

Texas Roadhouse Nutrition PDF

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Common Starters					
Starter	Calories	Protein (g)	Carbs (g)	Fat (g)	
Mozzarella Sticks	300-500	15-20	20-30	20-30	
Chicken Wings	500-700	25-35	0-10	35-45	
Nachos	600-900	20-30	60-80	30-50	
Spinach and Artichoke Dip	400-600	10-15	30-50	30-40	
Fried Calamari	300-500	15-25	20-30	15-25	
Bruschetta	150-250	3-5	15-20	5-10	
Stuffed Mushrooms	100-200	5-10	10-15	5-10	
Shrimp Cocktail	100-200	15-20	5-10	1-5	
Appetizer Nutrition Facts					
Appetizer	Calories	Fat (g)	Carbs (g)	Protein (g)	
Buffalo Wings (Hot Sauce)	860	50	43	58	
Buffalo Wings (Mild Sauce)	760	42	37	60	
Cactus Blossom®	1700	89	202	27	
Fries with Cheese	1240	65	127	39	
Shrimp Firecracker	1100	88	58	23	
Fried Pickles	550	38	48	6	
Grilled Shrimp	240	8	25	17	
Chili and Soup Nutrition					
Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Chili (Cup)	200-300	10-15	15-20	15-20	
Chili (Bowl)	400-500	20-25	30-40	30-40	

Chicken Tortilla Soup (Cup)	150-200	5-10	15-20	10-15	
Chicken Tortilla Soup (Bowl)	300-400	10-15	30-40	20-30	
Salad Nutrition					
Salad	Calories	Fat (g)	Carbs (g)	Protein (g)	
Grilled Chicken Salad	600-700	30-35	30-40	50-60	
Chicken Caesar Salad	700-800	45-50	30-40	45-55	
Steakhouse Filet Salad	700-800	40-45	30-40	45-55	
House Salad (Dinner-sized)	200-300	10-15	15-20	5-7	
Dressing Nutrition					
Informational					
Dressing	Calories	Fat (g)	Carbs (g)	Protein (g)	
Ranch (3 oz)	420	45	6	1	
Caesar (3 oz)	450	48	3	3	
Blue Cheese (3 oz)	510	54	3	3	
Honey Mustard (3 oz)	480	42	24	3	
Hand-Cut Steaks Nutrition Guide					
Food Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Bone-In Ribeye	20 oz	1480	101	20	143
Dallas Filet	6 oz	270	10	6	45
Dallas Filet	8 oz	360	13	8	60
Filet Medallions (with Rice)	9 oz	760	30	56	74
Ft. Worth Ribeye	10 oz	800	60	2	65
Ft. Worth Ribeye	12 oz	960	72	2	78
Ft. Worth Ribeye	16 oz	1280	96	3	103
New York Strip	8 oz	420	22	<1	57
New York Strip	12 oz	640	33	1	85
Porterhouse T-Bone	23 oz	1040	54	1	139
Prime Rib	10 oz	780	59	2	62
Prime Rib	12 oz	940	71	2	75
Prime Rib	16 oz	1250	95	2	99

USDA Choice Sirloin	6 oz	250	6	3	46
USDA Choice Sirloin	8 oz	340	8	5	61
USDA Choice Sirloin	11 oz	460	11	6	84
USDA Choice Sirloin	16 oz	670	16	9	122
Sides and Sauces Nutrition Facts					
Food Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Sautéed Mushrooms	3.5 oz	60	5	3	2
Sautéed Onions	3 oz	90	7	6	<1
Jack Cheese	1 oz	100	8	0	7
Brown Gravy	2 oz	70	6	3	<1
Grilled Shrimp	Regular	240	8	25	17
Garlic Butter	1 oz	170	18	<1	0
Hatch Green Chiles	Regular	80	7	2	0
Hatch Green Chile Sauce	Regular	130	1	15	7
Fall-Off-The-Bone Ribs Nutrition Facts					
Food Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Fall-Off-The-Bone Ribs	Half Slab	900	63	9	72
Fall-Off-The-Bone Ribs	Full Slab	1450	102	15	116
Sized Combos Nutrition Facts					
Combo Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Sirloin and Ribs Combo	1200-1400	85-95	30-40	80-90	
Sirloin and Chicken Combo	800-1000	40-50	20-25	80-90	
Ribs and Chicken Combo	1000-1200	65-75	25-30	70-80	
Chicken Specialties Nutrition Facts					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Grilled BBQ Chicken	600-700	25-30	40-50	50-60	
Chicken Critters®	600-700	35-40	35-45	30-40	
Portobello Mushroom Chicken	700-800	40-45	40-50	50-60	

BBQ Roasted Half Chicken	650	31	33	55	
California Grilled Chicken	490	22	23	55	
Chicken Critters®	480	21	26	45	
Country Fried Chicken	750	43	43	47	
Grilled BBQ Chicken	260	3.5	10	46	
Oven Roasted Half Chicken	540	31	7	55	
Portobello Mushroom Chicken	430	19	6	59	
San Antonio Chicken	1540	95	85	89	
Sierra Chicken Pasta	910	44	79	53	
Smothered Chicken (Cream Gravy)	400	18	11	50	
Smothered Chicken (Jack Cheese)	420	19	7	55	
Country Dinners Nutrition Facts					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Country Fried Chicken	1000-1200	65-75	60-70	40-50	
Country Fried Sirloin	1000-1200	60-70	60-70	50-60	
Grilled Pork Chops (Single)	400-500	25-30	10-15	35-40	
Pulled Pork Dinner	800-900	40-50	60-70	40-50	
Beef Tips with Mashed Potatoes	990	63	50	56	
Beef Tips with Seasoned Rice	990	54	66	57	
Grilled Pork Chops (Double)	580	25	7	82	
Pulled Pork Dinner (NC)	810	38	37	81	
Dockside Favorites Nutrition Facts					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Grilled Shrimp (6-8 pieces)	300-400	20-25	1-2	30-35	
Grilled Salmon (8 oz)	400-500	20-25	0	50-60	
Portobello Mushroom Chicken	700-800	40-45	40-50	50-60	
Fish and Chips	1180	42	136	61	
Fried Catfish (3 pieces)	530	33	29	30	

Fried Catfish (4 pieces)	710	44	39	40	
Grilled Salmon (5 oz)	320	24	<1	27	
Grilled Shrimp (with Rice)	500	18	50	32	
Sandwiches Nutrition Facts					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Pulled Pork Sandwich	700-800	30-40	65-75	35-45	
BBQ Chicken Sandwich	650-750	20-30	70-80	40-50	
Grilled Chicken Sandwich	550-650	15-25	60-70	35-45	
Kids' Meals Nutrition					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Kids' Chicken Tenders (3 pcs)	300-400	15-20	20-25	20-25	
Kids' Mini-Cheeseburgers	500-600	30-35	30-35	25-30	
Kids' Grilled Chicken (4 oz)	200-250	6-10	0-5	30-35	
Ranger Meals (Side and Drink Not Included)					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Andy's Steak (6 oz)	300-400	20-25	0	35-40	
Ranger Rib Basket (4 ribs)	500-600	35-40	10-15	35-40	
Lil' Dillo Steak Bites	500-600	30-35	25-30	30-35	
Desserts Menu					
Dessert	Calories	Fat (g)	Carbs (g)	Protein (g)	
Big Ol' Brownie	1300-1500	70-90	160-180	15-20	
Granny's Apple Classic	800-900	28-35	140-160	6-8	
Strawberry Cheesecake	700-800	40-50	70-80	8-10	
Legendary Sides & Extras					
Side Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Loaded Sweet Potato	400-500	15-20	60-70	5-7	
Steak Fries	300-400	15-20	40-50	4-6	

Buttered Corn	150-200	6-8	20-25	3-4	
Mashed Potatoes	200-250	8-10	30-35	3-4	
Additional Side Items					
Food Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Apple Sauce	150	0	37	0	
Baked Potato	380	13	60	7	
Butter – Whipped (1 oz)	100	11	0	0	
Sour Cream (1 oz)	60	6	1	0	
Loaded Baked Potato	650	39	61	17	
Sautéed Mushrooms	360	7	4	3	
Seasoned Rice	350	16	47	6	
Texas Red Chili (Cup)	290	16	16	21	
Sidekicks Nutrition Facts					
Side Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Seasoned Rice	200-250	5-8	35-45	3-5	
Mashed Potatoes	200-250	8-10	30-35	3-4	
Fresh Vegetables	50-100	0-2	10-15	2-3	
Shrimp Sidekick	240	8	25	17	
Garlic Butter (1 oz)	170	18	<1	0	
Rib Sidekick	560	39	6	44	
Nutrition Facts					
Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Fresh Baked Bread (1 piece)	120	1	24	4	
Butter – Honey Cinnamon (1 oz)	100	10	2	0	
Butter – Whipped (1 oz)	100	11	0	0	
Peanuts (1 oz)	160	12	7	7	
Texas Roadhouse® Steak Sauce (1 Tbsp)	25	0	6	0	
Party Packs Nutrition Facts					

Party Pack	Calories	Fat (g)	Carbs (g)	Protein (g)	
Boneless Buffalo Wings Party Pack	2900	126	192	248	
Pulled Pork Party Pack	4990	261	12	653	
Rib Party Pack	6620	467	69	530	
Shareable Salads Nutrition Facts					
Salad	Calories	Fat (g)	Carbs (g)	Protein (g)	
House Salad (Mixed Greens)	100-150	5-7	10-15	3-5	
Caesar Salad	150-200	10-12	10-15	5-7	
Grilled Chicken Salad	200-250	8-10	10-15	25-30	
Dressing (8 oz) Nutrition Facts					
Dressing	Calories	Fat (g)	Carbs (g)	Protein (g)	
Bleu Cheese	1120	120	16	8	
Caesar	1230	128	15	8	
Honey Mustard	1280	128	44	1	
Ranch	1160	125	14	2	
Sides Nutrition Facts					
Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Buttered Corn	32 oz	1100	48	171	25
Fresh Baked Bread	12 pieces	1440	12	288	48
Green Beans	32 oz	420	25	40	16
Mashed Potatoes	32 oz	1420	97	123	18
Seasoned Rice	32 oz	1440	63	189	22
Texas Red Chili	32 oz	1106	72	58	53
Cheddar Cheese	8 oz	910	75	3	57
Diced Red Onion	3 oz	25	0	6	<1
Saltine Crackers	4 packs	110	0	19	1
Legendary Lunch Menu Nutrition Facts					

Menu Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
Roadkill Steak (8 oz)	600-800	30-40	0-5	60-70	
Grilled Chicken Salad	300-400	10-15	10-15	30-40	
Pulled Pork Sandwich	600-700	25-30	60-70	30-40	
Eugene, Or Nutrition Facts					
Menu Item	Calories	Fat (g)	Carbs (g)	Protein (g)	
BBQ Roasted Half Chicken with Ribs	1200	69	39	99	
BBQ Roasted Half Chicken with Sirloin 6 oz	900	37	36	101	
California Chicken Sandwich	710	27	60	62	
Chips & Chili Queso Dip	540	28	62	10	
Soft Drinks Nutrition Facts					
Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Coca-Cola®	Regular	130	0	36	0
Coca-Cola®	Kids	80	0	22	0
Diet Coke®	Regular	0	0	0	0
Hi-C® Fruit Punch	Regular	140	0	38	0
Hi-C® Orange	Regular	150	0	41	0
Minute Maid®	Regular	130	0	36	0
Sprite®	Regular	130	0	35	0
Texas Flavored Lemonades Nutrition Facts					
Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Blue Crush Lemonade	Regular	150	0	40	0
Blue Crush Lemonade	Kids	90	0	23	0
Red Raspberry Lemonade	Regular	150	0	40	0
Wild Strawberry Lemonade	Regular	150	0	40	0
Margaritas Nutrition					

Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Original Margarita	Frozen (10 oz)	230	0	35	0
Original Margarita	Rocks (18 oz)	280	0	26	0
Hurricane Margarita	Frozen (18 oz)	460	0	73	<1
Skinny Lime Margarita	Rocks (18 oz)	190	1.5	14	<1
Cocktails Nutrition					
Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Armadillo Punch	Regular	130	0	17	0
Cowgirl Quencher	Regular	220	0	24	<1
Kenny's Cooler	Regular	290	0	40	0
Wine Nutrition Facts					
Menu Item	Size/Variety	Calories	Fat (g)	Carbs (g)	Protein (g)
Blush Wine	6 oz/glass	130	0	10	0
Red Wine	6 oz/glass	150	0	5	0
White Wine	6 oz/glass	150	0	5	0
Dressing	Calories	Fat (g)	Carbs (g)	Protein (g)	
Bleu Cheese	1120	120	16	8	
Caesar	1230	128	15	8	
Honey Mustard	1280	128	44	1	
Ranch	1160	125	14	2	