

NUTRITIONAL GUIDE INFORMATION UPDATED 7/25/18

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 (mg)	SODIUM (mg)	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 Tanglers (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 Tanglers (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
Mozzarella Cheese Sticks (large where available)	1590	590	66	30	2	120	3320	156	11	24	90
+ 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	90	1030	13	0	4	14
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
SOUPS											
Loaded Baked Potato Soup, Bowl	320	140	16	14	0	5	1310	41	1	5	3
Tortilla Soup, Bowl (where available)	440	80	9	1	0	30	1870	72	10	4	20

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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	730	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	1	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
STEAK DINNERS											
Includes Entrée Only - Sides, rolls and condiments are listed separately.											
Sirloin 6 oz.	410	260	30	10	1	90	360	0	0	0	34
Sirloin 9 oz.	590	370	41	16	1	130	400	0	0	0	51
Sirloin 12 oz.	770	480	50	21	1	180	520	0	0	0	68
Ribeye 10 oz. <i>(where available)</i>	790	460	50	19	1	360	950	0	0	0	75
Ribeye 12 oz.	940	550	61	23	1	430	980	0	0	0	90
Ribeye 16 oz.	1240	720	80	30	1	570	1040	0	0	0	121
Hawaiian Ribeye 12 oz.	950	510	57	22	0	430	640	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.	960	600	67	26	1	230	1000	0	0	0	82
T-Bone 18 oz.	990	700	78	30	1	250	990	0	0	0	66
Filet Mignon 8 oz.	640	430	48	19	1	160	1890	1	0	0	48
Chopped Sirloin	580	250	28	10	2	150	1370	34	3	9	44
Sirloin Tips	510	300	33	12	1	100	450	9	2	4	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
Prime Rib 16 oz. <i>(where available)</i>	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 10 oz. <i>(where available)</i>	840	310	35	10	4	160	7620	66	9	24	59
+ 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

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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	450	250	28	6	7	22	5821	43	9	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	1320	820	91	30	2	310	2990	39	2	1	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
+ with Barbecue Sauce	80	0	0	0	0	0	740	18	8	12	0
Ribs & Chicken (where available)	1240	680	76	27	2	350	3270	28	2	2	103
+ 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 & Homestyle Chicken Tenders(where available)	1070	640	70	26	1	280	2560	23	2	2	78
+ 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
+ Honey Dijon	160	80	9	1	0	10	540	20	0	18	0
Sirloin & Fried Shrimp	730	350	39	13	2	260	1000	34	2	6	57
+ Cocktail Sauce	60	0	0	0	0	0	690	15	0	11	1
Sirloin & Grilled Shrimp	680	340	38	13	3	210	2000	28	1	2	53
+ Melted Butter	400	400	44	10	14	0	360	0	0	0	0
Sirloin & Chicken (where available)	840	350	38	13	3	220	1790	26	0	2	89
Sirloin & Ribs	1220	860	95	36	1	305	2190	2	2	0	82
+ 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
Catfish & Fried Shrimp (where available)	870	330	37	8	3	270	1950	78	3	9	59
+ 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
Catfish & Grilled Shrimp (where available)	740	300	33	7	4	170	2760	64	1	3	47
+ 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
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)	1100	560	62	22	2	530	1590	33	2	6	98
+ Cocktail Sauce	60	0	0	0	0	0	690	15	0	11	1
Ribeye & Grilled Shrimp (where available)	1060	540	60	21	3	480	2600	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
Bourbon Bacon Salmon <i>(where available)</i>	620	270	30	7	0	150	880	32	1	28	51
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 <i>(where available)</i>	580	170	19	4	3	110	2590	51	7	2	54
Del Rio Shrimp <i>(where available)</i>	410	230	25	5	7	180	3100	19	5	5	26
Pan Seared Tilapia <i>(where available)</i>	630	310	35	16	4	230	890	16	1	1	59
Shrimp Trio <i>(where available)</i>	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 Shrimp Salad <i>(where available)</i>	550	260	30	12	1	350	2310	26	7	9	42
Grilled Sirloin Salad	860	480	53	22	2	240	890	35	11	9	59
Mesquite Grilled Chicken Salad	640	250	27	12	0	290	920	23	7	9	74
Southwest Chicken Salad <i>(where available)</i>	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 <i>(where available)</i>	1840	1130	126	46	4	185	1190	122	7	10	39
+ Grilled Chicken	250	30	3	1	0	130	150	0	0	0	52
+ Fried Chicken	260	50	5	1	1	70	730	21	1	2	30
+ 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) <i>(where available)</i>	1050	610	67	25	2	140	750	59	4	5	44
BLT Wedge Salad <i>(where available)</i>	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 <i>(where available)</i>	520	50	6	1	1	130	670	54	9	30	58
Salmon Salad <i>(where available)</i>	500	230	26	4	0	70	550	35	10	15	33
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

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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
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
J.T.'s Pick 2 Small Salad or Sandwich - (Where available)											
(refer to side section for additional combo item)											
1/2 Deluxe Grilled Chicken Sandwich <i>(where available)</i> <i>(with sauce)</i>	440	170	19	6	1	93	1170	30	1	10	36
1/2 Philly Steak Sandwich <i>(where available)</i>	320	170	19	8	2	53	640	17	2	4	19
1/2 Smoked Turkey Club <i>(where available)</i> <i>(with sauce)</i>	330	90	10	4	0	56	1430	39	1	20	22
Small Fried Chicken Salad <i>(where available)</i>	560	140	16	6	1	93	1010	39	6	9	41
Small Grilled Shrimp Salad <i>(where available)</i>	270	120	13	6	1	90	762	19	5	6	19
Small Mesquite Grilled Chicken Salad <i>(where available)</i>	330	114	13	6	0	91	470	16	5	6	37
Small Salads - (Where available)											
Small Fried Chicken Salad <i>(where available)</i>	560	140	16	6	1	93	1010	39	6	9	41
Small Grilled Shrimp Salad <i>(where available)</i>	270	120	13	6	1	90	762	19	5	6	19
Small Mesquite Grilled Chicken Salad <i>(where available)</i>	330	114	13	6	0	91	470	16	5	6	37
Small Southwest Chicken Salad <i>(where available)</i>	400	100	11	2	0	66	1370	39	9	7	35
Small Strawberry Pecan Salad <i>(where available)</i>	660	500	55	10	2	20	440	33	8	24	12
Small Strawberry Pecan Salad w/ Chicken <i>(where available)</i>	840	500	56	10	2	86	730	41	12	26	42
BEVERAGES											
Coffee	5	0	0	0	0	0	5	0	0	0	0
Decaf Coffee	5	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	30	31	0	31	0
Pibb Xtra	120	0	0	0	0	0	20	31	0	31	0
Minute Maid Lemonade	120	0	0	0	0	0	50	31	0	31	0
Hi-C Fruit Punch	130	0	0	0	0	0	10	34	0	34	0
Iron Horse Root Beer	180	0	0	0	0	0	50	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

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SIDE ITEMS											
4 Cheese Mac and Cheese <i>(where available)</i>	460	270	30	17	0	85	1240	25	1	3	19
Baked Potato (plain)	260	2	0	0	0	0	20	59	4	2	7
+ Whipped Butter	250	250	27	5	8	0	280	0	0	0	0
+ Sour Cream	110	90	9	7	0	40	60	4	0	2	2
+ 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 (plain)	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 (plain)	100	30	3	1	0	4	490	16	2	1	2
+ Whipped Butter	250	250	27	5	8	0	280	0	0	0	0
+ Sour Cream	110	90	9	7	0	40	60	4	0	2	2
+ 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	1680	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
Strawberry Pecan Salad <i>(where available)</i>	660	500	55	10	2	20	440	33	8	24	12
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
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
DESSERTS											
Bread Pudding	1130	500	55	25	4	323	470	136	3	102	17
+ Vanilla Ice Cream	130	60	7	5	0	25	60	16	0	11	2
Cheesecake	870	540	60	35	2	307	630	69	2	57	15
+ Caramel Sauce	260	10	1	0	0	0	150	60	0	44	0
+ Chocolate Sauce	180	0	0	0	0	0	90	42	2	38	1
+ Praline Sauce	260	130	14	5	2	18	80	30	0	29	1
+ Raspberry Sauce	200	0	0	0	0	0	10	50	0	34	0
Ultimate Chocolate Sin-Sation	1090	340	38	13	0	152	460	173	4	131	11
Skillet Cookie <i>(where available)</i>	1160	430	48	26	0	83	690	173	6	120	12
Key Lime Pie <i>(where available)</i>	540	330	37	19	0	205	250	47	2	33	13
Butter Pecan Pie <i>(where available)</i>	530	280	31	11	0	115	260	57	2	29	5
Praline Pecan Sundae <i>(where available)</i>	880	440	49	26	4	114	320	102	1	84	8
Iron Horse Root Beer Float	310	60	7	5	0	25	110	61	0	56	2

	CALORIES	CALORIES FROM FAT (g)	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
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	310	190	21	8	0	70	300	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	1330	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 (plain)	100	30	3	1	0	4	490	16	2	1	2
+ Whipped Butter	250	250	27	5	8	0	280	0	0	0	0
+ Sour Cream	110	90	9	7	0	40	60	4	0	2	2
+ 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 (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
DRESSINGS, DIPPING SAUCES & EXTRAS (2oz. Portions Unless Specified)											
Au Jus	5	0	0	0	5	0	300	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	320	310	34	7	0	35	340	4	0	1	2
Caesar Dressing	240	230	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	80	9	1	0	10	540	20	0	18	0
Honey	280	0	0	0	0	0	60	68	0	60	0
Horseradish Sauce	170	150	16	6	0	30	190	5	0	2	1
House Dressing	300	260	29	6	1	32	410	9	0	4	1
Italian Dressing	160	140	16	2	0	0	660	4	0	4	0
J.T.'s Oriental Dressing	130	70	8	1	0	0	1260	12	0	11	0
Ketchup	80	5	0	0	0	0	640	20	1	16	1
Marshmallow Sauce	100	0	0	0	0	0	20	26	0	22	0
Mayonnaise Packet	90	90	10	2	0	5	70	1	0	1	0
Melted Butter	400	400	44	10	14	0	360	0	0	0	0
Mushroom Gravy (4 oz.)	30	5	0	0	0	0	460	6	0	1	1
Mustard	40	20	2	0	0	0	660	3	3	1	2
Oil & Vinegar	250	250	28	4	0	0	5	0	0	0	0
Pineapple Salsa	30	5	0	0	0	0	20	7	1	5	0
Ranch Dressing	220	200	22	4	0	22	300	5	0	2	1
Raspberry Chipotle Sauce	150	0	0	0	0	0	470	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	220	200	22	4	0	22	300	5	0	2	1
Tartar Sauce	300	290	32	5	0	30	920	2	0	2	0
Thousand Island Dressing	320	300	33	6	0	30	370	6	0	3	0
Whipped Butter	250	250	27	5	7	0	280	0	0	0	0
White Pepper Gravy (4 oz.)	90	50	5	1	2	0	460	11	0	2	1
Yeast Roll	120	10	1	0	0	0	90	24	1	6	3
+Whipped Butter	250	250	27	5	8	0	280	0	0	0	0

**dressings and dipping sauces above are measured in 2 oz. portion, except mushroom and white pepper gravy are measured in 4 oz. portion.