



**NUTRITIONAL GUIDE**

CMAC, Inc dba Logan's Roadhouse has made an effort to provide complete and updated information. Due to the hand crafted nature of our menu items, variations between the numbers reported on this guide and what is served may differ.

a 2,000 calorie diet is used as the basis for general nutrition advice, however individual calorie needs may vary.

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
		g	g	g	g	mg	mg	g	g	g	g
<b>APPETIZERS</b>											
Roadhouse Cheese Fries	1538	851	95	38	0.17	149	1857	118	11	0.85	52
-add chilli	117	43	5	2	0.25	19	552	10	3	4	8
Loaded Potato Skins	1090	684	76	36	0.46	165	1536	56	9	4	46
ENORMOUS Nachos	2147	1200	133	64	1	293	3229	155	21	20	88
Fried Mozzarella Cheese Sticks	970	590	66	16	0	85	2400	67	2	14	30
Fresh Hand-Breaded Wings	1447	839	93	23	0.16	309	960	54	7	6	95
Roadhouse Shrooms	442	204	23	4	6	0	3085	55	7	10	10
Smokin' Hot Grilled Wings	585	347	39	11	0.19	320	2390	7	0.49	0.03	54
Baby Back Rib Basket	1228	687	76	28	0.68	262	968	58	3	12	69
Chicken Tenders	827	406	45	7	0.12	78	1353	77	4	24	28
Rockin' Onion Petals	1329	933	104	16	0.69	28	2571	95	9	19	9
Crispy Onions	932	515	57	10	0.37	0	1760	99	6	12	9
<b>FRESH HOMEMADE SOUPS</b>											
Loaded Potato Soup - cup	249	113	13	4	0.43	9	1026	29	1	5	5
Loaded Potato Soup - bowl	377	180	20	7	0.87	17	1842	41	1	7	8
Creamy Chicken and Wild Rice - cup	212	88	10	3	0.54	8	968	27	1	4	5
Creamy Chicken and Wild Rice - bowl	305	131	15	5	1	16	1727	35	1	7	8
Chicken Harvest - cup	242	95	11	3	0.62	9	1079	32	2	6	6
Chicken Harvest - bowl	365	145	16	6	1	18	1947	45	3	9	10
Chicken Noodle - cup	167	51	6	1	0.6	12	701	19	1	3	6
Chicken Noodle - bowl	213	57	6	1	1	23	1191	20	1	4	11
Broccoli w/Cheese - cup	206	90	10	3	0.16	2	743	26	1	4	3
Broccoli w/Cheese - bowl	291	135	15	6	0.31	4	1275	35	2	7	5
New England Clam Chowder - cup	164	58	6	3	0	3	661	22	0.98	2	3
New England Clam Chowder - bowl	267	103	11	5	0	6	1162	34	1	5	5
Stuffed Bell Pepper - cup	216	90	10	3	0.2	23	611	23	2	5	10
Stuffed Bell Pepper - bowl	311	135	15	5	0.41	46	1012	28	3	7	17
Seafood Bisque - cup	182	81	9	4	0	12	697	19	0.74	3	4
Seafood Bisque - bowl	304	148	16	7	0.01	23	1234	29	0.98	5	7
Southwest Chicken Tortilla - cup	72	24	3	0.71	0.56	10	501	8	0.83	2	4
Southwest Chicken Tortilla - bowl	144	48	5	1	1	21	1001	16	2	4	8
Southwest Chicken and Corn - cup	241	91	10	3	0.51	7	987	32	2	5	6
Southwest Chicken and Corn - bowl	362	138	15	5	1	15	1765	47	3	8	9
Chili - cup	169	58	6	2	0.16	19	532	18	3	2	9

Chili - bowl	279	102	11	4	0.33	39	904	26	5	4	17
Roadhouse Stew - cup	194	68	8	2	0.08	17	522	24	2	4	8
Roadhouse Stew - bowl	267	91	10	3	0.16	34	833	30	3	5	15
<b>CRISP SALADS (Does not include dressing)</b>											
Roadhouse Salad	440	270	30	15	0	254	953	13	4	8	30
Mesquite Grilled Chicken Salad	649	316	35	16	0.03	370	1134	14	4	8	69
Grilled Steak Salad	672	336	37	17	0.38	362	1033	14	4	8	71
Anything and Everything Salad	989	478	53	18	0.03	368	1458	64	10	44	73
Fried Chicken Salad	625	327	36	16	0	318	1385	20	5	8	54
Logan's Kickin' Chickin' Salad	792	354	39	16	0.03	370	1178	40	8	9	73
Logan's Club Salad	595	356	40	18	0	311	1800	14	4	8	46
Mesquite Grilled Salmon Caesar-includes Caesar dressing	842	544	60	13	0.75	112	1407	35	5	10	41
Mesquite Grilled Chicken Caesar-includes Caesar dressing	795	449	50	11	0.79	156	1524	36	5	10	51
Small House Salad	232	147	16	9	0	45	546	7	2	4	15
Small Caesar Salad-includes Caesar dressing	308	211	23	6	0.37	24	726	18	2	5	7
<b>ORIGINAL STEAK BURGERS (no side)</b>											
Old-Fashioned Roadhouse Burger-without cheese	581	268	30	11	2	142	1652	30	3	7	46
- With Cheddar Cheese	110	80	9	6	0	30	180	0	0	0	7
- With Swiss Cheese	110	80	9	6	0	30	55	0	0	0	7
- With Monterey Jack Cheese	110	80	9	6	0	25	102	0	0	0	7
Roadhouse Deluxe Burger	944	528	59	23	3	197	2471	37	4	8	63
Fried Cheese and Bacon Burger	931	492	55	21	2	195	1458	45	3	8	60
<b>ROADHOUSE SANDWICHES (no side)</b>											
French Dip sandwich	1080	488	54	14	1	142	1816	85	6	5	64
Choice Rib-Eye Sandwich	741	367	41	15	2	111	1218	50	3	8	44
Logan's Club Sandwich	1085	534	59	20	0.06	184	3312	74	4	19	61
Deluxe Chicken Sandwich	688	300	33	13	1	170	1240	34	3	7	61
Buffalo Chicken Sandwich	729	261	29	15	0.85	171	947	52	2	29	60
Mesquite Grilled Chicken Sandwich	359	62	7	2	0.03	115	535	29	2	7	44
Chipotle Chicken Sandwich	861	402	45	13	0.08	171	1397	53	3	16	60
<b>ENTREES (no side)</b>											
<b>CHICKEN AND SEAFOOD ENTREES (no side)</b>											
Logan's Mesquite Grilled Chicken	449	110	12	3	0.01	170	1638	29	0.49	2	53
Teriyaki Grilled Chicken	463	75	8	2	0.14	154	1849	40	1	12	57
Country Fried Chicken Tenders Dinner	778	421	47	10	0.06	153	1171	47	0.65	24	41
Grilled Chicken Tenders Dinner	601	274	30	6	0.08	184	813	32	0.16	24	50
Southwest BBQ Chicken	860	392	44	18	1	230	2372	37	2	4	79
Sante Fe Tilapia	941	543	60	32	2	258	5430	37	6	1	68
Southern Fried Catfish	665	371	41	10	0	173	1045	27	2	2	44
Hand-Breaded Shrimp	429	204	23	4	0.23	109	1598	40	2	7	16
Mesquite Grilled Shrimp	715	473	53	31	2	362	3688	30	0.49	2	30
Mesquite Grilled Salmon	833	697	71	34	2	241	1282	0.03	0	0.03	49
<b>FRESH HAND-CUT STEAK ENTREES (no side)</b>											
Onion Brewski® Sirloin	894	586	65	31	0.72	134	1206	19	2	3	59
"The Logan®"	529	224	25	7	3	197	341	0.18	0.03	0	76
Sirloin 8 oz	380	160	17	8	0	134	340	3	0	0	56

Sirloin 6 oz	335	169	19	5	2	108	274	0.18	0.03	0	42
Rib-Eye 12 oz	876	592	66	26	2	223	359	0.18	0.03	0	71
Rib Eye 16 oz	1135	755	84	34	2	297	415	0.18	0.03	0	95
New York Strip 16 oz	685	290	32	11	3	199	354	0.18	0.03	0	91
Filet Mignon 6 oz	374	206	23	6	2	112	275	0.18	0.03	0	40
Filet Mignon 9 oz	510	257	29	9	2	167	316	0.18	0.03	0	59
T-Bone 16 oz	894	448	50	17	4	305	447	0.18	0.03	0	105
Porterhouse 20 oz	1092	535	59	21	5	381	510	0.18	0.03	0	131
Chopped Sirloin Steak 12 oz	607	285	32	10	3	234	367	2	0.03	0	79
+ Smothered with Brewski Onions, Sauteed Mushrooms and Gravy	736	380	42	12	4	236	1027	8	0.99	0.56	82
Teriyaki Club Steak	344	88	10	3	0.51	143	426	8	0.39	6	56
Bone In Rib Eye	1574	1140	127	53	10	391	479	0.18	0.03	0	109
Beef Stick	795	451	50	13	4	97	1877	36	3	7	49
Brewski® any Steak	514	426	48	24	0	0	866	16	2	3	3
<b>COMBO ENTREES (NO SIDE)</b>											
Filet & Grilled Shrimp	932	540	72	31	3	112	2359	15	0.28	1	55
Filet & Fried Shrimp	624	311	35	8	2	166	1353	28	2	7	49
USDA Choice Sirloin Steak & Fall-Off-the-Bone Ribs	1082	418	47	14	2	366	1324	12	0.05	8	147
USDA Choice Sirloin Steak & Fresh Chicken	672	251	28	7	2	236	1503	22	0.4	2	82
USDA Choice Sirloin Steak & Hand-Breaded Shrimp	585	274	31	7	2	162	1352	28	2	7	49
USDA Choice Sirloin Steak & Mesquite Grilled Shrimp	893	503	68	30	3	108	1271	27	0.27	9	120
Fall-Off-the-Bone Ribs & Fresh Chicken	1084	331	37	11	0.27	386	2279	34	0.39	10	145
Fall-Off-the-Bone Ribs & Hand-Breaded Shrimp	997	354	40	11	0.37	312	2128	40	2	15	114
Fall-Off-the-Bone Ribs & Mesquite Grilled Shrimp	1305	686	78	34	1	258	2077	27	0.27	9	120
Fresh Chicken & Hand-Breaded Shrimp	587	188	21	4	0.132	182	2305	50	2	9	49
Fresh Chicken & Mesquite Grilled Shrimp	895	521	58	1	128	128	3293	32	0.49	2	75
<b>DELICIOUS, FALL OFF THE BONE RIBS (NO SIDE)</b>											
Full Portion	1453	498	55	19	0.52	516	1851	14	0.04	9	211
Half Portion	747	249	28	9	0.26	258	1050	12	0.02	8	105
Mesquite Grilled Pork Chops	750	280	31	10	1	245	890	16	1	12	97
<b>EXPRESS LUNCH</b>											
<b>SALADS (NO DRESSING)</b>											
Anything and Everything Salad	989	478	53	18	0.03	368	1458	64	10	44	73
Mesquite Grilled Chicken Salad	649	316	35	16	0.03	370	1134	14	4	8	69
Grilled Steak Salad	672	336	37	17	0.38	362	1033	14	4	8	71
Fried Chicken Salad	625	327	36	16	0	318	1385	20	5	8	54
Logan's Kickin' Chickin' Salad	792	354	39	17	0.03	370	1178	40	7	9	73
Logan's Club Salad	595	356	40	18	0	311	1800	14	4	8	46
Half Club Combo	543	267	30	10	0.03	92	1657	37	2	10	30
-See Soup or Salad section for calories											
Baked Potato Combo	553	417	46	29	0	124	422	34	2	3	4
-See Soup or Roadhouse Sides section for calories											
Sweet Potato Combo	556	416	46	29	0	124	657	36	8	20	3
-See Soup or Roadhouse Sides section for calories											
<b>SANDWICHES (NO SIDE)</b>											
Old Fashioned Burger-without cheese	581	268	30	11	2	142	1652	30	3	7	46
-With Cheddar Cheese	110	80	9	6	0	30	180	0	0	0	7

-With Swiss Cheese	110	80	9	6	0	30	55	0	0	0	7
- With Monterey Jack Cheese	110	80	9	6	0	25	102	0	0	0	7
Roadhouse Deluxe Burger	944	528	59	23	3	197	2471	37	4	8	63
Choice Rib-Eye Sandwich	741	367	41	15	2	111	1218	50	3	8	44
Mesquite Grilled Chicken Sandwich	359	62	7	2	0.03	115	535	29	2	7	44
<b>SEAFOOD (NO SIDE NO SALAD)</b>											
Southern Fried Catfish	392	228	25	6	0	89	712	17	1	2	22
Mesquite Grilled Salmon	663	554	62	32	2	193	1239	0.03	0	0.03	29
Sante Fe Tilapia	789	515	57	31	2	190	5363	37	6	1	37
<b>DESSERTS</b>											
Big Chewy Fudge Browie	1478	516	57	27	0	274	961	231	5	169	19
New York Style Cheesecake	954	595	66	37	3	255	721	79	3	59	12
<b>ROADHOUSE SIDES</b>											
Brewski® Onions	135	100	11	2	0	0	857	7	2	0	0.84
Logan's Sweet Potato	556	416	46	29	0	124	657	36	8	20	3
Baked Idaho® Potato	553	417	46	29	0	124	422	34	2	3	4
Mashed Potatoes	382	199	22	5	4	2	533	42	6	4	5
Fries	354	150	17	3	0.06	0	1401	47	4	0.34	4
Rice Pilaf	174	42	4	0.8	0	0.34	1440	28	0.5	2	4
Sautéed Mushrooms	182	167	19	3	3	0	242	3	0.92	2	3
Cinnamon Apples	238	61	7	0.85	2	0	136	43	2	36	0
Fresh Vegetables	45	5	0.52	0.09	0	0	41	9	3	4	3
Chips	380	221	25	8	0	0	1168	37	3	0.15	5
Crispy Onions	466	257	29	5	0.18	0	880	49	3	6	4
Fruit Cup	48	2	0.23	0.05	0	0	14	12	1	11	0.95
Broccoli	82	39	4	0.76	0.7	0	107	9	4	2	4
<b>EXTRAS</b>											
Sweet Potato Fries	284	150	17	1	0.14	0	1455	32	6	10	2
Loaded Baked Idaho® Potato	879	663	74	44	0	199	888	34	4	4	19
"Overloaded" Mashed Potatoes	578	416	46	19	4	73	823	22	3	3	19
Cheese Fries	680	386	43	18	0.06	75	801	47	4	0.34	25
Macaroni and Cheese	430	200	22	5	0	15	960	44	1	13	15
Grilled Vegetable Skewer	98	60	7	0.65	0	0	1344	10	3	5	3
Small House Salad-without dressing	232	147	16	9	0	45	546	7	2	4	15
Small Caesar Salad-includes Caesar dressing	308	211	23	6	0.37	24	726	18	2	5	7
Yeast Rolls - Each	191	25	3	0.89	0	3	108	37	1	9	4
6oz Chicken Breast	337	82	9	2	0.01	128	1229	22	0.37	2	40
Half Portion of Ribs	747	249	28	9	0.26	258	1050	12	0.02	8	105
5 Ct. Shrimp - grilled, seasoned, 2 oz. rice, 2 oz. margarine	558	237	49	25	1	181	2064	15	0.25	1	15
5 Ct. Shrimp - Fried with cocktail sauce	250	105	12	2	0.11	54	1078	28	2	7	9
<b>DRESSINGS AND DIPPING SAUCES</b>											
<b>DRESSINGS - 2oz PORTION</b>											
Parmesan Peppercorn	320	300	34	6	0	20	620	4	0	2	2
Honey Mustard	274	227	25	4	0.06	14	262	12	0.16	12	0.5
Ranch	201	187	21	4	0.05	14	205	2	0.03	2	1

Blue Cheese	251	233	26	7	0.05	28	398	1	0.4	0.8	3
Thousand Island	222	188	21	3	0.05	12	379	8	0.15	7	0.59
French	240	200	22	3	0	0	740	14	0	14	0
Balsamic Vinaigrette	220	160	18	3	0	0	260	14	0	10	0
Raspberry Vinaigrette	260	200	22	4	0	0	540	16	0	14	0
Oil and Vinegar	253	252	28	2	0	0	0	0	0	0	0
Fat Free Ranch	100	0	0	0	0	0	440	22	0	6	0
Caesar	240	240	26	4	0	10	560	2	0	2	2
Italian	220	220	24	4	0	0	740	4	0	2	0
<b>SAUCES - 2oz PORTION</b>											
BBQ	90	0	0	0	0	0	920	22	0	20	0
Chipotle Marinade	200	146	16	2	0	0	176	12	23	8	0.18
Chipotle Ranch	201	177	20	3	0.04	14	369	4	0.03	2	1
Horseradish	200	160	18	4	0	20	520	10	0	8	0
Texas Petal	320	200	34	6	0	30	320	2	0	2	0
Au Jus-4 ounces	347	54	6	2	0.03	0.24	8819	67	0.8	25	10
Teriyaki sauce	90	20	2	0	0	0	660	16	0	14	1
Bourbon Glaze-one oz.	90	65	7	1	0	0	79	6	0	4	0
Mayonnaise-1 Tbsp.	100	100	11	2	0	10	65	0	0	0	0
Mustard-1 tsp.	5	0	0	0	0	0	60	0	0	0	0
Whipped Butter Blend Margarine for bread-1 Tbsp.	70	70	7	2	2	0	55	0	0	0	0
Margarine -served with grilled seafood, shrimp	400	400	44	18	0	0	440	0	0	0	0
Brown Gravy	205	54	6	1	0	0.41	2913	33	0.378	2	11
<b>KIDS MENU</b>											
Kids Chicken Tenders - Grilled	380	230	26	4	0	80	1220	15	0	9	23
Kids Chicken Tenders - Fried	450	300	33	6	0	90	830	18	0	9	20
Kids Hamburger	330	140	15	5	0.5	70	280	21	1	3	25
Kids Hot Dog	350	210	23	9	0	45	200	23	1	2	14
Kids Grilled Cheese	370	160	18	6	0	35	990	19	2	6	15
Kids Macaroni and Cheese	430	200	22	5	0	15	960	44	1	13	15
Kids Steak Tips	160	45	5	2	0	75	290	2	0	0	28
Kids Fries	354	150	17	3	0.06	0	1401	47	4	0.34	4
Kids Chips	380	221	25	8	0	0	1168	37	3	0.15	5
Kids Fruit Cup	48	2	0.23	0.05	0	0	14	12	1	11	0.95
Kids Broccoli	82	39	4	0.76	0.7	0	107	9	4	2	4
<b>SOFT DRINKS</b>											
<b>REGULAR PORTION SIZE</b>											
Coke®	149	0	0	0	0	0	9	41	0	41	0
Diet Coke®	0	0	0	0	0	0	40	0	0	0	0
Sprite®	146	0	0	0	0	0	33	39	0	39	0
Mello Yellow	159	0	0	0	0	0	12	44	0	44	0
Mr. Pibb®	146	0	0	0	0	0	21	39	0	39	0
Barq's Root Beer®	167	0	0	0	0	0	36	45	0	45	0
Hi-C®	144	0	0	0	0	0	62	38	0	38	0
Iced Tea - Unsweet	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Sweet	144	0	0	0	0	0	10	37	0	36	0
Coffee	5	0	0	0	0	0	0	1	0	0	0
Coffee - Decaffeinated	5	0	0	0	0	0	0	2	0	0	0

Orange Juice	110	0	0	0	0	0	0	26		23	2
Cranberry Juice	110	0	0	0	0	0	5	27	0	25	0
2% Milk -8 oz.	120	40	5	3	0	20	120	12	0	11	8
Chocolate Milk-8 oz.	200	45	5	3	0	15	130	30	2	25	8
<b>KIDS PORTION SIZE</b>											
Coke®	99	0	0	0	0	0	6	27	0	27	0
Diet Coke®	0	0	0	0	0	0	27	0	0	0	0
Sprite®	97	0	0	0	0	0	22	26	0	26	0
Mello Yellow	106	0	0	0	0	0	8	29	0	29	0
Mr. Pibb®	97	0	0	0	0	0	14	26	0	26	0
Barq's Root Beer®	111	0	0	0	0	0	24	30	0	30	0
Hi-C®	96	0	0	0	0	0	41	25	0	25	0
Iced Tea - Unsweet	0	0	0	0	0	0	0	0	0	0	0
Iced Tea - Sweet	96	0	0	0	0	0	7	25	0	24	0
Orange Juice	110	0	0	0	0	0	0	26	0	23	2
Cranberry Juice	110	0	0	0	0	0	5	27	0	25	0
2 % Milk -8 oz.	120	40	5	3	0	20	120	12	0	11	8
2% Chocolate Milk-8 oz.	200	45	5	3	0	15	130	30	2	25	8
<b>ALCOHOLIC BEVERAGES</b>											
<b>ROADHOUSE TEAS</b>											
"Original" Roadhouse	255	0	0	0	0	0	31	34	0	34	0
Hawaiian	347	0	0	0	0	0	32	56	0	53	0.12
Grape	328	0	0	0	0	0	22	50	0	48	0.12
Watermelon	328	0	0	0	0	0	22	49	0	48	0.12
Fruity	265	0	0	0	0	0	31	35	0	33	0.12
Strawberry	328	0	0	0	0	0	22	50	0	48	0.12
Cherry	328	0	0	0	0	0	30	50	0	48	0.12
Sweet Tea	280	0	0	0	0	0	5	40	0	39	0
Tye Dye	353	0	0	0	0	0	27	56	0	54	0.12
Peach	323	1	0.12	0.01	0	0	28	49	0.12	47	0.43
Fruit Burst	420	0	0	0	0	0	5	72	0	66	0
Bubble Gum	328	0	0	0	0	0	27	50	0	49	0.12
<b>Roadhouse Margaritas</b>											
Margarita	160	0	0	0	0	0	0	25	0	24	0
Frozen Margarita	160	0	0	0	0	0	10	35	0	33	0
Prickly Pear Margarita with sugar rim	270	0	0	0	0	0	10	61	0	59	0
Skinny Margarita	210	0	0	0	0	0	10	26	0	24	0
Skinny Margarita with salt rim	210	0	0	0	0	0	590	26	0	24	0
Fantastic Margarita	230	0	0	0	0	0	10	32	0	28	1
Fantastic Margarita with sugar rim	230	0	0	0	0	0	10	33	0	29	1
Patron Margarita	410	0	0	0	0	0	115	38	0	32	0
Perfect Margarita	300	0	0	0	0	0	5	26	0	22	0
Ocean Rita	360	0	0	0	0	0	125	51	0	49	0
<b>ICED COLD BEER</b>											
<b>LONGNECKS</b>											
Miller Lite	96	0	0	0	0	0	5	3	0	0	0
Corona	148	0	0	0	0	0	15	14	0	0	0

Sam Adams	175	0	0	0	0	0	12	19	0	1	0
Bud Light	110	0	0	0	0	0	15	7	0	0	0
Coors Light	102	0	0	0	0	0	10	5	0	1	0
Michelob Ultra	95	0	0	0	0	0	9	3	0	0	0
Yuengling	126	0	0	0	0	0	0	10	0	0	1
Heineken	148	0	0	0	0	0	7	11	0	0	2
Guinness	125	0	0	0	0	0	20	10	0	10	1
Amstel Light	95	0	0	0	0	0	5	5	0	0	1
O' Douls - Non Alcoholic	65	0	0	0	0	0	9	13	0	0	1
<b>DRAFT</b>											
Regular Draft Beer - 10oz	105	0	0	0	0	0	12	10	0	1	1
Regular Draft Beer - 22oz	231	0	0	0	0	0	26	22	0	2	2
Regular Draft Beer - 60oz Pitcher	630	0	0	0	0	0	72	60	0	6	6
Light Draft Beer - 10oz	80	0	0	0	0	0	4	4	0	0	1
Light Draft Beer - 22oz	175	0	0	0	0	0	9	9	0	0	2
Light Draft Beer - 60oz Pitcher	475	0	0	0	0	0	25	25	0	0	5
<b>WINE BY THE GLASS</b>											
Cabernet	124	0	0	0	0	0	0	4	0	0	0
Merlot	120	0	0	0	0	0	0	4	0	0	0
Chardonnay	120	0	0	0	0	0	0	4	0	0	0
White Zinfandel	108	0	0	0	0	0	0	8	0	0	0
Peanuts-1 oz. without shells or 1/2 cup with shells	160	110	12	2	0	0	7	3	210	<1	7