



Cattlemens Low Sodium Menu

Nutrient Parameters: less than 800mg sodium

- Filet Mignon (***without Secret Salt***) including the following sides
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Filet Mignon – Petite Cut (***without Secret Salt***) including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Grilled Atlantic Salmon – Plain (***without Secret Salt***) including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Lemon Herb Chicken (no extra sauce) including the following sides
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Pete’s Special including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Small Sirloin (***without Secret Salt***) including the following sides
 - Salad with 1 fluid ounce of dressing* (choice of Blue Cheese, Caesar, or Ranch)
 - 3.5 oz Ranch-Style Beans
 - Plain Baked Potato (***without skin***)
 - Add 2 fluid ounces of Butter and/or Sour Cream

- Lobster Tail (***without butter or margarine***) including the following sides
 - Vegetable Medley

- Lobster Tail (***without butter or margarine***) 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

- Steamed Broccoli (***without Montreal Seasoning***)
- Baked Sweet Potato with Pecan Nut Butter

- Lobster Tail (***without butter or margarine***) including the following sides
 - Steamed Broccoli (***without Montreal Seasoning***)
 - Vegetable Medley

- Lobster Tail (***without butter or margarine***) including the following sides
 - Baked Sweet Potato with Pecan Nut Butter
 - Vegetable Medley

- Shrimp Scampi including the following sides
 - Steamed Broccoli (***without Montreal Seasoning***)
 - Vegetable Medley

- Wild Berry Sorbet

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

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