



NUTRITIONAL GUIDE INFORMATION VALID 4/8/18

Colton's Steak House & Grill is providing complete and current nutrition information. Due to the handcrafted nature of our menu items, changes in recipes and kitchen procedures, there may be variations between the nutrition shown below and what is actually served. If you have any questions about this information, we ask that you please contact the Manager at the Colton's Steak House & Grill you are visiting.

NUTRITIONAL INFORMATION

	CALORIES	CALORIES FROM FAT (g)	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (g)	SODIUM (g)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
COCKTAILS											
Bloody Mary	180	10	1	0	0	0	1790	16	2	6	2
Bahama Mama	320	0	0	0	0	0	5	53	0	41	1
Cosmopolitan	230	0	0	0	0	0	10	21	0	20	0
Cowgirl Roadie	190	0	0	0	0	0	10	37	0	27	1
Desert Mist	280	0	0	0	0	0	5	46	0	34	0
J.T.'s Apple Tini	210	0	0	0	0	0	0	25	0	2	0
J.T.'s Cool Aide	270	0	0	0	0	0	30	46	0	43	0
J.T.'s Dirty Ketel	230	0	0	0	0	0	410	1	0	0	0
Jack and Coke	120	0	0	0	0	0	5	11	0	11	0
Kahlua and Coffee	200	30	3	3	0	0	5	27	0	4	0
Kicker Tea	270	0	0	0	0	0	20	40	1	38	0
Long Island Iced Tea	270	0	0	0	0	0	20	40	1	38	0
Mai Tai with Apricot Brandy	320	0	0	0	0	0	20	42	0	38	1
Mai Tai with Peach Schnapps	300	0	0	0	0	0	20	44	0	34	1
Mudslide Frozen	680	240	27	20	0	75	220	78	1	47	7
Nutty Irish Coffee	270	80	8	5	0	0	40	26	0	4	1
Pina Colada	290	0	0	0	0	0	50	45	1	42	0
Strawberry Daiquiri	310	30	3	5	0	0	60	46	1	45	0
Sunrise Cooler	250	0	0	0	0	0	10	35	0	32	1
Wild West Fling	260	0	0	0	0	0	20	53	0	33	0
BEER											
Bud Light Small	130	0	0	0	0	0	10	8	0	0	1
Bud Light Large	180	0	0	0	0	0	15	11	0	0	2
Budweiser Small	170	0	0	0	0	0	10	12	0	0	2
Budweiser Large	240	0	0	0	0	0	15	18	0	0	2
Miller Lite Small	110	0	0	0	0	0	10	4	0	0	0
Miller Lite Large	160	0	0	0	0	0	10	5	0	0	0
MARGARITAS											
Classic Margarita	340	0	0	0	0	0	20	58	0	54	0
Mango Margarita	270	0	0	0	0	0	10	39	0	38	0
Margarita on the Rocks	340	0	0	0	0	0	30	58	0	53	0
Margarita Frozen	340	0	0	0	0	0	20	57	0	53	0
Strawberry Margarita	260	0	0	0	0	0	15	37	1	34	0
Tombstone Rita on the Rocks	300	0	0	0	0	0	15	43	0	37	0
Tombstone Rita Frozen	270	0	0	0	0	0	50	36	0	30	0
Top Shelf Margarita on the Rocks	340	0	0	0	0	0	30	51	0	44	0
Top Shelf Margarita Frozen	270	0	0	0	0	0	5	36	0	30	0
WINE											
Red Wine	100	0	0	0	0	0	0	4	0	0	0
White Wine	100	0	0	0	0	0	5	4	0	2	0

*A 2,000 calorie diet is used as the basis for general nutrition advice, but calorie needs vary per individual.