

# Where America Comes to Eat<sup>SM</sup>

For over 50 years, we've been serving great American meals, from steak to seafood, ribs, chicken and our world-famous endless salad bar with over 50 items. We know that you want to make informed choices about the food you and your family select, which is why we have created this guide to all of our sizzling meals and menu items. With this, you will be able to enjoy the abundant variety of signature items at Sizzler that suit your lifestyle.



The nutritional and allergen information disseminated by Sizzler USA Restaurants, Inc. was prepared by Nutritional Information Services (www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. NIS is the guarantor for the information provided. Sizzler USA Restaurants, Inc. and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in Sizzler's recipes and menu items that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products. The information within this guide is meant to provide a general estimate of the nutritional values associated with our menu items. The actual nutritional values may vary from the values listed due to variations in portion size(s), product preparation, and/or substitution of ingredients. The nutritional and allergen information provided is based upon the recipes being used at the time the guide was produced. Recipes and menu items may be revised or changed from time to time, which affects the nutritional values. In addition, testing of new recipes for existing products may be conducted from time to time in certain markets. These new recipes may contain different/additional ingredients, including allergens, as compared to the original version. Some Sizzler locations may serve menu items which are not listed within this guide. Sizzler cannot guarantee that the nutritional information provided is completely accurate as it relates to the prepared menu items. If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please send us an email through the Contact Us page at www.sizzler.com.

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## Sizzling Choices

A nutritional guide to your favorite Sizzler dishes.



### Salad Bar Items

	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	ALLERGENS										
											Milk	Wheat	Soy	Shellfish	Sulfites	Fish	Egg	MSG	Tree Nuts		
Artichoke Hearts (1 serving tong, 2 oz)	52	3	0	0	0	188	4	0	0	2											
Baby Corn (1 serving tong, 2 oz)	13	0	0	0	0	140	2	1	1	1											
Bacon Bits (1 small serving spoon, 1 oz)	54	3	1	0	0	313	3	1	1	4		•	•								
Bean Sprouts (1 serving tong, 2 oz)	6	0	0	0	0	19	1	0	0	0											
Beets, Pickled (1 serving tong, 2 oz)	8	0	0	0	0	53	2	1	1	0											
Bell Peppers, Green (1 serving tong, 2 oz)	5	0	0	0	0	1	1	0	1	0											
Black Olives, Sliced (1 small serving spoon, 1 oz)	30	3	0	0	0	140	1	0	0	0											
Blue Cheese Crumbles (1 small serving spoon, 1 oz)	51	4	3	0	13	192	0	0	0	3	•										
Broccoli Florets (1 serving tong, 2 oz)	6	0	0	0	0	5	1	0	0	1											
Cantaloupe (1 wedge)	27	0	0	0	0	11	6	1	6	1											
Carrots (1 serving tong, 2 oz)	12	0	0	0	0	19	3	1	1	0											
Cauliflower (1 serving tong, 2 oz)	8	0	0	0	0	8	1	1	1	0											
Cheddar Cheese (1 serving tong, 2 oz)	111	9	6	0	30	182	0	0	0	7	•										
Cherry Tomatoes (1 serving tong, 2 oz)	8	0	0	0	0	2	1	0	1	0											
Cottage Cheese, Low Fat (1 small serving spoon, 1 oz)	25	1	0	0	3	95	1	0	1	4	•										
CROUTONS (1 small serving spoon)	30	1	0	0	0	90	5	0	0	1	•	•	•								
Cucumbers, Sliced (1 serving tong, 2 oz)	5	0	0	0	0	1	1	0	0	0											
Eggs, Chopped (1 serving tong, 2 oz)	51	4	1	0	144	42	0	0	0	4									•		
Garbanzo Beans (1 small serving spoon, 1 oz)	25	0	0	0	0	125	4	2	0	2											
Grapes (1 serving spoon, 4 oz)	15	0	0	0	0	0	4	0	3	0											
Green Beans (1 small serving spoon, 1 oz)	5	0	0	0	0	1	1	0	0	0											
Green Onions (1 small serving spoon, 1 oz)	5	0	0	0	0	2	1	0	0	0											
Honeydew Melon (1 wedge)	23	0	0	0	0	10	5	0	5	0											
Jicama (1 serving tong, 2 oz)	6	0	0	0	0	1	1	1	0	0											
Kidney Beans (1 small serving spoon, 1 oz)	25	0	0	0	0	130	4	2	1	1											
Mushrooms (1 serving tong, 2 oz)	5	0	0	0	0	1	1	0	0	1											
Parmesan Cheese (1 small serving spoon, 1 oz)	51	4	2	0	10	218	1	0	1	5	•										
Peas (1 small serving spoon, 1 oz)	15	0	0	0	0	1	3	1	1	1											
Pineapple (1 slice)	30	0	0	0	0	1	7	1	5	0											
Radishes (1 serving tong, 2 oz)	5	0	0	0	0	11	1	0	1	0											
Raisins (1 small serving spoon, 1 oz)	65	0	0	0	0	5	16	1	15	1											
Red Cabbage (1 serving tong, 2 oz)	6	0	0	0	0	5	1	0	1	0											
Red Onions (1 serving tong, 2 oz)	13	0	0	0	0	1	3	0	1	0											
Roasted Corn & Peppers (1 small serving spoon, 1 oz)	27	1	0	0	0	27	5	1	1	1											
Romaine & Iceberg Lettuce Mix (1 serving tong, 2 oz)	2	0	0	0	0	1	0	0	0	0											
Spinach (1 serving tong, 2 oz)	2	0	0	0	0	6	0	0	0	0											
Spring Lettuce Mix (1 serving tong, 2 oz)	3	0	0	0	0	9	1	0	0	0											
Strawberries (1 strawberry)	4	0	0	0	0	0	1	0	1	0											
Sunflower Seeds (1 small serving spoon, 1 oz)	118	11	1	0	0	115	3	2	0	4											
Turkey Ham (1 small serving spoon, 1 oz)	38	3	1	0	14	169	1	0	1	2											
Watermelon (1 wedge)	19	0	0	0	0	1	4	0	4	0											
Zucchini (1 serving tong, 2 oz)	6	0	0	0	0	3	1	0	1	0											

### Salad Dressings

Balsamic Vinaigrette (1 oz)	90	8	1	0	0	300	4	0	3	0					•					
Signature Blue Cheese (1 oz)	106	11	4	0	9	156	1	0	1	1	•		•					•		
Caesar (1 oz)	160	17	3	0	30	240	1	0	0	1	•				•	•	•			
French (1 oz)	130	12	2	0	0	270	6	0	6	0	•									
Italian (1 oz)	80	8	1	0	0	330	2	0	2	0					•					
Low Fat Italian (1 oz)	40	3	1	0	0	270	3	0	2	0	•									
Honey Mustard (1 oz)	110	8	1	0	0	270	9	0	8	0					•			•		
Ranch (1 oz)	113	12	3	0	11	197	1	0	1	0	•		•					•	•	
Thousand Island (1 oz)	97	9	2	0	12	355	5	0	5	1	•							•		

### Prepared Salads

Ambrasia Salad (1 serving spoon, 4 oz)	123	4	4	0	0	30	22	2	16	1	•		•		•					•
Asian Chopped Salad (1 serving spoon, 4 oz) ♥	30	2	0	0	0	15	3	1	1	1		•	•							
Caesar Salad (1 serving tong, 2 oz)	25	2	0	0	1	35	1	0	0	1	•	•			•	•	•			
Carrot Raisin Salad (1 serving spoon, 4 oz) ♥	100	6	1	0	5	70	12	2	9	1									•	
Creamy Cole Slaw (1 serving tong, 2 oz)	34	2	0	0	1	104	3	0	3	0									•	
Cucumber Tomato Salad (1 serving spoon, 4 oz) ♥	25	1	0	0	0	370	4	1	3	1										
Greek Salad (1 serving spoon, 4 oz) ♥	50	4	1	0	5	190	2	1	1	1	•				•					
Macaroni Salad (1 serving spoon, 4 oz)	224	12	2	0	9	564	27	1	9	3		•			•			•		
Potato Salad (1 serving spoon, 4 oz)	325	27	5	0	66	638	18	1	8	2								•		

## Prepared Salads

	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	ALLERGENS								
											Milk	Wheat	Soy	Shellfish	Sulfites	Fish	Egg	MSG	Tree Nuts
Seafood Salad (1 serving spoon, 4 oz)	159	11	2	0	15	536	11	0	3	6									
Sicilian Pasta Salad (1 serving tong, 2 oz)	64	4	1	0	1	117	6	0	1	1									
Spinach Cranberry Salad (1 serving spoon, 4 oz) <span style="color:red">♥</span>	45	3	0	0	0	25	6	1	3	1									
Strawberry Banana Salad (1 serving spoon, 4 oz)	82	0	0	0	0	9	19	2	11	1									
Three Bean Salad (1 small serving spoon, 1 oz)	25	1	0	0	0	70	5	1	2	1									
Tuna Pasta Salad (1 serving spoon, 4 oz)	207	19	3	0	32	374	1	0	1	8									
Waldorf Salad (1 serving spoon, 4 oz) <span style="color:red">♥</span>	130	8	1	0	5	45	16	2	12	1									

## Soup

Broccoli Cheese Soup (1 bowl, 6 oz)	170	10	5	0	5	1080	18	1	6	2									
Chicken Chili (1 bowl, 6 oz) <span style="color:red">♥</span>	130	3	0	0	5	620	19	5	4	6									
Chicken Noodle Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	60	2	0	0	5	490	9	1	2	3									
Chicken Tortilla Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	100	4	0	0	10	560	11	1	1	5									
Clam Chowder (1 bowl, 6 oz)	327	18	14	0	11	830	35	0	2	5									
Garden Vegetable Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	35	0	0	0	0	590	8	2	4	2									
Menudo (1 bowl, 6 oz)	68	2	1	0	21	426	7	2	0	6									
Navy Bean Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	90	1	0	0	5	400	16	3	1	6									
Split Pea Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	200	4	1	0	5	720	30	14	2	12									
Tomato Basil Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	80	4	0	0	0	750	8	1	3	1									
Vegetable Steak Soup (1 bowl, 6 oz) <span style="color:red">♥</span>	110	6	1	0	10	550	10	1	2	4									

## Steaks

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Bacon Wrapped Sirloin Filets	553	35	12	0	143	2318	5	1	1	49									
Burgundy Mushroom Sirloin Tips, with Rice Pilaf	871	36	14	0	123	3175	85	3	4	47									
Petite (6 oz)	296	16	6	0	122	819	1	0	0	35									
Classic (8 oz)	393	21	8	0	163	847	1	0	0	47									
The Sizzler (12 oz)	588	32	12	0	244	905	1	0	0	70									
Rib Eye (14 oz)	1055	66	25	0	499	942	1	0	0	105									
Chopped Steak (8 oz)	519	30	11	0	141	1402	17	1	2	42									
NY Strip (12 oz)	812	57	22	0	197	540	1	0	0	70									

## Steak Combos

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Classic Trio	858	47	14	0	261	2499	36	1	1	70									
Steak & Colossal Shrimp, served on Rice Pilaf	859	44	18	0	338	2060	43	2	1	69									
Steak & Grilled Shrimp Skewers, served on Rice Pilaf	680	31	12	0	227	1838	42	2	1	54									
Steak & Hibachi Chicken	476	20	6	0	192	1952	7	0	5	64									
Steak & Lemon Herb Chicken	491	24	8	1	198	1845	2	0	0	63									
Steak & Lobster Tail	409	17	6	0	122	1283	2	0	0	59									
Steak & Malibu Chicken	659	41	14	0	181	1502	12	0	1	56									
Steak & Unlimited Shrimp (12 oz shrimp)	1016	35	8	0	406	4567	80	3	3	84									
Steak & Italian Herb Chicken	586	32	13	0	234	2341	4	1	1	68									

## Seafood

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Dozen Fried Shrimp	593	18	2	0	240	1893	69	2	2	40									
Grilled Salmon, served on Rice Pilaf	532	20	6	0	101	915	40	1	1	47									
Grilled Shrimp Skewers (2), served on Cilantro Lime Rice <span style="color:red">♥</span>	350	16	7	0	209	1206	42	2	1	33									
Grilled Shrimp Skewers (3), served on Cilantro Lime Rice <span style="color:red">♥</span>	513	69	29	0	627	2879	37	3.6	1.2	89									
Half Dozen Fried Shrimp	297	9	1	0	120	947	34	1	1	20									
Unlimited Shrimp (12 oz shrimp)	720	19	2	0	284	3749	79	3	3	48									
Ultimate Shrimp Platter (Jumbo fried, scampi and crispy shrimp)	1009	39	14	0	412	2787	103	1.3	1.4	63									

## Chicken, Ribs & Pork Chops

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Hibachi Chicken (Single)	180	4	0	0	70	1134	7	0	5	28									
Hibachi Chicken (Double)	338	8	0	0	140	1903	9	0	6	56									
Lemon Herb Chicken (Single)	172	6	0	1	73	898	0	0	0	28									
Lemon Herb Chicken (Double)	322	10	0	1	142	1668	0	0	0	56									
Malibu Chicken (Single)	362	25	8	0	59	683	11	0	1	22									
Malibu Chicken (Double)	725	50	16	0	118	1367	23	0	1	43									
Pork Chop (Single), served with Applesauce	422	27	10	0	85	919	15	0	13	29									
Pork Chop (Double), served with Applesauce	714	47	17	0	170	979	15	0	13	57									

## Chicken, Ribs & Pork Chops

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Ribs (Half Rack)	623	39	15	0	130	1105	37	0	24	28									
Ribs (Full Rack)	1157	79	30	0	260	1609	51	0	34	57									
Italian Herb Chicken (7 oz)	292	16	7.1	0	112	1888	3.3	0.9	1	33									
Southwest Chicken Bowl (7 oz)	721	24	6.6	0	98	2289	78	9.5	13	48									

## Pastas

Fettuccine Alfredo	996	64	34	0	165	1754	73	3.5	11	24									
Shrimp Scampi	634	55	30	0	278	818	3.8	0.2	1.4	30									
Cajun Fettuccine Alfredo	1035	64	33	0	160	1784	82	4.7	15	24									
Add Chicken Breast to Pasta	190	2	0.5	0	100	570	0	0	0	40									
Add Tri Tip Steak to Pasta	196	11	4	0	42	302	0.3	0.1	0	23									
Add Sautéed Shrimp to Pasta	332	25	13	0	222	345	1.6	0.04	0.05	26									

## Burgers & Sandwiches

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Grilled Chicken Club	646	28	11	0	99	1769	48	3	8	47									
Malibu Chicken Sandwich	703	37	13	0	61	1361	59	3	9	31									
Mega Bacon Cheeseburger (1/2 lb)	1008	61	27	0	185	2475	48	3	8	64									
Sizzler Burger (1/3 lb)	618	30	12	0	96	1344	47	3	8	36									
Sizzler Burger (1/2 lb)	760	40	15	0	143	1384	47	3	8	49									
Mega Bacon Cheeseburger (Double 1/3 lb Patty)	1175	72	31	0	233	3334	48	2.8	8.1	78									

## Kids

(Unless noted, does not include condiments, dipping sauces or optional accompaniments)

Cheese Pizza (4 slices)	390	16	8	0	20	720	47	2	4	15									
Petite Steak (6 oz)	296	16	6	0	122	818	1	0	0	35									
Dino Chicken Nuggets	283	16	3	0	50	640	17	1	1	15									
Grilled Cheese	401	26	13	0	30	1128	28	0	2	12									
Macaroni & Cheese	490	16	5	0	35	1190	68	3	16	17									
Sizzler Burger (1/3 lb)	518	21	7	0	93	1047	45	2	7	35									
Fried Shrimp	240	6	1	0	94	1249	26	1	1	16									
BBQ Grilled Chicken & Apples	290	3.5	1	0	85	310	26	3	23	37									