



NUTRITIONAL GUIDE

Printed information is valid: 10/09/17 - 11/28/17

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 | 460 | 220 | 25 | 4.5 | 0 | 70 | 890 | 33 | 0 | 10 | 27 |
| + 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 | | | | | | | | | | | |
| Brisket Nachos | 1390 | 830 | 92 | 39 | 2.5 | 220 | 2960 | 90 | 1 | 9 | 49 |
| 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 |
| 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> | 890 | 520 | 58 | 23 | 1 | 125 | 2720 | 59 | 7 | 11 | 34 |
| + 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 |
| 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 |

| | 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 |
|---|----------|------------------------|----------|--------------|----------------|-------------------|--------------|------------|------------|------------|--------------|
| SIDE SALADS | | | | | | | | | | | |
| Mixed Greens Salad | 100 | 40 | 4.5 | 1.5 | 0 | 5 | 170 | 12 | 2 | 4 | 4 |
| Caesar Side Salad with Caesar Dressing | 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 |
| 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 | 670 | 390 | 43 | 11 | 1 | 130 | 1760 | 24 | 0 | 2 | 46 |
| LongHorn Caesar Salad with Shrimp | 620 | 370 | 41 | 10 | 1 | 265 | 2080 | 25 | 0 | 3 | 38 |
| LongHorn Caesar Salad with Sirloin | 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) | 800 | 500 | 55 | 13 | 1 | 125 | 1510 | 26 | 0 | 3 | 45 |

| | 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) | 200 | 190 | 22 | 3 | 0 | 0 | 360 | 2 | 0 | 2 | 0 | |
| White Balsamic Vinaigrette 3 oz. (where available) | 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 | |
| <i>**Dressings and dipping sauces served with 1.5 oz. portion, except Steakhouse Salad dressing choices which are served with a 3 oz. portion.</i> | | | | | | | | | | | | |
| 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 | 370 | 180 | 20 | 3.5 | 0 | 55 | 710 | 26 | 0 | 8 | 22 | |
| Housemade Stuffed Jalapeños (where available) | 890 | 520 | 58 | 23 | 1 | 125 | 2720 | 59 | 7 | 11 | 34 | |
| Fried Pickles (where available) | 390 | 230 | 25 | 4.5 | 0 | 0 | 2250 | 37 | 6 | 5 | 7 | |
| 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 | |
| Texas Tea (where available) | 240 | 0 | 0 | 0 | 0 | 0 | 15 | 35 | 0 | 35 | 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 | - | - | - | - | - | 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 | |

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|--|----------|------------------------|----------|--------------|----------------|-------------------|--------------|---------------|------------|---------------|---------------|
| SIGNATURE BOURBON COCKTAILS (WHERE AVAILABLE) | | | | | | | | | | | |
| LongHorn Old Fashioned | 170 | - | - | - | - | - | - | 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 |
| Mango | 360 | - | - | - | - | - | - | 62 | - | 60 | - |
| 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 (<i>where available</i>) | 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 |

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|--|----------|------------------------|----------|--------------|----------------|-------------------|--------------|------------|---------------|------------|--------------|
| 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 | | | | | | | | | | | |
| LUNCH COMBINATIONS | | | | | | | | | | | |
| 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 |
| 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 |
| + 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 | 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 | 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 | 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 |
| BEYOND STEAK | | | | | | | | | | | |
| Parmesan Crusted Chicken 6 oz (where available) | 560 | 310 | 34 | 14 | 0.5 | 160 | 1580 | 12 | 2 | 2 | 51 |
| Parmesan Crusted Chicken 9 oz | 650 | 330 | 36 | 15 | 0.5 | 205 | 1860 | 12 | 2 | 2 | 68 |
| 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 |
| 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 |
| Hand-Breaded Chicken Tenders (6 pieces) | 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 (9 pieces) | 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 (6 oz) | 280 | 120 | 13 | 3 | 0 | 100 | 860 | 5 | 3 | 2 | 36 |
| Napa Grilled Chicken (9 oz) | 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 | 230 | 230 | 26 | 13 | 1 | 55 | 230 | 2 | 0 | 0 | less than 1 g |
| 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 |
| LongHorn Steak Tips (where available) | 520 | 250 | 27 | 9 | 1 | 150 | 1590 | 15 | 0 | 10 | 53 |
| Chicken Fried Chicken (where available) | 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 (where available) | 840 | 460 | 52 | 12 | 1 | 150 | 670 | 47 | 5 | 31 | 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 |

| | 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. | 630 | 300 | 33 | 13 | 2 | 175 | 1740 | 1 | 1 | less than 1 g | 72 |
| 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 <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 |
| USDA Prime Delmonico 16 oz. <i>(where available)</i> | 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 |
| New York Strip/Kansas City Strip 12 oz. | 630 | 300 | 33 | 13 | 2 | 175 | 1740 | 1 | 1 | less than 1 g | 72 |
| Prime Rib 12 oz. | 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. | 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 |
| 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 |
| LongHorn Churrasco Steak w/Plantains <i>(where available)</i> | 840 | 460 | 52 | 12 | 1 | 150 | 670 | 47 | 5 | 31 | 49 |
| USDA Prime Delmonico 16 oz. <i>(where available)</i> | 1100 | 660 | 73 | 30 | 4 | 230 | 1690 | 3 | 2 | less than 1 g | 88 |
| Nolan Ryan Beef Chicken Fried Steak <i>(where available)</i> | 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 | 230 | 230 | 26 | 13 | 1 | 55 | 230 | 2 | 0 | 0 | less than 1 g |
| Flo's Filet 6 oz. with Half-Rack Baby Back Ribs <i>(where available)</i> | 950 | 510 | 57 | 20 | 1 | 275 | 1470 | 16 | 0 | 13 | 82 |
| + 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 | 230 | 230 | 26 | 13 | 1 | 55 | 230 | 2 | 0 | 0 | less than 1 g |
| 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 Bacon-Wrapped Shrimp & Grits <i>(where available)</i> | 930 | 290 | 50 | 18 | 1 | 240 | 2910 | 47 | 2 | 5 | 61 |
| + 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 | 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 | 230 | 230 | 26 | 13 | 1 | 55 | 230 | 2 | 0 | 0 | less than 1 g |
| Lobster Tail <i>(where available)</i> | 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 <i>(where available)</i> | 610 | 160 | 35 | 14 | 0 | 150 | 2380 | 45 | 2 | 5 | 26 |
| + 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. | 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 |
| 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 | 230 | 230 | 26 | 13 | 1 | 55 | 230 | 2 | 0 | 0 | less than 1 g |
| Redrock Grilled Shrimp (with Garlic Butter blend - where available) | 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 |
| 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) | 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 |
| 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 |
| 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 |

| | 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 | 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 - 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 - Full-Rack | 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) | 680 | 290 | 32 | 12 | 0 | 185 | 2460 | 0 | 0 | 0 | 87 |
| Cowboy Pork Chops* (where available) | 680 | 290 | 32 | 12 | 0 | 185 | 2460 | 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 |
| Bacon-Wrapped Shrimp & Grits (where available) | 880 | 180 | 55 | 22 | 0.5 | 295 | 3150 | 46 | 3 | 6 | 48 |
| + Grits | 220 | 110 | 12 | 7 | 0 | 40 | 710 | 22 | 5 | 0 | 6 |
| HANDHELDS: BURGERS & SANDWICHES | | | | | | | | | | | |
| 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 |
| Kobe Steak Melt | 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 |
| Big Sky Burger* (where available) | 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 |

| | 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 |
| LongHorn Mixed Vegetables | 60 | 5 | 0.5 | 0 | 0 | 0 | 260 | 9 | 4 | 4 | 4 |
| 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 |
| 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 |
| 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 |
| 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 |