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.



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Where Autoria Cases and Cases and Cases and Cases and Cases are prepared by National Information disseminated by Sizzker USA Restaurants, inc., was prepared by National Information Services Newwarista.com.] The data contained breint was compiled from multiforcal Information and Ingradester and alleigna Intelligent provided Sizzer and Sizzer suppliers and distiliation, and by an onceptuitibility for service in Industry or ordering a software analysis prepared using a software analysis program. NSI is the gueranter for fine Information provided Sizzer of American Sizzer and Sizzer and an expensitibility for service in Industry or changes Sizzer's sections or the suppliers, distribution, and provinces of section Ingredients and produced. The information while this gain is more to provide a general estimate of the national values associated with our menu items. This cactar untificred values may very from the values lated due to variations in portion sizely! protect preparation, and/or substitution of inguidents. The national and calleging information provided is based upon the necessary of the suppliers of the first three services of the suppliers in portion provided in Excellent Cases and the suppliers of the suppliers of

Sizzling Choices A nutritional guide to your favorite Sizzler dishes.



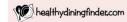
		for 1g.	6	3	76	B.	98		~	(6)					ERG	EN5		С.	Г
	Colories	to D	. Fet 1g	frans Fot (g)	Cholesterol (mg.)	Sodium Img)	Total Carbs (g)	(E)	Sugars (g)	Protein (g		West	_	Shallfish	Sulfhes			9	o Ninte
Salad Bar Items		Total	žį					111			Mik	¥	Soy	æ	3	Æ	3	WSG	Tree
Artichoke Hearts (serving tong, 2 oz)	52	3	0	0	0	88	4	0	0	2									
Baby Com (serving tong, 2 oz)	3	0	0	0	0	40	2				_					\Box		_	
Bacon Bits (small serving spoon, oz)	54	3		0	0	3 3	3	-		4		•	•						
Bean Sprouts (serving tong, 2 oz)	6	0	0	0	0	19		0	0	0						\Box			
Beets, Pickled (serving tong, 2 oz)	8	0	0	0	0	53	2			0									
Bell Peppers, Green (serving tong, 2 oz)	5	0	0	0	0			0		0							_	_	
Black Olives, Sliced (small serving spoon, oz)	30	3	0	0	0	40		0	0	0									
Blue Cheese Crumbles (small serving spoon, oz)	5	4	3	0	3	92	0	0	0	3	•		ш			-	_		
Broccoli Horets (serving tong, 2 oz)	6	0	0	0	0	5	1/2	0	0										
Cantaloupe (wedge)	2/	0	0	0	0		6		6		_								
Carrots (serving tong, 2 oz)	2	0	0	0	0	19	3			0									
Cauliflower (serving tong, 2 oz)	8	0	0	0	0	8			^	0			ш				_		
Cheddar Cheese (serving tong, 2 oz)		9	6	0	30	82	0	0	0	/	•								
Cherry Iomatoes (serving tong, 2 oz) Cottage Cheese, Low Fat (small serving spoon,	8	O	0	O	O	2		O		0			ш			-	_	_	
ozl	25		0	0	3	95		O		4									
Croutons (small serving spoon)	30		O	0	O	90	5	O	0		•	•	•						
Cucumbers, Sliced (serving tong, 2 oz)	5	0	0	0	0			0	0	0									
ggs, Chopped (serving tong, 2 oz)	5	4		0	44	42	O	0	0	4							٠		
Garbanzo Beans [small serving spoon, oz]	25	0	0	0	0	25	4	2	0	2									
Grapes [serving spoon, 4 oz]	5	0	0	0	0	0	4	0	3	0									
Green Beans (small serving spoon, oz)	5	0	0	0	0			0	0	0									
Green Onions (small serving spoon, oz)	5	O	0	0	O	2		O	O	0									
Honeydew Melon (wedge)	23	0	0	0	0	10	5	0	5	0									
licama (serving tong, 2 oz)	6	0	0	0	0				0	0									
Kidney Beans (small serving spoon, oz)	25	0	0	0	0	30	4	2											
Mushrooms (serving tong, 2 oz)	5	0	0	0	O			O	0										
Parmesan Cheese (small serving spoon, oz)	5	4	2	0	10	28		0		5									
Peas (small serving spoon, oz)	5	0	O	0	O		3												
Pineapple (slice)	30	0	0	0	0		1		5	0									
Radishes (serving tong, 2 oz)	5	0	0	0	0			0		0									
Raisins (small serving spoon, oz)	65	0	0	0	0	5	6		15										
Red Cabbage (serving tong, 2 oz)	6	0	0	0	0	5		0		0									
Red Onions [serving tong, 2 oz]	3	0	0	0	0		3	0		0									
Roasted Corn & Peppers (small serving spoon,	27		0	0	0	2/	5												
oz) Romaine & Iceberg Lettuce Mix (serving tong, 2 oz)	2	0	0	0	0		0	0	0	0							-		
Spinach (serving tong, 2 oz)	2	0	0	0	0	6	0	0	0	0									
Spring Lettuce Mix [serving tong, 2 oz]	3	0	0	0	0	9		0	0	0	-		н				-		
Strawberries (strawberry)	4	0	0	0	0	0		0	0	0									
Sunflower Seeds (small serving spoon, oz)	1 8			0	0	1.5	3	2	0	4									
Turkey Ham (small serving spoon, oz)	38	3		0	14	69		0	0	2									
Watermelon (wedge)	19	0	0	0	0	07	4	0	4	0							-		
Zucchini (serving tong, 2 oz)	6	0	0	0	0	3	"	0	**	0									
zucchini (serving long, z ozi	0	0	U	0	0	3		0		0	Į.								
Salad Dressings																			
Balsamic Vinaigrette [oz)	90	8		0	0	300	4	0	3	0									
Signature Blue Cheese (oz)	106		4	0	9	56		0			•						•		
Caesar (oz)	60	17	3	0	30	240		0	0										
rench (oz)	30	2	2	0	0	2/0	6	0	6	0									
Italian (oz)	80	8		0	0	330	2	0	2	0									
low Fat Italian (oz)	40	3		0	0	2/0	3	0	2	0									
Honey Mustard (oz)	10	8		0	0	2/0	9	0	8	0									
Ranch (oz)	3	2	3	0		9/	1	0		0									
Thousand Island (oz)	9/	9	2	0	12	355	5	0	5	Ĭ			Ė						
	"	,				000	,	0	,		1								
Prepared Salads					1012											_			
Ambrosia Salad [serving spoon, 4 oz]	23	4	4	0	0	30	22	2	6				•		•				•
Asian Chopped Salad (* serving spoon, 4 oz) 🖤	30	2	0	0	0	15	3					٠	•						
Caesar Salad (serving tong, 2 oz)	25	2	0	0		35		0	0			•			•	•	•		
Carrot Raisin Salad (* serving spoon, 4 oz) 🖤	00	6		0	5	/0	2	2	9								٠		
Creamy Cole Slaw (serving tong, 2 oz)	34	2	0	0		104	3	0	3	0							•		
Cucumber Tomato Salad (* serving spoon, 4 oz) 🖤	25		0	0	0	3/0	4		3										
Greek Salad (serving spoon, 4 oz)	50	4		0	5	190	2								•				
					44		40.00								10				
Macaroni Salad (serving spoon, 4 oz)	224	2	2	0	9	564	2/		9	3		•			•		•		

		6	3	3	39	E	-16	Latin de	· m	3				ALL	EKG	1112	٠,	
Description of Colodo	Calories	Total Fet (g)	Sat. Fet (g)	Trans Fat (g)	(Folesteral (mg)	Sodum (mg)	Total Cerbs (g	Fiber (g)	Sugars (g)	Protein (West		Shellfsh	Sulfites	æ	-	9SM
repared Salads	3	, <u>o</u>		2	55		10	22	3		Mik		Say		3	臣		
eafood Salad (* serving spoon, 4 oz)	59		2	0	1.5	536		0	3	6	•	•	•	•		•	•	•
ficilian Pasta Salad (* serving tong, 2 oz)	64	4		0		1.7	6	0		- 1	•	•			٠			•
ipinach Cranberry Salad (serving spoon, 4 oz) 🖤	45	3	0	0	0	25	6		3						•			
trawberry Banana Salad (serving spoon, 4 oz)	82	0	0	0	0	9	19	2			_							
hree Bean Salad (small serving spoon, oz)	25		0	0	0	70	5	-	2	- 1	ш							_
una Pasta Salad (serving spoon, 4 oz)	207	19	3	0	32	374		0		8		•	•			•	•	
Waldorf Salad [∣ serving spoon, 4 oz] ♥	.30	8		0	5	45	6	2	12								•	
Soup																		
roccoli Cheese Soup (bowl, 6 oz)	170	10	5	0	5	080	8		6	2								
Chicken Chili (∣ bowl, 6 oz) ♥	130	3	0	0	5	620	. 0	5	4	6								\neg
Thicken Noodle Soup (bowl, 6 oz) ♥	60	2	0	0	5	490	9		2	3								
Thicken fortilla Soup (bowl, 6 oz) ♥	00	4	0	0	10	560				5								
Clam Chowder (bowl, 6 oz)	327	. 8	- 4	0	21	830	35	0	2	5								
Garden Vegetable Soup (bowl, 6 oz] ♥	35	0	0	0	0	590	8	2	4	2								
Aenudo (bowl, 6 oz)	68	2		0	2	426	7	2	0	6								
Navy Bean Soup (bowl, 6 oz)	90		0	0	5	400	. 6	3		6								
iplit Pea Soup (bowl, 6 oz)	200	4		0	5	720	30	4	2	2								
omato Basil Soup (bowl, 6 oz)	80	4	0	0	0	750	8		3									
/egetable Steak Soup∣ bowl, 6 oza] ♥	0	6		0	0	550	0		2	4		•						
Steaks																		
Unless noted, does not include conditinents, dipping sources or aptional accompaniments.)	EED	25	:0	0	. 40	22.0	r			40								
Bacon Wrapped Sirloin Filets	553	35	12	0	43	23.8	5	2		49		•	:		:			
Surgundy Mushroom Sirloin Tips, with Rice Pilaf	87° 296	36	4	0	23	3 75	85	3	4	47	٠	٠	٠		٠			_
Petite (6 oz) Classic (8 oz)	393	2	6	0	63	847		0	0	35 47								
	588	32	12	0	244	905		0	0	70	\perp						_	_
The Sizzler (2 oz)	055	66	25	0	499	942		0	0	105	_							
lib Eye (4 oz) Chopped Steak (8 oz)	5.9	30	25	0	499	402	17	0	2	42				_	_		_	_
	3 7	30		0	4	402	1/			42								
Steak Combos (Unless noted, does not include condiments, dipping souces or optional accompaniments)																		
Big Appetite Trio	.098	50	15	0	398	3855	67	2	7	85								
Classic Trio	858	47	4	0	26	2499	36			70			•	•				
Steak & Colossal Shrimp, served on Rice Pilaf	859	44	18	0	338	2060	43	2		69			•					
Steak & Grilled Shrimp Skewers, served on Rice Pilaf	680	3.	12	0	227	838	42	2		54	•	•	•	•				
Steak & Hibachi Chicken	476	20	6	0	92	1952	7	0	5	64			•		•			
Steak & Lemon Herb Chicken	491	24	8		. 98	845	2	0	0	63	•		•					
Steak & Lobster Tail	409	17	6	0	22	283	2	0	0	59				•				
Steak & Malibu Chicken	659	4	4	0	. 8.	502	12	0		56	•	•	٠					
Steak & Unlimited Shrimp ("2 shrimp)	.0.9	35	8	0	406	4567	80	3	3	84		•		•				
Seafood																		
Unless noted, does not include condiments, dipping sources or optional accompaniments)								_		-					_	_	_	_
Dozen Fried Shrimp	593	18	2	0	240	893	69	2	2	40		•		•				
Grilled Salmon, served on Rice Pilaf	532	20	6	0	.0.	915	40			47	•	٠	٠			٠		
Grilled Shrimp Fettuccine Alfredo	986	55	35	0	38	2082	64	2	9	53	•	•	•	•				•
Grilled Shrimp Skewers, served on Rice Pilaf	456	6	1	0	209	206	42	2		33	•	٠	٠	•				_
Half Dozen Fried Shrimp Unlimited Shrimp (2 shrimp)	29/ /20	9	2	0	20	3/49	34	3	3	20 48		:		:				
	720	7	2	U	204	3/47	/ 4	3	3	40						- 1		
Chicken, Ribs & Pork Chops Unless noted, does not include condinents, depoing sources or optional accompaniments.)																		
Grilled Chicken Fettuccine Alfredo	998	56	34	0	242	2648	62	2	9	52		•	•					•
Hibachi Chicken (Single)	80	4	0	0	/0	34	/	0	5	28		•	•		٠			
Hibachi Chicken (Double)	338	8	0	0	40	903	9	0	6	56		•	•		٠			
emon Herb Chicken (Single)	/2	6	0		/3	898	0	0	0	28	•		٠					
emon Herb Chicken (Double)	322	0	0		42	668	0	0	0	56	•		•					
Malibu Chicken (Single)	362	25	8	0	59	683	.1	0		22	•	•	•					
Malibu Chicken (Double)	725	50	6	0	1.8	367	23	0		43		•	•					
Pork Chop (Single), served with Applesauce	422	27	.0	0	85	9.9	15	0	13	29			•					
Ork Chop (Double), served with Applesauce	7.4	47	17	0	70	979	15	0	13	57								
Ribs (Haif Rack)	623	39 79	15	0	.30	105	37	0	24	28								
Ribs (Full Rack)	157		30	0	260	609	5	0	34	57								

		700	52	6		Sadum (mg)	39				ALLERGENS								
Burgers & Sandwiches (Unless noted, does not include candiments, dipping succes or optional accompaniments)	Cdaries	Total Fot (g)	Sat. Fet (g)	Trans Fat (g)	(Falesterol (mg)		Total Cerbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Mik	Wheet	Say	Shellfish	Sulfites	Fish	683	MSG	Tran Mide
Grilled Chicken Club	646	28		0	99	/69	48	3	8	4/									
Aalibu Chicken Sandwich	/03	3/	3	0	6	36	59	3	9	3		•							
Aega Bacon Cheeseburger (/2 lb)	OOB	6	2/	0	85	24/5	48	3	8	64									
Sizzler Burger (1/3 lb)	8.6	30	2	U	96	344	4/	3	8	36		•	•						
Sizzler Burger (/2 lb)	/60	40	15	U	43	384	4/	3	8	49	•	•	•						
KIUS Unless noted, does not include condiments, dipping souces or aptional accompaniments)																			
Cheese Pizza (4 slices)	390	6	8	0	20	/20	4/	2	4	5									
Petite Steak (6 oz)	296	6	6	0	22	8 8		0	0	35									
Dino Chicken Nuggets	283	6	3	0	50	640	1/			5									
Grilled Cheese	40	26	3	0	30	28	28	0	2	2		•	•						
Macaroni & Cheese	490	6	5	0	35	90	68	3	6	1									
Sizzler Burger (/3 lb)	58	2	/	0	93	04/	45	2	/	35		•							
ried Shrimp	240	6		0	94	249	26			6				•					
Sides																			
Baked Potato (baked potato)	265	4		0	0	15	5	4	2	6									
troccoli (5 ozl	5	O	0	O	O	38	/	3	2	4									
heese loast (slice)	23/	19	9	0	5	395	13		0	5									
rench Fries (5 oz)	286	3	3	0	O	/83	42	3	0	3									
resh Baked Roll (roll)	64		O	0	U	6/	33	U	1	5									
Rice Pilaf (5 oz)	224	4	2	0	O	/38	39			5		•	•						
Sweet Potato, Whole	209	0	0	0	0	83	4/	8	19	5									
Sweet Potato, Mashed	/		O	O	O	5.3	25	4	8	2									
Vegetable Medley (5 oz)	80	4	2.5	0	0	/0	9	3	4	3									
Butter & Sauces																			
BBQ Sauce (1.5 oz)	90	0	0	0	O	600	23	0	15	0									
Surger Squce (oz)	56	6	3	0	15	95	3	0	2	0									
Burgundy Mushroom Sauce (2 oz)	4	3		0	U	35/	3	0		- 1									
Cocktail Sauce (.5 oz)	42	O	O	0	O	452	O		9										
III lartar Sauce (.5 oz)	20	23	4	0	2	256		0	0	0									
Garlic Margarine (.5 az)	265	29	3	0	O	288		()	0	0							1000		
Hibachi Sauce (oz)	46	O	0	O	O	/2/	U	U	/	1									
Honey Butter (.5 oz)	2/6	2/	4	0	35	234	/	0	6	0									
emon Herb Sauce (oz)	45	4	2		5	256	-	0	0	0									
Aglibu Sauce (.5 oz)	2/0	30	5	O	2/	24	0	O	0	0							•		
Maple Butter (.5 oz)	232	6	/	0	0	6	2	0	1/	0									
Savory Butter (.5 oz)	383	43	,	0	O	0	()	()	0	0									

The following are a few highlighted menu items that meet HEAITHY DINING's nutrition criteria and are featured on:

**Petite 6 oz 1/i 1/ip - Request our hand-ast USDA Choice tri-tip steak with Biococil (350 Cal) or Vegetable Medley (380 Cal)



healthydiningfindet.com Fresh Grilled Salmon – Special request. Order our hand cut salmon without the bed of rice pilof, with Broccoli (355 Cal) or Vegetable Medley (385 Cal)

Grilled Shrimp Skewers – Special request. Order with no side of garlic margarine, and less used in preparation, and without the bed of rice pilof With Broccol (95 Cal) or with Vegetable Medley (225 Cal)

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

Healthy Dining approved Salad Bar item.

Nutritional content does not include condiments, disping severe or optional accompaniments. Side item and choose toost, 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.