



healthi 

Restaurant Guide to Texas Roadhouse

Last updated on Aug, 31st 2022

OVERVIEW

Texas Roadhouse may be the ultimate Steak House for all your Healthi dreams. It's a great place to maximize on protein with steak, seafood, pork chops and more. You'll love the choices here while still staying on track.

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT TEXAS ROADHOUSE

- Choose lean meats like steak, salmon or grilled chicken/pork chop
- Bring your own salad dressing and potato toppings
- Skip the bread for less calories and carbs

FRIENDLY MENU ITEM'S AT TEXAS ROADHOUSE

APPETIZERS

Appetizers here are pretty heavy, so it'll be best to avoid those and head straight to the main course.

MAIN COURSE

Of course, Texas Roadhouse is famous for their steak. But that's not all! The pork chops, grilled chicken, salmon and shrimp are also great options. You'll want to avoid heavier dishes like large burgers and fried chicken.

There are quite a few steak choices here. The sirloin is one of the more popular options. You can choose from a 6oz or 8oz and it pairs wonderfully with a plain baked potato and veggie. Since low fat salad dressing isn't available in all locations, you can bring your own so you're sure to have a lighter choice. The Dallas Filet is another delicious choice and pairs great with any of the veggie side options.

The grilled BBQ Chicken and Herb Crusted Chicken are both delicious lighter options here. Try pairing them with a house or Caesar salad and broccoli or green beans.

Seafood is always a delicious, lighter but filling option. The grilled salmon or shrimp pairs great with the rice and fresh vegetables.

Salads can be filling and delicious, but you'll have to watch out for some of the toppings. The Caesar is a good choice along with the Grilled Chicken salad, but ask for no cheese and bring your own dressing to keep it light.

The Pork Chop is a great source of protein and has lots of flavor. Try pairing it with applesauce and broccoli, or rice and veggies.

Main Course (no sides)	Calories	Fat (g)	Carbs (g)	Protein (g)
6oz Sirloin	250	6g	3g	46g
8oz Sirloin	340	8g	5g	61g
Dallas Fillet 6oz	270	10g	6g	45g
Dallas Fillet 8oz	360	13g	8g	60g
Grilled BBQ Chicken	300	3.5g	19g	46g
Herb Crusted Chicken	260	4g	12g	47g
Grilled Salmon 5oz (no lemon pepper butter)	240	14g	1g	27g
Grilled Shrimp	310	22g	3g	26g

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Caesar Salad w/ Caesar dressing	440	43g	9g	6g
Grilled Chicken Salad (no shredded cheese or dressing)	510	21g	19g	64g
Grilled Pork Chop-single chop	440	26g	10g	42g

SIDES

Texas Roadhouse has quite the variety of side choices. Be aware most veggies are cooked in butter/oil and you can bring your own sour cream (or Greek yogurt) for your potato to keep it lighter.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Applesauce	110	0g	28g	0g
Baked Potato (plain)	380	13g	60g	7g
Buttered Corn	190	9g	29g	5g

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Caesar Side Salad, no dressing	80	6g	5g	4g
Fresh Vegetables	190	15g	13g	3g
Green Beans	100	3.5g	13g	6g
House Side Salad, no cheese or dressing	120	7g	8g	6g
Mashed Potatoes	260	17g	24g	3g
Seasoned Rice	360	15g	47g	6g
Steamed Broccoli	210	16g	17g	5g