

Section 4: Individual Items and Ingredients

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
3 oz Grilled Onions w/sauce	42	1	.1g	0g	0mg	1263mg	8.3g	1.5g	6.8g	2g	2.4%	78.7%	19%
3 oz Grilled Mushrooms w/sauce	34	3	.4g	0g	0mg	1263mg	5g	1g	4g	2.8g	8.8%	58.5%	32.7%
3 oz Grilled green Pepper w/ sauce	34	1	.2g	0g	0mg	1262mg	6.5g	1.5g	5g	1.8g	2.9%	76%	21.1%
5 oz Tomato, Onion, and Cucumber salad with 1.5 oz FF Italian dressing	42	3	.3g	0g	0mg	468mg	8.6g	1.6g	7g	1.2g	7.1%	81.5%	11.4%
Steak-Out Secret Sauce 1 oz	16	0	0g	0g	0mg	2632mg	2g	0g	2g	2g	0%	50%	50%
3 oz cooked Chicken cup w/ sauce	141	27	3g	.9g	72mg	1379mg	1g	0g	1g	27.4g	19.2%	2.8%	78%
3 oz cooked Sirloin cup w/ sauce	180	106	11.8g	4.7g	58mg	1362mg	1g	0g	1g	17.6g	58.8%	2.2%	39%
Steak-Out Yeast Roll 1.9 oz	149	25	2.8g	.5g	0mg	115mg	27g	1g	26g	4g	16.8%	72.5%	10.7%
5g Country Crock Honey Butter	34	30	3.3g	.5g	0mg	35mg	1g	0g	1g	0g	88.2%	11.8%	0%
21g Country Crock Vegetable Oil Spread	100	100	11.1g	2g	0mg	175mg	0g	0g	0g	0g	100%	0%	0%
Steak-Out 1 oz Sour Cream	57	45	5g	3g	20mg	25g	2g	0g	2g	1g	78.9%	14%	7%
1.5 oz Shredded Cheddar Cheese	170	122	13.5g	7.6g	46mg	273mg	1.5g	0g	1.5g	10.6g	71.6%	3.5%	24.9%
Steak-Out 19g American Cheese Slice	70	50	5.6g	4g	15mg	340mg	1g	0g	1g	4g	71.4%	5.7%	22.9%
1 oz Steak-Out Bacon Bits	140	108	12g	6g	30mg	440mg	0g	0g	0g	8g	77.1%	0%	22.9%
Steak-Out 1 oz Potato Chips	150	81	9g	2g	0mg	162mg	15.2g	0g	15.2g	2g	54.1%	40.6%	5.3%
5.5g S/O Mustard packet	0	0	0g	0g	0mg	65mg	0g	0g	0g	0g			
12g S/O Mayo packet	77	77	8.6g	1.3g	13mg	108mg	0g	0g	0g	0g	100%	0%	0%
9g S/O Ketchup packet	12	0	0g	0g	0mg	60mg	3g	0g	3g	0g	0%	100%	0%
12g S/O Vidalia Onion Steak Sauce Packet	16	0	0g	0g	0mg	105mg	4g	0g	4g	0g	0%	100%	0%

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Steak-Out Lettuce and Tomato Slice Sandwich Pack	9	1	.1g	0g	0mg	4mg	1.6g	.5g	1.1g	.3g	11.6%	74.4%	14%
Steak-Out Tomato, Lettuce and Onion Sandwich Cold Pack	19	1	.1g	0g	0mg	5mg	4g	1g	3g	.6g	5.2%	82.5%	12.4%
Saltine Crackers (3)-2 packs- 18g	76	20	2.2g	0g	0mg	260mg	13g	0g	13g	1g	26.3%	68.4%	5.3%
Premium Gold Crackers (3)-2 pks- 18g	87	35	3.9g	.5g	0mg	190mg	12g	0g	12g	1g	40.2%	55.2%	4.6%
70 Ct. Colorado Baked Potato, no sour cream, no butter	224	0	0g	0g	0mg	22mg	49.4g	5.9g	43.5g	6.5g	0%	88.4%	11.6%
S/O Loaded Baked Potato w/ sour cream, country crock, 1.5 oz shredded cheddar, 1 oz bacon bits	691	375	41.6g	18.6g	96mg	935mg	52.9g	5.9g	47g	26.1g	54.3%	30.6%	15.1%