

LONE  STAR
TEXAS GRILL

NUTRITIONAL GUIDE
JANUARY 2020

	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
STARTERS											
LONE STAR STATE NACHOS (Serves 4)	760	2250	70	41	2	202	2890	140	3	20	24
ADD - FRESHLY SMASHED GUACAMOLE	60	180	7	1	0	0	100	2	1	0	1
ADD - GRILLED CHICKEN	100	95	0	0	0	69	300	0	1	0	31
ADD - SEASONED GROUND BEEF	100	270	13	5	0	84	230	9	1	0	29
ADD - GRILLED STEAK	100	105	8	5	0	52	205	9	1	0	29
CLASSIC QUESO & CHIPS (Serves 3)	350	560	21	10	0	68	1790	72	11	10	23
ADD - AVOCADO & PICO DE GALLO	80	120	12	11	0	4	225	4	3	12	3
ADD - SEASONED GROUND BEEF	50	135	7	3	0	47	150	5	0	0	14
GUACAMOLE & CHIPS (Serves 2)	270	400	24	3	0	0	340	56	3	1	1
QUESADILLA - BLACK BEAN & CORN	329	650	10	1	0	46	920	57	5	4	16
QUESADILLA - GRILLED CHICKEN	285	660	18	6	0	76	1040	46	3	2	26
QUESADILLA - SAUTEED SHRIMP	310	690	28	7	0	106	910	46	3	2	21
QUESADILLA - GRILLED STEAK	288	700	33	17	0	58	940	46	3	2	23
FRIES	227	350	13	3	3	0	780	51	6	1	5
HOUSE SALAD	125	50	1	0	0	0	40	6	2	2	2
CAESAR SALAD	125	210	12	5	0	22	450	4	2	2	9
FRESCA FRIES	400	530	25	12	0	38	1260	51	6	4	15
CALAMARI-CRISPY-(Serves 2)	300	380	11	1	0	360	790	33	2	12	27
ONION RINGS-(Serves 2)	280	650	22	2	0	14	1460	48	4	23	5
SOUTHERN AVOCADO WEDGES-(Serves 2)	205	470	29	4	0	4	420	31	6	1	1
LETTUCE WRAPS											
SHRIMP-(Serves 2)	227	350	4	1	0	180	900	12	4	14	11
BEYOND MEAT-(Serves 2)	340	440	5	3	0	0	1115	18	4	14	24
Salads & Bowls											
	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
CAESAR SALAD	250	420	24	10	0	44	900	8	4	4	8
SOUTHWEST SALAD	350	490	19	5	0	32	620	14	6	6	8
LONE STAR SALAD	420	470	24	13	0	29	540	24	7	10	6
ADD - GRILLED CHICKEN	80	80	0	1	0	54	280	0	1	0	25
ADD - CRISPY CHICKEN	80	140	10	0	0	52	275	2	1	0	22
ADD - GRILLED STEAK	80	130	6	2	0	22	190	1	0	0	21
FAJITA BOWL											
GRILLED CHICKEN	620	810	18	5	0	122	1210	35	10	9	32
CRISPY CHICKEN	620	890	28	5	0	110	1210	38	10	9	30
SAN ANTONIO STEAK BOWL	680	1030	22	6	0	66	1390	48	11	23	30
CRISPY FISH TACO BOWL	567	940	26	5	0	62	1050	38	10	9	24
BEYOND MEAT BOWL	680	1140	22	7	1	42	1510	51	11	14	26
POBLANO CREMA	28ml	60	1	0	0	0	80	2	0	0	1
CITRUS CREMA	28ml	55	1	1	0	3	80	2	0	0	1
CILANTRO CREMA	28ml	55	1	1	0	5	150	2	0	1	1

Fajitas (Una Fajitas include Peppers & Onions, Tortillas, Pico, Sour Cream, Cheese, Lettuce & Rice)	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
CLASSIC FAJITAS											
UNA - GRILLED CHICKEN	680	560	30	11	0	71	1600	102	4	7	40
UNA - BUFFALO CHICKEN	680	840	36	11	0	68	2060	108	5	7	39
UNA - GRILLED STEAK	680	650	36	17	0	58	1560	95	4	7	39
DOS - GRILLED CHICKEN (Serves 2)	1360	1400	60	22	0	142	3200	204	8	14	80
DOS - BUFFALO CHICKEN (Serve 2)	1360	1960	72	22	0	136	4120	216	10	14	78
DOS - GRILLED STEAK (Serves 2)	1360	1560	72	34	0	116	3120	190	8	14	78
TEXAS - GRILLED CHICKEN (Serves 3)	2040	2070	102	33	0	213	4800	306	12	21	120
TEXAS - BUFFALO CHICKEN (Serves 3)	2040	2910	108	33	0	204	6180	324	15	21	117
TEXAS- GRILLED STEAK (Serves 3)	2040	2310	108	51	0	174	4680	285	12	21	117
CLASSIC FAJITA COMBOS											
DOS - GRILLED CHICKEN & BUFFALO CHICKEN	1380	1400	66	22	1	138	3660	200	9	14	79
DOS - GRILLED STEAK & GRILLED CHICKEN	1380	1210	66	28	1	129	3160	184	8	14	79
DOS - GRILLED STEAK & BUFFALO CHICKEN	1380	1490	72	28	1	136	3610	195	9	14	78
TEXAS - GRILLED CHICKEN & BUFFALO CHICKEN	2040	2100	99	42	1	208	5490	280	13	21	120
TEXAS - GRILLED STEAK & GRILLED CHICKEN	2040	1820	98	42	1	192	4740	265	12	21	120
TEXAS - GRILLED STEAK & BUFFALO CHICKEN	2040	2240	108	42	1	188	5415	260	13	21	120
FAJITA FIESTA FOR 2	1640	1710	98	54	1	242	4170	206	9	16	120
SPECIALTY FAJITAS											
JIM BEAM BBQ STEAK	810	810	38	16	0	57	1860	110	4	14	39
GARLIC SHRIMP	737	710	40	18	0	240	1690	95	4	7	39
PORTOBELLO & HALLOUMI	900	840	42	48	1	92	2070	105	6	9	37
BEYOND MEAT	900	980	46	20	0	2	2030	105	4	9	32
TORTILLA FLOUR	56	150	4	1	0	0	230	24	1	1	4
LETTUCE WRAPS LEAF FILLET	25	5	0	0	0	0	7	1	0	0	0
PICO DE GALLO	42	10	0	0	0	0	124	2	1	1	0
SHREDDED CHEDDAR	42	180	10	9	0	68	261	0	0	0	10
SHREDDED LETTUCE	30	5	0	0	0	0	3	1	0	1	0
CHIMICHURRI	42	170	19	1	0	0	83	2	0	1	0
GUACAMOLE	42	60	6	1	0	0	90	1	1	0	0
JALAPENO RELISH	42	35	3	0	0	0	81	3	1	1	0
PEPITA MOLE	42	90	3	0	0	0	406	11	0	8	1
ROASTED TOMATILLO SALSA	42	70	2	0	0	0	292	11	4	7	3
SWEET CHILI DIPPING SAUCE	42	80	0	0	0	0	373	17	0	15	0
SOUR CREAM	28	50	1	2	0	9	23	2	0	1	1
SOUTHWEST RICE	112	190	2	0	0	0	220	11	0	1	1

Tex-Mex (Includes: Southwest Rice)	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
KNIFE & FORK BURRITO	800	1530	52	26	1	132	2150	105	12	11	46
CHICKEN CHIMICHANGA	640	1040	46	12	1	112	1950	105	12	11	50
FAJITAS ENCHILADAS-CHICKEN	730	1180	32	8	1	102	2040	102	9	9	51
FAJITAS ENCHILADAS-STEAK	730	1240	40	18	1	82	1940	102	9	9	46
FISH TACOS	580	840	30	9	0	68	1270	92	7	9	42
ADD - 3RD TACO	240	320	13	4	0	31	540	32	6	8	20
CABO TACOS	690	1090	36	13	0	90	1620	92	8	9	51
ADD - 3RD TACO	295	450	17	7	0	45	715	32	7	7	24
SOUTHERN FRIED CHICKEN											
CRISPY CHICKEN FINGERS	600	990	52	4	0	161	1440	32	3	3	64
TEXAS SIZE 8 PC CHICKEN WINGS	530	890	71	21	0	160	1250	28	1	3	58
TEXAS SIZE 16PC CHICKEN WINGS	1060	1780	136	42	0	318	2300	56	2	3	116
SIGNATURE SAUCES											
SPICY TEXAS BUTTER	28ml	40	0	0	0	0	230	6	1	1	0
MEDIUM TEXAS BUTTER	28ml	40	0	0	0	0	240	6	1	1	0
HONEY HOT	28ml	38	1	0	0	0	228	8	1	5	0
HONEY GARLIC	28ml	58	0	0	0	0	232	13	0	13	0
SWEET CHILI	28ml	50	0	0	0	0	248	11	0	10	0
CLASSIC BBQ	28ml	60	0	0	0	0	250	14	0	13	0
JIM BEAM BBQ	28ml	50	0	0	0	0	310	13	0	11	0
CHIPOTLE TEQUILA BBQ	28ml	60	0	0	0	0	233	13	0	14	0
DRY CAJUN	7mg	20	0	0	0	0	54	5	2	0	1
SALT & PEPPER	7mg	0	0	0	0	0	240	0	0	0	0
TOMATILLO PEPPER RANCH DIPPING SAUCE	28ml	100	7	1	0	6	228	3	1	2	1
PLUM SAUCE	28ml	60	0	0	0	0	216	15	0	13	0
RANCH DIP	28ml	130	10	1	0	9	213	2	0	1	0
CILANTRO CREMA	28ml	40	2	1	0	5	180	1	0	0	0
STEAK & RIBS- (Includes: onion rings/seasonal veg) **Does not include side choice	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
7OZ TOP SIRLOIN STEAK MEAL	375	440	25	12	0	96	1060	19	4	8	42
11OZ TOP SIRLOIN STEAK MEAL	490	590	30	16	0	160	1160	19	4	8	62
10OZ NEW YORK STRIP	460	450	32	15	0	152	1160	19	4	8	60
14OZ BONELESS BEEF RIB STEAK	570	920	56	18	1	211	1260	19	4	8	62
THE TEXAS EXPERIENCE OPTIONS											
STARTER HOUSE SALAD	155	70	1	0	0	0	45	7	2	2	1
STARTER CAESAR SALAD	155	220	15	5	0	26	360	8	2	1	12
STARTER TORTILLA SOUP	190	370	2	0	0	6	420	7	2	1	10
SAUTEED GARLIC SHRIMP	160	180	12	7	0	180	510	2	1	2	15
SAUTEED GARLIC MUSHROOMS	220	230	12	7	0	42	530	6	0	0	1
SOUTHWEST SHRIMP TOPPER	140	190	12	8	0	180	640	2	0	0	14

CHOOSE YOUR SIDE	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
FRIES	227	350	13	3	0	0	780	51	6	1	5
BAKED POTATO	286	240	0	0	0	0	30	58	4	2	7
GARLIC MASHED POTATO	200	280	10	2	0	12	570	46	3	4	7
CAESAR SALAD	125	210	10	6	0	35	370	6	1	0	11
HOUSE SALAD	125	50	1	0	0	0	40	6	2	2	2
SEASONAL VEGETABLES	125	70	7	2	0	8	285	6	1	4	3
TEXAS COLESLAW	168	80	1	2	0	6	290	13	4	5	3
SOUTHWEST RICE	112	180	2	0	0	0	230	28	1	1	2
LIME CILANTRO RICE	112	180	1	0	0	0	190	28	1	0	2
TORTILLA SOUP	210	320	2	0	0	9	370	5	1	1	7
PREMIUM SIDES											
BAKED POTATO-LOADED	320	560	14	12	0	57	380	60	5	3	17
LATTICE FRIES	227	390	20	3	0	0	900	48	5	1	5
FRESCA FRIES	340	530	28	12	0	65	1520	61	6	5	20
SWEET POTATO FRIES	227	420	12	1	0	0	520	62	9	20	3
ONION RINGS	170	240	13	0	0	0	590	38	3	5	6
FALL OFF THE BONE RIBS (Includes: Lattice Fries/Saddle beans & coleslaw)	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
BBQ PORK BACK RIBS	1045	1390	68	28	1	376	2190	101	15	26	82
TEXAS SIZE RIBS	1395	1820	100	36	1	540	2770	109	15	38	115
RIBS & GRILLED CHICKEN BREAST	845	1100	58	14	0	175	2420	92	15	22	78
RIBS & CHICKEN WINGS	830	1350	87	14	1	165	2170	93	15	25	76

TEXAS STYLE HANDHELDS **Does not Include side choice	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
WOOD-FIRED GRILLED BURGERS											
CLASSIC BURGER	290	790	42	21	0	141	1040	28	2	6	42
ADD - CHEESE	28	120	7	6	0	44	170	0	0	0	6
STEAKHOUSE BURGER	390	990	48	25	1	194	1510	39	3	12	48
JIM BEAM BBQ BACON BURGER	415	1150	59	26	1	233	1660	44	4	18	60
TRIPLE STACK BURGER	624	1340	69	30	2	256	2340	46	4	18	73
SOUTHERN SANDWICHES & WRAPS											
GRILLED CHICKEN SANDWICH	370	580	22	6	0	112	1290	28	3	6	39
LONE STAR CHICKEN WRAP	350	680	34	10	0	102	1520	42	3	4	45
SPICY CHICKEN SANDWICH	400	980	40	11	0	164	1530	36	6	7	46
BUFFALO CHICKEN WRAP	295	920	38	11	0	171	1600	62	3	6	42
STEAK & GUACAMOLE SANDWICH	425	690	34	6	0	62	1190	38	4	7	32
Kids **Does not Include side choice	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
KIDS CHEESE QUESADILLA	150	460	13	10	0	62	710	46	2	2	17
KIDS CHICKEN QUESADILLA	190	500	13	10	0	74	790	46	3	2	31
KIDS CHICKEN FINGERS	140	260	16	0	0	92	620	4	2	0	28
KIDS-BILLY THE KID BURGER	200	490	26	12	0	82	700	19	2	4	22
KIDS FAJITAS-CHICKEN	140g	620	18	10	0	68	680	46	1	3	15
KIDS FAJITAS-STEAK	140g	620	22	18	0	62	620	46	1	3	14
KIDS SOUTHWEST RICE	85	140	1	0	0	0	165	18	1	0	2
KIDS FRIES	113	175	7	1	0	0	390	25	3	0	3
Desserts	Portion Size	Energy	Tot Fat	Sat Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugars	Protein
	(g)	(Cal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)
APPLE SIZZLER	265	580	23	13	0	46	275	79	2	57	6
CHOCOLATE BROWNIE	285	640	28	15	0	25	180	78	3	48	7
CHURROS	180	450	21	4	0	28	280	68	2	28	3
DEEP FRIED ICE CREAM	240	530	12	3	0	24	170	36	1	42	8
KIDS FRUIT LOLLY	50ml	40	0	0	0	0	0	10	0	7	0
KIDS ICE CREAM	85	170	9	6	0	37	68	20	0	18	3
VANILLA ICE CREAM	170	255	14	9	0	54	90	30	0	27	4