

APPETIZERS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Grilled Shrimp	497	25	43	12	948
Onion Rings w/Horseradish Sauce	1150	74	89	11	2859
Bar None Sliders (Bison)	1110	85	58	25	1751
Bar None Sliders (Beef)	1150	85	69	30	1751
Crab Cake	290	10	3	3	807
Chips and Dip	1134	76	80	14	2016
Bison Nachos	1141	80	73	30	2174

SOUPS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Clam Chowder (Cup)	250	24	11	6	431
Clam Chowder (Bowl)	440	44	19	9	718
Tortilla Soup (Cup)	160	12	8	4	843
Tortilla Soup (Bowl)	290	21	15	7	1445
Chicken & Sausage Gumbo (Cup)	170	18	7	2	819
Chicken & Sausage Gumbo (Bowl)	290	31	12	3	1365
Red Beans & Rice (Cup)	230	32	5	1	834
Red Beans & Rice (Bowl)	390	55	8	2	1390
Baked Potato (Cup)	260	16	18	12	757
Baked Potato (Bowl)	450	27	32	21	1298
Chicken Noodle (Cup)	100	14	2	0	401
Chicken Noodle (Bowl)	170	24	3	1	667
Bison Chili (Cup)	210	9	12	5	887
Bison Chili (Bowl)	370	16	21	10	1508
Tomato Soup (Cup)	190	11	15	1	548
Tomato Soup (Bowl)	290	17	24	15	909

SALADS AND SALAD DRESSINGS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Wedge Salad (no dressing)	100	5	6	2	342
Caesar Salad	530	16	49	17	412
House Salad (no dressing)	140	13	9	7	128
Balsamic Bleu Steak	703	32	29	9	1653
BBQ Chicken Salad	904	63	59	17	1393
Chopped Salad (half)	405	26	31	9	826
Chopped Salad (full)	670	40	53	12	1279
Grilled Chicken Salad	1030	30	69	29	2113
Grilled Beef Salad	1055	30	91	41	2807
Grilled Bison Salad	1040	30	72	33	2781
Grilled Salmon Salad	930	30	62	27	1706
Shrimp Caesar Salad	1380	31	125	39	1244
Cedar Plank Salmon Caesar Salad	1280	32	109	35	1445
Grilled Chicken Caesar Salad	1380	31	115	37	1752
Honey Mustard Dressing (1oz.)	160	4	16	2	143
BLT Ranch Dressing (1oz.)	100	1	10	2	130
Basil Vinaigrette Dressing (1oz.)	160	1	17	2	147
Caesar Dressing (1oz.)	180	1	20	2	77
Bleu Cheese Dressing (1oz.)	100	1	10	3	151
1000 Island Dressing (1oz.)	130	3	13	2	341
Ranch Dressing (1oz.)	110	1	11	3	118
Bleu Cheese Crumbles (1/4 cup)	180	0	14	9	461

All nutritional information for salads includes dressing unless otherwise specified.

BREADS, SANDWICH PROTEINS & TOPPINGS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
BREADS					
Ciabatta Roll	260	45	6	1	440
Garlic Parmesan Ciabatta Bread	270	23	17	10	745
Oatie Wheat Bun	210	36	6	0	360
Kaiser Roll	220	36	5	1	0
Onion Bun	220	42	3	0	960
PROTEINS					
Brick Chicken, 7 oz.	383	0	21	3	872
Bison Burger, 8 oz.	306	0	15	6	1609
Beef Burger, 8 oz.	334	0	17	7	1609
House-made Veggie Burger, 6 oz.	253	22	16	3	457

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
TOPPINGS					
Cheddar	170	0	14	9	264
Swiss	160	2	12	8	82
Jack	160	0	13	8	228
American	150	2	14	9	653
No. 10	120	15	6	1	199
Kitchen Sink	460	8	34	15	2104
Bleu Creek	260	0	20	10	921
Skinny Dip	90	5	8	1	4
George's Cadillac	360	16	24	12	1240
New Mexico	240	7	20	9	379
Green and Hot	240	7	20	9	377
America's Cup	320	7	26	13	1569
Knife and Fork Chili Cheese	310	12	20	11	967
Vermejo	210	6	15	9	568
Ted's Bacon Cheeseburger	320	7	23	11	827
Swiss & Mushroom	260	6	20	12	438
Red Rock	432	30	29	9	633
Montana Breakfast	290	3	22	11	1187
Avalon	342	5	29	12	586
Peppercorn	228	3	19	8	629
Canyon Creek	298	2	24	12	840
Delicious Duo (meal)	770	44	50	19	2367

All nutritional information for sandwiches is listed by bread, protein and toppings. This allows you to determine the nutritional value of each meal more accurately. Please make sure to consider each item separately when determining the total nutritional value of your meal. For example, to determine the nutritional value of your burger with a bison patty, look up the bison burger, the Montana toppings and the bun separately. Also note that sides are listed separately as well.

SANDWICHES, CLASSICS & STEAKS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Absolute Best Fish Sandwich	770	77	36	2	1279
Meatloaf Sandwich	1024	97	58	18	2063
Snowcrest Chicken Sandwich	1218	87	39	8	2678
Crab Cakes	964	27	82	8	2039
Short Ribs	780	35	48	28.1	457
Turkey & Dressing	866	45	41	23.1	567
7 oz. Cedar Plank Salmon	880	54	48	17	544
9 oz. Cedar Plank Salmon	970	54	52	17	577
Bison Pot Roast	840	51	48	24	822
Pecan-Crusted Trout	1224	57	122	11	1644
Salt & Pepper Trout	653	15	49	7	1375
Cranberry Glazed Roasted Chicken	1170	51	64	25	3301
Bison Meatloaf	980	83	52	27	2348
Delmonico Bison Ribeye	897	0	58	24	2351
Delmonico Beef Ribeye	1095	0	73	28	2398
12 oz. Prime Rib (beef)	870	1	74	30	1087
16 oz. Prime Rib (beef)	1160	1	98	41	1449
Beef Tenderloin Filet	892	0	64	20	2330
Bison Tenderloin Filet	545	0	28	5	2307
Kansas City Bison Strip	659	0	38	7	2348

All nutritional information included is for entire meal as listed on the menu with the exception of steaks. This allows you to determine the nutritional value based on your chosen sides.

SIDE ITEMS

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
French Fries	300	30	18	1	490
Onion Rings	430	36	29	2	1674
50/50 French Fries & Onion Rings	352	32	30	1	963
Garlic Mashed Potatoes	240	25	13	10	1
Baked Potato Plain	310	64	2	1	3
Sweet Potato Plain	170	39	0	0	68
Country-Style Green Beans	40	9	0	0.1	125
Roasted Asparagus	60	3	5	0	155
Buttered Broccoli	50	6	2	1	417
"Aunt Fannie's" Squash Casserole	90	9	5	3	313
Vine-Ripened Tomatoes	15	3	0	0	4
Cole Slaw	330	12	31	4	379
Yeast Roll	130	19	4	2	180
Sour Cream	120	2.4	11.9	7.4	30
Cinnamon Sugar Sweet Potato Topping	50	12.1	0.1	0	0.5
Whipped Butter Serving	110	0	13.2	7.7	0

DESSERTS AND SHAKES

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Chocolate Chip Cookie	380	54	15	9	174
Oatmeal Cookie	340	57	11	6	207
Double Chocolate Cookie	480	57	21	7	163
Snickerdoodle Cookie	380	55	16	9	212
Strawberry Shortcake	1350	132	83	55	745
Apple Pecan Crisp	1280	163	66	37	371
Wildberry Cheesecake	700	76	41	23	468
Fudge Brownie	1306	181	58	25	640
Chocolate Ice Cream	430	35	29	18	96
Vanilla Ice Cream	430	34	29	18	112
Chocolate Milkshake	1090	105	64	39	284
Strawberry Milkshake	970	78	64	39	249
Vanilla Milkshake	1020	90	64	39	248
Chocolate Malt	1360	150	70	42	539
Strawberry Malt	1240	123	70	42	504
Vanilla Malt	1290	135	70	42	503
Coke Float	540	60	29	18	118
Root Beer Float	600	79	29	18	148

KID'S MENU

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Kid's Bar None Sliders Meal (Bison)	920	74	48	25	1376
Kid's Bar None Sliders Meal (Beef)	950	74	57	30	1376
Kid's Salmon Meal	500	36	22	8	1404
Kid's Mac N' Cheez Meal	690	72	35	15	1117
Kid's Chicken Tender Meal	229	10	13	1	263
Kid's Steak and Fries	576	18	30	8	1844
Grilled Cheez	620	56	32	11	997

BEVERAGES

Menu Item	Calories (kcal)	Carbs (g)	Fat (g)	Sat Fat (g)	Sod (mg)
Bottled Coca Cola	100	30	0	0	5
Bottled Diet Coke	0	0	0	0	5
Bottled Sprite	100	25	0	0	20
Fountain Coke	150	40	0	0	10
Fountain Diet Coke	0	0	0	0	5
Fountain Sprite	150	40	0	0	35
Vanilla Coke	190	50	0	0	5
Cherry Coke	190	50	0	0	10
Fresh Squeezed Lemonade	230	60	0	0	10
Fresh Squeezed Cherry Lemonade	270	70	0	0	10
Blackberry Lemonade	198	52	0	0	8
Unsweetened Tea	0	0	0	0	10
Sweetened Tea	140	35	0	0	10
Mango Iced Tea	81	21	0	0	6
Cranberry Juice	200	45	0	0	50
Milk	150	10	10	5	100
Hot Chocolate	80	15	5	0	170
Coffee	5	0	0	0	0
Root Beer	170	45	0	0	35
Montana Margarita	360	61	0	0	272
Big Sky Lemonade	260	41	0	0	3
Ted's Signature Margarita	360	63	0	0	272
Lemon Drop Martini	220	13	0	0	1
Ultimate Dirty Martini w/o Olives	250	2	6	1	612
Mountain Breeze	160	7	0	0	2
Strawberry Margarita	200	24	0	0	6
Huckleberry Margarita	385	71	0	0	3
Ted's Mojito	205	28	0	0	14
Sun River Sangria w/Red Wine	198	33	0	0	3
Sun River Sangria w/White Wine	198	33	0	0	4
Bleu Cheese Stuffed Olives	50	2	4	1	371