



**NUTRITIONAL GUIDE**

Printed information is valid: 05/23/16 - 08/07/16

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.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-800-331-2729 or by visiting [www.longhornsteakhouse.com/contact-us](http://www.longhornsteakhouse.com/contact-us).

**NUTRITIONAL INFORMATION**

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>MENU SPECIALS</b>											
<b>CHEF'S SHOWCASE</b>											
Pepper Crusted Filet 6oz & Shrimp	410	170	19	8	1	230	820	4	1	less than 1 g	56
Pepper Crusted Filet 8oz & Shrimp	490	200	22	9	1	270	920	5	1	less than 1 g	69
Grilled Hawaiian 7oz Salmon	430	170	19	4.5	0	125	920	18	2	14	46
Grilled Hawaiian 10oz Salmon	560	230	26	6	0	165	1060	19	2	14	60
<b>APPETIZERS</b>											
<b>BOLD BITES</b>											
Housemade Kettle Chips <i>(where available)</i>	550	350	39	7	0	0	1100	45	5	0	4
Sweet Corn Fritters	240	60	7	1.5	0	10	680	40	3	7	4
+Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
Spicy Chicken Bites	370	180	20	3.5	0	55	710	26	0	8	22
+Sweet Chili Ginger Sauce	140	100	11	1.5	0	10	220	11	0	10	0
Hand Battered Portabellas	430	220	25	5	0	10	1280	40	3	4	12
+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
+Smoky BBQ (1 oz.)	60	0	0	0	0	0	650	15	0	14	less than 1 g
+Horseradish Aioli	250	230	26	4	0	15	350	4	0	4	0

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>SHAREABLE STARTERS</b>											
Wild West Shrimp	800	490	55	14	0.5	315	3030	46	4	2	31
+ Ranch Dressing	230	220	25	4	0	20	380	2	0	1	less than 1 g
Fried Green Tomatoes	840	480	53	13	0.5	40	2050	69	6	10	20
+Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
White Cheddar & Bacon Dip	1810	1100	123	39	0	160	2430	137	5	13	49
Crispy Blue Crab Bites	430	250	27	4.5	0	110	720	29	3	4	18
Sweet Chili Calamari	1170	770	86	8	0.5	275	2930	76	3	27	23
+ Sweet Chili Ginger Sauce	140	100	11	1.5	0	10	220	11	0	10	0
Brew Pub Pretzel Sticks	780	170	19	4.5	1	0	2010	126	4	7	26
+Bacon Honey Mustard	220	190	21	3.5	0	20	270	7	0	5	2
+Beer Cheese	270	210	24	15	1	75	630	6	less than 1 g	2	9
Texas Tonion	1180	620	69	12	0	0	2720	126	9	9	15
Spinach Dip with Chips	1300	820	91	44	1	30	2930	92	10	5	31
Parmesan Crusted Asparagus	570	330	37	7	0	10	1240	46	5	5	13
+Red Chili Ranch Sauce	250	230	26	4	0	20	410	2	0	1	less than 1 g
Grilled 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 (1.5 oz.)	220	210	23	3.5	0	15	450	3	less than 1 g	2	1
Housemade Stuffed Jalapeños <i>(where available)</i>	760	430	48	17	0.5	85	2240	54	6	11	27
Texas Brisket Queso <i>(where available)</i>	1490	890	99	45	3	245	3320	97	8	9	53
Spicy Chicken Bites - Larger Portion <i>(where available)</i>	860	460	51	8	0	115	1580	62	0	30	38
Chili Cheese Fries - Larger Portion <i>(where available)</i>	2050	1160	129	57	3	295	3710	139	14	6	82
<b>SOUPS &amp; SALADS</b>											
<b>SOUPS</b>											
Roasted Tomato Basil Soup - Bowl	360	250	28	17	1	85	890	23	2	12	6
Roasted Tomato Basil Soup - Cup	260	180	20	12	1	60	640	16	1	9	4
Shrimp & Lobster Chowder - Bowl	250	140	15	8	0	90	760	23	3	5	10
Shrimp & Lobster Chowder - Cup	190	100	11	6	0	65	570	17	2	4	8
French Onion Soup - Bowl	380	230	25	13	1	65	1260	19	1	7	20
French Onion Soup - Cup	170	100	11	5	0.5	25	870	12	less than 1 g	5	8
Housemade Texas Chili - Bowl <i>(where available)</i>	350	180	20	8	1	75	1400	15	6	3	26
Housemade Texas Chili - Cup <i>(where available)</i>	260	140	15	6	0.5	55	1050	11	4	2	20
Chicken Tortilla Soup - Bowl <i>(where available)</i>	220	100	11	2.5	0	25	1140	22	3	5	10
Chicken Tortilla Soup - Cup <i>(where available)</i>	190	80	9	2.5	0	20	880	18	3	4	7
<b>SIDE SALADS</b>											
Mixed Greens Salad	100	40	4.5	1.5	0	5	170	12	2	4	4
Caesar Side Salad with Caesar Dressing	280	190	22	4.5	1	15	590	16	3	3	7
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
<b>PRIMETIME</b>											
<b>FOOD</b>											
Sweet Corn Fritters	240	60	7	1.5	0	10	680	40	3	7	4
Hand Battered Portabellas	430	220	25	5	0	10	1280	40	3	4	12
Chili Cheese Fries	1020	580	65	28	1.5	150	1850	69	7	3	41
Steak & Bacon Cheddar Sliders	690	430	48	17	0.5	115	1260	29	less than 1 g	2	36
Housemade Stuffed Jalapeños <i>(where available)</i>	420	240	26	9	0	45	1170	31	4	7	14

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>PRIMETIME BEVERAGES</b>											
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
<b>BEVERAGES</b>											
<b>MULES</b>											
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
<b>MARGARITAS</b>											
The Perfect	260	0	0	0	0	-	990	41	-	-	0
Pineapple Coconut	190	0	0	0	0	0	30	23	0	21	0
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
Texas	200	0	0	0	0	-	990	28	-	-	0
Frozen Strawberry	220	0	0	0	0	-	15	34	-	-	0
Frozen Raspberry	250	0	0	0	0	-	0	39	-	-	0
<b>COCKTAILS</b>											
Ultimate Steakhouse Martini	220	50	6	3	0	15	1640	2	0	0	3
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
Skinny Black Raspberry Sangria	160	0	0	0	0	0	65	26	0	20	0
Jack & Honey Blackberry Lemonade	210	0	0	0	0	-	5	37	-	-	0
Green Apple Martini	160	0	0	0	0	-	0	11	-	-	0
Mojito	200	0	0	0	0	-	10	25	-	-	0
Blackberry Firefly Tea	230	0	0	0	0	0	0	41	0	-	0
Longhorn Pina Colada	420	110	12	10	0	-	45	66	-	-	1
Strawberry Daiquiri	200	0	0	0	0	-	0	36	-	-	0
<b>BEER</b>											
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
Regular Draft Beer 16 oz.	200	0	0	0	0	0	20	16	0	0	0
Light Draft Beer 16 oz.	140	0	0	0	0	0	20	8	0	0	0
<b>WINE</b>											
White - Glass	150	0	0	0	0	0	20	8	0	0	0
White - LongPour	220	0	0	0	0	0	30	12	0	0	0
White - Bottle	580	0	0	0	0	0	80	32	0	0	0
Red - Glass	150	0	0	0	0	0	20	8	0	0	0
Red - LongPour	220	0	0	0	0	0	30	12	0	0	0
Red - Bottle	580	0	0	0	0	0	80	32	0	0	0

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>NON-ALCOHOLIC</b>											
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
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
Blackberry Iced Tea	60	0	0	0	0	0	10	15	0	14	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
Minute Maid Lemonade	100	0	0	0	0	0	40	26	0	26	0
Coke	150	0	0	0	0	0	45	39	0	39	0
Diet Coke/Coke Zero	0	0	0	0	0	0	45	0	0	0	0
Sprite	150	0	0	0	0	0	70	39	0	39	0
Pibb Xtra	150	0	0	0	0	0	45	39	0	39	0
Dr Pepper <i>(where available)</i>	100	0	0	0	0	0	35	27	0	27	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
Coffee	0	0	0	0	0	0	5	0	0	0	0
<b>LUNCH ENTRÉES</b>											
<b>STEAKHOUSE SALADS</b>											
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 Grilled 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 Grilled Chicken	630	390	43	9	1	130	1510	20	5	4	44
LongHorn Caesar Salad with Shrimp	580	360	40	8	1	265	1820	21	5	5	36
LongHorn Caesar Salad with Sirloin	690	440	49	12	1.5	135	1400	20	5	4	44
Grilled Salmon Salad (field greens)	530	260	29	9	1	115	710	23	5	7	43
Grilled Salmon Salad (Caesar)	760	490	55	11	1	125	1250	22	5	5	43
<b>LUNCH COMBINATIONS</b>											
Roasted Tomato Basil Soup	360	250	28	17	1	85	890	23	2	12	6
French Onion Soup	380	230	25	13	1	65	1260	19	1	7	20
Shrimp & Lobster Chowder	250	140	15	8	0	90	760	23	3	5	10
Half Grilled Chicken & Strawberry Salad with dressing	280	100	11	2.5	0	55	580	28	4	22	20
Half Grilled Chicken & Avocado Sandwich	430	160	18	5	0	65	990	38	6	6	30
Third-Pound Steakhouse Burger	690	330	36	16	1.5	120	690	48	3	8	42
Half Chilled Roast Beef Sandwich	470	270	30	11	0	90	740	23	less than 1 g	4	28
Half Steak & Bacon Cheddar Melt	690	430	48	17	0.5	115	1260	29	less than 1 g	2	36
Third-Pound Bacon & Cheddar Burger	750	370	41	18	2	135	810	47	3	8	45
Half Shaved Prime Rib Sandwich	510	260	29	13	1.5	70	650	32	2	4	33
Housemade Texas Chili <i>(where available)</i>	640	360	40	15	1	100	1910	39	7	4	32
Chicken Tortilla Soup <i>(where available)</i>	220	100	11	2.5	0	25	1140	22	3	5	10

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>STEAKHOUSE SANDWICHES</b>											
Chilled Roast Beef Sandwich	940	530	59	22	0	180	1480	47	2	7	56
Steak & Bacon Cheddar Melt	1380	860	96	33	1.5	230	2530	59	2	5	71
Shaved Prime Rib Sandwich	1030	510	57	25	3	140	1300	64	3	7	66
Grilled Chicken & Avocado Sandwich	870	330	36	11	0	130	1990	76	11	11	59
Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
<b>HALF-POUND STEAK BURGERS</b>											
Steakhouse Burger	710	330	36	15	2	135	580	47	3	8	46
+Cheese	80	60	6	4	0	20	140	less than 1 g	0	0	5
+Bacon	80	60	6	2.5	0	0	250	0	0	0	4
LongHorn Gourmet Burger	1210	750	84	25	2.5	175	1090	55	3	9	55
Primetime Burger	1100	570	63	29	3	220	980	52	3	11	78
+Au Jus 1 (fl. oz.)	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
+Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
<b>LONGHORN FAVORITES</b>											
Parmesan Crusted Chicken	650	330	36	15	0.5	205	1860	12	2	2	68
LongHorn Salmon	300	150	16	3	0	90	310	2	0	1	33
Baby Back Ribs Half-Rack	620	370	42	15	0	160	1140	14	0	12	45
Hand-Breaded Chicken Tenders	420	200	22	4	0	80	680	19	2	less than 1 g	36
Napa Grilled Chicken	280	120	13	3	0	100	860	5	3	2	36
Redrock Grilled Shrimp	160	30	3	1.5	0	225	960	2	less than 1 g	less than 1 g	30
+ Garlic Butter for Grilled Shrimp/Lobster	110	100	12	6	1	0	130	less than 1 g	0	0	0
Chicken Fried Steak <i>(where available)</i>	530	270	30	8	0	80	1090	33	0	3	31
+Homestyle Mashed Potatoes (butter)	270	130	14	7	0	0	610	30	0	0	4
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>	520	250	28	7	0	110	1350	32	0	2	35
Chop Steak <i>(where available)</i>	660	400	45	15	2.5	135	1100	17	3	5	47
LongHorn Churrasco Steak w/Plantains <i>(where available)</i>	840	460	52	12	1	150	670	47	5	31	49
Spicy Chipotle Baby Back Ribs - Half Rack <i>(where available)</i>	680	370	42	15	0	160	1870	27	0	12	47
Galveston Shrimp & Grits <i>(where available)</i>	740	430	48	19	0.5	305	2630	31	4	15	47
<b>LEGENDARY STEAKS</b>											
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
Flat Iron Steak 8 oz. <i>(where available)</i>	430	210	23	9	1	160	780	0	0	0	46
Steak Frites	1040	510	57	20	3	200	2020	71	7	1	62
Ribeye 11 oz.	740	440	49	20	2.5	185	600	4	0	0	60
New York Strip/Kansas City Strip 10 oz.	630	350	39	15	1.5	150	580	0	0	0	60
Flo's Filet 6 oz.	370	160	18	7	0.5	110	340	0	0	less than 1 g	42
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.	460	190	21	8	1	220	920	less than 1 g	0	less than 1 g	56
+Garlic Butter for Grilled Shrimp/Lobster	210	200	22	14	1	0	260	2	0	0	0
LongHorn Porterhouse 20 oz.	1250	660	74	30	4	330	1810	1	2	1	126
New York Strip 11 oz. <i>(where available)</i>	760	480	53	21	3.5	155	520	1	0	0	60
Ribeye 12 oz. <i>(where available)</i>	810	480	54	22	3	205	670	4	0	0	66
USDA Prime Delmonico 16 oz. <i>(where available)</i>	1000	600	66	28	4	230	1650	3	2	less than 1 g	88

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>DINNER ENTRÉES</b>											
<b>LEGENDARY STEAKS</b>											
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
Flat Iron Steak 8 oz. <i>(where available)</i>	430	210	23	9	1	160	780	0	0	0	46
Steak Frites	1040	510	57	20	3	200	2020	71	7	1	62
Renegade Sirloin & Redrock Grilled Shrimp 6 oz.	710	210	23	9	1	320	2610	45	2	4	69
+ Garlic Butter	110	100	12	6	1	0	130	less than 1 g	0	0	0
+Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
Prime Rib 8 oz.	540	320	35	16	3	135	560	less than 1 g	0	0	54
Prime Rib 12 oz.	810	480	53	24	4	205	830	1	0	0	81
Prime Rib 16 oz.	1070	640	71	32	6	275	1110	1	0	0	108
Prime Rib 20 oz.	1340	800	88	40	7	340	1390	2	0	0	135
+Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
Ribeye 11 oz.	810	480	54	22	3	205	670	4	0	0	66
New York Strip/Kansas City Strip 10 oz.	630	350	39	15	1.5	150	580	0	0	0	60
New York Strip/Kansas City Strip 14 oz.	840	470	52	20	2.5	210	800	0	0	0	84
Flo's Filet 6 oz.	370	160	18	7	0.5	110	340	0	0	less than 1 g	42
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
Flo's Filet & Lobster Tail 6 oz.	460	190	21	8	1	220	920	less than 1 g	0	less than 1 g	56
+Butter Sauce	210	200	22	14	1	0	260	2	0	0	0
Porterhouse for Two 30 oz.	890	460	51	21	3.5	245	1230	less than 1 g	2	less than 1 g	93
LongHorn Churrasco Steak w/Plantains <i>(where available)</i>	840	460	52	12	1	150	670	47	5	31	49
Texas Ribeye 12 oz. <i>(where available)</i>	810	480	54	22	3	205	670	4	0	0	66
New York Strip 11 oz. <i>(where available)</i>	760	480	53	21	3.5	155	520	1	0	0	60
Renegade Sirloin & Galveston Grilled Shrimp <i>(where available)</i>	720	380	42	17	1	260	1730	16	3	1	60
Prime Rib Additional Oz. Upgrade <i>(values per ounce - where available)</i>	70	40	4.5	2	0	15	70	0	0	0	7
USDA Prime Delmonico 16 oz. <i>(where available)</i>	1000	600	66	28	4	230	1650	3	2	less than 1 g	88
USDA Prime Bone-In Strip 16 oz. <i>(where available)</i>	1230	750	83	32	6	265	1990	1	2	1	100
<b>GREAT STEAK ADDITIONS</b>											
Parmesan Crusted Topping	390	270	30	13	0.5	65	1020	12	2	2	17
Bleu Cheese Crusted Topping	180	130	14	6	0	30	370	6	0	less than 1 g	7
Sautéed Mushrooms	120	80	9	1.5	0	0	125	5	2	2	3
Sautéed Onions & Mushrooms	90	50	6	1	0	0	130	9	2	5	2
Housemade Steak Sauce	160	30	3.5	0	0	0	1380	32	2	21	2
Grilled Shrimp	80	15	1.5	1	0	115	480	1	0	0	15
Baby Back Ribs - Third-Rack	420	250	28	10	0	110	760	9	0	8	30
Spicy Chipotle Baby Back Ribs - Third-Rack <i>(where available)</i>	480	250	28	10	0	110	1500	23	0	8	32
Lobster Tail <i>(where available)</i>	90	25	3	1.5	0	110	590	0	0	0	14
Grilled Jalapeño <i>(where available)</i>	80	70	7	3	0	15	170	2	0	less than 1 g	1
Galveston Grilled Shrimp <i>(where available)</i>	470	250	28	12	0	165	1850	29	4	15	25

	CALORIES	CALORIES FROM FAT g	FAT g	SAT FAT g	TRANS FAT g	CHOLESTEROL g	SODIUM mg	CARBS g	FIBER g	SUGAR g	PROTEIN g
<b>SEAFOOD</b>											
LongHorn Salmon 7 oz.	300	150	16	3	0	90	310	2	0	1	33
LongHorn Salmon 10 oz.	430	210	23	4	0	130	440	3	0	2	47
Brown Butter Lemon Tilapia & Grilled Shrimp	640	270	30	16	0.5	240	2300	44	1	5	48
Brown Butter Redfish & Grilled Shrimp <i>(where available)</i>	740	430	48	19	0.5	305	2630	31	4	15	47
Redrock Grilled Shrimp	240	40	4.5	2.5	0	340	1440	3	1	less than 1 g	46
+Garlic Butter for Grilled Shrimp/Lobster	180	170	19	10	0.5	40	170	1	0	0	less than 1 g
Galveston Shrimp & Grits <i>(where available)</i>	740	430	48	19	0.5	305	2630	31	4	15	47
<b>CHICKEN</b>											
Parmesan Crusted Chicken (full portion)	1120	620	69	28	1.5	320	3160	24	4	3	102
Parmesan Crusted Chicken (lighter portion)	650	330	36	15	0.5	205	1860	12	2	2	68
Hand-Breaded Chicken Tenders (full portion)	620	300	33	6	0	120	1030	28	4	less than 1 g	53
Hand-Breaded Chicken Tenders (lighter portion)	420	200	22	4	0	80	680	19	2	less than 1 g	36
Napa Grilled Chicken	480	220	25	6	0	150	1440	10	5	4	55
Chicken Fried Chicken <i>(where available)</i>	1160	570	63	22	1	215	2970	90	4	6	58
+Homestyle Mashed Potatoes (butter)	270	130	14	7	0	0	610	30	0	0	4
<b>RIBS, CHOPS &amp; MORE</b>											
Baby Back Ribs - Half-Rack	620	370	42	15	0	160	1140	14	0	12	45
Baby Back Ribs - Full-Rack	1240	750	83	30	0.5	325	2270	28	less than 1 g	24	90
Chop Steak <i>(where available)</i>	660	400	45	15	2.5	135	1100	17	3	5	47
Cowboy Pork Chops	580	230	26	10	0	185	2420	0	0	0	87
Chicken Fried Steak <i>(where available)</i>	1390	710	79	26	1.5	205	2970	103	4	7	67
+Homestyle Mashed Potatoes (butter)	270	130	14	7	0	0	610	30	0	0	4
LongHorn Steak Tips <i>(where available)</i>	620	310	34	12	1.5	200	1740	15	0	11	64
Spicy Chipotle Baby Back Ribs - Half Rack <i>(where available)</i>	680	370	42	15	0	160	1870	27	0	12	47
Spicy Chipotle Baby Back Ribs - Full Rack <i>(where available)</i>	1360	750	83	30	0.5	325	3740	55	less than 1 g	24	93
Texas BBQ Beef Brisket <i>(where available)</i>	570	300	33	12	1	180	2070	18	1	16	50
<b>STEAKHOUSE SALADS</b>											
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	490	240	26	12	1	135	1120	22	5	5	45
<b>BURGERS &amp; SANDWICHES</b>											
Primetime Burger	1100	570	63	29	3	220	980	52	3	11	78
+Parmesan-Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
Steakhouse Burger	710	330	36	15	2	135	580	47	3	8	46
+Cheese	80	60	6	4	0	20	140	less than 1 g	0	0	5
Steak & Bacon Cheddar Melt	1380	860	96	33	1.5	230	2530	59	2	5	71
Grilled Chicken & Avocado Sandwich <i>(where available)</i>	870	330	36	11	0	130	1990	76	11	11	59

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<b>STEAKHOUSE SIDES</b>											
Fire-Grilled Corn on the Cob	170	70	8	4	0	15	220	18	3	7	7
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
Rice	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
Parmesan Garlic Fries	560	260	29	7	0	15	900	62	6	0	12
Mixed Green Side Salad	100	40	4.5	1.5	0	5	170	12	2	4	4
+Ranch	230	220	25	4	0	20	380	2	0	1	less than 1 g
Caesar Side Salad with Caesar Dressing	280	190	22	4.5	1	15	590	16	3	3	7
Blue Ridge Wedge Salad	520	420	46	14	0.5	70	1120	14	4	6	15
Strawberry Pecan Salad with dressing	190	80	8	2	0	10	300	28	4	22	4
Freshly Baked Bread (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
Crispy Texas Okra <i>(where available)</i>	310	170	19	3.5	0	0	690	28	5	4	5
<b>DRESSINGS &amp; DIPPING SAUCES: values below are for 1.5 oz. portion**</b>											
Ranch	230	220	25	4	0	20	380	2	0	1	less than 1 g
Light Ranch	60	45	5	1	0	10	430	3	0	1	less than 1 g
Balsamic Vinaigrette	270	260	29	4	0.5	0	480	3	less than 1 g	2	less than 1 g
Raspberry Vinaigrette	60	0	0.5	0	0	0	220	14	0	12	0
Thousand Island	210	190	21	3	0	15	300	5	0	5	0
Blue Cheese	180	150	17	3.5	0	15	390	3	0	2	2
Caesar	210	200	23	3.5	0	15	380	1	0	0	1
Italian	130	110	12	2	0	0	940	7	0	5	0
Honey Mustard	260	230	26	4	0	20	210	7	0	7	0
Oil & Vinegar	200	190	21	3	0	0	0	3	0	3	0
Horseradish Sauce	120	80	9	7	0	35	240	5	less than 1 g	2	2
Au Jus 1 (fl. oz.)	10	0	0	0	0	0	640	less than 1 g	0	0	less than 1 g
<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>											
<b>DESSERTS</b>											
Chocolate Stampede (Serves 2)	2430	1170	130	73	3.5	315	1040	288	12	190	28
Brown Sugar Peach Cobbler	860	280	31	16	1	70	720	135	5	80	11
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
Banana Cream Pie	390	210	23	15	0	35	200	48	less than 1 g	36	3
Peanut Butter Chocolate Cheesecake	470	240	26	12	0	60	350	49	2	37	6
Cinnamon Carrot Cake	620	300	34	12	0	60	450	74	1	51	4



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<b>CHILDREN'S MENU</b>											
Grilled Chicken Tenders	140	30	3.5	1	0	75	440	0	0	0	26
Grilled Chicken Salad (where available)	190	50	6	2	0	80	500	6	2	4	30
Kid's Sirloin Steak	230	100	11	4	0	100	240	0	0	0	33
Baby Back Ribs - Third Rack (where available)	420	250	28	10	0	110	760	9	0	8	30
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	100	0	0	0	0	0	30	26	0	26	0
Seasoned French Fries	440	170	19	3	0	0	240	62	6	0	5
Kid's Broccoli	35	0	0.5	0	0	0	15	5	3	0	3
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
Third-Rack Spicy Chipotle Baby Back Ribs (where available)	310	170	19	3.5	0	0	690	28	5	4	5
Peanut Butter Cup Smoothie	680	350	39	22	0	95	240	76	1	71	11