



## Outback Steakhouse

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Aussie-Tizers</b>						
Wood-Fire Grilled Shrimp on the Barbie	540	11	1380	44	2	34
Seared Peppered Ahi, Large	460	4.5	1400	21	2	32
<b>Side Salads &amp; Salad Dressing (1.5 oz)</b>						
Caesar Salad w/ Dressing	260	4.5	540	10	2	6
House Salad w/o Dressing	170	5	200	13	2	9
Light Balsamic Vinaigrette	80	0.5	330	8	0	0
Tangy Tomato Dressing	70	0	180	17	0	0
<b>Big Bowl Salads</b>						
Brisbane Caesar Salad w/o Protein, w/ Dressing	370	5	750	19	4	9
-with Grilled Chicken Add-On	530	6	930	19	4	40
-with Grilled Shrimp Add-On	530	6.5	1390	2	0	26
<b>Signature Steaks</b>						
Outback Center-Cut Sirloin (6 oz)	210	3	520	0	0	38
Victoria's Filet Mignon (6 oz)	240	4	580	0	0	40
<b>Steak n' Mate Combos</b>						
Sirloin 6 oz & Grilled Chicken	450	4	1120	18	0	69
Sirloin 8 oz & Grilled Chicken	520	5	1300	18	0	82
<b>Sides</b>						
Honey Wheat Bread and Whipped Butter (1 loaf)	310	4	460	51	4	10
Fresh Seasonal Veggies- Green beans & Broccoli	150	3.5	300	14	5	6
Seasoned Rice	310	4.5	1260	52	2	6
<b>Straight from the Sea (includes side dish)</b>						
Simply Grilled Salmon w/ Remoulade	540	8	590	3	0	40
Botany Bay Tilapia	390	10	770	7	1	43



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<b>The "Not" Steaks (includes side dish)</b>						
Grilled Chicken on the Barbie (5 oz)	240	1.5	600	17	0	31
Grilled Chicken on the Barbie with Fresh Mixed Veggies	400	5	920	34	6	35
Grilled Chicken on the Barbie (8 oz)	360	2	740	17	0	55
Grilled Chicken on the Barbie with Fresh Mixed Veggies	520	6	1060	34	6	59
Pork Porterhouse	430	7	1260	0	1	64
Pineapple Glazed Pork Medallions	530	7	700	26	1	62
<b>Kid's Menu</b>						
Chicken Fingers	400	3.5	630	31	2	24
Grilled Chicken on the Barbie	160	1	180	0	0	31
-with Plain Broccoli and Apple Juice	280	3.5	210	28	4	32
<b>Kid's Sides</b>						
Fresh Fruit (Oranges & Strawberries)	50	0	0	12	3	0