

	Total Calories	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Dietary Fiber g	Vitamin A %	Vitamin C %	Calcium %	Iron %
ENTREE SELECTIONS										
Filet Mignon 8oz	480	22	8	192	144	0	0	0%	0%	2% 40%
N.Y. Strip Strip 8oz	590	26	10	220	81	0	0	0%	0%	2% 40%
Sirloin Steak 10 oz	440	20	7	250	152	0	0	0%	0%	3% 40%
T-Bone Steak 16oz	854	41	16	322	266	0	0	0%	0%	3% 60%
Ribeye Steak 6oz	390	19	8	138	120	0	0	0%	0%	2% 24%
Ribeye Steak 9oz	585	29	12	207	180	0	0	0%	0%	3% 30%
Ribeye Steak 12oz	780	39	16	276	240	0	0	0%	0%	5% 38%
Ribeye Steak 16oz	1040	52	20	340	320	0	0	0%	0%	6% 43%
Sirloin Tips 6oz	275	10	4	125	95	0	0	0%	0%	2% 25%
Sirloin Tips 12oz	550	20	8	250	190	0	0	0%	0%	3% 50%
Sirloin Tips 18oz	825	30	12	375	285	0	0	0%	0%	4% 75%
Chop Steak 8oz	608	40	15	200	176	0	0	0%	0%	2% 28%
Chicken 5oz (boneless/skinless)	249	6	1	121	110	0	0	1%	0%	2% 10%
Chicken 8oz (boneless/skinless)	348	9	2	169	154	0	0	2%	0%	3% 11%
Grilled Salmon 8oz	320	14	2	100	50	0	0	0%	0%	0% 0%

*All meat and cooked vegetables are basted in Steak Express proprietary sauce. Weight is pre-cooked weight.

SANDWICHES

Cheeseburger 1/2lb	854	52	22	227	772	23	2	18%	8%	24% 29%
Double Cheeseburger 1lb	1006	63	26	277	816	23	2	18%	8%	25% 30%
Philly Steak Steak	971	45	19	246	845	24	2	18%	8%	24% 31%
Grilled Chicken Filet	486	16	6	121	706	23	0	1%	0%	17% 4%
Ribeye Steak 6oz	601	27	12	142	853	34	2	2%	0%	19% 46%

*Includes bun & american cheese; does not include condiments.

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SALADS										
Grilled Chicken Chef	422	22	12	132	437	10	3	17%	24%	4% 14%
Grilled Sirloin Steak Chef	437	25	14	135	428	10	3	16%	22%	45% 33%
Dinner Salad	24	5	3	15	18	3 <1		5%	10%	12% 2%

*Does not include dressing. Includes cheese

SIDE ITEMS & EXTRAS

Baked Potato 70ct.(plain)	220	0.2	0.1	0	16	59	4.8	0%	43%	<1% 15%
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Cheddar Cheese Cup 4 oz	380	36	22	110	812	1	0	4%	0%	38%	2%
Real Bacon Bits 4 oz	100	6	2	20	880	0	0	0%	0%	0%	1%
Butter 21g	105	10.5	0	0	168	0	0	0%	0%	0%	0%
Sour Cream 1.5 oz	52	5	3	10	12	0.1	0	0%	0%	3%	0%
Sauteed Onions 2.5oz	33	0	0	0	471	5	2	0%	0%	2%	0%
Sauteed Mushrooms 2.5oz	21	0	0	0	471	2	0	0%	0%	0%	0%
Lay's Potato Chips 1.75oz	150	10	3	0	180	15	1	0%	10%	0%	0%
Heinz Mayo 1tbs	80	9	0	0	65	0	0	0%	0%	0%	0%
Heinz Ketchup 1tsp	10	0	0	0	80	2	0	2%	0%	0%	0%
Heinz Mustard 1tsp	10	0	0	0	70	0	0	0%	0%	0%	0%
Heinz Steak Sauce 1tsp	10	0	0	0	150	2	0	0%	0%	0%	0%
Dinner Roll (1 roll)	214	5	1	0	316	36	2.5	0%	0%	1%	6%
Cold Pack (lettuce, tomato, onion)	15	0	0	0	0	3	0	2%	0%	0%	1%
Cheese - American 1oz	106	9	5.6	27	406	0.5	0	2%	0%	19%	1%

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Calories	Fat g	Fat g	mg	mg	Carb g	Fiber g	%	%	%	%

SALAD DRESSING 1.5 oz

Fat Free Ranch	110	11	1.5	10	360	3	0	0%	2%	2%	0%
Bleu Cheese	220	23	4	20	150	1	0	0%	0%	4%	0%
Thousand Island	170	17	2.5	15	180	5	0	2%	2%	0%	0%
Italian	240	25	4	20	190	2	0	0%	0%	0%	0%
Honey Mustard	180	15	2.5	10	130	13	0	0%	0%	0%	0%
Ranch	120	13	2	0	250	3	0	0%	2%	0%	0%
Parmesan Peppercorn	10	0	0	0	660	3	0	0%	0%	0%	0%
Balsamic Vinaigrette	35	0	0	0	250	10	0	0%	0%	0%	0%
Caesar	170	18	3	20	290	1	0	0%	0%	0%	0%
French	180	15	2.5	10	130	13	0	0%	0%	0%	0%

DESSERTS

Chocolate Chip Cookie	310	14	5	10	470	44	2	8%	0%	4%	8%
Chocolate Chip Cake	640	24	9	50	460	102	4	8%	0%	6%	70%
New York Style Cheesecake	610	41	27	205	400	48	0	20%	0%	2%	6%
Cherry Cheesecake Topping (1oz)	230	0	0	0	0	16	0	32%	0%	0%	3%
Strawberry Cheesecake Topping (1oz)	214	0	0	0	0	18	0	34%	0%	0%	4%

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Calories	Fat g	Fat g	mg	mg	Carb g	Fiber g	%	%	%	%