

Search within Outback Steakhouse

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Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)		

SIGNATURE STEAKS

New York Strip 14 oz	[more info]	760	440	49	21	3	170	550	0	0	0	82
Outback Special 12 oz	[more info]	510	230	25	10	1.5	170	450	0	0	0	73
Outback Special 6 oz	[more info]	250	110	13	5	0.5	85	230	0	0	0	37
Outback Special 9 oz	[more info]	380	170	19	7	1	125	340	0	0	0	55
Porterhouse, 22 oz	[more info]	1,110	710	78	34	4.5	360	630	5	0	0	96
Victoria's Filet 6 oz	[more info]	220	80	9	4	0.5	75	210	0	0	0	36
Victoria's Filet 8 oz	[more info]	300	110	12	5	1	105	280	0	0	0	50

SPECIALTY CUTS & COMBOS

Filet & Grilled Shrimp On The Barbie	[more info]	430	210	23	6	1	165	740	6	1	3	44
Filet 6 oz & Lobster Tail 4 oz	[more info]	620	370	41	23	0.5	325	980	3	1	1	58
Herb Roasted Prime Rib 12 oz	[more info]	1,050	770	86	39	5	265	1,370	1	0	1	69
Herb Roasted Prime Rib 16 oz	[more info]	1,400	1,030	115	52	7	350	1,510	1	0	1	92
Herb Roasted Prime Rib 8 oz	[more info]	710	520	57	26	3.5	175	1,230	1	0	1	46
Ribs & Chicken On The Barbie	[more info]	560	250	28	10	0	170	850	13	0	10	66
Sirloin 12 oz & Coconut Shrimp	[more info]	850	380	43	19	2	245	1,100	36	1	15	85
Sirloin 12 oz & Grilled Shrimp	[more info]	750	370	41	13	1.5	275	960	6	1	3	88
Sirloin 6 oz & Coconut Shrimp	[more info]	600	270	30	14	1.5	160	870	36	1	15	48
Sirloin 6 oz & Grilled Shrimp	[more info]	490	260	28	8	1	190	730	6	1	3	51
Sirloin 9 oz & Coconut Shrimp	[more info]	690	330	36	17	2	205	960	27	0	8	67
Sirloin 9 oz & Grilled Shrimp	[more info]	620	310	35	10	1.5	235	850	6	1	3	69
Teriyaki Filet Medallions	[more info]	680	270	30	15	2	200	2,710	32	10	22	71
Wood Fire Herb Roasted Prime Rib 12 oz	[more info]	1,090	800	89	40	5	265	1,890	1	0	1	69
Wood Fire Herb Roasted Prime Rib 16 oz	[more info]	1,450	1,070	119	53	7	350	2,210	1	0	1	92

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STRAIGHT FROM THE SEA

Hearts Of Gold Mahi	[more info]	620	280	31	18	0	120	1,480	33	4	5	52
Lobster Tails 4 oz	[more info]	440	240	26	14	0	385	780	2	1	0	44
Pacific Rim Salmon & Shrimp	[more info]	630	330	36	10	0	185	990	23	0	19	52
Perfectly Grilled Salmon	[more info]	390	230	25	4	0	65	300	2	1	1	38
Royal Port Tilapia	[more info]	750	440	49	27	0	340	2,860	7	1	3	60
Simply Grilled Mahi	[more info]	380	80	9	4	0	80	970	26	2	2	50

AUSSIE-TIZERS TO SHARE

Alice Springs Chicken Quesadillas ® Regular	[more info]	380	210	23	10	0	65	740	21	1	3	21
Alice Springs Chicken Quesadillas ® Small	[more info]	450	270	30	13	0	75	830	23	1	5	22
Aussie Cheese Fries Regular	[more info]	320	200	22	10	0.5	35	460	21	2	0	9
Aussie Cheese Fries Small	[more info]	410	270	30	12	0.5	45	590	23	2	1	11
Bloomin' Onion®	[more info]	330	240	27	8	0.5	25	680	20	3	5	3
Bushman Shrooms	[more info]	730	480	54	20	2.5	60	1,210	76	8	6	13
Chicken Artichoke Flatbread	[more info]	280	120	13	5	0	30	730	23	3	1	15
Coconut Shrimp - Aussi-tizers® to Share	[more info]	310	160	17	9	1	75	620	27	0	8	11
Crab & Avocado Stack - Aussi-tizers® to Share	[more info]	240	130	14	1	0	30	570	17	4	3	8
Grilled Shrimp On The Barbie - Aussi-tizers® to Share	[more info]	160	90	10	2	0	105	300	4	2	1	14
Seared Ahi Tuna Regular	[more info]	120	35	4	1	0	10	620	5	1	4	8
Seared Ahi Tuna Small	[more info]	200	70	7	1	0	15	1,120	11	1	8	8
Spinach Artichoke Dip	[more info]	250	150	17	6	0	20	650	16	3	2	9
Wings	[more info]	470	340	38	13	1	110	1,120	5	0	1	28
Wings with Hot Sauce	[more info]	490	370	41	15	1	110	1,310	5	0	1	28
Wings with Medium Sauce	[more info]	500	370	41	15	1	110	1,330	5	0	1	28
Wings with Mild Sauce	[more info]	480	360	40	14	1	110	1,230	5	0	1	28

FRESHLY MADE SIDES

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FRESHLY MADE SIDES

Aussie Fries	[more info]	380	180	20	8	1	15	530	45	4	0	5
Blue Cheese Pecan Chopped Salad	[more info]	540	390	43	12	0.5	20	1,200	26	3	13	11
Bread And Butter	[more info]	160	40	5	2	0	<5	230	25	2	5	5
Caesar Salad	[more info]	310	70	7	3	0	55	360	12	5	3	8
Classic Blue Cheese Wedge Salad	[more info]	410	330	36	10	0.5	35	970	16	2	13	8
Dressed Baked Potato	[more info]	230	10	1	0	0	0	670	49	7	5	6
Dressed Baked Potato with Butter	[more info]	360	140	16	8	0	15	780	49	7	5	6
Dressed Baked Potato with Butter And Sour Cream	[more info]	320	90	10	5	0	10	740	50	7	6	7
Dressed Baked Potato with Sour Cream	[more info]	270	35	4	2	0	10	690	51	7	7	8
Fresh Seasonal Mixed Veggies	[more info]	100	30	3	2	0	0	150	11	6	5	3
Fresh Steamed Broccoli	[more info]	110	70	8	4	0	0	220	8	4	2	3
Fresh Steamed French Green Beans	[more info]	60	25	3	1	0	0	190	6	5	2	2
Garlic Mashed Potatoes	[more info]	250	130	14	6	0	10	960	27	5	1	6
Grilled Asparagus	[more info]	60	0	0	0	0	0	230	4	2	2	2
House Salad	[more info]	120	60	7	4	0	10	150	10	3	4	5
House Salad -with Honey Mustard Dressing	[more info]	320	240	27	7	0	25	430	18	3	11	5
House Salad with Blue Cheese Dressing	[more info]	330	270	30	8	0	30	390	11	3	5	7
House Salad with Mustard Vinaigrette Dressing	[more info]	370	60	7	4	0	10	240	14	3	7	5
House Salad with Ranch Dressing	[more info]	330	270	30	8	0	25	400	11	3	5	6
House Salad with Tangy Tomato Dressing	[more info]	170	70	7	4	0	10	320	23	3	8	5
House Salad with Thousand Island Dressing	[more info]	330	270	30	7	0	25	440	13	3	6	6
Seasoned Rice	[more info]	310	90	10	5	0	<5	1,060	48	3	4	6
Sweet Potato	[more info]	320	50	5	1	0	0	170	63	9	13	5
Sweet Potato - with Brown Sugar	[more info]	360	50	5	1	0	0	180	74	9	25	5
Sweet Potato Fries	[more info]	440	200	23	9	1.5	15	1,280	55	6	19	3
Sweet Potato with Honey Butter	[more info]	420	140	16	6	0	0	260	66	9	16	5

Feedback

ICEY MENU

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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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OUTBACK FAVORITES

Alice Springs Chicken®	[more info]	740	400	45	15	0	205	1,600	12	1	9	74
Baby Back Ribs 1/2 Order	[more info]	670	390	43	17	0	150	850	19	0	13	56
Baby Back Ribs Full Order	[more info]	1,160	690	77	30	0	270	1,180	23	0	13	101
Filet With Wild Mushroom Sauce	[more info]	270	130	14	6	1	95	520	4	2	1	31
Grilled Chicken On The Barbie - Outback Favorites	[more info]	310	30	4	0	0	140	870	11	0	10	57
Hand-Breaded Chicken Tenders	[more info]	770	420	47	16	2	135	1,670	0	0	9	40
Hand-Breaded Chicken Tenders (Buffalo Style)	[more info]	810	480	53	23	2	165	2,360	42	3	4	41
New Zealand Rack Of Lamb	[more info]	610	360	39	22	2.5	160	1,060	2	0	0	59
No Rules Parmesan Pasta	[more info]	880	460	51	29	0	190	990	73	6	0	18
No Rules Parmesan Pasta - With Grilled Chicken	[more info]	1,300	620	68	38	0	375	1,880	77	6	2	75
No Rules Parmesan Pasta - With Grilled Chicken And Grilled Scallops	[more info]	1,310	620	69	39	0	350	2,010	80	6	5	71
No Rules Parmesan Pasta - With Grilled Chicken And Grilled Shrimp	[more info]	1,300	630	70	39	0	460	1,960	78	6	2	70
No Rules Parmesan Pasta - With Grilled Scallops	[more info]	1,270	630	70	39	0	305	1,870	83	6	9	60
No Rules Parmesan Pasta - With Grilled Shrimp	[more info]	1,200	630	70	40	0	430	1,680	78	6	2	45
No Rules Parmesan Pasta - With Grilled Shrimp And Grilled Scallops	[more info]	1,270	630	70	40	0	415	1,850	81	6	5	59
No Rules Parmesan Pasta - With Steamed Veggies	[more info]	980	480	54	30	0	190	1,140	84	12	5	21
Sweet Glazed Pork Tenderloin	[more info]	300	80	9	3	0	100	790	14	0	4	42
Wood-Fire Grilled Pork Chop	[more info]	380	110	12	4	0	145	1,660	17	0	15	48

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