



# NUTRITION GUIDE

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
<b>LUNCH</b>												
<b>MADE TO SHARE</b>												
Cheesesteak Eggrolls	550	216	24	8	0	70	2110	61	1	25	19	
Ahi Tacos	690	513	57	15	0	105	1620	31	4	7	15	
Deviled Eggs	470	342	38	8	0	650	910	10	0	8	22	
Jumbo Lump Crab Cake (NYC)	340	252	28	8	0	110	730	5	1	2	15	
Artichoke Beignets	650	459	51	15	0	105	1660	32	4	7	15	
Guacamole	790	387	43	6	0	0	880	98	26	5	14	
Lollipop Chicken Wings	1030	756	84	22	0	285	2590	11	1	5	55	
Fried Calamari (NYC)	760	198	22	2.5	0	345	1640	106	4	43	34	X
Roasted Baby Beets	560	387	43	15	0	75	1470	32	5	26	16	
Chilled Shrimp Cocktail (NYC)	430	189	21	2.5	0	380	1420	10	1	7	47	
<b>FLATBREADS</b>												
Roasted Tomato	900	297	33	18	0	95	1690	105	2	5	43	
Wild Mushroom	1020	405	45	18	0	105	2010	112	4	9	45	
Pepperoni & House-Made Sausage	1150	468	52	25	0	150	2840	111	2	5	58	
Prosciutto de Parma (NYC)	840	252	28	14	0	85	2450	100	2	3	42	
<i>Traditional Crust</i>	450	13.5	1.5	0	0	0	810	92	1	2	18	
<i>Gluten-Free Crust</i>	120	9	1	0	0	0	130	26	0	0	1	
<b>SOUP</b>												
Sweet Corn Bisque	560	414	46	27	1.5	130	920	35	4	8	8	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
<b>SIDE SALADS</b>												
The Grille Salad	440	378	42	7	0	25	760	10	3	4	10	
Iceberg Lettuce Wedge	610	486	54	21	0	85	1440	12	2	8	22	
Heirloom Tomato & Burrata Salad	380	324	36	17	0	80	840	7	2	5	22	X
<b>ENTRÉE SALADS</b>												
Kale & Brussels Sprout Salad	670	468	52	11	0	55	690	43	9	27	16	X
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
Greens & Grains Bowl	820	486	54	7	0	20	730	73	14	39	20	X
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
Chopped Caesar Salad	470	405	45	8	0	65	790	10	3	2	11	
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
Steakhouse Salad	1350	1017	113	31	0	515	2470	21	7	5	68	
Seared Asian Tuna Salad	920	576	64	11	0	35	1340	60	13	33	36	X
<b>PERFECT MATCH - CHOOSE 2</b>												
Cup of Soup	450	333	37	21	1	100	730	29	3	6	6	
Mixed Greens Salad	160	144	16	1.5	0	0	160	5	1	2	1	
Caesar Salad	240	198	22	4	0	35	400	5	2	1	6	
2 Fish Tacos	580	180	20	3.5	0	55	1990	75	8	8	26	
Personal Roasted Tomato Flatbread	560	216	24	14	0	75	1120	55	1	3	29	
Personal Mushroom Flatbread	550	234	26	10	0	55	1180	59	2	5	24	
Personal Pepperoni & Sausage Flatbread	680	297	33	16	0	100	1740	59	1	4	35	
Half Hand-Shaved Prime Steak Sandwich	900	423	47	14	0.5	135	2450	72	1	5	47	
Half Chicken Avocado Salad Wrap	590	333	37	10	0	45	1390	49	2	2	21	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
<b>KNIFE &amp; FORK</b>												
Simply Prepared Salmon	750	576	64	8	0	80	1530	11	3	6	39	
Brick Chicken	1330	954	106	26	1	240	2570	34	5	4	63	
Baby Back Ribs (Half Rack)	1080	630	70	25	0	135	1730	85	3	44	29	
Fish Tacos	980	414	46	7	0	85	3380	113	12	25	38	
Fish & Chips	820	387	43	5	0	105	3030	74	4	19	33	
Pan-Seared Scallops	730	486	54	15	0.5	100	2460	33	3	3	27	X
Coffee Braised Pork Shank (NYC)	860	459	51	17	0	270	1010	18	3	10	77	
<b>SANDWICHES (SANDWICH ONLY)</b>												
Grille Prime Cheeseburger	1090	657	73	33	1.5	245	2570	55	1	18	54	
<i>Add Butcher Cut Bacon</i>	130	99	11	4	0	25	440	0	0	0	8	
<i>Hamburger Bun</i>	200	22.5	2.5	1.5	0	0	420	39	0	7	6	
Chicken Avocado Salad Wrap	820	468	52	16	0	90	2330	58	3	2	38	
<i>Whole Wheat Wrap</i>	290	63	7	3	0	0	750	50	0	0	9	
Quinn's Filet Burger	1000	495	55	25	1	185	2040	65	4	14	58	
<i>Homestyle Bun</i>	230	36	4	1.5	0	0	400	41	0	3	7	
Hand-Shaved Prime Steak	1320	540	60	21	1	245	4200	104	2	7	90	
<i>Artisan Roll</i>	430	0	0	0	0	0	1000	91	0	3	15	
Southern Fried Chicken Sandwich (Cali.)	900	333	37	11	0	155	1020	89	2	12	52	
<i>Hamburger Bun</i>	200	22.5	2.5	1.5	0	0	420	39	0	7	6	
<i>Lettuce Wrap</i>	15	0	0	0	0	0	10	3	1	2	1	
<b>DEL FRISCO'S SIGNATURE STEAKS (STEAK ONLY)</b>												
Filet Mignon, 8 oz	320	189	21	10	1	120	920	1	0	0	33	
Filet Mignon, 12 oz	430	234	26	12	1	170	1380	2	0	0	49	
Bone-In Filet (NYC)	420	225	25	12	1	165	1370	2	0	0	47	
Prime New York Strip	870	585	65	28	0	225	1860	2	1	0	65	
Prime Ribeye	1090	810	90	38	0	265	1910	2	1	0	65	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
Bone-In Ribeye (NYC)	1380	1017	113	48	0	335	1970	2	1	0	83	
Roasted Prime Rib (NYC)	1580	999	111	44	0	435	2480	9	2	3	127	
<i>Blue Cheese Topping (NYC)</i>	300	216	24	16	0	65	970	2	0	0	18	
<i>Oscar Style Topping (NYC)</i>	230	171	19	11	0.5	165	340	3	1	1	13	
<i>Port Foie Gras Butter (NYC)</i>	530	530	59	24	1.5	215	630	8	0	6	4	
SIDES												
Truffled Mac & Cheese	1260	603	67	37	1.5	190	1620	122	0	11	41	
Hand-Mashed Idaho Russet Potatoes	410	216	24	15	1	65	1020	47	5	3	5	
Roasted Asparagus	180	162	18	11	0.5	45	980	6	3	2	3	
Hand-Cut Frites	290	63	7	0.5	0	0	1830	54	3	18	3	
Hand-Cut Parmesan Frites	370	117	13	3.5	0	15	2150	55	3	18	10	
Sweet Potato Frites	300	90	10	3	0	0	960	47	0	2	4	
Baby Zucchini Parmesan	210	171	19	2.5	0	5	690	7	2	1	6	
Charred Broccoli with Honey Tahini	390	288	32	3	0	0	710	23	6	10	10	
DINNER												
MADE TO SHARE												
Cheesesteak Eggrolls	550	216	24	8	0	70	2110	61	1	25	19	
Ahi Tacos	690	513	57	15	0	105	1620	31	4	7	15	
Deviled Eggs	470	342	38	8	0	650	910	10	0	8	22	
Jumbo Lump Crab Cake	340	252	28	8	0	110	730	5	1	2	15	
Artichoke Beignets	650	459	51	15	0	105	1660	32	4	7	15	
Guacamole	790	387	43	6	0	0	880	98	26	5	14	
Lollipop Chicken Wings	1030	756	84	22	0	285	2590	11	1	5	55	
Fried Calamari (NYC)	760	198	22	2.5	0	345	1640	106	4	43	34	X
Roasted Baby Beets	560	387	43	15	0	75	1470	32	5	26	16	
Chilled Shrimp Cocktail (NYC)	430	189	21	2.5	0	380	1420	10	1	7	47	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
<b>FLATBREADS</b>												
Roasted Tomato	900	297	33	18	0	95	1690	105	2	5	43	
Wild Mushroom	1020	405	45	18	0	105	2010	112	4	9	45	
Pepperoni & House-Made Sausage	1150	468	52	25	0	150	2840	111	2	5	58	
Prosciutto de Parma (NYC)	840	252	28	14	0	85	2450	100	2	3	42	
<i>Traditional Crust</i>	450	13.5	1.5	0	0	0	810	92	1	2	18	
<i>Gluten-Free Crust</i>	120	9	1	0	0	0	130	26	0	0	1	
<b>SOUP</b>												
Sweet Corn Bisque	560	414	46	27	1.5	130	920	35	4	8	8	
<b>SIDE SALADS</b>												
The Grille Salad	440	378	42	7	0	25	760	10	3	4	10	
Iceberg Lettuce Wedge	610	486	54	21	0	85	1440	12	2	8	22	
Heirloom Tomato & Burrata Salad	380	324	36	17	0	80	840	7	2	5	22	X
<b>ENTRÉE SALADS</b>												
Kale & Brussels Sprout Salad	670	468	52	11	0	55	690	43	9	27	16	X
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
<i>Add Steak</i>	440	279	31	13	0	110	940	1	0	0	37	
Chopped Caesar Salad	470	405	45	8	0	65	790	10	3	2	11	
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
<i>Add Steak</i>	440	279	31	13	0	110	940	1	0	0	37	
Steakhouse Salad	1350	1017	113	31	0	515	2470	21	7	5	68	
Seared Asian Tuna Salad	920	576	64	11	0	35	1340	60	13	33	36	X
<b>KNIFE &amp; FORK</b>												
Simply Prepared Salmon	750	576	64	8	0	80	1530	11	3	6	39	
Brick Chicken	1200	891	99	24	1	195	2520	34	5	4	47	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
Baby Back Ribs (Full Rack)	1890	1215	135	50	0	270	2810	116	4	70	55	
Braised Beef Short Rib Stroganoff	1100	351	39	16	0	245	1240	98	2	8	75	
Fish & Chips	910	396	44	6	0	150	3470	82	4	19	47	
Pan-Seared Scallops	730	486	54	15	0.5	100	2460	33	3	3	27	X
Coffee Braised Pork Shank	860	459	51	17	0	270	1010	18	3	10	77	
<b>SANDWICHES (SANDWICH ONLY)</b>												
Grille Prime Cheeseburger	1090	657	73	33	1.5	245	2570	55	1	18	54	
<i>Add Butcher Cut Bacon</i>	130	99	11	4	0	25	440	0	0	0	8	
<i>Hamburger Bun</i>	200	22.5	2.5	1.5	0	0	420	39	0	7	6	
Quinn's Filet Burger	1000	495	55	25	1	185	2040	65	4	14	58	
<i>Homestyle Bun</i>	230	36	4	1.5	0	0	400	41	0	3	7	
Hand-Shaved Prime Steak	1320	540	60	21	1	245	4200	104	2	7	90	
<i>Artisan Roll</i>	430	0	0	0	0	0	1000	91	0	3	15	
Southern Fried Chicken Sandwich (Cali.)	900	333	37	11	0	155	1020	89	2	12	52	
<i>Hamburger Bun</i>	200	22.5	2.5	1.5	0	0	420	39	0	7	6	
<i>Lettuce Wrap</i>	15	0	0	0	0	0	10	3	1	2	1	
<b>DEL FRISCO'S SIGNATURE STEAKS (STEAK ONLY)</b>												
Filet Mignon, 8 oz	320	189	21	10	1	120	920	1	0	0	33	
Filet Mignon, 12 oz	430	234	26	12	1	170	1380	2	0	0	49	
Bone-In Filet	420	225	25	12	1	165	1370	2	0	0	47	
Prime New York Strip	870	585	65	28	0	225	1860	2	1	0	65	
Prime Ribeye	1090	810	90	38	0	265	1910	2	1	0	65	
Bone-In Ribeye	1380	1017	113	48	0	335	1970	2	1	0	83	
Roasted Prime Rib	1580	999	111	44	0	435	2480	9	2	3	127	
<b>SIDES</b>												
Truffled Mac & Cheese	1260	603	67	37	1.5	190	1620	122	0	11	41	
Hand-Mashed Idaho Russet Potatoes	410	216	24	15	1	65	1020	47	5	3	5	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
Roasted Asparagus	180	162	18	11	0.5	45	980	6	3	2	3	
Hand-Cut Frites	290	63	7	0.5	0	0	1830	54	3	18	3	
Hand-Cut Parmesan Frites	370	117	13	3.5	0	15	2150	55	3	18	10	
Sweet Potato Frites	300	90	10	3	0	0	960	47	0	2	4	
Baby Zucchini Parmesan	210	171	19	2.5	0	5	690	7	2	1	6	
Charred Broccoli with Honey Tahini	390	288	32	3	0	0	710	23	6	10	10	
<b>DESSERTS</b>												
Coconut Cream Pie	1660	1233	137	93	2	525	420	103	3	62	20	
Lemon Doberge Cake	880	270	30	14	0	85	880	147	0	111	8	
Nutella Bread Pudding	1150	549	61	32	1.5	265	500	133	2	99	16	X
Molten Chocolate Cake	1010	648	72	42	2	390	135	81	5	70	13	
Salted Caramel Pudding Jar	570	486	54	35	2	170	340	19	0	18	5	
Dessert Wines	110	0	0	0	0	0	0	8	0	3	0	
Ports	140	0	0	0	0	0	10	12	0	7	0	
<b>BRUNCH</b>												
<b>TO SHARE</b>												
Smoked Salmon Tower	1190	468	52	25	1	170	5840	133	3	20	51	
<i>Gluten-Free Bagel (one)</i>	290	81	9	0.5	0	0	460	43	2	5	7	
Nonna's Pan Cinnamon Rolls	2960	1503	167	71	3	230	1180	344	5	163	39	
<b>MORNING FAVORITES</b>												
Braised Short Rib Hash	1160	747	83	34	0	600	1390	36	6	6	62	
Croque Madame	1540	1008	112	60	1	645	3840	48	2	14	86	
Greens & Grains Bowl	900	531	59	8	0	205	820	73	14	39	26	X
<i>Add Chicken</i>	190	36	4	1	0	95	300	0	0	0	35	
<i>Add Salmon</i>	120	36	4	0.5	0	40	580	0	0	0	19	
<i>Add Steak</i>	440	279	31	13	0	110	940	1	0	0	37	
Crabcake Benedict	720	423	47	19	1	490	1220	42	1	3	30	

MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
Lemon Ricotta Pancakes	1010	270	30	16	0.5	250	1280	159	4	94	28	
Southern Fried Chicken & Waffles	1170	432	48	15	0.5	285	1940	123	2	32	62	
Eggs in Purgatory	710	441	49	9	0	565	1280	43	5	8	25	
Red Velvet Belgian Waffle	990	360	40	20	1	190	1460	143	2	91	18	
<b>BUBBLES</b>												
Glass	110	0	0	0	0	0	0	2	0	2	0	
Bottle	480	0	0	0	0	0	0	7	0	7	0	
<b>COCKTAILS</b>												
Crack Coffee	360	99	11	7	0	35	20	24	0	15	1	
Bloody Mary	230	0	0	0	0	0	2040	17	0	13	2	
Mimosa - Glass (J. Roget)	140	0	0	0	0	0	10	12	0	11	0	
Mimosa - Carafe	660	0	0	0	0	0	35	49	0	45	1	
Mimosa - Glass (Mumm)	140	0	0	0	0	0	10	12	0	11	0	
White Sangria - Glass	270	0	0	0	0	0	10	43	0	38	0	
White Sangria - Carafe	1130	0	0	0	0	0	40	158	0	136	1	
Watermelon Frozé	330	0	0	0	0	0	20	47	0	40	0	
Hibiscus Margarita	220	0	0	0	0	0	5	23	0	21	0	
<b>BAR</b>												
<b>COCKTAILS</b>												
Old Fashioned	230	0	0	0	0	0	0	10	0	10	0	
Spanish Gin Tonic	220	0	0	0	0	0	20	13	0	20	0	
Nick's Negroni	440	0	0	0	0	0	0	30	0	30	0	
Perfect Margarita	260	0	0	0	0	0	1920	38	0	29	0	
Moscow Mule	150	0	0	0	0	0	0	13	0	13	0	
White Sangria	270	0	0	0	0	0	10	43	0	38	0	
Molé Manhattan	220	0	0	0	0	0	0	10	0	10	0	
Watermelon Frozé	330	0	0	0	0	0	20	47	0	40	0	



MENU ITEM	Cals	Fat Cals	Total Fat (Grams)	Sat Fat (Grams)	Trans Fat (Grams)	Chol (Milligrams)	Sodium (Milligrams)	Carbs (Grams)	Fiber (Grams)	Sugar (Grams)	Protein (Grams)	Contains Nuts
The Redeemer	210	0	0	0	0	0	0	23	0	22	0	
Youth Serum	220	0	0	0	0	0	0	23	0	22	0	
Fruit & Flowers	340	0	0	0	0	0	0	54	0	52	0	
The VIP	200	0	0	0	0	0	0	9	1	7	0	
Honeymoon in Paris	210	0	0	0	0	0	0	20	0	16	0	
Hibiscus Margarita	220	0	0	0	0	0	5	23	0	21	0	
Bubbles	110	0	0	0	0	0	0	2	0	2	0	
White Wines & Rosé	150	0	0	0	0	0	10	4	0	2	0	
Red Wines	150	0	0	0	0	0	5	5	0	1	0	

## HAPPY HOUR

### BITES

Cheesesteak Eggrolls	550	216	24	8	0	70	2110	61	1	25	19	
Artichoke Beignets	650	459	51	15	0	105	1660	32	4	7	15	
Deviled Eggs	470	342	38	8	0	650	910	10	0	8	22	
Parmesan Frites	370	117	13	3.5	0	15	2150	55	3	18	10	
Guacamole	790	387	43	6	0	0	880	98	26	5	14	
Roasted Tomato Flatbread	560	216	24	14	0	75	1120	55	1	3	29	
Pepperoni & Artisan Sausage Flatbread	680	297	33	16	0	100	1740	59	1	4	35	
Wild Mushroom Flatbread	550	234	26	10	0	55	1180	59	2	5	24	

### HAND CRAFTED COCKTAILS

White Sangria	270	0	0	0	0	0	10	43	0	38	0	
The Redeemer	210	0	0	0	0	0	0	23	0	22	0	
Moscow Mule	150	0	0	0	0	0	0	13	0	13	0	
The VIP	200	0	0	0	0	0	0	9	1	7	0	
Grille Margarita	260	0	0	0	0	0	1920	38	0	29	0	
Spirits	100											
Wine	150											