

Low Carb Menu

Counting Carbs: This menu reflects the **Total Carbohydrates** (grams) in an item. Many carb-conscious diners count only "Net Carbs." Net Carbs are calculated by subtracting dietary fiber and sugar alcohol from the Total Carbs as they have minimal impact on blood sugar levels. At this time, dietary fiber and sugar alcohol levels have not been measured for this menu. Therefore, it is possible that items may have fewer "Net Carbs" than the "Total Carb" number provided.

All of our guests enjoy the health benefits of our fresh approach to dining which include:

- Using only olive oil and canola oil for all cooking purposes. Both oils are heart healthy and rich in monounsaturated fats that aid in reducing LDL cholesterol and raising HDL cholesterol.
- Preparing all items in-house with the freshest quality produce and ingredients.
- Having all managers Serve Safe™ certified to ensure food safety and sanitation.

CHOP HOUSE LOW CARB SELECTIONS

SALADS

- **The Chop House Salad (4 g)** is a favorite among customers. Ask server to hold rice noodles.
- **Caesar Salad (5.5 g)** is a carb-friendly choice. Ask server to hold croutons.

Dressings ~ select from: **Caesar (1.5 g)**, **Blue Cheese (2 g)**, **Ranch (2 g)**, **Raspberry Vinaigrette (1.5 g)**, **Lo Cal Ranch (6 g)**, **1000 Island (3 g)**

VEGETABLES & SIDES

Choose from: **Creamed Spinach (9.5 g)**, **Sugar Snap Peas (5.5 g)**, **Steamed Broccoli (6 g)**, **Burgundy Mushrooms (5.5 g)**, **Cheese Grits (8 g)** & **Asparagus (7.5 g)**

LUNCH FAVORITES

- **Lunch Chops (0 g)** order without cinnamon apples ~ select two low carb sides.
- **Grilled Chop Sirloin (12 g)** with mushrooms and onions ~ select two low carb choices.

CHICKEN

• **The Tennessee Country Chicken (1 g)** and **Grilled Chicken Breast (0 g)** are both excellent choices. Select your choice of two low carb sides.

SEAFOOD

- **Fresh Catch of the Day (0 g)** served with your choice of two low carb sides.
- **North Atlantic Salmon (0 g)** served with your choice of two low carb sides.
- **Chargrilled Shrimp (6.5 g)** ask server to hold fettuccine ~ served with your choice of two low carb sides.

CHOP HOUSE FAVORITES

- **Prime Rib (0 g)** 8, 12, or 16 oz. served with your choice of one low carb side and a **House Salad (no noodles)** or **Caesar Salad (no croutons)**. **Au jus (4 g)** and **Horseradish sauce (2 g)**.
- **Steaks (0 g)** choose any of our delicious, uniquely seasoned steaks served with your choice of one low carb side and a **House Salad (no noodles)** or **Caesar Salad (no croutons)**.
- **Lamb Chops (0 g)** served with your choice of one low carb side and a **House Salad (no noodles)** or **Caesar Salad (no croutons)**. **Mint sauce (5 g)**.
- **Pork Chop (0 g)** ask server to hold cinnamon apple garnish and marmalade. Served with your choice of one low carb side.
- **Medallions Anthony (3 g)** served with your choice of one low carb side and a **House Salad (no noodles)** or **Caesar Salad (no croutons)**. **Bernaise sauce (6 g)**.

We hope these delicious lower carb choices enhance your dining options. Enjoy!

