

Section 6: Desserts

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
Steak-Out 1 oz Chocolate Chip Cookie	189	77	8.6g	2.8g	5mg	159mg	26g	1.1g	24.9g	2.1g	40.7%	54.9%	4.4%
Steak-Out 1.5 oz Oatmeal Raisin Cookie	176	54	6g	1.5g	8mg	74mg	28.5g	1.2g	27.3g	2.1g	30.6%	64.6%	4.8%
Steak-Out 2 oz Cherry Topping	72	1	.2g	0g	0mg	23mg	17.3g	.1g	17.2g	.4g	1.4%	96.4%	2.2%
Steak-out 2 oz Strawberry Topping	89	0	0g	0g	0mg	12mg	22g	.6g	21.4g	.6g	0%	99.1%	.9%
Steak-Out Chocolate Chip Cake – 5.4 oz slice	636	280	31.1g	9g	75mg	530mg	82g	3g	79g	7g	44%	51.6%	4.4%
Steak-Out NY Style Cheesecake – 8 oz slice	840	480	53.3g	28g	270mg	680mg	76g	0g	76g	14g	57.1%	36.2%	6.7%