

NUTRITIONAL GUIDE INFORMATION UPDATED 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) |
|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| APPETIZERS | | | | | | | | | | | |
| Boneless Honey Barbeque Wings (where available) | 720 | 220 | 25 | 4 | 3 | 45 | 3540 | 98 | 22 | 50 | 21 |
| + Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Cheese Fries (regular) | 1780 | 990 | 110 | 44 | 4 | 200 | 5770 | 135 | 13 | 1 | 67 |
| + Spicy Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Cheese Fries (small) | 1420 | 860 | 95 | 42 | 2 | 200 | 4100 | 85 | 8 | 1 | 62 |
| + Spicy Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Chipotle Chicken Nachos | 2340 | 1110 | 123 | 53 | 3 | 320 | 4680 | 192 | 17 | 21 | 117 |
| Fried Dill Pickles (where available) | 460 | 130 | 14 | 3 | 2 | 50 | 2830 | 69 | 2 | 3 | 12 |
| + Spicy Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Fried Green Beans (where available) | 670 | 340 | 38 | 6 | 2 | 0 | 1500 | 72 | 6 | 0 | 9 |
| + Spicy Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| J.T.'s Cheddar Bites | 840 | 550 | 61 | 33 | 1 | 80 | 1840 | 32 | 8 | 8 | 40 |
| + Marinara Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 520 | 12 | 3 | 8 | 2 |
| J.T.'s Onion Blossom | 570 | 40 | 4 | 2 | 0 | 80 | 1630 | 116 | 9 | 28 | 17 |
| + Colton's Signature Sauce | 520 | 410 | 46 | 9 | 1 | 70 | 930 | 22 | 0 | 8 | 1 |
| Onion Tangles (regular) | 570 | 150 | 17 | 4 | 2 | 80 | 1630 | 90 | 5 | 17 | 15 |
| + Colton's Signature Sauce | 520 | 410 | 46 | 9 | 1 | 70 | 930 | 22 | 0 | 8 | 1 |
| Onion Tangles (small) | 370 | 100 | 11 | 3 | 2 | 50 | 1040 | 57 | 3 | 11 | 10 |
| + Colton's Signature Sauce | 520 | 410 | 46 | 9 | 1 | 70 | 930 | 22 | 0 | 8 | 1 |
| Queso Dip | 900 | 420 | 47 | 20 | 1 | 105 | 1580 | 88 | 5 | 5 | 32 |
| Santa Fe Egg Rolls (where available) | 610 | 200 | 22 | 8 | 1 | 40 | 1400 | 76 | 10 | 12 | 26 |
| + Spicy Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Spinach Artichoke Dip (where available) | 910 | 420 | 47 | 22 | 1 | 100 | 1210 | 90 | 7 | 3 | 30 |
| Trail Potatoes | 1210 | 640 | 71 | 37 | 0 | 195 | 1490 | 84 | 6 | 3 | 63 |
| + Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| BBQ Pork Nachos (where available) | 2240 | 1180 | 131 | 64 | 1 | 340 | 5420 | 161 | 34 | 44 | 109 |
| Crab Cake Appetizer, Double (where available) | 620 | 320 | 36 | 7 | 0 | 135 | 1240 | 50 | 5 | 24 | 22 |
| + Raspberry Chipotle Sauce | 300 | 0 | 0 | 0 | 0 | 0 | 930 | 73 | 0 | 60 | 0 |
| + Colton's House Dressing | 600 | 520 | 58 | 11 | 1 | 60 | 830 | 18 | 0 | 9 | 1 |
| Crab Cake Appetizer, Single (where available) | 410 | 210 | 23 | 4 | 0 | 70 | 840 | 37 | 3 | 21 | 12 |
| + Raspberry Chipotle Sauce | 300 | 0 | 0 | 0 | 0 | 0 | 930 | 73 | 0 | 60 | 0 |
| + Colton's House Dressing | 600 | 520 | 58 | 11 | 1 | 60 | 830 | 18 | 0 | 9 | 1 |
| Mozzarella Cheese Sticks (where available) | 990 | 610 | 68 | 22 | 2 | 80 | 2320 | 64 | 0 | 8 | 40 |
| + Marinara Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 520 | 10 | 3 | 8 | 2 |
| J.T.'s Chips & Dip (where available) | 950 | 490 | 54 | 12 | 3 | 0 | 2600 | 99 | 9 | 0 | 9 |
| + Chipotle Ranch Dressing | 420 | 350 | 38 | 7 | 0 | 20 | 835 | 19 | 0 | 14 | 1 |
| Smoked Salmon Dip (where available) | 330 | 220 | 25 | 14 | 0 | 85 | 1030 | 13 | 0 | 4 | 14 |
| Sausage & Cheese Platter (where available) | 1660 | 1300 | 144 | 60 | 1 | 330 | 5200 | 12 | 2 | 10 | 78 |
| + Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Wild West Wings (Hot) (where available) | 670 | 460 | 51 | 13 | 2 | 190 | 2110 | 4 | 2 | 1 | 45 |
| + Bleu Cheese | 640 | 610 | 68 | 14 | 0 | 70 | 670 | 7 | 0 | 1 | 4 |

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|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| SOUPS | | | | | | | | | | | |
| Loaded Baked Potato Soup, Bowl | 320 | 140 | 16 | 14 | 0 | 5 | 1310 | 41 | 1 | 5 | 3 |
| Loaded Baked Potato Soup, Cup | 240 | 110 | 12 | 10 | 0 | 5 | 1000 | 31 | 1 | 4 | 2 |
| Tortilla Soup, Bowl | 440 | 80 | 9 | 1 | 0 | 30 | 1870 | 72 | 10 | 4 | 20 |
| Tortilla Soup, Cup | 380 | 70 | 8 | 1 | 0 | 20 | 1420 | 62 | 8 | 3 | 16 |
| FAVORITES | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| Chicken Fried Chicken | 580 | 120 | 13 | 4 | 1 | 210 | 1450 | 48 | 1 | 4 | 63 |
| + White Pepper Gravy | 90 | 50 | 5 | 1 | 2 | 0 | 460 | 11 | 0 | 2 | 1 |
| Coltons Loaded Chicken | 620 | 290 | 32 | 14 | 1 | 200 | 1270 | 7 | 1 | 2 | 74 |
| + Honey Dijon | 160 | 80 | 9 | 1 | 0 | 10 | 540 | 20 | 0 | 18 | 0 |
| Country Fried Steak | 720 | 340 | 37 | 10 | 2 | 90 | 1400 | 58 | 4 | 0 | 38 |
| + Mushroom Gravy | 30 | 0 | 0 | 0 | 0 | 0 | 460 | 6 | 0 | 0 | 1 |
| + White Pepper Gravy | 90 | 50 | 5 | 1 | 2 | 0 | 460 | 11 | 0 | 2 | 1 |
| Grilled Pork Chop, 8 oz (one) | 540 | 260 | 29 | 11 | 1 | 140 | 1880 | 25 | 2 | 5 | 47 |
| + Raspberry Chipotle Sauce | 150 | 0 | 0 | 0 | 0 | 0 | 470 | 37 | 0 | 30 | 0 |
| Grilled Pork Chops, 16 oz (two) | 930 | 480 | 53 | 21 | 1 | 265 | 2550 | 25 | 4 | 5 | 89 |
| + Raspberry Chipotle Sauce | 150 | 0 | 0 | 0 | 0 | 0 | 470 | 37 | 0 | 30 | 0 |
| Hawaiian Chicken | 430 | 70 | 8 | 2 | 2 | 130 | 1400 | 29 | 0 | 5 | 55 |
| Homestyle Chicken Tenders | 520 | 90 | 10 | 2 | 1 | 135 | 1450 | 42 | 2 | 4 | 61 |
| + Honey Dijon | 160 | 80 | 9 | 1 | 0 | 10 | 540 | 20 | 0 | 18 | 0 |
| Mesquite Grilled Chicken | 430 | 90 | 10 | 2 | 2 | 130 | 1430 | 26 | 0 | 2 | 55 |
| Southwest Chipotle Tips | 610 | 190 | 21 | 6 | 3 | 190 | 1440 | 38 | 2 | 9 | 64 |
| Santa Fe Chicken <i>(where available)</i> | 650 | 300 | 33 | 15 | 0 | 200 | 1360 | 13 | 1 | 11 | 73 |
| + French Dressing | 160 | 90 | 10 | 2 | 0 | 0 | 820 | 18 | 0 | 18 | 0 |
| Fried Pork Chops <i>(where available)</i> | 980 | 400 | 45 | 16 | 2 | 210 | 2690 | 78 | 3 | 8 | 66 |
| +White Pepper Gravy | 90 | 50 | 5 | 1 | 2 | 0 | 460 | 11 | 0 | 2 | 1 |
| J.T.'s BBQ Chicken <i>(where available)</i> | 370 | 50 | 6 | 2 | 0 | 150 | 930 | 20 | 2 | 5 | 55 |
| STEAK DINNERS | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| Sirloin 6 oz. | 490 | 340 | 38 | 13 | 4 | 90 | 1050 | 1 | 0 | 0 | 34 |
| Sirloin 9 oz. | 690 | 460 | 51 | 18 | 4 | 130 | 1520 | 1 | 0 | 0 | 51 |
| Sirloin 12 oz. | 880 | 590 | 65 | 23 | 4 | 180 | 2000 | 1 | 0 | 0 | 68 |
| Ribeye 10 oz. | 850 | 530 | 59 | 21 | 4 | 360 | 1010 | 0 | 0 | 0 | 75 |
| Ribeye 16 oz. | 1300 | 780 | 87 | 32 | 4 | 570 | 1100 | 0 | 0 | 0 | 121 |
| Hawaiian Ribeye 12 oz. | 950 | 510 | 57 | 22 | 0 | 430 | 1640 | 12 | 0 | 10 | 91 |
| Del Rio Ribeye 12 oz. | 1350 | 760 | 85 | 28 | 7 | 450 | 6000 | 43 | 9 | 12 | 97 |
| New York Strip 14 oz. | 1020 | 670 | 74 | 28 | 4 | 230 | 1060 | 0 | 0 | 0 | 82 |
| Porterhouse T-Bone 18 oz. | 1050 | 770 | 85 | 32 | 4 | 250 | 1050 | 0 | 0 | 0 | 66 |
| Filet Mignon 8 oz. | 670 | 470 | 53 | 19 | 3 | 150 | 1950 | 1 | 0 | 0 | 45 |
| Chopped Sirloin | 580 | 250 | 28 | 10 | 2 | 150 | 1370 | 34 | 3 | 9 | 44 |
| Sirloin Tips | 530 | 320 | 35 | 13 | 1 | 100 | 1140 | 9 | 2 | 5 | 41 |
| Prime Rib 8 oz. <i>(where available)</i> | 630 | 450 | 50 | 20 | 0 | 150 | 1280 | 3 | 0 | 1 | 41 |
| + Au Jus | 10 | 0 | 0 | 0 | 0 | 0 | 450 | 1 | 0 | 1 | 0 |
| + Horseradish | 170 | 150 | 16 | 6 | 0 | 30 | 190 | 5 | 0 | 2 | 1 |
| Prime Rib 12 oz. <i>(where available)</i> | 950 | 680 | 75 | 30 | 0 | 225 | 1920 | 4 | 0 | 2 | 61 |
| + Au Jus | 10 | 0 | 0 | 0 | 0 | 0 | 150 | 1 | 0 | 1 | 0 |
| + Horseradish | 170 | 150 | 16 | 6 | 0 | 30 | 190 | 5 | 0 | 2 | 1 |

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|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| Prime Rib 16 oz. (where available) | 1270 | 900 | 100 | 40 | 0 | 300 | 2560 | 5 | 0 | 2 | 81 |
| + Au Jus | 10 | 0 | 0 | 0 | 0 | 0 | 450 | 1 | 0 | 1 | 0 |
| + Horseradish | 170 | 150 | 16 | 6 | 0 | 30 | 190 | 5 | 0 | 2 | 1 |
| Smoked Sirloin 9 oz. (where available) | 800 | 290 | 33 | 10 | 4 | 150 | 6890 | 65 | 9 | 23 | 54 |
| + Au Jus | 10 | 0 | 0 | 0 | 0 | 0 | 450 | 1 | 0 | 1 | 0 |
| + Horseradish | 170 | 150 | 16 | 6 | 0 | 30 | 190 | 5 | 0 | 2 | 1 |
| STEAK DINNER ADD-ONS & TOPPINGS | | | | | | | | | | | |
| Black and Bleu any Steak (where available) | 130 | 80 | 9 | 5 | 0 | 25 | 2540 | 8 | 3 | 0 | 7 |
| Feta and Bacon Steak Topping (where available) | 140 | 100 | 11 | 6 | 0 | 30 | 610 | 0 | 0 | 0 | 9 |
| Mushroom and Onion Steak Topping | 150 | 100 | 11 | 2 | 3 | 0 | 120 | 9 | 1 | 3 | 2 |
| Blacken any Steak (where available) | 30 | 5 | 1 | 0 | 0 | 0 | 2160 | 8 | 3 | 0 | 1 |
| Del Rio Topping | 640 | 430 | 48 | 10 | 13 | 20 | 6010 | 43 | 10 | 12 | 7 |
| Del Rio Shrimp (where available) | 330 | 210 | 24 | 5 | 7 | 130 | 890 | 11 | 2 | 2 | 18 |
| Fried Shrimp | 210 | 70 | 8 | 2 | 1 | 160 | 350 | 16 | 1 | 3 | 20 |
| + Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Grilled Shrimp | 250 | 80 | 9 | 2 | 2 | 80 | 1610 | 28 | 1 | 2 | 13 |
| + Melted Butter | 400 | 400 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |
| RIBS & COMBOS | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| St Louis Style Ribs, Full Order | 1630 | 1200 | 132 | 50 | 0 | 430 | 3670 | 5 | 3 | 0 | 96 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + with Barbecue Sauce | 80 | 0 | 0 | 0 | 0 | 0 | 740 | 18 | 8 | 12 | 0 |
| St Louis Style Ribs, Half Order | 980 | 720 | 79 | 30 | 0 | 260 | 2200 | 3 | 2 | 0 | 58 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + with Barbecue Sauce | 80 | 0 | 0 | 0 | 0 | 0 | 740 | 18 | 8 | 12 | 0 |
| Ribs & Catfish | 1400 | 820 | 91 | 30 | 2 | 310 | 3730 | 57 | 10 | 13 | 82 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + Tartar Sauce | 300 | 290 | 32 | 5 | 0 | 30 | 920 | 2 | 0 | 2 | 0 |
| Ribs & Chicken (where available) | 1320 | 680 | 76 | 27 | 2 | 350 | 4010 | 46 | 10 | 14 | 104 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| Sirloin & Fried Shrimp | 810 | 440 | 49 | 15 | 5 | 260 | 1700 | 34 | 2 | 6 | 57 |
| + Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Sirloin & Grilled Shrimp | 770 | 420 | 47 | 15 | 6 | 210 | 2700 | 28 | 1 | 2 | 53 |
| + Melted Butter | 400 | 400 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |
| Sirloin & Chicken (where available) | 920 | 430 | 48 | 15 | 5 | 220 | 2480 | 26 | 0 | 2 | 89 |
| Sirloin & Ribs | 1380 | 940 | 104 | 37 | 4 | 305 | 3620 | 21 | 10 | 12 | 82 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| Chicken & Catfish (where available) | 910 | 290 | 32 | 7 | 2 | 225 | 2320 | 61 | 1 | 3 | 89 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + Tartar Sauce | 300 | 290 | 32 | 5 | 0 | 30 | 920 | 2 | 0 | 2 | 0 |
| Ribeye & Fried Shrimp (where available) | 1170 | 620 | 69 | 23 | 5 | 530 | 1650 | 33 | 2 | 6 | 98 |
| + Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Ribeye & Grilled Shrimp (where available) | 1120 | 610 | 68 | 23 | 6 | 480 | 2650 | 27 | 0 | 2 | 95 |
| + Melted Butter | 400 | 400 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |

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|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| FISH & SEAFOOD | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| Blackened Salmon | 540 | 300 | 33 | 7 | 2 | 130 | 4510 | 15 | 5 | 0 | 48 |
| + Raspberry Chipotle | 150 | 0 | 0 | 0 | 0 | 0 | 470 | 37 | 0 | 30 | 0 |
| Fried Catfish Fillets | 790 | 350 | 38 | 8 | 2 | 150 | 1820 | 57 | 1 | 2 | 54 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + Tartar Sauce | 300 | 290 | 32 | 5 | 0 | 30 | 920 | 2 | 0 | 2 | 0 |
| Fried Catfish Fillets (lunch portion) | 500 | 220 | 24 | 5 | 2 | 90 | 1160 | 37 | 1 | 1 | 34 |
| + Tartar Sauce | 300 | 290 | 32 | 5 | 0 | 30 | 920 | 2 | 0 | 2 | 0 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| Fried Shrimp | 330 | 110 | 12 | 3 | 1 | 300 | 410 | 17 | 1 | 3 | 38 |
| + Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Fried Shrimp (lunch portion) | 230 | 80 | 8 | 2 | 1 | 210 | 280 | 12 | 1 | 2 | 27 |
| + Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Grilled Shrimp | 390 | 120 | 13 | 3 | 3 | 250 | 2280 | 29 | 1 | 2 | 36 |
| + Melted Butter | 400 | 400 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |
| Grilled Shrimp (lunch portion) | 320 | 100 | 11 | 2 | 3 | 170 | 1920 | 29 | 1 | 2 | 26 |
| + Melted Butter | 400 | 400 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |
| Mesquite Grilled Salmon | 410 | 220 | 25 | 5 | 0 | 130 | 900 | 1 | 1 | 0 | 45 |
| + Raspberry Chipotle Sauce | 150 | 0 | 0 | 0 | 0 | 0 | 470 | 37 | 0 | 30 | 0 |
| Blackened Tilapia (where available) | 580 | 170 | 19 | 4 | 3 | 110 | 2590 | 51 | 7 | 2 | 54 |
| Crab Cakes (where available) | 450 | 240 | 27 | 5 | 0 | 130 | 810 | 31 | 3 | 6 | 21 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| + Raspberry Chipotle Sauce | 300 | 0 | 0 | 0 | 0 | 0 | 930 | 73 | 0 | 60 | 0 |
| Del Rio Shrimp (where available) | 410 | 230 | 25 | 5 | 7 | 180 | 3100 | 19 | 5 | 5 | 26 |
| Pan Seared Tilapia (where available) | 630 | 310 | 35 | 16 | 4 | 230 | 890 | 16 | 1 | 1 | 59 |
| Shrimp Trio (where available) | 1180 | 720 | 80 | 18 | 23 | 290 | 3300 | 70 | 3 | 18 | 43 |
| SALADS & PASTA | | | | | | | | | | | |
| Includes entrée only - Dressings and rolls listed separately. | | | | | | | | | | | |
| Caesar Salad | 790 | 620 | 69 | 17 | 0 | 150 | 1750 | 22 | 6 | 4 | 28 |
| + Grilled Chicken | 270 | 40 | 5 | 1 | 0 | 130 | 420 | 0 | 0 | 0 | 52 |
| + Grilled Shrimp | 180 | 60 | 7 | 1 | 1 | 200 | 1010 | 2 | 0 | 0 | 26 |
| Fried Chicken Salad | 760 | 270 | 30 | 13 | 1 | 260 | 1600 | 54 | 8 | 12 | 67 |
| Grilled Sirloin Salad | 850 | 470 | 52 | 22 | 2 | 240 | 650 | 35 | 11 | 9 | 59 |
| Mesquite Grilled Chicken Salad | 640 | 250 | 27 | 12 | 0 | 290 | 920 | 23 | 7 | 9 | 74 |
| Southwest Chicken Salad (where available) | 680 | 170 | 19 | 3 | 0 | 130 | 2690 | 58 | 14 | 11 | 66 |
| Texas House Salad | 660 | 400 | 44 | 20 | 0 | 315 | 1730 | 26 | 7 | 11 | 41 |
| Pasta Alfredo (where available) | 1840 | 1130 | 126 | 46 | 4 | 185 | 1190 | 122 | 7 | 10 | 39 |
| + Grilled Chicken | 250 | 30 | 3 | 1 | 0 | 130 | 150 | 0 | 0 | 0 | 52 |
| + Grilled Shrimp | 90 | 30 | 3 | 1 | 1 | 100 | 510 | 1 | 0 | 0 | 13 |
| + Grilled Chicken & Shrimp | 180 | 40 | 4 | 1 | 1 | 150 | 560 | 1 | 0 | 0 | 33 |
| Chicken Pasta Alfredo (lunch portion) (where available) | 1050 | 610 | 67 | 25 | 2 | 140 | 750 | 59 | 4 | 5 | 44 |
| BLT Wedge Salad (where available) | 250 | 160 | 18 | 9 | 0 | 50 | 980 | 6 | 2 | 4 | 15 |
| + Ranch Dressing | 440 | 400 | 45 | 9 | 0 | 40 | 590 | 9 | 0 | 3 | 2 |
| Hawaiian Chicken Salad (where available) | 520 | 50 | 6 | 1 | 1 | 130 | 670 | 54 | 9 | 30 | 58 |
| Salmon Salad (where available) | 500 | 230 | 26 | 4 | 0 | 70 | 550 | 35 | 10 | 15 | 33 |
| Southwest Pasta (where available) | 1380 | 600 | 66 | 35 | 4 | 170 | 2660 | 139 | 11 | 13 | 35 |
| + Grilled Chicken | 270 | 40 | 5 | 1 | 0 | 130 | 420 | 0 | 0 | 0 | 52 |
| + Grilled Shrimp | 180 | 60 | 7 | 1 | 1 | 200 | 1010 | 2 | 0 | 0 | 26 |

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| Strawberry Pecan Salad <i>(where available)</i> | 730 | 490 | 55 | 10 | 2 | 20 | 530 | 44 | 13 | 28 | 16 |
| + Hawaiian Chicken | 260 | 30 | 3 | 1 | 0 | 130 | 380 | 3 | 0 | 3 | 52 |
| Soup & Caesar Salad Combo (salad only) <i>(where available)</i> | 400 | 310 | 34 | 8 | 0 | 20 | 930 | 15 | 3 | 2 | 13 |
| + Bowl of Loaded Baked Potato Soup | 320 | 140 | 16 | 14 | 0 | 10 | 1310 | 41 | 1 | 5 | 3 |
| + Bowl of Tortilla Soup | 440 | 80 | 9 | 2 | 0 | 30 | 1870 | 72 | 10 | 4 | 20 |
| Soup & House Salad Combo (salad only) <i>(where available)</i> | 180 | 90 | 10 | 5 | 0 | 25 | 260 | 12 | 3 | 4 | 10 |
| + Bowl of Loaded Baked Potato Soup | 320 | 140 | 16 | 14 | 0 | 10 | 1310 | 41 | 1 | 5 | 3 |
| + Bowl of Tortilla Soup | 440 | 80 | 9 | 2 | 0 | 30 | 1870 | 72 | 10 | 4 | 20 |
| BURGERS & SANDWICHES | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| Bacon Cheeseburger | 930 | 450 | 50 | 19 | 2 | 180 | 3010 | 59 | 3 | 13 | 58 |
| J.T.'s Charbroiled Lonesome Burger | 780 | 350 | 38 | 13 | 2 | 140 | 2340 | 56 | 3 | 12 | 49 |
| + Cheddar Cheese | 50 | 40 | 5 | 3 | 0 | 15 | 230 | 1 | 0 | 0 | 3 |
| + Pepper Jack Cheese | 50 | 40 | 4 | 3 | 0 | 10 | 90 | 0 | 0 | 0 | 3 |
| + Swiss Cheese | 50 | 40 | 4 | 3 | 0 | 10 | 230 | 0 | 0 | 0 | 3 |
| Montana Burger | 1110 | 480 | 53 | 20 | 2 | 190 | 4050 | 91 | 12 | 27 | 61 |
| Swiss Mushroom Burger | 850 | 390 | 43 | 16 | 2 | 150 | 2410 | 58 | 3 | 13 | 53 |
| Deluxe Grilled Chicken Sandwich | 720 | 260 | 29 | 10 | 2 | 180 | 1810 | 40 | 1 | 2 | 72 |
| + Honey Dijon | 160 | 80 | 9 | 1 | 0 | 10 | 540 | 20 | 0 | 18 | 0 |
| Mesquite Grilled Chicken Sandwich | 530 | 130 | 14 | 2 | 2 | 130 | 920 | 39 | 1 | 1 | 60 |
| Philly Steak Sandwich | 660 | 360 | 40 | 16 | 4 | 105 | 1310 | 35 | 4 | 9 | 38 |
| Smoked Turkey Club | 470 | 160 | 18 | 5 | 2 | 90 | 2130 | 39 | 3 | 9 | 43 |
| + Raspberry Chipotle Sauce | 80 | 0 | 0 | 0 | 0 | 0 | 230 | 18 | 0 | 15 | 0 |
| Jalapeno Burger <i>(where available)</i> | 900 | 420 | 46 | 18 | 2 | 170 | 2800 | 56 | 3 | 12 | 59 |
| Pulled Pork Sandwich <i>(where available)</i> | 760 | 300 | 33 | 11 | 2 | 65 | 2130 | 78 | 12 | 27 | 34 |
| + Coleslaw | 170 | 80 | 9 | 2 | 0 | 5 | 430 | 19 | 2 | 17 | 1 |
| SIDE ITEMS | | | | | | | | | | | |
| 4 Cheese Mac and Cheese <i>(where available)</i> | 460 | 270 | 30 | 17 | 0 | 85 | 1240 | 25 | 1 | 3 | 19 |
| Baked Potato w/ Butter & Sour Cream | 630 | 330 | 37 | 12 | 8 | 40 | 350 | 62 | 4 | 4 | 9 |
| + Bacon Bits | 120 | 80 | 9 | 4 | 0 | 30 | 590 | 0 | 0 | 0 | 8 |
| + Chives | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| + Shredded Cheese | 220 | 160 | 18 | 10 | 0 | 50 | 340 | 2 | 0 | 0 | 14 |
| Baked Sweet Potato | 450 | 0 | 0 | 0 | 0 | 0 | 280 | 103 | 15 | 21 | 8 |
| + Whipped Butter | 250 | 250 | 27 | 5 | 8 | 0 | 280 | 0 | 0 | 0 | 0 |
| + Cinnamon & Sugar | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 4 | 0 |
| Smashed Potatoes w/ Butter & Sour Cream | 460 | 360 | 40 | 12 | 8 | 40 | 820 | 20 | 2 | 3 | 4 |
| + Bacon Bits | 120 | 80 | 9 | 4 | 0 | 30 | 590 | 0 | 0 | 0 | 8 |
| + Chives | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| + Shredded Cheese | 220 | 160 | 18 | 10 | 0 | 50 | 340 | 2 | 0 | 0 | 14 |
| + White Pepper Gravy | 70 | 30 | 4 | 1 | 2 | 0 | 340 | 8 | 0 | 1 | 0 |
| + Mushroom Gravy | 20 | 0 | 0 | 0 | 0 | 0 | 350 | 5 | 0 | 0 | 1 |
| French Fries | 360 | 140 | 15 | 3 | 2 | 0 | 1676 | 49 | 5 | 0 | 5 |
| + Bacon & Cheese | 220 | 160 | 18 | 9 | 0 | 50 | 370 | 2 | 0 | 0 | 13 |
| Fried Okra <i>(where available)</i> | 250 | 70 | 8 | 1 | 1 | 0 | 680 | 41 | 3 | 2 | 5 |
| Green Beans <i>(where available)</i> | 110 | 50 | 6 | 2 | 0 | 5 | 880 | 13 | 5 | 3 | 3 |
| House Salad Side | 180 | 90 | 10 | 5 | 0 | 25 | 270 | 14 | 4 | 5 | 10 |
| Caesar Salad Side | 400 | 310 | 34 | 8 | 0 | 20 | 930 | 15 | 3 | 2 | 13 |
| Sautéed Mushrooms | 160 | 70 | 8 | 2 | 2 | 0 | 270 | 15 | 3 | 7 | 5 |
| Steamed Veggies | 180 | 110 | 12 | 3 | 4 | 0 | 160 | 12 | 5 | 4 | 6 |
| + Bacon & Cheese | 220 | 160 | 18 | 9 | 0 | 50 | 370 | 2 | 0 | 0 | 13 |

| | 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) |
|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| Sweet Potato Fries | 400 | 160 | 18 | 2 | 2 | 0 | 300 | 56 | 7 | 16 | 2 |
| + Mallo Sauce | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 26 | 0 | 22 | 0 |
| Grilled Corn on the Cob <i>(where available)</i> | 360 | 120 | 13 | 3 | 4 | 0 | 300 | 50 | 8 | 16 | 8 |
| Grilled Asparagus <i>(where available)</i> | 90 | 50 | 6 | 1 | 0 | 0 | 0 | 5 | 3 | 3 | 3 |
| Mashed Garlic Parmesan Cauliflower <i>(where available)</i> | 170 | 110 | 12 | 2 | 0 | 10 | 590 | 8 | 3 | 5 | 3 |
| KIDS MEALS | | | | | | | | | | | |
| Includes Entrée Only - Sides, rolls and condiments are listed separately. | | | | | | | | | | | |
| Kids 4 Cheese Mac and Cheese <i>(where available)</i> | 920 | 540 | 59 | 34 | 0 | 170 | 2490 | 50 | 2 | 5 | 39 |
| Kids Bite Size Sirloin Tips | 330 | 200 | 22 | 9 | 0 | 70 | 790 | 0 | 0 | 0 | 28 |
| Kids Grilled Cheese | 260 | 100 | 11 | 5 | 0 | 30 | 810 | 31 | 0 | 2 | 11 |
| Kids Homestyle Chicken Tenders | 260 | 50 | 5 | 1 | 1 | 70 | 730 | 21 | 1 | 2 | 30 |
| + Honey Dijon | 160 | 80 | 9 | 1 | 0 | 10 | 540 | 20 | 0 | 18 | 0 |
| Kids Lonesome Burger | 560 | 220 | 24 | 8 | 2 | 70 | 1510 | 54 | 2 | 11 | 29 |
| Kids Mesquite Grilled Chicken | 270 | 40 | 5 | 1 | 0 | 130 | 420 | 0 | 0 | 0 | 52 |
| Kids Mini Corn Dogs | 280 | 160 | 18 | 5 | 1 | 30 | 570 | 21 | 0 | 5 | 8 |
| KIDS SIDES | | | | | | | | | | | |
| Kids Apple Sauce | 80 | 0 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 16 | 0 |
| Kids Fries | 250 | 100 | 11 | 2 | 1 | 0 | 1200 | 35 | 3 | 0 | 3 |
| + Bacon & Cheese | 220 | 160 | 18 | 9 | 0 | 50 | 370 | 2 | 0 | 0 | 13 |
| Kids Green Beans <i>(where available)</i> | 110 | 50 | 6 | 2 | 0 | 5 | 880 | 13 | 5 | 3 | 3 |
| Kids Mandarin Oranges | 70 | 0 | 0 | 0 | 0 | 0 | 20 | 15 | 1 | 15 | 1 |
| Kids Smashed Potatoes w/Butter & Sour Cream | 460 | 360 | 40 | 12 | 8 | 40 | 820 | 20 | 2 | 3 | 4 |
| + Bacon Bits | 120 | 80 | 9 | 4 | 0 | 30 | 590 | 0 | 0 | 0 | 8 |
| + Chives | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| + Shredded Cheese | 220 | 160 | 18 | 10 | 0 | 50 | 340 | 2 | 0 | 0 | 14 |
| + Mushroom Gravy | 20 | 0 | 0 | 0 | 0 | 0 | 350 | 4 | 0 | 0 | 1 |
| + White Pepper Gravy | 70 | 30 | 4 | 1 | 2 | 0 | 340 | 8 | 0 | 1 | 0 |
| KIDS DESSERTS | | | | | | | | | | | |
| Kids Ice Cream Sundae | 590 | 190 | 21 | 14 | 0 | 75 | 270 | 96 | 0 | 71 | 6 |
| KIDS BEVERAGES | | | | | | | | | | | |
| Kids Apple Juice | 180 | 0 | 0 | 0 | 0 | 0 | 20 | 42 | 0 | 39 | 0 |
| Kids Coke | 90 | 0 | 0 | 0 | 0 | 0 | 5 | 24 | 0 | 24 | 0 |
| Kids Diet Coke | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 |
| Kids Sprite | 90 | 0 | 0 | 0 | 0 | 0 | 20 | 23 | 0 | 23 | 0 |
| Kids Pibb Xtra | 90 | 0 | 0 | 0 | 0 | 0 | 10 | 23 | 0 | 23 | 0 |
| Kids Hi-C Fruit Punch | 90 | 0 | 0 | 0 | 0 | 0 | 10 | 25 | 0 | 25 | 0 |
| Kids Minute Maid Lemonade | 90 | 0 | 0 | 0 | 0 | 0 | 40 | 23 | 0 | 23 | 0 |
| Kids Milk | 180 | 70 | 8 | 5 | 0 | 40 | 180 | 17 | 0 | 17 | 12 |

| | 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) |
|---|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| DRESSINGS, DIPPING SAUCES & EXTRAS (2oz. Portions Unless Specified) | | | | | | | | | | | |
| Au Jus | 4 | 0 | 0 | 0 | 5 | 0 | 303 | 1 | 0 | 0 | 0 |
| Balsamic Vinaigrette | 120 | 90 | 10 | 1 | 0 | 0 | 380 | 8 | 0 | 8 | 0 |
| Barbecue Sauce | 80 | 0 | 0 | 0 | 0 | 0 | 740 | 18 | 8 | 12 | 0 |
| Bleu Cheese Dressing | 319 | 306 | 34 | 7 | 0 | 35 | 339 | 4 | 0 | 1 | 2 |
| Caesar Dressing | 240 | 234 | 26 | 4 | 0 | 20 | 640 | 2 | 0 | 0 | 2 |
| Cocktail Sauce | 60 | 0 | 0 | 0 | 0 | 0 | 690 | 15 | 0 | 11 | 1 |
| Fat Free Ranch Dressing | 60 | 0 | 0 | 0 | 0 | 0 | 780 | 16 | 2 | 6 | 0 |
| Fat Free Raspberry Vinaigrette | 140 | 0 | 0 | 0 | 0 | 0 | 560 | 36 | 0 | 28 | 0 |
| French Dressing | 160 | 90 | 10 | 2 | 0 | 0 | 820 | 18 | 0 | 18 | 0 |
| Gold BBQ Sauce | 120 | 0 | 0 | 0 | 0 | 0 | 760 | 28 | 0 | 24 | 1 |
| Honey Dijon Dressing | 160 | 81 | 9 | 1 | 0 | 10 | 540 | 20 | 0 | 18 | 0 |
| Honey | 280 | 0 | 0 | 0 | 0 | 0 | 60 | 68 | 0 | 60 | 0 |
| Horseradish Sauce | 171 | 146 | 16 | 6 | 0 | 30 | 186 | 5 | 0 | 2 | 1 |
| House Dressing | 299 | 260 | 29 | 6 | 1 | 32 | 413 | 9 | 0 | 4 | 1 |
| Italian Dressing | 160 | 144 | 16 | 2 | 0 | 0 | 660 | 4 | 0 | 4 | 0 |
| J.T.'s Oriental Dressing | 125 | 72 | 8 | 1 | 0 | 0 | 1260 | 12 | 0 | 11 | 0 |
| Ketchup | 83 | 1 | 0 | 0 | 0 | 0 | 639 | 20 | 1 | 16 | 1 |
| Marshmallow Sauce | 100 | 0 | 0 | 0 | 0 | 0 | 20 | 26 | 0 | 22 | 0 |
| Mayonnaise Packet | 89 | 88 | 10 | 2 | 0 | 5 | 67 | 1 | 0 | 1 | 0 |
| Melted Butter | 400 | 396 | 44 | 10 | 14 | 0 | 360 | 0 | 0 | 0 | 0 |
| Mushroom Gravy (4 oz.) | 31 | 2 | 0 | 0 | 0 | 0 | 460 | 6 | 0 | 1 | 1 |
| Mustard | 40 | 22 | 2 | 0 | 0 | 0 | 660 | 3 | 3 | 1 | 2 |
| Oil & Vinegar | 253 | 252 | 28 | 4 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pineapple Salsa | 30 | 1 | 0 | 0 | 0 | 0 | 19 | 7 | 1 | 5 | 0 |
| Ranch Dressing | 219 | 202 | 22 | 4 | 0 | 22 | 295 | 5 | 0 | 2 | 1 |
| Raspberry Chipotle Sauce | 150 | 0 | 0 | 0 | 0 | 0 | 467 | 37 | 0 | 30 | 0 |
| Salsa | 20 | 0 | 0 | 0 | 0 | 0 | 500 | 4 | 0 | 4 | 0 |
| Sour Cream | 120 | 90 | 10 | 7 | 0 | 40 | 60 | 4 | 0 | 2 | 2 |
| Spicy Ranch Dressing | 219 | 202 | 22 | 4 | 0 | 22 | 295 | 5 | 0 | 2 | 1 |
| Tartar Sauce | 300 | 288 | 32 | 5 | 0 | 30 | 920 | 2 | 0 | 2 | 0 |
| Thousand Island Dressing | 315 | 298 | 33 | 6 | 0 | 30 | 371 | 6 | 0 | 3 | 0 |
| Whipped Butter | 249 | 246 | 27 | 5 | 7 | 0 | 275 | 0 | 0 | 0 | 0 |
| White Pepper Gravy (4 oz.) | 91 | 46 | 5 | 1 | 2 | 0 | 455 | 11 | 0 | 2 | 1 |
| Yeast Roll | 120 | 13 | 1 | 0 | 0 | 0 | 92 | 24 | 1 | 6 | 3 |
| +Whipped Butter | 249 | 246 | 27 | 5 | 8 | 0 | 275 | 0 | 0 | 0 | 0 |
| **dressings and dipping sauces are served in 2 oz. portion, except mushroom and white pepper gravy are served with a 4 oz. portion. | | | | | | | | | | | |
| DESSERTS | | | | | | | | | | | |
| Bread Pudding | 1133 | 494 | 55 | 25 | 4 | 323 | 469 | 136 | 3 | 102 | 17 |
| + Vanilla Ice Cream | 130 | 63 | 7 | 5 | 0 | 25 | 60 | 16 | 0 | 11 | 2 |
| Cheesecake | 874 | 536 | 60 | 35 | 2 | 307 | 634 | 69 | 2 | 57 | 15 |
| + Caramel Sauce | 260 | 9 | 1 | 0 | 0 | 0 | 150 | 60 | 0 | 44 | 0 |
| + Chocolate Sauce | 180 | 0 | 0 | 0 | 0 | 0 | 90 | 42 | 2 | 38 | 1 |
| + Praline Sauce | 255 | 130 | 14 | 5 | 2 | 18 | 75 | 30 | 0 | 29 | 1 |
| + Raspberry Sauce | 200 | 0 | 0 | 0 | 0 | 0 | 10 | 50 | 0 | 34 | 0 |
| Ultimate Chocolate Sin-Sation | 1085 | 338 | 38 | 13 | 0 | 152 | 459 | 173 | 4 | 131 | 11 |
| Skillet Cookie (<i>where available</i>) | 1162 | 434 | 48 | 26 | 0 | 83 | 689 | 173 | 6 | 120 | 12 |
| Key Lime Pie (<i>where available</i>) | 535 | 333 | 37 | 19 | 0 | 205 | 250 | 47 | 2 | 33 | 13 |
| Butter Pecan Pie (<i>where available</i>) | 530 | 279 | 31 | 11 | 0 | 115 | 260 | 57 | 2 | 29 | 5 |
| Praline Pecan Sundae (<i>where available</i>) | 875 | 441 | 49 | 26 | 4 | 114 | 322 | 102 | 1 | 84 | 8 |
| Root Beer Float | 310 | 63 | 7 | 5 | 0 | 25 | 105 | 61 | 0 | 56 | 2 |

| | 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) |
|----------------------|----------|-----------------------|---------|-------------------|---------------|-----------------|------------|-----------|-----------|-----------|-------------|
| BEVERAGES | | | | | | | | | | | |
| Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Decaf Coffee | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Coke | 120 | 0 | 0 | 0 | 0 | 0 | 7 | 32 | 0 | 32 | 0 |
| Diet Coke | 0 | 0 | 0 | 0 | 0 | 0 | 12 | 0 | 0 | 0 | 0 |
| Sprite | 120 | 0 | 0 | 0 | 0 | 0 | 26 | 31 | 0 | 31 | 0 |
| Pibb Xtra | 120 | 0 | 0 | 0 | 0 | 0 | 17 | 31 | 0 | 31 | 0 |
| Minute Maid Lemonade | 120 | 0 | 0 | 0 | 0 | 0 | 49 | 31 | 0 | 31 | 0 |
| Hi-C Fruit Punch | 125 | 0 | 0 | 0 | 0 | 0 | 11 | 34 | 0 | 34 | 0 |
| Iron Horse Root Beer | 180 | 0 | 0 | 0 | 0 | 0 | 45 | 45 | 0 | 45 | 0 |
| Sweet Tea | 70 | 0 | 0 | 0 | 0 | 0 | 6 | 18 | 0 | 18 | 0 |
| + Peach Syrup | 70 | 0 | 0 | 0 | 0 | 0 | 3 | 18 | 0 | 17 | 0 |
| + Raspberry Syrup | 70 | 0 | 0 | 0 | 0 | 0 | 3 | 18 | 0 | 17 | 0 |
| Unsweetened Tea | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| + Peach Syrup | 70 | 0 | 0 | 0 | 0 | 0 | 3 | 18 | 0 | 17 | 0 |
| + Raspberry Syrup | 70 | 0 | 0 | 0 | 0 | 0 | 3 | 18 | 0 | 17 | 0 |