

Keto-Friendly Menu

appetizers

BARBECUED SHRIMP

large shrimp sautéed in white wine, butter, garlic & spices
(excludes toast points) 400 cal

CHILLED SEAFOOD TOWER

maine lobster, king crab legs, jumbo shrimp, colossal lump crab
(excludes sriracha-lime & cocktail sauces)
small 690 cal | large 1380 cal

SHRIMP REMOULADE

chilled jumbo shrimp, creamy remoulade
sauce *(excludes cocktail sauce)* 190-350 cal

salads

CAESAR SALAD*

romaine hearts, parmesan & romano, creamy caesar
(excludes croutons) 500 cal

RUTH'S CHOPPED SALAD

julienne iceberg, spinach, radicchio, red onions, mushrooms, olives,
bacon, hearts of palm, bleu cheese, lemon basil dressing
(excludes croutons & crispy onions) 470 cal

STEAK HOUSE SALAD

iceberg, baby arugula, baby lettuces, grape tomatoes, red onion
(excludes croutons) 50 cal

LETTUCE WEDGE

crisp iceberg, field greens, bacon & choice of dressing 220 cal

all of our dressings are made fresh. keto-friendly dressings include: bleu cheese 260 cal, balsamic vinaigrette 410 cal, caesar 340 cal, ranch 310 cal, remoulade 290 cal, creamy lemon basil* 260 cal and vinaigrette 350 cal.*

signature steaks & specialty cuts

FILET* 11 oz 500 cal | 8 oz 340 cal

NEW YORK STRIP* 16 oz USDA Prime 1390 cal

RIBEYE* 16 oz USDA Prime 1370 cal

BONE-IN FILET* 16 oz, aged to peak flavor 470 cal

PETITE FILET & SHRIMP* 490 cal

COWBOY RIBEYE* 22 oz USDA Prime 1690 cal

T-BONE* 24 oz USDA Prime 1220 cal

PORTERHOUSE FOR TWO* 40 oz 2260 cal

seafood & specialties

LAMB CHOPS*

three extra thick chops, marinated overnight,
with fresh mint 860 cal

BARBECUED SHRIMP

large shrimp sautéed in white wine, butter, garlic & spices
(excludes mashed potatoes) 790 cal

STUFFED CHICKEN BREAST

oven roasted double chicken breast, garlic herb cheese, lemon
butter 740 cal

sides

GRILLED ASPARAGUS 100 cal

CREMINI MUSHROOMS 360 cal

entrée complements

LOBSTER TAIL 50 cal

SHRIMP 100 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. If you have a food allergy, please speak to the manager, chef, or your server before placing your order.

*Items are served raw, or undercooked, or may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness.