

Hoss's Nutritional Information - Entrees



Item Name	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)	
Beef								
Black 'n Blue Topping	1 serving	170	16	580	5	0	<1	
Burgundy Pepper Steak	8 oz	290	11	1160	5	0	41	
Cleaver Cut	10 oz	310	9	1870	0	0	55	
Filet Mignon	8 oz	290	12	1500	0	0	44	
Flat Iron Steak	8 oz	280	13	1510	0	0	38	
Fresh Ground Beef 8 oz	8 oz	530	41	1120	0	0	35	
Fresh Ground Beef 6 oz	6 oz	390	31	840	0	0	27	
Homemade Meatloaf Platter	1 platter	1063.5	49.5	2260	100	6.5	49	
	Meatloaf	8 oz	380	20	920	12	1	34
	Mashed Potatoes	1/2 cup	160	7	410	20	2	3
	Stuffing	5 oz	390	21	670	41	2	8
	Gravy	4 oz	50	1.5	260	5	0	4
	Cranberry Relish	2 oz	83.5	0	0	22	1.5	0
12 oz. Sirloin	12 oz	590	34	1640	0	0	64	
8 oz. Sirloin	8 oz	390	23	1090	0	0	43	
6 oz. Sirloin	6 oz	290	17	820	0	0	32	
New York Strip	12 oz	500	26	1670	0	0	62	
Porterhouse	20 oz	1150	76	2730	<1	0	107	
Ribeye	12 oz	850	68	1640	0	0	54	
Sirloin Steak Tips	6 oz	300	19	1120	0	0	30	
Stuffed Steak	5 oz	560	25.5	1290	41	2	38	
T-Bone	16 oz	880	59	2190	0	0	80	
Poultry								
Chicken Breast - BBQ	one 5 oz breast	300	10	340	9	0	40	
Chicken Breast - Buffalo	one 5 oz breast	232	16	3770	4	0	18	
Chicken Breast - Crispy	one 5 oz breast	232	16	1089	3.6	0	18	
Chicken Breast - Grilled	one 5 oz breast	150	1.5	510	0	0	31	
Chicken Breast - Italian	one 5 oz breast	300	13	500	1	0	41	
Chicken Tenders - Buffalo - 4 piece	4 tenders	320	11	4573	27	1	28	

Chicken Tenders - Buffalo - 6 piece	6 tenders	480	16.5	6859.5	40.5	1	42	
Chicken Tenders - Crispy - 4 piece	4 tenders	320	11	1000	27	<1	28	
Chicken Tenders - Crispy - 6 piece	6 tenders	480	16.5	1500	40.5	<1	42	
Chicken Tenders - Grilled - 4 piece	4 tenders	150	1.5	510	0	0	31	
Chicken Tenders - Grilled - 6 piece	6 tenders	225	2.25	765	0	0	46.5	
Smokehouse Topping	1 serving	180	11	610	12	0	8	
Stuffed Chicken Breast Platter	1 platter	823.5	30.5	2090	87	5.5	45	
	Stuffer	5 oz	540	22.5	1180	41	2	39
	Mashed Potatoes	1/2 cup	160	7	410	20	2	3
	Cranberry Relish	2 oz	83.5	0	0	22	1.5	0
	Gravy	3 oz	40	1	500	4	0	3

Item Name	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Seafood							
Crab Cake - Premium Lump	5 oz	290	19	830	6	0	23
Crab Cake - Signature - Broiled	4.2 oz	300	19	1230	13	1	15
Salmon - Broiled	6 oz	244	11	420		0	34
Scallop Medallions - Broiled	8 pieces	80	0	280	0	0	16
Scallop Medallions - Fried	8 pieces	215	11	464	10	0	18
Scallop Medallions - Scampi	8 pieces	250	19	575	1	0	16
Shrimp - Broiled	10 shrimp	60	0	205	0	0	10
Shrimp - Fried	6 shrimp	87	4.5	239	4	0	8
Shrimp - Scampi	10 shrimp	230	19	385	1	0	10
Tomato Herb Tilapia	2, 4 oz. pieces	90	1.5	660	18	2	4
Whitefish - Broiled	6 oz	140	2	437	0	0	30
Whitefish Filet - Fried	8 oz	395	24	282	15	<1	28

Item Name	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Combo Platters							
Sirloin Steak Tips 'n Chicken	gr chicken & 6 oz tips	450	20.5	1630	0	0	61
Steak 'n Shrimp	6 oz steak & br. Shrimp	350	17	1025	0	0	42

Item Name	Serving Size (g)	Calories	Total Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Condiments							
Cocktail Sauce	2 Tbsp	22.5	0	375	5	0	0.5
Honey Mustard	2 Tbsp	60	1.5	140	12	0	0
Mayonnaise	1 Tbsp	100	11	100	0	0	0
Salsa	2 Tbsp	25	0	220	4	<1	<1

Tartar Sauce	2 Tbsp	130	14	230	3	0	0
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* Information based on RAW product.

Hoss's has made an effort to provide complete and current nutritional information, but changes in recipes and suppliers of our menu items mean that variations from these values can occur from time to time. Therefore, the values shown here should be considered approximations. In addition, guests who have food allergies or dietary needs should not rely solely on this information as a basis for deciding whether to consume a particular menu item.

*We cook Using Trans Fat Free Oil!