

Flemings Prime Steakhouse Nutrition

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. Nutrition information is updated when new data is recieved from suppliers. Due to this reason, calories on the print menu may differ from online information. The information on this document is the most up to date as of the date created.
Created: October 7, 2025

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
DINNER MENU For The Table													
Chilled Shellfish Tower, serves 4-6	1	Serving	2450	920	109	19	0	1365	11610	76	22	35	247
Chilled Shellfish Tower, serves 1-2	1	Serving	1120	530	63	11	0	520	4950	38	9	21	89
Caviar Service	1	Serving	480	270	30	9	0	390	1060	34	7	8	20
Half Dozen Oysters	1	Serving	180	25	2.5	0.5	0	35	1560	15	5	6	10
Dozen Oysters	1	Serving	340	50	6	1.5	0	80	2000	22	6	6	20
Ahi Tuna Poke Stack	1	Serving	360	140	16	2	0	45	820	32	6	10	27
Yellowtail Crudo	1	Serving	160	50	6	1.5	0	45	780	4	1	1	21
Sweet Chili Calamari	1	Serving	870	350	39	7	0	530	1870	88	4	34	41
Crab Cakes	1	Serving	460	290	34	6	0	175	1470	10	1	4	23
Signature Onion Rings	1	Serving	1340	810	93	17	0	60	1770	103	10	23	23
Burrata with Prosciutto	1	Serving	650	410	45	24	0	120	1660	30	2	3	34
Shrimp Cocktail	1	Serving	300	50	6	1	0	285	1260	21	2	15	39
Beef Carpaccio	1	Serving	940	650	73	34	0	205	830	27	3	2	42
Japanese A5 Wagyu Strip	1	Serving	650	550	61	24	0	80	8020	11	1	7	14
Market Salads & Classic Soups													
Wedge Salad with Dressing	1	Serving	560	430	50	16	0.5	55	1020	16	3	12	18
Fleming's Salad wtih Dressing	1	Serving	400	260	29	7	0	15	290	33	7	19	7
Caesar Salad with Dressing	1	Serving	310	210	24	8	0	40	1170	12	3	2	15
Lobser Bisque	1	Serving	510	430	47	25	0	195	1220	14	1	2	8
French Onion Soup	1	Serving	520	310	34	23	0	110	1230	22	3	7	24
Steaks and Enhance Your Steak Experience													
Prime Bone-In Ribeye, 20 oz.	1	Serving	1470	1090	122	58	8	305	2210	2	0	0	92
Cowgirl Bone In Ribeye14 oz	1	Serving	1030	770	86	40	2	235	2080	1	0	0	61
Prime Dry-Aged Ribeye, 16 oz	1	Serving	1130	840	93	45	4.5	265	610	1	0	1	72
Prime Tomahawk, 35oz	1	Serving	2110	1670	186	82	9	405	2680	2	1	0	108
Prime New York Strip, 16 oz	1	Serving	1000	660	74	33	1	270	510	0	0	1	84
Main Filet Mignon, 11 oz	1	Serving	590	290	32	16	1	225	610	2	0	0	74
Petite Filet Mignon, 8 oz	1	Serving	440	220	25	13	1	170	460	1	0	0	54
Bone In Filet Mignon 14 oz	1	Serving	550	240	26	12	1	235	1030	1	0	0	74
Japanese A5 Wagyu Strip	1	Serving	650	550	61	24	0	80	8020	11	1	7	14
Australian Wagyu Strip	1	Serving	1510	1010	112	48	0	390	1660	1	0	0	118
Garlic Butter Mushroom Medley	1	Serving	240	200	23	9	0	35	240	8	1	2	3
Diablo Shrimp Topping	1	Serving	520	430	48	31	0	270	460	4	1	1	19
Add Colossal Shrimp	1	Serving	110	15	2	0	0	155	580	1	0	0	21
Truffle-Poached Lobster with Caviar	1	Serving	560	440	49	28	0	275	750	1	0	0	26
Artisanal Butter Trio	1	Serving	430	430	48	30	2	125	530	2	0	1	0
Shaved Black Truffle	1	Serving	10	0	0	0	0	0	40	2	0	0	0
Steamed Lobster Tail (7 oz)	1	Serving	480	310	35	21	0	280	860	0	0	0	38
Add 12 oz Lobster Tail	1	Serving	720	430	48	29	0	445	1370	3	1	1	65
Entrees													
Petite Filet and 12 oz North Atlantic Lobster	1	Serving	1160	650	72	42	1	615	1830	4	1	1	119

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Barbecue Salmon Fillet	1	Serving	520	280	31	7	0	145	530	12	1	9	50
Miso Glazed Chilean Sea Bass	1	Serving	690	530	59	13	0	115	960	11	3	7	31
Twin North Atlantic Lobster Tails	1	Serving	1050	470	53	31	0	770	2390	7	2	2	130
Norwegian Red King Crab	1	Serving	1000	630	70	43	0	375	4340	3	1	1	83
Seared Yellowfin Tuna	1	Serving	600	310	36	4	0	105	1830	27	3	11	45
Jumbo Scallops with Wild Mushroom Risotto	1	Serving	930	570	65	23	1	120	1670	48	2	7	40
Mushroom & Tomato Ragout Pasta (Pappardelle Pasta)(Regional)	1	Serving	690	310	34	12	0	60	910	77	9	13	22
Mushroom & Tomato Ragout Pasta (Cavatappi Pasta)	1	Serving	1060	450	50	18	0.5	60	1430	121	13	24	32
Double Breast of Chicken	1	Serving	670	170	19	4	0	430	1550	12	1	2	110
Double Bone In 20 oz Pork Chop	1	Serving	1050	500	56	13	0	270	4200	37	4	31	92
Shareable Sides													
Crispy Brussels Sprouts & Bacon	1	Serving	740	540	60	15	0	35	480	33	12	18	14
Flash Fried Brussels Sprouts (California)	1	Serving	690	480	54	11	0	15	700	43	12	26	10
Roasted Asparagus	1	Serving	150	110	12	7	0	30	810	9	5	4	5
Thai Green Beans	1	Serving	430	330	37	6	0	0	1510	22	5	12	7
Sweet Corn Brulee	1	Serving	680	160	17	9	0	40	650	120	4	30	13
Flemings Potatoes	1	Serving	940	620	69	44	2	200	1140	60	5	7	27
Mashed Potatoes	1	Serving	620	380	42	27	0	115	960	54	5	4	6
Gorgonzala Dolce Gnocchi	1	Serving	860	540	60	37	1.5	240	1640	59	4	5	21
Baked Potato, Loaded	1	Serving	910	370	41	23	0	115	1090	109	15	1	26
Baked Potato, Plain	1	Serving	500	10	1	0	0	0	430	108	14	0	14
Chipotle Cheddar Mac & Cheese	1	Serving	1270	780	87	54	1.5	245	1750	89	4	8	32
Desserts													
New York Cheesecake	1	Serving	1110	630	69	41	3	365	850	101	3	82	18
Creme Brulee	1	Serving	750	570	63	41	2	330	60	41	0	40	6
Fresh Fruit & Chantilly Cream	1	Serving	180	70	8	5	0	20	25	27	4	20	2
Chocolate Gooley Brownie	1	Serving	760	400	45	28	1.5	140	630	89	3	65	7
Carrot Cake	1	Serving	1230	610	69	16	0	150	690	148	3	112	11
Chocolate Lava Cake	1	Serving	1240	860	95	55	0	455	570	89	7	69	18
Children's Menu													
Classic Salad	1	Serving	45	10	1	0	0	0	25	8	2	5	2
Cheese & Crackers	1	Serving	360	240	26	7	0	35	540	17	2	4	12
Filet Mignon with Fries	1	Serving	860	390	44	14	1	120	2050	69	7	8	47
Chicken Tenders with Fries	1	Serving	1080	460	52	10	0	60	3930	116	11	9	37
Mac & Cheese	1	Serving	1330	830	93	56	1.5	265	2130	84	3	8	39
Cheesesteak Sandwich with Fries	1	Serving	1980	1210	135	53	1	275	4230	122	11	13	73
KLW Chicken Breast	1	Serving	150	30	3.5	0.5	0	90	55	0	0	0	28
KLW Salmon	1	Serving	230	130	14	2.5	0	70	70	0	0	0	25
Filet Sliders with Fries	1	Serving	1180	550	61	19	1	100	3820	119	7	28	40
KLW Steamed Spinach	1	Serving	20	5	0	0	0	0	65	3	2	0	2
KLW Steamed Asparagus	1	Serving	15	0	0	0	0	0	0	3	2	2	2
Fresh Fruit Bowl	1	Serving	30	0	0	0	0	0	0	7	2	5	1
Ice Cream Sundae	1	Serving	350	170	19	11	0	55	170	43	0	33	4
Apple Juice (6 oz)	1	Serving	80	0	0	0	0	0	25	20	0	20	0
Oange Juice (6oz)	1	Serving	80	0	0	0	0	0	0	19	0	15	1
Hand-Crafted Cocktails													
The Butterfly Effect	1	Serving	180	0	0	0	0	0	10	25	0	21	0
Espresso Martini	1	Serving	190	0	0	0	0	0	0	10	0	10	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Espresso Martini Decaf	1	Serving	10	0	0	0	0	0	0	3	0	2	0
Time is Honey	1	Serving	200	0	0	0	0	0	0	15	0	14	0
Agave My Heart	1	Serving	160	0	0	0	0	0	15	17	0	16	0
Keep Your Gin UP	1	Serving	280	0	0	0	0	0	0	19	0	17	0
Olive a Martini with Gin & Olives	1	Serving	240	10	1	0	0	0	130	1	0	0	0
Olive A Martini with Vodka & Olives	1	Serving	210	10	1	0	0	0	125	1	0	0	0
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	7	1	6	0
On Cloud 9	1	Serving	260	0	0	0	0	0	0	33	0	31	0
Artisanal Margarita	1	Serving	220	0	0	0	0	0	190	9	0	5	0
Espresso Yourself with Tequilla	1	Serving	220	0	0	0	0	0	10	30	0	28	0
Wagyu Infused Old Fashioned	1	Serving	150	0	0	0	0	0	30	6	0	5	0
Liquid Courage	1	Serving	230	0	0	0	0	0	150	26	0	26	0
Pineapple Castaway Cocktail	1	Serving	160	0	0	0	0	0	0	18	0	16	0
Strawberry Fields	1	Serving	240	0	0	0	0	0	0	23	1	20	0
Small Batch Smash	1	Serving	230	0	0	0	0	0	0	24	0	22	0
Frequent Flyer	1	Serving	240	0	0	0	0	0	0	13	0	12	0
Jones Street Manhattan	1	Serving	260	0	0	0	0	0	0	3	0	2	0
Amused & Infused	1	Serving	300	60	7	3	0	25	790	7	0	1	1
Golden State of Mind with Vodka	1	Serving	190	0	0	0	0	0	0	21	0	17	0
Herb Your Enthusiasm with Gin	1	Serving	180	0	0	0	0	0	5	19	0	17	0
Dont Be Salty	1	Serving	350	25	3	2.5	0	10	300	48	0	38	2
Nutty But Nice	1	Serving	310	90	10	6	0	30	60	31	0	24	3
Specialty Lattes													
Lavender Haze Latte 2 % Milk	1	Serving	150	30	3.5	2.5	0	15	75	22	12	9	6
Lavender Haze Latte - Oat Milk	1	Serving	150	45	5	0	0	0	85	23	12	3	2
Vanilla Sage Latte - 2% Milk	1	Serving	200	30	3.5	2.5	0	15	75	34	0	32	6
Vanilla Sage Latte - Oat Milk	1	Serving	200	45	5	0	0	0	85	35	0	26	2
Zero Proof Beverages													
Golden State of Mind NA	1	Serving	90	0	0	0	0	0	0	21	0	17	0
Herb Your Enthusiasm NA	1	Serving	70	0	0	0	0	0	0	19	0	17	0
Espresso Yourself Zero Proof	1	Serving	120	0	0	0	0	0	10	30	0	28	0
Tost	1	Serving	50	0	0	0	0	0	0	12	1	11	0
Tomahawk Tuesday													
Porterhouse for Two with Artisan Salt	1	Serving	2030	1270	142	63	2.5	570	7180	3	1	1	185
Prime Tomahawk, 35oz	1	Serving	2110	1670	186	82	9	405	2680	2	1	0	108
Add 7 oz lobster tail	1	Serving	390	220	24	14	0	250	770	3	1	1	38
Shaved Black Truffle	1	Serving	10	0	0	0	0	0	40	2	0	0	0
Artisanal Butter Trio	1	Serving	430	430	48	30	2	125	530	2	0	1	0
Add 12 oz Lobster Tail	1	Serving	720	430	48	29	0	445	1370	3	1	1	65
Lunch Menu													
Housemade Milkbread with Lavendar Honey Butter	1	Serving	920	340	38	20	0	105	940	125	4	33	22
Burrata with Prosciutto	1	Serving	650	410	45	24	0	120	1660	30	2	3	34
Sweet Chili Calamari	1	Serving	870	350	39	7	0	530	1870	88	4	34	41
Yellowtail Crudo	1	Serving	160	50	6	1.5	0	45	780	4	1	1	21
Black Truffle Filet Tartare	1	Serving	570	240	28	10	0	100	1850	42	4	2	32
Mushroom Brie Soup	1	Serving	250	210	23	11	0	45	750	9	1	2	3
Caesar Salad with Chicken	1	Serving	500	260	30	10	0	140	1370	14	4	3	46
Baby Kale & Beet Salad	1	Serving	650	350	39	7	0	15	370	64	11	24	15

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Steakhouse Filet Chopped Salad	1	Serving	860	520	58	21	1.5	160	1070	29	7	12	56
Yellowfin Tuna Poke Bowl	1	Serving	890	310	36	5	0	40	1640	119	8	27	30
Shellfish Louie Salad	1	Serving	620	290	33	5	0	245	1400	34	9	23	51
Mushroom & Tomato Ragout Pasta	1	Serving	1030	450	51	18	0.5	60	1220	113	10	19	31
Add Chicken (5 oz)	1	Serving	150	30	3.5	0.5	0	90	120	0	0	0	28
Add Shrimp	1	Serving	110	15	2	0	0	155	580	1	0	0	21
Fleming's Prime Steakhouse Burger	1	Serving	970	500	56	25	2	205	2180	55	3	16	63
Grilled Chicken Burrata Sandwich	1	Serving	720	380	43	12	0	125	860	38	6	6	42
Filet Mignon Sandwich	1	Serving	890	590	66	27	0	190	1790	22	3	5	51
Lobster Roll	1	Serving	1020	690	76	47	0	405	1550	45	2	8	36
Fleming's Salad with Dressing	1	Serving	170	100	11	2.5	0	5	120	17	3	10	3
Seared Yellowfin Tuna	1	Serving	600	310	36	4	0	105	1830	27	3	11	45
BBQ Seared Salmon with Garlic Rice	1	Serving	1250	480	53	10	0	235	1100	146	12	17	48
Steak Frites	1	Serving	1330	920	105	30	0	165	2580	55	5	3	46
Cabernet Filet	1	Serving	570	310	35	13	0.5	150	1850	12	4	4	52
Cowgirl Bone In Ribeye, 14 oz	1	Serving	1020	770	86	40	2	235	2080	1	0	0	61
Prime New York Strip, 16 oz	1	Serving	1000	660	74	33	1	270	510	0	0	1	84
Main Filet Mignon, 11 oz	1	Serving	590	290	32	16	1	225	610	2	0	0	74
Petite Filet Mignon, 8 oz	1	Serving	440	220	25	13	1	170	460	1	0	0	54
Japanese A5 Wagyu Strip	1	Serving	650	550	61	24	0	80	8020	11	1	7	14
Parmesan Truffle Fries	1	Serving	1200	840	97	18	0	25	3020	80	8	1	11
Roasted Asparagus	1	Serving	150	110	12	7	0	30	810	9	5	4	5
Crispy Rosemary Cracked Potatoes	1	Serving	510	360	41	9	0	20	350	35	3	2	3
Crispy Brussels Sprouts & Bacon	1	Serving	410	290	32	8	0	20	310	20	6	13	7
Artisanal Margarita	1	Serving	220	0	0	0	0	0	190	9	0	5	0
Small Batch Smash	1	Serving	230	0	0	0	0	0	0	24	0	22	0
Pineapple Castaway Cocktail	1	Serving	160	0	0	0	0	0	0	18	0	16	0
Strawberry Fields	1	Serving	250	0	0	0	0	0	0	26	1	21	0
The Butterfly Effect	1	Serving	180	0	0	0	0	0	10	25	0	21	0
Golden State of Mind NA	1	Serving	90	0	0	0	0	0	0	21	0	17	0
Golden State of Mind with Vodka	1	Serving	190	0	0	0	0	0	0	21	0	17	0
Espresso Yourself Zero Proof	1	Serving	120	0	0	0	0	0	10	30	0	28	0
Espresso Yourself with Tequilla	1	Serving	220	0	0	0	0	0	10	30	0	28	0
Herb Your Enthusiasm NA	1	Serving	70	0	0	0	0	0	0	19	0	17	0
Herb Your Enthusiasm with Gin	1	Serving	180	0	0	0	0	0	5	19	0	17	0
Tropical Tee	1	Serving	110	0	0	0	0	0	15	27	0	25	1
Blackberry Lavenderade NA	1	Serving	120	0	0	0	0	0	0	29	26	2	0
Tost	1	Serving	50	0	0	0	0	0	0	12	1	11	0
Social Hour Menu													
Time is Honey	1	Serving	200	0	0	0	0	0	0	15	0	14	0
Agave My Heart	1	Serving	160	0	0	0	0	0	15	17	0	16	0
Keep Your Gin UP	1	Serving	280	0	0	0	0	0	0	19	0	17	0
Olive a Martini with Gin & Olives	1	Serving	240	10	1	0	0	0	130	1	0	0	0
Olive A Martini with Vodka & Olives	1	Serving	210	10	1	0	0	0	125	1	0	0	0
Flemings Prime Steakhouse Sliders	1	Serving	1420	670	75	32	1.5	220	3900	121	3	58	68
Crispy Chicken Sliders	1	Serving	1110	400	45	11	0	90	4350	136	2	46	42
Bourbon & Apricot Glazed Meatballs	1	Serving	550	270	30	12	1.5	190	630	25	1	18	36
Truffle Grilled Cheese with Creamy Tomato Soup	1	Serving	580	370	41	25	0	130	1180	29	3	6	22
Filet Wellington Bites	1	Serving	1490	990	112	15	1	135	1670	75	13	30	59

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Charcuterie and Cheese Plate for 1	1	Serving	1220	780	87	51	0	225	3980	47	2	23	74
Goat Cheese Bites	1	Serving	1500	650	72	37	2.5	480	1020	156	3	91	55
Crab Cake Bites	1	Serving	650	500	58	19	0	195	1190	14	1	1	20
Tempura Shrimp	1	Serving	340	110	12	2	0	205	480	29	1	11	29
Spicy Tuna Wonton	1	Serving	290	120	13	2.5	0	40	570	18	4	4	26
Diablo Shrimp & Grit Cake	1	Serving	760	370	41	24	0	505	1480	46	2	9	48
Yellowfin Tuna Tartare	1	Serving	510	260	30	5	0	50	810	32	1	6	31
Beet Hummus Lettuce Wraps	1	Serving	180	80	9	1	0	0	620	20	6	4	6
Black Truffle Filet Tartare	1	Serving	570	240	28	10	0	100	1850	42	4	2	32
Bar Menu													
Smoked Old Fashioned	1	Serving	160	0	0	0	0	0	0	7	1	6	0
Blueberry Lemon Drop	1	Serving	250	0	0	0	0	0	0	31	0	29	0
Artisanal Margarita	1	Serving	220	0	0	0	0	0	190	9	0	5	0
Espresso Yourself Zero Proof	1	Serving	120	0	0	0	0	0	10	30	0	28	0
Espresso Yourself with Tequilla	1	Serving	220	0	0	0	0	0	10	30	0	28	0
Fleming's Prime Steakhouse Burger with Fries	1	Serving	1520	750	83	31	2	205	4680	124	9	24	70
Crispy Chickpea Eggplant Burger with Fries	1	Serving	1140	410	46	11	0	15	3450	159	15	22	26
Filet Mignon Sandwich With Fries	1	Serving	1620	860	96	33	0	190	4600	124	11	15	63
Ahi Tuna Poke Stack	1	Serving	360	140	16	2	0	45	820	32	6	10	27
Half Dozen Oysters	1	Serving	180	25	2.5	0.5	0	35	1560	15	5	6	10
Dozen Oysters	1	Serving	340	50	6	1.5	0	80	2000	22	6	6	20
Signature Onion Rings	1	Serving	1340	810	93	17	0	60	1770	103	10	23	23
Caviar Service	1	Serving	480	270	30	9	0	390	1060	34	7	8	20
Sweet Chili Calamari	1	Serving	870	350	39	7	0	530	1870	88	4	34	41
Japanese A5 Wagyu Strip	1	Serving	650	550	61	24	0	80	8020	11	1	7	14
Australian Wagyu Strip	1	Serving	1510	1010	112	48	0	390	1660	1	0	0	118
Petite Filet Mignon, 8 oz	1	Serving	440	220	25	13	1	170	460	1	0	0	54
Cowgirl Bone In Ribeye, 14 oz	1	Serving	1020	770	86	40	2	235	2080	1	0	0	61
Charcuterie & Cheese Plate	1	Serving	3680	2410	268	133	0	700	11820	148	11	105	163
Grilled Octopus	1	Serving	320	220	25	3.5	0	110	790	7	2	3	19
Beet Hummus Lettuce Wraps	1	Serving	180	80	9	1	0	0	620	20	6	4	6
Catering (serves 6)													
Sweet & Spicy Filet Bites	1	Serving	2090	1400	155	63	0	495	3120	28	1	21	131
Bourbon & Apricot Glazed Meatballs	1	Serving	1100	540	60	23	2.5	380	1270	51	1	37	73
Crab Cake Bites	1	Serving	2740	2450	273	101	3	535	4410	65	6	15	14
Colossal Shrimp Cocktail	1	Serving	660	90	10	2	0	690	3890	45	6	26	95
Crispy Chicken Bites	1	Serving	4260	2510	284	64	2	920	8910	243	9	50	175
Flemings Prime Steakhouse Sliders	1	Serving	2530	1090	123	49	3.5	355	7270	241	6	115	115
Ahi Tuna Poke	1	Serving	1090	430	47	6	0	130	2450	96	17	29	80
Crispy Chicken Slider	1	Serving	3880	1590	187	45	0	320	13870	446	7	175	127
Beet Hummus Cups	1	Serving	420	190	21	2.5	0	0	1410	48	14	11	15
Chips and Onion Dip	1	Serving	1580	990	110	53	2	245	2990	127	10	25	25
Housemade Hummus & Vegetable Crudite	1	Serving	2430	1420	159	21	0	0	4110	214	42	35	68
Charcuterie & Cheese Plate	1	Serving	3680	2410	268	133	0	700	11820	148	11	105	163
Fresh Fruit	1	Serving	490	25	3	0	0	0	10	122	22	84	8
Tropical Tee (96 fl oz)	1	Serving	1350	5	0.5	0	0	0	65	343	1	314	5
Unsweet Tea (96 fl oz)	1	Serving	0	0	0	0	0	0	290	0	0	0	0
Sweet Tea (96 fl oz)	1	Serving	780	0	0	0	0	0	115	202	0	201	0
Fleming's Salad	1	Serving	1660	1060	119	29	0	70	1340	138	21	73	23
Wedge Salad with Dressing	1	Serving	2250	1780	207	63	1.5	215	3590	70	13	51	56

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad	1	Serving	1630	1130	131	42	0	200	5730	62	12	9	65
Mushroom & Tomato Ragout Pasta	1	Serving	5760	2330	261	96	3	325	7430	683	64	115	170
Petite Filet Mignon, 24 oz	1	Serving	1330	670	74	38	2.5	505	1380	4	0	0	161
Seared Ora King Salmon, 24 oz	1	Serving	1280	720	80	13	0	415	1600	1	0	0	138
Seared Colossal Shrimp 18 ct	1	Serving	660	100	11	2	0	930	3460	8	1	0	125
Chicken Breast, 30 oz.	1	Serving	920	180	20	4.5	0	555	730	3	0	2	170
The Prime Burger	1	Serving	5570	2840	316	139	11	1200	9850	304	19	63	376
Filet Mignon Sandwich	1	Serving	4940	3110	365	84	4	800	9440	184	11	9	276
Crispy Chicken Sandwich	1	Serving	4710	1830	209	58	1.5	585	10760	493	16	153	234
Petite Filet	1	Serving	2650	1330	148	76	5	1015	2750	7	0	0	322
Main Filets	1	Serving	3540	1720	192	96	7	1360	3680	10	0	0	443
Roasted Beef Tenderloin	1	Serving	4340	2950	327	135	1.5	1025	5210	38	2	16	261
Barbecue Ora King Salmon	1	Serving	3170	1930	214	69	0	825	2910	99	17	68	221
Miso Glazed Sea Bass	1	Serving	4160	3200	355	80	1.5	700	5760	67	17	45	185
New Orleans Barbecue Shrimp & Grits	1	Serving	8470	4880	542	328	3	4515	19390	341	21	75	511
Double Breast of Chicken	1	Serving	4030	1000	112	25	0	2585	9280	70	4	9	662
Fleming's Potatoes	1	Serving	5640	3730	414	262	13	1210	6850	363	31	40	162
Mashed Potatoes	1	Serving	1780	1090	121	77	0	330	2760	157	14	12	17
Roasted Asparagus	1	Serving	460	320	35	21	0	90	2440	28	14	13	15
Chipotle Cheddar Mac & Cheese	1	Serving	3820	2350	261	161	4	735	5260	268	11	24	96
Sauteed Broccoli	1	Serving	720	500	57	8	0	0	2780	47	19	12	20
Crispy Rosemary Potatoes	1	Serving	3600	2410	278	74	1.5	205	4270	279	26	14	24
Thai Green Breans	1	Serving	1320	1040	117	18	0	0	4040	63	16	33	19
Chocolate Chunk Cookies	1	Serving	2240	960	107	52	2	210	1140	311	11	183	26
Chocolate Covered Strawberries	1	Serving	830	350	39	26	0	0	20	128	15	103	9
Fresh Fruit	1	Serving	490	25	3	0	0	0	10	122	22	84	8
Carrot Cake	1	Serving	7570	3680	413	100	2.5	915	4410	921	20	699	68
Whole Cheesecake	1	Serving	8270	4620	514	304	24	2520	5530	750	28	608	132
Thai Green Breans	1	Serving	1970	1080	121	50	0.5	195	650	224	15	175	18
