

Montana Mikes Menu Analysis Book

Nutritional Statement**															
Starters															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chili Nachos (1 serving)	1606	723	80	34	0	199	1991	156	13	7.1	67	4768	15	1179	7.2
Potato Boats (1 serving)	918	507	56	24	0	119	1761	65	7	3.5	40	800	39	555	3.2
Potato Boats (1 serving) with Ranch Dressing	1134	710	79	27	0	141	2100	67	7	4.7	41	867	40	593	3.3
Soups															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Broccoli and Cheese Soup, Bowl (1 bowl)	218	128	14	7.1	2	28	850	9.1	2	2.9	8.7	673	18	234	0.3
Chicken Tortilla Soup, Bowl (1 bowl)	211	96	11	5.7	0	44	1544	14	1.2	2	14	364	3.1	200	0.6
Pecos Reds Chili, Bowl (1 bowl)	641	372	41	18	0	127	1045	25	7.5	4	39	4192	18	521	5.5
Steaks															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Ancho Pepper Crusted Sirloin (1 serving)	721	480	53	18	4.3	133	232	4.2	3.2	0	52	2753	0	72	4.4
Ancho Pepper Crusted T-Bone (1 serving)	1095	753	84	29	4.3	246	372	4.2	3.2	0	76	2753	0	32	9
Blue Sky Steak Medallions (1 serving)	580	321	36	16	0	180	1296	0.1	0	0	60	300	0	162	5.3
Blue Sky Steak Medallions (1 serving) with Green Beans	688	386	43	17	1.9	180	1375	8.5	3.9	1.6	62	1407	18	205	6.5
Blue Sky Steak Medallions (1 serving) with Mashed Potatoes	802	408	45	18	4	180	1907	28	2.1	1.4	67	750	25	191	6
Blue Sky Steak Medallions (1 serving) with Green Beans, Mashed Potatoes	910	474	53	20	5.2	180	1986	37	6	3	69	1856	44	233	7.2
Center Cut Sirloin Steak, 11 oz (1 serving)	613	330	37	16	1	124	474	0.2	0.1	0	63	169	0	56	5
Center Cut Sirloin Steak, 6 oz (1 serving)	350	195	22	8.2	1	68	399	0.2	0.1	0	35	169	0	31	2.7
Center Cut Sirloin Steak, 8 oz (1 serving)	350	195	22	8.2	1	68	399	0.2	0.1	0	35	169	0	31	2.7
Creamy Cajun Shrimp Ribeye (1 serving)	772	423	47	25	0	341	1121	1.7	0.1	1.1	78	1118	1.5	30	9.5
Filet Mignon, 6 oz (1 serving)	493	339	38	14	1	118	529	0.2	0.1	0	36	169	0	43	2.6
Filet Mignon, 8 oz (1 serving)	633	430	48	19	1	155	558	0.2	0.1	0	47	169	0	57	3.5
Horseradish Dijon Bacon Crusted Sirloin (1 serving)	568	369	41	15	0	109	1184	1.9	0.3	1.1	43	68	0.6	55	3.6
Mikes Big Montana Steak (1 serving)	1208	644	72	29	1.5	248	930	0.4	0.1	0	127	253	0	111	10
Mile High Ribeye (1 serving)	732	338	38	13	1.5	260	628	0.3	0.1	0	88	253	0	0.9	11
Mountain Momma Ribeye (1 serving)	545	249	28	9.7	1	195	534	0.2	0.1	0	66	169	0	0.7	8.1
Porterhouse (1 serving)	1316	922	102	41	0	347	810	0.1	0	0	92	0.2	0	31	9.9
Ranchers T-Bone (1 serving)	970	650	72	28	1.5	246	537	0.1	0	0	75	250	0	24	8.3
Awesome Add Ons and Steak Toppers															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Sauteed Sliced Mushrooms (1 serving)	111	67	7.5	1.4	0.8	0	212	5.8	1.7	2.9	5.3	103	4	5.2	0.9
Great Combos															
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Angus Steak and Baby Back Ribs (1 serving)	1494	928	103	38	3	325	2294	30	0.7	25	98	1493	23	166	7.8

Angus Steak and Baby Back Ribs (1 serving) with Saucy Cinnamon Apples	1594	971	108	39	3	325	2450	44	1.8	37	98	1725	24	174	7.9
Angus Steak and Catfish (1 serving)	903	379	42	14	1	176	2925	44	4.2	0.4	79	1460	7.8	120	5.9
Angus Steak and Catfish (1 serving) with Tartar Sauce	1206	667	74	18	1	205	3260	47	4.4	2.8	79	1587	9.3	124	6.9
Angus Steak and Grilled Shrimp (1 serving)	562	256	28	12	0	224	963	2.2	0.6	0.4	69	1206	9.7	96	6.2
Angus Steak and Grilled Shrimp (1 serving) with Cocktail Sauce	631	259	29	12	0	224	1848	20	2.2	13	70	3538	20	111	6.6
Angus Steak and Grilled Shrimp (1 serving) with Tartar Sauce	865	545	61	16	0	253	1299	5	0.8	2.8	69	1333	11	100	6.3
<b>Seafood Items</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Fried Catfish Filets (1 serving)	784	204	23	4	0	150	4957	86	7.8	0.4	54	1532	7.8	141	3.4
Fried Catfish Filets (1 serving) with Tartar Sauce	1087	492	55	8.4	0	179	5293	88	8	2.8	54	1659	9.2	145	3.5
Grilled Shrimp (1 serving)	145	35	3.9	0.7	0.5	184	633	2.5	0.6	0.4	25	1359	10	72	3.1
Grilled Shrimp (1 serving) with Cocktail Sauce	214	38	4.2	0.7	0.5	184	1517	20	2.2	13	26	3691	21	86	3.5
Trout (1 serving)	366	179	20	5.7	1	140	367	2.4	0.8	0.5	44	1430	8.7	173	1.7
Trout (1 serving) with Tartar Sauce	669	467	52	10	1	169	702	11	1	2.9	45	1557	10	176	1.7
<b>Other Favorites</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Angus Sirloin Beef Tips (1 serving)	485	224	25	10	0	90	782	13	1.6	3.1	47	164	37	60	4
Angus Sirloin Beef Tips (1 serving) with White Rice	695	250	28	11	0.4	90	1612	54	1.6	3.1	52	201	37	106	6.9
Chopped Angus Sirloin Steak (1 serving)	665	331	37	15	0	135	839	6.3	0.2	0.3	70	5.8	0.3	66	5.6
Flame Grilled Chicken Breast (1 serving)	324	123	14	2.9	1	133	1747	2.6	0.3	0	47	177	0.2	7.4	1.8
Mountain Topper, Chopped Sirloin (1 serving)	1148	669	74	28	0.1	207	1878	25	1.1	21	87	394	1.1	335	6.2
Mountain Topper, Grilled Chicken (1 serving)	842	468	57	16	1.1	206	3148	28	1.3	21	65	571	1.2	282	2.6
Pork Chops (1 serving)	632	280	31	12	0	247	724	3.6	2.3	0	84	136	6.4	142	6.3
Pork Chops (1 serving) with Saucy Cinnamon Apples	731	293	36	13	0	247	880	18	3.4	12	84	367	7.4	150	6.5
Pork Chops, Mike's Lighter Side (1 serving)	421	187	21	7.7	0	165	482	2.4	1.5	0	56	90	4.3	95	4.2
Pork Chops, Mike's Lighter Side (1 serving) with Saucy Cinnamon Apples	572	231	26	8.7	0	165	639	17	2.7	12	56	322	5.3	103	4.4
Smokin BBQ Baby Back Ribs, Full Slab (1 serving)	1703	1211	135	51	0	448	2486	16	2	12	90	853	26	212	5.8
Smokin BBQ Baby Back Ribs, Full Slab (1 serving) with Hickory Sauce	1902	1218	135	51	0.1	448	3510	63	2.2	54	91	2010	44	241	7.2
Smokin BBQ Baby Back Ribs, Full Slab (1 serving) with Honey BBQ Sauce	2073	1221	136	51	0.3	448	3186	106	2.1	94	91	1664	38	232	6.7
Smokin BBQ Baby Back Ribs, Half Rack (1 serving)	901	627	70	26	0	224	1321	15	1.6	12	45	542	14	110	3
Smokin BBQ Baby Back Ribs, Half Rack (1 serving) with Hickory Sauce	1020	631	70	26	0.1	224	1936	44	1.7	37	46	1237	24	128	3.8
Smokin BBQ Baby Back Ribs, Half Rack (1 serving) with Honey BBQ Sauce	1123	633	70	26	0.2	224	1741	69	1.6	61	46	1029	21	122	3.5
<b>Side Items</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Authentic Mashed Potatoes (1 serving)	295	117	13	3.4	5.6	0	814	38	2.8	1.9	9.3	600	34	38	1
Authentic Mashed Potatoes (1 serving) with Butter	455	275	31	6.6	10	0	990	38	2.8	1.9	9.3	1400	34	38	1
Authentic Mashed Potatoes (1 serving) with Cheese and Bacon Blend	421	212	24	8.6	5.6	30	1176	38	2.8	1.9	17	787	34	163	1
Authentic Mashed Potatoes (1 serving) with Sour Cream	343	153	17	6.2	5.6	16	850	39	2.8	3.5	11	760	34	70	1
Authentic Mashed Potatoes (1 serving) with Butter, Cheese and Bacon Blend	581	370	41	12	10	30	1352	38	2.8	1.9	17	1587	34	163	1
Authentic Mashed Potatoes (1 serving) with Butter, Sour Cream	503	311	35	9.4	10	16	1026	39	2.8	3.5	11	1560	34	70	1
Authentic Mashed Potatoes (1 serving) with Cheese and Bacon Blend, Sour Cream	469	248	28	11	5.6	46	1212	39	2.8	3.5	19	947	34	195	1
Authentic Mashed Potatoes (1 serving) with Butter, Cheese and Bacon Blend, Sour Cream	629	406	45	15	10	46	1388	39	2.8	3.5	19	1747	34	195	1
Baked Potato (1 serving)	367	4.4	0.5	0.1	0	0	30	81	8.7	4.1	9.9	38	49	68	4
Baked Potato (1 serving) with Butter	527	163	18	3.3	4.8	0	206	81	8.7	4.1	9.9	838	49	68	4

Baked Potato (1 serving) with Cheese and Bacon Blend	492	100	11	5.3	0	30	392	81	8.7	4.1	18	225	49	193	4
Baked Potato (1 serving) with Sour Cream	415	40	4.5	2.9	0	16	66	83	8.7	5.7	12	198	49	100	4
Baked Potato (1 serving) with Butter, Cheese and Bacon Blend	652	258	29	8.5	4.8	30	568	81	8.7	4.1	18	1025	49	193	4
Baked Potato (1 serving) with Butter, Sour Cream	575	199	22	6.1	4.8	16	242	83	8.7	5.7	12	998	49	100	4
Baked Potato (1 serving) with Cheese and Bacon Blend, Sour Cream	540	136	15	8.1	0	46	428	83	8.7	5.7	19	385	49	225	4
Baked Potato (1 serving) with Butter, Cheese and Bacon Blend, Sour Cream	700	294	33	11	4.8	46	604	83	8.7	5.7	19	1185	49	225	4
Cup of Broccoli and Cheese Soup (1 bowl)	123	71	7.9	3.9	1.2	15	499	5.4	1.2	1.7	4.7	384	17	127	0.2
Cup of Chicken Tortilla Soup (1 bowl)	117	52	5.8	3.1	0	25	915	8.1	0.7	1.2	7.7	199	1.9	107	0.3
Cup of Pecos Reds Chili (1 bowl)	431	242	27	11	0	85	710	19	5.7	2.8	27	3062	14	292	4.2
Green Beans (1 serving)	221	129	14	6.1	0	20	1325	12	4.8	1.8	9.3	815	6.5	63	2.8
Steamed Broccoli (1 serving)	222	164	18	3.3	4.8	0	437	9	3.4	2.3	5.1	5913	159	82	1.5
Steamed Veggies (1 serving)	200	161	18	3.3	4.8	0	855	6.8	3.9	2.8	2.5	4027	60	38	0.9
Sweet Potato (1 potato)	366	5.4	0.6	0.2	0	0	146	89	13	33	8	76276	78	152	2.7
<b>Beverages</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Diet Pepsi (16 fluid ounces)	0	0	0	0	0	0	36	0	0	0	0	0	0	0	0
Diet Pepsi (28 fluid ounces)	0	0	0	0	0	0	63	0	0	0	0	0	0	0	0
Dr Pepper (16 fluid ounces)	132	0	0	0	0	0	42	32	0	32	0	0	0	0	0
Dr Pepper (28 fluid ounces)	231	0	0	0	0	0	74	57	0	57	0	0	0	0	0
IBC Root Beer (1 bottle)	160	0	0	0	0	0	55	43	0	43	0	0	0	0	0
Iced Tea (16 fluid ounces)	0	0	0	0	0	0	6	0	0	0	0	0	0	6	0
Iced Tea (28 fluid ounces)	0	0	0	0	0	0	11	0	0	0	0	0	0	11	0
Mountain Dew (16 fluid ounces)	132	0	0	0	0	0	60	37	0	37	0	0	0	0	0
Mountain Dew (28 fluid ounces)	231	0	0	0	0	0	105	65	0	65	0	0	0	0	0
Pepsi (16 fluid ounces)	120	0	0	0	0	0	30	32	0	32	0	0	0	0	0
Pepsi (28 fluid ounces)	210	0	0	0	0	0	53	57	0	57	0	0	0	0	0
Sierra Mist (16 fluid ounces)	120	0	0	0	0	0	30	31	0	31	0	0	0	0	0
Sierra Mist (28 fluid ounces)	210	0	0	0	0	0	53	55	0	55	0	0	0	0	0
<b>Salad Dressings</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Balsamic Vinaigrette (2 fluid ounces)	227	204	23	3.3	0	0	440	4	0	4	0	0	0	0	0
Blue Cheese Dressing (2 fluid ounces)	360	342	38	7	0	30	480	2	0	2	2	0	0	0	0
Caesar Dressing (2 fluid ounces)	280	270	30	5	0	30	840	4	0	4	4	0	0	120	0
Fat Free California French Dressing (2 fluid ounces)	60	0	0	0	0	0	620	18	2	10	0	0	0	0	0
Fat Free Ranch Dressing (2 fluid ounces)	60	0	0	0	0	0	620	16	2	10	0	0	0	0	0
Fat Free Thousand Island Dressing (2 fluid ounces)	90	0	0	0	0	0	520	20	0	10	0	0	0	0	0
Golden Italian Dressing (2 fluid ounces)	240	216	24	4	0	0	540	6	0	4	0	0	0	0	0

Honey Mustard Dressing (2 fluid ounces)	320	288	32	5	0	0	230	10	0	8	0	0	0	0	0
Low Cal Italian Dressing (2 fluid ounces)	50	27	3	0	0	0	820	6	0	4	0	0	0	0	0
Ranch Dressing (2 fluid ounces)	215	203	23	3.3	0	22	339	1.7	0	1.3	1	68	0.1	38	0
Thousand Island Dressing (2 fluid ounces)	280	234	26	4	0	10	520	10	0	6	0	0	0	0	0
Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Grilled Chicken Strips (1 serving)	182	69	7.7	1.6	0.5	75	983	1.5	0.1	0	26	100	0.1	4.2	1
Kids Steak Tips (1 serving)	420	216	24	10	0	90	362	0	0	0	46	0.1	0	40	3.6
Alcoholic Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Bomb (1 drink)	180	0.4	0	0	0	0	5.4	26	0.3	12	0.2	11	16	4	0.1
Blue Sky Rita (1 drink)	515	0.2	0	0	0	0	8.1	76	0.3	67	0.1	5.7	3.3	3.7	0.1
Caribou Colada (1 drink)	377	51	5.6	5.3	0.2	0	65	61	1.3	57	0	0	15	0.3	1.4
Classic Daiquiri (1 drink)	315	51	5.6	5.3	0.2	0	67	45	1.1	43	0	0	15	0.3	0
Cowgirl Cosmo (1 drink)	179	0.2	0	0	0	0	11	14	0.4	12	0.1	2.7	13	5.5	0.1
Dr Pepper Fireball Float (1 drink)	383	81	9	5	0	35	67	51	0	37	3	300	0	100	0
Grand Teton Tea (1 drink)	287	0.3	0	0	0	0	14	29	0.3	25	0.1	2.2	5.1	2.5	0.1
Home on the Range Mango Rita (1 drink)	346	0.2	0	0	0	0	11	60	0.3	57	0.1	256	5.7	3.7	0.1
Home on the Range Raspberry Rita (1 drink)	341	0.2	0	0	0	0	21	59	0.8	55	0.1	506	3.3	3.7	0.6
Home on the Range Rita (1 drink)	298	0.2	0	0	0	0	5.2	48	0.3	45	0.1	5.7	3.3	3.7	0.1
Home on the Range Strawberry Rita (1 drink)	336	0.2	0	0	0	0	26	58	0.8	55	0.1	5.7	11	3.7	0.1
Mason Jar Melonade (1 drink)	272	0	0	0	0	0	19	37	0	34	0	0	7.5	0	0
Mikes Fruit Cocktail (1 drink)	201	0.4	0	0	0	0	10	21	0.4	19	0.6	11	32	12	0.4
Moonshine Margarita (1 drink)	533	0.2	0	0	0	0	7.7	74	0.3	67	0.1	5.7	3.3	3.7	0.1
Mountain Berry Margarita (1 drink)	611	0.2	0	0	0	0	5.2	103	0.3	97	0.1	5.7	3.3	3.7	0.1
Prospector Punch (1 drink)	238	0	0	0	0	0	14	41	0	38	0.3	0	15	5	0.2
Signature Margarita (1 drink)	479	0.2	0	0	0	0	7.8	71	0.3	60	0.1	5.7	3.3	3.7	0.1
Tropical Hurricane (1 drink)	232	0.2	0	0	0	0	12	27	0.3	24	0.3	5.7	21	9.1	0.2
Watermelon Margarita (1 drink)	415	0.2	0	0	0	0	11	66	0.3	62	0.1	5.7	11	3.7	0.1
White Lightning Lemonade (1 drink)	232	0.3	0	0	0	0	38	18	0.3	16	0.1	2.2	5.1	2.5	0.1

**\*\* All information provided is based off of Stockade Companies approved recipes vendor items and item specifications as mentioned in the Nutritional Statement\*\***