

## OUTBACK STEAKHOUSE NUTRITION

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. This information is updated periodically to reflect our current product offerings. Nutrition information is updated when new data is received from suppliers. Due to this reason, calories on the print menu may differ from online information. The online information in this document is the most up to date.

Created: July 2023

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Aussie-Tizers</b>													
Bloomin' Onion	1	Serving	1620	1130	126	44	4.5	95	4140	107	14	20	15
Grilled Shrimp on the Barbie	1	Serving	560	310	34	8	0	255	1050	30	3	6	35
Aussie Cheese Fries	1	Serving	2620	1640	182	69	4.5	315	7490	153	16	1	89
Bloomin' Fried Shrimp	1	Serving	990	600	66	22	1.5	385	5830	53	5	1	45
Sydney 'Shrooms	1	Serving	1370	1010	113	43	4.5	75	2560	64	10	3	17
Kookaburra Wings Mild--10 count	1	Serving	1780	1120	125	33	3	370	4150	72	7	4	90
Kookaburra Wings Medium--10 count	1	Serving	1740	1170	130	35	3	375	4100	52	6	4	87
Kookaburra Wings Hot--10 count	1	Serving	2170	1580	176	44	6	410	4630	53	7	5	90
Steakhouse Mac & Cheese Bites	1	Serving	660	390	43	15	0	75	1220	39	2	1	27
Seared Peppered Ahi	1	Serving	440	150	17	3	0	55	2210	30	3	15	29
Gold Coast Coconut Shrimp	1	Serving	550	230	25	16	0	245	620	47	1	27	31
Three Cheese Steak Dip (Regional)	1	Serving	2050	1080	119	44	2	215	3160	179	19	11	69
Bloom Petals Appetizer (Regional)	1	Serving	590	390	43	20	3	40	1140	44	4	4	6
Table Bread with Butter	1	Serving	370	130	15	7	0	20	420	51	4	10	10
<b>Soups &amp; Side Salads</b>													
Tasmanian Chili cup	1	Serving	200	120	14	6	0	40	760	7	2	3	12
Tasmanian Chili Crock	1	Serving	370	230	25	10	0	75	1470	13	3	6	23
Baked Potato Soup (Cup)	1	Serving	250	160	18	10	0	40	1450	17	1	2	6
Baked Potato Soup (Bowl)	1	Serving	450	290	32	18	0.5	70	2770	33	2	4	9
French Onion Soup	1	Serving	570	320	36	17	0	55	4120	42	4	18	19
Broccoli Soup (Cup)	1	Serving	160	100	12	6	0	15	840	10	1	3	3
Broccoli Soup (Bowl)	1	Serving	320	210	23	13	0	30	1680	21	3	6	5
Creamy Onion Soup (Cup)	1	Serving	220	160	18	10	0	25	920	11	1	4	4
Creamy Onion Soup (Bowl)	1	Serving	420	300	34	19	0	45	1790	23	2	8	6
Blue Cheese Wedge & 6 oz Sirloin (Regional)	1	Serving	820	550	61	19	0	205	1380	11	3	7	58
House Side Salad (no dressing)	1	Serving	180	90	10	4.5	0	20	340	16	2	4	8
Caesar Side Salad with Dressing	1	Serving	260	180	20	4	0	35	560	14	3	2	6
Blue Cheese Pecan Chopped Side Salad	1	Serving	440	310	34	10	0	40	710	22	4	9	12
Strawberry Salad--side salad--with dressing	1	Serving	390	280	31	8	0	25	190	21	3	15	7
Ranch Dressing for Side Salad	1	Serving	200	190	21	3.5	0	15	270	1	0	1	1
Caesar Dressing for Side Salad	1	Serving	220	210	23	4.5	0	45	470	2	0	0	3

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Honey Mustard for Side Salads	1	Serving	220	170	19	2.5	0	10	330	12	0	12	0
Tangy Tomato Dressing for Side Salads	1	Serving	60	0	0	0	0	0	230	14	0	13	1
Blue Cheese Vinaigrette for SideSalads	1	Serving	150	150	16	3.5	0	20	170	1	0	1	1
Creamy Blue Cheese for Side Salads	1	Serving	220	210	23	4.5	1.5	20	310	1	0	0	1
Light Balsamic Vinaigrette for Side Salads	1	Serving	70	40	4.5	0.5	0	0	300	7	0	7	0
Mustard Vinaigrette for Side Salads	1	Serving	230	210	24	3.5	0	0	120	4	0	4	0
<b>Big Bowl Salads</b>													
Aussie Cobb Salad with Grilled Chicken (No Dressing)	1	Serving	680	310	34	13	0.5	295	1290	29	4	5	66
Aussie Cobb Salad with Crispy Chicken (No Dressing)	1	Serving	940	490	54	22	1.5	275	2100	62	6	8	56
Brisbane Caesar Salad with Grilled Chicken (5oz)	1	Serving	870	550	61	12	0	205	1660	29	6	5	54
Brisbane Caesar Salad with Crispy Chicken (5oz)	1	Serving	1140	730	81	21	1.5	185	2460	62	8	7	44
Brisbane Caesar Salad with Grilled Shrimp	1	Serving	780	510	57	11	0	305	1840	29	6	5	42
Steakhouse Salad with Dressing	1	Serving	1170	720	80	28	16	235	1970	46	10	16	69
Strawberry Salad Entree--Grilled Chicken with Dressing	1	Serving	950	590	66	16	1	145	670	41	7	31	50
Strawberry Salad Entree--Crispy Chicken with Dressing	1	Serving	1170	750	83	24	2	120	1240	69	8	33	39
Ranch Dressing for Entree Salad	1	Serving	390	380	42	7	0	25	540	2	0	2	2
Caesar Dressing for Entree Salad	1	Serving	450	410	46	9	0	90	940	4	1	1	7
Creamy Blue Cheese for Entrée Salad	1	Serving	440	420	47	9	3	35	610	2	0	1	3
Tangy Tomato Dressing for EntreeSalads	1	Serving	120	0	0	0	0	0	460	29	1	25	1
Blue Cheese Vinaigrette for Entrée Salads	1	Serving	300	290	32	7	0	35	340	2	0	1	3
Light Balsamic Vinaigrette for Entree salads	1	Serving	140	80	9	1.5	0	0	610	14	0	13	0
Honey Mustard for Entree Salads	1	Serving	430	340	37	5	0	20	660	25	0	24	1
Mustard Vinaigrette for Entree Salads	1	Serving	470	430	47	7	0.5	0	240	9	0	8	1
<b>So Many Ways to Steak</b>													
Victoria's Filet Mignon 6 oz	1	Serving	380	170	19	9	0.5	160	470	1	0	0	47
Victoria's Filet Mignon 8 oz	1	Serving	530	260	29	14	1	220	540	1	0	0	62
Victoria's Filet Mignon 9 oz (Regional)	1	Serving	590	290	32	15	1	245	730	1	0	0	70
Victoria's Filet Mignon 11 oz (Regional)	1	Serving	690	320	36	17	1.5	290	750	1	0	0	85
Prime Filet 11 oz (Regional)	1	Serving	690	320	36	17	1.5	290	750	1	0	0	85
Outback Center Cut Sirloin 5 oz (Regional)	1	Serving	320	170	19	10	0	135	330	0	0	0	38
Outback Center-Cut Sirloin 6 oz	1	Serving	370	180	20	10	0	150	520	1	0	0	46
Outback Center Cut Sirloin 8 oz	1	Serving	450	200	23	11	0.5	190	710	1	0	0	60
Outback Center Cut Sirloin 9oz (Regional)	1	Serving	490	220	24	11	0.5	210	730	1	0	0	68
Outback Center-Cut Sirloin 11 oz	1	Serving	600	250	28	13	1	260	930	1	0	0	86
Outback Center Cut Sirloin 12oz (Regional)	1	Serving	630	260	29	13	1	275	940	1	0	0	92
Ribeye 12 oz	1	Serving	900	650	72	32	0	255	610	1	0	0	58

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Ribeye 15 oz	1	Serving	1110	790	88	38	0	310	650	1	0	0	73
Classic Prime Rib- 12oz.	1	Serving	1140	880	98	41	0	235	920	3	1	0	57
Classic Prime Rib- 16oz.	1	Serving	1520	1180	131	54	0	315	1130	4	1	0	76
Classic Prime Rib- 10.oz (Regional)	1	Serving	950	740	82	34	0	195	820	2	1	0	47
Outback Style Prime Rib 16 oz.	1	Serving	1810	1460	162	65	0	360	1500	8	1	3	77
Outback Style Prime Rib-12 oz	1	Serving	1440	1160	129	52	0	285	1300	7	1	3	58
Outback Style Prime Prime- 10 oz.(Regional)	1	Serving	1250	1010	113	45	0	245	1190	7	1	3	48
Bone In Ribeye 18 oz	1	Serving	910	620	69	28	4.5	250	3110	3	0	1	66
Prime NY Strip 16 oz	1	Serving	1090	750	83	37	3	195	840	0	0	0	84
Prime NY Strip 20 oz	1	Serving	1360	940	104	46	3.5	245	1050	0	0	1	105
Melbourne Porterhouse 22 oz	1	Serving	660	300	34	12	0	250	1200	1	0	0	83
<b>Plus It Up</b>													
Gold Coast Coconut Shrimp	1	Serving	320	120	13	8	0	125	320	34	1	22	16
Grilled Shrimp on the Barbie Add On	1	Serving	420	230	25	6	0	135	720	28	3	5	20
Add 4 oz Lobster Tail	1	Serving	360	220	24	15	0	210	650	3	1	1	30
Toowoomba Topping	1	Serving	200	120	14	7	0	130	370	3	1	2	17
Peppercorn Sauce	1	Serving	80	70	7	3.5	0	15	250	3	0	1	1
Roasted Garlic Butter Topping (small)	1	Serving	80	70	8	3	0	10	110	1	0	0	0
Roasted Garlic Butter Topping (Large)	1	Serving	160	150	16	6	0	20	220	2	0	0	1
Burgundy Mushrooms	1	Serving	180	120	13	7	0	0	600	10	2	5	5
Sauteed Shrooms	1	Serving	240	190	21	10	0	25	890	7	8	2	6
Grilled Onions	1	Serving	110	45	5	1.5	0	5	460	15	3	7	2
<b>From the Sea</b>													
Grilled Salmon with Remoulade	1	Serving	550	350	39	7	0	135	430	1	0	0	45
Lobster Tails Entrée	1	Serving	490	230	25	15	0	365	1120	0	0	0	60
Lobster Tails Entree (Regional)	1	Serving	490	220	25	15	0	360	1420	0	0	0	60
Grilled Shrimp on the Barbie Entree	1	Serving	550	310	35	9	0	485	1240	3	1	1	58
Toowoomba Salmon	1	Serving	630	350	39	13	0	260	640	4	1	2	62
<b>Steak 'N Mate Combos</b>													
Steak & Mate Combos 5 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	1	Serving	740	390	44	16	0.5	265	1050	28	3	5	59
Steak & Mate Combos 5 oz Sirloin & Coconut Shrimp (Regional)	1	Serving	640	280	31	18	0	260	650	34	1	22	54
Steak & Mate Combos 6 oz Sirloin & Grilled Shrimp on the Barbie	1	Serving	780	400	45	16	1	285	1230	29	3	6	66
Steak & Mate Combos 6 oz Sirloin & Coconut Shrimp	1	Serving	680	300	33	18	0	275	840	34	1	23	62
Steak & Mate Combos 8 oz Sirloin & Grilled Shrimp on the Barbie	1	Serving	860	430	48	17	1	325	1430	29	3	6	80

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Steak & Mate Combos 8 oz Sirloin & Coconut Shrimp	1	Serving	770	320	36	19	0.5	315	1030	35	1	23	76
Steak & Mate Combos 9 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	1	Serving	910	440	49	18	1	345	1440	29	3	6	88
Steak & Mate Combos 9 oz Sirloin & Coconut Shrimp (Regional)	1	Serving	810	330	37	20	0.5	335	1050	35	1	23	83
Steak & Mate Combos 11 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	1	Serving	1010	470	53	19	1	390	1640	29	3	6	106
Steak & Mate Combos 11 oz Sirloin & Coconut Shrimp (Regional)	1	Serving	910	370	41	21	1	385	1250	35	1	23	101
Steak & Mate Combos 11 oz Sirloin & 5 oz Grilled Chicken (Regional)	1	Serving	830	290	32	14	1	385	1410	13	1	9	123
Steak & Mate Combos 11 oz Sirloin & 5 oz Alice Springs Chicken (Regional)	1	Serving	1110	540	60	23	1	425	1660	12	1	10	133
Steak & Mate Combos 12 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	1	Serving	1050	490	54	19	1	410	1660	29	3	6	112
Steak & Mate Combos 12 oz Sirloin & Coconut Shrimp (Regional)	1	Serving	950	380	42	21	1	400	1260	35	1	23	108
Steak & Mate Combos 5 oz Sirloin & 1/3 Rack Ribs (Regional)	1	Serving	800	440	49	20	0.5	250	1110	18	1	14	71
Steak & Mate Combos 5 oz Sirloin & 1/2 Rack Ribs (Regional)	1	Serving	1040	580	64	26	1	305	1490	27	1	21	86
Steak & Mate Combos 6 oz Sirloin & 1/3 Rack Ribs	1	Serving	840	450	50	21	0.5	265	1290	18	1	14	78
Steak & Mate Combos 6 oz Sirloin & 1/2 Rack Ribs	1	Serving	1080	590	66	26	1	325	1670	27	1	21	94
Steak & Mate Combos 8 oz Sirloin & 1/3 Rack Ribs	1	Serving	930	480	53	22	1	305	1490	18	1	14	92
Steak & Mate Combos 8 oz Sirloin & 1/2 Rack Ribs	1	Serving	1170	610	68	27	1	360	1870	27	1	21	108
Steak & Mate Combos 9 oz Sirloin & 1/3 Rack Ribs (Regional)	1	Serving	970	490	55	22	1	325	1500	18	1	14	100
Steak & Mate Combos 9 oz Sirloin & 1/2 Rack Ribs (Regional)	1	Serving	1210	630	70	28	1	380	1880	27	1	21	116
Steak & Mate Combos 11 oz Sirloin & 1/3 Rack Ribs (Regional)	1	Serving	1070	520	58	23	1	375	1700	19	1	14	118
Steak & Mate Combos 11 oz Sirloin & 1/2 Rack Ribs (Regional)	1	Serving	1310	660	73	29	1	430	2080	27	1	21	134
Steak & Mate Combos 12 oz Sirloin & 1/3 Rack Ribs (Regional)	1	Serving	1110	530	59	24	1	390	1720	19	1	14	124
Steak & Mate Combos 12 oz Sirloin & 1/2 Rack Ribs (Regional)	1	Serving	1350	670	74	29	1.5	450	2100	27	1	21	140
Sirloin 5 oz & 5 oz Grilled Chicken (Regional)	1	Serving	560	210	23	11	0	260	810	12	1	9	76
6 oz Sirloin & 5 oz Grilled Chicken	1	Serving	600	220	25	11	0	280	1000	12	1	9	84
8 oz Sirloin & 5 oz Grilled Chicken	1	Serving	690	250	27	12	0.5	315	1190	13	1	9	98
9 oz Sirloin & 5 oz Grilled Chicken on the Barbie (Regional)	1	Serving	730	260	29	13	0.5	335	1210	13	1	9	105
Sirloin 5 oz & 5 oz Alice Springs Chicken (Regional)	1	Serving	840	460	51	20	0.5	300	1070	11	1	10	86
6 oz Sirloin & 5 oz Alice Springs Chicken	1	Serving	880	470	52	20	1	320	1250	11	1	10	93
8 oz Sirloin & 5 oz Alice Springs Chicken	1	Serving	960	490	55	21	1	360	1440	12	1	10	108

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
12 oz Ribeye & Grilled Shrimp on the Barbie	1	Serving	1320	880	97	38	0	390	1330	29	3	6	78
12 oz Ribeye & 4 Coconut Shrimp	1	Serving	1220	770	85	40	0	380	930	35	1	23	74
Ribeye 15 oz and 4 Grilled Shrimp on the Barbie	1	Serving	1520	1020	113	44	0	445	1370	29	3	6	93
Ribeye 15 oz and 4 Coconut Shrimp	1	Serving	1420	910	101	46	0	435	970	35	1	23	88
6 oz Filet & Lobster	1	Serving	730	390	43	24	0.5	370	1120	3	1	1	77
8 oz Filet & Lobster	1	Serving	890	480	53	29	1	430	1200	3	1	1	93
9 oz Filet & Lobster (Regional)	1	Serving	950	500	56	30	1	455	1380	4	1	1	101
<b>Steakhouse Potatoes and Sides</b>													
Over The Top Brussels Sprouts	1	Serving	1010	800	89	28	0	80	1250	40	8	21	17
Fresh Mixed Veggies	1	Serving	70	15	1.5	0.5	0	0	110	13	4	7	2
Broccoli	1	Serving	130	90	10	4	0	0	280	8	3	3	4
Green Beans	1	Serving	100	70	7	4	0	10	5	9	4	4	2
Homestyle Mashed Potatoes	1	Serving	230	100	11	4	0	15	540	28	3	1	4
Steakhouse Mac & Cheese	1	Serving	720	330	37	18	1	75	1010	74	4	8	25
Aussie Fries	1	Serving	500	210	23	10	1	20	1940	67	7	0	7
Loaded Baked Potato	1	Serving	340	130	14	8	0	35	160	47	3	3	9
Loaded Sweet Potato	1	Serving	250	70	7	3.5	0	0	115	45	6	20	4
Seasoned Rice	1	Serving	320	60	6	3	0	15	1390	57	2	4	7
Asparagus	1	Serving	40	15	2	0	0	0	290	5	2	2	3
<b>More Down Under Faves</b>													
Bloomin' Fried Chicken	1	Serving	970	630	70	18	1.5	175	2170	32	6	2	53
Outback Ribs Full Rack	1	Serving	1430	820	91	32	1	345	2310	53	2	42	96
Outback Ribs Half Rack	1	Serving	720	410	46	16	0	170	1160	26	1	21	48
Outback Ribs 1/3 Rack (Regional)	1	Serving	480	270	30	11	0	115	780	18	1	14	32
Grilled Chicken on the Barbie 8 oz	1	Serving	410	80	9	3	0	210	780	22	1	17	62
Drover's Ribs & Chicken Platter (Regional)	1	Serving	1190	490	54	18	0	380	2420	63	2	50	111
Hand-Breaded Chicken Tenders	1	Serving	1000	530	59	20	2	155	2040	67	4	15	49
Queensland Chicken & Shrimp Pasta	1	Serving	1290	430	48	18	0	360	1270	121	6	9	85
Queensland Chicken Pasta (Regional)	1	Serving	1270	430	48	18	0	185	1520	135	7	20	63
Kingsland Sirloin & Shrimp Pasta	1	Serving	1900	490	54	20	0.5	355	1820	237	12	17	103
Alice Springs Chicken Entree	1	Serving	790	430	48	16	0.5	275	1180	14	2	12	79
Caramel Mustard Glaze Pork Chop	1	Serving	900	490	54	23	0.5	320	1570	15	1	12	83
Spicy Jammin' Meatloaf	1	Serving	1020	710	79	38	0	255	3140	39	1	15	42
<b>Sammies &amp; Burgers</b>													
Prime Rib Sandwich	1	Serving	1330	910	101	42	0.5	190	2850	51	5	9	40
Bloomin' Fried Chicken Sandwich	1	Serving	700	310	34	15	1	120	1380	62	5	11	37

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Sweet Chook O' Mine Sandwich (Regional)	1	Serving	870	430	47	14	0	155	1460	63	2	27	48
The Outbacker Burger with American Cheese	1	Serving	810	450	50	24	2	170	1620	50	2	14	38
The Bloomin' Burger	1	Serving	1140	720	80	33	3	190	2180	65	4	15	40
<b>Sweet Finish</b>													
Chocolate Tower (Regional)	1	Serving	1650	750	84	40	1	195	1350	233	13	170	25
Tim Tam Brownie Cake	1	Serving	1500	760	85	49	0	275	790	174	6	130	18
Chocolate Thunder from Down Under	1	Serving	800	480	53	29	0	185	210	79	4	68	9
Butter Cake	1	Serving	810	430	48	15	1	160	800	87	2	55	10
Triple Layer Carrot Cake	1	Serving	1070	550	61	23	1	125	640	131	2	99	7
Cheesecake with Raspberry sauce	1	Serving	1040	580	64	38	3	315	690	98	2	83	16
Cheesecake with Chocolate Sauce	1	Serving	1090	670	74	45	3	340	730	88	3	71	17
Salted Caramel Cookie Skillet	1	Serving	910	360	40	28	0	100	1440	129	1	82	10
<b>What's For Lunch?</b>													
5 oz Alice Springs Chicken	1	Serving	520	300	33	10	0	170	740	11	1	10	48
Grilled Chicken on the Barbie 5 oz	1	Serving	240	40	4.5	1.5	0	125	480	12	0	9	38
6 Grilled Shrimp on the Barbie	1	Serving	600	370	41	9	0	200	1090	30	3	6	28
6 Gold Coast Coconut Shrimp	1	Serving	440	180	20	12	0	185	460	40	1	25	23
Lunch Bloomin' Fried Chicken	1	Serving	480	310	35	9	0.5	85	1080	16	3	1	27
Spicy Jammin' Meatloaf Lunch Size	1	Serving	550	400	45	23	0	140	1040	18	0	7	21
<b>Joey Menu</b>													
Grilled Cheese- A - Roo	1	Serving	540	290	32	19	0	85	1140	47	0	7	13
OBS Kids Chicken Tenders	1	Serving	480	230	25	10	1	85	1040	33	2	3	29
Boomerang Cheeseburger	1	Serving	590	320	36	17	1.5	115	920	40	1	6	26
Mac-A-Roo 'N Cheese	1	Serving	550	170	19	12	1	65	1040	73	4	12	21
Grilled Chicken on the Barbie	1	Serving	170	35	3.5	1	0	105	65	0	0	0	32
Joey Sirloin	1	Serving	180	50	6	2.5	0	80	440	0	0	0	32
Fresh Fruit	1	Serving	25	0	0	0	0	0	0	6	1	4	1
Kids Fries	1	Serving	500	210	23	10	1	20	1550	67	7	0	7
Kid Apple Juice	1	Serving	90	0	0	0	0	0	25	23	0	22	0
Kid Orange Juice	1	Serving	90	0	0	0	0	0	0	21	0	21	2
Kid Sundae No Topping	1	Serving	120	60	6	4	0	25	35	14	0	11	2
Add Chocolate Sauce 1 Oz	1	Serving	150	100	11	7	0	25	35	15	<1	13	<1
Kid Ice Cream 1 Scoop	1	Serving	120	60	6	4	0	25	35	13	0	10	2
<b>Airport</b>													
Albacore Tuna Salad Sandwich (Regional)	1	Serving	1400	710	79	23	2	140	3960	114	10	7	56
Bacon Cheeseburger (Regional)	1	Serving	870	500	56	28	2.5	145	1680	42	2	11	49

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Blue Cheese Bacon Burger (Regional)	1	Serving	1410	790	87	36	3.5	155	3280	105	9	8	51
Classic Cheeseburger (Regional)	1	Serving	660	350	39	20	2.5	105	790	41	2	10	37
Honey-Lime Chicken Wrap (Regional)	1	Serving	640	190	21	5	0	75	1080	69	3	11	34
Mushroom Swiss Burger (Regional)	1	Serving	950	610	67	32	3	160	1210	40	3	8	52
Steakhouse Salad Wrap (Regional)	1	Serving	910	410	45	16	1	110	2060	66	3	8	55
Yogurt Parfait	1	Serving	390	90	10	3.5	0	10	100	59	6	35	21
Outback Breakfast	1	Serving	570	140	16	4.5	0	380	1190	78	2	7	27
Add 4 oz Center Cut Sirloin	1	Serving	280	130	14	7	0	120	300	0	0	0	39
Alice Springs Omelet	1	Serving	720	380	42	18	0.5	535	1610	37	3	5	52
Spinach and Mushroom Omelet	1	Serving	870	640	71	41	0	560	1200	33	5	1	25
Egg, Bacon & Cheese Sandwich	1	Serving	640	200	23	10	0	250	1820	84	6	12	27
Egg, Bacon & Cheese Wrap	1	Serving	780	370	41	18	0	480	2550	67	3	33	36
Egg, Bacon & Cheese Omelet (American Cheese)	1	Serving	570	320	36	18	0	490	1800	35	2	3	28
Egg, Bacon & Cheese Omelet (Mixed Cheese)	1	Serving	540	310	34	17	0	475	1370	32	2	1	27
Egg, Bacon & Cheese Omelet (Swiss Cheese)	1	Serving	620	350	39	21	0.5	490	1290	32	3	1	33
French Toast 2 slices	1	Serving	840	350	39	19	0	295	1000	95	0	54	22
French Toast 3 slices	1	Serving	1020	390	43	20	0	410	1270	122	0	61	29
Aussie Breakfast Wrap	1	Serving	800	380	42	17	1	450	2110	76	4	4	31
Side Item--Bacon	1	Serving	90	60	7	2.5	0	15	360	0	0	0	6
Side Item--1 egg	1	Serving	70	45	5	1.5	0	185	260	0	0	0	6
Side Item--Breakfast Potatoes	1	Serving	140	10	1	0	0	0	420	30	2	0	4
Side Item--White Toast	1	Serving	380	150	17	9	0	25	470	46	0	6	8
Side Item--Fresh Fruit	1	Serving	50	5	0	0	0	0	0	13	3	9	1
<b>Outback Steakhouse at Amalie Arena</b>													
Aussie Fries	1	Serving	670	270	30	13	1.5	25	2610	90	10	<1	10
Bloom' Petals	1	Serving	1200	880	98	35	4.5	80	2270	69	7	7	10
Chicken Tenders with Fries and Honey Mustard sauce	1	Serving	1320	760	84	21	3.5	80	2920	107	10	15	34
Bloomin' Burger	1	Serving	1090	710	79	35	3.5	155	1820	51	3	8	44
Steak and Mushroom Bowl	1	Serving	570	290	32	13	0	100	1560	32	2	5	35
Sauce: Bloom Sauce, 2 oz	1	Serving	310	300	33	5	0	20	550	3	<1	2	1
Sauce: Honey Mustard, 2 oz	1	Serving	300	240	27	4.5	0	20	390	15	0	14	<1
<b>Soft Drinks &amp; Spirit Free Beverages</b>													
Coke Zero, with Ice	1	Serving	0	0	0	0	0	0	5	0	0	0	0
Coke-a-Cola, with Ice	1	Serving	170	0	0	0	0	0	0	47	0	47	0
Diet Coke, with Ice	1	Serving	0	0	0	0	0	0	15	0	0	0	0
Dr Pepper, with Ice	1	Serving	100	0	0	0	0	0	25	28	0	28	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Gold Peak Coffee	1	Serving	0	0	0	0	0	0	5	0	0	0	0
Gold Peak Tea, Sweet, with Ice	1	Serving	70	0	0	0	0	0	10	17	0	17	0
Gold Peak Tea, Unsweet, with Ice	1	Serving	0	0	0	0	0	0	10	0	0	0	0
Hi-C, with Ice	1	Serving	110	0	0	0	0	0	45	30	0	30	0
Minute Maid Country Style Lemonade, with Ice	1	Serving	140	0	0	0	0	0	10	35	0	34	0
Sprite, with ice	1	Serving	110	0	0	0	0	0	25	29	0	29	0
Aussie Palmer	1	Serving	60	0	0	0	0	0	5	17	0	15	0
Fresh Strawberry Lemonade	1	Serving	130	0	0	0	0	0	5	33	2	30	<1
Kiwi Strawberry Lemonade	1	Serving	200	0	0	0	0	0	5	50	2	46	<1
<b>Waters</b>													
Bottled Water	1	Serving	0	0	0	0	0	0	75	0	0	0	1
Water, Aqua Panna	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Water, San Pellegrino	1	Serving	0	0	0	0	0	0	40	0	0	0	0
<b>Beer: Varies By Location</b>													
Angry Orchard Crisp Apple Hard Cider, Bottle, 12 oz	1	Serving	200	0	0	0	0	0	10	29	0	23	0
Bloomin' Blonde, Big Bloke	1	Serving	250	0	0	0	0	0	50	21	0	0	3
Bloomin' Blonde, Middy	1	Serving	190	0	0	0	0	0	35	16	0	0	2
Bloomin' Blonde Ale, Middy	1	Serving	190	0	0	0	0	0	35	16	0	0	2
Bloomin' Blonde Ale, Big Bloke	1	Serving	250	0	0	0	0	0	50	21	0	0	3
Blue Moon Belgian White, Bottle, 12 oz	1	Serving	170	0	0	0	0	0	15	14	0	0	2
Bud Light, Big Bloke	1	Serving	170	0	0	0	0	0	15	10	0	0	1
Bud Light, Bottle, 12 oz	1	Serving	110	0	0	0	0	0	10	6	0	0	<1
Bud Light, Middy	1	Serving	130	0	0	0	0	0	10	8	0	0	1
Budweiser, Bottle, 12 oz	1	Serving	140	0	0	0	0	0	10	10	0	0	1
Coors Light, Bottle, 12 oz	1	Serving	100	0	0	0	0	0	10	5	0	0	0
Corona Extra, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Dos Equis Lager XX, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Foster's 25.4 oz, Oil Can	1	Serving	290	0	0	0	0	0	25	24	0	0	3
Foster's Lager, Big Bloke	1	Serving	270	0	0	0	0	0	25	22	0	0	3
Foster's Lager, Middy	1	Serving	210	0	0	0	0	0	20	17	0	0	2
Heineken Light, Bottle, 12 oz	1	Serving	100	0	0	0	0	0	10	4	0	0	<1
Heineken, Bottle, 12 oz	1	Serving	140	0	0	0	0	0	0	0	0	0	0
Heineken 0.0	1	Serving	130	0	0	0	0	0	0	10	0	0	0
Kentucky Bourbon Barrel, Bottle, 10 oz	1	Serving	160	0	0	0	0	0	10	<1	0	0	3
Kentucky Bourbon Barrel, Bottle, 11 oz	1	Serving	180	0	0	0	0	0	10	<1	0	0	3
Kona Island Lager, Big Bloke	1	Serving	230	0	0	0	0	0	20	19	0	0	2



Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Kona Island Lager, Bottle, 12 oz	1	Serving	140	0	0	0	0	0	20	11	0	0	2
Kona Island Lager, Middy	1	Serving	180	0	0	0	0	0	15	15	0	0	2
Lagunitas IPA, Bottle, 12 oz	1	Serving	190	0	0	0	0	0	15	14	0	0	3
Lindemans Framboise Lambic, Bottle, 12 oz	1	Serving	230	0	0	0	0	0	15	34	0	33	0
Magic Hat #9, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Michelob ULTRA Pure Gold, Bottle	1	Serving	90	0	0	0	0	0	10	3	0	0	<1
Michelob ULTRA, Bottle, 12 oz	1	Serving	90	0	0	0	0	0	10	3	0	0	<1
Miller Genuine Draft, Bottle, 12 oz	1	Serving	140	0	0	0	0	0	5	13	0	0	<1
Miller Light, Bottle, 12 oz	1	Serving	100	0	0	0	0	0	5	3	0	0	0
Modelo Especial, Big Bloke	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Modelo Especial, Bottle, 12 oz	1	Serving	180	0	0	0	0	0	15	15	0	0	2
Modelo Especial, Middy	1	Serving	230	0	0	0	0	0	20	19	0	0	2
New Belgium Fat Tire Amber Ale, Big Bloke	1	Serving	230	0	0	0	0	0	20	19	0	0	2
New Belgium Fat Tire Amber Ale, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
New Belgium Fat Tire Amber Ale, Middy	1	Serving	180	0	0	0	0	0	15	15	0	0	2
Newcastle Brown Ale, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
O'Doul's Amber, Bottle, 12 oz	1	Serving	90	0	0	0	0	0	0	18	0	0	2
O'Doul's, Bottle, 12 oz	1	Serving	70	0	0	0	0	0	0	13	0	0	<1
Omission Lager, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Omission Pale Ale, Bottle, 12 oz	1	Serving	170	0	0	0	0	0	20	13	0	0	2
Rebel IPA, Can, 16 oz	1	Serving	260	0	0	0	0	0	25	20	0	<1	3
Redbridge (Gluten-free), Bottle, 12 oz	1	Serving	130	0	0	0	0	0	0	14	0	0	0
Rogue Chocolate Stout, Bottle, 22 oz	1	Serving	360	0	0	0	0	0	25	2	0	0	6
Rogue Hazelnut Brown Nectar, Big Bloke	1	Serving	300	0	0	0	0	0	40	25	0	6	5
Rogue Hazelnut Brown Nectar, Bottle, 12 oz	1	Serving	190	0	0	0	0	0	25	16	0	4	3
Rogue Hazelnut Brown Nectar, Middy	1	Serving	230	0	0	0	0	0	30	19	0	5	4
Sam Adams Nitro Coffee Stout, Bottle	1	Serving	200	0	0	0	0	0	15	<1	0	0	3
Samuel Adams 76, Can, 16 oz.	1	Serving	200	0	0	0	0	0	20	16	0	0	2
Samuel Adams Boston Lager, Big Bloke	1	Serving	270	0	0	0	0	0	45	27	0	0	3
Samuel Adams Boston Lager, Bottle, 12 oz	1	Serving	170	0	0	0	0	0	30	17	0	0	2
Samuel Adams Boston Lager, Middy	1	Serving	210	0	0	0	0	0	35	21	0	0	2
Samuel Adams New England IPA, Can, 16 oz	1	Serving	260	0	0	0	0	0	25	20	0	<1	3
Samuel Adams Nitro Coffee Stout, Can, 16 oz	1	Serving	260	0	0	0	0	0	20	1	0	0	4
Samuel Adams Rebel IPA, Bottle, 12 oz	1	Serving	200	0	0	0	0	0	15	15	0	<1	2
Samuel Adams Seasonal (Cold Snap), Big Bloke	1	Serving	260	0	0	0	0	0	50	22	0	<1	4
Samuel Adams Seasonal (Cold Snap), Bottle, 12 oz	1	Serving	170	0	0	0	0	0	30	14	0	0	2

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Samuel Adams Seasonal (Cold Snap), Middy	1	Serving	200	0	0	0	0	0	35	16	0	0	3
Samuel Adams Seasonal (Octoberfest), Big Bloke	1	Serving	190	0	0	0	0	0	50	19	0	<1	2
Samuel Adams Seasonal (Octoberfest), Bottle, 12 oz	1	Serving	230	0	0	0	0	0	60	22	0	<1	2
Samuel Adams Seasonal (Octoberfest), Middy	1	Serving	300	0	0	0	0	0	80	29	0	1	3
Samuel Adams Seasonal (Summer Ale), Big Bloke	1	Serving	260	0	0	0	0	0	70	22	0	<1	4
Samuel Adams Seasonal (Summer Ale), Bottle, 12 oz	1	Serving	170	0	0	0	0	0	45	14	0	0	2
Samuel Adams Seasonal (Summer Ale), Middy	1	Serving	200	0	0	0	0	0	55	16	0	0	3
Samuel Adams Seasonal (Winter Lager), Big Bloke	1	Serving	310	0	0	0	0	0	60	29	0	1	4
Samuel Adams Seasonal (Winter Lager), Bottle, 12 oz	1	Serving	190	0	0	0	0	0	35	19	0	<1	2
Samuel Adams Seasonal (Winter Lager), Middy	1	Serving	230	0	0	0	0	0	45	22	0	1	3
Shock Top Belgian White, Big Bloke	1	Serving	260	0	0	0	0	0	0	23	0	0	3
Shock Top Belgian White, Bottle, 12 oz	1	Serving	170	0	0	0	0	0	0	15	0	0	2
Shock Top Belgian White, Middy	1	Serving	200	0	0	0	0	0	0	18	0	0	3
Sierra Nevada Pale Ale, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Stella Artois, Big Bloke	1	Serving	210	0	0	0	0	0	0	17	0	0	2
Stella Artois, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	0	13	0	0	1
Stella Artois, Middy Chalice, 15 oz	1	Serving	160	0	0	0	0	0	0	13	0	0	1
Summit EPA, Big Bloke	1	Serving	230	0	0	0	0	0	20	19	0	0	2
Summit EPA, Middy	1	Serving	180	0	0	0	0	0	15	15	0	0	2
Summit Saga IPA, Big Bloke	1	Serving	310	0	0	0	0	0	20	1	0	0	5
Summit Saga IPA, Middy	1	Serving	240	0	0	0	0	0	15	1	0	0	4
Surley Furious IRA, Big Bloke	1	Serving	310	0	0	0	0	0	20	1	0	0	5
Surley Furious IRA, Middy	1	Serving	240	0	0	0	0	0	15	1	0	0	4
Sweetwater Pale Ale, Big Bloke	1	Serving	230	0	0	0	0	0	20	19	0	0	2
Sweetwater Pale Ale, Middy	1	Serving	180	0	0	0	0	0	15	15	0	0	2
Westmalle Trappist Triple, Bottle, 11.2 oz	1	Serving	180	0	0	0	0	0	15	<1	0	0	3
White Claw	1	Serving	100	0	0	0	0	0	20	2	0	2	0
Yuengling, Bottle, 12 oz	1	Serving	150	0	0	0	0	0	15	12	0	0	2
<b>Wine: Varies by Location</b>													
Red Wine, 5 oz (Regional)	1	Serving	130	0	0	0	0	0	5	4	0	<1	0
Red Wine, 6 oz	1	Serving	150	0	0	0	0	0	5	5	0	1	0
Red Wine, 9 oz	1	Serving	230	0	0	0	0	0	10	7	0	2	0
Red Wine, Bottle	1	Serving	640	0	0	0	0	0	25	20	0	5	<1
Rose Wine, 5 oz (Regional)	1	Serving	130	0	0	0	0	0	5	4	0	1	0
Sparkling Wine, 6 oz	1	Serving	150	0	0	0	0	0	0	5	0	0	0
Sparkling Wine, Bottle	1	Serving	600	0	0	0	0	0	0	20	0	0	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
White Wine, 5 oz (Regional)	1	Serving	130	0	0	0	0	0	5	4	0	1	0
White Wine, 6 oz	1	Serving	150	0	0	0	0	0	5	5	0	2	0
White Wine, 9 oz	1	Serving	230	0	0	0	0	0	10	7	0	3	0
White Wine, Bottle	1	Serving	650	0	0	0	0	0	25	19	0	7	<1
<b>Margaritas and Mojitos: Varies by Location</b>													
Black Cherry Peach Mojito	1	Serving	210	0	0	0	0	0	25	27	<1	24	0
Blood Orange 'Rita	1	Serving	240	0	0	0	0	0	1180	26	1	22	<1
Boomarita 7 oz	1	Serving	240	0	0	0	0	0	910	30	1	26	0
Boomarita 9 oz	1	Serving	290	0	0	0	0	0	910	33	1	28	0
Classic Lime 'Rita	1	Serving	210	0	0	0	0	0	5	22	1	17	0
Classic Mojito with Bacardi Superior Light Rum	1	Serving	200	0	0	0	0	0	0	15	0	14	0
Classic Mojito with Sailor Jerry Spiced Rum	1	Serving	210	0	0	0	0	0	10	15	0	14	0
Corona 'Rita	1	Serving	210	0	0	0	0	0	2230	22	0	12	1
Down Under 'Rita - Frozen	1	Serving	300	0	0	0	0	0	2230	40	0	36	0
Down Under 'Rita - Rocks/Straight-Up	1	Serving	230	0	0	0	0	0	2230	19	0	17	0
Down Under Sauza Agave Margarita	1	Serving	290	0	0	0	0	0	2230	32	0	29	0
Down Under Sauza Gold Coast 'Rita, Rocks	1	Serving	130	0	0	0	0	0	290	9	0	7	0
Hawaiian Style 'Rita	1	Serving	220	0	0	0	0	0	10	10	0	7	0
TOP SHELF HERRADURA RITA - OBS	1	Serving	230	0	0	0	0	0	2230	25	<1	19	0
Strawberry Kiwi Rita	1	Serving	250	0	0	0	0	0	0	30	<1	28	0
Lemon Mojito (Regional)	1	Serving	160	0	0	0	0	0	10	24	1	20	0
Mango Mojito (Regional)	1	Serving	190	0	0	0	0	0	0	31	1	26	0
Mango Passion Fruit 'Rita	1	Serving	260	0	0	0	0	0	25	43	1	38	0
Margarita Swirl (Regional)	1	Serving	140	0	0	0	0	0	2230	28	<1	24	0
Mojito Bacardi Limon with Blackberry	1	Serving	220	0	0	0	0	0	0	24	2	20	<1
Mojito Bacardi Limon with Classic Lime	1	Serving	210	0	0	0	0	0	0	21	1	18	0
Mojito Bacardi Limon with Pineapple	1	Serving	240	0	0	0	0	0	0	30	2	24	<1
Mojito Bacardi Limon with Strawberry	1	Serving	130	0	0	0	0	0	0	17	<1	15	0
Mojito Bacardi Superior Light Rum with Blackberry	1	Serving	220	0	0	0	0	0	0	21	2	17	<1
Mojito Bacardi Superior Light Rum with Classic Lime	1	Serving	210	0	0	0	0	0	0	19	1	15	0
Mojito Bacardi Superior Light Rum with Pineapple	1	Serving	240	0	0	0	0	0	0	27	2	22	<1
Mojito Bacardi Superior Light Rum with Strawberry	1	Serving	220	0	0	0	0	0	0	21	2	16	<1
Mojito Sailor Jerry Spiced Rum with Blackberry	1	Serving	230	0	0	0	0	0	10	21	2	17	<1
Mojito Sailor Jerry Spiced Rum with Classic Lime	1	Serving	220	0	0	0	0	0	10	19	1	15	0
Mojito Sailor Jerry Spiced Rum with Pineapple	1	Serving	250	0	0	0	0	0	15	27	2	22	<1
Mojito Sailor Jerry Spiced Rum with Strawberry	1	Serving	220	0	0	0	0	0	10	21	2	16	<1

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Naturally Skinny 'Rita	1	Serving	150	0	0	0	0	0	2220	20	1	17	<1
No Rules 'Rita, Rocks	1	Serving	230	0	0	0	0	0	2230	27	0	21	0
Rita Trio	1	Serving	290	0	0	0	0	0	2230	40	<1	35	0
Sauza Agave Margarita	1	Serving	180	0	0	0	0	0	2220	29	0	25	0
Sauza Gold Coast Rita, Rocks	1	Serving	130	0	0	0	0	0	2220	9	0	7	0
Strawberry Ginger Smash	1	Serving	170	0	0	0	0	0	0	23	<1	20	0
The Gold Coast 'Rita - Frozen	1	Serving	540	0	0	0	0	0	3370	109	0	97	0
The Gold Coast 'Rita - Frozen (Classic Lime) (Regional)	1	Serving	360	0	0	0	0	0	2230	71	0	64	0
The Gold Coast 'Rita - Frozen (Strawberry)	1	Serving	350	0	0	0	0	0	2230	72	0	64	0
The Gold Coast 'Rita - Rocks	1	Serving	190	0	0	0	0	0	2230	24	0	21	0
The Gold Coast 'Rita - Rocks (Strawberry)	1	Serving	250	0	0	0	0	0	2230	43	0	38	0
The Grand 'Rita, Rocks	1	Serving	230	0	0	0	0	0	2230	28	0	21	0
Top Shelf 'Rita, Straight Up/Rocks	1	Serving	230	0	0	0	0	0	2230	25	<1	19	0
<b>Cocktails: Varies by Location</b>													
Absolut Mango Crush	1	Serving	130	0	0	0	0	0	0	22	<1	21	<1
Aussie Fresh Fruit Cooler - Individual	1	Serving	280	0	0	0	0	0	0	35	2	31	<1
Aussie Rum Punch	1	Serving	190	0	0	0	0	0	30	33	<1	30	0
Bailey's on the Rocks (Regional)	1	Serving	190	0	0	4.5	0	0	0	14	0	12	2
The Bee & The Barbie (Regional)	1	Serving	200	0	0	0	0	0	0	26	1	22	0
Black Barrel Irish Tea	1	Serving	180	0	0	0	0	0	0	27	2	22	<1
Blackberry Bramble (Regional)	1	Serving	160	0	0	0	0	0	0	17	3	11	<1
Black Cherry Mule (Regional)	1	Serving	200	0	0	0	0	0	25	5	0	22	0
Blackberry Sangria - Individual	1	Serving	220	0	0	0	0	0	5	28	1	24	<1
Blueberry Desert Pear Burst (Regional)	1	Serving	200	0	0	0	0	0	25	0	0	21	0
Blueberry Lavender Lemonade	1	Serving	220	0	0	0	0	0	10	37	0	35	0
BOOZY CHERRY LIMEADE COCKTAIL	1	Serving	110	0	0	0	0	0	30	27	0	25	0
Boozy Root Beer Float	1	Serving	550	130	15	9	0	55	75	29	0	23	4
BOOZY CHERRY LIMEADE COCKTAIL - OBS	1	Serving	110	0	0	0	0	0	30	27	0	25	0
Captain's Mai Tai	1	Serving	220	0	0	0	0	0	45	30	0	25	<1
Captain's Mai Tai with extra shot of Rum	1	Serving	260	0	0	0	0	0	45	30	0	25	<1
Castaway Cocktail	1	Serving	210	0	0	0	0	0	5	35	1	30	<1
Classic Moscow Mule (Regional)	1	Serving	100	0	0	0	0	0	0	6	0	5	0
Classic Red Sangria (Regional)	1	Serving	210	0	0	0	0	0	0	29	3	23	1
Classic Steakhouse Martini (Absolut) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Grey Goose) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Classic Steakhouse Martini (Kettle One) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Stoli) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Tito's) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Cucumber Crush	1	Serving	210	0	0	0	0	0	0	25	0	24	0
Cucumber Infused Lemonade (Regional)	1	Serving	160	0	0	0	0	0	0	17	0	16	0
Disaronno Amaretto on the Rocks (Regional)	1	Serving	170	0	0	0	0	0	15	19	0	19	0
Dorothy's Ruby Red Cosmo (Regional)	1	Serving	210	0	0	0	0	0	10	30	0	25	0
Down Under Mule (Regional) NEW	1	Serving	110	0	0	0	0	0	0	7	<1	5	0
Espresso Infused Vodka and White Chocolate Martini (Regional)	1	Serving	100	0	0	0	0	0	0	10	0	10	0
Espresso Martini (Regional)	1	Serving	170	0	0	0	0	0	10	20	0	17	0
Espresso Martini	1	Serving	190	5	0	0	0	0	5	17	1	16	0
Fair Dinkum Daiquiri	1	Serving	170	0	0	0	0	0	0	24	0	21	0
Fully Loaded Bloody Mary (Absolut)	1	Serving	150	25	3	0	0	0	2130	9	1	3	1
Fully Loaded Bloody Mary (Tito's)	1	Serving	150	25	3	0	0	0	2130	9	1	3	1
Grand Marnier Straight Up (Regional)	1	Serving	160	0	0	0	0	0	0	14	0	0	0
Grapefruit Sage Martini (Regional)	1	Serving	220	15	1.5	1	0	0	0	24	5	14	2
Great Barrier Punch	1	Serving	180	0	0	0	0	0	0	21	<1	20	<1
House-Made Margarita (Regional)	1	Serving	370	0	0	0	0	0	580	62	0	56	0
House-Made Margarita Top Shelf (Patron and Grand Marnier Float) (Regional)	1	Serving	410	0	0	0	0	0	580	66	0	56	0
Huckleberry Hooch Moonshine Cocktail - Individual	1	Serving	150	0	0	0	0	0	10	33	<1	131	0
Hypnotic Breeze Martini	1	Serving	200	50	6	3.5	0	20	55	22	0	19	1
Incredible Hulk	1	Serving	160	40	4.5	2.5	0	15	25	6	0	6	<1
Jack Dundee Tea	1	Serving	380	0	0	0	0	0	5	59	0	54	0
Jameson and Ginger	1	Serving	130	0	0	0	0	0	0	12	0	12	0
Kahlua and Coffee (Regional)	1	Serving	140	0	0	0	0	0	5	22	0	22	0
Key Lime Pie Martini	1	Serving	320	40	4.5	2.5	0	10	35	50	0	46	1
Lava Flow	1	Serving	740	180	20	19	0	0	180	131	0	124	2
Lime in the Coconut (Regional)	1	Serving	280	40	4	4	0	0	35	43	3	33	1
Lolly Sour Apple Martini	1	Serving	360	0	0	0	0	0	0	56	0	51	0
Lychee Martini	1	Serving	180	110	12	6	0	0	5	24	0	13	2
Mai Tai	1	Serving	230	0	0	0	0	0	0	25	2	20	<1
Mango & Habanero Infused Margarita (Regional)	1	Serving	160	0	0	0	0	0	200	11	<1	9	0
Maple Bourbon Sour (Regional)	1	Serving	300	25	2.5	1	0	5	135	30	<1	28	2
New South Wales Sangria - Individual	1	Serving	250	0	0	0	0	0	0	41	2	36	<1

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Old & New Fashioned - Jack Daniel's Tennessee Honey Whiskey	1	Serving	200	0	0	0	0	0	80	23	1	18	0
Old & New Fashioned - Maker's Mark	1	Serving	260	0	0	0	0	0	85	23	1	18	0
Orange Bliss Martini	1	Serving	180	0	0	0	0	0	0	18	<1	16	<1
Outback Manhattan	1	Serving	180	0	0	0	0	0	0	4	<1	2	0
Passion Fruit Daiquiri (Regional)	1	Serving	160	0	0	0	0	0	15	25	0	23	0
Passionate Punch	1	Serving	210	0	0	0	0	0	15	30	<1	24	<1
Pina Colada (Bacardi Rock Coconut Rum)	1	Serving	490	110	12	11	0	0	105	78	0	73	2
Pina Colada (Malibu Coconut Rum)	1	Serving	480	110	12	11	0	0	105	81	0	76	2
Pina Colada (with extra shot of Sailor Jerry Rum)	1	Serving	500	110	12	11	0	0	105	80	0	76	2
Pina Colada with extra shot of Sailor Jerry Rum (Bacardi Rock Coconut Rum)	1	Serving	530	110	12	11	0	0	110	78	0	73	2
Pina Koala	1	Serving	230	15	1.5	1.5	0	0	20	25	0	23	0
Pineapple Ginger Collision	1	Serving	170	0	0	0	0	0	15	18	2	12	1
Pineapple Passion Fruit Fizz - Individual	1	Serving	180	0	0	0	0	0	0	21	2	19	<1
Pineapple Vanilla Rum Cocktail (Regional)	1	Serving	130	0	0	0	0	0	10	18	<1	15	0
Raspberry Lemon Drop (Regional)	1	Serving	230	0	0	0	0	0	27	0	0	25	0
Root Beer Old Fashioned (Regional)	1	Serving	210	0	0	0	0	0	14	5	0	13	0
Ruby Mango Lemonade Cocktail	1	Serving	210	0	0	0	0	0	0	38	0	32	0
Sassafras "Rootbeer" Old Fashioned (Regional)	1	Serving	270	0	0	0	0	0	10	27	<1	26	0
Shark Bite (Regional)	1	Serving	210	0	0	0	0	0	25	30	0	27	0
Smoked Watermelon Paloma (Regional)	1	Serving	170	0	0	0	0	0	390	29	0	11	0
Spicy Mango Rita	1	Serving	450	0	0	0	0	0	25	89	0	80	1
Spiked Red Bull with Absolut Mandrin	1	Serving	150	0	0	0	0	0	100	16	<1	15	<1
Spiked Red Bull with Absolut Mandrin	1	Serving	100	0	0	0	0	0	100	4	<1	2	<1
Spiked Red Bull with Finlandia Raspberry Vodka	1	Serving	140	0	0	0	0	0	100	15	0	13	0
Spiked Red Bull with Finlandia Raspberry Vodka - with Sugar Free Red Bull	1	Serving	90	0	0	0	0	0	100	3	0	1	0
Spiked Red Bull with Kettle One	1	Serving	140	0	0	0	0	0	100	14	0	12	0
Spiked Red Bull with Kettle One - with Sugar Free Red Bull	1	Serving	90	0	0	0	0	0	100	2	0	0	0
Strawberry Peach Sangria - Individual	1	Serving	270	0	0	0	0	0	20	41	<1	36	0
Strawberry Rose Sangria	1	Serving	90	0	0	0	0	0	5	19	<1	16	0
Strawberry Smash-Tini	1	Serving	240	0	0	0	0	0	0	32	<1	29	0
Sydney's Cosmo	1	Serving	260	0	0	0	0	0	5	30	<1	27	0
Sydney's Cosmo with Skinnygirl Bare Naked Vodka	1	Serving	240	0	0	0	0	0	5	30	<1	27	0
The Ultimate "Dirty" Martini	1	Serving	190	50	6	0	0	0	1010	0	0	0	0
The Wallaby Darned	1	Serving	220	0	0	0	0	0	5	49	<1	46	0
The Wallaby Darned, Aussie style	1	Serving	260	0	0	0	0	0	5	49	<1	46	0

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
The Wallaby Darned, Down Under Style	1	Serving	230	0	0	0	0	0	5	49	<1	46	0
The Wallaby Darned, Chambord Float	1	Serving	250	0	0	0	0	0	5	53	<1	50	0
Tiki Bandit	1	Serving	240	0	0	0	0	0	10	35	<1	31	0
Tito's Cucumber Lemonade	1	Serving	160	0	0	0	0	0	0	17	0	15	0
Top Shelf Long Island Iced Tea	1	Serving	190	0	0	0	0	0	0	16	0	14	0
Tropical Reef Martini	1	Serving	390	0	0	0	0	0	0	62	0	57	0
Tropical Relief Martini	1	Serving	230	0	0	0	0	0	25	35	0	32	0
Watermelon Hunch Punch	1	Serving	200	0	0	0	0	0	10	47	0	31	1
Whiskey Appl	1	Serving	300	0	0	0	0	0	25	58	0	54	1
<b>Catering (Serves 10)</b>													
Alice Springs Chicken	1	Serving	5510	3190	354	108	3.5	1710	7890	130	10	118	477
Grilled Chicken	1	Serving	2880	500	56	14	0	1070	6550	177	6	139	397
Crispy Chicken Tenders	1	Serving	8060	4350	483	160	15	1225	16480	542	32	129	394
Perfectly Grilled Salmon	1	Serving	4040	2810	313	55	0	845	3560	20	6	6	271
Sirloin	1	Serving	3650	1800	199	101	4.5	1520	5160	6	2	1	459
Filet	1	Serving	3760	1730	193	89	7	1575	4690	6	2	1	468
Grilled Shrimp on the Barbie	1	Serving	5270	2730	304	75	4	2520	9990	294	28	56	347
Coconut Shriimp	1	Serving	5210	1780	197	126	0	2335	6860	538	9	331	299
Kookaburra Wings	1	Serving	8340	5400	600	190	14	1265	28150	405	27	13	317
Half Rack Ribs	1	Serving	7960	4190	466	163	4	1720	15770	437	13	348	485
Build Your Own Burger	1	Serving	7740	4240	471	194	21	1370	16580	501	23	142	364
Grilled Chicken Sandwich Bar	1	Serving	7050	2900	323	114	4	1505	14020	499	22	144	519
Walhalla Pasta --No Protein	1	Serving	7000	2620	291	110	0	505	7480	865	63	98	175
Add on Grilled Chicken	1	Serving	2090	410	45	13	0	1070	2340	2	1	1	392
Add on Chicken Tenders	1	Serving	4750	2250	250	104	11	865	10380	332	23	25	293
Add On Sirloin	1	Serving	3220	1670	185	96	3.5	1325	3340	3	1	1	385
Add On Grilled Shrimp	1	Serving	1110	30	3.5	0.5	0	2080	4190	5	2	0	265
Green Beans	1	Serving	830	530	59	34	1	100	40	72	29	34	18
Broccoli	1	Serving	1010	710	79	31	1	5	2270	63	26	22	35
Mixed Veggies	1	Serving	690	140	16	7	0	0	1100	135	39	70	17
Seasoned Rice	1	Serving	2540	440	49	25	0.5	105	11110	457	13	36	59
Loaded Mashed Potato	1	Serving	2510	1290	144	61	1.5	300	5800	232	22	15	72
Steakhouse Mac & Cheese	1	Serving	5760	2660	296	140	9	610	8070	591	29	67	197
Baked Potato Bar	1	Serving	6000	3320	370	190	7	865	27790	524	38	35	180
House Salad with No Dressing	1	Serving	1020	440	49	18	1.5	80	2450	106	20	33	50
Caesar Salad with Dressing	1	Serving	2440	1930	215	42	1.5	390	5210	89	17	15	52

Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
Salted Caramel Cookie	1	Serving	3810	1550	173	124	0	390	6620	536	5	326	39
Butter Cake	1	Serving	6270	3010	334	57	4	1170	7920	738	10	438	87
Brownie	1	Serving	2930	1860	207	88	1	970	840	267	21	230	43
Dessert Platter	1	Serving	5220	2570	286	108	2	1015	6150	620	15	400	68
<b>Catering (Serves 5)</b>													
Alice Springs Chicken	1	Serving	2750	1600	177	54	2	855	3940	65	5	59	238
Grilled Chicken	1	Serving	1440	250	28	7	0	535	3280	88	3	69	199
Crispy Chicken Tenders	1	Serving	4030	2170	242	80	8	615	8240	271	16	64	197
Grilled Salmon	1	Serving	2020	1410	156	28	0	425	1780	10	3	3	135
Sirloin	1	Serving	1830	900	100	50	2	760	2580	3	1	1	229
Filet	1	Serving	1880	870	96	45	3.5	790	2340	3	1	1	234
Grilled Shrimp on the Barbie	1	Serving	2630	1370	152	37	2	1260	5000	147	14	28	174
Coconut Shrimp	1	Serving	2610	890	99	63	0	1165	3430	269	4	166	149
Kookaburra Wings	1	Serving	4170	2700	300	95	7	630	14070	202	14	7	159
Half Rack Ribs	1	Serving	3980	2100	233	82	2	860	7880	219	7	174	243
Build Your Own Burger	1	Serving	4200	2390	265	102	10	700	9630	264	12	82	183
Grilled Chicken Sandwich Bar	1	Serving	4230	2100	233	68	2	790	8030	264	12	85	261
Walhalla Pasta - No Protein	1	Serving	3540	1330	148	57	0	260	3830	433	31	49	91
Add on Grilled Chicken	1	Serving	1440	250	28	7	0	535	3280	88	3	69	199
Add on Chicken Tenders	1	Serving	2380	1130	125	52	6	430	5190	166	12	13	147
Add On Sirloin	1	Serving	1610	830	93	48	2	665	1670	1	0	0	192
Add On Grilled Shrimp	1	Serving	560	15	1.5	0	0	1040	2090	3	1	0	132
Green Beans	1	Serving	420	270	30	17	0	50	20	36	15	17	9
Broccoli	1	Serving	500	350	39	15	0	5	1130	32	13	11	17
Mixed Veggies	1	Serving	350	70	8	3.5	0	0	550	67	20	35	8
Seasoned Rice	1	Serving	1270	220	25	13	0	50	5560	228	6	18	30
Loaded Mashed Potato	1	Serving	1260	650	72	31	1	150	2900	116	11	8	36
Steakhouse Mac & Cheese	1	Serving	2880	1330	148	70	4.5	305	4030	295	14	33	99
Baked Potato Bar	1	Serving	3000	1660	185	95	3.5	430	13900	262	19	18	90
House Salad with No Dressing	1	Serving	510	220	25	9	0.5	40	1230	53	10	17	25
Caesar Salad with Dressing	1	Serving	1220	970	107	21	1	195	2610	45	9	7	26
Salted Caramel Cookie	1	Serving	1910	780	86	62	0	195	3310	268	2	163	19
Butter Cake	1	Serving	3140	1500	167	29	2	585	3960	369	5	219	43
Brownie	1	Serving	1460	930	103	44	0.5	485	420	134	10	115	21
Dessert Platter	1	Serving	2610	1290	143	54	1	505	3080	310	8	200	34



Menu Item Name	Quantity	Measure	Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Total Fiber (g)	Sugar (g)	Protein (g)
<b>Individual Catering</b>													
Alice Springs Chicken	1	Serving	530	300	33	11	0	170	940	11	2	10	48
Grilled Salmon with Remoulade	1	Serving	550	350	39	8	0	135	430	1	0	0	45
Grilled Chicken	1	Serving	320	70	8	2.5	0	110	780	22	1	17	40
Filet Mignon	1	Serving	430	220	25	12	0.5	170	680	1	0	0	47
Sirloin	1	Serving	370	180	20	10	0	150	680	1	0	0	46
Outbacker Burger with American Cheese	1	Serving	770	430	48	22	2	135	1510	47	2	12	36
Grilled Chicken Sandwich	1	Serving	700	290	33	14	0	145	1350	47	2	12	52
Chicken Tenders	1	Serving	850	470	52	17	1.5	125	1710	57	3	15	39
Grilled Shrimp on the Barbie	1	Serving	630	380	42	10	0	255	1120	29	3	6	35
Gold Coast Coconut Shrimp	1	Serving	500	180	20	13	0	240	620	47	1	27	31
Walhalla Pasta, No Protein	1	Serving	1130	400	44	17	0	80	1150	144	10	16	31
Caesar Entree Salad, No Protein, with Dressing	1	Serving	260	180	20	4	0	35	560	14	3	2	6
House Entree Salad, No Dressing	1	Serving	190	90	10	4	0	20	440	18	3	5	9
Add On Grilled Chicken	1	Serving	210	40	4.5	1.5	0	105	230	0	0	0	39
Add On Chicken Tenders	1	Serving	480	230	25	10	1	85	1040	33	2	3	29
Add On Sirloin	1	Serving	320	170	19	10	0	135	330	0	0	0	38
Add on Grilled Shrimp	1	Serving	80	5	0	0	0	155	540	1	0	0	20
Strawberry Salad--side salad with dressing,No Protein	1	Serving	1160	840	94	23	1.5	75	560	62	10	46	22
Steakhouse Mac & Cheese	1	Serving	3350	1630	181	81	5	345	5350	332	16	40	107
Loaded Mashed Potatoes	1	Serving	1210	610	68	29	1	135	2700	116	11	8	32
Seasoned Rice	1	Serving	1920	330	37	19	0	80	8400	345	10	27	45
<b>Party Platters (Serves 4-6)</b>													
Party Platters Kookaburra Wings	1	Serving	4680	3130	348	105	10	670	15070	218	22	14	165
Party Platters Grilled Shrimp on the Barbie	1	Serving	2220	1240	138	35	0	1945	4960	12	4	3	232
Party Platter Gold Coast Coconut Shrimp	1	Serving	1860	520	58	40	0	875	2350	215	3	135	114
Party Platter Outback Ribs Half Rack	1	Serving	2650	1290	143	49	1	515	6100	188	6	149	147
Party Platters Chicken Tenders	1	Serving	3020	1630	181	60	6	460	6180	203	12	48	148
Party Platters Center Cut Sirloin	1	Serving	1830	900	100	50	2	760	2580	3	1	1	229
Party Platters House Salad with No Dressing	1	Serving	510	220	25	9	0.5	40	1230	53	10	17	25
Party Platters Caesar Side Salad with Dressing	1	Serving	1000	760	84	17	0.5	150	2140	43	8	7	23
Party Platters Strawberry Salad--side salad with dressing (No Protein)	1	Serving	1160	840	94	23	1.5	75	560	62	10	46	22
Party Platters Steakhouse Mac & Cheese	1	Serving	3350	1630	181	81	5	345	5350	332	16	40	107
Party Platters Loaded Mashed Potatoes	1	Serving	1210	610	68	29	1	135	2700	116	11	8	32
Party Platters Seasoned Rice	1	Serving	1920	330	37	19	0	80	8400	345	10	27	45