

Outback Steakhouse

| Items | Calories | Saturated Fat (g) | Sodium (mg) | Carbohydrates (g) | Fiber (g) | Protein (g) |
|--|----------|-------------------|-------------|-------------------|-----------|-------------|
| Aussie-Tizers | | | | | | |
| Grilled Shrimp on the Barbie | 560 | 8 | 1050 | 30 | 3 | 35 |
| Seared Peppered Ahi | 440 | 3 | 2210 | 30 | 3 | 29 |
| Side Salads & Salad Dressing (1.5 oz) | | | | | | |
| Caesar Salad w/ Dressing | 260 | 4 | 560 | 14 | 3 | 6 |
| House Salad w/o Dressing | 180 | 4.5 | 340 | 16 | 2 | 8 |
| Light Balsamic Vinaigrette | 70 | 0.5 | 300 | 7 | 0 | 0 |
| Tangy Tomato Dressing | 60 | 0 | 230 | 14 | 0 | 1 |
| Big Bowl Salads | | | | | | |
| Brisbane Caesar Salad w Shrimp & Dressing | 780 | 11 | 1840 | 29 | 6 | 42 |
| -with Grilled Chicken | 870 | 12 | 1660 | 29 | 6 | 54 |
| Aussie Cobb w/ grilled chicken | 680 | 13 | 1290 | 29 | 4 | 66 |
| 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 | 520 | 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 | 1190 | 13 | 1 | 98 |

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|--|----------|-------------------|-------------|-------------------|-----------|-------------|
| The "Not" Steaks | | | | | | |
| Grilled Chicken on the Barbie | 410 | 3 | 780 | 22 | 1 | 62 |
| Straight from the Sea <i>Served with seasoned rice and fresh mixed veggies</i> | | | | | | |
| Grilled Salmon with Remoulade | 550 | 7 | 430 | 1 | 0 | 45 |
| 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 |
| Loaded Sweet Potato | 250 | 3.5 | 115 | 45 | 6 | 4 |
| Fresh Mixed Veggies | 70 | 0.5 | 110 | 13 | 4 | 2 |
| Seasoned Rice | 320 | 3 | 1390 | 57 | 2 | 7 |
| Green Beans | 100 | 4 | 5 | 9 | 4 | 2 |
| Kid's Menu | | | | | | |
| Chicken Fingers | 480 | 10 | 1040 | 33 | 2 | 29 |
| Grilled Chicken on the Barbie | 170 | 1 | 65 | 0 | 0 | 32 |
| -with Apple Juice | 260 | 1 | 90 | 23 | 0 | 32 |

Winter 2024