

Texas de Brazil - Nutrition Facts

Churrasco Meats (Grilled Cuts)

- Picanha (Top Sirloin) - 120 cal, 5g fat, 16g protein
- Filet Mignon - 130 cal, 7g fat, 16g protein
- Flank Steak - 130 cal, 8g fat, 14g protein
- Lamb Chops - 140 cal, 10g fat, 11g protein
- Sausage - 170 cal, 14g fat, 9g protein
- Pork Ribs (3 pcs) - 320 cal, 26g fat, 18g protein

Salad Bar & Sides

- Cheese Bread - 60 cal, 8g carbs
- Potato Salad - 160 cal, 16g fat
- Couscous Salad (2 oz) - 80 cal, 14g carbs
- Smoked Salmon - 70 cal, 7g protein
- Hearts of Palm - 5 cal, 1g protein

Desserts

- Cheesecake - 1,020 cal
- Carrot Cake - 1,550 cal
- Creme Brulee - 520 cal
- Pecan Pie w/ Cream Cheese - 540 cal

Cocktails

- Bahia Breeze - 290 cal
- Caipirinha - 190 cal
- Mojito - 190 cal
- Key Lime Pie Martini - 250 cal