Saltgrass Steakhouse Menu with Prices & Calories 2026

Saltgrass Steak House · Updated November 2026 · paradisebaykitchens.com

Appetizers

Item	Price	Calories
Range Rattlers	$17.59	930
Fried Mushrooms	$13.19	460
Chuck Wagon Cheese Fries	$14.29	1830
Queso Fresco with Brisket	$17.59	1160
Fried Mozzarella	$13.74	760
Bourbon Glazed Bacon	$17.59	700
Spinach Artichoke Dip	$16.49	890
Seafood Fondeaux	$17.59	1050
Tenderloin Bites	$14.84	680

Dinner Steaks

Item	Price	Calories
Wagon Boss Center-Cut Top Sirloin (8 oz)	$26.39	540
Wagon Boss Center-Cut Top Sirloin (10 oz)	$26.39	730
Maudeen’s Center-Cut Filet (6 oz)	$34.09	550
Maudeen’s Center-Cut Filet (9 oz)	$34.09	760
Pat’s Ribeye (12 oz)	$36.29	960
Pat’s Ribeye (16 oz)	$36.29	1260
New York Strip (12 oz)	$37.39	820
Texas T-Bone (18 oz)	$42.89	1050
Silver Star Porterhouse (22 oz)	$48.39	1520
Filet Oscar (6 oz filet, crab, asparagus)	$45.09	740
Bacon Wrapped Filet & Shrimp (6 oz filet)	$39.59	690

Steak & Seafood Combos

Item	Price	Calories
Top Sirloin and Shrimp (grilled or fried)	$34.09	720
Urban Cowboy (12 oz NY Strip with grilled shrimp)	$45.09	980

Seafood Entrées

Item	Price	Calories
Fried Shrimp (breaded with side & salad)	$26.39	550
Grilled Shrimp (with side & salad)	$26.39	450
Atlantic Salmon (grilled to order)	$28.59	480
Salmon Oscar (with lump crab & asparagus)	$36.29	820
Blackened Redfish (shrimp, crab, tomatoes, lemon butter)	$37.39	670

Ranch Hand Favorites

Item	Price	Calories
Original Chopped Steak	$20.89	790
Country Fried Steak	$21.99	930
Chicken Fried Chicken	$21.99	960
Grilled Chicken Breast (marinated)	$23.09	560
Chicken Laredo (jack cheese, avocado, onions, peppers)	$25.84	930
Bourbon Glazed Pork Chop (two 7 oz chops)	$30.79	870
BBQ Pork Ribs (slow-cooked, fall-off-the-bone)	$32.99	1110
BBQ Pork Ribs & Chicken	$32.99	970
BBQ Pork Ribs & Shrimp (grilled or fried)	$32.99	720

Lunch & Early Dinner

Item	Price	Calories
Chicken Fried Steak	$17.59	930
Tenderloin Tips (mashed potatoes, mushrooms, Cognac sauce)	$17.59	690
Grilled Chicken Breast	$19.79	560
Fried Shrimp (7 pieces)	$19.79	550
Grilled Shrimp (8 pieces)	$19.79	450
Single Bourbon Glazed Pork Chop	$19.79	435
BBQ Pork Ribs (half rack)	$20.89	555
Wagon Boss Top Sirloin (6 oz)	$21.99	380
Top Sirloin and Shrimp (6 oz sirloin)	$28.59	720

Sides

Item	Price	Calories
Green Beans (flash fried)	$5.49	90
French Fries	$6.05	370
Garlic Mashed Potatoes	$6.05	320
Broccoli	$6.05	320
Baked Potato	$7.15	310
Smoked Macaroni & Cheese	$7.15	440
Asparagus	$7.70	150
Baked Sweet Potato (upgrade)	$7.98	230
Truffle Parmesan Fries (upgrade)	$8.75	410
Wedge Salad (upgrade)	$10.49	350

Kids' Menu

Item	Price	Calories
Kid's Fried Cheese	$8.24	550
Kid's Macaroni & Cheese	$8.24	480
Kid's Chicken Tenders	$9.67	620
Kid's Grilled Chicken Breast	$9.67	420
Kid's Cheeseburger (4 oz)	$9.67	590
Kid's Trailride Pizza	$9.67	610
Kid's Shrimp & Chicken Tenders	$9.90	730
Kid's Fried Shrimp	$9.90	520
Kid's BBQ Baby Back Ribs (half portion)	$13.20	680

Desserts

Item	Price	Calories
Cheesecake (white chocolate & strawberry sauce)	$10.44	1530
Carrot Cake (homemade with cream cheese frosting)	$10.99	1600
Chocolate Cake (warm with vanilla ice cream & chocolate syrup)	$12.64	1900

Family Packs

Item	Price	Calories
Chicken Tenders (5-6 pieces)	$49.50	5-6
Cheeseburger (5 pieces)	$82.50	5-6
Chicken Sandwich (5 pieces)	$82.50	5-6
Tomato & Cheese Chopped Sirloin (5 pieces)	$99.00	5-6
Grilled Chicken (5 pieces)	$106.70	5-6
Grilled Salmon (5 pieces)	$132.00	5-6
6 oz Top Sirloin & Chicken (5 servings)	$148.50	5-6
6 oz Top Sirloin & Shrimp (5 servings)	$148.50	5-6
BBQ Ribs & Chicken (5 servings)	$154.00	5-6
BBQ Ribs & Shrimp (5 servings)	$154.00	5-6

Prices, calories and hours can be different at your location and change over time. Check your local restaurant or the official app for the latest details.