

Outback Steakhouse Nutrition Information

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MENU ITEM	Calories	Calories	Total Fat	Saturated		Cholesterol	Total	Sodium	Dietary		Protein
		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Aussie-Tizers											
Aussie Cheese Fries, Large	1760	1100	122	53	2.5	205	115	2360	0	2	51
Bloomin' Onion	1950	1390	155	56	7	130	123	3840	14	18	18
Bushman Mushrooms/Sydney 'Shrooms	680	540	60	18	2.5	50	28	830	5	1	8
Kookaburra Wings Hot, Family Style (20 piece) (Regional)	2630	1770	197	70	4	500	84	8760	10	5	135
Kookaburra Wings Hot, Regular	1570	1130	125	41	2.5	270	44	4690	5	4	70
Kookaburra Wings Hot, Small	1050	810	89	26	1.5	155	24	2680	3	3	37
Kookaburra Wings Medium, Family Style (20 piece) (Regional)	2650	1790	199	71	4	500	84	8870	10	5	135
Kookaburra Wings Medium, Regular	1580	1140	126	41	2.5	270	44	4750	5	4	70
Kookaburra Wings Medium, Small	1110	870	96	29	1.5	160	25	3140	3	4	38
Kookaburra Wings Mild, Family Style (20 piece) (Regional)	2530	1680	187	65	3.5	495	83	8010	9	5	134
Kookaburra Wings Mild, Regular	1520	1080	120	38	2.5	270	43	4320	5	4	70
Kookaburra Wings Mild, Small	1050	810	90	26	1.5	155	24	2700	3	3	37
Seared Peppered Ahi, Large	460	250	28	4.5	0	60	21	1400	2	7	32
Steakhouse Mac & Cheese Bites	770	480	54	14	0.5	60	47	1250	4	1	24
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
Aussie Twisted Ribs	980	580	64	21	1.5	125	51	2060	2	33	49
Three Cheese Steak Dip	1460	1020	113	63	4	265	85	2110	9	8	28
Wood-Fire Grilled Shrimp on the Barbie	540	220	25	11	0	230	44	1380	2	3	34

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		From Fat		Fat					Carbohydrates		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SIDE SALADS											
Honey Wheat Bread and Whipped Butter	310	80	9	4	0	5	51	460	4	10	10
Side Salad: Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	600	430	47	13	0	20	30	1260	4	15	11
Side Salad: Caesar Salad (Dressing Included)	260	200	22	4.5	0	45	10	540	2	2	6
Side Salad: House Salad (Choice of Dressing Not Included)	170	90	10	5	0	25	13	200	2	4	9
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	210	23	4.5	0	<5	8	620	0	6	2
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	200	190	21	4	0	40	2	430	0	0	3
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

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber	Sugars	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SOUPS											
Soup: Baked Potato Soup, Bowl	560	320	36	19	0	45	48	2430	5	7	13
Soup: Baked Potato Soup, Cup	320	190	21	11	0	35	24	1300	3	3	9
Soup: Chicken Tortilla Soup, Bowl (Regional)	340	180	21	12	0	75	21	1460	2	2	20
Soup: Chicken Tortilla Soup, Cup (Regional)	240	140	16	9	0	55	13	800	2	1	13
Soup: Clam Chowder, Bowl (Regional)	710	410	46	24	1	150	47	1830	3	9	31
Soup: Clam Chowder, Cup (Regional)	360	210	23	12	0	75	23	920	1	4	16
Soup: French Onion Soup	420	260	29	14	1	50	21	2130	2	8	19
Soup: Creamy Onion, Bowl	520	360	40	23	0.5	65	27	1890	2	10	12
Soup: Creamy Onion, Cup	290	200	22	13	0	40	14	980	1	5	8
Soup: Cream of Broccoli, Bowl	390	260	28	16	0.5	50	24	1590	3	7	10
Soup: Cream of Broccoli, Cup	200	130	14	8	0	25	12	790	2	4	5

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BIG BOWL SALADS											
Aussie Cobb Salad without Protein (Dressing Not Included)	480	270	30	15	0	85	21	890	3	6	32
Aussie Cobb Salad: Crispy Chicken Add-On	400	180	20	3.5	0	60	31	630	2	<1	24
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)	370	270	30	6	0	60	19	750	4	3	9
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
Steakhouse Salad (Dressing Included)	750	380	42	17	1	125	40	1320	7	19	57
Entrée Salad Dressing: Ranch (2 oz)	280	270	30	5	0	20	2	330	0	1	1
Entrée Salad Dressing: Blue Cheese Dressing (2 oz)	340	320	35	7	0.5	30	1	380	0	1	3
Entrée Salad Dressing: Thousand Island (2 oz)	330	300	34	5	0	25	7	450	0	4	<1
Entrée Salad Dressing: Tangy Tomato (2 oz)	90	0	0	0	0	0	23	240	0	21	<1
Entrée Salad Dressing: Caesar (2 oz)	270	250	28	5	0	55	2	570	<1	0	4
Entrée Salad Dressing: Honey Mustard (2 oz)	310	250	28	4.5	0	20	16	400	0	14	<1
Entrée Salad Dressing: Mustard Vinaigrette (2 oz)	290	270	30	4.5	0	0	6	150	0	5	0
Entrée Salad Dressing: Light Balsamic Vinaigrette (2 oz)	100	60	6	1	0	0	10	430	0	9	0
Entrée Salad Dressing: Oil & Vinegar (2 oz)	280	260	28	4	0	0	6	0	0	6	0
Entrée Salad Dressing: Blue Cheese Vinaigrette (2 oz)	340	280	31	6	0	<5	10	830	0	8	2

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SIGNATURE STEAKS: Nutrition analysis EXCLUDES choice of side dish unless otherwise indicated. Steak											
Chargrilled Ribeye, 12 oz (Regional)	890	620	68	28	0	250	0	160	0	0	65
Melbourne/Porterhouse, 22 oz	860	510	57	25	4.5	185	8	710	0	0	80
New York Strip, Bone In 16 oz	710	260	29	11	0	300	2	2320	0	0	104
Outback Center-Cut Sirloin, 11 oz	390	110	12	5	0.5	170	<1	960	0	<1	70
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
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)	1400	1030	114	52	7	350	0	1450	0	1	92
RIBEYE 13 OZ	710	410	45	20	3.5	165	0	530	0	0	75
RIBEYE 16 OZ - OBS	1290	920	102	44	0	365	<1	730	0	0	87
Ribeye, Bone In, 18 oz	1350	930	103	41	0	380	2	2300	0	0	98
Shareable Sirloin, 18oz (Regional, West Coast)	550	160	18	8	1	245	<1	1370	0	<1	99
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
Outback-Style Prime Rib, 12 oz	1520	1120	124	60	6	380	9	1240	1	7	91
Outback-Style Prime Rib, 16 oz	1960	1440	160	76	9	490	9	1430	1	7	120
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	580	0	0	40
Victoria's Filet Mignon, 8 oz	320	110	12	6	1	120	<1	780	0	<1	53

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber	Sugars	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
STEAK N' MATE COMBOS: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak											
Filet, 6 oz, and Grilled Lobster Tail (Regional)	670	390	43	24	1	375	2	1420	0	<1	66
Filet, 6 oz, and Lobster Tail	670	390	43	24	1	375	2	1420	0	<1	66
Filet, 8 oz, and Lobster Tail	750	420	46	26	1	405	2	1620	0	<1	80
RIBEYE 13 OZ AND 4 Grilled Shrimp on the Barbie	1150	720	80	32	4	275	17	1430	2	4	92
RIBEYE 13 OZ AND 4 Coconut Shrimp	1070	560	63	29	4.5	240	41	1170	0	21	87
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	660	370	41	15	0.5	205	17	1420	2	4	55
Sirloin 6 oz, and Twisted Ribs	1190	640	71	24	2	220	52	2590	2	33	87
Sirloin 6 oz, and Grilled Chicken	450	100	11	4	0	185	18	1120	<1	14	69
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	730	390	44	16	1	235	18	1600	2	4	67
Sirloin, 8 oz, and Twisted Ribs	1260	660	73	25	2	250	52	2760	2	33	100
Sirloin 8 oz, and Grilled Chicken	520	120	13	5	0.5	215	18	1300	<1	14	82

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber	Sugars	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
STEAK MATES											
Baby Back Ribs, (Regional)	580	330	36	14	0	120	21	760	<1	14	47
Beer & Blue Topping (Regional, West Coast)	140	90	10	7	0	15	6	790	<1	4	6
Cabernet Sauce (Regional, West Coast)	50	35	4	2	0	0	2	360	0	0	0
Chimichurri Topping (Regional, West Coast)	170	150	17	1.5	0	0	4	770	1	<1	1
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	110	35	4	0.5	0	0	18	460	3	8	2
Grilled Shrimp	150	80	9	4.5	0	110	4	490	<1	2	14
Lobster & Mushroom Topping (Regional)	180	100	12	5	0	45	7	480	1	3	11
Lobster Tail, 5 oz, Grilled (Regional)	430	310	34	20	0	285	1	840	0	0	27
Lobster Tail, 5 oz, Steamed	340	220	25	14	0	255	1	540	0	0	27
Roasted Garlic Butter Topping	170	160	18	11	0	45	2	180	0	0	<1
Sautéed 'Shrooms	130	50	6	2.5	0	0	10	670	3	5	7
Shrimp and Crawfish Topping (Regional)	640	440	49	23	0	240	12	1320	2	5	34
Toowoomba Topping	230	140	16	8	0	115	5	480	<1	2	16

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SIDES: SIGNATURE POTATOES											
Aussie Fries	410	180	20	9	1	15	52	530	0	0	5
Baked Potato (Includes All Toppings)	420	140	16	8	0	30	58	1010	8	7	14
Homestyle Mashed Potatoes	240	140	15	9	0	10	20	1280	4	2	5
Sweet Potato (Includes All Toppings)	410	100	11	5	0	0	72	240	10	22	5
SIDES: CLASSIC SIDES											
Fresh Seasonal Veggie (Green Beans)	130	100	11	4	0	0	10	370	4	2	2
Fresh Seasonal Veggie (Steamed Broccoli)	150	90	10	3.5	0	0	14	300	5	4	6
Steamed Rice (Regional)	270	0	0	0	0	0	59	500	0	<1	6
Seasoned Rice	310	80	9	4.5	0	<5	52	1260	2	6	6

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber	Sugars	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SIDES: SIDE SALADS											
Side Salad: Caesar Salad (Dressing Included)	260	200	22	4.5	0	45	10	540	2	2	6
Side Salad: House Salad (Choice of Dressing Not Included)	170	90	10	5	0	25	13	200	2	4	9
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)	200	190	21	4	0	40	2	430	0	0	3
Side Salad: House Salad Dressing: Creamy Blue Cheese Dressing (1.5 oz)	250	240	27	6	0	20	<1	290	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
SIDES: SOUPS											
Baked Potato Soup, Cup	320	190	21	11	0	35	24	1300	3	3	9
Chicken Tortilla Soup, Cup	240	140	16	9	0	55	13	800	2	1	13
French Onion Soup	420	260	29	14	1	50	21	2130	2	8	19

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		From Fat		Fat					Carbohydrates		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
SIDES: PREMIUM SIDES											
Loaded Cheese Fries (Regional)	1010	650	72	20	1	60	68	1860	6	2	20
Steakhouse Mac & Cheese	840	450	50	28	1	140	68	1270	4	6	30
Creamed Spinach	560	390	43	27	0.5	145	24	1460	5	3	16
Loaded Homestyle Mashed Potatoes	320	190	22	12	0	35	22	1440	4	3	11
SIDES: PREMIUM SIDE SALADS											
Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	600	430	47	13	0	20	30	1260	4	15	11
SAMMIES & BURGERS: Nutrition analysis excludes side dish unless otherwise indicated											
BBQ Chicken & Bacon Sandwich (Regional)	670	270	30	15	0	140	53	1220	2	18	50
Braised Beef Bonzer-Wich	1110	570	63	36	1	175	104	2600	4	22	36
Bloomin' Fried Chicken Sandwich	860	440	49	21	1.5	130	66	1600	4	13	41
Prime Rib Sandwich	1720	1040	116	53	4	260	95	4530	10	21	77
Sweet Chook O' Mine Sandwich	930	510	57	19	1	155	58	1350	2	23	50
The Bloomin' Burger	1100	670	74	35	3.5	155	60	1700	4	13	47
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	720	380	43	22	2.5	110	45	740	3	11	40

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			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
STRAIGHT FROM THE SEA: Nutrition analysis includes side dish unless otherwise indicated											
Botany Bay Tilapia	390	180	20	10	0.5	145	7	770	1	3	43
Botany Bay Mahi	400	190	21	11	0.5	125	7	900	1	3	42
Simply Grilled Salmon w/ Remoulade	540	360	40	8	0	130	3	590	<1	1	40
Simply Grilled Halibut (Regional)	460	210	23	3.5	0	105	3	610	<1	1	55
Botany Bay Halibut (Regional)	480	210	23	9	0.5	125	7	830	1	3	55
Simply Grilled Mahi (Regional)	220	30	3.5	1.5	0	80	1	440	0	0	47
Toowoomba Salmon	610	370	41	12	0	180	5	770	<1	3	54
THE "NOT" STEAKS: Nutrition analysis includes side dish unless otherwise indicated											
Alice Springs Chicken, 5 oz	440	240	27	10	0	130	9	830	<1	7	42
Alice Springs Chicken, 5 oz, with Aussie Fries	930	490	54	20	1.5	150	65	1460	<1	10	47
Alice Springs Chicken, 8 oz	780	430	48	16	0	225	17	1470	1	13	72
Alice Springs Chicken, 8 oz, with Aussie Fries	1190	610	68	26	1.5	240	69	2000	1	13	78
Baby Back Ribs, 1/2 Order	910	540	60	23	0	205	23	990	<1	14	77
Baby Back Ribs, 1/2 Order, with Aussie Fries	1320	720	80	32	1	220	75	1510	<1	14	83
Baby Back Ribs, Full Order	1410	850	95	36	0	325	26	1330	<1	14	123
Baby Back Ribs, Full Order, with Aussie Fries	1820	1030	115	45	1	345	78	1860	<1	14	129
Bloomin' BBQ Pork Chop with Mashed Potatoes and Mixed Veggies	1030	450	50	22	0.5	235	57	2690	11	18	86
Bloomin' Fried Chicken	1630	1010	112	37	3	270	84	4450	13	14	75

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MENU ITEM	Calories	Calories	Total Fat	Saturated		Cholesterol	Total	Sodium	Dietary		Protein
		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
THE "NOT" STEAKS: Nutrition analysis includes side dish unless otherwise indicated											
Chicken Tender Platter with Aussie Fries and Buffalo Sauce	1200	600	66	17	1.5	115	105	2710	4	2	46
Chicken Tender Platter with Aussie Fries and Honey Mustard Sauce	1320	670	75	18	1.5	130	116	1880	3	12	46
Chicken Tender Platter with Buffalo Sauce	790	420	46	8	0	95	54	2180	4	2	41
Chicken Tender Platter with Honey Mustard Sauce	910	490	55	9	0.5	110	64	1360	3	12	41
Drover's Rib & Chicken Platter (Regional)	1170	570	64	24	0	365	23	1430	<1	14	132
Drover's Rib & Chicken Platter	1170	570	64	24	0	365	23	1430	<1	14	132
Drover's Rib & Chicken Platter with Aussie Fries	1580	750	84	33	1	380	75	1960	<1	14	137
Grilled Chicken on the Barbie, 5 oz	240	40	4.5	1.5	0	90	17	600	<1	14	31
Grilled Chicken on the Barbie, 5 oz, with Fresh Mixed Veggies	400	130	14	5	0	90	34	920	6	20	35
Grilled Chicken on the Barbie, 8 oz	360	60	7	2	0	160	17	740	<1	14	55
Grilled Chicken on the Barbie, 8 oz, with Fresh Mixed Veggies	520	150	17	6	0	160	34	1060	6	20	59
No Rules Combo: Ribs and Alice Springs Chicken (Regional)	1400	900	100	42	0	340	19	1890	1	11	111
No Rules Combo: Ribs and Alice Springs Chicken and Aussie Fries (Regional)	1430	750	83	33	1	270	81	2110	1	20	93
Pork Porterhouse	430	170	19	7	0	185	<1	1260	1	<1	64
Pork Porterhouse with Homestyle Mashed Potatoes	670	310	35	15	0	195	21	2550	5	2	69
Pineapple Glazed Pork Medallions	530	160	17	7	0	190	26	700	1	22	62

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
THE "NOT" STEAKS: Nutrition analysis includes side dish unless otherwise indicated											
Queensland Chicken & Shrimp Pasta	1150	440	49	19	0	315	94	1560	7	<1	73
Queensland Pasta, No Protein	800	310	34	12	0	60	91	850	7	0	23
Queensland Pasta: with Chicken (Regional)	1140	420	47	18	0	235	92	1460	7	<1	78
Queensland Pasta: with Fresh Mixed Veggies (Regional)	960	390	44	16	0	60	109	1170	13	6	27
Queensland Pasta: with Shrimp	1040	420	47	18	0	270	94	1650	7	<1	49
Grilled Pork Chops, 1 Chop (Regional)	400	110	12	3.5	0	145	23	990	0	20	48
Grilled Pork Chops, 2 Chops (Regional)	700	190	21	7	0	285	24	1930	0	21	96
IRRESISTIBLE DESSERTS											
Butter Cake	860	350	39	16	0	135	119	560	3	29	10
Chocolate Thunder From Down Under	1500	920	103	57	1.5	395	140	530	6	122	19
Chocolate Tower (Regional)	530	280	31	20	0.5	70	63	75	2	54	3
Ice Cream (Regional)	300	150	16	10	0.5	65	33	90	0	26	5
New York Style Cheesecake	930	560	62	37	3	320	78	650	2	64	17
New York-Style Cheesecake with Chocolate Sauce	1080	660	73	43	3	340	92	690	2	78	17
New York-Style Cheesecake, Small, with Chocolate Sauce	500	340	38	24	1	155	36	310	<1	33	7
New York-Style Cheesecake with Raspberry Sauce	1040	560	62	37	3	320	105	660	2	86	17
New York-Style Cheesecake, Small, with Raspberry Sauce	460	240	27	17	1	130	48	280	0	42	6
Salted Caramel Cookie Skillet	860	360	40	28	0	100	117	1320	1	74	10
Triple-Layer Carrot Cake	1290	610	68	21	1	130	174	960	5	117	10

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
WHATS FOR LUNCH?											
Gold Coast Coconut Shrimp, 6 CT	500	230	26	14	1	115	50	940	0	21	17
Grilled Shrimp on the Barbie, 6 CT	650	480	53	16	0	170	19	1420	2	4	24
Bloomin Fried Chicken - Lunch	780	540	61	15	1.5	140	25	1710	2	4	33
Prime Rib Sandwich - Lunch	1090	700	78	35	2	160	56	3030	7	16	42
Braised Beef Bonzer-Wich - Lunch	640	360	40	23	1	115	54	1550	2	12	20
KID'S MENU											
Boomerang Cheeseburger	600	320	36	19	1.5	85	40	760	2	8	29
Chicken Fingers	400	180	20	3.5	0	60	31	630	2	<1	24
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)	280	30	3.5	1	0	90	28	210	4	24	32
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)	340	60	7	2.5	0	80	36	530	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
Macaroo 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

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		From Fat		Fat							
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
KID'S MENU											
Side: Aussie Fries	250	110	12	5	0.5	10	31	320	0	0	3
Side: Fresh Fruit (Oranges and Strawberries)	50	0	0	0	0	0	12	0	3	9	<1
Spotted Dog Sundae	120	60	6	4	0	25	14	35	0	11	2
Spotted Dog Sundae: Chocolate Sauce Add-On	150	100	11	7	0	25	15	35	<1	13	<1
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	23	25	0	22	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
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

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		From Fat		Fat							
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
AIRPORT											
Albacore Tuna Salad Sandwich (Regional)	1310	690	76	22	1.5	125	99	2530	3	6	54
Bacon Cheeseburger (Regional)	910	530	59	30	2.5	155	44	1690	3	10	51
Blue Cheese Bacon Burger (Regional)	1380	790	88	38	3.5	160	95	1830	2	9	52
Classic Cheeseburger (Regional)	710	380	43	22	2.5	110	42	800	3	9	39
Honey-Lime Chicken Wrap (Regional)	650	190	21	5	0	75	69	1090	3	11	34
Mushroom Swiss Burger (Regional)	1020	640	71	34	3	165	46	1210	3	10	55
Steakhouse Salad Wrap (Regional)	900	400	44	16	1	110	68	2060	4	9	55
PARTY PLATTERS											
Baby Back Ribs, Party Platter	2890	1630	181	68	0	610	103	3790	3	69	233
Bloom Petals, Party Platter	3740	2690	299	112	15	245	228	7100	24	22	34
Chicken Tenders, Party Platter	3190	1860	207	34	2	360	215	4670	10	58	124
Coconut Shrimp, Party Platter	2450	1240	138	73	6	615	213	4910	1	62	91
Grilled Shrimp on the Barbie, Party Platter	1190	640	71	37	0	910	21	2860	3	7	109
Kookaburra Wings, Hot, Party Platter	4710	3380	375	122	7	810	132	14080	16	12	209
Kookaburra Wings, Medium, Party Platter	4740	3410	378	123	7	810	132	14250	16	12	209
Kookaburra Wings, Mild, Party Platter	4570	3240	360	114	7	810	130	12950	16	12	209
Outback Center-Cut Sirloin, Party Platter	1060	300	34	14	2	465	2	2620	0	2	190

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
PARTY PLATTERS											
Side: Caesar Salad (without dressing), Party Platter	170	40	4.5	2	0	10	26	320	5	5	10
Side: Caesar Dressing, 4.5 oz, Party Platter	610	570	63	12	0	125	5	1290	1	<1	9
Side: House Salad (without dressing), Party Platter	510	260	29	16	0	80	38	610	7	13	28
Side: House Salad Dressing: Blue Cheese Vinaigrette, 4.5 oz, Party Platter	770	630	70	13	0	10	23	1870	<1	18	5
Side: House Salad Dressing: Creamy Blue Cheese Dressing, 4.5 oz, Party Platter	760	720	80	17	1.5	65	3	860	0	2	6
Side: House Salad Dressing: Honey Mustard Dressing, 4.5 oz, Party Platter	700	570	63	10	1	40	36	910	0	32	2
Side: House Salad Dressing: Mustard Vinaigrette, 4.5 oz, Party Platter	660	600	67	10	1	0	13	340	<1	11	<1
Side: House Salad Dressing: Oil and Balsamic Vinegar, 4.5 oz, Party Platter	630	570	64	9	0	0	13	0	0	13	0
Side: House Salad Dressing: Oil and Vinegar, 4.5 oz, Party Platter	560	570	64	9	0	0	0	5	0	0	0
Side: House Salad Dressing: Ranch Dressing, 4.5 oz, Party Platter	640	610	68	11	1	50	4	750	0	3	3
Side: House Salad Dressing: Soy Ginger Dressing, 4.5 oz, Party Platter	670	590	66	10	1	50	17	2450	<1	13	4
Side: House Salad Dressing: Tangy Tomato Dressing, 4.5 oz, Party Platter	200	5	0.5	0	0	0	51	540	1	47	2
Side: House Salad Dressing: Thousand Island Dressing, 4.5 oz, Party Platter	750	680	75	12	1	60	17	1000	0	8	1
Side: Seasonal Mixed Vegetables, Party Platter	630	340	38	15	0	<5	69	1280	24	24	17
Side: Seasonal Vegetable: Broccoli, Party Platter	590	340	38	15	0	<5	55	1190	20	16	23

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OUTBACK STEAKHOUSE AT AMALIE ARENA											
Aussie Fries	540	240	27	12	1.5	20	69	700	0	0	7
Bloom' Petals	1200	880	98	35	4.5	80	69	2270	7	7	10
Chicken Sandwich	550	210	24	13	0	130	40	690	2	7	45
Chicken Tenders with Aussie Fries and Honey Mustard	1400	740	82	21	2	120	126	1950	3	15	40
Outbacker Burger	740	420	47	25	2.5	125	40	870	2	8	41
Sauce: Bloom Sauce, 2 oz	310	300	33	5	0	20	3	550	<1	2	1
Sauce: Honey Mustard, 2 oz	310	250	28	4.5	0	20	16	400	0	14	<1
OUTBACK STEAKHOUSE AT AMALIE ARENA, BEVERAGES											
Bud Light, 24 oz, Can	210	0	0	0	0	0	13	20	0	0	2
Coke, 20 oz	240	0	0	0	0	0	65	75	0	65	0
Coors Light, 24 oz, Can	200	0	0	0	0	0	10	20	0	0	0
Dasani Water, 20 oz	0	0	0	0	0	0	0	0	0	0	0
Diet Coke, 20 oz	0	0	0	0	0	0	0	25	0	0	0
Miller Light, 24 oz, Can	190	0	0	0	0	0	6	10	0	0	0
Sprite, 20 oz	240	0	0	0	0	0	64	110	0	64	0

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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	5	0	0	0
Coke-a-Cola, with Ice	170	0	0	0	0	0	47	0	0	47	0
Diet Coke, with Ice	0	0	0	0	0	0	0	15	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	5	0	0	0
Gold Peak Tea, Sweet, with Ice	70	0	0	0	0	0	17	10	0	17	0
Gold Peak Tea, Unsweet, with Ice	0	0	0	0	0	0	0	10	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
Minute Maid Country Style Lemonade, with Ice	140	0	0	0	0	0	35	10	0	34	0
Sprite, with ice	110	0	0	0	0	0	29	25	0	29	0
WATER											
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

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Booze-Free Bevvies											
Apple Juice (Regional)	220	0	0	0	0	0	55	65	0	53	0
Aussie Palmer	60	0	0	0	0	0	17	5	0	15	0
Cranberry Juice (Regional)	250	0	0	0	0	0	64	75	0	64	0
Fresh Strawberry Lemonade	130	0	0	0	0	0	33	5	2	30	<1
Grapefruit Juice (Regional)	200	0	0	0	0	0	46	0	0	46	0
Ice Cream Float with Dr. Pepper (Regional)	370	120	13	8	0	50	64	105	0	58	4
Orange Juice (Regional)	220	0	0	0	0	0	52	0	0	52	4
Passion Fruit Blackberry Tea (Regional)	440	0	0	0	0	0	101	15	4	92	1
Peach Colada Smoothie (Regional)	430	0	0	0	0	0	104	0	3	96	3
Peach Smoothie (Regional)	450	0	0	0	0	0	99	25	5	88	0
Pina Colada Smoothie (Regional)	300	0	0	0	0	0	71	0	0	60	3
Pineapple Juice (Regional)	200	0	0	0	0	0	50	5	0	48	0
Pomegranate-Mango Lemonade (Regional)	410	0	0	0	0	0	103	0	3	85	0
Raspberry Banana Smoothie (Regional)	400	0	0	0	0	0	101	0	3	85	0
Raspberry Smoothie (Regional)	120	0	0	0	0	0	32	15	2	28	<1
Sparkling Citrus Cooler (Regional)	410	0	0	0	0	0	101	0	4	84	0
Strawberry Banana Smoothie (Regional)	430	0	0	0	0	0	99	15	5	85	0
Strawberry Colada Smoothie (Regional)	630	140	16	15	0	0	122	160	0	113	2
Strawberry Smoothie (Regional)	150	0	0	0	0	0	39	100	<1	34	0

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		From Fat		Fat	Trans Fat		Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Amstel Light, Bottle, 12 oz	100	0	0	0	0	0	4	10	0	0	<1
Angry Orchard Crisp Apple Hard Cider, Big Bloke	320	0	0	0	0	0	46	15	0	36	0
Angry Orchard Crisp Apple Hard Cider, Bottle, 12 oz	200	0	0	0	0	0	29	10	0	23	0
Angry Orchard Crisp Apple Hard Cider, Middy	240	0	0	0	0	0	35	10	0	28	0
Ayinger Brauweisse, Bottle, 12 oz	140	0	0	0	0	0	11	15	0	0	1
Beer Flight: Bondi Beach Boomerang	240	0	0	0	0	0	25	15	0	9	2
Beer Flight: Sydney Boomerang	250	0	0	0	0	0	13	20	0	2	3
Bloomin' Blonde, Big Bloke	250	0	0	0	0	0	21	50	0	0	3
Bloomin' Blonde, Middy	190	0	0	0	0	0	16	35	0	0	2
Blonde Ale brewed by Golden Road Brewing (Bloomin' Blonde Ale), Middy	190	0	0	0	0	0	16	35	0	0	2
Blonde Ale brewed by Golden Road Brewing (Bloomin' Blonde Ale), Big Bloke	250	0	0	0	0	0	21	50	0	0	3
Blue Moon Belgian White, 16 oz, Can	220	0	0	0	0	0	19	20	0	0	3
Blue Moon Belgian White, Big Bloke	270	0	0	0	0	0	22	25	0	0	3
Blue Moon Belgian White, Bottle, 12 oz	170	0	0	0	0	0	14	15	0	0	2
Blue Moon Belgian White, Middy	200	0	0	0	0	0	17	20	0	0	2
Breckenridge Vanilla Porter, Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Bud Light, Big Bloke	170	0	0	0	0	0	10	15	0	0	1
Bud Light, Bottle, 12 oz	110	0	0	0	0	0	6	10	0	0	<1
Bud Light, Middy	130	0	0	0	0	0	8	10	0	0	1

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		From Fat		Fat			Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Bud Light, Small Bloke	80	0	0	0	0	0	5	10	0	0	<1
Budweiser, Bottle, 12 oz	140	0	0	0	0	0	10	10	0	0	1
Cigar City Jai Alai, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Cigar City Jai Alai, Middy	240	0	0	0	0	0	1	15	0	0	4
Cigar City Maduro Brown Ale, Bottle	150	0	0	0	0	0	12	15	0	0	2
Coney Island Hard Root Beer, Bottle, 12 oz	290	0	0	0	0	0	0	0	0	0	0
Coopers Original Pale Ale, Bottle 12 oz	140	0	0	0	0	0	6	0	0	0	0
Coors Light, Bottle, 12 oz	100	0	0	0	0	0	5	10	0	0	0
Corona Extra, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Corona Light, Bottle, 12 oz	100	0	0	0	0	0	6	15	0	0	<1
Dale's Pale Ale, Bottle/Can	150	0	0	0	0	0	12	15	0	0	2
Dogfish Head 60 Minute IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Dogfish Head 60 Minute IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Dogfish Head 90 Minute IPA, Bottle	200	0	0	0	0	0	<1	15	0	0	3
Dos Equis Lager XX, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Dos Equis Lager XX, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Dos Equis Lager XX, Middy	180	0	0	0	0	0	15	15	0	0	2
Fat Tire Amber Ale, Bottle, 12 oz	200	0	0	0	0	0	16	20	0	0	2
Foster's 25.4 oz, Oil Can	290	0	0	0	0	0	24	25	0	0	3

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MENU ITEM	Calories	Calories	Total Fat	Saturated	Trans Fat	Cholesterol	Total	Sodium	Dietary	Sugars	Protein
		From Fat		Fat					Carbohydrates		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Foster's Lager, Big Bloke	270	0	0	0	0	0	22	25	0	0	3
Foster's Lager, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Foster's Lager, Middy	210	0	0	0	0	0	17	20	0	0	2
Fulton Lonely Blonde, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Fulton Lonely Blonde, Middy	180	0	0	0	0	0	15	15	0	0	2
Fulton Standard Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Fulton Standard Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Goose Island 312 Wheat, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Goose Island 312 Wheat, Middy	180	0	0	0	0	0	15	15	0	0	2
Goose Island IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Goose Island IPA, Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Goose Island IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Guinness Nitro IPA, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Guinness Nitro IPA, Middy	180	0	0	0	0	0	15	15	0	0	2
Guinness, 14.9 oz, Can	120	0	0	0	0	0	5	15	0	0	1
Heineken Light, Bottle, 12 oz	100	0	0	0	0	0	4	10	0	0	<1
Heineken, Bottle, 12 oz	140	0	0	0	0	0	0	0	0	0	0
Heineken 0.0	130	0	0	0	0	0	10	0	0	0	0

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		From Fat		Fat			Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Kentucky Bourbon Barrel, Bottle, 10 oz	160	0	0	0	0	0	<1	10	0	0	3
Kentucky Bourbon Barrel, Bottle, 11 oz	180	0	0	0	0	0	<1	10	0	0	3
Kona Island Lager, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Kona Island Lager, Bottle, 12 oz	140	0	0	0	0	0	11	20	0	0	2
Kona Island Lager, Middy	180	0	0	0	0	0	15	15	0	0	2
Lagunitas IPA, Bottle, 12 oz	190	0	0	0	0	0	14	15	0	0	3
Lindemans Framboise Lambic, Bottle, 12 oz	230	0	0	0	0	0	34	15	0	33	0
Magic Hat #9, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Michelob ULTRA Pure Gold, Bottle	90	0	0	0	0	0	3	10	0	0	<1
Michelob ULTRA, Bottle, 12 oz	90	0	0	0	0	0	3	10	0	0	<1
Miller Genuine Draft, Bottle, 12 oz	140	0	0	0	0	0	13	5	0	0	<1
Miller Light, Bottle, 12 oz	100	0	0	0	0	0	3	5	0	0	0
Modelo Especial, Big Bloke	150	0	0	0	0	0	12	15	0	0	2
Modelo Especial, Bottle, 12 oz	180	0	0	0	0	0	15	15	0	0	2
Modelo Especial, Middy	230	0	0	0	0	0	19	20	0	0	2
New Belgium Fat Tire Amber Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
New Belgium Fat Tire Amber Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
New Belgium Fat Tire Amber Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Newcastle Brown Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2

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		From Fat		Fat							
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
O'Doul's Amber, Bottle, 12 oz	90	0	0	0	0	0	18	0	0	0	2
O'Doul's, Bottle, 12 oz	70	0	0	0	0	0	13	0	0	0	<1
Omission Lager, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Omission Pale Ale, Bottle, 12 oz	170	0	0	0	0	0	13	20	0	0	2
Rebel IPA, Can, 16 oz	260	0	0	0	0	0	20	25	0	<1	3
Redbridge (Gluten-free), Bottle, 12 oz	130	0	0	0	0	0	14	0	0	0	0
Rogue Chocolate Stout, Bottle, 22 oz	360	0	0	0	0	0	2	25	0	0	6
Rogue Hazelnut Brown Nectar, Big Bloke	300	0	0	0	0	0	25	40	0	6	5
Rogue Hazelnut Brown Nectar, Bottle, 12 oz	190	0	0	0	0	0	16	25	0	4	3
Rogue Hazelnut Brown Nectar, Middy	230	0	0	0	0	0	19	30	0	5	4
Sam Adams Nitro Coffee Stout, Bottle	200	0	0	0	0	0	<1	15	0	0	3
Samuel Adams 76, Can, 16 oz.	200	0	0	0	0	0	16	20	0	0	2
Samuel Adams Boston Lager, Big Bloke	270	0	0	0	0	0	27	45	0	0	3
Samuel Adams Boston Lager, Bottle, 12 oz	170	0	0	0	0	0	17	30	0	0	2
Samuel Adams Boston Lager, Middy	210	0	0	0	0	0	21	35	0	0	2
Samuel Adams New England IPA, Can, 16 oz	260	0	0	0	0	0	20	25	0	<1	3
Samuel Adams Nitro Coffee Stout, Can, 16 oz	260	0	0	0	0	0	1	20	0	0	4
Samuel Adams Rebel IPA, Bottle, 12 oz	200	0	0	0	0	0	15	15	0	<1	2
Samuel Adams Seasonal (Cold Snap), Big Bloke	260	0	0	0	0	0	22	50	0	<1	4

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		From Fat		Fat			Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Samuel Adams Seasonal (Cold Snap), Bottle, 12 oz	170	0	0	0	0	0	14	30	0	0	2
Samuel Adams Seasonal (Cold Snap), Middy	200	0	0	0	0	0	16	35	0	0	3
Samuel Adams Seasonal (Octoberfest), Big Bloke	190	0	0	0	0	0	19	50	0	<1	2
Samuel Adams Seasonal (Octoberfest), Bottle, 12 oz	230	0	0	0	0	0	22	60	0	<1	2
Samuel Adams Seasonal (Octoberfest), Middy	300	0	0	0	0	0	29	80	0	1	3
Samuel Adams Seasonal (Summer Ale), Big Bloke	260	0	0	0	0	0	22	70	0	<1	4
Samuel Adams Seasonal (Summer Ale), Bottle, 12 oz	170	0	0	0	0	0	14	45	0	0	2
Samuel Adams Seasonal (Summer Ale), Middy	200	0	0	0	0	0	16	55	0	0	3
Samuel Adams Seasonal (Winter Lager), Big Bloke	310	0	0	0	0	0	29	60	0	1	4
Samuel Adams Seasonal (Winter Lager), Bottle, 12 oz	190	0	0	0	0	0	19	35	0	<1	2
Samuel Adams Seasonal (Winter Lager), Middy	230	0	0	0	0	0	22	45	0	1	3
Shock Top Belgian White, Big Bloke	260	0	0	0	0	0	23	0	0	0	3
Shock Top Belgian White, Bottle, 12 oz	170	0	0	0	0	0	15	0	0	0	2
Shock Top Belgian White, Middy	200	0	0	0	0	0	18	0	0	0	3
Sierra Nevada Pale Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Stella Artois, Big Bloke	210	0	0	0	0	0	17	0	0	0	2
Stella Artois, Bottle, 12 oz	150	0	0	0	0	0	13	0	0	0	1
Stella Artois, Middy Chalice, 15 oz	160	0	0	0	0	0	13	0	0	0	1
Summit EPA, Big Bloke	230	0	0	0	0	0	19	20	0	0	2

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		From Fat		Fat					Carbohydrates		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
BEER: Varies by Location											
Summit EPA, Middy	180	0	0	0	0	0	15	15	0	0	2
Summit Saga IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Summit Saga IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Surley Furious IRA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Surley Furious IRA, Middy	240	0	0	0	0	0	1	15	0	0	4
Sweetwater Pale Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Sweetwater Pale Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Westmalle Trappist Triple, Bottle, 11.2 oz	180	0	0	0	0	0	<1	15	0	0	3
White Claw	100	0	0	0	0	0	2	20	0	2	0
Wolf Pup Session IPA, Big Bloke	180	0	0	0	0	0	15	15	0	0	2
Wolf Pup Session IPA, Middy	230	0	0	0	0	0	19	20	0	0	2
Yuengling, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2

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		From Fat		Fat					Carbohydrates		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
WINE: Varies by Location											
Red Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	<1	0
Red Wine, 6 oz	150	0	0	0	0	0	5	5	0	1	0
Red Wine, 9 oz	230	0	0	0	0	0	7	10	0	2	0
Red Wine, Bottle	640	0	0	0	0	0	20	25	0	5	<1
Rose Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	1	0
Sparkling Wine, 6 oz	150	0	0	0	0	0	5	0	0	0	0
Sparkling Wine, Bottle	600	0	0	0	0	0	20	0	0	0	0
White Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	1	0
White Wine, 6 oz	150	0	0	0	0	0	5	5	0	2	0
White Wine, 9 oz	230	0	0	0	0	0	7	10	0	3	0
White Wine, Bottle	650	0	0	0	0	0	19	25	0	7	<1
MARGARITAS AND MOJITOS: Varies by Location											
Blood Orange 'Rita	240	0	0	0	0	0	26	1180	1	22	<1
Boomarita 7 oz	240	0	0	0	0	0	30	910	1	26	0
Boomarita 9 oz	290	0	0	0	0	0	33	910	1	28	0
Down Under 'Rita - Frozen	300	0	0	0	0	0	40	2230	0	36	0
Down Under 'Rita - Rocks/Straight-Up	230	0	0	0	0	0	19	2230	0	17	0
Down Under Sauza Agave Margarita	290	0	0	0	0	0	32	2230	0	29	0
Down Under Sauza Gold Coast 'Rita, Rocks	260	0	0	0	0	0	16	290	0	14	0

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		From Fat		Fat			Carbohydrates		Fiber		
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
MARGARITAS AND MOJITOS: Varies by Location											
Hawaiian Style 'Rita	220	0	0	0	0	0	10	10	0	7	0
Strawberry Kiwi Rita	260	0	0	0	0	0	40	0	2	36	<1
Lemon Mojito (Regional)	160	0	0	0	0	0	24	10	1	20	0
Mango Mojito (Regional)	190	0	0	0	0	0	31	0	1	26	0
Mango Passion Fruit 'Rita	260	0	0	0	0	0	43	25	1	38	0
Mojito--Strawberry Mohito with Bacardi Lime	130	0	0	0	0	0	17	0	<1	15	0
Naturally Skinny 'Rita	110	0	0	0	0	0	11	2220	1	9	<1
Sauza Gold Coast Rita, Rocks	130	0	0	0	0	0	9	2220	0	7	0
The Gold Coast 'Rita - Frozen	540	0	0	0	0	0	109	3370	0	97	0
The Gold Coast 'Rita - Frozen (Classic Lime) (Regional)	360	0	0	0	0	0	71	2230	0	64	0
The Gold Coast 'Rita - Frozen (Strawberry)	350	0	0	0	0	0	72	2230	0	64	0
The Gold Coast 'Rita - Rocks	190	0	0	0	0	0	24	2230	0	21	0
The Gold Coast 'Rita - Rocks (Strawberry)	250	0	0	0	0	0	43	2230	0	38	0
The Grand 'Rita, Rocks	230	0	0	0	0	0	28	2230	0	21	0
Top Shelf 'Rita, Straight Up/Rocks	230	0	0	0	0	0	25	2230	<1	19	0

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		From Fat		Fat	Trans Fat				Carbohydrates	Fiber	
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
COCKTAILS: Varies by Location											
Aussie Rum Punch	210	0	0	0	0	0	39	50	2	33	<1
Bailey's on the Rocks (Regional)	190	0	0	4.5	0	0	14	0	0	12	2
Blackberry Bramble (Regional)	160	0	0	0	0	0	17	0	3	11	<1
Blackberry Sangria - Individual	220	0	0	0	0	0	28	5	1	24	<1
Blackberry Martini	150	0	0	0	0	0	20	0	0	18	0
BOOZY CHERRY LIMEADE COCKTAIL - OBS	110	0	0	0	0	0	27	30	0	25	0
Castaway Cocktail	210	0	0	0	0	0	35	5	1	30	<1
Classic Moscow Mule/Down Under Mule (Regional)	100	0	0	0	0	0	6	0	0	5	0
Classic Red Sangria (Regional)	210	0	0	0	0	0	29	0	3	23	1
Cucumber Infused Lemonade (Regional)	160	0	0	0	0	0	17	0	0	16	0
Disaronno Amaretto on the Rocks (Regional)	170	0	0	0	0	0	19	15	0	19	0
Dorothy's Ruby Red Cosmo (Regional)	210	0	0	0	0	0	30	10	0	25	0
Down Under Mule (Regional) NEW	110	0	0	0	0	0	7	0	<1	5	0
Fully Loaded Bloody Mary (Absolut)	150	25	3	0	0	0	9	2130	1	3	1
Fully Loaded Bloody Mary (Tito's)	150	25	3	0	0	0	9	2130	1	3	1
Grand Marnier Straight Up (Regional)	160	0	0	0	0	0	14	0	0	0	0
Grapefruit Sage Martini (Regional)	220	15	1.5	1	0	0	24	0	5	14	2
House-Made Margarita (Regional)	370	0	0	0	0	0	62	580	0	56	0
House-Made Margarita Top Shelf (Patron and Grand Marnier Float) (Regional)	410	0	0	0	0	0	66	580	0	56	0

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		From Fat		Fat							
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
COCKTAILS: Varies by Location											
Huckleberry Hooch Moonshine Cocktail - Individual	180	5	0.5	0	0	0	40	10	5	121	2
Kahlua and Coffee (Regional)	140	0	0	0	0	0	22	5	0	22	0
Lava Flow	740	180	20	19	0	0	131	180	0	124	2
Lime in the Coconut (Regional)	280	40	4	4	0	0	43	35	3	33	1
Lychee Martini	180	110	12	6	0	0	24	5	0	13	2
Mango & Habanero Infused Margarita (Regional)	160	0	0	0	0	0	11	200	<1	9	0
Maple Bourbon Sour (Regional)	300	25	2.5	1	0	5	30	135	<1	28	2
Outback Old Fasioned	260	0	0	0	0	0	23	85	1	18	0
Passion Fruit Daiquiri (Regional)	160	0	0	0	0	0	25	15	0	23	0
Pineapple Vanilla Rum Cocktail (Regional)	130	0	0	0	0	0	18	10	<1	15	0
Root Beer Old Fashioned (Regional)	270	0	0	0	0	0	25	10	0	24	0
Ruby Mango Lemonade Cocktail	210	0	0	0	0	0	38	0	0	32	0
Sassafras "Rootbeer" Old Fashioned (Regional)	270	0	0	0	0	0	27	10	<1	26	0
Shark Bite (Regional)	210	0	0	0	0	0	30	25	0	27	0
Strawberry Peach Sangria - Individual	250	0	0	0	0	0	38	20	<1	33	0
Sydney's Cosmo	260	0	0	0	0	0	30	5	<1	27	0
The Wallaby Darned	220	0	0	0	0	0	49	5	<1	46	0
The Wallaby Darned, Aussie style	260	0	0	0	0	0	49	5	<1	46	0