



NUTRITIONAL INFORMATION

For Complete Entrees

Entrees	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
6oz. Ribeye	1096	575	26	64	190	941	41	85	5
9oz. Ribeye	1361	780	36	87	250	986	55	85	5
12oz. Ribeye	1616	985	44	110	310	1031	68	85	5
16oz. Ribeye	1376	793	25.6	88.1	300.8	5216.5	102.2	131.5	9.6
22oz. Ribeye	1501	909	30.6	101	392.2	6595.9	132.5	132.7	9.6
16oz. T-Bone	2520	1503	56.6	167	365	3678	119.5	130.3	9.6
7oz. N.Y. Strip	1076	515	23	58	200	956	50	85	5
8oz. N.Y. Strip	1146	565	25	64	220	971	55	85	5
11oz. N.Y. Strip	1366	715	32	80	275	1011	71	85	5
6½oz. Sirloin Tips	907	279	12	32	233	973	68	85	5
5oz. Sirloin Tips	829	253	11	29	195	945	56	85	5
10oz. Chopped Steak	1166	545	24	61	250	1011	67	85	5
7oz. Chopped Steak	986	425	19	48	195	966	51	85	5
10oz. Sirloin	1166	415	18	47	320	1031	95	85	5
7½oz. Filet Mignon	996	415	18	47	205	961	55	85	5
6oz. Pork Chop	639	223	27	62	141	1159	48	0	0
2-6oz. Pork Chop	853	446	45	101	242	1345	96	0	0
5oz. Chicken Breast	741	215	9	24	151	901	44	85	5
7oz. Chicken Breast	811	235	10	26	184	92	56	85	5
Grilled Salmon	1379	620	14.6	68.8	178	3430.8	60.1	130.3	9.6
12pc. Grilled Shrimp	731	191	5.5	21.2	350	3702	50.7	84.2	8.7

Entrees are served with a la carte salad, baked potato or garlic mashed potatoes, dinner roll, butter, and sour cream. (All salads include dressing. See salad dressing nutritional information listed below.)

NUTRITIONAL INFORMATION

For Salads

Salads	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
A la Carte Salad	23	0	0	0	0	15	1	3	1
Chicken Chef Salad	410	170	9	19	94	650	33	21	2
Sirloin Chef Salad	463	193	10	22	120	676	40	21	2
Shrimp Chef Salad	324	132	7.7	14.6	211	3295	33.9	14.2	4.5
Cobb Salad	524	316	15.2	34.9	288	1887	40.8	11.3	4.4
Chicken Caesar Salad	235	86	5	9	72	142	33	4	3

A la carte salads include one dressing & chef salads include three dressings. (See salad dressing nutritional information listed below.)

NUTRITIONAL INFORMATION

For Side Items

Side Items	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
Garlic Mashed Potatoes	140	50	2	5	5	420	3	22	2
Baked Potato 70ct.	240	0	0	0	0	10	6	54	4
Loaded Baked Potato	691	375	18.6	41.6	96	935	26.1	52.9	5.9
Macaroni & Cheese	470	290	20	32	80	1100	13	31	2
Baked Beans	170	4	2	4	5	890	5	33	5
Grilled Onions	33	0	0	0	0	471	3	2	2
Grilled Mushrooms	21	0	0	0	0	471	4	0	0
Grilled Green Peppers	17	0	0	0	0	471	1	0	0
Lays Potato Chips	150	81	2	9	0	162	2	15.2	0

NUTRITIONAL INFORMATION

For Extras

Extras	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
Dinner Roll	120	30	1	3	0	160	4	27	1
Butter	90	90	2	11	0	180	0	0	0
Sour Cream	60	45	4	5	20	15	1	1	0
Bacon Bits	117	92	3	11	5	42	20	0	0
Cheddar Cheese	165	120	8	14	45	270	11	2	0
Cup of Chicken	88	25	1	3	41	25	15	0	0
Cup of Sirloin	192	80	4	9	80	58	26	0	0
Secret Sauce	3	0	0	0	0	471	1	0	0
Vidalia Onion Steak Sauce	16	0	0	0	0	105	0	4	0
American Cheese Slice	60	40	2	4	15	300	4	2	0
Lettuce/ Tomato/ Onion	15	0	0	0	0	0	0	0	0
Lettuce/ Tomato	8	0	0	0	0	0	0	0	0
Ketchup Packet	12	0	0	0	0	60	0	3	0
Mustard Packet	0	0	0	0	0	65	0	0	0
Mayo Packet	77	77	1.3	8.6	13	108	0	0	0

NUTRITIONAL INFORMATION
For Naturally Fresh Salad Dressings

Salad Dressings 1½ oz.	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
Bleu Cheese	255	255	5	29	23	180	2	2	0
Caesar	225	210	5	24	38	255	0	0	0
Honey French	180	150	3	17	0	480	0	8	0
Creamy Italian	255	240	5	27	23	195	0	2	0
Fat-Free Italian	15	0	0	0	0	675	0	3	0
Honey Mustard	210	180	3	20	15	285	0	9	0
Olive Oil & Vinegar	135	120	2	14	0	255	0	3	0
Lite Ranch	128	113	2	12	8	360	2	3	0
1000 Island	180	135	3	15	8	225	0	12	0

NUTRITIONAL INFORMATION
For Drinks

Drinks	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
Sweet Tea 32oz.	150	0	0	0	0	0	0	0	0
Unsweet Tea 32oz.	0	0	0	0	0	0	0	0	0
Coca-Cola 12oz.	140	0	0	0	0	50	0	39	0
Diet Coke 12oz.	0	0	0	0	0	40	0	0	0
Sprite 12oz.	140	0	0	0	0	70	0	38	0
Dr. Pepper 12oz.	150	0	0	0	0	53	0	53	0
Coca-Cola 32oz.	422.4	0	0	0	0	134.4	0	104	0
Diet Coke 32oz.	0	0	0	0	0	107.2	0	0	0
Sprite 32oz.	234	0	0	0	0	117	0	63	0
Dr. Pepper 32oz.	374.4	0	0	0	0	178	0	178	0

NUTRITIONAL INFORMATION

For Proteins Only

Proteins ONLY	Cals	Fat Cals	Sat (g)	Total Fat (g)	Chol (mg)	Sod (mg)	Prot (g)	Carbs (g)	Fiber (g)
6oz. Ribeye	530	410	19	45	120	90	28	0	0
9oz. Ribeye	795	615	29	68	180	135	42	0	0
12oz. Ribeye	1050	820	37	91	240	180	55	0	0
16oz. Ribeye	1328	838	43	109	346	389	111	7	0
22oz. Ribeye	1746	846	52	135	476	535	153	9	0
16oz. T-Bone	1674	880	62	151	308	308	103	0	0
7oz. N.Y. Strip	510	350	16	39	130	105	37	0	0
8oz. N.Y. Strip	580	400	18	45	150	120	42	0	0
11oz. N.Y. Strip	800	550	25	61	205	160	58	0	0
6½oz. Sirloin Tips	390	163	7	18	163	117	53	0	0
5oz. Sirloin Tips	300	125	6	14	125	90	41	0	0
10oz. Chop Steak	600	380	17	42	180	160	54	0	0
7oz. Chop Steak	420	260	12	29	125	115	38	0	0
10oz. Sirloin	600	250	11	28	250	180	82	0	0
7½oz. Filet Mignon	430	250	11	28	135	110	42	0	0
5oz. Chicken Breast	175	50	2	5	81	50	31	0	0
7oz. Chicken Breast	245	70	3	7	114	70	43	0	0
2-6oz. Pork Chop	287	281	38	82	172	494	83	0	0
6oz. Pork Chop	73	58	20	43	71	308	35	0	0
Grilled Salmon	330	769	18	40	60	210	35	0	0
12 pc. Grilled Shrimp	427	769	18	41	440	506	48	0	0

Cals...Calories	Sod...Sodium	(g)...grams
Fat Cals...Calories from Fat	Prot...Protein	(mg)...milligrams
Sat...Saturated Fat	Carbs...Carbohydrates	
Chol...Cholesterol		

- Percent of daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
- Garlic salt is lightly sprinkled on meat products after placed on grill. Secret sauce is basted on meat products while cooking.
- All meat products may be ordered without secret sauce or garlic salt.
- Steak-Out products contain no MSG.
- Steak-Out Franchising, Inc. obtains nutritional information for our menu ingredients from disclosures made by the product manufacturers. Our nutritional information is also based on standardized recipes and procedures. Although every effort is made to ensure the posted information is as accurate as possible based on these recipes, and that all employees are trained in the proper execution of cooking the products, there are several factors that may impact the accuracy of the nutrient claims. These factors include the natural variations in fresh products within our specifications, and the human factor of preparing our menu items. Based on these variables, it is possible for the nutritional information to vary significantly by as much as 30% from the posted information. If you need specific nutritional information, please contact your local Steak-Out.