



Interactive Nutrition Menu

Last Updated: 12/27/2024

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Just for Starters

Boneless Buffalo Wings shown without dipping sauce. See "Just for Starters - Boneless Buffalo Wings Dipping Sauces" for additional information. Cactus Blossom, Cheese Fries, Fried Pickles & Rattlesnake Bites shown without sauce or additional toppings. See "Just for Starters - Sauces (3 oz) & Toppings (6 oz)" for nutrition information.

Baked Potato Soup - Bowl (in selected stores only)	380	230	25	12	0	50	910	27	2	4	9
Baked Potato Soup - Cup (in selected stores only)	220	130	15	7	0	30	530	16	1	2	5
Boneless Buffalo Wings - Hot	760	380	42	11	0	145	2,130	37	12	2	60
Boneless Buffalo Wings - Mild	860	460	50	12	0	145	2,830	43	5	1	58
Cactus Blossom	2,250	1,200	135	26	0	15	5,000	236	19	36	25
Cheese Fries - Regular	1,240	580	65	25	1	110	5,400	126	14	2	38
Cheese Fries - Small	860	400	44	17	1	70	3,770	90	10	2	25
Deviled Eggs	520	370	40	10	0	710	750	12	0	7	27
Firecracker Shrimp (in selected stores only)	1,080	810	88	14	0	185	1,490	54	4	12	20
Fried Pickles	550	340	38	7	0	0	2,580	48	5	1	6
Grilled Shrimp	370	170	19	6	0	130	1,740	29	1	4	20
Killer Ribs	910	480	53	18	0	175	2,830	59	8	5	49
Rattlesnake Bites	560	330	36	19	0.5	80	1,430	34	3	3	25
Tater Skins	1,320	790	88	49	2	275	2,470	63	7	5	63
Texas Red Chili (no beans) - Bowl	500	270	31	13	1	100	1,460	23	5	8	33
Texas Red Chili (no beans) - Cup	250	130	15	5	0.5	50	800	13	3	4	17
Texas Red Chili (with beans) - Bowl	430	210	23	10	0.5	90	1,180	25	6	5	31
Texas Red Chili (with beans) - Cup	210	90	10	4	0	45	640	14	4	3	16
Twisted Mozzarella (in selected stores only)	710	340	39	15	0	65	2,610	64	4	6	27

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Just for Starters - Dipping Sauces (2 oz)

Bleu Cheese Dressing	280	270	30	5	0	20	400	4	0	<1	2
Ranch Dressing	290	280	31	4.5	0	15	350	4	0	<1	<1

Just for Starters - Sauces (3 oz) & Toppings (6 oz)

Ranch Dressing	430	420	47	6	0	20	520	5	0	1	<1
Texas Red Chili	220	100	12	3.5	0	40	750	13	3	4	15

Just for Starters - Combo Appetizer Options

Comes with choice of 3 appetizer options. For sauce options, see "Just for Starters - Combo Appetizer Sauces (3 oz)" for nutrition information.

Boneless Wings - Hot	380	190	21	6	0	75	1,060	18	6	<1	30
Boneless Wings - Mild	430	230	25	6	0	75	1,410	21	2	<1	29
Fried Pickles	260	160	17	3	0	0	1,190	22	2	<1	3
Rattlesnake Bites	280	170	18	9	0	40	720	17	2	1	13

Just for Starters - Combo Appetizer Sauces (3 oz)

Bleu Cheese Dressing	430	410	45	7	0	25	600	5	0	1	3
Ranch Dressing	430	420	47	6	0	20	520	5	0	1	<1
Texas Roadhouse Barbecue Sauce	120	0	0	0	0	0	410	27	0	21	0

Salads

Caesar, California Chicken & Steakhouse Filet Salads include dressing. For dressing options, see "Salads - Made-from-Scratch Dressings" for additional information.

Caesar Salad	440	390	43	8	1	25	450	9	2	2	6
California Chicken Salad (in selected stores only)	970	420	46	19	0	240	2,460	73	9	62	74
Chicken Caesar Salad	1,100	810	89	16	1.5	205	1,070	20	7	5	60
Chicken Critter Salad	690	360	40	17	0	355	1,440	27	6	8	56
Grilled Salmon Salad	830	490	55	22	1.5	375	1,310	19	6	9	66
Grilled Shrimp Salad (in selected stores only)	660	380	43	20	1.5	415	2,130	20	5	9	52
House Salad	230	150	16	8	1	135	290	9	2	4	13

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Salmon Caesar Salad	1,110	900	99	17	1.5	120	1,150	20	5	5	40
Shrimp Caesar Salad (in selected stores only)	940	790	86	16	1.5	155	1,960	21	5	5	26
Steakhouse Filet Salad	1,340	940	103	25	2.5	190	2,870	42	8	21	71

Salads - Made-from-Scratch Dressings (3 oz)

For side salad dressing options, see "Legendary Sides - House Salad Made-from-Scratch Dressings (2 oz)"

Bleu Cheese Dressing	430	410	45	7	0	25	600	5	0	1	3
Caesar Dressing	540	510	56	9	0	30	500	6	0	1	4
Honey French Dressing (in selected stores only)	270	100	11	1.5	0	0	670	45	0	41	0
Honey Lime Sauce (in selected stores only)	300	90	9	1.5	0	0	1,060	57	0	55	0
Honey Mustard Dressing	480	430	48	7	0	20	420	16	0	11	0
Italian Dressing	410	340	36	5	0	0	640	17	<1	16	<1
Low Fat Ranch Dressing (in selected stores only)	240	220	24	3	0	30	810	6	0	3	3
Oil & Vinegar	410	390	42	6	0	0	5	0	0	0	0
Parmesan Peppercorn Dressing (in selected stores only)	280	250	27	6	0	25	700	5	0	2	4
Ranch Dressing	430	420	47	6	0	20	520	5	0	1	<1
Thousand Island Dressing	400	360	39	5	0	20	660	14	0	7	0

Salads - Add Toppings

Bacon	70	40	4.5	1.5	0	15	290	0	0	0	6
Bleu Cheese Crumbles	100	70	8	5	0	20	380	1	0	0	6

Hand-Cut Steaks

Filet Medallions & Steak Kabob include Seasoned Rice. Prime Rib includes Au Jus. All entrees shown without sides. See "Legendary Sides & Extras" for additional information.

Bone-In Ribeye	1,480	900	101	44	10	450	1,720	20	4	4	143
Dallas Filet - 6 oz.	270	90	10	4	1	110	720	6	2	2	45
Dallas Filet - 8 oz.	360	120	13	6	1.5	145	960	8	2	2	60
Filet Medallions	760	280	30	10	1.5	170	2,510	56	5	5	74
Ft. Worth Ribeye - 12 oz.	960	650	72	30	6	240	1,180	12	4	2	78
Ft. Worth Ribeye - 14 oz.	1,120	760	84	35	7	285	1,370	14	4	2	90

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Ft. Worth Ribeye - 16 oz.	1,280	860	96	40	8	325	1,570	16	5	3	103
New York Strip - 8 oz. Thick Cut	420	200	22	9	1.5	335	660	<1	<1	2	57
New York Strip - 12 oz. Traditional Cut	640	300	33	13	2	505	980	1	1	3	85
New York Strip - 16 oz. Traditional Cut	850	400	44	17	2.5	670	1,310	2	2	3	114
Porterhouse T-Bone	1,040	490	54	24	3.5	400	1,440	1	2	4	139
Prime Rib - 12 oz.	950	650	72	31	5	260	1,660	3	2	2	74
Prime Rib - 14 oz.	1,110	760	84	37	6	305	1,810	3	3	2	87
Prime Rib - 16 oz.	1,260	870	95	42	7	345	1,960	4	3	2	99
Roadhouse Churrasco (in selected stores only)	1,000	560	62	18	6	165	2,640	51	2	6	54
Road Kill	760	500	56	23	2	140	1,420	10	3	4	55
Steak Kabob	920	370	41	11	0	145	2,740	78	4	24	58
USDA Choice Sirloin - 6 oz.	250	50	6	2.5	0	125	560	3	1	1	46
USDA Choice Sirloin - 8 oz.	340	70	8	3	0	170	740	5	2	2	61
USDA Choice Sirloin - 11 oz.	460	100	11	4.5	0.5	235	1,020	6	2	3	84
USDA Choice Sirloin - 16 oz.	670	140	16	6	1	340	1,490	9	3	4	122

Hand-Cut Steaks - Filet Medallions Sauces (4 oz)

Peppercorn Sauce	210	160	18	6	0	0	1,080	8	<1	1	1
Portobello Mushroom Sauce	120	80	9	2.5	0	0	830	8	2	3	3

Hand-Cut Steaks - Prime Rib Options (2 oz)

Au Jus	25	20	2	0	0	0	790	1	0	0	<1
Creamy Horseradish Sauce	190	170	18	4.5	0	20	200	4	0	2	1
Horseradish	50	10	1.5	0	0	0	320	8	0	3	1

Smother Options for Steaks Less Than 11 oz.

Bleu Cheese Crumbles	100	70	8	5	0	20	380	1	0	0	6
Fire Roasted Green Chile (in selected stores only)	150	130	15	4.5	0	0	420	3	0	1	0
Green Chile Sauce (in selected stores only)	160	15	1.5	0	0	15	430	19	4	11	8
Monterey Jack Cheese	100	70	8	5	0	25	180	0	0	0	7
Mushrooms	50	40	4.5	1.5	0	0	190	2	<1	<1	1
Onions, Sauteed	60	35	4	1	0	0	230	5	<1	2	<1

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Shrimp, Grilled	40	10	1	0	0	65	650	<1	0	0	8

Smother Options for Steaks 11 oz. & Larger

Bleu Cheese Crumbles	100	70	8	5	0	20	380	1	0	0	6
Fire Roasted Green Chile (in selected stores only)	220	200	22	7	0	0	630	4	0	2	0
Green Chile Sauce (in selected stores only)	160	15	1.5	0	0	15	430	19	4	11	8
Monterey Jack Cheese	200	140	16	10	0	50	360	0	0	0	14
Mushrooms	70	60	6	2	0	0	290	3	1	1	2
Onions, Sauteed	90	50	6	1.5	0	0	340	8	1	3	1
Shrimp, Grilled	40	10	1	0	0	65	650	<1	0	0	8

Fall-off-the-Bone Ribs

Shown without sides. See "Legendary Sides & Extras" for additional information.

Fall-off-the-Bone Ribs - Full Slab	1,450	920	102	41	0	460	2,260	15	4	10	116
Fall-off-the-Bone Ribs - Half Slab	900	570	63	25	0	285	1,400	9	3	6	72

Texas Size Combos

Shown without sides. See "Legendary Sides & Extras" for additional information.

6 oz. Sirloin & Grilled Shrimp	670	270	30	10	0.5	260	2,430	34	3	6	66
6 oz. Sirloin & Ribs	800	410	45	18	0	300	1,420	9	3	5	90
8 oz. Sirloin & Grilled Shrimp	750	290	32	11	0.5	300	2,610	35	3	6	81
8 oz. Sirloin & Ribs	890	420	47	19	0.5	345	1,600	10	3	6	105
8 oz. Strip & Grilled Shrimp (in selected stores only)	840	410	46	16	1.5	470	2,530	31	3	6	77
8 oz. Strip & Ribs (in selected stores only)	980	550	61	24	1.5	510	1,520	7	2	6	101
12 oz. Ft. Worth Ribeye & Grilled Shrimp	1,370	860	96	38	6	375	3,050	42	5	7	98
12 oz. Ft. Worth Ribeye & Ribs	1,510	1,000	111	46	6	420	2,040	18	5	6	122
Chicken Critters & Ribs	820	460	51	18	0	250	1,540	21	3	5	70
Chicken Critters & Sirloin	520	160	18	5	0	200	1,240	19	3	2	72
Dallas Filet & Grilled Shrimp	680	300	33	12	1	240	2,590	36	4	6	66
Dallas Filet & Ribs	820	440	49	20	1	285	1,580	12	3	5	90
Grilled BBQ Chicken & Ribs	890	390	43	17	0	335	1,450	34	4	25	91
Grilled BBQ Chicken & Sirloin	590	90	10	3.5	0	285	1,150	31	3	23	92

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Chicken Specialties

Chicken Critters shown without dipping sauce. See "Chicken Specialties - Chicken Critters Dipping Sauces (2 oz)" for additional information. All entrees shown without sides. See "Legendary Sides & Extras" for additional information.

California Chicken Dinner (in selected stores only)	490	190	21	7	0	185	970	25	5	20	55
Chicken Critters	480	190	21	4	0	130	1,190	26	3	2	45
Country Fried Chicken	770	400	44	16	0	180	1,460	45	1	9	48
Green Chile Chicken (in selected stores only)	480	120	13	6	0	200	800	19	6	12	61
Grilled BBQ Chicken	300	35	3.5	1	0	160	450	19	2	15	46
Herb Crusted Chicken	260	35	4	1	0	160	1,210	12	4	8	47
Portobello Mushroom Chicken (in selected stores only)	430	180	20	9	0	190	1,030	7	3	2	58
San Antonio Chicken Entree (in selected stores only)	1,030	410	48	19	0	230	3,610	78	9	10	71
Sierra Chicken Pasta (in selected stores only)	1,200	590	65	33	1	255	2,220	85	6	6	68
Smothered Chicken with Cream Gravy	330	110	12	3.5	0	160	600	8	3	4	48
Smothered Chicken with Jack Cheese	430	180	20	8	0	185	780	8	3	4	55
Tucson Chicken Pasta (in selected stores only)	780	140	15	3.5	0	165	2,680	97	14	12	67

Chicken Specialties - Dipping Sauces (2 oz)

Honey Mustard	320	290	32	4.5	0	15	280	11	0	8	0
Hot Sauce	140	120	14	4	1.5	0	1,910	3	<1	1	0
Mild Sauce	220	210	23	7	1	0	1,200	2	0	<1	0
Ranch	290	280	31	4.5	0	15	350	4	0	<1	<1
Texas Roadhouse Barbecue Sauce	80	0	0	0	0	0	270	18	0	14	0

Country Dinners

Country Vegetable Plate comes with choice of 4 side options. All entrees shown without sides. See "Legendary Sides & Extras" for additional information.

Beef Tips with Mashed Potatoes	960	530	58	19	1	175	3,300	48	6	12	61
Beef Tips with Seasoned Rice	1,060	520	57	16	0.5	170	4,400	71	5	12	63
Bone-In Pork Chop	920	550	61	14	2.5	250	2,880	6	0	5	86
Country Fried Sirloin	1,170	680	75	22	1	205	2,220	72	2	9	52

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Grilled Pork Chops - Double Chop	730	340	38	13	0	1,885	4,060	13	3	2	82
Grilled Pork Chops - Single Chop	440	230	26	9	0	945	2,430	10	2	2	42
Pulled Pork Dinner	890	350	41	14	0	270	1,130	54	4	23	80
Pulled Pork Dinner (North Carolina only)	840	350	39	14	0	270	1,360	42	3	14	80
Pulled Pork Dinner (South Carolina only)	850	340	38	13	0	245	1,270	51	4	22	77

Country Fried Chicken & Sirloin - Gravy Options (6 oz)

Brown Gravy	210	160	17	2.5	0	0	990	10	0	<1	2
Cream Gravy	280	190	21	11	0	50	550	16	0	8	6

Smother Options for Chicken Specialties & Single Pork Chop

Fire Roasted Green Chile (in selected stores only)	150	130	15	4.5	0	0	420	3	0	1	0
Green Chile Sauce (in selected stores only)	160	15	1.5	0	0	15	430	19	4	11	8
Monterey Jack Cheese	100	70	8	5	0	25	180	0	0	0	7
Mushrooms	50	40	4.5	1.5	0	0	190	2	<1	<1	1
Onions, Sauteed	60	35	4	1	0	0	230	5	<1	2	<1

Smother Options for Country Fried Chicken, Country Fried Sirloin & Double Pork Chop

Fire Roasted Green Chile (in selected stores only)	220	200	22	7	0	0	630	4	0	2	0
Green Chile Sauce (in selected stores only)	160	15	1.5	0	0	15	430	19	4	11	8
Monterey Jack Cheese	200	140	16	10	0	50	360	0	0	0	14
Mushrooms	70	60	6	2	0	0	290	3	1	1	2
Onions, Sauteed	90	50	6	1.5	0	0	340	8	1	3	1

Dockside Favorites

Shown without sides. See "Legendary Sides & Extras" for additional information.

Fish & Chips (in selected stores only)	790	340	38	7	0	120	3,020	71	8	2	42
Fried Catfish - 3 Piece (in selected stores only)	990	740	82	13	0	125	1,230	35	<1	<1	30

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fried Catfish - 4 Piece (in selected stores only)	1,170	840	93	15	0	160	1,490	45	1	1	40
Grilled Salmon - 5 oz.	410	300	33	8	0	75	770	2	<1	<1	27
Grilled Salmon - 8 oz.	560	380	42	10	0	120	950	2	<1	<1	45
Grilled Shrimp Dinner (10 Shrimp)	670	340	37	10	0	225	4,090	50	3	4	32

Dockside Favorites - Creole Mustard Sauce (3 oz) & Tartar Sauce (2 oz)

Creole Mustard	450	450	49	7	0	20	460	5	0	0	0
Tartar Sauce	320	290	32	4.5	0	15	380	9	0	5	0

Kids & Ranger Meals

Shown without sides. See "Kids & Ranger Meals - Legendary Sides" for additional information.

All-Beef Hot Dog	390	230	23	10	1.5	50	1,010	27	0	4	14
Jr. Chicken Tenders	360	140	16	3	0	70	780	24	2	0	31
Kid's Grilled Chicken	110	15	2	0.5	0	80	90	0	<1	0	23
Lil' Dillo Steak Bites	170	35	4	1.5	0	85	370	2	<1	<1	31
Mac and Cheese	380	160	18	11	0.5	55	450	37	2	2	17
Mini-Cheeseburgers	670	320	36	15	0.5	60	950	57	3	9	30
Ranger Meal - Andy's Steak	250	50	6	2.5	0	125	560	3	1	1	46
Ranger Meal - Chicken Critters Basket	340	140	15	3	0	95	850	19	2	1	32
Ranger Meal - Ranger Rib Basket	550	350	39	15	0	175	860	6	2	4	44

Kids & Ranger Meals - Toppings

Cheddar Cheese	110	80	9	6	0	30	170	0	0	0	7
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Kids & Ranger Meals - Legendary Sides

Applesauce	110	0	0	0	0	0	15	28	3	23	0
Buttered Corn	190	80	9	2.5	0	0	550	29	3	6	5
Fresh Vegetables	190	140	15	4.5	0	0	480	13	5	4	3
Green Beans	100	30	3.5	1	0	10	1,070	13	2	4	6
Mashed Potatoes	260	150	17	6	0	10	330	24	2	2	3
Steak Fries	180	60	7	1.5	0	0	980	27	3	0	2

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Kids Beverages

Blue Crush Lemonade	90	0	0	0	0	0	20	24	0	23	0
Coca-Cola	70	0	0	0	0	0	0	20	0	0	0
Diet Coke	0	0	0	0	0	0	5	0	0	0	<1
Dr Pepper	80	0	0	0	0	0	30	20	0	19	0
Hi-C Fruit Punch	80	0	0	0	0	0	30	23	0	23	0
Hi-C Orange	90	0	0	0	0	0	20	25	0	24	0
Minute Maid Lemonade	80	0	0	0	0	0	55	22	0	20	0
Red Raspberry Lemonade	90	0	0	0	0	0	20	24	0	22	0
Sprite	70	0	0	0	0	0	20	19	0	19	0
Wild Strawberry Lemonade	90	0	0	0	0	0	20	24	0	23	0

Burgers & Sandwiches

Shown without sides. See "Legendary Sides & Extras" for additional information.

All-American Cheeseburger	880	490	55	22	4	125	1,970	48	5	11	50
Bacon Cheeseburger	980	560	62	24	4	150	2,410	48	5	12	59
BBQ Chicken Sandwich	640	160	18	5	2.5	165	1,310	63	6	24	55
Country Fried Pork Sandwich (Indiana) (in selected stores only)	1,040	660	73	14	2.5	90	1,800	59	4	10	39
Country Fried Pork Sandwich (Iowa) (in selected stores only)	620	260	28	8	2.5	70	1,490	53	4	9	39
Fried Chicken Sandwich (in selected stores only)	830	340	37	9	2.5	135	1,760	72	4	10	50
Grilled Chicken Sandwich (in selected stores only)	560	160	18	5	2.5	165	1,040	45	6	10	55
Mushroom Jack Chicken Sandwich	710	270	30	11	2.5	190	1,410	48	6	11	63
Pulled Pork Sandwich	870	350	40	13	2.5	220	1,220	62	4	22	68
Pulled Pork Sandwich (North Carolina only)	830	350	39	13	2.5	220	1,400	52	4	15	69
Pulled Pork Sandwich (South Carolina only)	840	340	38	12	2.5	200	1,330	59	4	21	66
Smokehouse Burger	1,080	600	67	28	4	150	2,490	60	6	20	58

Burgers - Add Bacon

Bacon Slices	100	60	7	2.5	0	25	440	<1	0	0	9
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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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Legendary Sides & Extras

Applesauce	110	0	0	0	0	0	15	28	3	23	0
Baked Potato	380	120	13	5	0	10	1,950	60	6	3	7
Baked Potato Soup Side - Cup (in selected stores only)	220	130	15	7	0	30	530	16	1	2	5
Buttered Corn	190	80	9	2.5	0	0	550	29	3	6	5
Caesar Side Salad	440	390	43	8	1	25	450	9	2	2	6
Fresh-Baked Bread	200	70	8	3	0	0	200	28	1	4	5
Fresh Vegetables	190	140	15	4.5	0	0	480	13	5	4	3
Green Beans	100	30	3.5	1	0	10	1,070	13	2	4	6
House Side Salad	230	150	16	8	1	135	290	9	2	4	13
Mac and Cheese	380	160	18	11	0.5	55	450	37	2	2	17
Mashed Potatoes	260	150	17	6	0	10	330	24	2	2	3
Sauteed Mushrooms	120	100	11	3	0	0	480	5	2	2	3
Sauteed Onions	150	90	10	2	0	0	570	13	2	6	2
Seasoned Rice	360	140	15	3.5	0	<5	1,430	47	2	3	6
Steak Fries	360	130	14	2.5	0	0	1,970	53	6	<1	5
Steamed Broccoli	210	140	16	5	0	0	490	17	8	3	5
Sweet Potato	350	80	9	3.5	0	5	105	62	10	19	6
Texas Red Chili (no beans) Side - Cup	250	130	15	5	0.5	50	800	13	3	4	17
Texas Red Chili (with beans) Side - Cup	210	90	10	4	0	45	640	14	4	3	16

Legendary Sides - Baked Potato Toppings

Bacon	35	20	2.5	1	0	10	140	0	0	0	3
Cheddar Cheese	110	80	9	6	0	30	170	0	0	0	7
Sour Cream	40	30	3.5	2.5	0	15	10	<1	0	<1	<1
Texas Red Chili	110	50	6	2	0	20	370	6	1	2	7
Whipped Butter	90	90	10	3	0	0	120	0	0	0	0

Legendary Sides - House Salad Made-from-Scratch Dressings (2 oz)

Bleu Cheese Dressing	280	270	30	5	0	20	400	4	0	<1	2
Caesar Dressing	360	340	37	6	0	20	330	4	0	<1	3

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey French Dressing (in selected stores only)	180	70	7	1	0	0	450	30	0	27	0
Honey Mustard Dressing	320	290	32	4.5	0	15	280	11	0	8	0
Italian Dressing	270	230	24	3.5	0	0	430	12	0	10	0
Low Fat Ranch Dressing (in selected stores only)	160	140	16	2	0	20	540	4	0	2	2
Oil & Vinegar	270	260	28	4	0	0	0	0	0	0	0
Parmesan Peppercorn Dressing (in selected stores only)	180	160	18	3.5	0	15	460	3	0	1	3
Ranch Dressing	290	280	31	4.5	0	15	350	4	0	<1	<1
Thousand Island Dressing	260	240	26	3.5	0	10	440	9	0	4	0

Legendary Sides - Mac and Cheese Toppings

In selected stores only.

Bacon	35	20	2.5	1	0	10	140	0	0	0	3
Cheddar Cheese	110	80	9	6	0	30	170	0	0	0	7

Legendary Sides - Mashed Potato Toppings

Bacon	35	20	2.5	1	0	10	140	0	0	0	3
Brown Gravy	70	50	6	1	0	0	330	3	0	0	<1
Cheddar Cheese	110	80	9	6	0	30	170	0	0	0	7
Cream Gravy	90	60	7	3.5	0	15	180	5	0	3	2
Sour Cream	40	30	3.5	2.5	0	15	10	<1	0	<1	<1
Whipped Butter	90	90	10	3	0	0	120	0	0	0	0

Legendary Sides - Steak Fries Toppings

Bacon	35	20	2.5	1	0	10	140	0	0	0	3
Cheddar Cheese	110	80	9	6	0	30	170	0	0	0	7
Ranch Dressing	290	280	31	4.5	0	15	350	4	0	<1	<1
Texas Red Chili	110	50	6	2	0	20	380	6	1	2	8

Legendary Sides - Sweet Potato Toppings

Brown Sugar	110	0	0	0	0	0	10	28	0	28	0
Cinnamon	0	0	0	0	0	0	0	1	<1	0	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Honey Cinnamon Butter	90	80	9	3	0	0	120	2	0	2	0
Honey Cinnamon Caramel Sauce	290	170	19	6	0	0	250	32	0	31	0
Marshmallows	100	0	0	0	0	0	25	25	0	18	0
Whipped Butter	90	90	10	3	0	0	120	0	0	0	0

Soups & Chilis - Add Saltine Crackers

Shown for cup portion which is 1 packet. Bowls come with 2 packets.

Saltines	25	5	0.5	0	0	0	50	5	0	0	0
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Sidekicks

Charred Jalapenos	50	40	4.5	0.5	0	0	720	3	1	2	0
Fall-off-the-Bone Ribs - Sidekick	550	350	39	15	0	175	860	6	2	4	44
Grilled Shrimp - Sidekick	370	170	19	6	0	130	1,740	29	1	4	20

Desserts

Big Ol' Brownie	1,200	340	40	24	0	100	740	203	8	151	12
Bread Pudding (in selected stores only)	1,390	480	53	27	0	270	830	204	4	135	26
Granny's Apple Classic	1,110	330	50	16	0	75	970	161	2	97	9
Strawberry Cheesecake	800	420	47	26	0	135	550	76	3	60	10

Soft Drinks

Coca-Cola	120	0	0	0	0	<5	0	34	0	0	0
Diet Coke	0	0	0	0	0	0	10	0	0	0	1
Dr Pepper	130	0	0	0	0	0	50	33	0	32	0
Hi-C Fruit Punch	140	0	0	0	0	0	50	38	0	38	0
Hi-C Orange	150	0	0	0	0	0	30	41	0	40	0
Minute Maid Lemonade	130	0	0	0	0	0	90	36	0	34	0
Sprite	120	0	0	0	0	0	30	31	0	31	0

Flavored Lemonades

Blue Crush Lemonade	150	0	0	0	0	0	30	40	0	38	0
Red Raspberry Lemonade	150	0	0	0	0	0	30	40	0	37	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Wild Strawberry Lemonade	150	0	0	0	0	0	30	40	0	38	0

Iced Tea

Iced Tea - Original Sweet	110	0	0	0	0	0	5	28	0	27	0
Iced Tea - Original Unsweet	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Peach Sweet	140	0	0	0	0	0	20	35	0	34	0
Iced Tea - Peach Unsweet	45	0	0	0	0	0	20	11	0	10	0
Iced Tea - Raspberry Sweet	130	0	0	0	0	0	5	35	0	33	0
Iced Tea - Raspberry Unsweet	40	0	0	0	0	0	10	10	0	9	0

Other Beverages

Coffee - Decaffeinated	5	0	0	0	0	0	0	1	0	0	0
Coffee - Regular	5	0	0	0	0	0	0	1	0	0	0
Dasani Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Juice - Apple	80	0	0	0	0	0	15	21	0	19	0
Juice - Orange	90	0	0	0	0	0	15	20	0	18	1
Milk - Chocolate	150	20	2.5	1.5	0	10	170	26	<1	23	7
Milk - Regular	90	20	2	1.5	0	10	105	10	0	10	7

Margaritas

Hurricane Margarita - Frozen (10 oz)	240	0	0	0	0	0	5	39	0	35	0
Hurricane Margarita - Frozen (18 oz)	460	0	0	0	0	0	10	73	0	66	<1
Hurricane Margarita - Rocks (10 oz)	160	0	0	0	0	0	0	23	0	21	0
Hurricane Margarita - Rocks (18 oz)	260	0	0	0	0	0	5	37	0	34	<1
Jamaican Cowboy Margarita - Frozen (10 oz)	240	0	0	0	0	0	5	33	0	29	0
Jamaican Cowboy Margarita - Frozen (18 oz)	440	0	0	0	0	0	10	59	0	52	<1
Jamaican Cowboy Margarita - Rocks (10 oz)	150	0	0	0	0	0	0	14	0	13	0
Jamaican Cowboy Margarita - Rocks (18 oz)	240	0	0	0	0	0	0	22	0	20	<1
Mango Margarita - Frozen (10 oz)	280	0	0	0	0	0	20	40	0	37	0
Mango Margarita - Frozen (18 oz)	520	0	0	0	0	0	35	76	0	69	0
Mango Margarita - Rocks (10 oz)	220	0	0	0	0	0	220	35	<1	31	0

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Mango Margarita - Rocks (18 oz)	350	0	0	0	0	0	240	55	1	49	<1
Original Margarita - Frozen (10 oz)	230	0	0	0	0	0	5	35	0	31	0
Original Margarita - Frozen (18 oz)	490	0	0	0	0	0	10	75	0	66	0
Original Margarita - Rocks (10 oz)	170	0	0	0	0	0	0	16	0	14	0
Original Margarita - Rocks (18 oz)	270	0	0	0	0	0	0	26	0	23	0
Raspberry Margarita - Frozen (10 oz)	280	0	0	0	0	0	5	44	0	40	0
Raspberry Margarita - Frozen (18 oz)	520	0	0	0	0	0	10	83	<1	76	0
Raspberry Margarita - Rocks (10 oz)	190	0	0	0	0	0	30	29	0	26	0
Raspberry Margarita - Rocks (18 oz)	310	0	0	0	0	0	50	45	0	41	0
Sangria Margarita - Frozen (10 oz)	230	0	0	0	0	0	5	35	0	31	0
Sangria Margarita - Frozen (18 oz)	440	0	0	0	0	0	10	66	0	58	0
Sangria Margarita - Rocks (10 oz)	160	0	0	0	0	0	0	18	0	15	0
Sangria Margarita - Rocks (18 oz)	260	0	0	0	0	0	0	28	0	24	0
Strawberry Margarita - Frozen (10 oz)	280	0	0	0	0	0	20	45	0	41	0
Strawberry Margarita - Frozen (18 oz)	520	0	0	0	0	0	35	85	0	77	0
Strawberry Margarita - Rocks (10 oz)	190	0	0	0	0	0	35	29	0	26	0
Strawberry Margarita - Rocks (18 oz)	310	0	0	0	0	0	55	46	0	41	0
The Legend Margarita	270	0	0	0	0	0	0	26	0	23	0

Margarita Kickers

1800 Kicker	60	0	0	0	0	0	0	0	0	0	0
Patron Kicker	60	0	0	0	0	0	0	3	0	2	0

Signature Cocktails

Armadillo Punch	130	0	0	0	0	0	5	17	0	16	0
Island Cooler	290	0	0	0	0	0	20	40	0	37	0
Long Island Iced Tea	270	0	0	0	0	0	40	55	0	51	0
Sangria Red	280	0	0	0	0	0	35	53	0	49	<1
Southern Whiskey Long Island Iced Tea	280	0	0	0	0	0	45	34	0	30	0
Texas Peach Fuzz	160	0	0	0	0	0	5	15	0	14	<1
Top Shelf Long Island Iced Tea	340	0	0	0	0	0	40	55	0	51	0

Signature Cocktails - Kicker

Island Kicker	45	0	0	0	0	0	0	0	0	0	0
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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)

Wine

Blush Wine (6 oz glass, 4 glasses per bottle)	130	0	0	0	0	0	20	10	0	7	0
Blush Wine (9 oz Texas Pour)	200	0	0	0	0	0	30	15	0	11	0
Red Wine (6 oz glass, 4 glasses per bottle)	150	0	0	0	0	0	10	5	0	1	0
Red Wine (9 oz Texas Pour)	230	0	0	0	0	0	15	8	0	2	0
White Wine (6 oz glass, 4 glasses per bottle)	150	0	0	0	0	0	10	5	0	2	0
White Wine (9 oz Texas Pour)	230	0	0	0	0	0	15	8	0	3	0

Last Updated: 12/27/2024



Nutritional Information

Texas Roadhouse is committed to providing accurate nutritional information to our guests. We have provided the Nutrition Calculator and Interactive Nutrition Menu below to help our guests make informed decisions about their orders. The nutritional information provided on this site is based on our standardized recipes and ingredients. However, because our Legendary Food is made from scratch and by hand, there may be slight differences between the nutritional information on this site and what you are actually served.

Food Allergens

At Texas Roadhouse, we pride ourselves on the Legendary Service we provide to all of our guests, especially those guests with food allergies. We have provided the Allergen Menu below so our guests can select menu items that do not contain certain ingredients that are common allergens. All of our Legendary Food, however, is made in shared cooking and preparation areas or may have been made in a facility with the allergen. As a result, cross-contact with food containing allergens is possible. If you inform us of your food allergy, we will take appropriate measures to prevent any cross-contact, but we cannot guarantee that any of our menu items are completely free of allergens.

*Texas Roadhouse cooks with 100% refined soybean oil. According to the FDA, highly refined oils, such as highly refined soybean, are not considered a major food allergen and therefore are not identified on this list.

Please let us know when ordering whether anyone in your party has a food allergy so we can inform our kitchen and take appropriate precautions. [\[Full Disclaimer\]](#)