

Cattlemens Carb-Conscious Menu

Nutrient Parameters: less than 30g carbohydrates & more than 3 grams of fiber

- The Sheriff including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Filet Mignon including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Bacon-Wrapped Shrimp including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Cowboy Steak including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Filet Mignon – Petite Cut including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Grilled Atlantic Salmon – Plain including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Grilled Shrimp including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Lemon Herb Chicken (*without* extra sauce) including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- New York Steak and Shrimp including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- New York Steak including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Pete’s Special including the following sides

*1 fl oz dressing = ramekin filled 2/3 of the way

The nutritional parameters given here were generated based on industry standards as well as nutritional criteria put forth by leading health groups such as the American Diabetes Association, American Heart Association and the Academy of Nutrition and Dietetics.

Last Updated: September 13, 2017

- Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Porterhouse Steak including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Prime Rib – 9 ounce Trim Cut including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Prime Rib – 12 ounce Western Cut including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Prime Rib – 16 ounce Cattlemens Cut including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Rack of Lamb – Traditional including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Small Sirloin including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Steak and Lobster including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Steak and Shrimp Scampi including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- T-Bone Steak including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
- Bacon Wrapped Shrimp
 - *With 2 of the following options:*
 - Sautéed Bacon Green Beans
 - Sautéed Button Mushrooms
 - Steamed Broccoli
 - Vegetable Medley

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- Bacon Wrapped Shrimp
 - Sautéed Bacon Brussels Sprouts
 - *With 1 of the following options:*
 - Sautéed Button Mushrooms
 - Vegetable Medley

- Lobster Tail
 - *With 2 of the following options:*
 - Sautéed Bacon Green Beans
 - Sautéed Button Mushrooms
 - Steamed Broccoli
 - Vegetable Medley

- Lobster Tail
 - Sautéed Bacon Brussels Sprouts
 - *With 1 of the following options:*
 - Sautéed Button Mushrooms
 - Vegetable Medley

- Grilled Shrimp
 - *With 2 of the following options:*
 - Sautéed Bacon Green Beans
 - Sautéed Button Mushrooms
 - Steamed Broccoli
 - Vegetable Medley

- Grilled Shrimp
 - Sautéed Bacon Brussels Sprouts
 - *With 1 of the following options:*
 - Sautéed Button Mushrooms
 - Vegetable Medley

- Shrimp Scampi
 - *With 2 of the following options:*
 - Sautéed Bacon Green Beans
 - Sautéed Button Mushrooms
 - Steamed Broccoli
 - Vegetable Medley

- Shrimp Scampi
 - Sautéed Bacon Brussels Sprouts
 - *With 1 of the following options:*
 - Sautéed Button Mushrooms
 - Vegetable Medley

*1 fl oz dressing = ramekin filled 2/3 of the way

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