



NUTRITIONAL GUIDE

Printed information is valid: 02/26/18 - 04/08/18

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.LongHorn®steakhouse.com/contact-us.

NUTRITIONAL INFORMATION

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
APPETIZERS											
BOLD BITES											
Fried Pickles <i>(where available)</i>	390	230	25	4.5	0	0	2250	37	6	5	7
+ Ranch Dressing	230	220	25	4	0	20	380	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
SHAREABLE STARTERS											
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
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
Chili Cheese Fries	2050	1160	129	57	3	295	3710	139	14	6	82
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
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
LongHorn® Butcher Board <i>(where available)</i>	950	660	73	30	1	140	4170	21	2	3	51
SOUPS & SALADS											
SOUPS											
LongHorn® Chili - Cup	260	140	15	6	0.5	55	1050	11	4	2	20
LongHorn® Chili - Bowl	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

	CALORIES	CALORIES FROM FAT	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											
Crispy Buttermilk Chicken Tenders Salad	650	310	35	10	1	105	1090	41	7	6	46
Grilled Chicken & Strawberry Salad with Vinaigrette	530	170	19	7	0	125	1310	52	7	41	43
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 (Field 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	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.	410	390	43	6	1	0	720	5	less than 1 g	4	less than 1 g
White Balsamic Vinaigrette 1.5 oz. (where available)	200	180	20	1.5	0	0	240	6	0	5	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
**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)											
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
Fried Pickles (where available)	390	230	25	4.5	0	0	2250	37	6	5	7
+ Ranch Dressing	230	220	25	4	0	20	380	2	0	1	less than 1 g
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	-	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	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 (Traditional)	170	-	0	-	-	-	-	7	-	18	-
LongHorn® Old Fashioned (with Jack Daniel's Tennessee Whiskey)	210	0	0	0	0	0	0	19	0	21	0
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	-
Grapefruit (where available)	230	-	-	-	-	-	25	30	-	28	-
Desert Pear (where available)	260	0	0	0	0	0	20	39	0	39	0
Don Julio (where available)	230	-	-	-	-	-	5	25	-	22	-
Tito's Texas Tea (where available)	240	0	0	0	0	0	15	35	0	35	0
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 g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN 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		39	1
Coke	140	-	0	-	-	-	45	39	-	39	-
Diet Coke/Coke Zero Sugar	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
Crispy Buttermilk Chicken Sandwich	520	250	28	5	0	65	1240	43	3	5	23
Third-Pound CheeseBurger	540	250	28	13	1.5	115	740	32	2	4	37
LongHorn® Chicken Caesar Half Salad	340	190	21	6	0	60	880	12	0	1	23
Third-Pound Bacon Cheddar Burger	670	360	40	17	1.5	140	990	33	2	4	43
Grilled Chicken Sandwich	440	100	23	8	0	75	840	33	1	4	26
Grilled Chicken & Strawberry Half Salad with Vinaigrette	280	100	11	2.5	0	55	580	28	4	22	20
Half Shaved Prime Rib Sandwich	520	210	23	11	1	75	980	44	2	4	35
Third-Pound Mushroom Swiss Burger	790	470	52	17	2	150	1190	34	1	3	42
7-Pepper Sirloin Half Salad	250	120	13	6	0.5	65	560	11	2	2	23
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	1190	710	79	26	3	205	1990	55	5	6	63
+ 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
Grilled Chicken Sandwich	580	120	25	8	0	120	1230	44	2	5	45
+ 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

	CALORIES	CALORIES FROM FAT	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 <i>(where available)</i>	660	400	45	15	2.5	135	1100	17	3	5	47	
Smothered Chop Steak <i>(where available)</i>	760	490	55	26	3	175	1360	11	1	4	56	
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	
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	
New York Strip/Kansas City Strip 12 oz.	630	300	33	13	2	175	1740	1	1	less than 1 g	72	
Fire-Grilled T-Bone 16 oz.	890	510	57	23	3	225	1410	0	0	0	73	
Fire-Grilled T-Bone 18 oz. <i>(where available)</i>	-	-	-	-	-	-	-	-	-	-	-	
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	
The LongHorn® 22 oz. <i>(where available)</i>	-	-	-	-	-	-	-	-	-	-	-	
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	
BEYOND STEAK												
Hand-Breaded Chicken Tenders <i>(6 tenders)</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 tenders)</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) & (where available)</i>	480	220	25	6	0	150	1440	10	5	4	55	
Parmesan Crusted Chicken 6 oz <i>(where available)</i>	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	
Parmesan Crusted Chicken 12 oz	1120	620	69	28	1.5	320	3160	24	4	3	102	
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	
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	
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	
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	

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
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 <i>(where available)</i>	660	400	45	15	2.5	135	1100	17	3	5	47
Smothered Chop Steak <i>(where available)</i>	760	490	55	26	3	175	1360	11	1	4	56
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
Fire-Grilled T-Bone 18 oz. <i>(where available)</i>	-	-	-	-	-	-	-	-	-	-	-
Outlaw Ribeye 18 oz.	1140	710	79	34	4	275	1500	1	0	0	84
The LongHorn® 22 oz. <i>(where available)</i>	-	-	-	-	-	-	-	-	-	-	-
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	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 (where available)	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 8 oz. with Redrock Grilled Shrimp	550	170	19	7	1	355	1630	4	less than 1 g	less than 1 g	81
+ 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
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 (where available)	90	25	3	1.5	0	110	590	0	0	0	14
+ Butter Sauce	210	200	22	14	1	-	260	2	-	-	0

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
BEYOND STEAK											
Grilled Lamb Chops	940	560	62	30	2.5	205	1420	41	1	4	51
Pork Porterhouse	420	190	23	8	0	150	2180	1	-	0	55
El Dorado Chicken	380	80	9	2	0	185	1530	8	2	4	69
Crispy Breaded Pork Cutlet (<i>where available</i>)	1650	1040	116	35	0	185	3880	91	6	2	61
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
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 (<i>where available</i>)	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
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	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
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 <i>(regional variation-where available)</i>	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* <i>(where available)</i>	680	290	32	12	0	185	2460	0	0	0	87
Chicken Fried Chicken <i>(where available)</i>	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 <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
LongHorn® Steak Tips <i>(where available)</i>	620	310	34	12	1.5	200	1740	15	0	11	64
HANDHELDS: BURGERS & SANDWICHES											
Steakhouse Bacon CheeseBurger* <i>(where available)</i>	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
Shaved Prime Rib Sandwich	1040	410	46	21	2	150	1960	88	4	7	69
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Big Sky Burger* <i>(where available)</i>	1190	710	79	26	3	205	1990	55	5	6	63
+ Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12

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STEAKHOUSE SIDES											
Maple Roasted Spaghetti Squash	250	130	14	9	0	less than 5 mg	650	23	6	16	8
Smoky Sausage & Shrimp Rice <i>(where available)</i>	330	120	13	3.5	0	105	2100	38	1	6	15
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)	2460	1190	132	74	3.5	325	1040	289	12	191	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
Chocolate Peanut Butter Jar	570	330	37	13	0	45	520	55	0	42	12
Key Lime Pie Jar	600	230	26	8	0	25	480	78	0	46	4
Strawberries & Cream Shortcake	640	330	37	14	0.5	150	630	74	2	49	7
Red, White & Blue Cheesecake	820	35	53	32	2.5	270	530	72	1	60	13
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