

Outback Steakhouse

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Aussie-Tizers						
Wood-Fire Grilled Shrimp on the Barbie	580	13	1020	29	3	34
Seared Peppered Ahi	440	3.5	2210	30	3	29
Taz Crawfish (Regional)	1340	5	400	67	5	41
Side Salads & Salad Dressing (1.5 oz)						
Caesar Salad w/ Dressing	270	5	600	7	0	6
House Salad w/o Dressing	120	3	180	8	0	5
Light Balsamic Vinaigrette	80	0.5	330	8	0	0
Tangy Tomato Dressing	70	0	180	17	0	<1
Big Bowl Salads						
Brisbane Caesar Salad w Shrimp & Dressing	540	8.5	1490	14	0	34
-with Grilled Chicken Add-On	640	11	1190	13	2	58
Aussie Cobb	400	11	850	13	0	25
Aussie Cobb w/ grilled chicken	560	12	1030	13	0	56
Soups (cup)						
Tasmanian Chili	200	6	760	7	2	12
Broccoli Soup	160	6	840	10	1	3
So Many Ways to Steak						
<i>Served with choice of steakhouse potatoes and one side listed below</i>						
Outback Center-Cut Sirloin (6 oz)	370	10	510	1	0	46
Victoria's Filet Mignon (6 oz)	380	9	470	1	0	47
Steak n' Mate Combos						
<i>Served with choice of steakhouse potatoes and one side listed below</i>						
Sirloin 6 oz & 5 oz Grilled Chicken	600	11	1000	12	1	84
Sirloin 8 oz & 5 oz Grilled Chicken	690	12.5	1310	19	1	91

Fall 2022

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
The "Not" Steaks						
Grilled Chicken on the Barbie	410	3	780	22	1	62
2 Grilled Pork Chops	700	7	1930	24	0	96
Straight from the Sea <i>Served with seasoned rice and fresh mixed veggies</i>						
Perfectly Grilled Salmon	550	7	430	1	0	45
Lobster Tails	290	1	940	0	0	60
Grilled Shrimp on the Barbie	550	9	1240	3	1	58
Steakhouse Potatoes & Sides <i>Available with options as shown above</i>						
Homestyle Mashed Potatoes	230	4	540	28	3	4
Baked Sweet Potato w/ Everything	410	5	240	72	10	5
Fresh Mixed Veggies	150	3.5	310	16	5	4
Seasoned Rice	290	2.5	1470	53	2	6
Green Beans	130	4	370	10	4	2
Kid's Menu						
Chicken Fingers	480	10	1040	33	2	29
Grilled Chicken on the Barbie	160	1	180	0	0	31
-with Plain Broccoli and Apple Juice	320	1	270	26	5	37