Nutrition Information

Effective: July 2018

2,000 calories per day is used for general nutrition advice, but calorie needs vary.

Nutrition values are based on items as served, unless noted otherwise.

Menu Item	Total Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Total Sugars	Protein
Yeast Roll	110	20	2.5g	1g	0g	0mg	270mg	19g	< 1g	3g	3g
Build Your Own Appetizer - Pick 2 or 3											
Potato Skins	560	190	21g	11g	2g	45mg	760mg	71g	5g	2g	22g
Petals	730	370	42g	6g	0g	30mg	3340mg	82g	4g	11g	9g
Fried Pickles	740	390	44g	6g	0g	25mg	5780mg	81g	< 1g	< 1g	8g
Queso w/ Chips	560	180	21g	29g	0g	30mg	840mg	76g	5g	20g	12g
Cheese Fries	690	460	52g	16g	0g	70mg	2060mg	43g	4g	1g	15g
Buffalo Tenders	710	350	39g	5g	0g	130mg	2750mg	48g	< 1g	1g	55g
Cheese Bites	920	630	70g	27g	0g	90mg	2260mg	57g	1g	5g	21g
Starters - As Served											
Potato Skins w/ Sour Cream	1120	390	43g	23g	4g	90mg	1520mg	141g	10g	5g	44g
Cheese Fries w/ Ranch	1740	1100	122g	43g	0g	175mg	2690mg	122g	12g	2g	40g
Cheese Fries w/ Ranch & Chili	1950	1200	133g	47g	0.5g	210mg	3120mg	140g	17g	8g	51g
Mucho Grande Nachos w/ Sour Cream	1890	770	86g	88g	1.5g	235mg	5290mg	192g	24g	59g	72g
Buffalo Wings - Hot	1050	630	70g	19g	0g	605mg	1290mg	14g	1g	< 1g	96g
Buffalo Wings - BBQ	1170	630	70g	19g	0g	605mg	1170mg	32g	1g	27g	96g
Buffalo Wings - Plain	1050	630	70g	19g	0g	605mg	510mg	2g	1g	< 1g	96g
Pepper Jack Bites w/ Ranch	920	630	70g	27g	0g	90mg	2260mg	57g	1g	5g	21g
Queso & Chips - Small	560	180	21g	29g	0g	30mg	840mg	76g	5g	20g	12g
Queso & Chips - Small w/ Chili	770	280	31g	33g	0.5g	65mg	1270mg	93g	10g	26g	23g
Queso & Chips - Large	1040	330	36g	54g	0g	45mg	1300mg	146g	11g	38g	20g
Queso & Chips - Large w/ Chili	1250	420	47g	58g	0.5g	80mg	1730mg	163g	15g	44g	31g
Fried Pickles w/ Ranch	740	390	44g	6g	0g	25mg	5780mg	81g	< 1g	< 1g	8g
Blossom Petals w/ Sauce	1470	750	83g	12g	0g	60mg	6680mg	163g	9g	21g	17g
Blossom Petals - Half w/ Sauce	730	370	42g	6g	0g	30mg	3340mg	82g	4g	11g	9g

Menu Item	Total Cal	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Soup & Chili - As Served											
Loaded Potato Soup - Cup	530	130	14g	8g	1g	20mg	1510mg	87g	4g	3g	15g
Loaded Potato Soup - Bowl	820	210	23g	12g	2g	35mg	2410mg	131g	6g	5g	23g
Award Winning Chili - Cup	480	200	22g	9g	2g	55mg	2030mg	50g	9g	11g	21g
Award Winning Chili - Bowl	710	290	32g	13g	3.5g	75mg	2170mg	79g	10g	13g	29g
Salads - As Served											
Cobb Salad w/o Dressing	640	410	45g	17g	0g	285mg	2170mg	15g	4g	8g	42g
Steakhouse Salad w/o Dressing	670	420	47g	16g	0g	130mg	750mg	22g	4g	7g	40g
Harvest Salad w/ Poppy Dressing	650	360	40g	5g	0g	45mg	710mg	64g	5g	53g	4g
Signature Salad - Traditional w/o Dressing	490	290	33g	16g	0g	80mg	1140mg	21g	3g	6g	29g
Signature Salad - Caesar w/ Caesar Dressing	410	290	32g	8g	0g	35mg	1100mg	18g	1g	5g	13g
Sesame Mandarin Salad w/ Sesame Dressing	440	120	14g	1g	0g	0mg	790mg	76g	7g	52g	7g
Add Topper - Grilled Chicken	280	100	12g	2g	0g	130mg	220mg	< 1g	0g	< 1g	40g
Add Topper - Salmon	480	300	34g	7g	0g	115mg	180mg	0g	0g	0g	42g
Add Topper - Grilled Shrimp	130	60	7g	1g	0g	145mg	700mg	1g	0g	0g	16g
Add Topper - Chicken Tenders	470	30	3.5g	0g	0g	110mg	1990mg	43g	0g	17g	68g
Add Topper - Fried Shrimp	330	15	2g	0g	0g	145mg	3260mg	56g	1g	0g	21g
Side House Salad w/o Dressing	150	60	7g	3g	0g	15mg	210mg	17g	2g	4g	7g
Side Caesar Salad w/ Caesar Dressing	220	160	18g	4.5g	0g	20mg	630mg	10g	2g	3g	9g
Salad Dressings - 2 fl oz Serving											
Bleu Cheese	360	250	28g	2.5g	0g	65mg	1500mg	23g	< 1g	4g	8g
Italian	140	110	12g	1.5g	0g	0mg	580mg	7g	0g	6g	0g
Poppy Seed	300	230	26g	4g	0g	10mg	320mg	16g	0g	14g	0g
Balsamic Vinaigrette	160	140	16g	0g	0g	0mg	460mg	6g	0g	4g	0g
1000 Island	240	200	22g	3.5g	0g	15mg	620mg	9g	0g	9g	< 1g
French	290	260	29g	3.5g	0g	0mg	540mg	10g	0g	10g	0g
Ranch	270	260	29g	4g	0g	25mg	220mg	4g	0g	< 1g	< 1g
Honey Mustard	280	250	28g	4g	0g	20mg	230mg	10g	0g	8g	0g
Caesar	260	230	26g	5g	0g	20mg	760mg	4g	0g	2g	4g
Olive Oil & Balsamic Vinegar	270	250	28g	4g	0g	0mg	5mg	5g	0g	5g	0g
Sesame Ginger	180	80	9g	1g	0g	0mg	640mg	24g	0g	18g	0g
Chicken - As Served, w/o Side(s)											
Lafayette Chicken	1030	370	42g	12g	0g	370mg	3190mg	62g	2g	2g	96g
Super Cheezy Chicken	1230	650	72g	27g	0g	260mg	3850mg	61g	< 1g	27g	79g
Grilled Chicken Breast - Grilled	770	300	33g	8g	0g	270mg	810mg	30g	< 1g	2g	83g
Grilled Chicken Breast - Blackened	770	300	33g	8g	0g	270mg	1050mg	30g	< 1g	2g	83g
Grilled Chicken Breast - BBQ	890	300	33g	8g	0g	270mg	1470mg	60g	< 1g	28g	83g
Rodeo Chicken	1550	900	99g	29g	0g	390mg	2640mg	45g	1g	12g	114g
Chicken Tenders w/ Honey Mustard	1000	420	46g	6g	0g	195mg	3330mg	66g	1g	9g	89g

Menu Item	Total Cal	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Steaks - As Served, w/o Selectable Side(s)											
San Antonio Sirloin	900	470	52g	20g	0g	275mg	5650mg	43g	2g	3g	62g
Marshal Dillon Ribeye	1160	780	87g	32g	0g	230mg	2600mg	29g	0g	28g	62g
Ribeye 9 oz	870	620	68g	25g	0g	175mg	3850mg	13g	2g	3g	49g
Ribeye 12 oz	1100	780	87g	33g	0g	230mg	3900mg	13g	2g	3g	63g
Ribeye 15 oz	1340	950	106g	40g	0g	290mg	3950mg	13g	2g	3g	78g
NY Strip 14 oz	1180	820	91g	31g	0g	325mg	2240mg	7g	< 1g	2g	79g
Sirloin 6 oz	540	330	36g	12g	0g	135mg	3800mg	13g	2g	3g	38g
Sirloin 8 oz	660	400	44g	15g	0g	175mg	3830mg	13g	2g	3g	49g
Filet Mignon 6 oz	600	390	43g	15g	0g	145mg	3800mg	13g	2g	3g	37g
Filet Mignon 8 oz	740	490	54g	19g	0g	195mg	3820mg	13g	2g	3g	48g
Steak Topper - Onions	110	50	6g	1g	0g	5mg	140mg	14g	2g	6g	2g
Steak Topper - Mushrooms	90	80	9g	1.5g	0g	< 5mg	120mg	2g	< 1g	1g	2g
Steak Topper - Peppers & Onions	130	100	11g	2g	0g	0mg	115mg	7g	2g	5g	< 1g
Steak Addition - Baby Back Ribs	580	300	33g	12g	0g	140mg	1380mg	30g	0g	26g	39g
Steak Addition - Grilled Shrimp	180	110	13g	2g	0g	140mg	740mg	1g	0g	0g	16g
Steak Addition - Chicken Tenders	630	45	5g	0g	0g	150mg	2650mg	57g	0g	23g	91g
7 oz Steak & Cowboy Potatoes (2 for $28 menu)	990	490	55g	16g	0g	170mg	4170mg	74g	6g	6g	52g
Prime Rib - Available in Select Locations											
Prime Rib 12oz	1230	850	95g	38g	0g	315mg	590mg	2g	0g	< 1g	88g
Combo - Texas Two Step, w/o Selectable Side(s)											
Two Step - Baby Back Ribs	880	500	56g	20g	0g	235mg	1850mg	30g	0g	26g	65g
Two Step - Grilled Chicken	280	100	12g	2g	0g	130mg	220mg	< 1g	0g	< 1g	40g
Two Step - Chicken Tips	390	140	15g	2.5g	0g	145mg	680mg	14g	3g	10g	46g
Two Step - Chicken Tenders	630	45	5g	0g	0g	150mg	2650mg	57g	0g	23g	91g
Two Step - Grilled Shrimp	180	110	13g	2g	0g	140mg	740mg	1g	0g	0g	16g
Two Step - Fried Shrimp	330	15	2g	0g	0g	145mg	3260mg	56g	1g	0g	21g
Two Step - Salmon	480	300	34g	7g	0g	115mg	180mg	0g	0g	0g	42g
Two Step - Sirloin 8 oz	660	400	44g	15g	0g	175mg	3830mg	13g	2g	3g	49g
Seafood - As Served, w/o Selectable Side(s)											
Fish N' Chips w/ Slaw, Fries, Tartar Sauce	1240	520	58g	12g	12g	185mg	4350mg	125g	7g	17g	58g
Blackened Tilapia w/ Tartar Sauce	530	270	30g	5g	0g	125mg	3670mg	20g	6g	5g	49g
Grilled Shrimp	540	320	35g	6g	0g	425mg	3350mg	8g	< 1g	1g	48g
Crunchy Fried Shrimp w/ Cocktail Sauce	1080	250	27g	8g	10g	295mg	7470mg	165g	7g	24g	47g
Sweetwater Salmon	590	330	36g	8g	0g	115mg	450mg	21g	0g	16g	42g

Menu Item	Total Cal	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Texas Favorites - As Served, w/o Selectable Side											
Baby Back Ribs - Half Rack w/ Slaw, Fries	1320	720	80g	27g	10g	245mg	2550mg	83g	6g	38g	70g
Baby Back Ribs - Full Rack w/ Slaw, Fries	2150	1220	136g	46g	11g	480mg	4070mg	99g	6g	51g	135g
Sesame Ginger Bowl - Chicken	1770	630	70g	21g	1g	185mg	3100mg	225g	9g	35g	55g
Sesame Ginger Bowl - Beef	1790	680	75g	24g	1g	175mg	2970mg	223g	9g	33g	52g
Sesame Ginger Bowl - Shrimp	1650	570	63g	20g	1g	315mg	4230mg	223g	9g	33g	43g
Chicken Fried Steak w/ Mashed Potatoes	1450	730	81g	21g	0g	260mg	2220mg	83g	5g	7g	95g
Chicken Tips	720	330	37g	6g	0g	205mg	870mg	32g	7g	24g	67g
Chopped Steak - Plain	730	540	60g	20g	3g	140mg	3840mg	13g	2g	3g	34g
Chopped Steak - Onions	840	590	65g	21g	3g	150mg	3970mg	27g	4g	9g	36g
Chopped Steak - Mushrooms	820	610	68g	22g	3g	145mg	3950mg	15g	2g	4g	36g
Chopped Steak - Gravy	760	540	60g	20g	3g	140mg	4460mg	19g	2g	5g	36g
Sirloin Tips - Plain	530	360	40g	13g	0g	155mg	440mg	< 1g	0g	0g	40g
Sirloin Tips - Peppers & Onions	660	460	51g	15g	0g	155mg	550mg	8g	2g	5g	41g
Sirloin Tips - Mushrooms	620	440	49g	15g	0g	155mg	550mg	3g	< 1g	1g	42g
Sirloin Tips - Gravy	570	370	41g	13g	0g	155mg	1060mg	6g	0g	2g	42g
BBQ Trio w/ Slaw	1140	570	64g	18g	0g	375mg	2470mg	46g	2g	39g	94g
Burgers - w/o Side Fries											
Steakhouse Burger	1160	790	88g	24g	3g	170mg	920mg	49g	2g	8g	42g
American Cheese Slice	80	60	7g	4g	0g	20mg	360mg	1g	0g	0g	4g
Cheddar Cheese Slice	90	60	7g	4g	0g	20mg	140mg	< 1g	0g	0g	5g
Swiss Cheese Slice	90	50	6g	3.5g	0g	15mg	360mg	< 1g	0g	0g	8g
Pepper Jack Cheese Slice	80	60	6g	4g	0g	25mg	130mg	0g	0g	0g	5g
All American Burger	1660	1180	131g	45g	4.5g	330mg	2910mg	45g	7g	7g	76g
Texas Sliders	1200	770	86g	29g	3g	190mg	1570mg	61g	3g	10g	44g
Triple B Burger	1400	850	94g	32g	3g	220mg	2060mg	70g	3g	24g	65g
Sandwiches - w/o Side Fries											
Ribeye Sandwich	1110	590	66g	19g	0g	115mg	3260mg	82g	3g	6g	46g
Philly Steak & Cheese	800	200	22g	10g	0g	70mg	1460mg	112g	7g	18g	40g
French Dip (select locations)	1030	580	64g	28g	0g	190mg	2730mg	43g	2g	8g	75g
Grilled Chicken Sandwich	800	400	44g	6g	0g	150mg	950mg	49g	2g	8g	51g
Grilled Chicken Sandwich w/ Bacon	930	490	55g	9g	0g	175mg	1490mg	49g	2g	8g	59g
Buffalo Jack Hoagie	860	180	20g	9g	0g	155mg	3680mg	97g	2g	21g	87g
Turkey Bacon Club	1100	590	66g	14g	0g	145mg	2000mg	71g	3g	6g	56g
Fried Shrimp Po' Boy	670	140	16g	2.5g	0g	150mg	4180mg	103g	3g	6g	29g
Kids Menu - w/o Side Kicks											
Cowboy Cooler *(beverage, 12 fl oz, no ice)*	200	0	0g	0g	0g	0mg	40mg	51g	0g	47g	0g
Kid Chicken Tenders	410	80	9g	1g	0g	125mg	1690mg	33g	1g	0g	52g
Kid Mac & Cheese	460	180	20g	7g	0.5g	35mg	870mg	49g	2g	11g	17g
Kid Steak Bites	380	260	29g	10g	0g	110mg	170mg	0g	0g	0g	28g
Kid Cheeseburger	630	390	44g	18g	2g	125mg	550mg	28g	6g	5g	32g
Kid Corn Dog	280	160	18g	5g	0g	20mg	430mg	25g	0g	7g	5g
Kid Vanilla Ice Cream	100	50	5g	3.5g	0g	20mg	40mg	12g	0g	11g	2g
Kid Oreo Sundae	420	150	17g	9g	0g	45mg	210mg	63g	1g	44g	4g

Menu Item	Total Cal	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Side Kicks - As Served											
Green Beans	180	110	13g	5g	0g	10mg	480mg	12g	4g	5g	2g
Texas Slaw	120	70	7g	1g	0g	0mg	310mg	14g	2g	12g	1g
Fried Okra	230	130	14g	2g	0g	0mg	940mg	27g	3g	0g	3g
Rice Pilaf	340	80	9g	5g	0g	25mg	620mg	57g	1g	< 1g	5g
Mac N' Cheese	410	170	19g	7g	0.5g	30mg	770mg	42g	2g	9g	15g
Broccoli	190	160	18g	3g	0g	0mg	270mg	6g	3g	2g	4g
Seasoned Fries	320	150	17g	6g	10g	10mg	380mg	38g	4g	0g	4g
Mashed Potatoes	360	190	21g	4.5g	0g	10mg	1360mg	38g	4g	4g	6g
Cowboy Potatoes	470	150	17g	3.5g	0g	15mg	430mg	72g	5g	3g	10g
Seasonal Fruit	45	0	0g	0g	0g	0mg	0mg	11g	< 1g	9g	< 1g
Baked Potato w/ Butter & Sour Cream	400	90	10g	7g	0g	25mg	270mg	72g	5g	4g	9g
Sweet Potato w/ Butter & Cinnamon Sugar	680	45	5g	3.5g	0g	0mg	390mg	151g	20g	48g	10g
Loaded Fries	520	330	37g	13g	0g	55mg	810mg	37g	4g	< 1g	12g
Loaded Mashed Potatoes	460	270	30g	10g	0g	35mg	1540mg	38g	4g	4g	13g
Loaded Baked Potato	790	370	41g	23g	0g	105mg	1260mg	72g	5g	4g	34g
Loaded Sweet Potato	770	45	5g	3.5g	0g	0mg	410mg	174g	20g	64g	11g
Lunch Only Items - As Served											
Chicken Salad Sandwich	930	350	39g	6g	0g	135mg	1120mg	95g	5g	29g	49g
Lunch Harvest Salad w/ Poppy Seed Dressing	410	230	25g	3g	0g	25mg	360mg	41g	4g	33g	3g
Lunch Garden Salad w/o Dressing	360	210	23g	10g	0g	55mg	940mg	17g	2g	4g	21g
Lunch Cobb Salad w/o Dressing	570	370	41g	15g	0g	275mg	1940mg	11g	3g	6g	37g
Lunch Sesame Mandarin Salad w/ Sesame Dressing	300	80	9g	0.5g	0g	0mg	450mg	53g	5g	35g	5g
Add Topper - Grilled Chicken	280	100	12g	2g	0g	130mg	220mg	< 1g	0g	< 1g	40g
Fried Shrimp Po' Boy	670	140	16g	2.5g	0g	150mg	4180mg	103g	3g	6g	29g
Buffalo Jack Hoagie	860	180	20g	9g	0g	155mg	3680mg	97g	2g	21g	87g
Chicken Salad Sandwich	930	350	39g	6g	0g	135mg	1120mg	95g	5g	29g	49g
Philly Steak & Cheese	800	200	22g	10g	0g	70mg	1460mg	112g	7g	18g	40g
Turkey Bacon Club	1100	590	66g	14g	0g	145mg	2000mg	71g	3g	6g	56g
Pair - Half Turkey Bacon Club	550	300	33g	7g	0g	75mg	1000mg	35g	2g	3g	28g
Pair - Half Chicken Salad Sandwich	470	180	20g	3g	0g	65mg	560mg	48g	3g	14g	25g
Lunch Chicken Tenders w/ Honey Mustard	770	370	42g	6g	0g	160mg	1920mg	38g	ss than 1	9g	70g
Lunch Chicken Tips	390	140	15g	2.5g	0g	145mg	680mg	14g	3g	10g	46g
Lunch Chopped Steak - Plain	610	460	51g	16g	2g	100mg	3860mg	13g	2g	3g	25g
Lunch Chopped Steak - Mushrooms	690	490	54g	16g	2g	100mg	4470mg	22g	2g	7g	29g
Lunch Chopped Steak - Onions	720	510	57g	17g	2g	105mg	3990mg	27g	4g	9g	27g
Lunch Chopped Steak - Gravy	640	460	52g	16g	2g	100mg	4270mg	17g	2g	4g	26g
Lunch Sirloin Tips	410	230	26g	9g	0g	110mg	260mg	14g	4g	10g	30g
Cowboy Steak n' Shrimp	510	260	29g	12g	0g	250mg	2300mg	7g	ss than 1	2g	51g
M - Cheeseburger w/ Fries	1130	740	82g	26g	12g	155mg	1210mg	66g	8g	6g	34g
Tu - Sesame Ginger Chicken Bowl	1440	560	62g	16g	0.5g	155mg	2500mg	168g	8g	34g	50g
W - Bucket of Bones w/ Slaw + Fries	1130	340	38g	13g	10g	60mg	3190mg	173g	13g	79g	29g
Th - Chicken Fried Steak w/ Mashed Potato	670	300	34g	10g	0g	130mg	1110mg	42g	3g	3g	47g
F - Fish n' Chips w/ Slaw + Fries	980	420	47g	10g	10g	145mg	3270mg	97g	5g	11g	44g
Platter Salad w/o Dressing	25	0	0g	0g	0g	0mg	45mg	5g	1g	3g	< 1g

Menu Item	Total Cal	Cal from Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein
Desserts - As Served											
Brownie Blast	1060	310	35g	12g	0g	45mg	610mg	177g	2g	118g	12g
Chocolate Chip Skillet Cookie	940	400	44g	27g	0.5g	140mg	1180mg	128g	4g	79g	13g
Apple Cobbler *(flavor of the day varies)*	590	180	20g	7g	1.5g	30mg	410mg	92g	3g	65g	5g
Peach Cobbler *(flavor of the day varies)*	610	180	20g	7g	1.5g	30mg	380mg	98g	3g	69g	5g
Blackberry Cobbler *(flavor of the day varies)*	660	180	20g	7g	1.5g	30mg	460mg	115g	5g	88g	5g
Cherry Cobbler *(flavor of the day varies)*	590	180	20g	7g	1.5g	30mg	410mg	92g	3g	65g	5g

Sagebrush Steakhouse has made every effort to ensure that the nutritional information provided is accurate and complete. This nutritional analysis is comprised of data combined from Sagebrush suppliers, the United States Department of Agriculture and the ESHA Nutrition Database. Some menu items may not be available at all locations: test products, test recipes, limited time offers or regional items may not be included. While menu item ingredient information is based on standard product recipes, variations may occur based on specific requests, ordinary differences inherent in the preparation of menu items, seasonal availability and regional suppliers. This listing is periodically updated in an attempt to reflect the current status of our products.