

## Outback Steakhouse Nutrition Information

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>AUSSIE-TIZERS TO SHARE</b>											
Alice Springs Chicken Quesadilla, Regular	1610	860	96	43	0	295	91	3260	4	14	95
Alice Springs Chicken Quesadilla, Small	970	570	63	26	0	170	52	1820	2	12	48
Aussie Cheese Fries, Large	1770	1060	117	51	2	210	124	3240	11	3	54
Aussie Cheese Fries, Small	1160	740	83	33	1.5	140	70	2100	6	2	35
Aussie Signature Sampler	1780	1120	125	44	3.5	150	123	3260	11	5	42
Bloom Petals	750	540	60	22	3	50	46	1420	5	4	7
Bloomin' Onion	1950	1390	155	56	7	130	123	3840	14	18	18
Crab Cakes	790	590	66	16	0.5	150	22	1420	3	5	28
Gold Coast Coconut Shrimp, Regular	640	310	34	18	1.5	155	59	1240	0	21	23
Gold Coast Coconut Shrimp, Small	360	160	17	9	1	75	41	650	0	21	12
Kookaburra Wings Hot, Regular	1440	1130	126	41	2.5	280	14	3640	2	3	65
Kookaburra Wings Medium, Regular	1450	1140	127	41	2.5	280	14	3700	2	3	65
Kookaburra Wings Mild, Regular	1400	1080	121	38	2.5	280	13	3270	1	3	65
Kookaburra Wings, Plain, Regular	1340	1030	114	35	2.5	275	13	2840	1	3	65
Seared Peppered Ahi, Large	390	200	22	3.5	0	55	18	1450	2	10	30
Seared Peppered Ahi, Small	340	190	21	3.5	0	40	18	1250	2	10	19
Steakhouse Mac & Cheese Bites	770	480	54	14	0.5	60	47	1250	4	1	24
Steakhouse Quesadilla, Regular	1590	960	107	60	2.5	290	78	2390	4	5	76
Steakhouse Quesadilla, Small	810	490	55	31	1	150	40	1210	2	3	39
Volcano Shrimp	960	650	73	19	2.5	205	55	2920	4	6	21
Wood-Fire Grilled Shrimp on the Barbie	540	220	25	11	0	230	44	1380	2	3	34

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<b>SOUPS &amp; SIDE SALADS</b>											
Bushman's Honey Wheat Bread and Butter	310	80	9	4	0	5	51	460	4	10	10
Side Salad: Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	530	360	40	12	0	20	31	1070	5	15	12
Side Salad: Blue Cheese Wedge (Dressing Included)	440	300	34	10	0.5	40	27	990	2	22	9
Side Salad: Caesar Salad (Dressing Included)	270	210	24	5	0	35	11	560	4	3	6
Side Salad: House Salad (Choice of Dressing Not Included)	110	50	6	3	0	10	12	130	3	5	5
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	210	23	4.5	0	<5	8	620	0	7	2
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	190	170	19	3.5	0	35	2	430	0	<1	2
Side Salad: House Salad Dressing: Creamy Blue Cheese (1.5 oz)	260	250	27	6	0	25	1	290	0	<1	2
Side Salad: House Salad Dressing: Honey Mustard (1.5 oz)	230	180	20	3	0	15	12	310	0	9	<1
Side Salad: House Salad Dressing: Light Balsamic (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 (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
Soup: Baked Potato, Bowl	520	290	32	17	0	45	47	2380	5	6	10
Soup: Baked Potato, Cup	280	160	17	9	0	25	23	1260	3	3	7
Soup: Chicken Tortilla Soup, Bowl	260	130	14	8	0	55	21	1380	2	2	16
Soup: Chicken Tortilla Soup, Cup	170	80	9	5	0	35	13	720	2	1	9
Soup: Clam Chowder, Bowl (Regional)	710	400	44	22	0	160	47	2130	3	7	25
Soup: Clam Chowder, Cup (Regional)	360	200	22	11	0	80	23	1060	1	3	13
Soup: French Onion Soup	420	260	29	14	1	50	21	2120	2	8	19
<b>ENTRÉE SALADS</b>											
Aussie Cobb Salad without Protein (Dressing Not Included)	370	210	23	11	0	45	19	740	5	7	23
Aussie Cobb Salad: Crispy Chicken Add-On	470	260	29	13	1.5	65	28	790	2	1	26
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)	400	300	34	8	0	45	20	780	8	5	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)	940	530	59	17	1	115	50	1850	10	27	53

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<b>SIGNATURE STEAKS:</b> Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak sizes vary by location.											
Bone in Natural Cut Ribeye, 22 oz	1080	660	74	32	6	270	0	1280	0	<1	104
Classic Tenderloin Chopped Steak with Mashed Potatoes and Broccoli	1060	660	74	36	3.5	165	43	1860	10	9	59
New York Strip, 14 oz	940	650	72	32	2.5	170	0	730	0	0	73
Outback Center Cut Sirloin, 12 oz	420	120	13	6	1	185	<1	1050	0	<1	76
Outback Center-Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
Outback Center-Cut Sirloin, 9 oz	320	90	10	4.5	0.5	140	<1	790	0	<1	57
Ribeye, 10 oz	540	310	35	15	3	125	0	400	0	0	58
Ribeye, 13 oz	710	410	45	20	3.5	165	0	530	0	0	75
Roasted Garlic Filet Medallions with Mashed Potatoes and Broccoli	790	430	48	24	0	155	36	1510	9	6	58
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
Slow Roasted Prime Rib, 8 oz	700	520	57	26	3.5	175	0	1160	0	<1	46
The Melbourne/Porterhouse, 22 oz	1110	700	78	34	4.5	360	5	630	0	0	96
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	590	0	0	40
Victoria's Filet Mignon, 9 oz	360	120	14	6	1.5	135	<1	880	0	<1	60
Filet, 6 oz & Lobster Tail, 5 oz	660	380	42	24	1	370	2	1420	0	<1	66
Sirloin, 12 oz & Coconut Shrimp	790	280	31	15	1.5	265	42	1700	0	21	88
Sirloin, 12 oz & Grilled Shrimp on the Barbie	580	200	22	10	1	295	5	1540	<1	2	90
Sirloin, 6 oz & Coconut Shrimp	580	220	24	12	1	170	42	1170	0	21	50
Sirloin, 6 oz & Grilled Shrimp on the Barbie	370	140	15	7	0	205	4	1010	<1	2	52
Sirloin, 9 oz & Coconut Shrimp	680	250	27	14	1.5	215	42	1430	0	21	69
Sirloin, 9 oz & Grilled Shrimp on the Barbie	470	170	19	9	0.5	250	5	1270	<1	2	71
<b>STEAK MATES</b>											
Gold Coast Coconut Shrimp	360	160	17	9	1	75	41	650	0	21	12
Grilled Shrimp	150	80	9	4	0	110	4	490	<1	2	14
Lobster Tail, 5 oz. Steamed	340	210	24	13	0	255	1	540	0	0	27
Roasted Garlic Butter Topping	170	160	18	11	0	45	2	180	0	0	<1
Sautéed Mushrooms	130	50	6	2.5	0	0	11	660	3	5	7
Smoky Bacon Bourbon Topping	110	60	6	2.5	0	20	6	570	0	5	7
<b>SIDES: SIGNATURE POTATOES</b>											
Aussie Fries	410	160	17	7	1	15	57	860	5	0	6
Baked Potato (Includes All Toppings)	390	110	12	6	0	25	58	970	8	7	12
Homestyle Mashed Potatoes	240	140	15	9	0	15	21	700	4	1	5
Sweet Potato (Includes All Toppings)	410	100	11	5	0	0	72	240	10	22	5

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<b>SIDES: CLASSIC SIDES</b>											
Fresh Seasonal Mixed Veggies	160	90	10	3.5	0	0	17	320	6	6	4
Fresh Steamed Broccoli	150	90	10	3.5	0	0	14	300	5	4	6
<b>SIDES: SIDE SALADS</b>											
Side Salad: Caesar Salad (Dressing Included)	270	210	24	5	0	35	11	560	4	3	6
Side Salad: House Salad (Choice of Dressing Not Included)	110	50	6	3	0	10	12	130	3	5	5
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	210	23	4.5	0	<5	8	620	0	7	2
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	190	170	19	3.5	0	35	2	430	0	<1	2
Side Salad: House Salad Dressing: Creamy Blue Cheese (1.5 oz)	260	250	27	6	0	25	1	290	0	<1	2
Side Salad: House Salad Dressing: Honey Mustard (1.5 oz)	230	180	20	3	0	15	12	310	0	9	<1
Side Salad: House Salad Dressing: Light Balsamic (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 (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
<b>SIDES: SOUPS</b>											
Baked Potato Soup, Cup	280	160	17	9	0	25	23	1260	3	3	7
Chicken Tortilla Soup, Cup	170	80	9	5	0	35	13	720	2	1	9
<b>SIDES: PREMIUM SIDES</b>											
Broccoli & Cheese	390	270	30	16	0	65	16	930	5	5	16
Grilled Asparagus	70	40	4.5	0	0	0	5	250	3	3	3
Loaded Homestyle Mashed Potatoes	300	180	20	11	0	30	22	850	4	2	9
Steakhouse Mac & Cheese	830	440	49	28	1	140	64	1570	4	4	31
<b>SIDES: SIDE SALADS, PREMIUM</b>											
Side Salad: Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	530	360	40	12	0	20	31	1070	5	15	12
Side Salad: Side Salad: Blue Cheese Wedge (Dressing Included)	440	300	34	10	0.5	40	27	990	2	22	9

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<b>FORKLESS FEATURES:</b> Nutrition analysis excludes side dish unless otherwise indicated											
Crispy Chicken Sandwich	880	470	52	19	1.5	100	69	2420	4	10	35
Grass-Fed Burger with Aged Cheddar	780	450	50	24	1.5	130	43	1470	3	9	41
Steakhouse Philly Sandwich	1030	550	61	33	0	225	140	2140	4	9	69
Sweet Chook O' Mine Sandwich	920	490	55	19	1	150	58	1440	2	21	52
The Bloomin' Burger	1160	740	83	37	3.5	160	58	1800	4	11	47
The Bloomin' Burger, Grass Fed	1130	730	81	33	2.5	155	58	1960	4	11	43
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	710	380	43	22	2.5	110	42	800	3	9	39
<b>STRAIGHT FROM THE SEA:</b> Nutrition analysis includes side dish unless otherwise indicated											
Bacon Bourbon Salmon, 10 oz, with Seasonal Mixed Vegetables	810	470	52	12	0	110	23	1310	6	11	66
Bacon Bourbon Salmon, 7 oz, with Seasonal Mixed Vegetables	640	370	41	10	0	85	20	1070	6	9	49
Hand Breaded Shrimp with Fries and Cocktail Sauce	920	340	38	16	2	225	108	3800	9	7	37
Hand Breaded Shrimp with Fries and Volcano Sauce	1020	460	51	18	2.5	235	102	3790	9	3	37
Lobster Tail Entrée: 5 oz, Steamed, 2 Lobster Tails	480	240	27	14	0	455	1	900	<1	0	53
Perfectly Grilled Salmon, 10 oz, with Seasonal Mixed Vegetables	710	410	46	10	0	90	20	740	7	7	59
Perfectly Grilled Salmon, 7 oz, with Seasonal Mixed Vegetables	550	310	35	8	0	65	20	610	7	7	43
Tilapia with Pure Lump Crab Meat with Seasonal Mixed Vegetables	690	330	37	12	0	185	25	1260	7	8	63

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<b>CHICKEN, RIBS, CHOPS &amp; MORE:</b> Nutrition analysis includes side dish unless otherwise indicated											
Alice Springs Chicken, 5 oz, with Aussie Fries	920	450	50	18	1	140	69	1920	6	9	49
Alice Springs Chicken, 8 oz, with Aussie Fries	1190	570	63	23	1	225	73	2550	6	12	81
Baby Back Ribs, 1/2 Order, with Aussie Fries	980	480	53	21	1	140	76	1600	5	15	52
Baby Back Ribs, Full Order, with Aussie Fries	1280	670	75	29	1	215	78	1810	5	15	80
Chicken Tender Platter with Aussie Fries and Buffalo Sauce	1310	700	78	31	3.5	130	104	3310	9	3	49
Chicken Tender Platter with Aussie Fries and Honey Mustard Sauce	1420	770	85	32	3.5	145	115	2490	9	12	49
Grilled Chicken on the Barbie, 5 oz, with Seasonal Mixed Vegetables	370	120	13	5	0	95	28	760	6	16	35
Grilled Chicken on the Barbie, 8 oz, with Seasonal Mixed Vegetables	490	140	16	6	0	165	28	900	6	16	59
New Zealand Lamb Homestyle Mashed Potatoes and Seasonal Mixed Vegetables (Regional)	990	570	64	34	2.5	175	39	1720	10	8	68
Parmesan Herb Crusted Chicken with Seasonal Mixed Vegetables	670	290	32	15	0	170	30	1360	7	8	65
Pork Porterhouse with Homestyle Mashed Potatoes	750	380	42	19	0	190	21	2090	4	1	74
Queensland Chicken and Shrimp Pasta	1140	430	48	24	1	355	100	2180	7	1	74
Queensland Pasta, No Protein	690	290	33	19	1	105	79	1280	6	0	20
Ribs and Grilled Chicken on the Barbie with Aussie Fries	990	390	43	17	1	185	86	1910	6	24	65
<b>IRRESISTIBLE DESSERTS</b>											
Chocolate Thunder From Down Under	1540	960	106	57	1	385	137	580	6	119	17
New York Style Cheesecake, with Raspberry Sauce	1040	560	62	37	3	320	105	660	2	86	17
New York Style Cheesecake, with Chocolate Sauce	1100	680	75	44	3	330	92	710	2	77	17
Fresh Strawberry Topped Cheesecake (Seasonal)	990	560	62	37	3	320	93	660	3	76	17
Salted Caramel Topped Cheesecake (Seasonal)	960	560	63	37	3	320	84	800	2	70	17
Triple Layer Carrot Cake	1290	610	68	21	1	130	174	960	5	117	10
Salted Caramel Cookie Skillet	930	400	45	31	0	115	124	1350	1	79	10
Apple Pie (Seasonal)	1100	420	47	27	0.5	125	144	440	4	96	8
Double Chocolate Mini Dessert Parfait	710	440	49	27	0	135	60	260	2	46	3
Fresh Strawberry Shortcake Dessert Parfait (Seasonal)	430	220	24	13	0.5	80	46	330	2	37	6
Classic Key Lime Mini Dessert Parfait (Seasonal)	570	210	23	13	0	55	80	290	1	66	9

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<b>LUNCH ENTREES:</b> Nutrition analysis excludes side dish unless otherwise indicated											
Alice Springs Chicken Quesadilla, Small	970	570	63	26	0	170	52	1820	2	12	48
Aussie Tacos, Chicken, 2 Tacos	800	510	57	18	2	105	37	1120	5	5	37
Aussie Tacos, Mahi, 2 Tacos (Regional)	690	390	43	9	0	75	35	1160	5	5	41
Aussie Tacos, Steak, 2 Tacos	800	480	54	17	0	135	35	1070	5	5	43
Aussie Tacos, Tilapia, 2 Tacos	650	380	42	8	0	90	35	880	5	5	34
Coconut Shrimp	500	230	26	14	1	115	50	940	0	21	17
The Outbacker Burger Add-On: Bacon	60	50	5	2	0	10	0	250	0	0	4
The Outbacker Burger Cheddar Cheese	870	510	57	30	2.5	155	42	1070	3	9	49
The Outbacker Burger with American Cheese	810	460	51	27	2.5	140	43	1310	3	9	45
The Outbacker Burger with Provolone Cheese	910	520	58	31	2.5	155	44	1290	3	9	54
The Outbacker Burger with Swiss Cheese	880	510	57	31	2.5	160	43	1010	3	9	52
The Outbacker Burger without Cheese	710	380	43	22	2.5	110	42	800	3	9	39
Walhalla Pasta	880	400	44	24	1	115	96	1690	12	7	27
<b>WALKABOUT WEDNESDAY</b>											
Aussie Fries	410	160	17	7	1	15	57	860	5	0	6
Grilled Chicken on the Barbie	330	60	7	2.5	0	165	11	590	0	10	55
Outback Center Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38

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<b>KID'S MENU</b>											
Boomerang Cheeseburger	600	320	36	19	1.5	85	40	760	2	8	29
Chicken Fingers	470	260	29	13	1.5	65	28	790	2	1	26
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)	310	40	4	1	0	90	35	260	5	25	36
Grilled Chicken on the Barbie with Plain Broccoli and Apple Juice (Kids LiveWell)	310	40	4	1	0	90	35	260	5	25	36
Grilled Chicken on the Barbie with Plain Broccoli and Orange Juice (Kids LiveWell)	320	35	4	1	0	90	35	250	5	25	38
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	210	90	11	4	0.5	70	0	190	0	0	30
Joey Sirloin with Plain Broccoli and Apple Juice (Kids LiveWell)	370	100	11	4	0.5	70	35	270	5	25	36
Joey Sirloin with Plain Broccoli and Orange Juice (Kids LiveWell)	370	100	11	4	0.5	70	35	250	5	25	38
Junior Ribs	300	190	21	8	0	75	2	210	0	0	28
Macaroon 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
Side: Aussie Fries	240	90	10	4.5	0.5	10	34	520	3	0	4
Side: Fresh Fruit (Apples and Grapes)	100	0	0	0	0	0	25	0	4	19	<1
Spotted Dog Sundae	300	180	20	11	0	40	29	115	<1	24	3
Spotted Dog Sundae: Chocolate Sauce Add-On	170	120	13	7	0	15	14	60	<1	13	<1
Spotted Dog Sundae: Oreo Cookie Crumbs Add-On	120	45	5	1.5	0	0	19	125	<1	11	1
100% Apple Juice, without ice	90	0	0	0	0	0	22	15	0	21	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



## Outback Steakhouse Nutrition Information

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. Menus may vary by location. Updated May 2017.

	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>NON-ALCOHOLIC BEVERAGES</b>											
Aqua Panna	0	0	0	0	0	0	0	0	0	0	0
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-a-Cola, with ice	110	0	0	0	0	0	30	0	0	30	0
Diet Coke, with ice	0	0	0	0	0	0	0	10	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	0	0	0	0
Gold Peak Tea, Sweet, with ice	70	0	0	0	0	0	17	0	0	17	0
Gold Peak Tea, Unsweet, with ice	0	0	0	0	0	0	0	0	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
Icelandic Glacial Water	0	0	0	0	0	0	0	75	0	0	0
Minute Maid Country Style Lemonade, with ice	110	0	0	0	0	0	29	0	0	28	0
Perrier	0	0	0	0	0	0	0	0	0	0	0
Red Bull Sugar Free, Can	10	0	0	0	0	0	2	200	0	0	<1
Red Bull, Can	110	0	0	0	0	0	26	200	0	24	<1
San Pellegrino	0	0	0	0	0	0	0	40	0	0	0
Sprite, with ice	110	0	0	0	0	0	29	25	0	29	0

# Outback Steakhouse Nutrition Information

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	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>UNDER 600 CALORIES MENU OPTIONS</b>											
Seared Peppered Ahi. Large	390	200	22	3.5	0	55	18	1450	2	10	30
Seared Peppered Ahi. Small	340	190	21	3.5	0	40	18	1250	2	10	19
Wood-Fire Grilled Shrimp on the Barbie	540	220	25	11	0	230	44	1380	2	3	34
Gold Coast Coconut Shrimp, Small	360	160	17	9	1	75	41	650	0	21	12
Hand Breaded Shrimp (Regional)	360	120	14	6	1	140	38	2050	3	7	21
Bushman Mushrooms (Regional)	540	400	45	16	2	40	27	670	5	<1	8
Baked Potato Soup, Cup	280	160	17	9	0	25	23	1260	3	3	7
Baked Potato Soup, Bowl	520	290	32	17	0	45	47	2380	5	6	10
French Onion Soup	420	260	29	14	1	50	21	2120	2	8	19
Clam Chowder, Cup (Regional)	360	200	22	11	0	80	23	1060	1	3	13
Chicken Tortilla Soup, Cup	170	80	9	5	0	35	13	720	2	1	9
Chicken Tortilla Soup, Bowl	260	130	14	8	0	55	21	1380	2	2	16
House Salad (dressing not included)	110	50	6	3	0	10	12	130	3	5	5
Brisbane Caesar Salad without Protein (Dressing Included)	400	300	34	8	0	45	20	780	8	5	9
Brisbane Caesar Salad with Chicken	560	330	37	9	0	135	20	960	8	5	40
Brisbane Caesar Salad with Shrimp	560	340	38	9	0	245	22	1420	8	5	36
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	590	0	0	40
Outback Center-Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
Perfectly Grilled Salmon, 7 oz, with Seasonal Mixed Vegetables	550	310	35	8	0	65	20	610	7	7	43
Simply Grilled Tilapia with Seasonal Mixed Vegetables (Regional)	380	120	14	5	0	110	18	840	6	6	46
Simply Grilled Mahi with Seasonal Mixed Vegetables (Regional)	230	35	3.5	1.5	0	80	2	440	<1	<1	47
Grilled Chicken on the Barbie, 8 oz, with Seasonal Mixed Vegetables	490	140	16	6	0	165	28	900	6	16	59
Grilled Chicken on the Barbie, 5 oz, with Seasonal Mixed Vegetables	370	120	13	5	0	95	28	760	6	16	35
Chicken Marsala with Seasonal Mixed Vegetables (Regional)	570	210	23	10	0	165	25	1250	7	10	66
Chicken Marsala with Broccoli (Regional)	560	210	23	10	0	165	21	1220	6	8	68