

Outback Steakhouse Nutrition Information

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
APPETIZERS											
Alice Springs Chicken Quesadilla, Regular	1620	880	98	44	0	310	91	3130	4	16	94
Alice Springs Chicken Quesadilla, Small	970	580	64	27	0	175	51	1760	2	13	47
Aussie Cheese Fries, Large	1770	1060	117	51	2	210	124	3240	11	3	54
Aussie Cheese Fries, Small	1160	740	83	33	1.5	140	70	2100	6	2	35
Aussie Signature Sampler	1780	1120	125	44	3.5	150	123	3260	11	5	42
Bloom Petals	750	540	60	22	3	50	46	1420	5	4	7
Bloomin' Onion	1950	1390	155	56	7	130	123	3840	14	18	18
Bushman Mushrooms/Sydney 'Shrooms (Regional)	680	540	60	18	2.5	50	28	830	5	1	8
Crab Cakes	800	590	66	16	0.5	150	22	1430	3	5	28
Crispy Calamari (Regional)	770	330	37	15	2	425	84	1690	5	22	27
Gold Coast Coconut Shrimp, Regular	640	310	34	18	1.5	155	59	1240	0	21	23
Gold Coast Coconut Shrimp, Small	360	160	17	9	1	75	41	650	0	21	12
Great Barrier Combo (Regional)	940	470	52	20	1	305	68	1910	2	33	48
Kookaburra Wings Hot, Family -Style (20 piece) (Regional)	2360	1770	196	70	4	505	23	6660	2	4	126
Kookaburra Wings Hot, Regular	1440	1130	126	41	2.5	280	14	3640	2	3	65
Kookaburra Wings Hot, Small	990	810	91	26	1.5	165	9	2150	1	3	35
Kookaburra Wings Medium, Family -Style (20 piece) (Regional)	2380	1790	198	71	4	505	23	6770	2	4	126
Kookaburra Wings Medium, Regular	1450	1140	127	41	2.5	280	14	3700	2	3	65
Kookaburra Wings Medium, Small	1050	870	97	29	1.5	165	10	2610	2	3	35
Kookaburra Wings Mild, Family -Style (20 piece) (Regional)	2260	1680	186	65	3.5	505	22	5910	2	3	126
Kookaburra Wings Mild, Regular	1400	1080	121	38	2.5	280	13	3270	1	3	65
Kookaburra Wings Mild, Small	990	820	91	27	1.5	165	9	2180	1	3	35
Kookaburra Wings, BBQ (Regional)	1400	960	106	32	2	260	46	3550	2	32	64
Loaded Bloomin' Onion (Regional)	2960	1990	221	86	9	260	192	5660	20	20	52
Seared Peppered Ahi, Large	390	200	22	3.5	0	55	19	1450	2	10	30
Seared Peppered Ahi, Small	340	190	21	3.5	0	40	19	1250	2	10	19
Steakhouse Mac and Cheese Bites	770	480	54	14	0.5	60	47	1250	4	1	24
Steakhouse Quesadilla, Regular	1590	960	107	60	2.5	290	78	2390	4	5	77
Steakhouse Quesadilla, Small	820	490	55	31	1	150	40	1210	2	3	39
Tassie's Chicken Bites (Regional)	980	630	70	20	2.5	140	46	3810	4	5	42
Taz Crawfish (Regional)	1340	910	101	5	4.5	55	67	400	5	5	41
Taz Crawfish (Regional)	1300	870	97	4.5	4.5	50	64	450	5	2	41
Volcano Shrimp	960	650	73	19	2.5	205	55	2920	4	6	21
Wood-Fire Grilled Shrimp on the Barbie	540	220	25	11	0	230	44	1380	2	3	34

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SOUP AND SALADS											
Bushman's Honey Wheat Bread and Butter	310	80	9	4	0	5	51	460	4	10	10
Side Salad: Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	620	430	48	13	0	20	34	1280	5	18	12
Side Salad: Blue Cheese Wedge (Dressing Included)	530	390	43	11	1	50	27	1090	2	22	10
Side Salad: Caesar Salad (Dressing Included)	280	210	24	5	0	35	12	560	5	4	7
Side Salad: House Salad (Choice of Dressing Not Included)	110	50	6	3	0	10	12	130	3	5	5
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	210	23	4.5	0	<5	8	620	0	7	2
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	190	170	19	3.5	0	35	2	430	0	<1	2
Side Salad: House Salad Dressing: Creamy Blue Cheese Dressing (1.5 oz)	240	230	25	5	0	20	<1	270	0	<1	2
Side Salad: House Salad Dressing: Honey Mustard Dressing (1.5 oz)	230	190	21	3.5	0	15	12	300	0	11	<1
Side Salad: House Salad Dressing: Light Balsamic Vinaigrette (1.5 oz)	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: House Salad Dressing: Mustard Vinaigrette (1.5 oz)	220	200	22	3	0	0	4	110	0	4	0
Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)	210	200	23	4	0	15	1	250	0	1	<1
Side Salad: House Salad Dressing: Tangy Tomato Dressing (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island Dressing (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
Soup: Baked Potato, Bowl	520	290	32	17	0	45	47	2380	5	6	10
Soup: Baked Potato, Cup	280	160	17	9	0	25	23	1260	3	3	7
Soup: Chicken Tortilla Soup, Bowl (Regional)	260	130	14	8	0	60	21	1370	2	2	15
Soup: Chicken Tortilla Soup, Cup (Regional)	170	80	9	5	0	35	13	710	2	1	9
Soup: Clam Chowder, Bowl (Regional)	710	400	44	22	0	160	47	2130	3	7	25
Soup: Clam Chowder, Cup (Regional)	360	200	22	11	0	80	23	1060	1	3	13
Soup: French Onion Soup	420	260	29	14	1	50	21	2120	2	8	19
ENTRÉE SALADS											
Aussie Cobb Salad without Protein (Dressing Not Included)	370	210	23	11	0	45	19	740	5	7	23
Aussie Cobb Salad: Crispy Chicken Add-On	470	260	29	13	1.5	65	28	790	2	1	26
Aussie Cobb Salad: Grilled Chicken Add-On	160	30	3.5	1	0	90	0	180	0	0	31
Brisbane Caesar Salad without Protein (Dressing Included)	420	300	34	8	0	45	24	790	10	7	11
Brisbane Caesar Salad: Grilled Chicken Add-On	160	30	3.5	1	0	90	0	180	0	0	31
Brisbane Caesar Salad: Grilled Shrimp Add-On	160	35	4	1.5	0	195	2	640	0	0	26
Coolamon Chopped Salad without Protein (Dressing Not Included) (Regional)	830	500	56	13	0.5	70	70	1590	9	54	18
Coolamon Chopped Salad: Crispy Chicken Add-On (Regional)	470	260	29	13	1.5	65	28	790	2	1	26
No Rules Salad: Add-On: Ahi Tuna Add-On (Regional)	130	20	2	0	0	45	0	490	0	<1	28
No Rules Salad: Add-On: Grilled Chicken Add-On (Regional)	160	30	3.5	1	0	90	0	180	0	0	31
No Rules Salad: Add-On: Grilled Shrimp Add-On (Regional)	160	35	4	1.5	0	195	2	640	0	0	26
No Rules Salad: Add-On: Salmon Add-On (Regional)	380	230	25	4	0	65	0	290	0	0	38
No Rules Salad: Blue Cheese Chopped Salad (Dressing Included) (Regional)	820	550	61	20	1	35	48	1660	10	26	21
No Rules Salad: Blue Cheese Wedge Salad (Dressing Included) (Regional)	530	390	43	11	1	50	27	1090	2	22	10
No Rules Salad: Caesar Salad (Dressing Included) (Regional)	420	300	34	8	0	45	24	790	10	7	11

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ENTRÉE SALADS											
No Rules Salad: House Salad (Choice of Dressing Not Included) (Regional)	220	110	12	6	0	15	21	260	6	8	9
Sirloin Caesar Salad (Dressing Included) (Regional)	630	360	41	11	1	140	24	1310	10	7	49
Steakhouse Salad (5 oz Sirloin, Dressing Included) (Regional)	900	520	58	16	1	100	50	1770	10	27	47
Steakhouse Salad (Dressing Included)	940	530	59	17	1	115	50	1850	10	27	53
SIGNATURE STEAKS: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak sizes vary by location.											
Bone in Natural Cut Ribeye, 22 oz	1080	660	74	32	6	270	0	1280	0	<1	104
Classic Tenderloin Chopped Steak with Mashed Potatoes (Regional)	910	580	64	33	3	160	29	2260	5	5	54
Classic Tenderloin Chopped Steak with Mashed Potatoes and Broccoli (Regional)	1060	670	74	36	3.5	165	43	2550	11	9	59
New York Strip, 12 oz	810	560	62	27	2	145	0	630	0	0	63
New York Strip, 13 oz	880	600	67	30	2.5	160	0	680	0	0	68
New York Strip, 14 oz	940	650	72	32	2.5	170	0	730	0	0	73
Outback Center Cut Sirloin, 11 oz	390	110	12	5	0.5	170	<1	960	0	<1	70
Outback Center Cut Sirloin, 12 oz	420	120	13	6	1	185	<1	1050	0	<1	76
Outback Center-Cut Sirloin, 10 oz	350	100	11	5	0.5	155	<1	870	0	<1	63
Outback Center-Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
Outback Center-Cut Sirloin, 8 oz	280	80	9	4	0.5	125	0	700	0	0	51
Outback Center-Cut Sirloin, 9 oz	320	90	10	4.5	0.5	140	<1	790	0	<1	57
Prime Center-Cut Filet, 11 oz (Regional)	440	150	17	8	1.5	165	<1	1070	0	<1	73
Prime New York Strip, 16 oz (Regional)	1100	760	84	37	3	200	0	850	0	0	85
Prime Ribeye, 16 oz (Regional)	1770	1300	145	66	9	445	0	1600	0	2	116
Ribeye, 10 oz	540	310	35	15	3	125	0	400	0	0	58
Ribeye, 12 oz	650	380	42	18	3.5	155	0	490	0	0	69
Ribeye, 13 oz	710	410	45	20	3.5	165	0	530	0	0	75
Ribeye, 14 oz	750	430	48	21	4	175	0	550	0	0	79
Roasted Garlic Filet Medallions with Homestyle Mashed Potatoes and Broccoli	790	430	48	24	0	155	35	2090	9	6	58
Slow Roasted Prime Rib, 12 oz	1050	770	86	39	5	265	0	1300	0	1	69
Slow Roasted Prime Rib, 16 oz	1400	1030	114	52	7	350	0	1450	0	1	92
Slow Roasted Prime Rib, 24 oz	2100	1540	172	78	10	525	0	1730	0	2	138
Slow Roasted Prime Rib, 8 oz	700	520	57	26	3.5	175	0	1160	0	<1	46
Teriyaki Sirloin (Regional)	430	100	11	4	0	105	27	2720	<1	20	54
The Melbourne/Porterhouse, 18 oz	910	580	64	28	4	295	4	520	0	0	79
The Melbourne/Porterhouse, 20 oz	1010	640	71	31	4	325	4	570	0	0	88
The Melbourne/Porterhouse, 22 oz	1110	700	78	34	4.5	360	5	630	0	0	96
The Melbourne/Porterhouse, 24 oz	1230	780	87	38	5	395	5	700	0	0	107
The Melbourne/Porterhouse, 32 oz (Regional)	1610	1030	114	50	7	520	7	920	0	0	140
Victoria's Filet Mignon, 10 oz	400	140	15	7	1.5	150	<1	980	0	<1	66

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SIGNATURE STEAKS: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak sizes vary by location.											
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	590	0	0	40
Victoria's Filet Mignon, 8 oz	320	110	12	6	1	120	<1	780	0	<1	53
Victoria's Filet Mignon, 9 oz	360	120	14	6	1.5	135	<1	880	0	<1	60
SURF and TURF: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak sizes vary by location.											
Filet, 6 oz, and Grilled Lobster Tail (Regional)	660	380	42	24	1	370	2	1420	0	<1	66
Filet, 6 oz, and Lobster Tail	660	380	42	24	1	370	2	1420	0	<1	66
Filet, 8 oz, and Lobster Tail	740	410	45	25	1	400	2	1610	0	<1	80
Filet, 9 oz, and Lobster Tail	780	420	47	26	1.5	415	2	1710	0	<1	86
Sirloin, 10 oz, and Coconut Shrimp	720	260	28	14	1.5	230	42	1520	0	21	75
Sirloin, 10 oz, and Grilled Shrimp on the Barbie	510	180	20	9	0.5	265	5	1360	<1	2	77
Sirloin, 11 oz, and Coconut Shrimp	750	270	30	14	1.5	250	42	1610	0	21	81
Sirloin, 11 oz, and Grilled Shrimp on the Barbie	540	190	21	10	1	280	5	1450	<1	2	84
Sirloin, 12 oz, and Coconut Shrimp	790	280	31	15	1.5	265	42	1700	0	21	88
Sirloin, 12 oz, and Grilled Shrimp on the Barbie	580	200	22	10	1	295	5	1540	<1	2	90
Sirloin, 5 oz, and Coconut Shrimp	540	210	23	12	1	155	42	1080	0	21	43
Sirloin, 5 oz, and Grilled Shrimp on the Barbie	330	130	14	7	0	190	4	930	<1	2	46
Sirloin, 6 oz, and Coconut Shrimp	580	220	24	12	1	170	42	1170	0	21	50
Sirloin, 6 oz, and Grilled Shrimp on the Barbie	370	140	15	7	0	205	4	1010	<1	2	52
Sirloin, 8 oz, and Coconut Shrimp	650	240	26	13	1.5	200	42	1350	0	21	62
Sirloin, 8 oz, and Grilled Shrimp on the Barbie	440	160	18	8	0.5	235	5	1190	<1	2	65
Sirloin, 9 oz, and Coconut Shrimp	680	250	27	14	1.5	215	42	1430	0	21	69
Sirloin, 9 oz, and Grilled Shrimp on the Barbie	470	170	19	9	0.5	250	5	1270	<1	2	71
STEAK MATES											
Baby Back Ribs, (Regional)	380	200	22	9	0	75	19	600	<1	15	28
Crab Cake (Regional)	540	400	44	10	0.5	105	13	1000	1	2	20
Five Coconut Shrimp (Regional)	440	190	22	11	1	95	47	800	<1	21	14
Five Grilled Shrimp (Regional)	170	80	9	4.5	0	135	4	510	<1	2	17
Gold Coast Coconut Shrimp	360	160	17	9	1	75	41	650	0	21	12
Grilled Onions	90	30	3	0.5	0	0	15	190	3	7	2
Grilled Shrimp	150	80	9	4	0	110	4	490	<1	2	14
Jumbo Crab Cake (Regional)	540	400	44	10	0.5	105	13	1000	1	2	20
Lobster and Mushroom Topping (Regional)	190	120	13	8	0	70	8	630	1	3	12
Lobster Tail, 5 oz, Grilled (Regional)	420	300	33	19	0	280	1	830	0	0	27
Lobster Tail, 5 oz., Steamed	340	210	24	13	0	255	1	540	0	0	27
Roasted Garlic Butter Topping	170	160	18	11	0	45	2	180	0	0	<1

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STEAK MATES											
Sautéed Mushrooms	130	50	6	2.5	0	0	11	660	3	5	7
Shrimp and Crawfish Topping (Regional)	670	470	52	29	0.5	280	15	1720	2	5	35
Smoky Bacon Bourbon Topping	110	60	6	2.5	0	20	6	570	0	5	7
SIDES: SIGNATURE POTATOES											
Aussie Fries	410	160	17	7	1	15	57	860	5	0	6
Baked Potato (Includes All Toppings)	390	110	12	6	0	25	58	970	8	7	12
Homestyle Mashed Potatoes	240	140	15	9	0	15	20	1280	4	1	5
Sweet Potato (Includes All Toppings)	410	100	11	5	0	0	72	240	10	22	5
SIDES: CLASSIC SIDES											
Fresh Mixed Veggies	160	90	10	3.5	0	0	17	320	6	6	4
Fresh Seasonal Veggie (Steamed Broccoli)	150	90	10	3.5	0	0	14	300	5	4	6
Red Rock Rice (Regional)	250	40	4.5	3	0	10	46	780	<1	1	4
Steamed Rice (Regional)	270	0	0	0	0	0	59	490	0	<1	6
SIDES: SIDE SALADS											
Side Salad: Caesar Salad (Dressing Included)	280	210	24	5	0	35	12	560	5	4	7
Side Salad: House Salad (Choice of Dressing Not Included)	240	230	25	5	0	20	<1	270	0	<1	2
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	230	190	21	3.5	0	15	12	300	0	11	<1
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	190	170	19	3.5	0	35	2	430	0	<1	2
Side Salad: House Salad Dressing: Creamy Blue Cheese (1.5 oz)	260	250	27	6	0	25	1	290	0	<1	2
Side Salad: House Salad Dressing: Honey Mustard (1.5 oz)	230	180	20	3	0	15	12	310	0	9	<1
Side Salad: House Salad Dressing: Light Balsamic (1.5 oz)	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: House Salad Dressing: Mustard Vinaigrette (1.5 oz)	220	200	22	3	0	0	4	110	0	4	0
Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)	210	200	23	4	0	15	1	250	0	1	<1
Side Salad: House Salad Dressing: Tangy Tomato (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
SIDES: SOUPS											
Baked Potato Soup, Cup	280	160	17	9	0	25	23	1260	3	3	7
Chicken Tortilla Soup, Cup	170	80	9	5	0	35	13	710	2	1	9
SIDES: PREMIUM SIDES											
Broccoli and Cheese	390	280	31	17	0	70	16	830	5	5	16
Grilled Asparagus	60	35	4	0	0	0	4	220	2	2	2
Loaded Homestyle Mashed Potatoes	300	180	20	11	0	30	21	1420	4	2	9
Steakhouse Mac and Cheese	850	460	52	29	1	150	64	1320	4	4	29
SIDES: PREMIUM SIDE SALADS											
Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	620	430	48	13	0	20	34	1280	5	18	12
Blue Cheese Wedge (Dressing Included)	530	390	43	11	1	50	27	1090	2	22	10

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FORKLESS FEATURES: Nutrition analysis excludes side dish unless otherwise indicated											
Aged Cheddar Bacon Burger (Regional)	1020	640	71	33	2.5	170	43	1230	2	9	53
Albacore Tuna Salad Sandwich (Regional)	1310	660	74	21	1.5	125	104	2870	8	7	54
Aussie Tacos, Chicken, 2 Tacos (Regional)	800	510	57	18	2	105	37	1130	5	5	37
Aussie Tacos, Chicken, 3 Tacos (Regional)	1210	740	82	29	3.5	180	55	1710	8	8	65
Aussie Tacos, Mahi, 2 Tacos (Regional)	650	370	42	8	0	125	35	960	6	5	34
Aussie Tacos, Mahi, 3 Tacos (Regional)	850	440	49	10	0	180	52	1400	8	7	50
Aussie Tacos, Steak, 2 Tacos (Regional)	800	480	54	17	0	135	35	1070	5	5	43
Aussie Tacos, Steak, 3 Tacos (Regional)	1110	640	71	24	0	195	52	1570	8	7	65
Aussie Tacos, Tilapia, 2 Tacos (Regional)	660	380	42	8	0	90	35	880	6	5	34
Aussie Tacos, Tilapia, 3 Tacos (Regional)	860	450	50	10	0	130	52	1280	8	7	51
Bacon Cheeseburger (Regional)	910	530	59	30	2.5	155	44	1690	3	10	51
BBQ Chicken and Bacon Sandwich (Regional)	670	270	30	15	0	140	53	1210	2	18	50
Blue Cheese Bacon Burger (Regional)	1380	770	86	36	3.5	160	100	2160	7	10	52
Classic Cheeseburger (Regional)	710	380	43	22	2.5	110	42	800	3	9	39
Crispy Chicken Sandwich	880	470	52	19	1.5	100	69	2420	4	10	35
Double Burger (Regional)	1000	620	69	32	3	170	43	1270	2	9	52
Grass-Fed Burger with Aged Cheddar	920	580	65	28	1.5	150	42	1140	2	9	46
Grilled Chicken and Swiss Sandwich (Regional)	770	380	42	17	0.5	150	50	1150	2	15	50
Honey-Lime Chicken Wrap (Regional)	620	180	20	5	0	75	67	1020	4	10	34
Mushroom Swiss Burger (Regional)	1020	640	71	34	3	165	46	1210	3	10	55
Sirloin Sandwich (Regional)	820	300	34	9	1	145	66	1490	4	7	63
Steak Quesadilla and Fries (Regional)	2000	1120	125	67	3	305	135	3260	9	5	82
Steakhouse Philly Sandwich	1030	550	61	33	0	210	54	2050	4	9	68
Steakhouse Salad Wrap (Regional)	900	400	44	16	1	110	69	2070	4	10	55
Sweet Chook O' Mine Sandwich	920	500	55	19	1	160	58	1350	2	21	50
The Bloomin' Burger	1160	740	83	37	3.5	160	58	1800	4	11	47
The Bloomin' Burger, Grass-Fed Beef (Regional)	1130	730	81	33	2.5	155	58	1960	4	11	43
The Outback Burger Add-On: American Cheese	100	80	9	5	0	25	<1	510	0	<1	5
The Outback Burger Add-On: Bacon	60	50	5	2	0	10	0	250	0	0	4
The Outback Burger Add-On: Cheddar Cheese	160	130	14	8	0	40	0	270	0	0	10
The Outback Burger Add-On: Provolone Cheese	200	140	15	9	0	45	1	490	0	0	15
The Outback Burger Add-On: Swiss Cheese	170	130	14	9	0	50	<1	210	0	0	13
The Outbacker Burger without Cheese	710	380	43	22	2.5	110	42	800	3	9	39

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	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
STRAIGHT FROM THE SEA: Nutrition analysis includes side dish unless otherwise indicated											
Bacon Bourbon Salmon, 10 oz	650	380	42	8	0	110	6	990	0	5	61
Bacon Bourbon Salmon, 10 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	940	490	54	13	0	120	46	1700	6	12	68
Bacon Bourbon Salmon, 7 oz	480	280	32	7	0	85	3	750	0	3	45
Bacon Bourbon Salmon, 7 oz, with Fresh Mixed Veggies	640	370	41	10	0	85	20	1070	6	9	49
Bacon Bourbon Salmon, 7 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	760	390	43	12	0	90	43	1460	6	9	51
Crab Cake Entrée, 2 Crab Cakes (Regional)	890	620	69	17	1	195	23	1770	2	3	40
Crab Cake Entrée, 3 Crab Cakes (Regional)	1470	1070	119	35	1	335	34	2770	2	5	60
Fish and Chips (Regional)	1030	390	43	12	1	145	104	2950	8	13	54
Fish, Shrimp and Chips (Regional)	1120	510	57	18	2	195	105	2750	8	11	47
Grilled Alaskan Halibut with Fresh Mixed Veggies (Regional)	470	140	16	4.5	0	95	20	690	7	7	59
Halibut Fish and Chips (Regional)	1030	390	43	12	1	145	104	2950	8	13	54
Hand Breaded Shrimp with Fries and Cocktail Sauce (Regional)	910	340	38	16	2	225	107	3820	9	8	37
Hand Breaded Shrimp with Fries and Cocktail Sauce and Red Rock Rice (Regional)	1040	360	40	18	2	230	131	4210	9	8	39
Hand Breaded Shrimp with Fries and Volcano Sauce (Regional)	1020	460	51	18	2.5	235	102	3790	9	3	37
Hand Breaded Shrimp with Fries and Volcano Sauce and Red Rock Rice (Regional)	1140	480	54	20	2.5	240	125	4180	9	4	39
King Crab: 1/2 Lb. Entrée (Regional)	370	290	32	19	0	130	1	1210	0	0	17
King Crab: 1-1/4 Lb. Entrée (Regional)	500	300	34	20	0	200	1	2640	0	0	43
Lobster and Mushroom Topped Mahi with Seasonal Mixed Vegetables (Regional)	570	240	26	13	0	150	25	1390	7	9	63
Lobster Tail Entrée: 5 oz, Grilled, 2 Lobster Tails (Regional)	650	410	45	26	0	510	2	1500	<1	0	53
Lobster Tail Entrée: 5 oz, Steamed, 2 Lobster Tails	480	240	27	14	0	455	1	900	<1	0	53
Lobster Tail Entrée: 5 oz, Steamed, 3 Lobster Tails (Regional)	630	270	30	14	0	650	2	1270	<1	0	80
Perfectly Grilled Salmon, 10 oz, with Fresh Mixed Veggies	700	410	46	10	0	90	18	740	6	7	59
Perfectly Grilled Salmon, 10 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	830	430	48	11	0	100	42	1130	7	7	61
Perfectly Grilled Salmon, 7 oz, with Fresh Mixed Veggies	540	310	35	8	0	65	18	610	6	7	42
Perfectly Grilled Salmon, 7 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	670	330	37	9	0	70	42	1010	7	7	45
Royal Port Tilapia with Shrimp and Crawfish with Fresh Mixed Veggies (Regional)	750	390	44	22	0	250	27	1710	8	9	64
Royal Port Tilapia with Shrimp with Fresh Mixed Veggies (Regional)	770	400	44	22	0	260	28	1740	8	10	66
Simply Grilled Mahi with Fresh Mixed Veggies (Regional)	390	120	13	5	0	80	20	760	7	7	51
Simply Grilled Tilapia with Fresh Mixed Veggies (Regional)	380	120	14	5	0	110	18	830	6	6	46
Simply Grilled Tilapia with Fresh Mixed Veggies and Red Rock Rice (Regional)	540	180	19	8	0	115	42	1270	7	7	49
Tilapia with Pure Lump Crab Meat	520	240	27	8	0	180	8	1190	1	2	58
Tilapia with Pure Lump Crab Meat with Fresh Mixed Veggies	700	350	39	13	0	185	26	1560	7	8	63
Tilapia with Pure Lump Crab Meat with Fresh Mixed Veggies and Red Rock Rice (Regional)	820	370	41	14	0	195	49	1960	7	8	65
Toowoomba Pasta with Shrimp and Crawfish (Regional)	1330	670	74	41	1	345	106	2540	9	6	57
Bacon Bourbon Salmon, 10 oz, with Fresh Mixed Veggies	810	470	52	12	0	110	23	1310	6	11	66

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
CHICKEN, RIBS, CHOPS and MORE: Nutrition analysis includes side dish unless otherwise indicated											
Alice Springs Chicken, 5 oz, with Aussie Fries	920	460	51	18	1	155	69	1830	6	9	48
Alice Springs Chicken, 5 oz, with Aussie Fries and Red Rock Rice (Regional)	980	420	47	19	1	155	88	2120	6	8	50
Alice Springs Chicken, 8 oz	780	420	47	17	0	230	17	1520	1	11	73
Alice Springs Chicken, 8 oz, with Aussie Fries	1200	590	66	24	1	245	73	2380	6	13	79
Alice Springs Chicken, 8 oz, with Aussie Fries and Red Rock Rice (Regional)	1320	610	68	26	1	250	96	2770	7	14	81
Baby Back Ribs, 1/2 Order	580	320	36	14	0	125	20	740	<1	15	47
Baby Back Ribs, 1/2 Order, with Aussie Fries	980	480	53	21	1	140	76	1600	5	15	52
Baby Back Ribs, 1/2 Order, with Aussie Fries and Red Rock Rice (Regional)	1110	500	56	23	1	145	100	1990	6	16	55
Baby Back Ribs, Full Order	880	510	57	22	0	200	22	940	<1	15	74
Baby Back Ribs, Full Order, with Aussie Fries	1280	670	75	29	1	215	78	1810	5	15	80
Baby Back Ribs, Full Order, with Aussie Fries and Red Rock Rice (Regional)	1410	690	77	31	1	220	102	2200	6	16	82
BBQ Mixed Grill, with Aussie Fries (Regional)	1310	510	57	24	1.5	240	128	2540	6	50	74
Chicken Fried Chicken with Homestyle Mashed Potatoes and Fresh Mixed Veggies (Regional)	1630	920	102	51	3	230	106	4100	15	15	70
Chicken Fried Steak with Homestyle Mashed Potatoes and Fresh Mixed Veggies (Regional)	1880	1120	125	63	4	225	122	4560	16	15	67
Chicken Tender Platter with Aussie Fries and Buffalo Sauce	1310	700	78	31	3.5	130	104	3310	9	3	49
Chicken Tender Platter with Aussie Fries and Honey Mustard Sauce	1430	780	86	33	3.5	140	115	2480	9	13	49
Chicken Tender Platter with Buffalo Sauce	910	540	60	24	2.5	110	48	2450	4	3	43
Chicken Tender Platter with Honey Mustard Sauce	1010	610	68	25	2.5	125	58	1620	4	11	43
Drover's Rib and Chicken Platter	840	360	40	15	0	285	20	1180	<1	15	101
Drover's Rib and Chicken Platter with Aussie Fries (Regional)	1250	520	58	22	1	300	76	2050	5	15	107
Drover's Rib and Chicken Platter with Aussie Fries and Red Rock Rice (Regional)	1370	540	60	24	1	310	100	2440	6	16	109
Grilled Chicken on The Barbie Topping: Smoky Bacon Bourbon (Regional)	100	60	6	2.5	0	20	3	450	0	3	7
Grilled Chicken on the Barbie, 5 oz, with Fresh Mixed Veggies	390	120	14	5	0	95	34	890	6	20	35
Grilled Chicken on the Barbie, 5 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	520	140	16	7	0	100	57	1290	7	21	37
Grilled Chicken on the Barbie, 8 oz	360	60	7	2.5	0	165	16	720	<1	14	55
Grilled Chicken on the Barbie, 8 oz, with Fresh Mixed Veggies	520	150	16	6	0	165	34	1040	6	20	59
Grilled Chicken on the Barbie, 8 oz, with Fresh Mixed Veggies and Red Rock Rice (Regional)	640	170	19	8	0	170	57	1430	7	21	61
New Zealand Lamb Homestyle Mashed Potatoes and Fresh Mixed Veggies (Regional)	1010	580	65	35	2.5	180	39	2420	10	8	68
No Rules Combo: Ribs and Alice Springs Chicken and Aussie Fries (Regional)	1220	590	66	26	1	225	84	2320	6	21	76
No Rules Combo: Ribs and Grilled Chicken and Aussie Fries (Regional)	1020	390	44	17	1	185	92	2040	6	29	65
No Rules Combo: Ribs and Sirloin and Aussie Fries (Regional)	1000	420	46	19	1.5	185	75	1990	5	15	72
Parmesan Herb Crusted Chicken (Regional)	510	210	23	12	0	190	13	880	1	2	59
Parmesan Herb Crusted Chicken with Fresh Mixed Veggies	670	300	33	16	0	190	30	1200	7	8	63
Parmesan Herb Crusted Chicken with Fresh Mixed Veggies and Red Rock Rice (Regional)	790	320	35	17	0	200	53	1590	8	9	65
Pork Porterhouse	510	240	26	11	0	175	0	1380	0	0	69
Pork Porterhouse with Homestyle Mashed Potatoes	750	380	42	19	0	190	20	2670	4	1	74

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CHICKEN, RIBS, CHOPS and MORE: Nutrition analysis includes side dish unless otherwise indicated											
Pork Porterhouse with Homestyle Mashed Potatoes and Red Rock Rice (Regional)	870	400	44	21	0	195	43	3060	4	2	76
Queensland Chicken and Shrimp Pasta	1210	500	55	30	1.5	385	98	2220	7	<1	75
Queensland Pasta, No Protein	860	370	41	23	1	135	96	1600	7	<1	24
Queensland Pasta: with Broccoli (Regional)	1000	450	50	27	1	135	110	1900	12	5	30
Queensland Pasta: with Chicken (Regional)	1200	480	53	29	1.5	310	97	2210	7	<1	79
Queensland Pasta: with Fresh Mixed Veggies (Regional)	1010	450	50	27	1	135	114	1920	13	7	29
Queensland Pasta: with Shrimp	1090	480	53	29	1.5	345	99	2400	7	<1	51
Toowoomba Pasta	1340	660	73	40	1	370	107	2590	9	6	60
Walhalla Pasta	1050	470	52	28	1	140	114	2010	13	7	31
Wood-Fired Grilled Pork Chop, 1 Chop,	400	110	12	3.5	0	145	23	990	0	20	48
Wood-Fired Grilled Pork Chop, 1 Chop, with Homestyle Mashed Potatoes and Broccoli	790	330	37	16	0	160	57	2570	9	26	58
Wood-Fired Grilled Pork Chop, 2 Chops, with Homestyle Mashed Potatoes and Broccoli	1100	430	48	19	0	300	57	3510	9	26	106
Wood-Fired Grilled Pork Chops, 1 Chop, with Homestyle Mashed Potatoes (Regional)	800	330	37	16	0	160	60	2590	10	28	57
Wood-Fired Grilled Pork Chops, 2 Chops, with Homestyle Mashed Potatoes (Regional)	950	350	39	16	0	300	44	3210	4	22	101
Wood-Fired Grilled Pork Chops, 2 Chops, with Homestyle Mashed Potatoes and Fresh Mixed Veggies (Regional)	1110	430	48	20	0	300	61	3530	10	28	105
IRRESISTIBLE DESSERTS											
Chocolate Thunder From Down Under	1500	910	101	55	0.5	410	138	530	6	120	17
Chocolate Thunder From Down Under, Small (Regional)	670	410	45	24	0	185	63	250	3	55	8
Chocolate Tower (Regional)	1780	730	81	38	0	200	269	1390	13	199	23
Chocolate Tower (Regional)	1630	780	87	46	0	210	196	850	7	143	14
Classic Key Lime Mini Dessert Parfait (Seasonal)	570	210	23	13	0	55	80	280	1	66	9
Double Chocolate Mini Dessert Parfait	590	350	39	22	0	110	54	210	2	41	3
Fresh Strawberry Shortcake Dessert Parfait (Seasonal)	430	220	24	13	0.5	80	46	330	2	37	6
Fresh Strawberry Topped Cheesecake (Seasonal)	990	560	62	37	3	320	93	660	3	76	17
Ice Cream (Regional)	300	150	16	10	0.5	65	33	90	0	26	5
Ice Cream with Chocolate Sauce (Regional)	270	150	17	11	0	50	27	75	<1	23	2
Ice Cream with Raspberry Sauce (Regional)	220	60	7	4	0	25	40	45	0	32	2
Key Lime Pie (Regional)	1010	360	40	20	0	75	141	490	2	118	17
New York Style Cheesecake	930	560	62	37	3	320	78	650	2	64	17
New York Style Cheesecake with Chocolate Sauce	1080	650	73	43	3	345	92	690	2	78	17
New York Style Cheesecake with Raspberry Sauce	1040	560	62	37	3	320	105	660	2	86	17
New York Style Cheesecake, Small (Regional)	320	220	24	15	0	115	21	230	0	18	0
Salted Caramel Cookie Skillet	930	400	45	31	0	115	124	1350	1	79	10
Salted Caramel Topped Cheesecake (Seasonal)	930	560	62	37	3	320	78	790	2	64	17
Sydney's Sinful Sundae (Regional)	810	470	53	35	0.5	160	77	200	3	65	7
Triple Layer Carrot Cake	1290	610	68	21	1	130	174	960	5	117	10

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WALKABOUT WEDNESDAY											
Aussie Fries	410	160	17	7	1	15	57	860	5	0	6
Grilled Chicken on the Barbie	360	60	7	2.5	0	165	16	720	<1	14	55
Outback Center Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
KID'S MENU											
Boomerang Cheeseburger	600	320	36	19	1.5	85	40	760	2	8	29
Chicken Fingers	470	260	29	13	1.5	65	28	790	2	1	26
Grilled Cheese-A-Roo	580	190	21	12	0	40	77	1700	3	3	22
Grilled Chicken on the Barbie	160	30	3.5	1	0	90	0	180	0	0	31
Grilled Chicken on the Barbie with Plain Broccoli and Apple Juice (Kids LiveWell)	310	40	4	1	0	90	35	260	5	25	36
Grilled Chicken on the Barbie with Plain Broccoli and Apple Juice (Kids LiveWell)	310	40	4	1	0	90	35	260	5	25	36
Grilled Chicken on the Barbie with Plain Broccoli and Orange Juice (Kids LiveWell)	320	35	4	1	0	90	35	250	5	25	38
Grilled Chicken on the Barbie with Plain Broccoli and Orange Juice (Kids LiveWell)	320	35	4	1	0	90	35	250	5	25	38
Ice Cream Scoop	120	60	6	4	0	25	13	35	0	10	2
Joey Sirloin	180	50	6	2.5	0	80	0	440	0	0	32
Joey Sirloin with Plain Broccoli and Apple Juice (Kids LiveWell)	330	60	6	2.5	0	80	35	520	5	25	37
Joey Sirloin with Plain Broccoli and Orange Juice (Kids LiveWell)	330	60	6	2.5	0	80	35	500	5	25	39
Junior Ribs	300	190	21	8	0	75	2	210	0	0	28
Macaroon N' Cheese	510	170	19	10	0.5	55	65	1000	4	8	20
Plain Freshly Steamed Broccoli	70	5	0.5	0	0	0	13	65	5	3	6
Side: Aussie Fries	240	90	10	4.5	0.5	10	34	520	3	0	4
Side: Fresh Fruit (Oranges and Strawberries)	50	0	0	0	0	0	12	0	3	9	<1
KID'S MENU											
Spotted Dog Sundae	120	60	6	4	0	25	14	35	0	11	2
Spotted Dog Sundae: Chocolate Sauce Add-On	150	90	10	6	0	25	14	40	<1	13	0
Spotted Dog Sundae: Oreo Cookie Crumbs Add-On	130	45	5	1.5	0	0	19	105	<1	11	1
KID'S MENU, BEVERAGES											
100% Apple Juice, without Ice	90	0	0	0	0	0	22	15	0	21	0
100% Orange Juice, without Ice	90	0	0	0	0	0	21	0	0	21	2
2% Milk, without Ice	100	35	4	2.5	0	15	9	80	0	10	7
Bottled Water	0	0	0	0	0	0	0	75	0	0	0
Coke Zero, with Ice	0	0	0	0	0	0	0	0	0	0	0
Coke, with Ice	90	0	0	0	0	0	24	0	0	24	0
Cranberry Juice, without Ice	100	0	0	0	0	0	26	30	0	26	0
Diet Coke, with Ice	0	0	0	0	0	0	0	10	0	0	0
Dr. Pepper, with Ice	80	0	0	0	0	0	22	20	0	22	0
Hi-C Fruit Punch, with Ice	110	0	0	0	0	0	30	10	0	30	0
Hi-C Lemonade Poppin' Pink, with Ice	110	0	0	0	0	0	27	45	0	27	0

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
KID'S MENU, BEVERAGES											
Pineapple Juice, without Ice	120	0	0	0	0	0	29	0	0	25	1
Sprite, with Ice	80	0	0	0	0	0	23	20	0	23	0
PARTY PLATTERS											
Baby Back Ribs	1880	990	110	43	0	375	93	3000	3	73	141
Baby Back Ribs, 1 Serving	310	160	18	7	0	65	15	500	0	12	23
Bloom' Petals	3740	2690	299	112	15	245	228	7100	24	22	34
Bloom' Petals, 1 Serving	620	450	50	19	2.5	40	38	1180	4	4	6
Chicken Tenders	3490	2180	242	82	9	410	199	5480	12	52	132
Chicken Tenders	3530	2240	248	83	9	405	198	5460	12	61	131
Chicken Tenders, 1 Serving	590	370	41	14	1.5	65	33	910	2	10	22
Coconut Shrimp	2450	1240	138	73	6	615	213	4910	1	62	91
Coconut Shrimp, 1 Serving	410	210	23	12	1	100	36	820	0	10	15
Grilled Shrimp on the Barbie	1200	640	71	36	0	910	22	2860	4	7	109
Grilled Shrimp on The Barbie, 1 Serving	200	110	12	6	0	150	4	480	<1	1	18
Kookaburra Wings Medium, 1 Serving	730	570	63	21	1	140	7	1850	<1	2	33
Kookaburra Wings Mild	4190	3250	362	115	7	835	40	9810	4	10	196
Kookaburra Wings Mild, 1 Serving	700	540	60	19	1	140	7	1630	<1	2	33
Kookaburra Wings, Hot	4330	3390	377	123	7	835	41	10930	5	10	196
Kookaburra Wings, Hot, 1 Serving	720	570	63	20	1	140	7	1820	<1	2	33
Kookaburra Wings, Medium	4360	3420	380	124	7	835	41	11100	5	10	196
Outback Center Cut Sirloin, 6 oz	1060	300	34	14	2	465	2	2620	0	2	190
Outback Center Cut Sirloin, 6 oz, 1 Serving	180	50	6	2.5	0	80	0	440	0	0	32
SOFT DRINKS											
Bottled Water	0	0	0	0	0	0	0	75	0	0	0
Coke Zero, with Ice	0	0	0	0	0	0	0	0	0	0	0
Coke-a-Cola, with Ice	110	0	0	0	0	0	30	0	0	30	0
Diet Coke, with Ice	0	0	0	0	0	0	0	10	0	0	0
Dr Pepper, with Ice	100	0	0	0	0	0	28	25	0	28	0
Gold Peak Coffee	0	0	0	0	0	0	0	0	0	0	0
Gold Peak Tea, Sweet, with Ice	70	0	0	0	0	0	17	0	0	17	0
Gold Peak Tea, Unsweet, with Ice	0	0	0	0	0	0	0	0	0	0	0
Hi-C Fruit Punch, with Ice	110	0	0	0	0	0	30	10	0	30	0
Hi-C Lemonade Poppin' Pink, with Ice	110	0	0	0	0	0	27	45	0	27	0
Icelandic Glacial Water	0	0	0	0	0	0	0	75	0	0	0
Minute Maid Country Style Lemonade, with Ice	100	0	0	0	0	0	27	0	0	26	0
Red Bull Sugar Free, Can	10	0	0	0	0	0	2	200	0	0	<1
Red Bull, Can	110	0	0	0	0	0	26	200	0	24	<1

Outback Steakhouse Nutrition Information

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.

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SOFT DRINKS											
Sprite, with ice	110	0	0	0	0	0	29	25	0	29	0
Water, Aqua Panna	0	0	0	0	0	0	0	0	0	0	0
Water, Perrier	0	0	0	0	0	0	0	0	0	0	0
Water, San Pellegrino	0	0	0	0	0	0	0	40	0	0	0
SPIRIT-FREE BEVERAGES											
Apple Juice (Regional)	220	0	0	0	0	0	54	35	0	52	0
Cherry Limeade	230	0	0	0	0	0	57	140	1	47	0
Classic Arnold Palmer	50	0	0	0	0	0	13	0	0	12	0
Coco-berry Smoothie	630	140	16	15	0	0	121	210	0	113	2
Cranberry Juice (Regional)	250	0	0	0	0	0	64	75	0	64	0
Fresh Strawberry Lemonade	100	0	0	0	0	0	27	0	2	23	<1
Fruit Punch	180	0	0	0	0	0	44	10	<1	42	1
Fruit Spritzer, Mango	110	0	0	0	0	0	27	10	0	27	0
Fruit Spritzer, Pomegranate	100	0	0	0	0	0	25	10	0	25	0
Grapefruit Juice (Regional)	200	0	0	0	0	0	46	0	0	46	0
Ice Cream Float with Coke	380	120	13	8	0	50	67	75	0	61	4
Ice Cream Float with Dr. Pepper (Regional)	370	120	13	8	0	50	64	105	0	58	4
Kiwi Strawberry Lemonade	170	0	0	0	0	0	43	0	2	40	<1
Orange Juice (Regional)	220	0	0	0	0	0	52	0	0	52	4
Peach Colada Smoothie (Regional)	440	0	0	0	0	0	101	15	4	92	1
Peach Smoothie (Regional)	430	0	0	0	0	0	104	0	3	96	3
Pina Colada Smoothie (Regional)	450	0	0	0	0	0	99	25	5	88	0
Pineapple Juice (Regional)	300	0	0	0	0	0	71	0	0	60	3
SPIRIT-FREE BEVERAGES											
Pomegranate-Mango Lemonade (Regional)	170	0	0	0	0	0	43	0	0	42	0
Raspberry Banana Smoothie (Regional)	410	0	0	0	0	0	103	0	3	85	0
Raspberry Smoothie (Regional)	400	0	0	0	0	0	101	0	3	85	0
Sparkling Citrus Cooler (Regional)	120	0	0	0	0	0	32	10	2	28	<1
Strawberry Banana Smoothie (Regional)	410	0	0	0	0	0	101	0	4	84	0
Strawberry Colada Smoothie (Regional)	430	0	0	0	0	0	99	15	5	85	0
Strawberry Smoothie	630	140	16	15	0	0	122	160	0	113	2
Strawberry Smoothie (Regional)	400	0	0	0	0	0	99	0	5	83	0
The Strawberry Bull, Red Bull Energy	150	0	0	0	0	0	39	100	<1	34	0
The Strawberry Bull, with Red Bull Sugar-Free	110	0	0	0	0	0	28	200	<1	23	<1
Watermelon Cooler	160	0	0	0	0	0	41	20	0	40	0