

Dinner Menu

ITEM	Serving Size(g)	Cal.	Pro. (g)	Carb. (g)	Fib. (g)
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Appetizers

Spinach Artichoke Dip	305.77	491.49	18.53	13.98	3.25
Texas Rose	441.5	1258.28	19.51	108.39	6.62
Lone Star Wings-Mild	313.7	953.65	83.35	15.25	2.77
Chicken Tenders	341.32	1093.82	35.33	91	7.06
Chicken Tenders - Buffalo Style	401.32	1197.43	37.18	92.32	6.95
Amarillo Cheese Fries	891.38	2640.71	68.77	356.01	15.3
Lone Star Skins	537.1	1310.52	53.23	134.38	8.41
Yeast Rolls	1 Roll	366.33	10.13	72.49	2.31
Bavarian Loaf	2 oz.	150 not available		28.5	1.8

Homemade Soups & Chili

Chili (cup 4 oz)	113	138.04	12.2	5.39	1.53
Chili (bowl 10 oz)	283	345.71	30.56	13.5	3.82
Steak Soup (cup 4 oz)	113	26.17	9.59	4.36	0.44
Steak Soup (bowl 10 oz)	283	65.54	24.03	10.92	1.1

Fresh Garden Salads

Steakhouse Salad	528.5	708.19	55.76	1.74	5.64
Cesar Salad - w/ Grilled Chicken	484.76	479.25	46.18	19.34	5.22
Signature Lettuce Wedge	340	396.57	13.7	9.81	0.35
Dinner Salad	259.97	130.63	12.96	15.59	3.35
Dinner Caesar Salad	176.59	142.54	4.08	8.32	3.04

Hand Cut & Mesquite Grilled Steaks

Texas Ribeye	355.1	710.2	83.27	5.58	0.15
New York Strip	273.3	524.74	68.87	0	0
Five Star Filet - 6 oz.	171.6	332.9	41.92	1.84	0
Cajun Ribeye	359.7	816.52	80.75	5.47	0
Garlic Lover's Medallions & Shrimp	276.67	370.74	68.56	0	0
Chopped Steak	272.9	712.27	61.76	0	0

Side Item Selections

Texas Rice	226.89	101.94	2.07	14	0.46
Steak Fries-8oz	226.79	610.07	8.5	86.39	5.33
Garlic Mashed Potatoes	1/2 Cup	130	3	19	2
Baked Potato-plain	233.2	226.2	6.13	50	5.36
Jumbo Baked Sweet Potato-plain	368.99	332.09	7.42	76.42	12.18

Sauteed Mushrooms	189.7	140.38	4.5	10.79	0.21
Sauteed Onions	178.5	85.68	1.73	14.23	3.01
1/2 Mushrooms & 1/2 Onions	226.79	138.34	3.79	15.49	2.04

Steak Combos

6 oz. Center Cut Sirloin paired with.....					
~5 Fried Shrimp	87.16	251.89	7.25	26.31	0.33
~Five Grilled Shrimp	52	44.2	9.45	0.58	0.28

Seafood

Sweet Bourbon Salmon	152.96	309.88	36.48	0	0
Mesquite-Grilled Shrimp Dinner	359.14	230.84	21.27	17.23	1.41
Fried Shrimp Dinner	330.48	865.68	21.76	96.94	0.99

Mesquite-Grilled Specialties

Baby Back Ribs	1/2 Rack	486	29.4	0	0
Baby Back Ribs	Full Rack	972	58.8	0	0
Texas Trio	590.09	1205.61	107.97	63.83	1.53
Grilled Pork Chops	334.18	1432	85.22	0	0
Grilled Chicken	105.72	169.15	32.68	0	0.1

Gourmet Burgers & Sandwiches

Swiss & Mushroom Burger	429.49	843.65	69.19	52.52	2.56
Lone Star Cheeseburger	400.44	893.96	70.22	49.77	2.5

Desserts

No Nutritional Information Available At This Time For TI

T Fat (g)	Sat. Fat (g)	Chol. (mg)	Sod. (mg)
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40.31	24.12	129.47	1534.83
83.13	36.98	75.05	2704.19
62.02	8.19	322.89	841.56
65.55	12.12	100.7	1769.76
77.42	15.6	119.04	4172.17
152.49	38.29	150.76	16887.52
62.46	21.75	112.99	1542.12

7.77	5.6 not available	not available	
2.9	0.91	0	264

7.06	2.63	35.35	350.63
17.69	6.59	88.52	878.12
2.92	0.94	16.78	112.41
7.3	2.35	42.03	281.53

53.11	22.41	107.07	1328.28
23.59	5.21	114.38	2876.93
34.06	14.38	65.56	818.4
14.51	9.88	49.07	381.9
10.57	2.42	9.94	344.62

40.41	14.59	329.14	1339.19
27.6	15.55	194.45	617.49
17.57	6.83	160.64	241.54
52.55	20.36	345.31	703.07
10.73	6.43	212.84	2242.57
51.69	6.23	134.32	364.02

3.47	0.74	0.03	580.39
25.72	2.66	0	351.92
5	2.5	10	430
0.3	0.06	0	32.65
0.55	0.13	0	132.84

8.84	1.29	0.05	419.22
2.41	0.4	0	400.23
6.83	1.02	0.02	504.83

13.02	1.82	154.27	299.83
0.43	0.19	60.26	1455.99

18.22	4.87	111.44	538.9
7.69	1.42	120.79	3665.71
39.57	5.46	462.82	1859.49

40.2	16.2	132	126
80.4	32.4	264	252
55.04	18.64	358.99	8386.36
32.62	9.3	257.9	6088.8
4.24	0.34	58.86	1335.21

37.88	16.62	209.77	1348.85
45.35	20.18	243.68	2089.12

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Lunch Menu

ITEM	Serving Size(g)	Cal.	Pro. (g)	Carb. (g)	Fib. (g)	T Fat (g)
Lunch Cut Steak	141.27	389.91	36.46	0.61	0.23	26.9
Grilled Shrimp	312.79	189.7	12.2	17.13	1.08	6.8
Sweet Bourbon Salmon	6 oz	240	33.6	0	0	10.8
Grilled Pork Chop	167.09	317.47	42.61	0	0	16.31
Chopped Steak	272.9	712.27	61.76	0	0	51.69
Grilled Chicken Breast	105.72	169.15	32.68	0	0.1	4.24
Chicken Tenders	172.14g	516.42	30.64	38.51	3.96	26.65
Lone Star Burger	344.44	639.96	60.22	47.77	2.5	27.35
Lone Star Cheeseburger	400.44	893.96	70.22	49.77	2.5	45.35
Swiss & Mushroom Burger	429.49	843.65	69.19	52.52	2.56	37.88
Bubba Burger	444.13	1086.67	72.61	66.93	3.35	57.19
Bacon Bleu Burger	381.34	821.14	67.78	50.6	3.33	37.16
The Perfect Chicken Sandwich	493.6	1047.08	49.92	135.03	8.45	34.17
Chicken Ceasar Salad	484.76	479.25	46.18	19.34	5.22	23.59
Lone Star Steak Soup - cup	113	26.17	9.59	4.36	0.44	2.92
Lone Star Chili - cup	113	138.04	12.2	5.39	1.53	7.06
Signature Lettuce Wedge	340	396.57	13.7	9.81	0.35	34.06
Classic Dinner Salad	259.97	130.63	12.96	15.59	3.35	14.51
Side Ceasar Salad	176.59	142.54	4.08	8.32	3.04	10.57
Baked Potato-plain	233.2	226.2	6.13	50	5.36	0.3
Sweet Potato-plain	368.99	332.09	7.42	76.42	12.18	0.55

Sat. Fat (g)	Chol. (mg)	Sod. (mg)
7.19	100.21	1554.86
1.25	62.93	2362.67
1.8	96	678
4.65	128.95	3044.4
6.23	134.32	364.02
0.34	58.86	1335.21
7.3	89.51	1241.13
10.19	183.68	1169.12
20.18	243.68	2089.12
16.62	209.77	1348.85
22.99	244.51	4268.22
16.52	208.99	1641.32
4.02	73.86	4431.15
5.21	114.38	2876.93
0.94	16.78	112.41
2.63	35.35	350.63
14.38	65.56	818.4
9.88	49.07	381.9
2.42	9.94	344.62
0.06	0	32.65
0.13	0	132.84