

# 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.

## AUSSIE-TIZERS®

### GRILLED SHRIMP ON THE BARBIE

seasoned, grilled, classic rémoulade sauce (490 Calories) *served without garlic toast*

## BIG BOWL SALADS

*GLUTEN-FRIENDLY SALADS PREPARED WITHOUT CROUTONS*

### AUSSIE COBB SALAD\*

mixed greens, tomatoes, bacon, Monterey Jack, Cheddar, chopped hard-boiled eggs, with choice of grilled chicken, grilled shrimp, steak, salmon or seared peppered ahi and choice of gluten-friendly dressing (320-1370 Calories)

### FRESH SYDNEY SALAD\*

fresh mixed greens, arugula, cucumbers, tomatoes, bacon, pepitas, Blue Cheese crumbles, balsamic glaze with choice of grilled chicken, grilled shrimp, steak, salmon or seared peppered ahi 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\* (480/580 Calories)

OUTBACK CENTER-CUT SIRLOIN\* (420-660 Calories)

CHIMICHURRI FILET\* (780 Calories)  
*served without Bloomin' Onion® Petals*

ROCKHAMPTON RIBEYE\* (950 Calories)

MELBOURNE PORTERHOUSE\* (980 Calories)

BONE-IN RIBEYE\* (1070 Calories)

CLASSIC PRIME RIB\* (1070 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 (35 Calories)

ROASTED GARLIC BUTTER (160 Calories)

CHIMICHURRI SAUCE (280 Calories)

GRILLED SHRIMP (340 Calories)

STEAMED LOBSTER TAIL (360 Calories)

## STEAK 'N MATE COMBOS CHOICE OF TWO SIDES

SIRLOIN\* & GRILLED SHRIMP (990/1050 Calories)

SIRLOIN\* & GRILLED CHICKEN (790/850 Calories)

SIRLOIN\* & ALICE SPRINGS CHICKEN® (1000/1070 Calories)

ROCKHAMPTON RIBEYE\* & GRILLED SHRIMP (1510 Calories)

FILET MIGNON\* & LOBSTER (840 Calories)

## DOWN UNDER FAVORITES CHOICE OF TWO SIDES

### GRILLED CHICKEN ON THE BARBIE

seasoned, grilled, signature BBQ sauce (380 Calories)

### ALICE SPRINGS CHICKEN®

grilled chicken breast, sautéed mushrooms, crisp bacon, Monterey Jack, Cheddar, honey mustard sauce (1290 Calories)

### OUTBACK RIBS

smoked, brushed, grilled, tangy BBQ sauce  
Full Rack (1430 Calories) | 1/2 Rack (720 Calories)

### BRICK CHICKEN

two skin-on chicken breasts, creamy lemon butter sauce (820 Calories)

### AUSSIE JACK PORK CHOPS

two seasoned and seared pork chops served with a creole marmalade (1030 Calories)

## FROM THE SEA CHOICE OF TWO SIDES

### SEARED PEPPERED AHI\*

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

### PERFECTLY GRILLED SALMON\*

seasoned and grilled, classic rémoulade sauce (660 Calories)

### LOBSTER TAILS

two cold water tails / perfectly steamed (490 Calories)

### HOOLEY DOOLEY GRILLED SHRIMP

grilled jumbo prawns (shrimp), garlic butter (870 Calories)

## STEAKHOUSE POTATOES & SIDES

HOMESTYLE MASHED POTATOES (230 Calories)

BAKED POTATO (340 Calories)

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

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

FRESH SEASONAL VEGGIE (140 Calories)

ASPARAGUS (130 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*

## 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)

**OUTBACK**  
STEAKHOUSE®

**NO RULES. JUST RIGHT.**