



Printed information is valid: 08/07/17 - 10/08/17

LongHorn Steakhouse has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients and kitchen procedures, variations between the nutrition reported here and what is actually served may occur.

Not all menu items listed in this guide are available at all LongHorn Steakhouse locations. Please make sure to inquire if the item you're seeing in this guide is available at your location, or check your nearest LongHorn Steakhouse location on our website for a full listing of what's available.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-793-4126 or by visiting www.longhornsteakhouse.com/contact-us.

NUTRITIONAL INFORMATION

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
APPETIZERS											
BOLD BITES											
Beer-Battered Cheese Curds	660	0	50	28	1.5	130	1690	14	0	1	38
+ Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
Spicy Chicken Bites	370	180	20	3.5	0	55	710	26	0	8	22
+ Sweet Chili Ginger Sauce	210	150	16	2.5	0	15	340	16	0	15	less than 1 g
Chili Cheese Fries	1020	580	65	28	1.5	150	1850	69	7	3	41
SHAREABLE STARTERS											
Wild West Shrimp	970	560	62	17	0.5	290	3740	65	6	2	39
+ Ranch Dressing	230	220	25	4	0	20	380	2	0	1	less than 1 g
Seasoned Steakhouse Wings	460	250	28	7	0	245	1030	0	less than 1 g	0	53
+ Blue Cheese Dressing	180	150	17	3.5	0	15	390	3	0	2	2
+ Buffalo Sauce	90	60	8	1.5	0	10	1280	3	0	0	0
Fried Green Tomatoes	840	480	53	13	0.5	40	2050	69	6	10	20
+ Red Chili Ranch	250	230	26	4	0	20	410	2	0	1	less than 1 g
Texas Tonion	1180	620	69	12	0	0	2720	126	9	9	15
+ Dip	500	470	52	8	1	30	700	9	0	8	less than 1 g
Roasted White Cheddar Stuffed Mushrooms	610	450	50	30	2	130	1310	12	1	3	27
Firecracker Chicken Wraps	740	380	42	16	0.5	75	2130	62	6	10	28
+ Avocado-Lime Sauce	220	210	23	3.5	0	15	450	3	less than 1 g	2	1
Sweet Chili Calamari	1170	770	86	8	0.5	275	2930	76	3	27	23
+ Sweet Chili Ginger Sauce	210	150	16	2.5	0	15	340	16	0	15	less than 1 g
Housemade Stuffed Jalapeños <i>(where available)</i>	760	430	48	17	0.5	85	2240	54	6	11	27
+ Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
Spicy Chicken Bites - Larger Portion <i>(where available)</i>	860	460	51	8	0	115	1580	62	0	30	38
+ Sweet Chili Ginger Sauce	210	150	16	2.5	0	15	340	16	0	15	less than 1 g
Texas Brisket Queso <i>(where available)</i>	1300	760	85	36	2.5	200	2670	90	10	8	45
Chili Cheese Fries - Larger Portion <i>(where available)</i>	2050	1160	129	57	3	295	3710	139	14	6	82

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
SOUPS & SALADS											
SOUPS											
LongHorn Chili - Cup <i>(where available)</i>	260	140	15	6	0.5	55	1050	11	4	2	20
LongHorn Chili - Bowl <i>(where available)</i>	350	180	20	8	1	75	1400	15	6	3	26
Loaded Potato Soup - Cup	270	170	19	9	0	45	670	16	2	2	10
Loaded Potato Soup - Bowl	380	240	27	13	0.5	65	970	21	2	2	15
Shrimp & Lobster Chowder - Cup	190	100	11	6	0	65	570	17	2	4	8
Shrimp & Lobster Chowder - Bowl	250	140	15	8	0	90	760	23	3	5	10
French Onion Soup - Cup	200	120	13	6	0	35	1110	11	0	5	10
French Onion Soup - Bowl	460	290	32	16	0	95	1810	15	0	7	28
Housemade Texas Chili - Cup <i>(where available)</i>	260	140	15	6	0.5	55	1050	11	4	2	20
Housemade Texas Chili - Bowl <i>(where available)</i>	350	180	20	8	1	75	1400	15	6	3	26
SIDE SALADS											
Mixed Greens Salad	100	40	4.5	1.5	0	5	170	12	2	4	4
Caesar Side Salad with Caesar Dressing	230	170	19	3.5	0	20	480	10	3	2	5
Caesar Side Salad with Caesar Dressing <i>(regional variation - where available)</i> - CELL ONE AND TWO	250	170	19	5	0	15	600	12	0	1	6
Strawberry & Pecan Salad with dressing	190	80	8	2	0	10	300	28	4	22	4
Blue Ridge Wedge Salad	520	420	46	14	0.5	70	1120	14	4	6	15
STEAKHOUSE SALADS											
Grilled Chicken & Strawberry Salad with Vinaigrette	530	170	19	7	0	125	1310	52	7	41	43
Crispy Buttermilk Chicken Tenders Salad	650	310	35	10	1	105	1090	41	7	6	46
Crispy Buttermilk Chicken Tenders Salad <i>(regional variation - where available)</i> - CELL TWO & COLORADO	550	270	30	9	0	105	860	27	6	4	44
7-Pepper Sirloin Salad	490	240	26	12	1	135	1120	22	5	5	45
Farm Fresh Field Greens with Chicken	410	150	17	7	1	115	970	21	5	6	44
Farm Fresh Field Greens with Shrimp	350	130	15	6	1	255	1280	23	5	7	36
Farm Fresh Field Greens with Sirloin	460	210	24	10	1.5	125	860	22	5	6	44
LongHorn Caesar Salad with Chicken - CELL ONE AND TWO	670	390	43	11	1	130	1760	24	0	2	46
LongHorn Caesar Salad with Shrimp - CELL ONE AND TWO	630	380	42	11	1	235	2270	25	0	2	36
LongHorn Caesar Salad with Sirloin - CELL ONE AND TWO	730	450	50	14	1.5	135	1660	24	0	2	45
Grilled Salmon Salad (Mixed Greens)	530	260	29	9	1	115	710	23	5	7	43
Grilled Salmon Salad (Caesar)	760	490	55	11	1	125	1250	22	5	5	43
Caesar Side Salad with Caesar Dressing <i>(regional variation - where available)</i> - CELL ONE AND TWO	250	170	19	5	0	15	600	12	0	1	6
Crispy Buttermilk Chicken Tenders Salad <i>(regional variation - where available)</i> - CELL ONE AND TWO	550	270	30	9	0	105	860	27	6	4	44
LongHorn Caesar Salad with Chicken	630	390	43	9	1	130	1510	20	5	4	44
LongHorn Caesar Salad with Shrimp	580	360	40	8	1	265	1820	21	5	5	36
LongHorn Caesar Salad with Sirloin	690	440	49	12	1.5	135	1400	20	5	4	44

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
DRESSINGS & DIPPING SAUCES: values below are for 1.5 oz. portion**											
Ranch 1.5 oz.	230	220	25	4	0	20	380	2	0	1	less than 1 g
Ranch 3 oz.	460	440	49	8	0.5	40	750	4	0	3	2
Balsamic Vinaigrette 1.5 oz.	200	190	22	3	0	0	360	2	0	2	0
Balsamic Vinaigrette 3 oz.	390	350	39	3	0	0	480	12	0	9	0
White Balsamic Vinaigrette 1.5 oz. (where available) - CELL ONE AND TWO	200	190	22	3	0	0	360	2	0	2	0
White Balsamic Vinaigrette 3 oz. (where available) - CELL ONE AND TWO	390	350	39	3	0	0	480	12	0	9	0
Thousand Island 1.5 oz.	210	190	21	3	0	15	300	5	0	5	0
Thousand Island 3 oz.	410	370	41	6	1	30	610	10	0	9	less than 1 g
Blue Cheese 1.5 oz.	180	150	17	3.5	0	15	390	3	0	2	2
Blue Cheese 3 oz.	350	310	34	7	0	35	770	6	0	3	4
Italian 1.5 oz.	100	80	9	1.5	0	0	700	5	0	4	0
Italian 3 oz.	200	160	18	2.5	0	0	1400	10	0	8	0
Honey Mustard 1.5 oz.	240	200	23	3	0	25	200	8	0	6	0
Honey Mustard 3 oz.	480	410	45	6	0	45	410	15	0	12	0
Honey Mustard 1.5 oz. - CELL ONE AND TWO	240	200	23	3	0	25	200	8	0	6	0
Honey Mustard 3 oz. - CELL ONE AND TWO	480	410	45	6	0	45	410	15	0	12	0
**Dressings and dipping sauces served with 1.5 oz. portion, except Steakhouse Salad dressing choices which are served with a 3 oz. portion.											
PRIMETIME (where available)											
PRIMETIME FOOD (WHERE AVAILABLE)											
Beer-Battered Cheese Curds	660	0	50	28	1.5	130	1690	14	0	1	38
+ Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
Chili Cheese Fries	1020	580	65	28	1.5	150	1850	69	7	3	41
Spicy Chicken Bites	650	310	34	6	0	100	1240	46	0	15	38
Housemade Stuffed Jalapeños (where available)	420	240	26	9	0	45	1170	31	4	7	14
PRIMETIME BEVERAGES (WHERE AVAILABLE)											
Buck Bourbon & Coke	130	0	0	0	0	0	10	10	0	10	0
Prime Time Margarita	270	0	0	0	0	0	10	49	less than 1 g	47	0
Classic Steakhouse Martini	220	50	6	3	0	15	1640	2	0	0	3
Sunset Cosmo	160	0	0	0	0	0	0	16	0	15	0
Cucumber Mint Mojito	100	0	0	0	0	0	20	5	0	4	0
BEVERAGES											
MULES											
Montana Mule	200	0	0	0	0	-	10	26	-	-	0
Moscow Mule	220	0	0	0	0	0	15	34	0	33	0
Captain's Mule	220	0	0	0	0	0	15	35	0	34	0
Southern Mule	170	0	0	0	0	0	20	26	0	26	0
FRESH-SQUEEZED MARGARITAS (WHERE AVAILABLE)											
The Perfect	210	-	-	-	-	-	5	25	-	23	-
The Perfect LongPour	290	-	-	-	-	-	10	33	-	29	-
Mango	360	-	-	-	-	-	-	62	-	60	-
Mango LongPour	560	-	0	-	-	-	20	100	-	98	-
Blackberry	280	-	-	-	-	-	0	38	-	34	5
Blackberry LongPour	400	-	-	-	-	-	5	56	-	50	6
Patrón Platinum	210	-	-	-	-	-	5	25	-	23	-
Patrón Platinum LongPour	300	-	-	-	-	-	10	36	-	32	-
Watermelon	470	-	-	-	-	-	5	90	-	87	-
Watermelon LongPour	650	-	-	-	-	-	10	124	-	121	-
Strawberry	280	-	-	-	-	-	-	43	-	39	-
Strawberry LongPour	410	-	-	-	-	-	5	64	-	57	1

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
SIGNATURE BOURBON COCKTAILS (WHERE AVAILABLE)											
LongHorn Old Fashioned	170	-	0	-	-	-	-	7	-	18	-
Jack & Coke Slush	300	-	-	-	-	-	-	44	-	44	-
Whiskey Smash	200	-	-	-	-	-	-	10	-	21	-
BOURBON ON THE ROCKS (WHERE AVAILABLE)											
Buffalo Trace 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
Buffalo Trace 2 oz	150	-	-	-	-	-	-	-	-	-	-
Bulleit Frontier 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
Bulleit Frontier 2 oz	150	-	-	-	-	-	-	-	-	-	-
High West American Prairie 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
High West American Prairie 2 oz	150	-	-	-	-	-	-	-	-	-	-
Knob Creek Single Barrel Blend 1.25 oz	100	-	-	-	-	-	-	-	-	-	-
Knob Creek Single Barrel Blend 2 oz	160	-	-	-	-	-	-	-	-	-	-
Knob Creek Single 1.25 oz	100	-	-	-	-	-	-	-	-	-	-
Knob Creek Single 2 oz	160	-	-	-	-	-	-	-	-	-	-
Maker's Mark 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
Maker's Mark 2 oz	150	-	-	-	-	-	-	-	-	-	-
Woodford Reserve 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
Woodford Reserve 2 oz	150	-	-	-	-	-	-	-	-	-	-
Hudson Bay 1.25 oz	90	-	-	-	-	-	-	-	-	-	-
Hudson Bay 2 oz	150	-	-	-	-	-	-	-	-	-	-
Jack Daniel's 1.25 oz	80	0	0	0	0	0	0	0	0	0	0
Jack Daniel's 2 oz	120	0	0	0	0	0	0	0	0	0	0
MARGARITAS, SANGRIAS & COCKTAILS											
The Perfect	260	0	0	0	0	-	990	41	-	-	0
Pineapple Coconut	190	0	0	0	0	0	30	23	0	21	0
Black & Blue	410	0	0	0	0	-	40	73	-	-	0
Patrón Platinum	260	0	0	0	0	-	5	42	-	-	0
Strawberry	410	0	0	0	0	-	0	75	-	-	1
Watermelon	240	0	0	0	0	-	0	36	-	-	0
Blazing Berry Sangria	190	0	0	0	0	-	50	27	-	-	less than 1 g
White Peach Sangria	230	0	0	0	0	-	45	34	-	-	less than 1 g
Sunset Cosmo	160	-	-	-	-	-	-	16	-	15	-
BEER											
Regular Draft Beer 16 oz.	200	0	0	0	0	0	20	16	0	0	0
Regular Draft Beer 20 oz.	250	0	0	0	0	0	25	20	0	0	0
Light Draft Beer 16 oz.	140	0	0	0	0	0	20	8	0	0	0
Light Draft Beer 20 oz.	170	0	0	0	0	0	25	10	0	less than 1 g	1
Regular Bottle Beer 12 oz.	150	0	0	0	0	0	15	12	0	0	0
Light Bottle Beer 12 oz.	100	0	0	0	0	0	15	6	0	0	0
Cider	200	0	0	0	0	0	15	21	0	21	0
IPA (where available)	210	-	-	-	-	-	15	less than 1 g	-	-	3
Non-Alcoholic Beer	130	0	0	0	0	0	45	29	0	29	less than 1 g
WINE											
White - Glass	150	0	0	0	0	0	10	4	0	2	0
White - LongPour	220	0	0	0	0	0	15	6	0	3	0
White - Bottle	630	0	0	0	0	0	35	16	0	7	less than 1 g
Red - Glass	160	0	0	0	0	0	0	5	0	0	0
Red - LongPour	230	0	0	0	0	0	0	8	0	0	0
Red - Bottle	660	0	0	0	0	0	0	21	0	0	less than 1 g

	CALORIES	CALORIES FROM FAT	FAT	SAT FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBS	FIBER	SUGAR	PROTEIN
		g	g	g	g	mg	mg	g	g	g	g
BOTTOMLESS BEVERAGES											
Blackberry Iced Tea	60	0	0	0	0	0	10	15	0	14	0
Raspberry Iced Tea	50	0	0	0	0	0	10	13	0	12	0
White Peach Iced Tea	50	0	0	0	0	0	10	14	0	12	0
Sweet Tea	130	0	0	0	0	0	10	33	0	32	0
Unsweetened Tea	5	0	0	0	0	0	10	1	0	0	0
Strawberry Lemonade	200	0	0	0	0	0	15	50	less than 1 g	46	0
Raspberry Lemonade	170	0	0	0	0	0	0	41	0	39	1
Coke	140	-	0	-	-	-	45	39	-	39	-
Diet Coke/Coke Zero	0	0	0	0	0	0	45	0	0	0	0
Sprite	140	-	-	-	-	-	65	38	-	38	-
Pibb Xtra	140	-	-	-	-	-	40	39	-	39	-
Dr Pepper <i>(where available)</i>	100	0	0	0	0	0	35	27	0	27	0
Juices (Orange, Apple)	110	0	0	0	0	0	15	27	0	24	2
Juices (Cranberry)	120	0	0	0	0	0	35	30	0	30	0
Milk	150	50	6	4	0	25	140	15	0	15	10
Chocolate Milk	220	30	3.5	2	0	15	170	38	0	37	10
IBC Rootbeer	160	0	0	0	0	0	60	44	0	42	0
Minute Maid Lemonade	100	0	0	0	0	0	40	26	0	26	0
Coffee	0	0	0	0	0	0	5	0	0	0	0
LUNCH ENTRÉES											
BURGERS											
LongHorn® Chili	350	180	20	8	1	75	1400	15	6	3	26
Loaded Potato Soup	380	240	27	13	0.5	65	970	21	2	2	15
French Onion Soup	460	290	32	16	0	95	1810	15	0	7	28
Shrimp & Lobster Chowder	250	140	15	8	0	90	760	23	3	5	10
Third-Pound CheeseBurger	540	250	28	13	1.5	115	740	32	2	4	37
Crispy Buttermilk Chicken Sandwich	520	250	28	5	0	65	1240	43	3	5	23
Third-Pound Bacon Cheddar Burger	670	360	40	17	1.5	140	990	33	2	4	43
Grilled Chicken Sandwich	440	100	24	8	0	75	850	33	1	4	25
Grilled Chicken & Strawberry Half Salad with Vinaigrette	280	100	11	2.5	0	55	580	28	4	22	20
Kobe Steak Melt	660	400	44	14	1	105	1160	38	less than 1 g	2	31
Half Shaved Prime Rib Sandwich	510	260	29	13	1.5	70	650	32	2	4	33
Half French Dip Sandwich <i>(where available)</i> - CELL ONE AND TWO	560	280	31	17	1	120	1170	37	1	3	32
Housemade Texas Chili <i>(where available)</i>	350	180	20	8	1	75	1400	15	6	3	26
BURGERS											
Steakhouse Burger	690	320	35	15	2	145	880	43	3	5	48
+ Cheese	80	60	6	4	0	20	140	less than 1 g	0	0	5
+ Bacon	130	100	12	4.5	0	25	250	0	0	0	7
Mushroom Swiss Burger	960	540	60	19	2	185	1490	47	3	5	54
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
BBQ Bacon Cheddar Burger	970	530	59	26	2.5	170	1800	55	2	13	56
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Big Sky Burger	1120	650	72	24	2.5	205	1810	52	3	5	64
+ Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12

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SANDWICHES											
Crispy Buttermilk Chicken Sandwich	920	490	55	10	0	125	2190	66	5	8	43
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Shaved Prime Rib Sandwich <i>(where available)</i>	870	410	46	21	2.5	140	1170	53	3	5	61
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Kobe Steak Melt <i>(where available)</i>	1080	620	69	25	1.5	195	2030	59	2	3	59
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Grilled Chicken Sandwich <i>(where available)</i>	580	130	26	9	0	120	1240	44	2	5	44
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
French Dip Sandwich <i>(where available)</i>	880	460	51	27	1.5	210	1870	46	2	4	58
- CELL ONE AND TWO											
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
BEYOND STEAK											
Parmesan Crusted Chicken 6 oz <i>(where available)</i> COLORADO	560	310	34	14	0.5	160	1580	12	2	2	51
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Parmesan Crusted Chicken 9 oz National & COLORADO	650	330	36	15	0.5	205	1860	12	2	2	68
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
LongHorn Salmon 7 oz.	300	150	16	3	0	90	310	2	0	1	33
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
LongHorn Salmon 10 oz.	430	210	23	4	0	130	440	3	0	2	47
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Baby Back Ribs Half-Rack	620	370	42	15	0	160	1140	14	0	12	45
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Baby Back Ribs - Half-Rack <i>(regional variation - where available)</i>	580	350	39	14	0	190	750	6	less than 1 g	6	52
- CELL ONE AND TWO											
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Baby Back Ribs - Full-Rack <i>(regional variation - where available)</i>	1230	710	78	28	0	380	2150	27	2	25	104
- CELL ONE AND TWO											
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Hand-Breaded Chicken Tenders <i>(6 pieces)</i>	420	200	22	4	0	80	680	19	2	less than 1 g	36
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Hand-Breaded Chicken Tenders <i>(9 pieces)</i>	620	300	33	6	0	120	1030	28	4	less than 1 g	53
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Napa Grilled Chicken <i>(6 oz)</i>	280	120	13	3	0	100	860	5	3	2	36
Napa Grilled Chicken <i>(9 oz) & COLORADO</i>	480	220	25	6	0	150	1440	10	5	4	55
Redrock Grilled Shrimp	160	30	3	1.5	0	225	960	2	less than 1 g	less than 1 g	30
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
+ Garlic Butter	260	260	29	15	1	60	260	2	0	0	less than 1 g
Redrock Grilled Shrimp <i>(with Garlic Butter blend - where available)</i>	330	200	22	12	1	270	1130	3	less than 1 g	less than 1 g	31
- CELL TWO & COLORADO											
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Chicken Fried Steak <i>(where available)</i>	450	230	26	6	0	75	760	24	0	2	30
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1
LongHorn Steak Tips <i>(where available)</i>	520	250	27	9	1	150	1590	15	0	10	53
Chicken Fried Chicken <i>(where available)</i>	400	180	20	4	0	100	1170	21	2	1	35
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1
LongHorn Churrasco Steak w/Plantains <i>(where available)</i>	840	460	52	12	1	150	670	47	5	31	49
Spicy Chipotle Baby Back Ribs - Half Rack <i>(where available)</i>	620	370	42	15	0	160	1140	14	0	12	45
Bacon-Wrapped Shrimp & Grits <i>(where available)</i>	660	460	51	18	0	280	2040	6	2	2	42
+ Grits	220	110	12	7	0	40	710	22	5	0	6

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
LEGENDARY STEAKS											
Renegade Sirloin 6 oz.	320	130	15	5	0.5	95	530	2	0	0	36
Renegade Sirloin 8 oz.	390	140	16	6	1	125	670	2	0	0	51
Renegade Sirloin 11 oz.	480	150	17	6	1	180	740	less than 1 g	0	less than 1 g	72
Chop Steak	660	400	45	15	2.5	135	1100	17	3	5	47
Flat Iron Steak 8 oz.	430	210	23	9	1	160	780	0	0	0	46
Ribeye 12 oz.	810	480	54	22	3	205	670	4	0	0	66
New York Strip/Kansas City Strip 12 oz.	860	530	58	24	3.5	195	800	1	1	less than 1 g	73
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	less than 1 g	37
Flo's Filet 8 oz.	410	160	18	6	0.5	150	430	3	0	less than 1 g	50
Flo's Filet 10 oz.	480	180	20	7	1	190	520	3	0	1	62
Outlaw Ribeye 18 oz.	1140	710	79	34	4	275	1500	1	0	0	84
Fire-Grilled T-Bone 16 oz.	890	510	57	23	3	225	1410	0	0	0	73
Flo's Filet & Lobster Tail 6 oz.	420	160	18	7	0.5	225	920	2	0	less than 1 g	51
+ Butter Sauce	210	200	22	14	1	-	260	2	-	-	0
LongHorn Porterhouse 20 oz.	1250	660	74	30	4	330	1810	1	2	1	126
Nolan Ryan Beef Chicken Fried Steak (where available)	450	230	26	6	0	75	760	24	0	2	30
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1
USDA Prime Delmonico 16 oz. (where available)	1100	660	73	30	4	230	1690	3	2	less than 1 g	88
DINNER ENTRÉES											
LEGENDARY STEAKS											
Renegade Sirloin 6 oz.	320	130	15	5	0.5	95	530	2	0	0	36
Renegade Sirloin 8 oz.	390	140	16	6	1	125	670	2	0	0	51
Renegade Sirloin 11 oz.	480	150	17	6	1	180	740	less than 1 g	0	less than 1 g	72
Chop Steak	660	400	45	15	2.5	135	1100	17	3	5	47
Flat Iron Steak 8 oz.	430	210	23	9	1	160	780	0	0	0	46
Ribeye 12 oz.	810	480	54	22	3	205	670	4	0	0	66
Pepper-Crusted NY/KC Strip 12 oz.	690	280	32	28	1.5	270	1110	32	3	0	71
New York Strip/Kansas City Strip 12 oz.	860	530	58	24	3.5	195	800	1	1	less than 1 g	73
Prime Rib 12 oz.	810	480	53	24	4	205	830	1	0	0	81
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Au Jus	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
Prime Rib 16 oz.	1070	640	71	32	6	275	1110	1	0	0	108
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Au Jus	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
Prime Rib 12 oz. (regional variation - where available) - CELL ONE AND TWO	1020	750	83	41	6	245	1090	0	2	less than 1 g	68
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Au Jus	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
Prime Rib 16 oz. (regional variation - where available) - CELL ONE AND TWO	1360	1000	111	54	7	325	1450	0	2	less than 1 g	91
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Au Jus	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	less than 1 g	37
Flo's Filet 8 oz.	410	160	18	6	0.5	150	430	3	0	less than 1 g	50
Flo's Filet 10 oz.	480	180	20	7	1	190	520	3	0	1	62
Hickory Salt Crusted Filet* 6 oz.	250	100	12	5	1	105	660	1	less than 1 g	less than 1 g	36
Hickory Salt Crusted Filet* 8 oz.	330	130	15	7	1	140	860	1	less than 1 g	less than 1 g	48
Fire-Grilled T-Bone 16 oz.	890	510	57	23	3	225	1410	0	0	0	73
Outlaw Ribeye 18 oz.	1140	710	79	34	4	275	1500	1	0	0	84
LongHorn Porterhouse 20 oz.	1250	660	74	30	4	330	1810	1	2	1	126
Porterhouse for Two 30 oz.	1630	830	92	39	6	485	2400	2	3	2	187
LongHorn Churrasco Steak w/Plantains (where available)	840	460	52	12	1	150	670	47	5	31	49
USDA Prime Delmonico 16 oz. (where available)	1100	660	73	30	4	230	1690	3	2	less than 1 g	88
Nolan Ryan Beef Chicken Fried Steak (where available)	890	460	51	11	0.5	150	1530	48	0	3	60
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
SIGNATURE STEAK PAIRINGS (WHERE AVAILABLE)											
Flo's Filet 6 oz. with Redrock Grilled Shrimp	490	160	18	7	1	340	1290	4	less than 1 g	1	68
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
+ Garlic Butter	260	260	29	15	1	60	260	2	0	0	less than 1 g
Flo's Filet 6 oz. with Redrock Grilled Shrimp & COLORADO	660	340	37	17	1.5	380	1470	5	less than 1 g	1	68
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Flo's Filet 6 oz. with Half-Rack Baby Back Ribs (where available) & COLORADO	910	490	54	19	1	305	1080	8	less than 1 g	7	89
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Flo's Filet 6 oz. with Lobster Tail	420	160	18	7	0.5	225	920	2	0	less than 1 g	51
+ Butter Sauce	210	200	22	14	1	-	260	2	-	-	0
Flo's Filet 6 oz. with LongHorn Salmon	630	280	31	8	0.5	205	640	4	0	2	70
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Renegade Sirloin 6 oz. with Parmesan Crusted Chicken	770	380	42	15	1	230	1650	8	0	less than 1 g	81
Renegade Sirloin 6 oz. with Redrock Grilled Shrimp	480	160	18	7	1	320	1490	4	less than 1 g	less than 1 g	66
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
+ Garlic Butter	260	260	29	15	1	60	260	2	0	0	less than 1 g
Renegade Sirloin 6 oz. with Redrock Grilled Shrimp (with Garlic Butter blend - where available) - CELL TWO & COLORADO	650	330	37	17	1.5	360	1670	5	less than 1 g	less than 1 g	66
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Renegade Sirloin 6 oz. with Half-Rack Baby Back Ribs	940	510	56	20	1	255	1670	16	0	12	81
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Renegade Sirloin 6 oz. with Half-Rack Baby Back Ribs (Hand Rubbed - where available) - CELL ONE AND TWO	900	480	54	19	1	285	1290	8	less than 1 g	6	87
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Renegade Sirloin 6 oz. with Bacon-Wrapped Shrimp & Grits (where available)	700	400	45	15	1	235	1790	6	2	1	57
+ Grits	220	110	12	7	0	40	710	22	5	0	6
GREAT STEAK ADDITIONS											
Parmesan Cheese Crust	390	270	30	13	0.5	65	1020	12	2	2	17
Sautéed Mushrooms & Onions	90	50	6	1	0	0	130	9	2	5	2
Grilled Shrimp - CELL TWO & COLORADO	340	210	23	12	1	270	1140	3	less than 1 g	less than 1 g	31
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Grilled Shrimp	80	15	1.5	1	0	115	480	1	0	0	15
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
+ Garlic Butter	260	260	29	15	1	60	260	2	0	0	less than 1 g
Lobster Tail (where available)	90	25	3	1.5	0	110	590	0	0	0	14
+ Butter Sauce	210	200	22	14	1	-	260	2	-	-	0
Bacon-Wrapped Shrimp & Grits (where available)	380	270	30	11	0	140	1260	4	2	1	21
+ Grits	220	110	12	7	0	40	710	22	5	0	6
+ Cholula Butter	100	90	10	3	0	0	280	1	0	0	0

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
BEYOND STEAK											
LongHorn Salmon 7 oz.	300	150	16	3	0	90	310	2	0	1	33
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
LongHorn Salmon 10 oz.	430	210	23	4	0	130	440	3	0	2	47
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
LongHorn Salmon 7 oz. & COLORADO	300	150	16	3	0	90	310	2	0	1	33
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
LongHorn Salmon 10 oz. & COLORADO	430	210	23	4	0	130	440	3	0	2	47
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Grilled Hawaiian Salmon 7 oz.	430	170	19	4.5	0	125	920	18	2	14	46
Grilled Hawaiian Salmon 10 oz.	560	230	26	6	0	165	1060	19	2	14	60
Brown Butter Lemon Tilapia & Grilled Shrimp	640	270	30	16	0.5	240	2300	44	1	5	48
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Redrock Grilled Shrimp	240	40	4.5	2.5	0	340	1440	3	1	less than 1 g	46
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
+ Garlic Butter	260	260	29	15	1	60	260	2	0	0	less than 1 g
Redrock Grilled Shrimp (with Garlic Butter blend - where available) - CELL TWO	410	220	24	12	1	380	1610	4	1	less than 1 g	46
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Redrock Grilled Shrimp (with Garlic Butter blend - where available) - & COLORADO	410	220	24	12	1	380	1610	4	1	less than 1 g	46
+ Rice	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Parmesan Crusted Chicken (lighter portion)	650	330	36	15	0.5	205	1860	12	2	2	68
Parmesan Crusted Chicken (full portion)	1120	620	69	28	1.5	320	3160	24	4	3	102
Parmesan Crusted Chicken (full portion) & COLORADO	650	330	36	15	0.5	205	1860	12	2	2	68
Hand-Breaded Chicken Tenders (lighter portion)	420	200	22	4	0	80	680	19	2	less than 1 g	36
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Hand-Breaded Chicken Tenders (lighter portion) & COLORADO	420	200	22	4	0	80	680	19	2	less than 1 g	36
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Hand-Breaded Chicken Tenders (full portion)	620	300	33	6	0	120	1030	28	4	less than 1 g	53
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Hand-Breaded Chicken Tenders (full portion) & COLORADO	620	300	33	6	0	120	1030	28	4	less than 1 g	53
+ Honey Mustard	240	200	23	3	0	25	200	8	0	6	0
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
BEYOND STEAK - CONTINUED											
Napa Grilled Chicken	480	220	25	6	0	150	1440	10	5	4	55
Napa Grilled Chicken & COLORADO	480	220	25	6	0	150	1440	10	5	4	55
Baby Back Ribs - Half-Rack	620	370	42	15	0	160	1140	14	0	12	45
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Baby Back Ribs - Full-Rack	1240	750	83	30	0.5	325	2270	28	less than 1 g	24	90
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Baby Back Ribs - Half-Rack & COLORADO	620	370	42	15	0	160	1140	14	0	12	45
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Baby Back Ribs - Full-Rack & COLORADO	1310	750	84	30	0.5	325	2920	43	1	37	91
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Cowboy Pork Chops* (where available)	580	230	26	10	0	185	2420	0	0	0	87
Cowboy Pork Chops* (where available) & COLORADO	580	230	26	10	0	185	2420	0	0	0	87
Chicken Fried Chicken (where available)	800	350	39	8	0	195	2330	42	4	3	70
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1
Chicken Fried Steak (where available)	890	460	51	11	0.5	150	1530	48	0	3	60
+ Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
+ Gravy	160	80	9	5	0	10	660	18	0	2	1
LongHorn Steak Tips (where available)	620	310	34	12	1.5	200	1740	15	0	11	64
Spicy Chipotle Baby Back Ribs - Half Rack (where available)	620	370	42	15	0	160	1140	14	0	12	45
Spicy Chipotle Baby Back Ribs - Full Rack (where available)	1240	750	83	30	0.5	325	2270	28	less than 1 g	24	90
Texas BBQ Beef Brisket (where available)	510	300	33	12	1	180	1420	3	1	2	49
Bacon-Wrapped Shrimp & Grits (where available)	660	460	51	18	0	280	2040	6	2	2	42
+ Grits	220	110	12	7	0	40	710	22	5	0	6
Baby Back Ribs - Half-Rack (Hand Rubbed - where available) - CELL ONE AND TWO	580	350	39	14	0	190	750	6	less than 1 g	6	52
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
Baby Back Ribs - Full-Rack (Hand Rubbed - where available) - CELL ONE AND TWO	1160	700	78	28	0	380	1500	12	2	12	103
+ BBQ Sauce	60	0	0	0	0	0	650	15	0	14	less than 1 g
HANDHELDS: BURGERS & SANDWICHES											
Primetime Burger	1100	570	63	29	3	220	980	52	3	11	78
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Au Jus	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
+ Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
Primetime Burger (with Potato Bun - where available) - CELL ONE AND TWO	1000	540	59	27	3	195	1910	52	6	8	66
+ Au Jus 1 (fl. oz.)	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
+ Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
+ Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
Steakhouse Burger	710	340	38	17	2	155	900	43	3	5	49
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Steak & Bacon Cheddar Melt	1380	860	96	33	1.5	230	2530	59	2	5	71
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Grilled Chicken & Avocado Sandwich (where available)	870	330	36	11	0	130	1990	76	11	11	59
Big Sky Burger* (where available)	1120	650	72	24	2.5	205	1810	52	3	5	64
Parmesan Truffle Fries (where available)	460	180	20	4	0	less than 5 mg	280	63	6	0	7
Steakhouse Bacon CheeseBurger* (where available)	830	430	48	20	2	175	1130	43	3	5	55
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Steak & Bacon Cheddar Melt (with Ciabatta Bun - where available) - CELL ONE AND TWO	1120	660	74	29	1.5	215	2250	49	1	3	69
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Crispy Buttermilk Chicken Sandwich & COLORADO	900	420	46	10	0	110	2030	76	5	10	45
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
STEAKHOUSE SIDES											
Fire-Grilled Corn On The Cob	300	80	9	4.5	0	20	330	42	15	26	12
Parmesan Creamed Spinach	290	190	22	12	0	45	790	14	2	1	11
Fresh Steamed Asparagus	90	45	5	1	0	less than 5 mg	10	6	3	2	5
Steakhouse Mac & Cheese	610	330	37	22	1	120	1210	43	5	3	26
Plain Idaho Baked Potato	260	0	0	0	0	0	30	59	6	3	7
Loaded Idaho Baked Potato	440	170	19	12	0	55	230	60	6	4	10
Sweet Potato with Cinnamon Sugar & Butter	380	120	14	9	0	35	170	62	9	24	5
Mashed Potatoes	340	170	19	10	0	40	790	37	4	2	5
Gravy	160	80	9	5	0	10	660	18	0	2	1
Seasoned Rice Pilaf	230	50	6	2	0	0	1120	41	less than 1 g	4	3
Seasoned Rice & Quinoa <i>(where available)</i> - CELL ONE AND TWO	220	25	3	0	0	0	700	43	3	1	5
LongHorn Mixed Vegetables <i>(Chargrilled - where available)</i> - CELL ONE	60	5	0.5	0	0	0	260	9	4	4	4
LongHorn Mixed Vegetables <i>(Steamed - where available)</i> - CELL TWO & COLORADO	190	160	18	3.5	0	10	520	9	2	4	2
Fresh Steamed Broccoli	90	35	4	1	0	0	125	7	4	3	4
Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Parmesan Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
Parmesan Truffle Fries <i>(where available)</i>	460	180	20	4	0	less than 5 mg	280	63	6	0	7
Crispy Texas Okra <i>(where available)</i>	310	170	19	3.5	0	0	690	28	5	4	5
Honey Wheat Bread (Full Loaf)	570	80	9	1.5	0	0	1010	102	9	12	20
+ Add Butter	120	120	13	8	0	35	80	0	0	0	0
+ Cheese	80	60	6	4	0	20	140	less than 1 g	0	0	5
+ Bacon	130	100	12	4.5	0	25	250	0	0	0	7
DESSERTS											
Chocolate Stampede (Serves 2)	2430	1170	130	73	3.5	315	1040	288	12	190	28
Strawberries & Cream Shortcake	640	330	37	14	0.5	150	630	74	2	49	7
Caramel Apple Goldrush	1640	640	71	25	11	-	930	237	-	-	13
Molten Lava Cake	1100	360	40	18	0.5	90	790	171	8	123	13
Key Lime Pie	650	250	28	15	0.5	65	320	94	1	79	10
Banana Cream Pie	390	210	23	15	0	35	200	48	less than 1 g	36	3
White Chocolate Turtle Cheesecake	590	270	31	15	0	40	350	68	2	52	8
Chocolate Peanut Butter Jar	570	330	37	13	0	45	520	55	0	42	12
Cinnamon Carrot Cake <i>(where available)</i>	620	300	34	12	0	60	450	74	1	51	4
Southern Pecan Pie <i>(where available)</i>	860	390	43	17	0	160	100	113	2	88	8
CHILDREN'S MENU											
Grilled Chicken Tenders	140	30	3.5	1	0	75	440	0	0	0	26
Kid's Sirloin Steak	230	100	11	4	0	100	240	0	0	0	33
Kraft Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11
Cheeseburger	680	330	37	17	2	125	570	44	2	7	42
Chicken Tenders	270	130	14	2.5	0	50	450	12	2	0	23
Fresh Fruit - Oranges	20	0	0	0	0	0	0	5	1	4	0
1% Milk Chug	110	20	2.5	1.5	0	15	130	13	0	12	9
Kid's Fountain Drink	1120	-	0	-	-	-	360	312	-	312	-
Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Banana Berry Smoothie	260	0	0	0	0	0	5	62	1	57	less than 1 g
Raspberry Dream Smoothie	270	60	6	4	0	15	30	51	2	45	2
Peanut Butter Cup Smoothie	680	350	39	22	0	95	240	76	1	71	11