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Our analysis of nutrient information was analyzed with standardized recipes provided to EcoSure<sup>SM</sup> by Ted's Montana Grill, product manufacturer's nutritional label information and the use of Food Processor software produced by ESHA research. General industry standards for absorption and preparation were used in conjunction with USDA nutrient values. Menu items are prepared to order so variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor. Products may come in contact with each other during preparation.

## APPETIZERS

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Ted's Shrimp Cocktail	1 Serving	170	23	17	0	14	1	0	0	210	11	1144	14	53	4	1395
Chili Cheese Fries	1 Serving	1180	39	87	11	11	74	19	0	98	662	1697	60	481	6	2664
Grilled Shrimp (includes bread)	1 Serving	610	30	25	1	2	43	15	0	248	385	1991	12	158	5	1165
Onion rings w/Horseradish Sauce	1 Serving	1150	10	74	5	11	89	11	0.1	55	798	201	16	145	4	2859
Bar None Sliders (Bison)	1 Serving	1110	57	85	5	17	58	25	0	272	522	469	2	245	8	1751
Bar None Sliders (Beef)	1 Serving	1150	47	85	5	17	69	30	1.5	290	621	467	2	276	8	1751
Crab Cake	1 Serving	350	13	10	2	2	3	4	0	6	266	778	11	47	51	897

## HAPPY HOUR MENU

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Parmesan Spinach Dip	1 Serving	770	19	63	10	3	50	19	.5	85	452	10636	4	455	3	1249
Bison Nachos	1 Serving	930	32	89	14	6	51	14	.10	69	1459	1548	17	372	5	2005

## KIDS' MENU

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Kid's Bar None Sliders Meal (Bison)	1 Serving	920	43	74	5	13	48	19	0	202	436	354	9	181	6	1377
Kid's Bar None Sliders Meal (Beef)	1 Serving	950	36	74	5	13	57	23	1	215	510	354	9	204	6	1376
Kid's Salmon Meal	1 Serving	500	38	36	4	5	22	8	0	144	195	609	19	57	4	4123
Kid's Bison Pot Roast Meal	1 Serving	520	23	37	4	5	30	14	0	115	267	735	20	40	4	690
Kid's Mac N' Cheez Meal	1 Serving	690	22	72	5	2	35	15	0.1	61	318	707	9	348	3	1117
Kid's Meatloaf Meal	1 Serving	520	20	49	3	10	27	14	0.1	146	238	808	23	69	4	1183
Kid's Chicken Tender Meal	1 Serving	229	16	10	1	0	13	1	0	-	118	50	0	11	1	263

## DESSERTS AND SHAKES

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Chocolate Chip Cookie	1 Serving	380	4	54	1	23	15	9	0	56	136	452	0	18	2	174
Oatmeal Cookie	1 Serving	340	5	57	3	30	11	6	0.3	51	99	316.5	0	79	2	207
Peanut Butter Cookie	1 Serving	410	8	47	2	28	21	11	0	47	188	381.4	0	25	1.0	198
Snickerdoodle	1 Serving	380	3	55	1	31	16	9	0	61	146	441.3	0	23	1.0	212
Key Lime Pie	1 Serving	630	8	91	0	74	28	15	.2	66	248	685.1	11	263	.7	6
Strawberry Shortcake	1 Serving	1350	17	132	5	57	83	55	0.3	337	745	3140.6	74	313	1.9	745
Apple Crisp	1 Serving	1280	12	163	7	110	66	37	0.2	242	592	2163.3	2	279	4.0	371
Kahlua Fudge Brownie	1 Serving	1190	14	159	5	112	52	22	0.2	111	468	758.6	1	209	1.1	96
Chocolate Ice Cream	1 Serving	430	8	35	2	34	29	18	.8	185	260	802.3	0	241	1.7	96
Vanilla Ice Cream	1 Serving	430	8	34	0	34	29	18	.8	193	260	1203.5	0	241	0	112
Chocolate Milkshake	1 Serving	1090	19	105	0	97	64	39	1.8	406	579	2607.7	1	541	0.6	284
Strawberry Milkshake	1 Serving	970	18	78	1	74	64	39	1.8	406	580	2621.0	28	550	0.3	249
Vanilla Milkshake	1 Serving	1020	18	90	0	87	64	39	1.8	406	579	2607.7	1	541	0	248
Chocolate Malt	1 Serving	1360	28	150	1	127	70	42	1.8	421	633	2791.0	2	729	1.0	539
Strawberry Malt	1 Serving	1240	27	123	2	104	70	42	1.8	421	634	2804.4	30	737	0.8	504
Vanilla Malt	1 Serving	1290	27	135	1	117	70	42	1.8	421	633	2791.0	2	729	0.5	503
Coke Float	1 Serving	540	8	60	0	60	29	18	.8	193	260	1203.5	0	248	0.1	118
Root Beer Float	1 Serving	600	8	79	0	79	29	18	.8	193	260	1203.5	0	241	0	148

## SALADS AND SALAD DRESSINGS

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Wedge Salad (no dressing)	1 Serving	100	7	5	2	3	6	2	0	16	55	822	6	28	1	342
Caesar Salad	1 Serving	530	7	16	3	3	49	17	0	54	440	7153	30	185	2	412
Tomato and Onion Salad	1 Serving	170	4	21	5	12	9	1	0.1	0	81	2370	42	49	1	91
House Salad (no dressing)	1 Serving	140	3	13	3	4	9	7	0	24	84	7213	28	89	1	128
Large House Salad (no dressing)	1 Serving	280	6	25	6	7	19	13	0	48	167	14425	54	175	2	256
Signature Salad	1 Serving	904	34	63	13	21	59	17	0.1	106	526	14811	92	432	4	1393
Chopped Salad (half)	1 Serving	405	9	26	3	5	31	9	0.1	30	271	886	15	85	2	826
Chopped Salad (full)	1 Serving	670	15	40	6	10	53	12	0.3	42	468	1555	30	114	3	1279
Grilled Chicken Salad	1 Serving	1030	71	30	9	7	69	29	0	431	622	15942	61	430	4	2113
Grilled Shrimp Salad	1 Serving	1050	55	30	9	7	79	31	0	540	713	16878	65	454	7	1622
Grilled Beef Salad	1 Serving	1180	64	30	9	7	91	41	1.9	456	815	15262	61	450	7	2807
Grilled Bison Salad	1 Serving	1040	67	30	9	7	72	33	0	412	647	15262	61	412	6	2781
Grilled Salmon Salad	1 Serving	930	63	30	9	7	62	27	0	411	561	15319	61	433	5	4862
Grilled Crab Cake Salad	1 Serving	1270	58	41	10	8	98	33	0	330	883	16603	65	486	121	2904
Large Caesar Salad	1 Serving	1050	14	31	6	6	98	34	0	109	879	14307	60	369	4	824
Shrimp Caesar Salad	1 Serving	1390	36	31	6	6	125	39	0	319	1114	15860	64	411	7	1244
Cedar Plank Salmon Caesar Salad	1 Serving	1280	46	32	6	6	109	35	0	198	972	14365	60	392	5	4501
Grilled Chicken Caesar Salad	1 Serving	1380	54	31	6	6	115	37	0	218	1030	14988	61	389	5	1752
Honey Mustard Dressing	1 oz.	160	0	4	0	4	16	2	0	6	144	10	0	3	0	143
BLT Ranch Dressing	1 oz.	100	1	1	0	1	10	2	0	8	90	118	1	22	0	130
Basil Vinaigrette Dressing	1 oz.	160	0	1	0	1	17	2	0.13	0	151	14	0	2	0	147
Caesar Dressing	1 oz.	180	1	1	0	0	20	2	0	2	173	6	2	9	0	77
Bleu Cheese Dressing	1 oz.	100	2	1	0	0	10	3	0	12	85	118	0	70	0	151
1000 Island Dressing	1 oz.	130	0	3	0	2	13	2	0	12	119	250	1	1	0	341
Ranch Dressing	1 oz.	110	1	1	0	1	11	3	0.1	9	101	75	0	25	0	118
Bleu Cheese Crumbles	¼ cup	180	12	0	0	0	14	9	0	44	128	532	0	354	0	461

All nutritional information for salads includes dressing unless otherwise specified.

# SOUPS

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Clam Chowder w/crackers	Cup	250	14	24	1	1	11	6	0.2	79	100	280	4	100	1	431
Clam Chowder w/crackers	Bowl	440	23	44	1	2	19	9	0.3	131	173	467	7	166	2	718
Tortilla Soup garnished	Cup	160	10	12	1	1	8	4	0	29	72	942	9	139	1	843
Tortilla Soup garnished	Bowl	290	18	21	2	2	15	7	0	53	137	1616	15	270	2	1445
Chicken & Sausage Gumbo garnished	Cup	170	9	18	2	3	7	2	0	22	63	921	22	41	1	819
Chicken & Sausage Gumbo garnished	Bowl	290	15	31	4	5	12	3	0	36	106	1535	37	70	2	1365
Red Beans & Rice Soup	Cup	230	14	32	2	3	5	1	0	19	45	908	12	22	1	834
Red Beans & Rice Soup	Bowl	390	23	55	4	4	8	2	0	31	75	1514	21	38	2	1390
Baked Potato Soup garnished	Cup	260	7	16	1	2	18	12	0.1	54	162	836	11	157	1	757
Baked Potato Soup garnished	Bowl	450	14	27	2	3	32	21	0.2	95	285	1426	19	295	1	1298
Chicken Noodle Soup	Cup	100	6	14	1	2	2	0	0	30	18	2218	9	21	1	401
Chicken Noodle Soup	Bowl	170	10	24	2	3	3	1	0	49	30	3487	12	32	1	667
Bison Chili garnished	Cup	210	17	9	2	4	12	5	0	43	106	876	8	130	2	887
Bison Chili garnished	Bowl	370	29	16	4	6	21	10	0	76	191	1514	14	251	4	1508
Tomato Soup garnished	Cup	190	3	11	1	4	15	1	0.3	48	138	1801	16	45	0	548
Tomato Soup garnished	Bowl	290	4	17	2	7	24	15	0.5	75	211	2925	26	63	1	909

## SIDE ITEMS

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
French Fries	5 oz.	300	3	30	3	2	18	1	0	0	164	14	18	14	1	490
French Fries	10 oz.	530	5	5	52	4	32	2	0	0	288	25	32	25	2	863
Onion Rings	5 each	430	5	36	2	6	29	2	0	15	260	32	7	65	2	1674
Garlic Mashed Potatoes	6 oz.	240	4	25	2	0	13	10	0.1	38	121	473	28	26	434	1
Garlic Mashed Potatoes w/Brown Gravy	6 oz./1.5oz.	310	4	26	2	0	20	13	0.1	45	182	675	29	29	790	1
Baked Potato Plain	1 each	310	8	64	7	3	2	1	0	2	21	31	39	54	265	3
Sweet Potato Plain	1 each	170	4	39	6	16	0	0	0	0	3	36461	37	72	1	68
Country-Style Green Beans	4 oz.	40	2	9	4	2	0	0.1	0	0	3	794	11	51	1	125
Parmesan Creamed Spinach	7 oz.	310	8	12	3	2	26	16	0.5	76	235	10590	4	253	2	565
Roasted Asparagus	3 oz.	60	2	3	2	1	5	0	0	0	41	1027	6	18	1	155
Buttered Broccoli	4 oz.	50	3	6	4	2	2	1	0	5	20	2297	48	46	1	417
Buttered Carrots	4 oz.	50	0	9	3	4	2	1	0	5	18	17692	4	32	0	435
"Aunt Fannie's" Squash Casserole	4 oz.	90	2	9	2	3	5	3	0	40	44	376	5	31	1	313
Vine-Ripened Tomatoes	3 slices	15	1	3	1	2	0	0	0	0	2	708	11	9	0	4
Cole Slaw	5 oz.	330	2	12	2	7	31	4	0	14	275	628	30	54	1	379
Cottage Cheese	4 oz.	110	11	6	0	5	5	3	0	23	41	183	0	73	0	402
Grilled Onions	4 oz.	70	2	11	2	5	3	1	0	0	26	144	6	25	0	453
Grilled Mushrooms	4 oz.	50	3	4	1	2	3	1	0	0	28	142	2	4	1	455
Yeast Roll	1 Roll	130	3	19	1	4	4	2	0	35	40	0	0	0	1	180
Sour Cream	1 oz.	120	1.8	2.4	0	0.1	11.9	7.4	0.4	24.9	107	367.4	0.5	65.8	0	30
Cinnamon Sugar Sweet Potato Topping	1 Tbsp.	50	0.1	12.1	1.1	10.6	0.1	0	0	0	0.6	5.4	0.6	24	0.7	0.5
Whipped Butter Serving	1.25 oz.	110	0	0	0	0	13.2	7.7	0	33	110	440	0	0	0	0
Snowcrest Remoulade	2 oz.	250	1	3	1	1	27	4	0	12	240	70	2	21	1	466

## BREADS, SANDWICH PROTEINS AND TOPPINGS

Menu Item	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
<b>BREADS</b>															
Ciabatta Roll (buttered)	330	7	45	1	2	13	2	0	0	117	368	0	-	3	490
Ciabatta Roll (plain)	260	7	45	1	2	6	1	0	0	54	0	0	-	3	440
Garlic Parmesan Ciabatta Bread	270	7	23	1	1	17	10	0	38	149	435	0	112	2	745
Oatie Wheat Bun (buttered)	280	8	36	1	6	13	1	0	0	117	368	0	80	2	410
Oatie Wheat Bun (plain)	210	8	36	1	6	6	0	0	0	54	0	0	8	2	360
Kaiser Roll (buttered)	290	7	36	2	5	12	2	0	0	108	368	0	100	2	50
Kaiser Roll (plain)	220	7	36	2	5	5	1	0	0	45	0	0	100	2	0
<b>PROTEINS</b>															
Brick Chicken, 7 oz.	330	40	0	0	0	17	4	0	110	154	682	1	20	1	928
Bison Burger, 8 oz.	340	36	0	0	0	20	7	0	90	179	1	0	2	3	1596
Beef Burger, 10 oz.	480	33	0	0	0	39	15	1.9	135	347	1	0	40	4	1622
Veggie Burger, 5 oz.	180	26	10	8	0	7	2	0	10	63	0	0	200	4	779
<b>TOPPINGS</b>															
American Cheese	150	8	2	0	0	14	9	0	38	123	456	0	228	0	653
Swiss Cheese	160	12	2	0	1	12	8	0	39	106	353	0	336	0	82
Cheddar Cheese	170	11	0	0	0	14	9	0	45	127	426	0	307	0	264
Jack Cheese	160	10	0	0	0	13	8	0	38	116	327	0	317	0	228
Cheddar Cheese w/Bacon	300	20	0	0	0	24	12	0	71	213	435	0	309	0	840
American Cheese w/Bacon	280	17	2	0	0	23	12	0	65	209	464	0	231	0	1229
Swiss Cheese w/Bacon	290	21	3	0	1	21	11	0	66	192	362	0	339	0	657
Jack Cheese w/Bacon	290	20	1	0	0	22	11	0	65	202	336	0	320	1	803
American Cheese and Mushrooms	190	10	4	1	1	16	10	0	38	144	562	2	231	0	994
Swiss Cheese and Mushrooms	200	14	5	1	2	14	8	0	39	127	460	2	339	1	423
Jack Cheese and Mushrooms	200	13	3	1	2	15	9	0	38	137	434	2	320	1	569
Cheddar Cheese and Mushrooms	210	13	3	1	2	16	9	0	45	148	533	2	309	1	605
Cheddar Cheese, Bacon and Mushrooms	320	21	2	0	1	25	12	0	71	223	488	1	311	1	1010
Jack Cheese, Bacon and Mushrooms	300	21	2	0	1	24	12	0	65	212	389	1	322	1	974
American Cheese, Bacon and Mushrooms	300	18	3	0	1	24	13	0	65	219	518	1	232	1	1399
Swiss Cheese, Bacon and Mushrooms	310	22		0	1	23	11	0	66	203	415	1	341	1	828
Kitchen Sink w/American Cheese	460	33	8	1	3	34	15	0	297	306	907	4	270	2	2104

## BREADS, SANDWICH PROTEINS AND TOPPINGS (CONTINUED)

Menu Item	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
<b>TOPPINGS</b>															
Kitchen Sink w/Cheddar Cheese	480	36	7	1	3	35	15	0	303	310	878	4	349	2	1715
Kitchen Sink w/Jack Cheese	470	35	7	1	3	33	14	0	297	299	779	4	360	2	1679
Kitchen Sink w/Swiss Cheese	470	37	9	1	4	32	14	0	298	290	804	4	379	2	1533
Bleu Creek	260	18	0	0	0	20	10	0	60	182	407	0	269	0	921
Ultimate Skinny Dip	110	11	6	0	5	5	3	0	23	41	183	0	73	0	402
Skinny Dip	90	1	5	4	0	8	1	0	0	75	83	6	7	0	4
Montana	300	19	20	1	12	17	10	0	66	150	480	3	318	1	1275
George's Cadillac	360	20	16	0	10	24	12	0	71	213	435	0	309	1	1240
Spikebox	290	20	2	1	1	23	11	0	65	203	562	13	323	1	804
New Mexico	240	12	7	4	2	20	9	0	38	177	730	61	328	1	379
The Green and Hot	240	12	7	4	2	20	9	0	38	178	692	19	327	1	377
Cordon Bleu	210	19	2	0	1	13	8	0	61	120	353	1	338	0	523
America's Cup	320	19	7	1	3	26	13	0	65	229	572	3	241	1	1569
Philly	220	10	10	2	4	17	10	0	38	153	738	34	242	0	1169
Chili Cheese	310	20	12	3	5	20	11	0	63	181	1181	19	336	2	967
Vermejo	210	12	6	1	3	15	9	0	38	136	434	3	328	1	568
C.O.B	330	20	5	1	2	25	12	0	71	223	489	2	319	1	1010
S.O.B	320	21	7	1	2	23	11	0	66	202	416	2	348	1	827
Swiss & Mushroom	260	15	6	1	2	20	12	0.2	52	181	643	2	372	1	438
Mayonnaise	200	0	0	0	0	22	3	0	10	200	0	0	0	0	182
Sandwich Set	20	1	4	1	3	0	0	0	0	2	1159	7	18	0	278

All nutritional information for sandwiches is listed by bread, protein and toppings. This allows you to determine the nutritional value of each meal more accurately. Please make sure to consider each item separately when determining the total nutritional value of your meal. For example, to determine the nutritional value of the Montana burger with a bison patty, look up the bison burger, the Montana toppings and the bun separately. Also note that sides are listed separately as well.

## FEATURED ENTRÉES

Menu Item	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Fresh Fish Sandwich Meal	770	35	77	4	8	36	2	0	47	329	46	21	113	4	1279
Pork Roast Meal	730	49	35	5	4	42	21	0.1	201	378	18233	34	109	437	814
Crab Cakes Meal	970	31	27	5	9	82	11	0	14	731	2998	41	148	120	2253
Short Ribs Meal	780	51	35	6	2	48	28.1	0.1	38	443	1274	39	78	435	457
Turkey & Dressing Meal	866	75	45	7	4	41	23.1	0.1	269	374	2013	42	155	440	567
BBQ Chicken Sandwich Meal	1180	34	99	7	29	71	12	0	90	635	1254	50	189	5	2312
Snowcrest Fried Chicken Sandwich Meal	1110	53	93	5	5	56	6	0	111	507	417	18	60	6	1978
7 oz. Cedar Plank Salmon Meal	880	54	54	7	6	48	17	0.1	211	433	1416	41	116	5	4679
9 oz. Cedar Plank Salmon Meal	970	67	54	7	6	52	17	0.1	247	470	1438	41	123	6	4708
Bison Pot Roast Meal	840	42	51	6	6	48	24	0.1	188	433	1103	37	67	6	822
Pecan Crusted Trout Meal	1650	60	74	8	15	122	19	0	271	1094	2219	55	215	8	2130
Beer Can Chicken Meal	1170	93	51	7	6	64	25	0.1	338	576	3508	77	122	7	3180
Bison Meatloaf Meal	980	41	83	6	18	52	27	0.2	283	466	1719	49	152	7	2348
French Dip Meal	940	43	32	2	2	69	26	0	144	624	605	0	46	5	1402
Brick Chicken Plate Meal (toppings separate)	740	49	55	8	8	34	6	0	150	303	2341	66	81	4	1227
Add-On Grilled Shrimp	340	23	0	0	0	26	5	0	210	235	1553	4	42	3	420
Add-On Crab Cake	290	14	6	0	1	23	3	0	4	207	671	2	38	59	860
Add-On Salmon	380	32	2	0	0	26	5	0	102	232	127	1	31	2	3912
Delmonico Bison Ribeye w/o Lemon Butter	530	61	0	0	0	33	20	0	120	296	2	0	3	6	2351
Delmonico Bison Ribeye	760	61	1	0	0	58	24	0	120	520	1312	2	3	6	2529
Delmonico Beef Ribeye w/o Lemon Butter	750	75	0	0	0	48	19	0	357	428	2	0	54	5	2381
Delmonico Beef Ribeye	990	75	1	0	0	73	23	0	357	652	1312	2	54	5	2559
12 oz. Prime Rib (beef)	870	47	1	0	0	74	30	0	176	664	4	0	29	4	1087
16 oz. Prime Rib (beef)	1160	62	1	0	0	98	41	0	235	885	6	0	39	6	1449
Au Jus	5	0	1	0	0	0	0	0	0	2	87	0	2	0	441
Beef Tenderloin Filet w/o Lemon Butter	530	42	0	0	0	39	16	0	144	352	2	0	16	5	2330
Beef Tenderloin Filet	760	42	1	0	0	64	20	0	144	576	1312	2	16	5	2508
Bison Tenderloin Filet w/o Lemon Butter	190	41	0	0	0	3	1	0	69	28	2	0	3	10	2307
Bison Tenderloin Filet	420	41	1	0	0	28	5	0	69	252	1312	2	3	10	2485
Kansas City Bison Strip w/o Lemon Butter	300	42	0	0	0	13	2	0	124	118	2	0	3	5	2348
Kansas City Bison Strip	530	42	1	0	0	38	7	0	124	343	1312	2	3	5	2527

All nutritional information included is for entire meal as listed on the menu with the exception of steaks. This allows you to determine the nutritional value based on your chosen sides.

# BEVERAGES

Menu Item	Portion	Calories (kcal)	Protein (g)	CHO (g)	Dietary Fiber (g)	Total Sugars (g)	Fat (g)	Sat Fat (g)	Trans Fatty Acid (g)	Chol (mg)	Kcals from fat	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Sod (mg)
Coca Cola	8 oz. bottle	100	0	30	0	30	0	0	0	0	0	0	0	5	0	5
Diet Coke	8 oz. bottle	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Sprite	8 oz. bottle	100	0	25	0	20	0	0	0	0	0	0	0	5	0	20
Fountain Coke	12 oz.	150	0	40	0	40	0	0	0	0	0	0	0	10	0	10
Fountain Diet Coke	12 oz.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
Fountain Sprite	12 oz.	150	0	40	0	30	0	0	0	0	0	0	0	0	0	35
Vanilla Coke	12 oz.	190	0	50	0	50	0	0	0	0	0	0	0	10	0	5
Cherry Coke	12 oz.	190	0	50	0	50	0	0	0	0	0	0	0	10	0	10
Fresh Squeezed Lemonade	12 oz.	230	0	60	0	60	0	0	0	0	0	10	30	10	0	10
Fresh Squeezed Cherry Lemonade	12 oz.	270	0	70	0	70	0	0	0	0	0	0	0	0	0	10
Unsweetened Tea	12 oz.	0	0	0	0	0	0	0	0	0	0	0	0	10	0	10
Sweetened Tea	12 oz.	140	0	35	0	35	0	0	0	0	0	0	0	10	0	10
Cranberry Juice	12 oz.	200	0	45	0	45	0	0	0	0	0	0	160	0	0	50
Milk	8 oz.	150	10	10	0	15	10	5	0	25	70	250	0	230	0	100
Hot Chocolate	8 oz.	80	0	15	0	10	5	0	0	0	25	0	0	0	0	170
Sarsaparilla Soda	12 oz.	170	0	40	0	40	0	0	0	0	0	0	0	0	0	0
Coffee	6 oz.	5	0	0	0	0	0	0	0	0	0	0	0	5	0	???
Root Beer	12 oz.	170	0	45	0	45	0	0	0	0	0	0	0	0	0	35
Montana Margarita	1 Serving	360	2	61	1	50	0	0	0	0	1	75	43	19	0	272
Absolut Best Bloody Mary	1 Serving	180	2	7	0	5	1	0	0	0	12	152	17	13	1	1234
Big Sky Lemonade	1 Serving	260	0	41	0	29	0	0	0	0	0	7	16	5	0	3
Ted's Signature Margarita	1 Serving	360	2	63	1	50	0	0	0	0	1	75	43	19	0	272
Buffalo Margarita	1 Serving	360	2	63	1	50	0	0	0	0	1	75	43	19	0	272
Lemon Drop Martini	1 Serving	220	0	13	0	3	0	0	0	0	0	1	1.3	0	0	1
Ultimate Dirty Martini w/o Olives	1 Serving	250	1	2	0	0	6	1	0	4	52	47	0	31	0	612
Double Espresso Martini	1 Serving	170	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Firewater	1 Serving	250	0	27	0	27	0	0	0	0	0	0	0	7	0	6
Mountain Breeze	1 Serving	160	0	7	0	5	0	0	0	0	1	71	27	6	0	2
Strawberry Margarita	1 Serving	200	1	24	2	11	0	0	0	0	1	19	38	7	0	6
Snowcrest Cosmopolitan	1 Serving	220	0	14	0	3	0	0	0	0	0	38	15	7	0	1
Sour Mix	6 oz.	170	2	43	0	37	0	0	0	0	1	54	31	14	0	24
Bleu Cheese Stuffed Olives	1 Serving	50	1	2	0	0	4	1	0	3.9	38	47	0	31	0	371

# FOR THOSE ON A DIABETIC DIET

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## **Dietary Guidelines from the American Diabetes Association**

The Exchange Lists are the basis of a meal planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. While designed primarily for people with diabetes and others who must follow special diets, the Exchange Lists are based on principles of good nutrition that apply to everyone.

A Registered Dietitian can help a person with diabetes determine the amount of carbohydrate that should be eaten per day and at each meal and snack. For consistent blood glucose levels, the amount of carbohydrate eaten should be spread throughout the day to allow for a more even release of glucose into the blood from meal to meal and from day to day. The total number of meals and snacks and their timing throughout the day can differ for each person depending on nutritional needs, lifestyle, and medications.

According to recent research, the amount of carbohydrate in a meal is more important than the type of carbohydrate. Foods high in carbohydrates include grains such as rice, pasta, breads, cereals, and similar foods, white and sweet potatoes, fruits and juices, vegetables, milk and milk products, and anything made with added sugars, such as sweetened beverages, candies, cookies and other desserts.

In addition to the Exchange Lists, many diabetics now use carbohydrate counting. By knowing the carbohydrate goal (the number of grams of carbohydrates to eat) for each meal and snack, choices can be made by counting the total number of carbohydrates in the meal. Each Starch, Fruit, and Milk exchange serving contains roughly 15 grams of carbohydrates and each vegetable exchange serving contains roughly 5 grams of carbohydrates, fat and protein content of foods should also be monitored for overall good health.

## **General Guidelines**

- Know the number of exchanges or carbohydrates you have available for the meal.
- Request a take-home container at the beginning of the meal. Take home the additional food beyond the servings you can eat at your meal.
- Use the specific information provided for each item to determine the amount of each item you can eat.

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## **Exchanges and Carbohydrate Grams for Specific Foods**

### **Soups**

Karen's "Flying D" Chili

- Cup = 2 High Fat Meat and .75 Starch – 10 Carbohydrates
- Bowl = 4 Medium Fat Meat and 1 Starch – 16 Carbohydrates

Chicken Noodle

- Cup = 1 Lean Meat and 1 Starch – 14 Carbohydrates
- Bowl = 1.5 Lean Meat and 1.5 Starch – 24 Carbohydrates

Tortilla

- Cup = 1.5 High Fat Meat and 1 Starch – 15 Carbohydrates
  - Bowl = 2 High Fat Meat and 1.5 Starch – 20.5 Carbohydrates
-

# FOR THOSE ON A DIABETIC DIET

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## Exchanges and Carbohydrate Grams for Specific Foods (continued)

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### Salads

Dressings to Select: Fresh Lemon or Olive Oil and Vinegar. For other dressings, use 2 Fat Exchanges for each tablespoon of dressing.

#### The Wedge

- Order without bacon.
- Salad – Free

#### Vine-Ripened Tomato and Onion Salad

- 1 Vegetable and 1.5 Fat

#### Caesar Salad

- Order without cheese, croutons and Caesar dressing.
- Salad – Free
- For Caesar dressing, add 2 Fat for each Tablespoon.

#### Grilled Chicken Caesar or Cedar Plank Salmon Caesar

- Order without cheese, croutons and Caesar dressing.
- Salad – Free
- Salmon – 4.5 Lean Meat removed Fat
- For Caesar dressing, add 2 Fat for each Tablespoon.
- Chicken – 6 Lean Meat

#### Grilled Salad

- Order without cheese, bacon, egg and croutons.
- Salad – Free
- Salmon – 4.5 Lean Meat
- Add Chicken, Bison patty or Cedar Plank Salmon.
- Chicken – 6 Lean Meat
- Bison Patty – 6 Med Fat Meat

#### House Salad

- Order without croutons.
  - Salad – Free
- 

### Sides

#### Steamed Vegetables

- Order without butter.
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### Mashed Potatoes

- 1.5 Starch and 2.5 Fat – 25 Carbohydrates

#### Sweet Potato

- Order plain.
- 1 Starch – 20 Carbohydrates (1/2 potato)
- Recommend eat half and take other half home.

#### Baked Potato

- Order plain.
  - 2 Starch – 32 Carbohydrates (1/2 potato)
  - Recommend eat half and take other half home.
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# FOR THOSE ON A DIABETIC DIET

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## Exchanges and Carbohydrate Grams for Specific Foods (continued)

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### Burgers and Chicken Sandwiches

Order Ground Bison or Chicken. Order “dry” wheat buns. Ask to NOT have your bun “floated.” Choose a cup of chili as a side.

#### Naked

- Bison – 5 Lean Meat
- Chicken – 6 Lean Meat
- Beef – 5 High Fat Meats
- Bun – 2.5 Starch, 1 Fat Exchange 37.5 Carbohydrates

#### Chili Cheese (topping only)

- Order without cheese.
- 1 Meat Exchange 5.6 Carbohydrates

#### Skinny Dip (topping only)

- 1.5 Fat Exchanges 4.8 Carbohydrate

#### Veggie Burger

- 3 Lean Meat, 2 Vegetable - 10 Carbohydrates
- 

### Featured Entrees

Order tomato slice or broccoli, carrots or asparagus steamed (1 Vegetable - 5 Carbohydrates).

#### Pot Roast

- Order tomato slice or broccoli, carrots or asparagus steamed.
- Pot Roast – 7 Medium Fat Meat
- Vegetables – 1 Vegetable – 5 Carbohydrates
- Add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates

#### Prime Rib

- Order tomato slice or broccoli, carrots or asparagus steamed.
- Steak – 8 High Fat Meat, 1 Fat Exchange
- Vegetables – 1 Vegetable – 5 Carbohydrates
- Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates

#### Cedar Plank Salmon – Lunch Cut

- Order tomato slice or broccoli, carrots or asparagus steamed.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
- Salmon – 6.5 Lean Meat
- Vegetables - 1 Vegetable - 5 Carbohydrates

#### Cedar Plank Salmon – Dinner Cut

- Order tomato slice or broccoli, carrots or asparagus steamed.
  - Order with fresh lemon.
  - Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
  - Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
  - Salmon – 8 Lean Meat
  - Vegetables – 1 Vegetable – 5 Carbohydrates
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# FOR THOSE ON A DIABETIC DIET

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## Exchanges and Carbohydrate Grams for Specific Foods (continued)

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### Featured Entrees (continued)

#### Tenderloin Filet (beef and bison)

- Order without lemon butter.
- Add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli, carrots or asparagus steamed.
- Tenderloin – 5 Meat, 2 Fat Exchange
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### Bison Kansas City Strip Steak

- Order without lemon butter.
- Add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli, carrots or asparagus steamed.
- Bison Striploin – 7.5 Lean Meat
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### Delmonico (beef and bison)

- Order without lemon butter.
- Add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat – 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Order tomato slice or broccoli, carrots or asparagus steamed.
- Steak – 10.5 Medium Fat Meat
- Vegetables – 1 Vegetable – 5 Carbohydrates

#### French Dip

- Order without French fries or Horseradish sauce.
- 5 High Fat Meats, 2 Starch – 30 Carbohydrates
- Order tomato slice or broccoli, carrots or asparagus steamed.

#### Beer Can Chicken

- Remove skin from chicken and order tomato slice or broccoli, carrots or asparagus steamed.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Chicken – 12.5 Lean Meat Exchanges, 2.5 Fat
- Vegetables – 1 Vegetable - 5 Carbohydrates

#### Slow-Roasted Pork

- Order tomato slice or broccoli, carrots or asparagus steamed.
- Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
- Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
- Pork – 7 Lean Meat Exchanges, 1 Fat Exchange
- Vegetables – 1 Vegetable - 5 Carbohydrates

#### Roast Turkey

- Order tomato slice or broccoli, carrots or asparagus steamed.
  - Dressing – 1 Starch and 1 Fat - 15 Carbohydrates
  - 1.5 oz gravy – 2 Fat Exchange
  - Yeast Roll – 1.5 Starch and 1 Fat Exchange 24 Carbohydrates
  - Turkey – 8 Very Lean Meat Exchanges
  - Mashed Potatoes – 1.5 Starch and 2.5 Fat - 25 Carbohydrates
  - Vegetables – 1 Vegetable - 5 Carbohydrates
-

# FOR THOSE ON A DIABETIC DIET

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## General Guidelines for Kids' Menu

Diabetic exchanges and carbohydrate counting are included for insulin dependent diabetic children following a diet prescription from a registered dietitian. Food information is included so items may be used in daily diet planning as based on each child's exchange and carbohydrate availability. This information is not meant to replace recommendations from medical experts and is provided as a means to make menu planning easier.

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### Milk

- 1 Milk – 12 Carbohydrates

### French Fries

- 1 Starch and 2 Fat – 16 Carbohydrates

### Sliders

- 4 Medium Fat Meat and 5 Starch 3 Fat – 73 Carbohydrates

### Chicken Tenders

- Chicken - 3 Lean Meat, 1 Fat, 1 Starch – 15 Carbohydrates
- Honey Mustard Sauce 3 Fat, 4 Carbohydrate

### Bison Pot Roast

- Pot Roast – 3 Medium Fat Meat
- Mashed Potatoes – 1 Starch and 1 Fat – 12 Carbohydrates
- Green Beans – Free

### Mac 'N Cheez

- 2 High Fat Meat, 3.5 Starch 1 Fat – 57 Carbohydrates

### Ice Cream (3 oz)

- 1 Starch and 3 Fat – 16 Carbohydrates
- 

## Sides

### Steamed Vegetables

- Order without butter.
- Vegetables – 1 Vegetable – 5 Carbohydrates

### The Wedge

- Order without bacon.
  - For dressings, use 2 Fat Exchange for each Tablespoon Dressing.
  - Salad - Free
- 

\*A carbohydrate exchange contains 15 carbohydrates and can be substituted for 1 Starch, Fruit or Milk exchange as individual plans allow.

Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted's Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted's Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab<sup>®</sup> as a service to our customers. Ted's Montana Grill, EcoSure<sup>SM</sup> and Ecolab<sup>®</sup> assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.

## FOR THOSE ON A HEALTHY HEART PROGRAM

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The American Heart Association developed the 2006 Diet and Lifestyle Recommendations which address heart healthy lifestyle changes which include diet. This plan was developed by looking at the latest evidence for factors that influence cardiovascular health and utilizing the expertise of many prominent medical and nutrition experts. The recommendations are listed below:

- Balance calorie intake and physical activity to achieve or maintain a healthy body weight.
- Consume a diet rich in vegetables and fruits.
- Choose whole grain high fiber foods.
- Consume fish, especially oily fish, at least twice a week.
- Limit your intake of saturated fat to <7 % of energy, trans fat to < 1% of energy, and cholesterol to 300 mg per day by doing the following:
  - Choosing lean meats and vegetable alternatives.
  - Selecting fat free (skim), 1%-fat and low fat dairy products.
  - Minimizing intake of partially hydrogenated fats.
- Minimize your intake of beverages and foods with added sugars.
- Choose and prepare foods with little or no salt.
- If you consume alcohol, do so in moderation.
- When you eat food that is prepared outside of the home follow the AHA Diet and Lifestyle Recommendations.

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### General Recommendations

- We use only trans fat free oils in our kitchen but to reduce the overall amount of oil, select items that are baked or broiled and ask for oil to be held or used only sparingly.
- Ask for a take home container at the beginning of the meal when portion sizes exceed your daily allotment.
- Choose at least two vegetables and ask for them to be steamed without butter.
- Avoid French fries, onion rings and mashed potatoes. Although these are all fresh vegetables at the time of preparation, they are higher in fat.
- Ask for salad dressings to be served on the side so you can use them sparingly. Try some fresh lemon wedges or plain vinegar to have a totally fat free option.
- Ask for your meats to be prepared without any salted seasonings if you are watching your sodium intake.
- Take advantage of the fish we offer, both the salmon and trout are among the recommended varieties for beneficial omega three fatty acids. You will be on your way to the recommend minimum servings of two per week.
- Cut away any excessive fat from meats and remove the skin from poultry.
- If you drink alcohol, drink in moderation. That means one drink per day if you're a woman and two drinks per day if you're a man.

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### A word about trans fat and fats for a heart health program:

Dietary fat is only one factor of a heart healthy diet and like all the other factors of a healthy lifestyle it is important. Hopefully we have outlined just a few ideas that you can implement to help achieve the recommendations of the American Heart Association. Fats are both naturally occurring as well as added to items. There are many types of fats in our foods and some are better than others when it comes to health. Trans fatty acids are both naturally occurring in foods as well as manufactured to be used in foods to achieve desired attributes in food quality. Trans fatty acids are naturally occurring in meats and dairy products and while we can't take them out, you can limit those by choosing lean meats and fat free or low fat dairy products and eating them within the recommended amounts. We have selected manufactured ingredients that are trans-fat free.

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# FOR THOSE ON A HEALTHY HEART PROGRAM

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## Specific Menu Recommendations

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### Soups

- Karen's "Flying D" Chili - Based on daily caloric and sodium intake, consider ordering cup instead of bowl.
- 

### Salads

Dressings to select: Vinaigrette, Fresh Lemon or Olive Oil and Vinegar.

- The Wedge – Order without bacon.
  - Vine-Ripened Tomato and Onion Salad.
  - Caesar Salad, Grilled Chicken Caesar or Cedar Plank Salmon Caesar – Order without cheese and croutons.
  - Grilled Salad – Order without cheese, bacon, egg and croutons. Add chicken, bison patty or Cedar Plank Salmon.
  - House Salad – Order without croutons.
- 

### Burgers and Chicken Sandwiches

Order Ground Bison, Chicken or a Veggie Burger. Order Oatie wheat buns. Ask to NOT have your bun "floated." Choose a cup of chili as a side. Order without Ted's burger seasoning.

- Naked
  - Chili Cheese – Order without cheese.
  - Skinny Dip
  - The Green and Hot – Order without cheese.
-

## FOR THOSE ON A HEALTHY HEART PROGRAM

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### Featured Entrées

- Pot Roast – Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. Choose a sweet potato or baked potato without toppings. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad to complement your meal.
  - Cedar Plank Salmon – Order without fish seasoning. Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad. Order with fresh lemon.
  - Tenderloin Filet – The bison filet will save 32 grams of fat. If ordering the beef filet take half home for later. Order without Ted’s seasoning and lemon butter. Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - Bison Kansas City Strip Steak – Steak will be equal to two portions of meat so consider taking half home. Order without Ted’s seasoning and lemon butter. Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - French Dip – Order without French fries or Horseradish sauce. Order tomato slice or broccoli, carrots or asparagus steamed. Ask to not have your bun “floated.”
  - Pecan Crusted Trout – Choose sweet potato or baked potato without toppings and order tomato slice or broccoli, carrots or asparagus steamed.
  - Beer Can Chicken - Remove skin from chicken. Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed.
  - Slow Roasted Pork – Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - Roast Turkey – Order without turkey dressing and mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. Select a Wedge, House or Vine-Ripened Tomato and Onion Salad as above.
- 

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# FOR THOSE ON A WEIGHT LOSS PROGRAM

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## General Recommendations

- Based on daily caloric intake, request take-home container at beginning of meal. Cut meat, poultry or fish portion in half and place in container when you receive it.
- Ask to have entrées prepared without added fat.
- Order double vegetables instead of mashed potatoes, French fries or onion rings. If ordering sweet potato or baked potato, order without the toppings and only eat half. If limiting sodium, note that baked potato skin is pre-salted.
- Cut any visible fat from meat.
- Sauces and dressings that can be chosen are Fresh Lemon and Olive Oil and Vinegar. Vinaigrette can be ordered on the side and used sparingly.
- Sliced tomato, broccoli, carrots and green beans can be ordered with entrées. Ask that vegetables be steamed and not prepared with butter or oil.
- Begin the meal by enjoying a glass of water or unsweetened iced tea garnished with a lemon.
- Enjoy the atmosphere and the company you are with as you savor your meal. Eat slowly and place fork on your plate between bites.

## Specific Menu Recommendations

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### Soups

- Karen's "Flying D" Chili - Order cup instead of bowl.
  - Chicken Noodle
  - Tortilla
- 

### Salads

Dressings to select: Fresh Lemon or Olive Oil and Vinegar. Vinaigrette can be ordered on the side and used sparingly.

- The Wedge – Order without bacon.
  - Vine-Ripened Tomato and Onion Salad – Order prepared with small amount of vinaigrette or vinaigrette on the side.
  - Caesar Salad, Grilled Chicken Caesar or Cedar Plank Salmon Caesar – Order without cheese and croutons and request dressing on the side.
  - Grilled Salad – Order without cheese, bacon, egg and croutons. Add chicken, bison patty or Cedar Plank Salmon.
  - House Salad – Order without croutons.
- 

### Burgers and Chicken Sandwiches

Order Ground Bison or Chicken. Order Oatie wheat buns. Ask to not have your bun "floated." Ask to have it served with Barbecue sauce if desired.

- Naked
  - Veggie Burger
-

## FOR THOSE ON A WEIGHT LOSS PROGRAM

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### Featured Entrées

- Pot Roast – Order without mashed potatoes and gravy. May order sweet potato or baked potato without toppings and only eat half. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - Cedar Plank Salmon – Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page. Order with fresh lemon.
  - Tenderloin Filet (beef or bison)– Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - Bison Kansas City Strip Steak – Order without mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as on previous page.
  - French Dip – Order without French fries or Horseradish sauce. Order tomato slice or broccoli, carrots or asparagus steamed. May order sweet potato or baked potato without toppings and only eat half.
  - Veggie Plate – Choose at least 3 servings of the non starchy vegetables and limit yourself to one serving of other vegetable sides or potato to minimize calories.
  - Beer Can Chicken – Remove skin from chicken. Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as above. May order sweet potato or baked potato without toppings and only eat half.
  - Slow Roasted Pork – Order without mashed potatoes. Order tomato slice or broccoli, carrots or asparagus steamed. Add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as above. May order sweet potato or baked potato without toppings and only eat half.
  - Roast Turkey – Order without turkey dressing and mashed potatoes. May order sweet potato or baked potato without toppings and only eat half. Order tomato slice or broccoli, carrots or asparagus steamed. Can add Caesar, Wedge, House or Vine-Ripened Tomato and Onion Salad as above.
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Menu items are prepared to order so slight variations may be present. Occasionally, recipes may change, ingredients altered, and products may vary by local vendor or Ted's Montana Grill Location. Allergen information was gathered by approved product manufacturers. Products may come in contact with each other during preparation.

The nutritional and dietary recommendations were prepared for Ted's Montana Grill by Registered Dietitians of EcoSure<sup>SM</sup>, a service of Ecolab<sup>®</sup> (a third-party consultation service) as a service to our customers. Ted's Montana Grill, EcoSure<sup>SM</sup> and Ecolab<sup>®</sup> assume no responsibility for its use and any resulting liability of consequential damages is denied. This information should not be considered a substitute for individualized medical advice from personal physicians or registered dietitians.

# GLUTEN-FREE MENU

The kitchen at Ted's Montana Grill is not gluten-free but every attempt is made to meet your gluten-free needs. The analysis is based on the information available at time of publication. The following menu items are prepared with gluten-free products or can be ordered with the suggested changes to be gluten-free. Always request to speak with the manager when ordering.

## Starters

- Shrimp Cocktail (order without crackers)
- Grilled Shrimp (order without bread)

## Salads

Caesar, Honey Mustard, Creamy Vinaigrette, Bleu Cheese and Thousand Island Dressings are gluten-free. Please order your salad without croutons, as these do contain gluten.

- Grilled Caesar Salad (chicken, beef, bison, salmon or shrimp)
- Chopped Salad
- House Salad
- Vine-Ripened Tomato and Onion Salad
- Grilled Salad (chicken, beef, bison, salmon or shrimp)
- Wedge
- Caesar Side Salad

## Burgers and Chicken Sandwiches (order without the bun)

USDA Choice Beef, Great Range Brand Bison™ or All-Natural Chicken. Served with our fresh-cut French fries.

- Naked
- Montana
- Green & Hot
- S.O.B.
- Ultimate Skinny Dip
- Cheese
- Cordon Bleu
- New Mexico
- Philly
- Kitchen Sink
- C.O.B.
- Bleu Creek
- Vermejo
- America's Cup
- George's Cadillac
- Spikebox
- Swiss & Mushroom
- Skinny Dip

## Entrées (order without yeast roll)

Please refer to the listing of gluten-free sides when ordering your entrée.

- Cedar Plank Salmon
- Prime Rib (order without au jus)
- Bison or Beef Tenderloin Filet
- Bison Kansas City Strip Steak
- Bison or Beef Delmonico
- Roast Turkey (order without dressing and gravy)
- Brick Chicken
- Beer Can Chicken (order without chicken jus)

## Kids' Menu

Please refer to the listing of gluten-free sides when ordering your entrée.

- Bar None Sliders<sup>SM</sup> (order without roll)
- Cedar Plank Salmon

## Desserts

- Häagen-Dazs® Ice Cream
- Root Beer or Coke Float
- Shakes

## Sides

- Asparagus
- Broccoli
- Carrots
- Vine-Ripened Tomatoes
- Cottage Cheese
- Cole Slaw
- French Fries
- Mashed Potatoes
- Baked Potato
- Sweet Potato

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