

To Our Valued Health-Conscious Customer,

We are proud to provide you with complete nutritional information for all of our menu items. In accordance with our mission of "Superior Dining Experiences... Everyday" we carefully select the highest quality ingredients and prepare them in a healthful and flavorful manner. In addition, all of our managers have completed a rigorous food-handling safety program called ServSafe.

Because we use many fresh ingredients and prepare most of our items to your order, we can usually customize your meal according to your instructions. Just tell your server how we can best meet your dietary needs and our chef will gladly oblige. Enjoy!

MSG

For those concerned with MSG consumption please note that many entrees are served with suggested side items which may contain MSG. These side items may be substituted by MSG-free side items. To determine what items contain MSG, please look for the following symbols in our nutritional guide:

∞ Trace amounts of naturally occurring MSG

The infinity symbol denotes products that contain beef, chicken, or a ham base which through a natural process contain trace amounts of MSG. Many ingredients naturally contain MSG, but are not required by the Food and Drug Administration to be labeled as such. We cannot remove these naturally occurring instances of MSG without removing the entire ingredient.

^ MSG has been added to this item

This symbol denotes products to which varying amounts of MSG have been added. Because MSG is typically added to the base ingredient of an item we cannot remove it, for example: consommés and flour mixtures.

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
STARTERS						
Mozzarella Sticks						
Cheese Sticks (7-10.5 oz)∞	42	28	63	700	70	1020
Marinara Sauce (4 oz.)	3	1	8	60	0	390
Parsley, chopped (2 tsp-14 g)	0	0	1.5	7	0	5
Onion Rings						
Onion Rings (1 1/2 lb)^	2.5	7	65	490	0	5400
Honey Mustard (3 oz.)	44	0	19	471	32	377
Fried Green Tomatoes						
Green Tomatoes (6 slices)	0	2	13	60	0	80
Cheese Grits (4 oz.)∞	42	6	8	444	152	868
Tasso Gravy (2 oz.)∞	5.5	1	3.5	69	10.5	59
Pepper Gravy (2 oz.)^	4	2.5	2	55	10.5	107
Jack Cheese, shredded (1 tbsp.)	2	2	0	30	7	45
Parsley, chopped (1/2 tsp.)	0	0	0.5	2.5	0	2
Total	53.5	13.5	27	660.5	180	1161
Pizza Florentine						
Flour Tortilla (10")	5	4	25	160	0	380
Creamed Spinach (4 oz.)∞	31	6	6	327	93	406
Scallions (2 tbsp.)	0	1	2	10	0	1
Tomatoes, diced (2 tbsp.)	0	0	1	5.5	0	2.5
Artichoke Jalapeno Mix (2 tbsp.)	0	0.5	2	10	0	19.5
Cheese Mixture (3/4 cup)	27	21	0	315	90	525
Sour Cream (#40 scoop)	4.5	0.5	1	46.5	9.5	11.5
Total	67.5	33	37	874	192.5	1345.5
Pizza Florentine with Grilled Chicken						
Add Grilled Chicken (2 oz.)	2	18	0	94	48	43
Total	69.5	51	37	968	240.5	1388.5
Spinach Queso & Chips						
Spinach Queso (10 oz.)∞	34	24	21.5	509	127	1602
Chips (4 oz.)	24	8	76	520	0	320
Total	58	32	97.5	1029	127	1922

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
STARTERS						
Chargrilled Shrimp & Crabcake Combo						
Shrimp (4)	0	11	1	45	65	35
Stevie's Italian Dressing (2 oz.)	28	0	0	248	0	486
Lemon Pepper (Sprinkle)	0	0	0	0	0	80
Fettucine (6 oz.)	3	2	11.5	81	0	350.5
Steak Butter, melted (2 oz.)	32	0	1.5	295	0	527
Pasta Butter (2 oz)	32	0	1.5	295	0	527
Total	63	24	14	714	130	1513.5
Kale (1 pc.)	0	0	0	2	0	1
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Add Crab Cake (1)∞	7	16	22.5	227	119	988
Dill Caper Sauce (2 oz.)	33	0	3	312	24	354
Total	135	29.5	43.5	1512.5	208	3349
Cocktail Sauce (2 oz.)	0	1	15	60	0	690
SOUPS & GARNISHMENTS						
Black Bean Soup (6 oz.)∞						
Salsa (1 tbsp.)	0	0	2	10	0	110
Sour Cream (1 tbsp.)	3	0.5	0.5	31	6	8
Total	7	6.5	15.5	107	12	246
Black Bean Soup (10 oz.)∞						
Salsa (1 tbsp.)	0	0	2	10	0	110
Sour Cream (1 tbsp.)	3	0.5	0.5	31	6	8
Total	9	10.5	24	148	16	332
Chicken Gumbo (6 oz.)^						
Rice (#40 scoop)	0	0.5	4.5	21	0	0
Total	7	3	16.5	153	15	314
Chicken Gumbo (10 oz.)^						
Rice (#40 scoop)	0	0.5	4.5	21	0	0
Total	11	12.5	23	241	25	524
Chick Mushrm Soup (6 oz.)^						
Cheese Mix (1 tbsp.)	2.5	2	0	30	8	50
Scallions (1/2 tsp.)	0	0	0	0.5	0	0
Total	15.5	13	9	225.5	50	326
Chick Mushrm Soup (10 oz.)^						
Cheese Mix (1 tbsp.)	2.5	2	0	30	8	47
Scallions (1/2 tsp.)	0	0	0	0.5	0	0
Total	24.5	20	15	355.5	77	507

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SOUPS & GARNISHMENTS						
Shrimp Bisque (6 oz.) [∞]	9	8	10.5	158	60	823
Chopped Parsley (1/2 tsp.)	0	0	0.5	2.5	0	2
Total	9	8	11	160.5	60	825
Shrimp Bisque (10 oz.) [∞]	15	14	17	264	101	1371
Chopped Parsley (1/2 tsp.)	0	0	0.5	2.5	0	2
Total	15	14	17.5	266.5	101	1373
Chicken Tortilla Soup (6 oz.) [∞]	9	12	4.5	150	30	350
Tortilla Chips (1/2 cup)	24	8	76	520	0	320
Cheese Mix (1/3 tbsp.)	1	1	0	10	2	30
Lime wedge (1)	0	0.5	2.5	7.5	0	0.5
Total	34	21.5	83	687.5	32	700.5
Chicken Tortilla Soup (10 oz.) [∞]	15	20	7.5	252	49	587
Tortilla Chips (1/2 cup)	24	8	76	520	0	320
Cheese Mix (1/3 tbsp.)	1	1	0	10	2	30
Lime wedge (1)	0	0.5	2.5	7.5	0	0.5
Total	40	29.5	86	789.5	51	937.5
Baked Potato Soup (6 oz.) [^]	16	4.5	25.5	261	12	455
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Bacon Bits (1 tbsp.)	1.5	3	0	30	5	250
Total	22.5	11	25.5	351	33	793
Baked Potato Soup (10 oz.) [^]	26	7.5	42.5	435	20	758
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Bacon Bits (1 tbsp.)	1.5	3	0	30	5	250
Total	32.5	14	42.5	525	41	1096
Tomato Dill Soup (6 oz.) [^]	7	1	9	105	12	363
Dill Sour Cream (1 tbsp.)	2.5	0.5	0.5	30	10	7.5
Sliced Cucumbers (4 small slices)	0	0	0.5	2.5	0	0.5
Total	9.5	1.5	10	137.5	22	371
Tomato Dill Soup (10 oz.) [^]	12	3	14.5	174	21	606
Dill Sour Cream (1 tbsp.)	2.5	0.5	0.5	30	10	7.5
Sliced Cucumbers (4 small slices)	0	0	0.5	2.5	0	0.5
Total	14.5	3.5	15.5	206.5	31	614
Prime Rib Veggie Soup (6 oz.) [∞]	6	7.5	6.5	105	34	469
Parmesan Cheese, shred (1 tbsp.)	2	2.5	0	28	5	116
Total	8	10	6.5	133	39	585

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SOUPS & GARNISHMENTS						
Prime Rib Veggie Soup (10 oz.)∞	9	12.5	11	176	34	782
Parmesan Cheese, shred (1 tbsp.)	2	2.5	0	28	5	116
Total	11	15	11	204	39	898
Prime Rib Chili (6oz.)	5.5	12	12	151	26	357
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Sour Cream	4.5	.5	1	46.5	9.5	11.5
Prime Rib Chili (10 oz.)	9.5	20	21	252	43	596
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Sour Cream	4.5	.5	1	46.5	9.5	11.5
Broccoli Cheese Soup (6 oz.)∞	15	6	7	189	34	454
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Total	20	9.5	7	249	50	542
Broccoli Cheese Soup (10 oz.)∞	25	10	11	316	57	757
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Total	30	13.5	11	376	73	845
SALADS						
Chop House Salad						
Salad Mix (2 1/2 cups)	0	0	3	12.5	0	12.5
Bacon Bits (1 tbsp.)	1.5	3	0	30	5	250
Cheese Mix (2 tbsp.)	5	3.5	0	60	16	88
Cucumbers (2 tbsp.)	0	0	1	5	0	2
Grape Tomatoes (2)	0	0	0	1	0	0.5
Rice Noodles (2 tbsp.)	0	1.5	23	98	0	0
Total	6.5	8	27	206.5	21	353
Caesar Salad						
Romaine Lettuce (2 cups)	0	0	4	20	0	10
Croutons (1/2 cup)∞	4	0	16.5	125	0	332
Caesar Dressing (2 oz.)	32	3	1.5	320	20	275
Parmesan Cheese (1 tbsp.)	2	2.5	0	28	5	116
Total	38	5.5	22	493	25	733
Chicken Caesar Salad						
Add 2x Csr Salad	38	5.5	22	493	25	733
Add Grilled Chicken (4 oz.)	4	35	0	187	96	85
Total	80	46	44	1173	146	1551

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SALADS						
Salmon Caesar Salad						
Add 2x Csr Salad	38	5.5	22	493	25	733
Add Grilled Salmon (7 oz.)	11	49	0	320	140	130
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Total	90	60.5	46.5	1343	190	1649.5
Grilled Chicken Salad						
Salad Mix (4 cups)	0	0	8	40	0	20
Red Onions, diced (1/4 cup)	0	0.5	3	14	0	1
Cucumbers, diced (1/4 cup)	0	0	0.5	2.5	0	2
Black Olives, sliced (1/4 cup)	13	0	0	100	0	453
Feta Cheese, crumbled (1/4 cup)	12	10	0	160	50	632
Rice Noodles (1/2 cup)	0	6	92	392	0	0
Grilled Chicken, (4 oz.)	4	35	0	187	96	85
Grape Tomatoes (4)	0	0	0.5	2.5	0	1
Onion Ring (1)^	0	0	8	30	0	200
Total	29	51.5	112	928	146	1371
Balsamic Vinaigrette (3 oz.)∞	25.5	0	9.5	259.5	0	339
Balasamic Vinaigrette (1 oz.)∞	8.5	0	3	86.5	0	113
Chicken Tender Salad						
Salad Mix (4 cups)	0	0	8	40	0	20
Grape Tomatoes (4)	0	0	0.5	2.5	0	1
Cheese Mix (1/2 cup)	18.5	14	0	227.5	60	350
Bacon Bits (1/4 cup)	6	12	0	120	20	1000
Rice Noodles (1/2 cup)	0	6	92	392	0	0
Chicken Tenders	4	53.5	17.5	343	138	1134
Total	28.5	85.5	118	1125	218	2505
Honey Mustard (6 oz.)	88	0	37.5	942	64	755
Spinach Salad						
Baby Spinach (4 cups)	0	8	8	40	0	172
Granny Smith Apples (1/2 cup)	0	0	8	32.5	0	0
Apple Cinn. Walnuts (1/4 cup)∞	18	7.5	4	190	0	0
Bleu Cheese Crumbles (1/4 cup)	16	12	2	200	42	792
Total	34	27.5	22	462.5	42	964
Sweet Vinaigrette Dressing (4 oz.)	57	0	38	650	0	1
Total	91	27.5	60	1112.5	42	965

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SALADS						
Tenderloin Caesar Salad						
Romaine Lettuce (4 cups)	0	4	0	40	0	20
Croutons (1 cup)∞	8	0	33	250	0	664
Red Onions, diced (1/4 cup)	0	0.5	3	14	0	1
Parmesan Cheese (2 tbsp.)	9	12	1	130	22	528
Tenderloin Medallions	18	48	0	360	140	370
Bleu Cheese Crumbles (1/3 cup)	21	16	2.5	266	56	1053
Tomatoes, diced (1/4 cup)	0	0.5	2.5	11	0	5
Total	56	81	42	1071	218	2641
Caesar Dressing (4 oz.)	64	6	3	640	40	550
Total	120	87	45	1711	258	3191
DRESSINGS						
Caesar Dressing (2oz.)	32	3	1.5	320	20	275
Blue Cheese (3 oz.)	9	2	1	85	12	115
Ranch (3 oz.)∞	33	1.5	2	320	26	293
Raspberry Vinaigrette (3 oz.)∞	13	0	1.5	122	0	182
Fat Free Italian (3 oz.)∞	0	0	18	67.5	0	1485
Lo Cal Ranch (3 oz.)∞	4.5	2	6	79.5	11	245
1000 Island (3 oz.)∞	9	.5	3	93	7	147
French (3 Oz.)	49.5	0	36	585	0	990
Balsamic Vinaigrette (3 oz.)∞	25.5	0	9.5	259.5	0	339
Sweet Vinaigrette Dressing (4 oz.)	57	0	38	650	0	1
Honey Mustard (3oz.)	44	0	19	471	32	378
SIDE ITEMS						
Idaho Baked Potato (12-13 oz)	0	9	92	400	0	29
with Butter (1/2 oz)	11.5	0	0	100	31	117
Total	0	9	92	500	31	146
and Sour Cream (1/2 oz)	3	0.5	0.5	31	17	20
Total	3	9.5	92.5	531	48	166
and Chives (0.1 oz)	0	0	0	0	0	0
Total	3	9.5	92.5	531	48	166
and Bacon (1/4 oz cooked)	4	2.5	0	43	11	200
Total	7	12	92.5	574	59	366
and Cheese (1/2 oz)	2	2	0	28	7	44
Total	9	14	92.5	602	66	410
Big Orange Potato (17 oz)	0	8.5	118.5	486	0	46.5
with cinnamon butter	15.5	0	3.5	158	0	201
Total	15.5	8.5	122	644	0	247.5

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SIDE ITEMS						
Creamed Spinach (5.5 oz.)∞	43	9.5	9.5	460	128	532
House Fries (7 oz.)	33.5	8.5	84	672	0	453.5
Sugar Snap Peas (4 oz.)	0	2.5	5.5	32.5	0	3
with butter	16	0	0	144.5	0	200
Total	16	2.5	5.5	177	0	203
Steamed Broccoli (4 oz.)	0.5	3.5	6	32	0	8.5
with butter	16	0	0	144.5	0	200
Total	16.5	3.5	6	176.5	0	208.5
Burgundy Mushrms (5.5 oz.)∞	4	1	5.5	72	0	116
Cornbread Dressing (4 oz.)^	8	3	21	170	0	580
Fettucine (6 oz.)	3.5	2	11.5	80	0	350
Pasta Butter (2oz.)∞	32	0	1.5	295	0	527
Mashed Potatoes (5 oz.)	7.5	2.5	25	185	5	125
with 1 oz. Turkey Gravy	0.5	0.5	1	12.5	0	165
Total	8	3	26	197.5	5	290
Cheese Grits (4 oz.)∞	42	6	8	444	152	868
Jack Cheese Shred (1tbsp)	2	2	0	30	7	45
Total	44	8	8	474	159	913
Cinnamon Apples (5 oz)	0	0	35	140	0	0
Asparagus Spears (4 oz.)	0	5	7.5	37.5	0	5
Steak Butter (2 oz)	32	0	1.5	295	0	527
Total	32	5	9	332.5	0	532
Rice Pilaf (6 oz.)∞	3	4	16	104	13	93

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
LUNCH FEATURES						
Lunch Pork Chop						
Pork Chop (4 oz.-2)	52.5	66	0	760	232	168
Steak Butter (.2 oz)	4	0	0	37	0	61
Cinnamon apples (4 oz.)	0	0	27.5	111.5	0	0
Turkey & Dressing						
Turkey, sliced (6 oz.)	10	36	6	260	90	1156
Chicken Stock (1.5 oz)	0	0	0.5	4	0	20
Stuffing (4 oz)^	8	3	21	170	0	580
Turkey Gravy (2 oz.)∞	1	1	2	25	0	330
Total	19	40	29.5	459	90	2086
Cranberry Sauce (2 oz.)	0	0	21	94	0	8.5
Old Fashioned Pot Roast						
Pot Roast (7 oz.)∞	17.5	38.5	0	315	105	420
Demi Glace (1 1/2 oz.)∞	0	0	7	28	0	0
Total	17.5	38.5	7	343	105	420
Chicken Fried Chicken						
Chicken Breast (8 oz.)	8	70	0	375	192	170
Chicken Batter (1.6 oz)^	0	1.5	17.5	81	8	984
Kentucky Kernal Flour (0.8 oz)^	0	2	16	72	0	1088
Total	8	73.5	33.5	528	200	2242
Country Gravy (3 oz.)	6	4	3	83	15.5	160
Total	14	77.5	36.5	611	215.5	2402
Crab Cake Blue Plate						
Crab Cakes (2)∞	14	32	45	453.5	237	1976.5
Dill Caper Sauce (2 oz.)	33	0	3	312	24	354
Total	47	32	48	765.5	261	2330.5
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Kale	0	0	0	2	0	1

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
LUNCH FEATURES						
Grilled Sirloin with Onions and Mushrooms						
Burger Patty (8 oz.)	48	53	0	653	202.5	186.5
Magic Seasoning (2 tsp.)	0	0	5	22	0	2397
Sauteed Onions (1/3 cup)	0	1	4	18	0	1
Burgundy Mushrooms, sliced∞	2	0.5	2	26	0	42
Worcestershire Sauce (6 dashes)	0	0	1	5	0	65
Total	50	54.5	12	724	202.5	2691.5
Baked Schrod						
Cod (7-8 oz.)	2	52	0	240	125	480
Margarine, melted (1 oz)	18	0	0	160	0	220
Hi Ho Crumbs (1.5 oz)	12	3	30	240	0	405
Total	32	55	30	640	125	110
Dill Caper Sauce (2 oz.)	33	0	3	312	24	354
Total	65	55	33	952	149	1459
Kale (1 pc.)	0	0	0	2	0	1
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
BBQ Chicken						
Chicken Breast (8 oz.)	8	70	0	375	192	170
BBQ Sauce (3 oz.)	0	0	45	210	0	1230
SANDWICHES						
Prime Rib Sandwich						
Prime Rib (6 oz.)	10.5	31.5	0	225	90	390
Onion Hoagie Bun (1)	8	11	72	400	0	683
Total	18.5	42.5	72	625	90	1073
Au Jus (3 oz.)∞	0.5	0.5	4	26.5	0	446
Total	19	43	76	651.5	90	1519
Horseradish Sauce	10	1.5	2	103	21	50.5
Total	29	44.5	78	754.5	111	1569.5

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SANDWICHES						
Half Classic Health Club						
Wheat Bread (1 pc.)	1	2	12	65	0	138
Mayo (1/2 tbsp.)	5.5	0	0	50	4	40
Leaf Lettuce (1 pc.)	0	0	0	0	0	1
Cheddar sliced (1 pc.)	9	7	0	115	30	176
Ham, sliced	1.5	7.5	0	45	22.5	570
Tomato, sliced (2 pc.)	0	0	2	8	0	4
Bacon (2 slices)	6	4	0	72.5	10.5	202
Jack cheese (1 pc.)	11	9	1	150	37.5	225
Turkey, sliced	0	9	2	45	20	380
Mayo (1/2 tbsp.)	5.5	0	0	50	4	40
Wheat Bread (1 pc.)	1	2	12	65	0	138
Total	40.5	40.5	29	665.5	128.5	1914
Pickle Spear (1)	0	0	1	5	0	200
Classic Health Club						
add 1 1/2 oz Ham, sliced	1.5	7.5	0	45	22.5	570
add 1 1/2 oz. Turkey, sliced	0	9	2	45	20	380
add 1 tbsp. Mayo	11	0	0	100	8	80
add 1 pc. Leaf Lettuce	0	0	0	0	0	1
add 1 pc. Wheat Bread	1	2	12	65	0	138
Total	54	59	44	925.5	179	3283
Grilled Chicken Sandwich						
Wheat Bread (2 slices)	2	4	24	130	0	276
Honey Mustard Dressing (1 tbsp.)	7	0	3	78.5	5	63
Leaf Lettuce (1 pc.)	0	0	0	0	0	1
Tomato (2 slices)	0	0	2	8	0	4
Grilled Chicken Breast (8 oz.)	8	70	0	375	192	170
Jack Cheese (1 1/4 oz.)	11	9	1	150	37.5	225
Total	28	83	30	741.5	234.5	739
Tennessee Country Chicken Sandwich						
Bun (1)	2	3	20	115	0	241
Mayonnaise (1 tbsp.)	11	0	0	100	8	80
Leaf Lettuce (1 pc.)	0	0	0	0	0	1
Tomato (1 slice)	0	0	1	4	0	2
Grilled Chicken Breast (8 oz.)	8	70	0	375	192	170
Grilled Ham (2 oz.)	2	10	0	60	30	760
Jack Cheese (1 1/4 oz.)	11	9	1	150	37.5	225
Total	34	92	22	804	267.5	1479

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SANDWICHES						
Steak Burger						
Steakburger (8 oz.)	24.5	77	0	539	231	123
Magic Seasoning (2 tsp.)	0	0	4	16	0	1718
Bun (1)	2	3	20	115	0	241
Cheese (3/4 oz.)	7	5	0	86	22.5	132
Leaf Lettuce (1 pc.)	0	0	0	0	0	1
Onion, sliced (1 slice)	0	0	1	4	0	0
Tomato, (1 slice)	0	0	1	4	0	2
Total	33.5	85	26	764	253.5	2217

Garden Burger						
Bun (1)	2	3	20	115	0	241
Ranch Dressing (1 tbsp.)∞	7	0.5	0.5	70	5	130
Leaf Lettuce (1 pc.)	0	0	0	0	0	1
Sliced tomato (1 slice)	0	0	1	4	0	2
Onions, sliced	0	0	3	12	0	0
Veggie Patty (4 oz.)	3.5	24	12	170	0	748
Burgundy Mushrooms ∞	2	0.5	2	30	0	49
Jack Cheese	13.5	10.5	1.5	180	45	270
Total	28	38.5	40	581	50	1441

PASTA						
Seafood Pasta						
Alfredo Sauce (8 oz.)	104	22.5	6	1024	330	1271.5
Seafood Pack (4 oz.)	5	21	11	191	93	537
Green Onion, sliced (1 tbsp.)	0	0.5	1	5	0	37.5
Tomato, diced (1/4 cup)	0	0.5	2.5	12.5	0	5
Burgundy Mushrooms (1/2 cup)∞	3	1	4	52	0	84
Sugar Snap Peas (2 oz.)	0	1	3	16	0	1.5
Fettucine (9 oz.)	5	3	17	121	0	523
Parmesan Cheese, shred	4	5	0.5	57	10	232
Total	121	54.5	45	1478.5	433	2691.5

Grilled Chicken Pasta						
Alfredo Sauce (8 oz.)	104	22.5	6	1024	330	1271.5
Grilled Chicken (4 oz.)	4	35	0	187.5	81	85
Green Onion, sliced (1 tbsp.)	0	0.5	1	5	0	0.5
Tomato, sliced (1/4 cup)	0	0.5	2.5	12.5	0	5
Burgundy Mushrooms (1/4 cup)∞	2	0.5	2	26	0	42
Sugar Snap Peas (2 oz.)	0	1	3	16	0	1.5
Fettucine (9 oz.)	5	3	17	121	0	523
Parmesan Cheese, shredded	4	5	0.5	57	10	232
Total	119	68	32	1449	421	2160.5

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
CHICKEN & RIBS						
Tennessee Country Chicken						
Chicken Breast (8 oz.)	8	70	0	375	192	170
Ham (2 oz.)	12	14	0	148	37	902
Jack Cheese, sliced (1 1/4 oz.)	11	9	1	150	37.5	225
Total	31	93	1	673	266.5	1297
Chicken Tender Platter						
Chicken Tenders (5)	59	34	43.5	871	93	1493
BBQ Sauce (2 oz.)	0	0	30	140	0	820
Honey Mustard (2 oz.)	29	0	12.5	314	22	252
Grilled Chicken Breast						
Chicken Breast (8 oz.)	8	70	0	375	192	170
Smoky Mountain Barbecue Ribs						
Ribs (3/4 lb.)	80	84	0	1080	276	148
Ribs (1 1/2 lb.)	160	162	0	2160	552	296
Cinnamon apples (4 oz.)	0	0	27.5	111.5	0	0
Barbecue Ribs & Chicken Combo						
Ribs (3/4 lb.)	80	84	0	1080	276	148
Chicken Breast (8 oz.)	8	70	0	375	192	170
BBQ Sauce (3 oz.)	0	0	45	210	0	1230
Sweet Potato (17 oz.)	0	8.5	118.5	486	0	46.5
Cinnamon apples (4 oz.)	0	0	27.5	111.5	0	0
Total	88	162.5	191	2262.5	468	1594.5
CHOP HOUSE FAVORITES						
Chop House Prime Rib						
Prime Rib (8 oz.)	14	42	0	300	120	520
Prime Rib (12 oz.)	21	62	0	450	180	780
Prime Rib (16 oz.)	28	84	0	600	240	1040
Au Jus (3 oz.)∞	0.5	0.5	4	26.5	0	446
Kale (1 pc.)	0	0	0	2	0	1
Horseradish Sauce	10	1.5	2	103	21	50.5
Filet (6 oz.)						
Steak Butter (0.2 oz)	3	0	0	29.5	0	53
Total	18	30	0	289.5	100	423

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
CHOP HOUSE FAVORITES						
Filet (9 oz.)	23	45	0	390	0	555
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	26	45	0	419.5	0	608
T-Bone (20 oz.)	90	100	0	1250	350	1200
Steak Butter (#100 scoop-0.2 oz)	3	0	0	29.5	0	53
Total	93	100	0	1279.5	350	1253
Ribeye (10 oz.)	73	43	0	825	188	600
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	76	43	0	854.5	188	653
Ribeye (14 oz.)	102	60	0	1155	263	840
Steak Butter (#100 scoop-0.2 oz)	3	0	0	29.5	0	53
Total	105	60	0	1184.5	263	893
Strip (12 oz.)	54	60	0	750	210	720
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	57	60	0	779.5	210	773
Sirloin (7 oz.)	27	35	0	385	123	420
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	30	35	0	414.5	123	473
Sirloin (10 oz.)	37.5	50	0	550	175	600
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	40.5	50	0	579.5	175	653
Pork Chop (14 oz.)	31.5	80.5	0	560	175	1225
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	34.5	80.5	0	589.5	175	1278
Orange Marmalade (2 oz.)	0	0	53	209	0	200
Cinnamon Apples (4 oz.)	0	0	27.5	111.5	0	0
Veal Chop (14 oz)	42	105	0	840	504	266
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Total	45	105	0	869.5	504	319
Kale (1 pc.)	0	0	0	2	0	1

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
CHOP HOUSE FAVORITES						
Lamb Chops (12 oz.)	32	100	0	720	320	264
Mint Sauce (2 oz.) [∞]	0	0	5	22	0	253
Total	32	100	5	742	320	517
Kale (1 pc.)	0	0	0	2	0	1
Medallions Antony						
Tenderloin (6 oz.)	16	50	0	360	140	464
Canola Oil (1 Tsp)	5	0	0	41	0	0
Bordeaux Sauce (4 oz.) [∞]	1	0	1	25	2	44
Burgundy Mushrooms [∞]	2.5	0.5	2	39	0	61
Total	24.5	50.5	3	465	142	569
Bearnaise Sauce (2 oz.) [∞]	28	0	6	280	6	600
Parsley (1/4 tsp.)	0	0	0	0	0	0
Total	52.5	50.5	9	745	148	1169
For extra medallion						
Add Tenderloin (3 oz.)	8	25	0	180	70	232
Total	60.5	75.5	9	925	218	1401

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SEAFOOD						
Salmon and Catch of the Day						
Salmon (7 oz)	16	51	0	350	117	117
Salmon (10 oz.)	23	73	0	500	167	167
Halibut (7 oz.)	4.5	51	0	280	70	140
Halibut (10 oz.)	6.5	73	0	400	100	200
Mahi-mahi (7 oz.)	1	53	0	240	110	110
Mahi-mahi (10 oz.)	1	80	0	360	160	160
Swordfish (7 oz.)	9	49	0	303	77	257
Swordfish (10 oz.)	13	70	0	433	110	367
Yellowfin Tuna (7 oz.)	2	58	0	280	116	93
Yellowfin Tuna (10 oz.)	3	83	0	400	167	133
Trout (7 oz.)	9	51	0	303	140	70
Trout (10 oz.)	13	73	0	330	200	100
Tilapia (7 oz.)	4	40	0	210	180	80
Tilapia (10 oz.)	6	60	0	315	270	115
Margarine, melted (1 oz)	18	0	0	160	0	220
Lemon Pepper (sprinkle)	0	0	0	0	0	80
Steak Butter (.2 oz)	3	0	0	29.5	0	53
Dill Caper Sauce (2 oz.)	33	0	3	312	24	354
Kale (1 pc.)	0	0	0	2	0	1
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Baked Schrod						
Cod (7-8 oz.)	2.5	50.5	0	240	133	480
Margarine, melted (1 oz)	18	0	0	160	0	220
Hi Ho Crumbs (1.5 oz)	12	3	30	240	0	405
Total	32.5	53.5	30	640	133	1105
Dill Caper Sauce (2 oz.)	33	0	3	312	24	354
Total	65.5	53.5	33	952	157	1459
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Kale (1 pc.)	0	0	0	2	0	1
Chargrilled Shrimp(8)						
Fettucine (6 oz)	3	2	11.5	81	0	350.5
Pasta Butter (2 oz)∞	32	0	1.5	295	0	527
Stevies Italian Dressing (2 oz.)	28	0	0	248	0	486
Lemon Pepper (sprinkle)	0	0	0	0	0	80
Steak Butter (melted)	32	0	1.5	295	0	527
Kale (1 pc.)	0	0	0	2	0	1
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
Total	95	24.5	18	1018.5	130	2042

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
SEAFOOD						
Homemade Crab Cakes						
Crab Cakes (2)∞	14	32	45	453	237	1976.5
Dill Caper Sauce (2 oz.)	33	0	3	312	12	354
Kale (1 pc.)	0	0	0	2	0	1
Lemon Crown (1)	0	0.5	2.5	7.5	0	0.5
DESSERTS						
Caramel Fudge Cake						
Caramel Fudge Cake (1/12 cake)	34	4	66	590	0	270
Breyer's Butter Almond Ice Cream	11	3	14	170	20	115
Hot Caramel Sauce (3 oz.)	0	0	93	390	0	330
Chocolate Mousse Pie						
Chocolate Mousse Cake (1/8 cake)	47	10	80	762.5	109	628
Key Lime Pie						
Key Lime Pie (1/7 pie)	19.5	6	67	468	17	67
Rich's Whipped Cream (1/2 cup)	12	0	2	120	40	0
Lime Wheel, slice (1)	0	0	1	5	0	0
Ice Cream						
Ice Cream (4 oz)	11	3	14	170	20	115
CHILD'S MENU						
Monster Melt						
American Cheese (2 slices)	18	12	0	210	54	812
White Bread (2 slices)	2	4	24	130	0	258
Margarine (2 tsp.)	6	0	0	53	0	72
Total	26	16	24	393	54	1142
Dino Fries (8 pcs.-3 oz.)	16	3.5	36	288	0	194
Pickle Spear (1)	0	0	1	5	0	200
Brontosaurus Burger						
Burger (1/2)	12	38.5	0	270	115	62
Bun (1/2)	1	1.5	10	57.5	0	120.5
Margarine (1 tsp.)	3	0	0	26	0	36
Total	16	40	10	353.5	115	218.5
Dino Fries (8 pcs.)	16	3.5	36	288	0	194
Pickle Spear (1)	0	0	1	5	0	200

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
CHILD'S MENU						
Dinosaur Legs						
Chicken Tenders (2-4.5 oz)	38	22	28	560	60	960
Dino Fries (8 pcs.-3 oz.)	16	3.5	36	288	0	194
Honey Mustard (2 oz.)	29	0	12.5	314	22	252
Pterodactyl Pizza[∞]						
6" Pizza (1)	0.5	1	7	35	0	100
1 oz. Pizza Sauce	0.5	0.5	2	15	0	130
Monterey Jack and Cheddar	18.5	14	0	227.5	60	350
Pepperoni Slices (5)	4	2	0	50	9	171
Total	23.5	17.5	9	327.5	69	751
The Chopinator						
Pork Chop (4 oz. - 2)	52.5	66	0	760	232	168
Herb Butter (2 tsp.)	7.5	0	0	65	20	75
Total	60	66	0	825	252	243
Sketti & Sauce						
Fettucine (6 oz.)	3.5	2	11.5	81	0	350.5
Marinara Sauce (4 oz.) [∞]	3	1	8	60	0	390
Parmesan Cheese, shred	2	3	0	28	5	116
Total	8.5	6	19.5	169	5	856.5
Mighty Meaty Ribs						
BBQ Ribs (4-5— 6 oz)	39	42	0	540	138	72
Hot BBQ Sauce (2 oz)	0	0	30	140	0	820
Total	39	42	30	680	138	892
Prehistoric Prime Rib						
Prime Rib (6 oz.)	10.5	31.5	0	225	90	390
Au Jus (2 oz.) [∞]	0.5	0.5	2.5	18	0	298
Total	11	32	2.5	243	90	688

MENU ITEM	FAT(g)	PROTEIN(g)	CARBS(g)	CAL	CHOL(mg)	SODIUM(mg)
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SPECIALS

Bleu Cheese or Gorgonzola Filet

Metro Filet (8 oz.)	20	40	0	346	133	494
Canola Oil (1 tsp.)	5	0	0	41	0	0
Bleu Cheese Crumbles (1 oz)	9	6	0	100	20	430
Burgundy Mushrooms, (3 Tbs)∞	1.5	0	1.5	22	0	35
Bordeaux Sauce (2 oz.) 0.5∞	0	0.5	12.5	1	22	
Green Onion, sliced (1 tbsp.)	0	0.5	1	5	0	0.5
Total	36	46.5	3	526.5	154	981.5

with Gorgonzola Crumbles

(1 oz) instead of Bleu	8	7	0	100	25	260
Total	35.5	47.5	3.5	533.5	159	822.5
Kale (1 pc.)	0	0	0	2	0	1

Boursin Filet

Metro Filet (8 oz.)	20	40	0	346	133	494
Canola Oil (1 tsp)	5	0	0	41	0	0
Magic Seasoning (1 Tbsp.)	0	0	5.5	24	0	2577
Boursin Cheese (#24 scoop-1 oz)	14	2	1	135	41	123
Tobacco Onions (1 cup)	0	0	0	0	0	0
Total	39	42	6.5	546	174	3194
Kale (1 pc.)	0	0	0	2	0	1

Filet Oscar

Metro Filet (8 oz.)	20	40	0	346	133	494
Canola Oil (1 tsp)	5	0	0	41	0	0
Crabmeat (2 oz.)	0.5	12.5	0	60	53	205
Asparagus, fresh, small (4 pcs.)	0	1	1.5	7.5	0	1
Red Pepper Hollandaise (1.5 oz.)∞	0	0	6.5	63	0	595
Total	25.5	53.5	8	517.5	186	1295
Kale (1 pc.)	0	0	0	2	0	1

Green Peppercorn Filet

Metro Filet (8 oz.)	20	40	0	346	133	494
Canola Oil (1 tsp)	5	0	0	41	0	0
Magic Seasoning (1 Tbsp.)	0	0	5.5	24	0	2577
Green Peppercorn Sauce (2 oz.)∞	14	2	2	134	0	50
Mushrooms (3 Tbsp.)∞	1.5	0	1.5	22	0	35
Total	40.5	42	9	567	133	3156
Kale (1 pc.)	0	0	0	2	0	1

