



ALLERGEN GUIDE

At **LongHorn**, we're committed to making the dining experience for every guest, including our guests with food allergies, an exceptional one. That's why we are proud to offer this information to help you make an informed food selection.

Here are a few key points to know when reviewing this guide:

1. Because all of our dishes are prepared-to-order, our normal kitchen operations may involve shared cooking and preparation areas. Therefore, we cannot guarantee that any menu item can be completely free of allergens. Items cooked on our grill or in our fryer present a special risk for cross-contact and we've tried to clearly identify those for you. Please note, our kitchens are not free of Gluten.
2. **Please be sure to tell your server that you have an allergy or intolerance.** This will allow us to alert the kitchen of your special needs. Our restaurant team members will follow specific procedures to help prevent cross-contact.
3. Our recipes do not call for the use of Monosodium Glutamate (MSG) and, based on information from our suppliers, MSG is not added to any of the ingredients we use. Please note that there are certain foods and ingredients that naturally contain glutamate or glutamic acid (such as tomatoes, milk, cheese, mushrooms, and certain yeasts and proteins).
4. Lastly, please know that due to limited ingredient information available in our kitchen, we may not be able to answer all of your questions. In these cases, please call our Guest Relations team at 800-793-4126 between the hours of 10am and 4pm on Monday through Friday (Eastern Time) so that we can help you. If you prefer to reach us by email, please go to www.longhornsteakhouse.com and click on the Contact Us link. Please know your questions may take several days to investigate.



LONGHORN[®] STEAKHOUSE

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	Grilled	Fried in Soybean Oil	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish (oysters, clams, mussels, scallops)	Crustacean Shellfish (shrimp, crab, lobster)	Gluten* contains gluten ingredients
<p>Y Menu item contains this specific allergen</p> <ul style="list-style-type: none"> Menu item presents a special risk of cross-contact of all allergens due to the cooking method <p>M Ask for our Gluten Sensitive Guide; this item can be Modified to remove gluten</p>												
BOLD BITES												
Fried Pickles (where available)		●					Y	Y				Y
+ Ranch Dressing						Y	Y					
Spicy Chicken Bites		●			Y	Y	Y	Y				Y
+ Sweet Chili-Ginger Sauce					Y	Y						
Chili Cheese Fries		●			Y		Y	Y				Y
SHAREABLE STARTERS												
Wild West Shrimp		●			Y		Y	Y			Y	Y
+ Ranch Sauce						Y	Y					
Seasoned Steakhouse Wings		●										
+ Blue Cheese Dressing						Y	Y					
+ Buffalo Sauce						Y	Y					
Texas Tonion		●			Y		Y	Y				Y
+ Tonion Sauce						Y						
White Cheddar Stuffed Mushrooms							Y	Y				Y
Firecracker Chicken Wraps		●			Y	Y	Y	Y				Y
+ Avocado-Lime Dip						Y	Y					
Spicy Chicken Bites		●			Y	Y	Y	Y				Y
+ Sweet Chili-Ginger Sauce					Y	Y						
Texas Brisket Queso (where available)		●			Y		Y	Y				Y
Chili Cheese Fries	●	●			Y		Y	Y				Y
Fried Pickles (where available)		●					Y	Y				Y
+ Ranch Dressing						Y	Y					
LongHorn® Butcher Board (where available)		●					Y	Y				Y

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SOUPS												
LongHorn Chili (where available)	●				Y		Y	Y				Y
Loaded Potato Soup	●				Y		Y					
Shrimp & Lobster Chowder					Y		Y		Y		Y	
French Onion Soup					Y		Y	Y				Y
Housemade Texas Chili (where available)	●				Y		Y	Y				Y
SIDE SALADS												
Mixed Green Side Salad					Y		Y	Y				M
Caesar Side Salad with Caesar Dressing					Y	Y	Y	Y	Y			M
Strawberry Pecan Salad with Dressing				Y			Y					
Blue Ridge Wedge Salad	●					Y	Y					
STEAKHOUSE SALADS												
Grilled Chicken & Strawberry Salad with Vinaigrette	●			Y			Y					
Crispy Buttermilk Chicken Tenders Salad		●			Y		Y	Y				Y
7-Pepper Sirloin Salad	●				Y		Y	Y	Y			M
Farm Fresh Field Greens with Grilled Chicken	●				Y		Y	Y				M
Farm Fresh Field Greens with Shrimp	●				Y		Y	Y			Y	M
Farm Fresh Field Greens with Sirloin	●				Y		Y	Y	Y			M
LongHorn Caesar Salad with Grilled Grilled Chicken	●				Y	Y	Y	Y	Y			M
LongHorn Caesar Salad with Shrimp	●				Y	Y	Y	Y	Y		Y	M
LongHorn Caesar Salad with Sirloin	●				Y	Y	Y	Y	Y			M
Grilled Salmon Salad (Field Greens)	●				Y		Y	Y	Y			M
Grilled Salmon Salad (Caesar)	●				Y	Y	Y	Y	Y			M

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LUNCH COMBINATIONS												
LongHorn® Chili	●				Y		Y	Y				Y
Loaded Potato Soup	●				Y		Y					
French Onion Soup					Y		Y	Y				Y
Shrimp & Lobster Chowder					Y		Y		Y		Y	
Third-Pound Cheeseburger*	●				Y		Y	Y				M
Crispy Buttermilk Chicken Sandwich	●				Y	Y	Y	Y				Y
Third-Pound Bacon Cheddar Burger*	●				Y		Y	Y				M
Grilled Chicken Sandwich	●				Y	Y	Y	Y				Y
Prime Rib Cheesesteak Sandwich (where available)	●				Y		Y	Y	Y			Y
Half Grilled Chicken & Strawberry with Vinaigrette	●			Y			Y					
Half Shaved Prime Rib Sandwich (where available)	●				Y		Y	Y	Y			Y
LongHorn® Chicken Caesar Half Salad	●				Y	Y	Y	Y	Y			M
7-Pepper Sirloin Half Salad	●				Y		Y	Y	Y			M
BURGERS												
Steakhouse Bacon CheeseBurger	●				Y		Y	Y				M
Shaved Prime Rib Sandwich	●				Y		Y	Y	Y			Y
Steakhouse Burger	●				Y		Y	Y				M
+ Add Cheese					Y		Y					
+ Add Bacon	●											
Mushroom Swiss Burger	●				Y	Y	Y	Y	Y			Y
BBQ Bacon Cheddar Burger	●				Y		Y	Y				Y
Big Sky Burger	●				Y	Y	Y	Y	Y			Y

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SANDWICHES												
Crispy Buttermilk Chicken Sandwich		●			Y	Y	Y	Y				Y
Shaved Prime Rib Sandwich (where available)	●				Y		Y	Y	Y			Y
Grilled Chicken Sandwich	●				Y	Y	Y	Y				Y
Prime Rib Cheesesteak Sandwich (where available)	●				Y		Y	Y	Y			Y
SEAFOOD												
LongHorn Salmon	●				Y			Y	Y			M
Red Rock Grilled Shrimp	●				Y		Y				Y	
+ Garlic Butter Sauce					Y		Y					
CHICKEN												
Parmesan Crusted Chicken	●				Y	Y	Y	Y				M
Hand-Breaded Chicken Tenders		●					Y	Y				Y
Napa Grilled Chicken	●				Y	Y	Y	Y				Y
Chicken Fried Chicken (where available)		●			Y		Y	Y				Y
RIBS, CHOPS & MORE												
Baby Back Ribs	●											
Cowboy Pork Chops	●											
LongHorn Steak Tips (where available)	●				Y		Y	Y	Y			Y
Chicken Fried Steak (where available)		●			Y	Y	Y	Y				Y

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LEGENDARY STEAKS												
Renegade Sirloin	●											
Chop Steak	●	●			Y		Y	Y	Y			M
Flat Iron Steak	●				Y				Y			
Renegade Sirloin & Red Rock Grilled Shrimp	●				Y		Y				Y	
Prime Rib	●				Y				Y			
+ Horseradish Sauce						Y	Y					
+ Au Jus					Y				Y			
Flo's Filet	●											
New York/Kansas City Strip	●											
Ribeye	●											
Fire-Grilled T-Bone	●											
Outlaw Ribeye	●											
The LongHorn®	●											
Flo's Filet & Lobster Tail	●						Y				Y	
+ Butter Sauce							Y					
LongHorn Churrasco Steak (where available)	●				Y			Y				Y
USDA Prime Delmonico 16 oz. (where available)	●				Y							

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GREAT STEAK ADDITIONS												
Parmesan Crusted Topping					Y	Y	Y	Y				Y
Sautéed Onions & Mushrooms	●				Y				Y			
Redrock Grilled Shrimp	●				Y		Y				Y	
Lobster Tail (where available)							Y				Y	
SIGNATURE STEAK PAIRINGS (WHERE AVAILABLE)												
Renegade Sirloin 6 oz. with Parmesan Crusted Chicken	●				Y	Y	Y	Y				Y
Renegade Sirloin 6 oz. with Red Rock Grilled Shrimp	●				Y		Y				Y	
Renegade Sirloin 6 oz. with Half-Rack Baby Back Ribs	●											
Flo's Filet 6 oz. with LongHorn Salmon	●				Y			Y	Y			Y
Flo's Filet 6 oz. with Lobster Tail	●						Y				Y	
Flo's Filet 6 oz. with Redrock Grilled Shrimp	●				Y		Y				Y	
Flo's Filet 6 oz. with Half-Rack Baby Back Ribs	●											

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ENTRÉE ADDITIONS												
SIDE DISHES												
Smoky Sausage & Shrimp Rice (where available)	•				Y			Y	Y		Y	Y
Cauliflower Au Gratin							Y	Y				M
Parmesan Creamed Spinach					Y		Y	Y				M
Fresh Steamed Asparagus							Y					
Steakhouse Mac & Cheese	•				Y		Y	Y				Y
Plain Idaho Baked Potato												
Loaded Idaho Baked Potato	•						Y					
Mashed Potatoes					Y		Y					
Gravy					Y		Y	Y				Y
Plain Sweet Potato												
Sweet Potato with Cinnamon-Sugar & Butter							Y					
Fresh Steamed Broccoli							Y					
Seasoned French Fries		•										
Seasoned Rice					Y							
Freshly Baked Bread					Y			Y				Y
+ Butter Sauce							Y					
Crispy Texas Okra (where available)		•					Y	Y				Y

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DRESSING & DIPPING SAUCES												
Ranch						Y	Y					
The Original												
Light Ranch						Y	Y					
Balsamic Vinaigrette												
White Balsamic Vinaigrette							Y					
Raspberry Vinaigrette												
Thousand Island						Y						
Blue Cheese						Y	Y					
Caesar						Y	Y		Y			
Italian												
Honey Mustard						Y						
Oil & Vinegar												
Avocado-Lime Sauce						Y	Y					
Tonion Sauce						Y						
Butter Sauce					Y		Y					
BBQ Sauce												
Horseradish Sauce						Y	Y					
Au Jus					Y				Y			
Horseradish Raw												

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DESSERTS												
Chocolate Peanut Butter Jar			Y	Y	Y	Y	Y	Y				Y
Chocolate Stampede				Y	Y	Y	Y	Y				Y
Key Lime Pie Jar					Y	Y	Y	Y				Y
Strawberries & Cream Shortcake					Y	Y	Y	Y				Y
Red, White & Blue Cheesecake					Y	Y	Y	Y				Y
Caramel Apple Goldrush						Y	Y	Y				Y
Molten Lava Cake					Y	Y	Y	Y				Y
CHILDREN'S MENU												
Cheeseburger	●				Y		Y	Y				M
Chicken Tenders		●					Y	Y				Y
Grilled Chicken Tenders	●											
Kid's Sirloin Steak	●				Y				Y			
Baby Back Ribs - Third Rack	●											
Kraft Macaroni & Cheese							Y	Y				Y
Fresh Fruit - Red Seedless Grapes												
Fresh Fruit - Oranges												
1% Milk Chug							Y					
Seasoned French Fries		●										
Kid's Broccoli					Y		Y					
Banana Berry Smoothie												
Peanut Butter Cup Smoothie			Y		Y		Y					
Raspberry Dream Smoothie				Y			Y					

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