oz.	950	72	31	260	1660	3	2	2	74
Prime Rib - 14 oz.	1110	84	37	305	1810	3	3	2	87
Prime Rib - 16 oz.	1260	95	42	345	1960	4	3	2	99
USDA Choice Sirloin - 6 oz.	250	6	2.5	125	560	3	1	1	46
USDA Choice Sirloin - 8 oz.	340	8	3	170	740	5	2	2	61
USDA Choice Sirloin - 11 oz.	460	11	4.5	235	1020	6	2	3	84
USDA Choice Sirloin - 16 oz.	670	16	6	340	1490	9	3	4	122
Roadhouse Churrasco	1000	62	18	165	2640	51	2	6	54
Road Kill (10 oz)	760	56	23	140	1420	10	3	4	55
Steak Kabob	920	41	11	145	2740	78	4	24	58

FALL-OFF-THE-BONE RIBS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Fall-off-the-Bone Ribs - Full Slab	1450	102	41	460	2260	15	4	10	116
Fall-off-the-Bone Ribs - Half Slab	900	63	25	285	1400	9	3	6	72

TEXAS SIZE COMBOS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
6 oz. Sirloin & Grilled Shrimp	670	30	10	260	2430	34	3	6	66
6 oz. Sirloin & Ribs	800	45	18	300	1420	9	3	5	90
8 oz. Sirloin & Grilled Shrimp	750	32	11	300	2610	35	3	6	81
8 oz. Sirloin & Ribs	890	47	19	345	1600	10	3	6	105
Dallas Filet & Grilled Shrimp	680	33	12	240	2590	36	4	6	66
Dallas Filet & Ribs	820	49	20	285	1580	12	3	5	90
Grilled BBQ Chicken & Ribs	890	43	17	335	1450	34	4	25	91
Grilled BBQ Chicken & Sirloin	590	10	3.5	285	1150	31	3	23	92
8 oz Strip & Grilled Shrimp	840	46	16	470	2530	31	3	6	77

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
8 oz Strip & Ribs	980	61	24	510	1520	7	2	6	101
12 oz Ft. Worth Ribeye & Grilled Shrimp	1370	96	38	375	3050	42	5	7	98
12 oz Ft. Worth Ribeye & Ribs	1510	111	46	420	2040	18	5	6	122
Chicken Critters & Ribs	820	51	18	250	1540	21	3	5	70
Chicken Critters & Sirloin	520	18	5	200	1240	19	3	2	72

CHICKEN SPECIALTIES

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
California Chicken Dinner	490	21	7	185	970	25	5	20	55
Chicken Critters	480	21	4	130	1190	26	3	2	45
Country Fried Chicken	770	44	16	180	1460	45	1	9	48
Grilled BBQ Chicken	300	3.5	1	160	450	19	2	15	46
Herb Crusted Chicken	260	4	1	160	1210	12	4	8	47
Smothered Chicken w/ Cream Gravy	330	12	3.5	160	600	8	3	4	48
Smothered Chicken w/ Jack Cheese	430	20	8	185	780	8	3	4	55
Chicken Parm Penne	1300	52	20	190	2870	123	11	14	81
Green Chile Chicken	480	13	6	200	800	19	6	12	61
Portobello Mushroom Chicken	430	20	9	190	1030	7	3	2	58
San Antonio Chicken Entree	1030	48	19	230	3610	78	9	10	71
Sierra Chicken Pasta	1200	65	33	255	2220	85	6	6	68

COUNTRY DINNERS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Beef Tips with Mashed Potatoes	960	58	19	175	3300	48	6	12	61
Beef Tips with Seasoned Rice	1060	57	16	170	4400	71	5	12	63
Bone-In Pork Chop	920	61	14	250	2880	6	0	5	86
Country Fried Sirloin	1170	75	22	205	2220	72	2	9	52
Grilled Pork Chops - Single	440	26	9	945	2430	10	2	2	42
Grilled Pork Chops - Double	730	38	13	1885	4060	13	3	2	82
Pulled Pork Dinner	890	41	14	270	1130	54	4	23	80

DOCKSIDE FAVORITES

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Fried Catfish - 3 Piece	990	82	13	125	1230	35	0	0	30
Fried Catfish - 4 Piece	1170	93	15	160	1490	45	1	1	40
Grilled Salmon - 5 oz.	410	33	8	75	770	2	0	0	27
Grilled Salmon - 8 oz.	560	42	10	120	950	2	0	0	45
Grilled Shrimp Dinner (9 Shrimp)	660	37	10	200	3880	50	3	4	29
Grilled Shrimp Dinner (10 Shrimp)	670	37	10	225	4090	50	3	4	32

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Grilled Shrimp Dinner (12 Shrimp)	700	38	11	270	4520	50	3	4	37
Fish & Chips	790	38	7	120	3020	71	8	2	42

KIDS & RANGER MEALS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
All-Beef Hot Dog	390	23	10	50	1010	27	0	4	14
Jr. Chicken Tenders	360	16	3	70	780	24	2	0	31
Kid's Grilled Chicken	110	2	0.5	80	90	0	0	0	23
Lil' Dillo Steak Bites	170	4	1.5	85	370	2	0	0	31
Mac and Cheese	380	18	11	55	450	37	2	2	17
Mini-Cheeseburgers	670	36	15	60	950	57	3	9	30
Ranger Meal - Andy's Steak	250	6	2.5	125	560	3	1	1	46
Ranger Meal - Chicken Critters	340	15	3	95	850	19	2	1	32
Ranger Meal - Rib Basket	550	39	15	175	860	6	2	4	44

BURGERS & SANDWICHES

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
All-American Cheeseburger	880	55	22	125	1970	48	5	11	50
Bacon Cheeseburger	980	62	24	150	2410	48	5	12	59
BBQ Chicken Sandwich	640	18	5	165	1310	63	6	24	55
Grilled Chicken Sandwich	560	18	5	165	1040	45	6	10	55
Mushroom Jack Chicken Sandwich	710	30	11	190	1410	48	6	11	63
Pulled Pork Sandwich	870	40	13	220	1220	62	4	22	68
Smokehouse Burger	1080	67	28	150	2490	60	6	20	58
Fried Chicken Sandwich	830	37	9	135	1760	72	4	10	50
Country Fried Pork Sandwich (Indiana)	1040	73	14	90	1800	59	4	10	39
Country Fried Pork Sandwich (Iowa)	620	28	8	70	1490	53	4	9	39

SIDES

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Applesauce	110	0	0	0	15	28	3	23	0
Baked Potato	380	13	5	10	1950	60	6	3	7
Buttered Corn	190	9	2.5	0	550	29	3	6	5
Caesar Side Salad	440	43	8	25	450	9	2	2	6
Charred Jalapenos	50	4.5	0.5	0	720	3	1	2	0
Fresh-Baked Roll (w/ butter)	200	8	3	0	200	28	1	4	5
Fresh Vegetables	190	15	4.5	0	480	13	5	4	3
Green Beans	100	3.5	1	10	1070	13	2	4	6
House Side Salad	230	16	8	135	290	9	2	4	13

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Mac and Cheese	380	18	11	55	450	37	2	2	17
Mashed Potatoes	260	17	6	10	330	24	2	2	3
Sauteed Mushrooms	120	11	3	0	480	5	2	2	3
Sauteed Onions	150	10	2	0	570	13	2	6	2
Seasoned Rice	360	15	3.5	0	1430	47	2	3	6
Steak Fries	360	14	2.5	0	1970	53	6	0	5
Steamed Broccoli	210	16	5	0	490	17	8	3	5
Sweet Potato	350	9	3.5	5	105	62	10	19	6

SAUCES, DRESSINGS & TOPPINGS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Bacon (2 slices)	100	7	2.5	25	440	0	0	0	9
Bleu Cheese Dressing (3 oz)	430	45	7	25	600	5	0	1	3
Caesar Dressing (3 oz)	540	56	9	30	500	6	0	1	4
Cheddar Cheese (1 oz)	110	9	6	30	170	0	0	0	7
Honey Mustard Dressing (3 oz)	480	48	7	20	420	16	0	11	0
Italian Dressing (3 oz)	410	36	5	0	640	17	0	16	0
Ranch Dressing (3 oz)	430	47	6	20	520	5	0	1	0
Sour Cream (2 tbsp)	40	3.5	2.5	15	10	0	0	0	0
Texas Roadhouse BBQ Sauce (3 oz)	120	0	0	0	410	27	0	21	0
Whipped Butter (1 tbsp)	90	10	3	0	120	0	0	0	0

DESSERTS

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Big Ol' Brownie	1200	40	24	100	740	203	8	151	12
Granny's Apple Classic	1110	50	16	75	970	161	2	97	9
Strawberry Cheesecake	800	47	26	135	550	76	3	60	10
Bread Pudding	1390	53	27	270	830	204	4	135	26

BEVERAGES

Item	Cal	Fat (g)	Sat Fat	Chol (mg)	Na (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Pro (g)
Coca-Cola (20 oz)	240	0	0	0	75	65	0	0	0
Diet Coke (20 oz)	0	0	0	0	75	0	0	0	0
Dr Pepper	130	0	0	0	50	33	0	32	0
Sprite	120	0	0	0	30	31	0	31	0
Root Beer (20 oz)	280	0	0	0	75	74	0	0	0
Lemonade (20 oz)	260	0	0	0	25	66	0	0	0
Blue Crush Lemonade	150	0	0	0	30	40	0	38	0
Red Raspberry Lemonade	150	0	0	0	30	40	0	37	0

ALLERGEN GUIDE

Y = allergen present as standard ingredient. — = not a standard ingredient (cross-contact still possible due to shared kitchen). Peanuts are served in-shell at every table. Always inform your server of any food allergies.

Item	Milk	Eggs	Wheat	Soy	Peanuts	Fish	Shellfish
Fresh-Baked Rolls	Y	Y	Y	Y	-	-	-
Baked Potato Soup	Y	-	Y	Y	-	-	-
Cactus / Fire Blossom	Y	Y	Y	Y	Y	-	-
Rattlesnake Bites	Y	Y	Y	Y	-	-	-
Twisted Mozzarella	Y	-	Y	-	-	-	-
Firecracker Shrimp	Y	Y	Y	Y	-	-	Y
Grilled Shrimp	-	-	-	Y	-	-	Y
Fried Pickles	Y	Y	Y	Y	-	-	-
Texas Red Chili	-	-	-	Y	-	-	-
House / Caesar Salad	Y	Y	Y	Y	-	Y	-
Grilled Shrimp Salad	Y	Y	-	Y	-	-	Y
Hand-Cut Steaks (grilled)	-	-	-	Y	-	-	-
Grilled Chicken (plain)	-	-	-	Y	-	-	-
Country Fried Chicken	Y	Y	Y	Y	-	-	-
Chicken Parm Penne	Y	Y	Y	Y	-	-	-
Grilled Salmon	-	-	-	Y	-	Y	-
Fried Catfish	Y	Y	Y	Y	-	Y	-
Grilled Shrimp Dinner	-	-	-	Y	-	-	Y
Fish & Chips	Y	Y	Y	Y	-	Y	-
Burgers (standard)	Y	Y	Y	Y	-	-	-
Mashed Potatoes	Y	-	-	-	-	-	-
Mac and Cheese	Y	Y	Y	-	-	-	-
Caesar / Ranch Dressing	Y	Y	-	Y	-	Y	-
Big Ol' Brownie	Y	Y	Y	Y	-	-	-
Bread Pudding	Y	Y	Y	Y	-	-	-
Strawberry Cheesecake	Y	Y	Y	Y	-	-	-

Data compiled from official Texas Roadhouse nutrition PDFs and verified 2025–2026 sources. Values are standardized estimates; actual nutrition may vary by location. Not affiliated with Texas Roadhouse, Inc.