

As of July 2010

Allergens										
Wheat	Barley	Soy	Milk	Malt	Shellfish	Sulfites	Fish	Egg	MSG	Tree Nuts

Steaks

Bacon Wrapped Sirloin Filets	•		•	•				•		
Burgundy Mushroom Sirloin Tips, <i>with Rice Pilaf</i>	•		•	•	•			•		
Chopped Steak (8 oz)	•		•	•						
Classic (6 oz)			•							
Classic (8 oz)			•							
Porterhouse (18 oz)			•							
Rib Eye (12 oz)			•							

Steak Combos

Big Appetite Trio	•		•			•				
Classic Trio	•		•	•		•				
Steak & Colossal Shrimp, <i>served on Rice Pilaf</i>	•		•	•	•	•				
Steak & Grilled Shrimp Skewers, <i>served on Rice Pilaf</i>	•		•	•	•	•				
Steak & Half Dozen Fried Shrimp	•		•			•				
Steak & Hibachi Chicken	•		•				•			
Steak & Lemon Herb Chicken			•	•						
Steak & Lobster Tail			•			•				
Steak & Malibu Chicken	•		•	•						
Steak & Shrimp Fry Dozen	•		•			•				
Steak & Unlimited Shrimp (12 oz Shrimp)	•		•			•				
Ultimate Sizzlin' Trio	•		•	•	•	•				

Seafood

Grilled Salmon, <i>served on Rice Pilaf</i>	•		•	•	•			•		
Grilled Shrimp Fettuccine Alfredo	•		•	•		•			•	
Grilled Shrimp Skewers, <i>served on Rice Pilaf</i>	•		•	•	•	•				
Half Dozen Fried Shrimp	•					•				
Shrimp Fry Dozen	•					•				
Shrimp, Shrimp, Shrimp	•		•	•	•	•	•			
Unlimited Shrimp (12 oz Shrimp)	•					•				

Chicken, Ribs & Pork Chops

Grilled Chicken Fettuccine Alfredo	•		•	•						•
Hibachi Chicken (Single)	•		•				•			
Hibachi Chicken (Double)	•		•				•			
Lemon Herb Chicken (Single)			•	•						
Lemon Herb Chicken (Double)			•	•						
Malibu Chicken (Single)	•		•	•						
Malibu Chicken (Double)	•		•	•						
Pork Chop (Single), <i>served with Applesauce & Sweet Potato with Maple Topping</i>			•	•						
Pork Chop (Double), <i>served with Applesauce & Sweet Potato with Maple Topping</i>			•	•						
Ribs (Half Rack)										
Ribs (Full Rack)										

Burgers & Sandwiches

Grilled Chicken Club	•	•	•	•	•					
Malibu Chicken Sandwich	•	•	•	•	•					
Mega Bacon Cheeseburger (1/2 lb)	•	•	•	•	•					
Sizzler Burger (1/3 lb)	•	•	•	•	•					
Sizzler Burger (1/2 lb)	•	•	•	•	•					

Kids

Cheese Pizza (4 slices)	•		•	•						
Classic Steak (6 oz)			•							
Dino Chicken Nuggets	•		•	•						
Grilled Cheese	•	•	•	•	•					
Macaroni & Cheese	•			•						
Sizzler Burger (1/3 lb)	•	•	•	•	•					

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Sides

Baked Potato, Plain (1 baked potato)										
Baked Sweet Potato, with Maple Topping (6 oz)			•	•						
Broccoli (5 oz)										
Cheese Toast (1 slice)	•	•	•	•	•					
French Fries (5 oz)										
Fresh Baked Yeast Roll (1 roll)	•									
Rice Pilaf (5 oz)	•		•	•	•					
Vegetable Medley (5 oz)				•						

Butters & Sauces

BBQ Sauce (1.5 oz)										
Burger Sauce (1 oz)								•		
Burgundy Mushroom Sauce (2 oz)	•		•	•		•				
Cocktail Sauce (1.5 oz)										
Dill Tartar Sauce (1.5 oz)								•		
Garlic Margarine (1.5 oz)			•	•						
Hibachi Sauce (1.5 oz)	•		•	•		•				
Honey Butter (1.5 oz)			•	•						
Lemon Herb Sauce (1 oz)			•	•						
Malibu Sauce (1.5 oz)								•		
Savory Butter (1.5 oz)			•							

Allergen Statement Many of our products contain or may come in contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish.

Nutrition content does not include condiments, dipping sauces or optional accompaniments. Side item and cheese toast, unless specified, are not included in analysis. 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.