

# Fleming's Prime Steakhouse and Wine Bar Nutrition Information

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Updated October 2021.

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
<b>Private Dining Hors d'Oeuvres</b>												
Sweet & Spicy Filet Skewers	140	90	10	4	0	30	2	230	0	1	9	
Chicken Satay	150	80	9	2	0	45	2	280	0	2	15	
Prime Meatballs	90	60	6	2.5	0	30	2	260	<1	1	6	
Crab Cake Bites	130	100	11	4.5	0	45	3	240	0	0	5	
Shrimp Cocktail	70	15	1.5	0	0	55	6	360	<1	5	8	
Mushroom Crostini	100	60	6	3.5	0	15	8	160	<1	1	2	
Fleming's Potato Tots	140	100	11	3	0	20	7	170	<1	2	2	
Gift Box of Fleming's Housemade Truffles	300	210	23	14	0	35	20	60	2	16	2	
<b>Starters</b>												
Ahi Tuna Poke Stack	350	110	12	1.5	0	50	34	1320	4	10	26	
Beef Carpaccio	940	620	69	29	0	195	21	770	2	1	57	
Burrata with Prosciutto	760	480	53	27	0	125	44	1430	4	5	27	
Chilled Seafood Tower, serves 1-2	1080	350	39	5	0	725	56	4370	9	21	125	
Chilled Seafood Tower, serves 4-6	1870	620	69	9	0.5	1400	82	7920	15	34	225	
Crab Cakes	730	590	66	27	0.5	265	6	1370	<1	2	25	
Seared Pork Belly	700	510	57	22	0	100	12	890	<1	2	36	
Shrimp Cocktail	300	50	6	1	0	285	21	1270	3	15	40	
Sweet Chili Calamari	920	530	59	9	0	395	70	2750	5	30	24	
<b>Market Salads &amp; Classic Soups</b>												
French Onion Soup	530	330	37	21	0	105	23	1880	3	7	30	
Lobster Bisque	510	400	44	27	1.5	180	16	910	<1	5	10	
Caesar Salad	250	180	20	6	0	35	10	940	2	2	11	
Flemings Salad	330	210	23	5	0	10	30	340	5	15	5	
Wedge Salad	540	420	46	15	1	55	17	950	3	13	16	
<b>Beyond Steaks</b>												
Barbecue Scottish Salmon Fillet	810	500	55	15	0	160	19	690	1	12	58	
Double Breast of Chicken	580	270	30	6	0	225	5	1150	<1	2	65	
Golden Brown King Crab Legs	890	640	71	43	0	325	6	3530	2	1	53	
Miso Glazed Chilean Sea Bass	850	570	64	14	0	115	55	2120	4	26	33	
Seasonal Featured Lobster Tails	750	430	48	29	0	470	5	1460	<1	<1	70	
Chickpea & Eggplant Croquette	600	330	37	4.5	0	<5	55	1300	10	10	13	
<b>Signature Steaks</b>												
Bone-In Filet Mignon, 14 oz	480	240	27	14	1	185	1	500	0	0	59	
Certified Angus Beef Ribeye, 14 oz	1150	870	96	45	2.5	265	<1	910	0	<1	69	
Main Filet Mignon, 11 oz	490	240	27	14	1	185	1	510	0	0	60	
Filet 6 oz	250	120	13	7	0.5	100	<1	270	0	0	32	
Petite Filet Mignon, 8 oz	410	210	23	12	1	155	1	420	0	0	49	
Prime Bone-In Ribeye, 20 oz	1360	1040	115	56	7	295	<1	710	0	0	79	
Prime Dry-Aged Ribeye, 16 oz	1340	990	110	53	5	315	<1	720	0	<1	86	
Prime New York Strip, 16 oz	1180	780	86	38	1.5	315	<1	590	0	<1	101	
Prime Tomahawk, 35 oz	1700	1270	141	67	9	360	1	830	0	<1	107	
<b>Over the Top</b>												
Diablo Shrimp	620	490	55	34	0	305	7	580	<1	1	23	
Jumbo Lump Crabmeat	290	230	26	14	0	115	3	370	2	1	10	
Truffle-Poached Lobster	460	450	50	31	0	170	0	430	0	0	1	
Seared Pork Belly Topping	280	220	25	9	0	35	5	270	<1	2	7	
<b>Signature Butters</b>												
Venus Butter	160	160	18	11	0	50	0	180	0	0	0	
Herbed Horseradish	130	130	14	9	0	40	<1	135	0	0	0	
Bernaise	160	160	18	11	0	50	0	150	0	0	0	
Seasonal Spread - Cabernet Red Onion	110	90	10	6	0	30	3	125	0	2	<1	
<b>Sides</b>												
Baked Potato: Loaded	760	340	38	23	0	105	81	11290	16	1	26	
Baked Potato: Plain	370	5	0.5	0	0	0	79	10710	16	0	16	
Chipotle Cheddar Mac & Cheese	1210	780	87	52	1	250	79	1930	3	4	31	
Creamed Spinach	870	680	76	30	1	125	33	1910	9	11	30	
Crispy Brussels Sprouts & Bacon	800	570	64	17	0	30	41	310	12	25	13	
Fleming's Potatoes	1040	710	79	50	1	240	52	1410	9	5	36	
Fresh Roasted Asparagus	260	180	20	12	0	50	12	370	7	6	7	
Mashed Potatoes	580	380	42	27	0	115	43	1070	8	2	10	
Lobster Mashed Potatoes	700	420	47	29	0	195	43	1440	8	2	27	
Lobster Mashed Potatoes	820	520	58	36	0	220	44	1720	8	3	27	
North Atlantic Lobster Mac & Cheese	1190	700	78	46	1	290	78	2040	3	4	45	
Lobster Mac and Cheese	1310	800	89	53	1	315	79	2320	3	5	45	
Sauteed Mushrooms	550	440	49	16	0	60	22	590	5	6	10	
Signature Onion Rings	610	440	49	8	0	35	34	1260	4	13	7	
Cauliflower Mash	550	520	58	34	1	155	4	3110	0	3	13	
<b>Dessert</b>												
Chocolate Lava Cake	1340	900	100	57	0.5	590	93	580	8	71	20	
Crème Brulee	820	610	68	40	1.5	585	45	70	<1	43	11	
Fresh Fruit & Chantilly Cream	220	80	9	5	0	25	36	15	5	26	3	
Goosey Butter Cake	780	410	45	28	1	145	91	560	3	68	7	
Ice Cream: Chocolate Ice Cream (Regional)	350	150	17	11	0.5	65	44	100	2	36	7	
Ice Cream: Premium Vanilla (Regional)	360	180	20	13	0.5	80	41	110	0	32	6	
New York Cheesecake	1100	610	68	40	3	370	108	790	4	91	19	
Cheesecake with Strawberry Sauce	960	560	62	37	3	320	85	660	3	70	17	
Cheesecake--Private Dining	580	310	34	20	1.5	185	60	430	2	50	10	
Sorbet: Wildberry Sorbet (Regional)	170	0	0	0	0	0	41	15	0	32	0	
Key Lime Pie	740	270	30	18	0	110	105	420	2	84	13	
Carrot Cake	1260	620	69	18	1	165	153	530	3	118	10	
Hot Fudge Sundae	450	200	22	14	0.5	75	60	140	2	49	8	
<b>Carry Out</b>												
The Prime Burger, with fries	1370	660	73	28	3	245	111	3210	8	21	60	
California Burger, with fries	1460	760	84	30	3	250	110	3280	9	21	60	
Shaved Tenderloin Sandwich W Fries	1800	920	102	40	0	250	144	4100	12	19	75	
Crispy Chickpea & Eggplant Burger	1110	380	42	9	0	110	151	2610	16	21	25	
Chickpea & Eggplant Croquette	600	330	37	4.5	0	<5	55	1300	10	10	13	
California Power Bowl	570	300	33	3	0	0	58	1170	10	9	13	
<b>Children's Menu</b>												
Cheese & Crackers	210	120	13	7	0	40	10	660	0	<1	12	
Chicken Tenders with Fries	810	290	32	7	0	60	94	3190	9	9	35	
Children's Filet with Fries	470	180	20	8	0.5	95	37	1090	4	<1	37	
Filet Mignon Sandwich & Fries	1800	920	102	40	0	250	144	4100	12	19	75	
Fleming's Salad	330	210	23	5	0	10	30	350	6	15	5	
Fresh Fruit: Strawberries and Grapes	45	0	0	0	0	0	11	0	1	9	<1	
Mac & Cheese	1200	780	87	53	1	255	74	2020	3	4	32	
Side: Kids Fries	240	100	11	2	0	0	31	610	3	0	4	
Side: Potato Waffle	190	100	12	7	0	75	15	300	2	0	7	
Caesar Salad	250	180	20	6	0	35	10	940	2	2	11	
Fleming's Salad	330	210	23	5	0	10	30	340	5	15	5	
Children's Sundae	240	90	10	6	0	35	36	75	1	30	3	
Children's Carrot Cake	970	540	60	26	1	160	102	330	2	82	7	
Children's Chocolate Goosey Butter Cake	470	240	27	17	1	90	56	360	2	41	4	
Children's New York Cheesecake	580	310	34	20	1.5	185	60	430	2	50	10	



Beverage: Non-Alcoholic												
Acqua Panna, Regular	0	0	0	0	0	0	0	0	0	0	0	0
Acqua Panna, Small	0	0	0	0	0	0	0	0	0	0	0	0
Cappuccino	80	15	1.5	1	0	5	15	40	2	12	3	
Cappuccino, Decaf	70	10	1	0.5	0	<5	14	25	2	11	2	
Coffee, Decaf	0	0	0	0	0	0	0	80	0	0	0	
Coffee	0	0	0	0	0	0	0	10	0	0	0	
Coke	110	0	0	0	0	0	30	0	0	30	0	
Diet Coke	0	0	0	0	0	0	0	10	0	0	0	
Diet Sprite	0	0	0	0	0	0	0	0	0	0	0	
Espresso, Decaf	15	0	0	0	0	0	4	0	0	4	0	
Espresso, Decaf, Double	15	0	0	0	0	0	4	0	0	4	0	
Espresso, Double	15	0	0	0	0	0	4	0	0	4	0	
Espresso	15	0	0	0	0	0	4	0	0	4	0	
French Press	0	0	0	0	0	0	0	35	0	0	0	
Ginger Ale	100	0	0	0	0	0	27	10	0	27	0	
Iced Tea, Sweet	70	0	0	0	0	0	17	10	0	17	0	
Iced Tea, Unsweet	0	0	0	0	0	0	0	10	0	0	0	
Mr. Pibb	100	0	0	0	0	0	28	15	0	28	0	
San Pellegrino, Regular	0	0	0	0	0	0	0	40	0	0	0	
San Pellegrino, Small	0	0	0	0	0	0	0	20	0	0	0	
Sprite	110	0	0	0	0	0	29	25	0	29	0	
Beverage: Cocktails and Martinis												
Alpine Flightplan	260	5	0.5	0	0	0	21	0	2	17	<1	
Alpine Mule	180	0	0	0	0	0	12	0	0	10	0	
Alta Vista Sour	200	0	0	0	0	0	15	0	0	13	0	
Amaro Manhattan	150	0	0	0	0	0	6	40	<1	3	0	
Berry Patch Pal	180	0	0	0	0	0	14	0	1	12	0	
Black Walnut Old Fashioned	170	0	0	0	0	0	7	0	1	6	0	
Blueberry Lemon Drop	260	0	0	0	0	0	34	0	1	33	0	
Blackberry Lemon Drop	200	0	0	0	0	0	27	0	1	26	0	
California Cocktail	240	0	0	0	0	0	30	0	2	27	<1	
California Cooler	360	0	0	0	0	0	53	5	<1	51	<1	
California Jam Jar	250	0	0	0	0	0	24	0	2	21	<1	
Citrus Mule	200	0	0	0	0	0	16	0	1	12	<1	
Columbia Rose Sour	200	0	0	0	0	0	14	0	0	13	0	
Coastal Bloody Mary	200	10	1	0	0	55	15	1350	2	4	9	
Cranberry Pal	170	0	0	0	0	0	12	0	0	11	0	
Dominican Cup	200	0	0	0	0	0	17	0	0	16	0	
Fleming's Bourbon Experience	200	0	0	0	0	0	0	0	0	0	0	
Fonseca Sour	220	0	0	0	0	0	20	0	0	20	0	
Hemingway V&T	120	0	0	0	0	0	5	0	<1	4	0	
Iberian Heritage	240	0	0	0	0	0	24	0	1	22	0	
Italian Flightplan	390	5	1	0	0	0	48	0	3	43	1	
Mediterranean Flight Plan	290	5	1	0	0	0	25	90	2	17	<1	
Monks Cup	200	0	0	0	0	0	18	0	0	17	0	
Moonlight Mule	200	0	0	0	0	0	16	0	1	12	<1	
Nopales Margarita	250	0	0	0	0	0	9	0	0	8	0	
Oceanic Flight Plan	240	0	0	0	0	0	23	90	0	18	0	
Old Fashioned	170	0	0	0	0	0	9	0	1	8	0	
Old Mexico	240	0	0	0	0	0	22	0	1	20	0	
Orchard Lemon Drop	260	0	0	0	0	0	42	0	5	33	<1	
Passion Fruit Mimosa	100	0	0	0	0	0	18	15	0	13	<1	
Passion Fruit Mimosa Carafe	300	0	0	0	0	0	54	40	0	38	2	
Pineapple Lemon Drop	230	0	0	0	0	0	25	0	0	25	0	
Port of Manhattan	230	0	0	0	0	0	3	0	<1	2	0	
Porto V&T	150	0	0	0	0	0	6	0	<1	5	0	
Rose Margarita	270	15	1.5	1	0	0	19	0	5	9	2	
Royale Pal	170	0	0	0	0	0	12	0	0	12	0	
Sherry Old Fashioned	220	0	0	0	0	0	22	0	3	18	0	
Sicilian Cup	280	0	0	0	0	0	38	0	2	35	0	
Socal V&T	110	0	0	0	0	0	3	0	0	2	0	
Solstice V&T	130	0	0	0	0	0	5	0	1	3	0	
Spanish Heritage	180	0	0	0	0	0	8	0	2	5	0	
Spanish Cup	240	0	0	0	0	0	18	0	2	14	0	
Heritage Market	310	0	0	0	0	0	44	0	1	40	<1	
The Manhattan	190	0	0	0	0	0	8	40	0	6	0	
Thyme in California	200	0	0	0	0	0	21	0	0	19	0	
Tiki Mule	190	0	0	0	0	0	13	0	<1	12	0	
Watermelon Pal	170	0	0	0	0	0	12	0	0	12	0	
Beverage: Beer												
Blue Moon Belgian White, Bottle	170	0	0	0	0	0	14	15	0	0	2	
Blue Moon First Peach Ale, Bottle (Seasonal)	180	0	0	0	0	0	16	10	0	0	2	
Blue Moon Harvest Pumpkin, Bottle (Seasonal)	180	0	0	0	0	0	15	10	0	0	2	
Blue Moon Mango Wheat, Bottle (Seasonal)	170	0	0	0	0	0	16	10	0	<1	2	
Blue Moon Summer Honey Wheat, Bottle (Seasonal)	150	0	0	0	0	0	12	10	0	3	1	
Bud Light, Bottle	110	0	0	0	0	0	6	10	0	0	<1	
Budweiser, Bottle	140	0	0	0	0	0	10	10	0	0	1	
Coors Lite, Bottle	100	0	0	0	0	0	5	10	0	0	0	
Corona Extra, Bottle	150	0	0	0	0	0	12	15	0	0	2	
Duvel Strong Golden Ale, Bottle	220	0	0	0	0	0	14	0	0	0	1	
Heineken, Bottle	140	0	0	0	0	0	0	0	0	0	0	
Kona Brewing Co. Big Wave Golden Ale, Bottle	150	0	0	0	0	0	12	15	0	0	2	
Lagunitas IPA, Bottle	190	0	0	0	0	0	14	15	0	0	3	
Michelob Ultra, Bottle	90	0	0	0	0	0	3	10	0	0	<1	
Miller Lite, Bottle	100	0	0	0	0	0	3	5	0	0	0	
Omission Pale Ale, Bottle	170	0	0	0	0	0	13	20	0	0	2	
Ommegang Abbey Ale, Bottle	250	0	0	0	0	0	21	10	1	0	3	
Redhook IPA, Bottle	200	0	0	0	0	0	<1	15	0	0	3	
Samuel Adams Boston Lager, Bottle	170	0	0	0	0	0	17	30	0	0	2	
Samuel Adams Rebel IPA, Bottle	200	0	0	0	0	0	15	15	0	<1	2	
Sierra Nevada Torpedo IPA, Bottle	240	0	0	0	0	0	0	0	0	0	0	
Stella Artois, Bottle	150	0	0	0	0	0	13	0	0	0	1	
Stella Artois Cidre, Bottle	170	0	0	0	0	0	21	0	0	0	0	
Wine												
Dessert Wine, Dry, 3 oz	130	0	0	0	0	0	10	10	0	<1	0	
Dessert Wine, Sweet, 3 oz	140	0	0	0	0	0	12	10	0	7	0	
Red Wine, 6 oz	150	0	0	0	0	0	5	5	0	1	0	
Red Wine, Bottle	640	0	0	0	0	0	20	25	0	5	<1	
Rose Wine, 6 oz	150	0	0	0	0	0	5	5	0	2	0	
Rose Wine, Bottle	650	0	0	0	0	0	19	25	0	7	<1	
Sparkling Wine, Split, 6 oz	150	0	0	0	0	0	5	0	0	0	0	
War of the Rose (6 oz)	150	0	0	0	0	0	5	5	0	2	0	
Sparkling Wine, Bottle	600	0	0	0	0	0	20	0	0	0	0	
White Wine, 6 oz	150	0	0	0	0	0	5	5	0	2	0	
White Wine, Bottle	650	0	0	0	0	0	19	25	0	7	<1	