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NUTRITIONAL GUIDE

GLUTEN-SENSITIVE GUIDE

ALLERGEN GUIDE



NUTRITIONAL GUIDE

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)
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EPIC BEGINNINGS (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	170	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 mg	1750	99	5	7	19
Texas Brisket Nachos <i>(where available)</i>	2040	1170	130	45	0	240	4070	149	1	11	64
Parmesan Crusted Spinach Dip <i>(where available)</i>	770	560	62	33	0.5	150	1730	21	2	2	28
+ Flatbread Chips <i>(where available)</i>	710	340	38	7	0	less than 5 mg	1350	76	4	5	15
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	170	90	10	4.5	0	25	880	13	1	4	8
French Onion Soup - Bowl	480	280	31	18	0	100	1830	20	0	7	30
Southwest Chicken Tortilla Soup - Cup <i>(where available)</i>	250	130	14	1	0	25	1070	17	less than 1 g	0	12

SIDE SALADS

Mixed Greens Salad	140	70	8	3	0	15	270	13	3	3	6
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

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

DRESSINGS & DIPPING SAUCES**

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
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
Raspberry Vinaigrette 1.5 oz.	60	0	0.5	0	0	0	220	14	0	12	0
Raspberry Vinaigrette 3 oz.	120	10	1	0	0	0	440	27	0	25	0
Thousand Island 1.5 oz.	190	170	19	3	0	10	300	5	0	4	0
Thousand Island 3 oz.	390	350	39	6	0	20	610	11	0	9	less than 1 g
White Balsamic Vinaigrette 1.5 oz.	200	180	20	1.5	0	0	240	6	0	5	0
White Balsamic Vinaigrette 3 oz.	390	350	39	3	0	0	480	12	0	9	0

**Dressings and dipping sauces served with 1.5 oz. portion, except Steakhouse Salad dressing choices which are served with a 3 oz. portion.

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)
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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
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	500	210	23	2	0	0	1280	67	0	1	6
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	500	210	23	2	0	0	1280	67	0	1	6
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	1270	780	87	33	0	395	1150	25	2	24	96
+ 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
The LH Burger	980	570	63	20	2	190	1400	46	3	5	54
+ Seasoned French Fries	500	210	23	2	0	0	1280	67	0	1	6
Chop Steak	640	420	46	21	2.5	145	1240	13	3	6	44
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
Cowboy Pork Chops	620	290	32	12	0	185	2460	0	0	0	87
Blackened Chicken 9 oz	420	190	22	8	0	165	1300	5	1	2	52

Lemon Garlic Chicken 9 oz.	330	110	12	4.5	0	150	1120	2	0	less than 1 g	53
Lemon Garlic Chicken 12 oz.	420	130	15	5	0	195	1400	2	0	less than 1 g	70

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
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
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
LongHorn® Churrasco Steak w/Plantains <i>(where available)</i>	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
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

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)
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
LongHorn® Churrasco Steak w/Plantains <i>(where available)</i>	840	460	52	12	1	150	670	47	5	31	49
GRILL MASTER COMBOS (WHERE AVAILABLE)											
9 oz. BBQ Chicken with 8 ct. Redrock Grilled Shrimp	520	90	10	3.5	0	365	2270	28	less than 1 g	23	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
9 oz. Parmesan Crusted Chicken with 8 ct. Redrock Grilled Shrimp	1470										
+ 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 <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
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	less than 1 g
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
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	1270	780	87	33	0	395	1150	25	2	24	96
+ BBQ Sauce	110	0	0	0	0	0	470	26	0	23	0
Grilled Lamb Chops	1120	710	79	39	3.5	260	1670	42	6	3	63
Cowboy Pork Chops	680	290	32	12	0	185	2460	0	0	0	87
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
Chop Steak	640	420	46	21	2.5	145	1240	13	3	6	44
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											
Fire-Grilled Corn On The Cob	200	80	9	2.5	0	0	240	28	3	10	7
Fresh Steamed Asparagus	130	60	7	1.5	0	less than 5 mg	15	9	5	3	8
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
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	500	210	23	2	0	0	1280	67	0	1	6
Crispy Texas Okra <i>(where available)</i>	310	170	19	3.5	0	0	690	28	5	4	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

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)
Desserts											
Chocolate Stampede	2460	1190	132	74	3.5	325	1040	289	12	191	28
Molten Lava Cake	1150	470	53	21	0.5	145	690	157	0	111	15
Strawberries & Cream Shortcake	640	330	37	14	0.5	150	630	74	2	49	7
THE Cheesecake	1270	740	82	37	0	180	970	117	4	79	18
Children's Menu											
Grilled Chicken Tenders	140	30	3.5	1	0	75	440	0	0	0	26
Kid's Sirloin Steak	320	130	15	5	0.5	95	530	2	0	0	36
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	500	210	23	2	0	0	1280	67	0	1	6



GLUTEN-SENSITIVE GUIDE

Although LongHorn® Steakhouse does not have gluten-free kitchens, we will make every attempt to meet your needs for a gluten-restricted diet. The items listed below are menu suggestions made without gluten-containing ingredients, as is, or can be ordered with minor changes (listed in bold). Please inform your server if you are avoiding gluten when placing your order so that we can prepare your meal accordingly.

*Because of the handcrafted nature of our menu items, the shared cooking and preparation areas of our kitchens and our reliance on suppliers for information, we cannot guarantee any item is free of gluten. While these items are made without gluten-containing ingredients, they may not meet the definition of “gluten-free” for those who are highly sensitive.

For more nutritional information, visit www.longhornsteakhouse.com

SALAD	RIBS & CHOPS
Request NO croutons on salads.	Baby Back Ribs
Request that salads be tossed in separate mixing bowls from other salads.	Cowboy Pork Chops
Farm Fresh Field Greens with Chicken, Shrimp or Sirloin	
LongHorn Caesar Salad with Chicken, Shrimp or Sirloin	SEAFOOD
Grilled Salmon Salad (Mixed Green or Caesar - order without marinade)	LongHorn Salmon (order without marinade)
7-Pepper Salad	Flo's Filet and Lobster Tail (where available)
Mixed Green Salad	Renegade Sirloin & Redrock Grilled Shrimp
Caesar Salad	Redrock Grilled Shrimp
Grilled Chicken & Strawberry Salad with Vinaigrette	Lobster Tail (where available)
Strawberry & Pecan Salad with Vinaigrette	
DRESSINGS	LEGENDARY STEAKS
White Balsamic Vinaigrette, Ranch, Caesar, Honey Mustard, Thousand Island & Blue Cheese	Flo's Filet
	Outlaw Ribeye
BURGERS/SANDWICHES	NY Strip (or KC Strip)
LH Burger (order without bun)	The LongHorn
Maverick Sandwich (order without bread and onions)	Ribeye
	Renegade Sirloin
CHICKEN	Fire-Grilled T-Bone
Parmesan Crusted Chicken (order without breadcrumbs)	
KID'S MEALS	SIDE ITEMS
Order all Kid's Meals with one of the side choices listed below.	Baked Potato
Kid's Cheese Burger (order without bun)	Loaded Baked Potato
Kid's Grilled Chicken Salad (order without croutons)	Sweet Potato
Kid's Sirloin Steak	Grilled Mushrooms
Kid's Grilled Chicken tenders	Mashed Potatoes
Kid's Ribs	Fresh Steamed Asparagus
	Seasoned Rice
DESSERTS	Fresh Steamed Broccoli
Vanilla Bean Ice Cream	Loaded Potato Soup
	Shrimp and Lobster Chowder
	Fire-Grilled Corn on the Cob
	Southwest Chicken Tortilla Soup (where available - order without tortilla strips)



ALLERGEN GUIDE

Every diner deserves to know what's in their food, especially those with food allergies. We keep our food allergen information as up-to-date as possible, based on the information provided to us by our suppliers. However, because LongHorn menu items are hand-crafted and made to order, food may come into contact with allergens during preparation and cooking.

If you have a food allergy, PLEASE inform your server. You may wish to call our Guest Relations Department at 1-800-793-4126 before you visit if you have special concerns. We welcome your comments, but it can take several days to fully research a request.

The information below details which of the most common allergens are present in each menu item. Please note this does not include which items may have been made in a facility with the allergen. Because items cooked in our fryer or on our grill may come in contact with all allergens, we have identified those for you. Unless noted, information excludes accompaniments, dressings and dipping sauces, which are shown separately.

KEY TO THIS GUIDE	PREPARATION		COMMON ALLERGIES										OTHER
“ Y Menu item contains this specific allergen • Menu item presents a special risk of cross-contact of all allergens due to the cooking method M Ask for our Gluten Sensitive Guide; this item can be Modified to remove gluten”	Grilled	Fried In Soybean Oil	Peanut	Tree Nut	Soy	Egg	Dairy	Wheat	Finfish	Molluscan Shellfish (Oysters, Clams, Mussels, Scallops)	Crustacean Shellfish (Shrimp, Crab, Lobster)	Sesame	Gluten* contains gluten ingredients
APPETIZERS													
Spicy Chicken Bites		•			Y	Y	Y	Y					Y
+ Sweet Chili-Ginger Sauce					Y	Y							
Surf & Surf Dip <i>(where available)</i>	•						Y				Y		
+ Flatbread <i>(where available)</i>		•					Y	Y					Y
Wild West Shrimp		•			Y		Y	Y			Y		Y
+ Ranch Sauce													
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					Y
Firecracker Chicken Wraps		•			Y	Y	Y	Y					Y
+ Avocado-Lime Dip						Y	Y						
Texas Brisket Queso <i>(where available)</i>		•			Y		Y	Y					Y
Parmesan Crusted Spinach Dip <i>(where available)</i>					Y		Y	Y					Y
+ Flatbread Chips <i>(where available)</i>		•					Y	Y					Y
Texas Brisket Nachos <i>(where available)</i>		•			Y		Y	Y					Y
SOUPS													
Southwest Chicken Tortilla Soup <i>(where available)</i>													
Loaded Potato Soup	•				Y		Y						
Shrimp & Lobster Chowder					Y		Y			Y	Y		
French Onion Soup <i>(where available)</i>					Y		Y	Y					Y
SIDE SALADS													
Mixed Green Side Salad							Y	Y					M
Caesar Side Salad with Caesar Dressing						Y	Y	Y	Y				M
Strawberry Pecan Salad with Dressing				Y			Y						
STEAKHOUSE SALADS													
Grilled Chicken & Strawberry Salad with Vinaigrette	•			Y			Y						
7-Pepper Sirloin Salad							Y	Y					M
Farm Fresh Field Greens with Crispy Chicken Tenders		•					Y	Y					Y
Farm Fresh Field Greens with Salmon	•				Y		Y	Y	Y				M
LongHorn Caesar Salad with Grilled Chicken	•					Y	Y	Y	Y				M
LongHorn Caesar Salad with Salmon	•					Y	Y		Y				
STEAKHOUSE LUNCH PLATES													
Loaded Potato Soup					Y		Y						
Shrimp & Lobster Chowder					Y		Y			Y	Y		
Half-Pound Steakhouse Cheeseburger*	•				Y	Y	Y	Y	Y				M
Crispy Buttermilk Chicken Sandwich		•				Y	Y	Y					Y
Grilled Chicken & Strawberry Lunch Salad	•			Y			Y						
7-Pepper Sirloin Lunch Salad	•						Y	Y					M
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
Chicken Fried Chicken <i>(where available)</i>		•			Y		Y	Y					Y
RIBS, CHOPS & MORE													
Baby Back Ribs	•												
Cowboy Pork Chops	•												
LongHorn Steak Tips <i>(where available)</i>	•				Y		Y	Y					Y
The LH Burger	•				Y	Y	Y	Y	Y				M
Chop Steak	•	•			Y		Y	Y					Y
Chicken Fried Steak <i>(where available)</i>		•			Y		Y	Y					Y

[illegible]