

# GLUTEN-FRIENDLY MENU



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. Nutrition information is updated when new data is received from our suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date.

**MENU ITEMS VARY BY LOCATION AND ARE SUBJECT TO CHANGE.**

**ALL SOFT DRINKS, DISTILLED SPIRITS AND WINES ARE GLUTEN-FRIENDLY.**

Food is prepared in a common kitchen with the risk of gluten exposure. We cannot guarantee any menu item is completely free of gluten. When placing your order, please let your server know you are ordering a gluten-friendly menu item.

FDA regulations defines "gluten-free" as containing less than 20ppm gluten. It is possible that some individuals may be sensitive to levels below this amount. If you have any concerns pertaining to those levels, please consult your healthcare provider.

\* THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS WHICH MAY CONTAIN HARMFUL BACTERIA MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS OR DEATH, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

◦Item contains or may contain nuts.

Before placing your order, please inform your server if anyone in your party has a food allergy.

🔥 = Has some kick!

**OUTBACK**  
STEAKHOUSE®

**NO RULES. JUST RIGHT.**

©1988-2025, Outback Steakhouse of Florida, LLC

## AUSSIE-TIZERS®

### SEARED PEPPERED AHI\*

seared rare with garlic pepper seasoning, sliced, over a bed of lettuce, cabbage and carrots served with wasabi (620 Calories)

*served without crispy noodles and without soy dressing*

## BIG BOWL SALAD

### FRESH SYDNEY SALAD\*

fresh mixed greens, arugula, cucumbers, tomatoes, bacon, pepitas, Blue Cheese crumbles, balsamic glaze with choice of grilled chicken, steak or salmon and choice of gluten-friendly dressing (330-1380 Calories)

## GLUTEN-FRIENDLY DRESSINGS

(SIDE/ENTRÉE)

BLUE CHEESE VINAIGRETTE (150/300 Calories)

RANCH (200/390 Calories)

CAESAR (220/450 Calories)

HONEY MUSTARD (220/430 Calories)

TANGY TOMATO (60/120 Calories)

CREAMY BLUE CHEESE (220/440 Calories)

LIGHT BALSAMIC VINAIGRETTE (70/140 Calories)

MUSTARD VINAIGRETTE (230/470 Calories)

## SO MANY WAYS TO STEAK

CHOICE OF TWO SIDES

VICTORIA'S BARREL-CUT FILET MIGNON\* (470/570 Calories)

OUTBACK CENTER-CUT SIRLOIN\* (340-400 Calories)

CHIMICHURRI FILET\* (860 Calories)  
*served without Bloomin' Onion® Petals*

ROCKHAMPTON RIBEYE\* (1030 Calories)

NEW YORK STRIP\* (880 Calories)

DELMONICO RIBEYE\* (1000 Calories)

BONE-IN RIBEYE\* (1300 Calories)

CLASSIC PRIME RIB\* (1140/1520 Calories)  
*available Friday-Sunday while supplies last  
served without Au Jus*

## STEAK ADD ONS

ADD ON A TOPPING TO ENHANCE YOUR JUICY STEAK

GRILLED ONIONS (50 Calories)

ROASTED GARLIC BUTTER (80 Calories)

CHIMICHURRI SAUCE (140 Calories)

GRILLED SHRIMP (640 Calories)  
*(served without garlic toast)*

STEAMED LOBSTER TAIL (360 Calories)

## STEAK 'N MATE COMBOS CHOICE OF TWO SIDES

SIRLOIN\* & GRILLED SHRIMP (970/1030 Calories)

SIRLOIN\* & GRILLED CHICKEN (730/790 Calories)

SIRLOIN\* & ALICE SPRINGS CHICKEN® (990/1060 Calories)

ROCKHAMPTON RIBEYE\* & GRILLED SHRIMP (1720 Calories)

FILET MIGNON\* & LOBSTER (830 Calories)

## DOWN UNDER FAVORITES CHOICE OF TWO SIDES

### GRILLED CHICKEN ON THE BARBIE

seasoned, grilled, signature BBQ sauce (500 Calories)

### ALICE SPRINGS CHICKEN®

grilled chicken breast, sautéed mushrooms, crisp bacon, Monterey Jack, Cheddar, honey mustard sauce (990 Calories)

### OUTBACK RIBS

tender, fall-off-the-bone baby back ribs in our secret rib rub and brushed with our signature BBQ sauce  
Full Rack (1430 Calories) | 1/2 Rack (720 Calories)

### DROVER'S RIBS & CHICKEN PLATTER

half rack of tender baby back ribs and grilled chicken breast glazed with our signature BBQ sauce (1440 Calories)

## FROM THE SEA CHOICE OF TWO SIDES

### SEARED PEPPERED AHI\*

seared rare with garlic pepper seasoning, sliced, over a bed of lettuce, cabbage and carrots served with wasabi (620 Calories)  
*served without crispy noodles and without soy dressing*

### PERFECTLY GRILLED SALMON\*

seasoned and grilled, classic rémoulade sauce (730 Calories)

### LOBSTER TAILS

two perfectly steamed cold water tails (490 Calories)

### HOOLEY DOOLEY GRILLED SHRIMP

grilled jumbo prawns (shrimp), garlic butter (940 Calories)

## STEAKHOUSE POTATOES & SIDES

HOMESTYLE MASHED POTATOES (340 Calories)

BAKED POTATO (340 Calories)

*sour cream, butter, bacon, Monterey Jack, Cheddar, chives*

SWEET POTATO (250 Calories) *honey butter, brown sugar*

FRESH SEASONAL VEGGIE (100-140 Calories)

ASPARAGUS (50 Calories)

🔥 TASMANIAN CHILI (200 Calories)

HOUSE SALAD (110-340 Calories)

*made without croutons, choice of gluten-friendly dressing*

CAESAR SALAD (210 Calories) *made without croutons*

WEDGE SALAD (570 Calories)

BLUE CHEESE PECAN CHOPPED SALAD◦ (440 Calories)

*made without crispy noodles*

## SWEET FINISH (FOR YOU OR THE TABLE)

### CHOCOLATE THUNDER FROM DOWN UNDER®\*

extra-generous pecan brownie, rich vanilla ice cream, warm chocolate sauce, chocolate shavings, whipped cream (870 Calories)

OBS\_ERK\_GF\_1125

