

# GLUTEN-FREE MENU



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Nutrition information is updated when new data is received from our suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date.

**MENU ITEMS VARY BY LOCATION AND ARE SUBJECT TO CHANGE.**

**ALL SOFT DRINKS, DISTILLED SPIRITS AND WINES ARE GLUTEN-FREE.**

Food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any menu item is completely free of gluten. When placing your order, please let your server know you are ordering a gluten-free menu item.

FDA regulations defines "gluten-free" as containing less than 20ppm gluten. It is possible that some individuals may be sensitive to levels below this amount. If you have any concerns pertaining to those levels, please consult your healthcare provider.

\* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

◊ *Item contains or may contain nuts.*

## BIG BOWL SALADS

*GLUTEN-FREE SALADS PREPARED WITHOUT CROUTONS*

### AUSSIE COBB SALAD\*

mixed greens / tomatoes / bacon / Monterey Jack / Cheddar / chopped hard-boiled eggs / with choice of grilled chicken / grilled shrimp / steak or salmon and choice of gluten-free dressing (470-940 Calories)

### FRESH SYDNEY SALAD\*

fresh mixed greens / arugula / cucumbers / tomatoes / bacon / pepitas / Blue Cheese crumbles / balsamic glaze with choice of grilled chicken / grilled shrimp / steak or salmon and choice of gluten-free dressing (330-800 Calories)

## GLUTEN-FREE DRESSINGS

**BLUE CHEESE VINAIGRETTE** (150/300 Calories)

**RANCH** (200/390 Calories)

**CAESAR** (220/450 Calories)

**HONEY MUSTARD** (220/430 Calories)

**TANGY TOMATO** (60/120 Calories)

**CREAMY BLUE CHEESE** (220/440 Calories)

**LIGHT BALSAMIC VINAIGRETTE** (70/140 Calories)

**MUSTARD VINAIGRETTE** (230/470 Calories)



## SO MANY WAYS TO STEAK

CHOICE OF TWO SIDES

**VICTORIA'S BARREL-CUT FILET MIGNON\***  
(480-580 Calories)

**OUTBACK CENTER-CUT SIRLOIN\***  
(420-660 Calories)

**RIBEYE\*** (950 Calories)

**MELBOURNE PORTERHOUSE\*** (980 Calories)

**BONE-IN RIBEYE\*** (1070 Calories)

## STEAK ADD ONS

ADD ON A TOPPING TO ENHANCE YOUR JUICY STEAK

**GRILLED ONIONS** (35 Calories)

**ROASTED GARLIC BUTTER** (160 Calories)

**GRILLED SHRIMP** (540 Calories)

**STEAMED LOBSTER TAIL**  
*based on availability* (360 Calories)

## STEAK 'N MATE COMBOS

CHOICE OF TWO SIDES

**SIRLOIN\* & GRILLED SHRIMP** (1070/1180 Calories)

**SIRLOIN\* & ALICE SPRINGS CHICKEN®**  
(1090/1200 Calories)

**RIBEYE\* & GRILLED SHRIMP** (1400-1600 Calories)

**FILET MIGNON\* & LOBSTER** (840 Calories)

## CHOOK (CHICKEN) & RIBS

CHOICE OF TWO SIDES

### GRILLED CHICKEN ON THE BARBIE

seasoned / grilled / signature BBQ sauce (520 Calories)

### ALICE SPRINGS CHICKEN®

grilled chicken breast / sautéed mushrooms / crisp bacon / Monterey Jack / Cheddar / honey mustard sauce (1270 Calories)

### OUTBACK RIBS

smoked / brushed / grilled / tangy BBQ sauce  
Full Rack (1430 Calories) | 1/2 Rack (720 Calories)

### CRISPY BRICK CHICKEN

skin-on chicken breast / creamy lemon butter sauce / fresh rosemary (1000 Calories)

## FROM THE REEF

CHOICE OF TWO SIDES

### PERFECTLY GRILLED SALMON\*

seasoned and grilled / classic rémoulade sauce (660 Calories)

### HOOLEY DOOLEY GRILLED SHRIMP

grilled jumbo prawns (shrimp) / garlic butter (820 Calories)

## STEAKHOUSE POTATOES & SIDES

**HOMESTYLE MASHED POTATOES** (230 Calories)

**BAKED POTATO** (340 Calories)

*sour cream / butter / bacon / Monterey Jack / Cheddar / chives*

**SWEET POTATO** (250 Calories) *honey butter / brown sugar*

**FRESH SEASONAL VEGGIE** (100-140 Calories)

**ASPARAGUS** (130 Calories)

**TASMANIAN CHILI** (200 Calories)

**HOUSE SALAD** (180-410 Calories)

*made without croutons / choice of gluten-free dressing*

**CAESAR SALAD** (260 Calories)

*made without croutons / Caesar dressing*

## SWEET FINISH (FOR YOU OR THE TABLE)

### CHOCOLATE THUNDER FROM DOWN UNDER®◊

extra-generous pecan brownie / rich vanilla ice cream / warm chocolate sauce / chocolate shavings / whipped cream (800 Calories)

**OUTBACK**  
STEAKHOUSE®

**NO RULES. JUST RIGHT.**