

Section 1: Entrees

Menu Item	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Protein (g)	% Cals from Fat	% from Carbs	% from protein
6 oz Ribeye, Select w/o secret sauce, ala carte	266	128	14.2g	5.6g	101mg	108mg	0g	0g	0g	34.5g	48.1%	0%	51.9%
6 oz Ribeye, select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	305	131	14.5g	5.6g	101mg	2753mg	5.8g	1.8g	4.0g	37.7g	43%	7.6%	49.4%
6 oz Ribeye select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	835	301	33.4g	11.1g	121mg	3090mg	84.2g	8.7g	75.5g	49.2g	36.1%	40.4%	23.6%
9 oz Ribeye, Select w/o secret sauce, ala carte	399	192	21.4g	8.3g	152mg	162mg	0g	0g	0g	51.7g	48.1%	0%	51.9%
9 oz Ribeye, select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	438	195	21.6g	8.3g	152mg	2807mg	5.8g	1.8g	4.0g	54.9g	44.5%	5.3%	50.2%
9 oz Ribeye select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	967	365	40.5g	13.8g	172mg	3144mg	84.2g	8.7g	75.5g	66.4g	37.7%	34.8%	27.5%
12 oz Ribeye, Select w/o secret sauce, ala carte	532	256	28.5g	11.1g	202mg	216mg	0g	0g	0g	68.9g	48.2%	0%	51.8%
12 oz Ribeye, select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	571	259	28.7g	11.1g	202mg	2861mg	5.8g	1.8g	4.0g	72.1g	45.4%	4.1%	50.5%
12 oz Ribeye select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	1100	429	47.6g	16.6g	222mg	3198mg	84.2g	8.7g	75.5g	83.6g	39.0%	30.6%	30.4%

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7 oz Strip, Choice w/o secret sauce, ala carte	402	248	27.6g	11.1g	134mg	108mg	0g	0g	0g	38.6g	61.6%	0%	38.4%
7 oz Strip, Choice w/ sauce, w/ala carte salad, no potato, no roll, no dressing	441	251	27.9g	11.1g	134mg	2753mg	5.8g	1.8g	4.0g	41.8g	56.9%	5.3%	37.9%
7 oz Strip, Choice w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	971	421	46.8g	16.6g	154mg	3090mg	84.2g	8.7g	75.5g	53.3g	43.4%	34.7%	22%
8 oz Strip, Choice w/o secret sauce, ala carte	460	284	31.5g	12.6g	153mg	123mg	0g	0g	0g	44.1g	61.7%	0%	38.3%
8 oz Strip, Choice w/ sauce, w/ala carte salad, no potato, no roll, no dressing	499	287	31.9g	12.6g	153mg	2768mg	5.8g	1.8g	4.0g	47.3g	57.5%	4.6%	37.9%
8 oz Strip, Choice w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	1029	457	50.8g	18.1g	173mg	3105mg	84.2g	8.7g	75.5g	58.8g	44.4%	32.7%	22.9%
11 oz Strip, Choice w/o secret sauce, ala carte	633	390	43.4g	17.4g	211mg	170mg	0g	0g	0g	60.7g	61.6%	0%	38.4%
11 oz Strip, Choice w/ sauce, w/ala carte salad, no potato, no roll, no dressing	672	393	43.6g	17.4g	211mg	2815mg	5.8g	1.8g	4.0g	63.9g	58.5%	3.5%	38%
11 oz Strip, Choice w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	1201	563	62.5g	22.9g	231mg	3152mg	84.2g	8.7g	75.5g	75.4g	46.9%	28%	25.1%

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6.5 oz Sirloin Tips, Select w/o secret sauce, ala carte	374	231	25.6g	10.3g	124mg	100mg	0g	0g	0g	35.8g	61.7%	0%	38.3%
6.5 oz Sirloin Tips, Select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	413	234	26g	10.3g	124mg	2745mg	5.8g	1.8g	4.0g	39g	56.6%	5.6%	37.8%
6.5 oz Sirloin Tips, Select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	943	404	44.9g	15.8g	144mg	3082mg	84.2g	8.7g	75.5g	50.5g	42.9%	35.7%	21.4%
10 oz Top Sirloin, Select w/o secret sauce, ala carte	575	355	39.4g	15.8g	191mg	154mg	0g	0g	0g	55.1g	61.7%	0%	38.3%
10 oz Top Sirloin, Select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	614	358	39.7g	15.8g	191mg	2799mg	5.8g	1.8g	4.0g	58.3g	58.3%	3.8%	38%
10 oz Top Sirloin, Select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	1144	528	58.6g	21.3g	211mg	3136mg	84.2g	8.7g	75.5g	69.8g	46.2%	29.4%	24.4%
10 oz Chop Steak w/o secret sauce, ala carte	728	527	58.6g	23.6g	210mg	196mg	0g	0g	0g	50.2g	72.4%	0%	27.6%
10 oz Chop Steak w/ sauce, w/ala carte salad, no potato, no roll, no dressing	767	530	58.9g	23.6g	210mg	2841mg	5.8g	1.8g	4.0g	53.4g	69.1%	3%	27.9%
10 oz Chop Steak w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dr	1296	700	77.8g	29.1g	230mg	3178mg	84.2g	8.7g	75.5g	64.9g	54%	26%	20%

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7.5 oz Filet, Choice w/o secret sauce, ala carte	584	432	48g	19.5g	152mg	103mg	0g	0g	0g	38.1g	73.9%	0%	26.1%
7.5 oz Filet, Choice w/ sauce, w/ala carte salad, no potato, no roll, no dressing	623	435	48.3g	19.5g	152mg	2748mg	5.8g	1.8g	4.0g	41.3g	69.8%	3.7%	26.5%
7.5 oz Filet, Choice w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dr	1153	605	67.2g	25g	172mg	3085mg	84.2g	8.7g	75.5g	52.8g	52.5%	29.2%	18.3%
(2) Shrimp Skewers w/o secret sauce, ala carte	162	18	2g	0g	330mg	720mg	0g	0g	0g	36g	11.1%	0%	88.9%
(2) Shrimp Skewers w/ sauce, w/ala carte salad, no potato, no roll, no dressing	201	21	2.3g	0g	330mg	3365mg	5.8g	1.8g	4.0g	39.2g	10.4%	11.5%	78%
(2) Shrimp Skewers w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dr	731	191	21.2g	5.5g	350mg	3702mg	84.2g	8.7g	75.5g	50.7g	26.1%	46.1%	27.8%
7 oz Chicken Breast w/o secret sauce, ala carte	234	48	5.3g	1.5g	128mg	111mg	0g	0g	0g	46.6g	20.5%	0%	79.5%
7 oz Chicken Breast w/ sauce, w/ala carte salad, no potato, no roll, no dressing	273	51	5.6g	1.5g	128mg	2756mg	5.8g	1.8g	4.0g	49.8g	18.7%	8.5%	72.9%
7 oz Chicken Breast w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dressing	803	221	24.5g	7g	148mg	3093mg	84.2g	8.7g	75.5g	61.3g	27.5%	41.9%	30.5%

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10 oz Chicken Breast w/o secret sauce, ala carte	332	68	7.6g	2.1g	181mg	157mg	0g	0g	0g	66g	20.5%	0%	79.5%
10 oz Chicken Breast w/ sauce, w/ala carte salad, no potato, no roll, no dressing	371	71	7.9g	2.1g	181mg	2802mg	5.8g	1.8g	4.0g	69.2g	19.1%	6.3%	74.6%
10 oz Chicken Breast w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dr	901	241	26.8g	7.6g	201mg	3139mg	84.2g	8.7g	75.5g	80.7g	26.8%	37.4%	35.8%
14 oz T-Bone, Select w/o secret sauce, ala carte	921	623	69.3g	27.7g	252mg	210 mg	0g	0g	0g	74.5g	67.6%	0%	32.4%
14 oz T-Bone, select w/ sauce, w/ala carte salad, no potato, no roll, no dressing	960	626	69.5g	27.7g	252mg	2855mg	5.8g	1.8g	4.0g	77.7g	65.2%	2.4%	32.4%
14 oz T-Bone, select w/ sauce, ala carte salad, potato, roll, sour cream, country crock, no dr	1490	796	88.4g	33.2g	272mg	3192mg	84.2g	8.7g	75.5g	89.2g	53.4%	22.6%	24%