



NUTRITIONAL GUIDE

Printed information is valid: 11/23/20 - 01/31/21

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	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
APPETIZERS											
Spicy Chicken Bites <i>(where available)</i>	740	350	39	7	0	110	1420	53	0	17	43
+ Sweet Chili Ginger Sauce	210	150	16	2.5	0	15	340	16	0	15	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
White Cheddar Stuffed Mushrooms	730	540	60	36	2	155	1570	14	1	4	33
Firecracker Chicken Wraps	720	370	42	15	0	70	2120	62	0	0	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
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
Surf & Surf Dip <i>(where available)</i>	730	540	60	28	0.5	275	2430	12	1	1	35
+ Flatbread <i>(where available)</i>	920	440	49	9	0	less than 5 g	1750	99	5	7	19
Spicy Chicken Bites - Larger Portion <i>(where available)</i>	920	440	49	9	0	140	1780	66	0	21	54
+ Sweet Chili Ginger Sauce	430	290	33	5	0	30	670	32	less than 1 g	30	1
Texas Brisket Queso <i>(where available)</i>	1070	800	89	49	3	20	2560	19	1	8	50
+ Chips <i>(where available)</i>	600	270	30	5	0	0	560	76	7	1	8
SOUPS & SALADS											
SOUPS											
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
Southwest Chicken Tortilla Soup - Cup <i>(where available)</i>	250	130	14	1	0	25	1070	17	less than 1 g	0	12
Southwest Chicken Tortilla Soup - Bowl <i>(where available)</i>	330	170	18	1.5	0	30	1420	22	1	0	16
SIDE SALADS											
Mixed Greens Salad	140	70	8	3	0	15	270	13	3	3	6
+ Egg <i>(where available)</i>	25	15	2	0.5	-	65	20	0	0	0	2
Caesar Side Salad with Caesar Dressing	250	170	19	5	0	15	600	12	2	1	6
Strawberry & Pecan Salad with dressing	190	80	8	2	0	10	300	28	4	22	4

	CALORIES	CALORIES FROM FAT	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL mg	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
STEAKHOUSE SALADS											
Grilled Chicken & Strawberry Salad with Vinaigrette	530	170	19	7	0	125	1310	52	7	41	43
Farm Fresh Field Greens with Crispy Chicken Tenders	650	310	35	10	1	105	1090	41	7	6	46
Farm Fresh Field Greens with Salmon	530	260	29	9	1	115	710	23	5	7	43
LongHorn® Caesar Salad with Chicken	670	390	43	11	1	130	1760	24	0	2	46
LongHorn® Caesar Salad with Salmon	800	500	55	13	1	125	1510	26	0	3	45
7-Pepper Sirloin Salad	490	240	26	12	1	135	1120	22	5	5	45
Crispy Buttermilk Chicken Cobb Salad (where available)	910	540	60	16	0	260	1170	37	13	6	58
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
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
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
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.											
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
HAND-CRAFTED MARGARITAS (WHERE AVAILABLE)											
Texas Margarita	200	0	0	0	0	-	990	28	-	-	0
The Perfect	290	-	-	-	-	-	10	46	-	45	-
The Perfect LongPour	410	0	0	0	0	0	15	64	0	64	0
Strawberry	310	0	0	0	0	0	10	52	0	51	0
Strawberry LongPour	460	0	0	0	0	0	10	76	0	75	0
Mango	410	0	0	0	0	0	10	74	0	74	0
Mango LongPour	630	0	0	0	0	0	20	118	0	117	0
Don Julio Margarita	350	0	0	0	0	0	10	49	0	49	0
Hurricane (where available)	280	0	0	0	0	0	10	26	0	24	0
Blazing Berry Sangria	240	0	0	0	0	0	130	34	0	29	0
White Peach Sangria	260	0	0	0	0	0	60	38	0	35	0
Tito's Texas Tea	240	0	0	0	0	0	15	35	0	35	0
SIGNATURE BOURBON COCKTAILS (WHERE AVAILABLE)											
LongHorn® Old Fashioned (with LongHorn Barrel Select Knob Creek Bourbon)	230	0	0	0	0	0	0	19	0	19	0
Jack & Coke	130	0	0	0	0	0	15	13	0	13	0
BEER											
House Golden Ale 16 oz.	200	0	0	0	0	0	20	16	0	0	0
House Golden Ale 20 oz.	250	0	0	0	0	0	25	20	0	0	0
Regular Bottle Beer 12 oz.	150	0	0	0	0	0	15	12	0	0	0
Light Draft/Bottle Beer 12 oz.	100	0	0	0	0	0	15	6	0	0	0
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
Cider Draft 16 oz.	270	-	-	-	-	-	-	-	-	-	-
Cider Draft 20 oz.	330	-	-	-	-	-	-	-	-	-	-
Cider Bottle	200	0	0	0	0	0	15	21	0	21	0
IPA Draft 16 oz.	270	-	-	-	-	-	20	1	-	-	4
IPA Draft 20 oz.	340	-	-	-	-	-	25	2	-	-	5
IPA Bottle (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

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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
BOTTOMLESS BEVERAGES											
Raspberry Iced Tea	50	0	0	0	0	0	10	13	0	12	0
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	0	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 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 (where available)	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
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
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
HANDHELDS											
The LH Burger	980	570	63	20	2	190	1400	46	3	5	54
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Maverick Ribeye Sandwich	1050	550	62	25	1.5	200	1440	60	1	2	63
+ Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
LUNCH ENTRÉES											
STEAKHOUSE LUNCH PLATES											
Crispy Buttermilk Chicken Sandwich 6 oz	920	490	55	10	0	125	2190	66	5	8	43
Half-Pound Steakhouse CheeseBurger	850	460	51	15	2	165	1150	45	3	5	48
Grilled Chicken & Strawberry Lunch Salad with Vinaigrette	280	100	11	2.5	0	55	580	28	4	22	20
7-Pepper Sirloin Lunch Salad	250	120	13	6	0.5	65	560	11	2	2	23
Maverick Ribeye Sandwich	1050	550	62	25	1.5	200	1440	60	1	2	63
Loaded Potato Soup	380	240	27	13	0.5	65	970	21	2	2	15
Shrimp & Lobster Chowder	250	140	15	8	0	90	760	23	3	5	10
BEYOND STEAK											
Hand-Breaded Chicken Tenders (6 tenders)	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 tenders)	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
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 8 ct.	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	820	510	56	21	0	255	740	16	1	15	62
+ BBQ Sauce	110	0	0	0	0	0	470	26	0	23	0
Baby Back Ribs Full-Rack	1630	1010	112	42	0.5	510	1490	32	2	31	123
+ BBQ Sauce	110	0	0	0	0	0	470	26	0	23	0
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
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

	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												
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	less than 1 g	37	
Flo's Filet 9 oz.	450	170	19	7	1	170	480	3	0	1	56	
Outlaw Ribeye 20 oz.	1250	790	87	38	4.5	310	1670	2	0	0	94	
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	
Chop Steak	640	420	46	21	2.5	145	1240	13	3	6	44	
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	
Fire-Grilled T-Bone 18 oz.	1130	560	62	24	4.5	285	2030	1	2	1	123	
The LongHorn® 22 oz.	1280	610	67	27	5	365	2450	1	2	1	150	
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	
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	
LongHorn® Steak Tips (where available)	520	250	27	9	1	150	1590	15	0	10	53	
LongHorn® Churrasco Steak w/Plantains (where available)	840	460	52	12	1	150	670	47	5	31	49	
DINNER ENTRÉES												
LEGENDARY STEAKS												
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	less than 1 g	37	
Flo's Filet 9 oz.	450	170	19	7	1	170	480	3	0	1	56	
Outlaw Ribeye 20 oz.	1250	790	87	38	4.5	310	1670	2	0	0	94	
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	
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	
Fire-Grilled T-Bone 18 oz.	1130	560	62	24	4.5	285	2030	1	2	1	123	
The LongHorn® 22 oz.	1280	610	67	27	5	365	2450	1	2	1	150	
Chop Steak (where available)	640	420	46	21	2.5	145	1240	13	3	6	44	
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	
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	
USDA Prime Delmonico 16 oz. (where available)	1100	660	73	30	4	230	1690	3	2	less than 1 g	88	
LongHorn® Steak Tips (where available)	620	310	34	12	1.5	200	1740	15	0	11	64	
LongHorn® Churrasco Steak w/Plantains (where available)	840	460	52	12	1	150	670	47	5	31	49	
GRILL MASTER COMBOS (WHERE AVAILABLE)												
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	
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	
GREAT STEAK ADDITIONS												
Parmesan Cheese Crust	390	270	30	13	0.5	65	1020	12	2	2	17	
Grilled Mushrooms Only	150	110	12	8	0	30	480	9	3	6	6	
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	

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BEYOND STEAK											
Hand-Breaded Chicken Tenders 6 Tenders	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 9 Tenders	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
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
Cowboy Pork Chops* (<i>where available</i>)	680	290	32	12	0	185	2460	0	0	0	87
Baby Back Ribs - Half-Rack	820	510	56	21	0	255	740	16	1	15	62
+ BBQ Sauce	110	0	0	0	0	0	470	26	0	23	0
Baby Back Ribs - Full-Rack	1630	1010	112	42	0.5	510	1490	32	2	31	123
+ BBQ Sauce	110	0	0	0	0	0	470	26	0	23	0
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 8 ct.	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
Redrock Grilled Shrimp 12 ct.	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
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
STEAKHOUSE SIDES											
Steakhouse Mac & Cheese	610	330	37	22	1	120	1210	43	5	3	26
Crispy Brussels Sprouts	310	200	23	9	0	35	590	27	5	17	5
Fresh Steamed Asparagus	130	60	7	1.5	0	less than 5 mg	15	9	5	3	8
Plain Idaho® Baked Potato	290	15	2	0	0	0	2370	64	6	3	8
Loaded Idaho® Baked Potato	470	180	20	12	0	55	2570	65	6	4	11
Plain Sweet Potato	240	4	0	0	0	0	95	55	9	17	5
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
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
Fried Okra (<i>where available</i>)	310	170	19	3.5	0	0	690	28	5	4	5
Honey Wheat Bread (Full Loaf)	480	60	7	1	0	0	920	88	2	8	16
+ Add Butter	120	120	13	8	0	35	80	0	0	0	0
Cheese (Slice)	80	60	6	4	0	20	140	less than 1 g	0	0	5
Bacon (Strip)	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
Strawberries & Cream Shortcake	640	330	37	14	0.5	150	630	74	2	49	7
Praline Cheesecake (<i>where available</i>)	990	530	59	34	2	260	650	100	2	80	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	36	16	2	150	760	40	2	3	47
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	110	-	0	-	-	-	35	29	-	29	-
Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5