

# Texas Roadhouse Menu Calories & Nutritions Facts

## Just For Starters calories

Dish	Calories	Proteins (g)	Fat (g)
Cactus Blossom	2250 cal	30	
Fried Pickles	550 cal	6	
Rattlesnake Bites	550 cal	12	
Tater Skins	1320 cal	25	
Grilled Shrimp Appetizer	360 cal	23	
Boneless Buffalo Wings	725 cal	45	
Cheese Fries	550 cal	13	
Killer Ribs	910 cal	48	

# Fall-Off-The-Bone-Ribs Calories

Dish	Calories	Proteins (g)	Fat (g)
Full Slab Ribs	1450 cal	102	101
1/2 Slab Ribs	900 cal	51	55

## Chicken Specialties calories & Nutrition Facts

Dish	Calories	Proteins (g)	Fat (g)
Country Fried Chicken	500 cal	38	22
Chicken Critters	840 cal	48	49
Smothered Chicken	330 cal	48	5
Herb Crusted Chicken	260 cal	43	4
Grilled BBQ Chicken	220 cal	45	3
Portobello Mushroom Chicken	340 cal	42	9

# Texas Roadhouse Salads calories & Nutrition Facts

Dish	Calories	Proteins (g)	Fat (g)
Grilled Chicken Salad	810 cal	46	38
Grilled Salmon Salad	830 cal	44	40
Chicken Caesar Salad	1100 cal	50	72
Salmon Caesar Salad	1080 cal	45	71
Chicken Critter Salad	690 cal	35	34
Steakhouse Filet Salad	690 cal	38	32
House Salad	920 cal	6	12
Caesar Salad	1100 cal	25	78

# Texas Roadhouse Drinks calories & Nutrition Facts

Dish	Calories	Proteins (g)	Fat (g)
20 oz Fountain Drinks	Varies	0	0
20 oz Lemonade	130 cal	0	0
20 oz Iced Tea	110 cal	0	0
20 oz Sweet Tea	110 cal	0	0
20 oz Bottled Drinks	340 cal	0	0
Bottled Water	0 cal	0	0
Half Gallon of Iced Tea or Lemonade	Varies cal	0	0
Gallon of Iced Tea or Lemonade	NA cal	0	0
Mix & Match Tea or Lemonade	NA cal	0	0

# Texas Roadhouse Sides & Extras Calories & Nutrition Facts

Dish	Calories	Proteins (g)	Fat (g)
Baked Potato	380 cal	7	0
Sweet Potato	350 cal	4	13
Steak Fries	360 cal	5	17
Mashed Potatoes	260 cal	4	11
Buttered Corn	190 cal	4	7
Steamed Vegetables	190 cal	5	9
Green Beans	100 cal	3	4
House Salad	230 cal	7	11
Caesar Salad	440 cal	9	35
Seasoned Rice	360 cal	7	13