

Last Updated: September 13, 2017



Cattlemens Low-Fat Menu

Nutrient Parameters: less than 25g total fat

- Grilled Shrimp including the following sides
 - Salad with 1 fluid ounce of Caesar dressing*
 - 3.5 oz Ranch-Style Beans
 - Sourdough Bread (*without* butter)

- Lemon Herb Chicken (*without* extra sauce) including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Caesar or Ranch)
 - 3.5 oz Ranch-Style Beans
 - *Select one of the following two options:*
 - Rice and ½ loaf of Sourdough Bread (*without* butter)
 - Plain Baked Potato

- Grilled Shrimp including the following sides
 - Vegetable Medley
 - ½ loaf of Sourdough Bread (*without* butter)

- Grilled Shrimp including the following sides
 - Steamed Broccoli

- Grilled Shrimp including the following side
 - Plain Baked Potato with ½ scoop of butter

- Lobster Tail including the following sides
 - Steamed Broccoli
 - ½ loaf of Sourdough Bread (*without* butter)

- Lobster Tail including the following sides
 - Vegetable Medley
 - Steamed Broccoli

- Lobster Tail including the following side
 - Baked Potato with 2 fluid ounces of Sour Cream

- Wild Berry Sorbet

*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.