Where America Comes to Eat℠

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.

Sizzler®
Where America Comes to Eat℠

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. © 2009 Sizzler USA

Sizzling Choices

A nutritional guide to your favorite Sizzler dishes.

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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	1	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																			
Ambrosia Salad (1 serving spoon, 4 oz)	123	4	4	0	0	30	22	2	16	1	•		•		•				•
Caesar Salad (1 serving tong, 2 oz)	25	2	0	0	1	35	1	0	0	1	•	•			•	•	•		
Carrot Raisin Salad (1 serving tong, 2 oz)	55	3	1	0	3	37	6	1	5	0							•		
Creamy Cole Slaw (1 serving tong, 2 oz)	34	2	0	0	1	104	3	0	3	0							•		
Cucumber Tomato Salad (1 serving tong, 2 oz)	12	0	0	0	0	148	2	0	1	0									
Greek Salad (1 serving tong, 2 oz)	22	2	0	0	2	104	1	0	0	1	•				•				
Hearts of Palm Pasta Salad (1 serving tong, 2 oz)	26	0	0	0	0	42	5	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							•		
Seafood Salad (1 serving spoon, 4 oz)	159	11	2	0	15	536	11	0	3	6	•	•	•	•		•	•	•	

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
Sicilian Pasta Salad (1 serving tong, 2 oz)	64	4	1	0	1	117	6	0	1	1	•	•			•			•	
Spinach Cranberry Salad (1 serving tong, 2 oz)	18	1	0	0	0	6	2	0	2	0					•				•
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)	124	8	1	0	5	41	13	1	11	1							•		•
Soup																			
Broccoli Cheese Soup (1 bowl, 6 oz)	305	19	15	0	19	563	28	0	3	5	•		•						
Chicken Noodle Soup (1 bowl, 6 oz)	98	2	0	0	23	623	14	0	0	5		•	•				•		
Chicken Tortilla Soup (1 bowl, 6 oz)	102	3	0	0	0	1071	15	3	3	3			•						
Clam Chowder (1 bowl, 6 oz)	327	18	14	0	11	830	35	0	2	5	•	•	•	•		•			
French Onion Soup (1 bowl, 6 oz)	53	2	0	0	0	527	6	0	5	2	•	•	•		•				
Menudo (1 bowl, 6 oz)	68	2	1	0	21	426	7	2	0	6			•						
Minestrone Soup (1 bowl, 6 oz)	68	1	0	0	0	683	14	2	3	3	•	•	•		•	•	•		
Split Pea Soup (1 bowl, 6 oz)	113	1	0	0	4	782	19	2	3	7		•	•						
Vegetable Steak Soup (1 bowl, 6 oz)	109	6	2	0	12	651	9	1	2	5		•	•				•	•	
Vegetable Soup (1 bowl, 6 oz)	53	0	0	0	0	653	10	2	6	2		•	•						
Steaks																			
Bacon Wrapped Sirloin Filets	553	35	11	1	143	2324	5	1	1	49	•	•	•		•				
Burgundy Mushroom Sirloin Tips, with Rice Pilaf	869	36	10	5	123	3197	85	3	4	47	•	•	•		•				
Classic (6 oz) ♥	256	12	2	1	89	1475	2	0	0	32			•						
Classic (8 oz)	318	14	3	1	115	1578	2	0	1	41			•						
Filet Mignon (6 oz)	466	35	13	1	110	1183	1	0	0	34			•						
Flat Iron (10 oz)	798	65	25	1	204	1288	1	0	0	48			•						
Porterhouse (18 oz)	1363	107	41	1	347	1363	1	0	0	92			•						
Prime Rib (10 oz), with Au Jus & Horseradish	782	63	25	0	188	326	1	0	0	50		•	•		•				
Rib Eye (12 oz)	949	62	23	1	428	1278	1	0	0	91			•						
Steak Combos																			
Big Appetite Trio	1058	46	12	1	365	4511	68	2	7	82		•	•	•					
Classic Trio	698	32	10	0	218	3025	32	1	1	64	•	•	•	•					
Steak & Colossal Shrimp	625	19	4	3	305	2513	43	2	1	66		•	•	•					
Steak & Grilled Shrimp Skewers	639	27	5	5	194	2513	43	2	1	51		•	•	•					
Steak & Half Dozen Fried Shrimp	472	17	3	1	175	2607	26	1	1	47		•	•	•					
Steak & Hibachi Chicken	457	19	4	1	196	2179	9	0	5	58		•	•		•				
Steak & Lemon Herb Chicken	471	23	5	2	201	2071	4	0	0	58	•		•						
Steak & Lobster Tail	369	13	2	1	89	1939	4	1	0	56			•	•					
Steak & Malibu Chicken	559	32	10	1	147	2082	12	0	1	52	•	•	•						
Steak & Shrimp Fry Dozen	689	23	4	1	261	3738	50	2	2	61		•	•	•					
Steak & Shrimp Scampi, served on Rice Pilaf	920	60	11	14	145	2808	44	1	2	44		•	•	•					
Steak & Unlimited Shrimp (12 shrimp)	523	19	3	1	195	2867	32	1	1	50		•	•	•					
Ultimate Sizzlin' Trio	1410	86	21	14	311	4281	74	9	10	83	•	•	•	•					
Seafood																			
Fish 'n Chips	1037	49	10	0	121	2839	111	4	8	40	•	•	•			•			
Fisherman's Platter	819	34	6	0	168	2413	82	5	8	45	•	•	•	•		•			
Grilled Salmon, served on Rice Pilaf ♥	532	20	4	1	101	921	40	1	1	47		•	•			•			
Grilled Shrimp Fettuccine Alfredo	986	55	35	0	381	2082	64	2	9	53	•	•	•	•				•	
Grilled Shrimp Skewers ♥	543	26	5	6	209	1332	42	2	1	33		•	•	•					
Half Dozen Fried Shrimp	216	6	1	0	86	1131	24	1	1	15		•		•					
Shrimp Fry Dozen	433	12	1	0	171	2263	48	2	2	29		•	•						
Shrimp, Shrimp, Shrimp	970	41	11	4	255	3210	92	5	4	51	•	•	•	•	•				
Unlimited Shrimp (12 shrimp)	267	7	1	0	105	1392	30	1	1	18		•		•					
Chicken & Ribs																			
Chicken Breast Strips	510	24	4	0	62	2173	45	0	15	27		•	•						
Grilled Chicken Fettuccine Alfredo	1018	59	36	0	278	2219	62	2	9	50	•	•	•					•	
Hibachi Chicken (Single)	201	7	1	0	106	704	7	0	5	26		•	•		•				
Hibachi Chicken (Double) ♥	401	14	3	0	213	1408	14	0	10	52		•	•		•				
Lemon Herb Chicken (Single)	215	11	3	1	111	596	1	0	0	26	•		•						
Lemon Herb Chicken (Double) ♥	430	22	6	1	223	1192	3	0	0	52	•		•						
Malibu Chicken (Single)	303	20	8	0	58	607	10	0	1	20	•	•	•						

Chicken & Ribs	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
Malibu Chicken (Double)	606	41	15	0	115	1215	19	0	1	40	•	•	•						
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									
Burgers & Sandwiches																			
Crispy Chicken Sandwich	592	27	4	3	40	1052	61	4	7	26	•	•	•						
Grilled Chicken Club	666	31	10	2	135	1350	48	3	8	45	•	•	•						
Malibu Chicken Sandwich	643	32	10	2	60	1296	57	3	8	30	•	•	•						
Mega Bacon Cheeseburger (1/2 lb)	1008	61	25	2	185	2486	48	3	8	64	•	•	•						
Sizzler Burger (1/3 lb)	618	30	9	2	96	1355	47	3	8	36	•	•	•						
Sizzler Burger (1/2 lb)	760	40	13	2	143	1394	47	3	8	49	•	•	•						
Honored Guests																			
Burgundy Mushroom Sirloin Tips, with Rice Pilaf	869	36	10	5	123	3197	85	3	4	47	•	•	•		•				
Chopped Steak (8 oz)	519	30	11	0	141	1402	17	1	2	42	•	•	•						
Classic Steak (6 oz) ♥	256	12	2	1	89	1475	2	0	0	32			•						
Grilled Chicken Fettuccine Alfredo	1018	59	36	0	278	2219	62	2	9	50	•	•	•					•	
Grilled Salmon, served on Rice Pilaf ♥	532	20	4	1	101	921	40	1	1	47		•	•			•			
Grilled Shrimp Skewers ♥	543	26	5	6	209	1332	42	2	1	33		•	•	•					
Half Dozen Fried Shrimp	216	6	1	0	86	1131	24	1	1	15		•		•					
Hibachi Chicken (Single)	201	7	1	0	106	704	7	0	5	26		•	•		•				
Lemon Herb Chicken (Single)	215	11	3	1	111	596	1	0	0	26	•		•						
Malibu Chicken (Single)	303	20	8	0	58	607	10	0	1	20	•	•	•						
Ribs (Half Rack)	623	39	15	0	130	1105	37	0	24	28									
Kids																			
Cheese Pizza (4 slices)	390	16	8	0	20	720	47	2	4	15	•	•	•						
Classic Steak (6 oz)	256	12	2	1	89	1475	2	0	0	32			•						
Dino Chicken Nuggets	283	16	3	0	50	640	17	1	1	15	•	•	•						
Fried Shrimp	334	18	4	3	103	704	31	1	0	12		•	•	•					
Grilled Cheese	399	26	10	3	30	1142	28	0	2	12	•	•	•						
Macaroni & Cheese	490	16	5	0	35	1190	68	3	16	17	•	•							
Sizzler Burger (1/3 lb)	607	30	9	2	96	1192	45	2	7	35	•	•	•						
Sides																			
Baked Potato (1 baked potato)	265	4	1	0	0	15	51	4	2	6									
Broccoli (5 oz)	51	0	0	0	0	38	7	3	2	4									
Cheese Toast (1 slice)	237	19	4	5	5	416	13	1	0	5	•	•	•						
French Fries (5 oz)	286	13	3	0	0	783	42	3	0	3									
Rice Pilaf (5 oz)	224	4	1	1	0	743	39	1	1	5		•	•						
Smashed Red Potatoes (6 oz)	158	6	2	1	2	486	24	2	1	2	•		•						
Butter & Sauces																			
BBQ Sauce (1.5 oz)	90	0	0	0	0	600	23	0	15	0									
Burger Sauce (1 oz)	156	16	3	0	15	195	3	0	2	0								•	
Burgundy Mushroom Sauce (2 oz)	41	3	1	0	0	357	3	0	1	1	•	•	•		•				
Cocktail Sauce (1.5 oz)	42	0	0	0	0	452	10	1	9	1									
Dill Tartar Sauce (1.5 oz)	210	23	4	0	21	256	1	0	0	0								•	
Garlic Margarine (1.5 oz)	263	29	5	8	0	325	1	0	0	0			•						
Hibachi Sauce (1 oz)	46	0	0	0	0	727	10	0	7	1		•	•		•				
Lemon Herb Sauce (1 oz)	45	4	2	1	5	256	1	0	0	0	•		•						
Malibu Sauce (1.5 oz)	270	30	5	0	27	241	0	0	0	0								•	
Savory Butter (1.5 oz)	383	43	5	12	0	0	0	0	0	0			•						

The following menu items meet Healthy Dining's nutrition criteria and are featured on:

healthydiningfinder.com

Visit Sizzler's page on the site for more information.

Classic 6 oz Steak – Request our fire-grilled USDA Choice steak with steamed broccoli as a side.

Double Hibachi Chicken – Two boneless, skinless chicken breasts, fire-grilled and topped with a tangy Hibachi sauce. Request with steamed broccoli or baked potato.

Double Lemon Herb Chicken – Two boneless, skinless chicken breasts, fire-grilled and topped with lemon herb sauce. Request with steamed broccoli.

Grilled Salmon – Special Request. Order our grilled salmon on a bed of sizzlin' veggies, with a side of steamed broccoli.

Grilled Shrimp Skewers – Special Request. Two fire-grilled shrimp skewers, brushed with garlic. Request on a bed of sizzlin' veggies, with less garlic margarine (1/2 oz) and a side of rice pilaf.

♥ = Healthy Dining menu item.

Nutritional content does not include condiments, dipping sauces or optional accompaniments. Side item and cheese toast, unless specified, are not included in analysis. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.