

# Outback Steakhouse Nutrition Information

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Updated June 2021

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>Aussie-Tizers</b>											
Aussie Cheese Fries, Large	1760	1090	122	53	2.5	205	115	2360	0	2	51
Bloomin' Onion	1350	490	54	8	0.5	35	200	6350	27	34	27
Bushman Mushrooms/Sydney 'Shrooms	530	290	32	5	0	20	52	2040	7	6	14
Gold Coast Coconut Shrimp	640	310	34	18	1.5	155	59	1240	0	21	23
Kookaburra Wings Hot, Family Style (20 piece) (Regional)	2630	1770	197	70	4	500	84	8760	10	5	135
Kookaburra Wings Hot, Regular	1570	1130	125	41	2.5	270	44	4690	5	4	70
Kookaburra Wings Hot, Small	1050	810	89	26	1.5	155	24	2680	3	3	37
Kookaburra Wings Medium, Family Style (20 piece) (Regional)	2650	1790	199	71	4	500	84	8870	10	5	135
Kookaburra Wings Medium, Regular	1580	1140	126	41	2.5	270	44	4750	5	4	70
Kookaburra Wings Medium, Small	1110	870	96	29	1.5	160	25	3140	3	4	38
Kookaburra Wings Mild, Family Style (20 piece) (Regional)	2530	1680	187	65	3.5	495	83	8010	9	5	134
Kookaburra Wings Mild, Regular	1520	1080	120	38	2.5	270	43	4320	5	4	70
Kookaburra Wings Mild, Small	1050	810	90	26	1.5	155	24	2700	3	3	37
Seared Peppered Ahi, Large	470	250	28	4.5	0	60	21	1400	2	7	32
Steakhouse Mac & Cheese Bites	770	480	54	14	0.5	60	47	1250	4	1	24
Aussie Twisted Ribs	980	580	64	21	1.5	125	52	2080	2	34	49
Three Cheese Steak Dip	1460	1020	113	63	4	265	85	2080	9	8	28
Grilled Shrimp on the Barbie (served with bread)	750	490	54	16	0	220	33	1570	3	7	33
<b>SOUP AND SIDE SALADS</b>											
Honey Wheat Bread and Whipped Butter	340	110	12	6	0	15	51	410	4	10	10
Side Salad: Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	540	390	43	13	0	20	26	1260	3	12	11
Side Salad: Caesar Salad (Dressing Included)	290	230	25	6	0	50	10	610	2	2	7
Side Salad: House Salad (Choice of Dressing Not Included)	140	70	8	3.5	0	20	12	200	2	4	7
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	260	210	23	4.5	0	<5	8	620	0	6	2
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	200	190	21	4	0	40	2	430	0	0	3
Side Salad: House Salad Dressing: Honey Mustard Dressing (1.5 oz)	230	180	20	3	0	15	11	290	0	10	<1
Side Salad: House Salad Dressing: Light Balsamic Vinaigrette (1.5 oz)	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: House Salad Dressing: Mustard Vinaigrette (1.5 oz)	220	200	22	3	0	0	4	110	0	4	0
Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)	210	200	23	4	0	15	1	250	0	1	<1
Side Salad: House Salad Dressing: Tangy Tomato Dressing (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island Dressing (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
Soup: Baked Potato Soup, Bowl	540	310	34	18	0	45	48	2410	5	7	12
Soup: Baked Potato Soup, Cup	300	170	19	10	0	30	24	1280	3	3	8
Soup: Chicken Tortilla Soup, Bowl (Regional)	410	230	25	13	0	45	30	1970	4	6	17
Soup: Chicken Tortilla Soup, Cup (Regional)	260	150	17	9	0	30	18	1030	2	3	11
Soup: Clam Chowder, Bowl (Regional)	710	410	46	24	1	150	47	1830	3	9	31
Soup: Clam Chowder, Cup (Regional)	360	210	23	12	0	75	23	920	1	4	16
Soup: French Onion Soup	420	260	29	14	1	50	21	2130	2	8	19
Soup: Creamy Onion, Bowl	500	350	39	22	0.5	60	27	1870	2	10	11
Soup: Creamy Onion, Cup	270	190	21	12	0	35	13	960	1	5	7
Soup: Cream of Broccoli, Bowl	390	260	28	16	0.5	50	24	1590	3	7	10
Soup: Cream of Broccoli, Cup	200	130	14	8	0	25	12	790	2	4	5
<b>BIG BOWL SALADS</b>											
Asian Salad with Chicken (Dressing Not Included)	360	60	7	2	0	145	21	770	4	7	53
Asian Salad with Chicken (Dressing Included)	870	350	39	6	0	145	53	1090	4	36	54
Asian Salad with Ahi Tuna (Dressing Not Included)	250	70	8	1	0	45	15	550	6	8	33
Asian Salad with Ahi (Dressing Included)	530	280	31	4	0	45	30	1490	6	22	33
Aussie Cobb Salad without Protein (Dressing Not Included)	370	200	22	9	0	50	18	810	4	6	23
Aussie Cobb Salad: Crispy Chicken Add-On	880	450	50	21	1	145	52	1880	6	8	55
Aussie Cobb Salad: Grilled Chicken Add-On	160	30	3.5	1	0	90	0	180	0	0	31
Brisbane Caesar Salad without Protein (Dressing Included)	410	310	34	7	0	60	18	860	5	4	10
Brisbane Caesar Salad: Grilled Chicken Add-On	160	30	3.5	1	0	90	0	180	0	0	31
Brisbane Caesar Salad: Grilled Shrimp Add-On	160	35	4	1.5	0	195	2	640	0	0	26
Queensland Salad (Dressing not Included)	660	350	39	11	0	145	19	1200	5	6	59
Steakhouse Salad (Dressing Included)	930	580	65	18	1	100	39	2150	5	20	45
Entrée Salad Dressing: Ranch (2 oz)	280	270	30	5	0	20	2	330	0	1	1
Entrée Salad Dressing: Blue Cheese Dressing (2 oz)	340	320	35	7	0.5	30	1	380	0	1	3
Entrée Salad Dressing: Thousand Island (2 oz)	330	300	34	5	0	25	7	450	0	4	<1
Entrée Salad Dressing: Tangy Tomato (2 oz)	90	0	0	0	0	0	23	240	0	21	<1
Entrée Salad Dressing: Caesar (2 oz)	270	250	28	5	0	55	2	570	<1	0	4
Entrée Salad Dressing: Honey Mustard (2 oz)	300	240	27	4.5	0	20	15	390	0	14	<1
Entrée Salad Dressing: Mustard Vinaigrette (2 oz)	290	270	30	4.5	0	0	6	150	0	5	0
Entrée Salad Dressing: Light Balsamic Vinaigrette (2 oz)	100	60	6	1	0	0	10	430	0	9	0
Entrée Salad Dressing: Oil & Vinegar (2 oz)	280	260	28	4	0	0	6	0	0	6	0
Entrée Salad Dressing: Blue Cheese Vinaigrette (2 oz)	340	280	31	6	0	<5	10	830	0	8	2

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>SIGNATURE STEAKS: Nutrition analysis EXCLUDES choice of side dish unless otherwise indicated. Steak sizes vary by location.</b>											
Melbourne/Porterhouse, 22 oz	860	510	57	25	4.5	185	8	710	0	0	80
New York Strip, 12 oz	810	560	62	27	2	145	0	630	0	0	63
New York Strip, 13 oz	880	600	67	30	2.5	160	0	680	0	0	68
New York Strip, Bone In 16 oz	710	260	29	11	0	300	2	2320	0	0	104
Outback Center-Cut Sirloin, 10 oz	350	100	11	5	0.5	155	<1	870	0	<1	63
Outback Center-Cut Sirloin, 11 oz	390	110	12	5	0.5	170	<1	960	0	<1	70
Outback Center-Cut Sirloin, 6 oz	210	60	7	3	0	95	0	520	0	0	38
Outback Center-Cut Sirloin, 8 oz	280	80	9	4	0.5	125	0	700	0	0	51
Outback Center-Cut Sirloin, 9 oz (Regional)	320	90	10	4.5	0.5	140	<1	790	0	<1	57
Outback Center-Cut Sirloin, 5 oz (Regional)	180	50	6	2.5	0	80	0	440	0	0	32
Prime Center-Cut Filet, 11 oz (Regional)	440	150	17	8	1.5	165	<1	1070	0	<1	73
Prime New York Strip, 16 oz (Regional)	1100	760	84	37	3	200	0	850	0	0	85
Ribeye, 12 oz	630	360	40	18	3	145	0	470	0	0	66
RIBEYE 13 OZ	710	410	45	20	3.5	165	0	530	0	0	75
Ribeye 15 oz	800	460	51	22	4	185	0	590	0	0	85
RIBEYE 16 OZ - OBS	1290	920	102	44	0	365	<1	730	0	0	87
Ribeye, Bone In, 18 oz	710	410	45	20	3.5	165	0	530	0	0	75
Slow-Roasted Prime Rib, 12 oz	1050	770	86	39	5	265	0	1300	0	1	69
Slow-Roasted Prime Rib, 16 oz	1400	1030	114	52	7	350	0	1450	0	1	92
Slow-Roasted Prime Rib, 24 oz	2100	1540	172	78	10	525	0	1740	0	2	138
Outback-Style Prime Rib, 12 oz	1520	1120	124	60	6	380	9	1240	1	7	91
Outback-Style Prime Rib, 16 oz	1960	1440	160	76	9	490	9	1430	1	7	120
Victoria's Filet Mignon, 6 oz	240	80	9	4	1	90	0	580	0	0	40
Victoria's Filet Mignon, 8 oz	320	110	12	6	1	120	<1	780	0	<1	53
Victoria's Filet Mignon,9 oz (Regional)	360	120	14	6	1.5	135	<1	880	0	<1	60
<b>STEAK N' MATE COMBOS: Nutrition analysis excludes choice of side dish unless otherwise indicated. Steak sizes vary by location.</b>											
Filet, 6 oz, and Lobster Tail	670	390	43	24	1	375	2	1420	0	<1	66
Filet, 8 oz, and Lobster Tail	750	420	46	26	1	405	2	1620	0	<1	80
Filet, 9 oz, and Lobster Tail	790	430	48	26	1.5	420	2	1720	0	<1	86
Ribeye, 12 oz, and Grilled Shrimp on the Barbie (served with bread)	1140	680	75	30	3.5	255	31	1470	3	6	86
Ribeye, 12oz, and Coconut Shrimp	990	520	57	27	4	225	41	1110	0	21	78
RIBEYE 13 OZ AND 4 Grilled Shrimp on the Barbie (served with bread)	1220	720	81	32	4	275	31	1530	3	6	94
RIBEYE 13 OZ AND 4 Coconut Shrimp	1070	560	63	29	4.5	240	41	1170	0	21	87
RIBEYE 15 OZ AND 4 Grilled Shrimp on the Barbie (Regional) (served with bread)	1310	780	86	35	4.5	295	31	1600	3	7	104
RIBEYE 15 OZ AND 4 Coconut Shrimp (Regional)	1160	610	68	32	5	265	41	1240	0	21	96
Sirloin, 10 oz, and Coconut Shrimp	720	260	28	14	1.5	230	42	1520	0	21	75
Sirloin, 10 oz, and Grilled Shrimp on the Barbie (served with bread)	870	420	46	17	1	265	31	1880	3	7	82
Sirloin, 11 oz, and Coconut Shrimp	750	270	30	14	1.5	250	42	1610	0	21	81
Sirloin, 11 oz, and Grilled Shrimp on the Barbie (served with bread)	900	430	48	17	1	280	31	1970	3	7	89
Sirloin, 12 oz, and Coconut Shrimp	790	280	31	15	1.5	265	42	1700	0	21	88
Sirloin, 12 oz, and Grilled Shrimp on the Barbie (served with bread)	940	440	49	18	1	295	31	2060	3	7	95
Sirloin, 5 oz, and Coconut Shrimp	540	210	23	12	1	155	42	1080	0	21	43
Sirloin, 5 oz, and Grilled Shrimp on the Barbie (served with bread)	690	370	41	15	0.5	185	31	1440	3	6	51
Sirloin, 6 oz, and Coconut Shrimp	580	220	24	12	1	170	42	1170	0	21	50
Sirloin, 6 oz, and Grilled Shrimp on the Barbie (served with bread)	720	380	42	15	0.5	205	31	1530	3	6	57
Sirloin 6 oz, and Twisted Ribs	1190	640	71	24	2	220	53	2610	2	34	87
Sirloin 6 oz, and Grilled Chicken	450	100	11	4	0	185	18	1120	<1	14	69
Sirloin, 8 oz, and Coconut Shrimp	650	240	26	13	1.5	200	42	1350	0	21	62
Sirloin, 8 oz, and Grilled Shrimp on the Barbie (served with bread)	790	400	44	16	1	235	31	1710	3	7	70
Sirloin, 8 oz, and Twisted Ribs	1270	660	73	25	2	250	53	2780	2	34	100
Sirloin 8 oz, and Grilled Chicken	520	120	13	5	0.5	215	18	1300	<1	14	82
Sirloin, 9 oz, and Coconut Shrimp	680	250	27	14	1.5	215	42	1430	0	21	69
Sirloin, 9 oz, and Grilled Shrimp on the Barbie (served with bread)	830	410	45	17	1	250	31	1790	3	7	76
Sirloin, 9 oz, and Twisted Ribs (Regional)	1300	670	74	25	2	265	53	2870	2	34	106
Sirloin 9 oz, and Grilled Chicken (Regional)	480	120	13	5	0.5	230	<1	970	0	<1	88
Sirloin, 11 oz, and Coconut Shrimp (Regional)	750	270	30	14	1.5	250	42	1610	0	21	81
Sirloin, 11 oz, and Grilled Shrimp on the Barbie (Regional)(served with bread)	900	430	48	17	1	280	31	1970	3	7	89
Sirloin, 11 oz, and Twisted Ribs (Regional)	1370	690	76	26	2.5	295	53	3050	2	34	119
Sirloin 11 oz, and Grilled Chicken (Regional)	550	140	16	6	0.5	260	<1	1140	0	<1	100

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>STEAK MATES</b>											
Baby Back Ribs, (Regional)	580	330	36	14	0	120	21	760	<1	14	47
Five Coconut Shrimp (Regional)	440	190	22	11	1	95	47	800	<1	21	14
Gold Coast Coconut Shrimp	360	160	17	9	1	75	41	650	0	21	12
Grilled Onions	110	35	4	0.5	0	0	18	460	3	8	2
Grilled Shrimp (served with bread)	510	320	35	12	0	110	31	1010	3	6	19
Lobster Tail, 5 oz, Grilled (Regional)	430	310	34	20	0	285	1	840	0	0	27
Lobster Tail, 5 oz, Steamed	340	220	25	14	0	255	1	540	0	0	27
Roasted Garlic Butter Topping	160	140	16	6	0	20	2	210	0	0	<1
Sautéed 'Shrooms	130	50	6	2.5	0	0	10	670	3	5	7
Toowoomba Topping	330	230	25	12	0	130	7	770	1	3	18
<b>SI+146:165DES: SIGNATURE POTATOES</b>											
Aussie Fries	410	180	20	9	1	15	52	530	0	0	5
Baked Potato (Includes All Toppings)	440	160	17	9	0	40	58	940	8	7	13
Homestyle Mashed Potatoes	240	140	15	9	0	10	20	1280	4	2	5
Sweet Potato (Includes All Toppings)	410	100	11	5	0	0	72	240	10	22	5
<b>SIDES: CLASSIC SIDES</b>											
Fresh Mixed Veggies	160	90	10	3.5	0	0	17	320	6	6	4
Fresh Seasonal Veggie (Green Beans)	130	100	11	4	0	0	10	370	4	2	2
Fresh Seasonal Veggie (Steamed Broccoli)	150	90	10	3.5	0	0	14	300	5	4	6
Steamed Rice (Regional)	270	0	0	0	0	0	59	500	0	<1	6
Seasoned Rice	310	80	9	5	0	25	52	1260	2	6	6
<b>SIDES: SIDE SALADS</b>											
Side Salad: Caesar Salad (Dressing Included)	290	230	25	6	0	50	10	610	2	2	7
Side Salad: House Salad (Choice of Dressing Not Included)	140	70	8	3.5	0	20	12	200	2	4	7
Side Salad: House Salad Dressing: Blue Cheese Vinaigrette (1.5 oz)	230	180	20	3	0	15	11	290	0	10	<1
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	200	190	21	4	0	40	2	430	0	0	3
Side Salad: House Salad Dressing: Creamy Blue Cheese Dressing (1.5 oz)	250	240	27	6	0	20	<1	290	0	<1	2
Side Salad: House Salad Dressing: Honey Mustard Dressing (1.5 oz)	230	180	20	3	0	15	11	290	0	10	<1
Side Salad: House Salad Dressing: Light Balsamic Vinaigrette (1.5 oz)	80	45	5	0.5	0	0	8	330	0	7	0
Side Salad: House Salad Dressing: Mustard Vinaigrette (1.5 oz)	220	200	22	3	0	0	4	110	0	4	0
Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)	210	200	23	4	0	15	1	250	0	1	<1
Side Salad: House Salad Dressing: Tangy Tomato Dressing (1.5 oz)	70	0	0	0	0	0	17	180	0	16	<1
Side Salad: House Salad Dressing: Thousand Island Dressing (1.5 oz)	250	230	25	4	0	20	6	330	0	3	0
<b>SIDES: SOUPS</b>											
Baked Potato Soup, Cup	300	170	19	10	0	30	24	1280	3	3	8
Chicken Tortilla Soup, Cup	260	150	17	9	0	30	18	1030	2	3	11
French Onion Soup	420	260	29	14	1	50	21	2130	2	8	19
<b>SIDES: PREMIUM SIDES</b>											
Grilled Asparagus	60	20	2.5	0	0	0	6	410	3	3	3
Loaded Cheese Fries (Regional)	1010	650	72	20	1	60	68	1860	6	2	20
Steakhouse Mac & Cheese	850	460	51	28	1	140	67	1310	4	5	29
Creamed Spinach	570	400	45	28	0.5	145	23	1500	5	3	15
Loaded Homestyle Mashed Potatoes	320	190	22	12	0	35	22	1440	4	3	11
<b>SIDES: PREMIUM SIDE SALADS</b>											
Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	540	390	43	13	0	20	26	1260	3	12	11
<b>SAMMIES &amp; BURGERS: Nutrition analysis excludes side dish unless otherwise indicated</b>											
BBQ Chicken & Bacon Sandwich (Regional)	670	270	30	15	0	140	53	1220	2	18	50
Bloomin' Fried Chicken Sandwich	700	290	32	13	0	85	66	1530	5	13	38
Grass-Fed Burger with Aged Cheddar	920	580	65	28	1.5	150	42	1140	2	9	46
Prime Rib Sandwich	1820	1140	127	60	4	295	94	4580	10	21	77
Sweet Chook O' Mine Sandwich	920	510	56	19	1	155	57	1340	2	22	50
The Bloomin' Burger	1030	540	60	29	2.5	145	75	2130	6	17	49
The Outback Burger Add-On: American Cheese	100	80	9	5	0	25	<1	510	0	<1	5
The Outback Burger Add-On: Bacon	60	50	5	2	0	10	0	250	0	0	4
The Outback Burger Add-On: Cheddar Cheese	160	130	14	8	0	40	0	270	0	0	10
The Outback Burger Add-On: Provolone Cheese	200	140	15	9	0	45	1	490	0	0	15
The Outback Burger Add-On: Swiss Cheese	170	130	14	9	0	50	<1	210	0	0	13
The Outbacker Burger without Cheese	730	380	43	22	2.5	110	47	770	3	13	40

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<b>STRAIGHT FROM THE SEA: Nutrition analysis includes side dish unless otherwise indicated</b>											
Grilled Shrimp on the Barbie Entrée -	650	400	44	10	0	415	8	1780	2	2	54
Botany Bay Mahi	400	190	21	11	0.5	125	7	900	1	3	42
Simply Grilled Salmon (8oz) w/ Remoulade	600	420	46	8	0	80	3	800	<1	1	43
Simply Grilled Halibut (Regional)	460	210	23	3.5	0	105	3	610	<1	1	55
Botany Bay Halibut (Regional)	480	210	23	9	0.5	125	7	830	1	3	55
Lobster Tail Entrée, 2 each 3 oz Tails	400	230	26	14	0	325	1	670	<1	0	36
Lobster Tail Entrée, 2 each 4 oz Tails	440	240	27	14	0	390	1	790	<1	0	44
Lobster Tail Entrée, 2 each 5 oz Tails	490	250	28	14	0	455	1	910	<1	0	53
Simply Grilled Mahi (Regional)	220	30	3.5	1.5	0	80	1	440	0	0	47
Simply Grilled Salmon 10 oz w/ Remoulade	720	490	54	10	0	100	3	890	<1	1	55
Toowoomba Salmon 8 oz	760	480	53	16	0	200	7	1100	1	3	61
Toowoomba Salmon 10 oz	880	550	61	18	0	220	7	1190	2	3	73
<b>THE "NOT" STEAKS: Nutrition analysis includes side dish unless otherwise indicated</b>											
Alice Springs Chicken, 5 oz	440	240	27	10	0	130	9	820	<1	6	42
Alice Springs Chicken, 5 oz, with Aussie Fries	920	480	53	20	1	150	64	1450	<1	10	47
Alice Springs Chicken, 8 oz	770	420	47	16	0	225	16	1430	1	12	72
Alice Springs Chicken, 8 oz, with Aussie Fries	1180	600	67	25	1.5	240	68	1960	1	12	77
Baby Back Ribs, 1/2 Rack	1040	590	66	25	0	255	34	1620	1	28	77
Baby Back Ribs, 1/2 Rack, with Aussie Fries	1440	770	86	34	1.5	270	86	2140	1	28	82
Baby Back Ribs, Full Rack	1990	1180	131	50	0.5	505	51	2820	2	42	154
Baby Back Ribs, Full Rack, with Aussie Fries	2400	1360	151	59	1.5	525	103	3340	2	42	159
Bloomin' BBQ Pork Chop with Mashed Potatoes and Mixed Veggies	990	390	43	19	0	225	64	2890	12	19	87
Bloomin' Fried Chicken	1290	710	78	21	1	180	81	4260	15	11	69
Chicken Tender Platter with Honey Mustard Sauce	1020	560	62	20	2	155	67	2020	4	15	49
Drover's Rib & Chicken Platter (Regional)	1170	570	64	24	0	365	23	1430	<1	14	132
Drover's Rib & Chicken Platter	1450	650	72	26	0	415	69	2890	2	55	133
Drover's Rib & Chicken Platter with Aussie Fries	1580	750	84	33	1	380	75	1960	<1	14	137
Grilled Chicken on the Barbie, 5 oz	240	40	4.5	1.5	0	90	17	600	<1	14	31
Grilled Chicken on the Barbie, 5 oz, with Fresh Mixed Veggies	400	130	14	5	0	90	34	920	6	20	35
Grilled Chicken on the Barbie, 8 oz	360	60	7	2	0	160	17	740	<1	14	55
Grilled Chicken on the Barbie, 8 oz, with Fresh Mixed Veggies	520	150	17	6	0	160	34	1060	6	20	59
BBQ Mixed Grill--Ribs, Chicken on the Barbie and Coconut Shrimp (Regional)	1520	660	74	31	1.5	285	126	2380	2	48	92
Pork Porterhouse	430	170	19	7	0	185	<1	1260	1	<1	64
Pork Porterhouse with Homestyle Mashed Potatoes	670	310	35	15	0	195	21	2550	5	2	69
Pineapple Glazed Pork Medallions	530	160	17	7	0	190	26	700	1	22	62
Queensland Chicken & Shrimp Pasta	1150	440	49	19	0	315	93	1560	7	<1	73
Queensland Pasta, No Protein	800	310	34	12	0	60	91	850	7	0	23
Queensland Pasta: with Chicken (Regional)	1140	420	47	18	0	235	92	1450	7	0	77
Queensland Pasta: with Fresh Mixed Veggies (Regional)	960	390	44	16	0	60	108	1170	13	6	27
Queensland Pasta: with Shrimp	1040	420	47	18	0	270	94	1650	7	<1	49
Grilled Pork Chops, 1 Chop (Regional)	400	110	12	3.5	0	145	23	990	0	20	48
Grilled Pork Chops, 2 Chops (Regional)	700	190	21	7	0	285	24	1930	0	21	96
<b>IRRESISTIBLE DESSERTS</b>											
Butter Cake	840	350	39	16	0	135	114	560	3	25	10
Chocolate Fondue Flight	2240	1310	145	80	1.5	450	236	750	11	158	21
Chocolate Thunder From Down Under	1520	950	105	56	1.5	390	142	380	7	119	18
Chocolate Tower (Regional)	220	0	0	0	0	0	54	20	0	43	0
Classic Key Lime Mini Dessert Parfait (Seasonal)	580	210	23	14	0	50	80	280	1	67	10
Fresh Strawberry Shortcake Dessert Parfait (Seasonal)	440	230	26	14	0.5	80	47	280	2	28	7
Fresh Strawberry Topped Cheesecake (Seasonal)	990	560	62	37	3	320	93	660	3	76	17
Ice Cream (Regional)	300	150	16	10	0.5	65	33	90	0	26	5
New York Style Cheesecake	930	560	62	37	3	320	78	650	2	64	17
New York-Style Cheesecake with Chocolate Sauce	1080	660	73	43	3	340	92	690	2	78	17
New York-Style Cheesecake, Small, with Chocolate Sauce	500	340	38	24	1	155	36	310	<1	33	7
New York-Style Cheesecake with Raspberry Sauce	1040	560	62	37	3	320	105	660	2	86	17
New York-Style Cheesecake, Small, with Raspberry Sauce	460	240	27	17	1	130	48	280	0	42	6
Salted Caramel Cookie Skillet	860	360	40	28	0	100	117	1320	1	74	10
Triple-Layer Carrot Cake	1290	610	68	21	1	130	174	960	5	117	10
<b>WHATS FOR LUNCH?</b>											
Gold Coast Coconut Shrimp, 6 CT	500	230	26	14	1	115	50	940	0	21	17
Grilled Shrimp on the Barbie, 6 CT	710	490	54	16	0	170	32	1520	3	7	26
Bloomin Fried Chicken - Lunch	610	390	43	7	0.5	95	23	1610	3	2	30
Prime Rib Sandwich - Lunch	950	590	66	31	2	150	50	2500	6	13	40

	CALORIES	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Total Carbohydrates (g)	Sodium (mg)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>KID'S MENU</b>											
Boomerang Cheeseburger	600	320	36	19	1.5	85	40	760	2	8	29
Chicken Fingers	480	230	25	10	1	85	33	1040	2	3	29
Grilled Cheese-A-Roo	580	190	21	12	0	40	77	1700	3	3	22
Grilled Chicken on the Barbie	160	30	3.5	1	0	90	0	180	0	0	31
Grilled Chicken on the Barbie with Plain Broccoli and Apple Juice (Kids LiveWell)	280	30	3.5	1	0	90	28	210	4	24	32
Grilled Chicken on the Barbie with Plain Broccoli and Orange Juice (Kids LiveWell)	320	35	4	1	0	90	35	250	5	25	38
Ice Cream Scoop	120	60	6	4	0	25	13	35	0	10	2
Joey Sirloin	180	50	6	2.5	0	80	0	440	0	0	32
Joey Sirloin with Plain Broccoli and Apple Juice (Kids LiveWell)	340	60	7	2.5	0	80	36	530	5	25	37
Joey Sirloin with Plain Broccoli and Orange Juice (Kids LiveWell)	330	60	6	2.5	0	80	35	500	5	25	39
Macaroo N' Cheese	510	170	19	10	0.5	55	65	1000	4	8	20
Plain Freshly Steamed Broccoli	70	5	0.5	0	0	0	13	65	5	3	6
Side: Aussie Fries	250	110	12	5	0.5	10	31	320	0	0	3
Side: Fresh Fruit (Oranges and Strawberries)	50	0	0	0	0	0	12	0	3	9	<1
Spotted Dog Sundae	120	60	6	4	0	25	14	35	0	11	2
Spotted Dog Sundae: Chocolate Sauce Add-On	150	100	11	7	0	25	15	35	<1	13	<1
Spotted Dog Sundae: Oreo Cookie Crumbs Add-On	130	45	5	1.5	0	0	19	105	<1	11	1
<b>KID'S MENU, BEVERAGES</b>											
100% Apple Juice, without Ice	90	0	0	0	0	0	23	25	0	22	0
100% Orange Juice, without Ice	90	0	0	0	0	0	21	0	0	21	2
2% Milk, without Ice	100	35	4	2.5	0	15	9	80	0	10	7
Bottled Water	0	0	0	0	0	0	0	75	0	0	0
Coke Zero, with Ice	0	0	0	0	0	0	0	0	0	0	0
Coke, with Ice	90	0	0	0	0	0	24	0	0	24	0
Cranberry Juice, without Ice	100	0	0	0	0	0	26	30	0	26	0
Diet Coke, with Ice	0	0	0	0	0	0	0	10	0	0	0
Dr Pepper, with Ice	80	0	0	0	0	0	22	20	0	22	0
Hi-C Fruit Punch, with Ice	110	0	0	0	0	0	30	10	0	30	0
Hi-C Lemonade Poppin' Pink, with Ice	110	0	0	0	0	0	27	45	0	27	0
Pineapple Juice, without Ice	120	0	0	0	0	0	29	0	0	25	1
Sprite, with Ice	80	0	0	0	0	0	23	20	0	23	0
<b>AIRPORT</b>											
Albacore Tuna Salad Sandwich (Regional)	1310	690	76	22	1.5	125	99	2530	3	6	54
Bacon Cheeseburger (Regional)	930	530	59	30	2.5	155	48	1660	3	14	51
Blue Cheese Bacon Burger (Regional)	1380	790	88	38	3.5	160	95	1830	2	9	52
Classic Cheeseburger (Regional)	730	380	43	22	2.5	110	46	760	3	12	39
Honey-Lime Chicken Wrap (Regional)	650	190	21	5	0	75	69	1090	3	11	34
Mushroom Swiss Burger (Regional)	1010	640	71	34	3	165	46	1190	3	10	54
Steakhouse Salad Wrap (Regional)	840	360	40	15	1	110	64	2060	3	6	54

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>PARTY PLATTERS</b>											
Baby Back Ribs, Party Platter	2890	1630	181	68	0	610	103	3790	3	69	233
Baby Back Ribs, 1 Serving	480	270	30	11	0	100	17	630	0	11	39
Bloom Petals, Party Platter	2660	840	93	14	1	55	425	13200	58	65	58
Bloom Petals, 1 Serving	440	140	16	2.5	0	10	71	2200	10	11	10
Chicken Tenders, Party Platter	3500	2040	226	68	7	500	223	6640	12	65	150
Chicken Tenders, 1 Serving	580	340	38	11	1	85	37	1110	2	11	25
Coconut Shrimp, Party Platter	2540	1240	138	73	6	615	237	4960	2	82	91
Coconut Shrimp, 1 Serving	420	210	23	12	1	100	39	830	0	14	15
Grilled Shrimp on the Barbie, Party Platter	2070	1440	160	60	4	975	38	4200	5	8	115
Grilled Shrimp on the Barbie, 1 Serving	340	240	27	10	0.5	165	6	700	<1	1	19
Kookaburra Wings Medium, 1 Serving	790	570	63	21	1	135	22	2380	3	2	35
Kookaburra Wings, Hot, Party Platter	4710	3380	375	122	7	810	132	14080	16	12	209
Kookaburra Wings, Hot, 1 Serving	760	540	60	19	1	135	22	2160	3	2	35
Kookaburra Wings, Medium, Party Platter	4740	3410	378	123	7	810	132	14250	16	12	209
Kookaburra Wings, Mild, Party Platter	4570	3240	360	114	7	810	130	12950	16	12	209
Kookaburra Wings, Mild, 1 Serving	4740	3410	378	123	7	810	132	14250	16	12	209
Outback Center-Cut Sirloin, Party Platter	1060	300	34	14	2	465	2	2620	0	2	190
Outback Center-Cut Sirloin, 6 oz, 1 Serving	180	50	6	2.5	0	80	0	440	0	0	32
Side: Caesar Salad (without dressing), Party Platter	250	110	13	4.5	0	20	24	540	6	5	13
Side: Caesar Dressing, 4.5 oz, Party Platter	610	570	63	12	0	125	5	1290	1	<1	9
Side: House Salad (without dressing), Party Platter	430	220	24	11	0	55	35	610	7	13	20
Side: House Salad Dressing: Blue Cheese Vinaigrette, 4.5 oz, Party Platter	770	630	70	13	0	10	23	1870	<1	18	5
Side: House Salad Dressing: Creamy Blue Cheese Dressing, 4.5 oz, Party Platter	760	720	80	17	1.5	65	3	860	0	2	6
Side: House Salad Dressing: Honey Mustard Dressing, 4.5 oz, Party Platter	680	550	61	10	1	40	34	870	0	31	2
Side: House Salad Dressing: Mustard Vinaigrette, 4.5 oz, Party Platter	660	600	67	10	1	0	13	340	<1	11	<1
Side: House Salad Dressing: Oil and Balsamic Vinegar, 4.5 oz, Party Platter	630	570	64	9	0	0	13	0	0	13	0
Side: House Salad Dressing: Oil and Vinegar, 4.5 oz, Party Platter	560	570	64	9	0	0	0	5	0	0	0
Side: House Salad Dressing: Ranch Dressing, 4.5 oz, Party Platter	640	610	68	11	1	50	4	750	0	3	3
Side: House Salad Dressing: Soy Ginger Dressing, 4.5 oz, Party Platter	670	590	66	10	1	50	17	2450	<1	13	4
Side: House Salad Dressing: Tangy Tomato Dressing, 4.5 oz, Party Platter	200	5	0.5	0	0	0	51	540	1	47	2
Side: House Salad Dressing: Thousand Island Dressing, 4.5 oz, Party Platter	750	680	75	12	1	60	17	1000	0	8	1
Side: Seasonal Mixed Vegetables, Party Platter	630	340	38	15	0	<5	69	1280	24	24	17
Side: Seasonal Vegetable: Broccoli, Party Platter	590	340	38	15	0	<5	55	1190	20	16	23
<b>OUTBACK STEAKHOUSE AT AMALIE ARENA</b>											
Aussie Fries	540	240	27	12	1.5	20	69	700	0	0	7
Bloom' Petals	880	330	36	6	0	20	128	4100	18	20	18
Chicken Tenders with Fries and Honey Mustard sauce	1220	730	82	20	3.5	75	92	1480	2	14	32
Bloomin' Burger?	1160	740	82	37	3.5	160	57	1790	3	10	47
Bloomin' Steak Sandwich	870	500	56	22	1.5	110	57	1950	4	10	35
Sauce: Bloom Sauce, 2 oz	310	300	33	5	0	20	3	550	<1	2	1
Sauce: Honey Mustard, 2 oz	300	240	27	4.5	0	20	15	390	0	14	<1
<b>OUTBACK STEAKHOUSE AT AMALIE ARENA, BEVERAGES</b>											
Bud Light, 24 oz, Can	210	0	0	0	0	0	13	20	0	0	2
Coke, 20 oz	240	0	0	0	0	0	65	75	0	65	0
Coors Light, 24 oz, Can	200	0	0	0	0	0	10	20	0	0	0
Dasani Water, 20 oz	0	0	0	0	0	0	0	0	0	0	0
Diet Coke, 20 oz	0	0	0	0	0	0	0	25	0	0	0
Miller Light, 24 oz, Can	190	0	0	0	0	0	6	10	0	0	0
Sprite, 20 oz	240	0	0	0	0	0	64	110	0	64	0
<b>SOFT DRINKS</b>											
Bottled Water	0	0	0	0	0	0	0	75	0	0	0
Coke Zero, with Ice	0	0	0	0	0	0	0	5	0	0	0
Coke-a-Cola, with Ice	170	0	0	0	0	0	47	0	0	47	0
Diet Coke, with Ice	0	0	0	0	0	0	0	15	0	0	0
Dr Pepper, with Ice	100	0	0	0	0	0	28	25	0	28	0
Gold Peak Coffee	0	0	0	0	0	0	0	5	0	0	0
Gold Peak Tea, Sweet, with Ice	70	0	0	0	0	0	17	10	0	17	0
Gold Peak Tea, Unsweet, with Ice	0	0	0	0	0	0	0	10	0	0	0
Hi-C Fruit Punch, with Ice	110	0	0	0	0	0	30	10	0	30	0
Hi-C Lemonade Poppin' Pink, with Ice	110	0	0	0	0	0	27	45	0	27	0
Minute Maid Country Style Lemonade, with Ice	140	0	0	0	0	0	35	10	0	34	0
Red Bull, Sugar-Free, Can	10	0	0	0	0	0	2	200	0	0	<1
Red Bull, Can	110	0	0	0	0	0	26	200	0	24	<1
Sprite, with ice	110	0	0	0	0	0	29	25	0	29	0

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>WATER</b>											
Water, Aqua Panna	0	0	0	0	0	0	0	0	0	0	0
Water, Perrier	0	0	0	0	0	0	0	0	0	0	0
Water, San Pellegrino	0	0	0	0	0	0	0	40	0	0	0
<b>SPIRIT-FREE BEVERAGES</b>											
Apple Juice (Regional)	220	0	0	0	0	0	55	65	0	53	0
Cherry Limeade	230	0	0	0	0	0	57	140	1	47	0
Classic Arnold Palmer	60	0	0	0	0	0	17	5	0	15	0
Coco-berry Smoothie	630	140	16	15	0	0	121	210	0	113	2
Cranberry Juice (Regional)	250	0	0	0	0	0	64	75	0	64	0
Fresh Strawberry Lemonade	130	0	0	0	0	0	33	5	2	30	<1
Fruit Punch	180	0	0	0	0	0	44	10	<1	42	1
Fruit Spritzer, Mango	110	0	0	0	0	0	27	15	0	27	0
Fruit Spritzer, Pomegranate	100	0	0	0	0	0	25	15	0	25	0
Grapefruit Juice (Regional)	200	0	0	0	0	0	46	0	0	46	0
Ice Cream Float with Coke	380	120	13	8	0	50	67	75	0	61	4
Ice Cream Float with Dr. Pepper (Regional)	370	120	13	8	0	50	64	105	0	58	4
Kiwi Strawberry Lemonade	200	0	0	0	0	0	50	5	2	46	<1
Orange Juice (Regional)	220	0	0	0	0	0	52	0	0	52	4
Passion Fruit Blackberry Tea (Regional)	440	0	0	0	0	0	101	15	4	92	1
Peach Colada Smoothie (Regional)	430	0	0	0	0	0	104	0	3	96	3
Peach Smoothie (Regional)	450	0	0	0	0	0	99	25	5	88	0
Pina Colada Smoothie (Regional)	300	0	0	0	0	0	71	0	0	60	3
Pineapple Juice (Regional)	200	0	0	0	0	0	50	5	0	48	0
Pomegranate-Mango Lemonade (Regional)	410	0	0	0	0	0	103	0	3	85	0
Raspberry Banana Smoothie (Regional)	400	0	0	0	0	0	101	0	3	85	0
Raspberry Smoothie (Regional)	120	0	0	0	0	0	32	15	2	28	<1
Sparkling Citrus Cooler (Regional)	410	0	0	0	0	0	101	0	4	84	0
Strawberry Banana Smoothie (Regional)	430	0	0	0	0	0	99	15	5	85	0
Strawberry Colada Smoothie (Regional)	630	140	16	15	0	0	122	160	0	113	2
Strawberry Smoothie	400	0	0	0	0	0	99	0	5	83	0
Strawberry Smoothie (Regional)	150	0	0	0	0	0	39	100	<1	34	0
The Strawberry Bull, Red Bull Energy	110	0	0	0	0	0	28	200	<1	23	<1
The Strawberry Bull, with Red Bull Sugar-Free	25	0	0	0	0	0	7	15	<1	5	0
Watermelon Cooler	160	0	0	0	0	0	41	20	0	40	0
<b>BEER: Varies by Location</b>											
Amstel Light, Bottle, 12 oz	100	0	0	0	0	0	4	10	0	0	<1
Angry Orchard Crisp Apple Hard Cider, Big Bloke	320	0	0	0	0	0	46	15	0	36	0
Angry Orchard Crisp Apple Hard Cider, Bottle, 12 oz	200	0	0	0	0	0	29	10	0	23	0
Angry Orchard Crisp Apple Hard Cider, Middy	240	0	0	0	0	0	35	10	0	28	0
Ayinger Brauweise, Bottle, 12 oz	140	0	0	0	0	0	11	15	0	0	1
Beer Flight: Bondi Beach Boomerang	240	0	0	0	0	0	25	15	0	9	2
Beer Flight: Sydney Boomerang	250	0	0	0	0	0	13	20	0	2	3
Bloomin' Blonde, Big Bloke	250	0	0	0	0	0	21	50	0	0	3
Bloomin' Blonde, Middy	190	0	0	0	0	0	16	35	0	0	2
Blonde Ale brewed by Golden Road Brewing (Bloomin' Blonde Ale), Middy	190	0	0	0	0	0	16	35	0	0	2
Blonde Ale brewed by Golden Road Brewing (Bloomin' Blonde Ale), Big Bloke	250	0	0	0	0	0	21	50	0	0	3
Blue Moon Belgian White, 16 oz, Can	220	0	0	0	0	0	19	20	0	0	3
Blue Moon Belgian White, Big Bloke	270	0	0	0	0	0	22	25	0	0	3
Blue Moon Belgian White, Bottle, 12 oz	170	0	0	0	0	0	14	15	0	0	2
Blue Moon Belgian White, Middy	200	0	0	0	0	0	17	20	0	0	2
Breckenridge Vanilla Porter, Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Bud Light, Big Bloke	170	0	0	0	0	0	10	15	0	0	1
Bud Light, Bottle, 12 oz	110	0	0	0	0	0	6	10	0	0	<1
Bud Light, Middy	130	0	0	0	0	0	8	10	0	0	1

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Bud Light, Small Bloke	80	0	0	0	0	0	5	10	0	0	<1
Budweiser, Bottle, 12 oz	140	0	0	0	0	0	10	10	0	0	1
Cigar City Jai Alai, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Cigar City Jai Alai, Middy	240	0	0	0	0	0	1	15	0	0	4
Cigar City Maduro Brown Ale, Bottle	150	0	0	0	0	0	12	15	0	0	2
Coney Island Hard Root Beer, Bottle, 12 oz	290	0	0	0	0	0	0	0	0	0	0
Coopers Original Pale Ale, Bottle 12 oz	140	0	0	0	0	0	6	0	0	0	0
Coors Light, Bottle, 12 oz	100	0	0	0	0	0	5	10	0	0	0
Corona Extra, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Corona Light, Bottle, 12 oz	100	0	0	0	0	0	6	15	0	0	<1
Dale's Pale Ale, Bottle/Can	150	0	0	0	0	0	12	15	0	0	2
Dogfish Head 60 Minute IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Dogfish Head 60 Minute IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Dogfish Head 90 Minute IPA, Bottle	200	0	0	0	0	0	<1	15	0	0	3
Dos Equis Lager XX, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Dos Equis Lager XX, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Dos Equis Lager XX, Middy	180	0	0	0	0	0	15	15	0	0	2
Fat Tire Amber Ale, Bottle, 12 oz	200	0	0	0	0	0	16	20	0	0	2
Foster's 25.4 oz, Oil Can	290	0	0	0	0	0	24	25	0	0	3
Foster's Lager, Big Bloke	270	0	0	0	0	0	22	25	0	0	3
Foster's Lager, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Foster's Lager, Middy	210	0	0	0	0	0	17	20	0	0	2
Fulton Lonely Blonde, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Fulton Lonely Blonde, Middy	180	0	0	0	0	0	15	15	0	0	2
Fulton Standard Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Fulton Standard Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Goose Island 312 Wheat, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Goose Island 312 Wheat, Middy	180	0	0	0	0	0	15	15	0	0	2
Goose Island IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Goose Island IPA, Bottle, 12 oz	200	0	0	0	0	0	<1	15	0	0	3
Goose Island IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Guinness Nitro IPA, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Guinness Nitro IPA, Middy	180	0	0	0	0	0	15	15	0	0	2
Guinness, 14.9 oz, Can	120	0	0	0	0	0	5	15	0	0	1
Heineken Light, Bottle, 12 oz	100	0	0	0	0	0	4	10	0	0	<1
Heineken, Bottle, 12 oz	140	0	0	0	0	0	0	0	0	0	0
Heineken 0.0	130	0	0	0	0	0	10	0	0	0	0
Kentucky Bourbon Barrel, Bottle, 10 oz	160	0	0	0	0	0	<1	10	0	0	3
Kentucky Bourbon Barrel, Bottle, 11 oz	180	0	0	0	0	0	<1	10	0	0	3
Kona Island Lager, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Kona Island Lager, Bottle, 12 oz	140	0	0	0	0	0	11	20	0	0	2
Kona Island Lager, Middy	180	0	0	0	0	0	15	15	0	0	2
Lagunitas IPA, Bottle, 12 oz	190	0	0	0	0	0	14	15	0	0	3
Lindemans Framboise Lambic, Bottle, 12 oz	230	0	0	0	0	0	34	15	0	33	0
Magic Hat #9, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Michelob ULTRA Pure Gold, Bottle	90	0	0	0	0	0	3	10	0	0	<1
Michelob ULTRA, Bottle, 12 oz	90	0	0	0	0	0	3	10	0	0	<1
Miller Genuine Draft, Bottle, 12 oz	140	0	0	0	0	0	13	5	0	0	<1
Miller Light, Bottle, 12 oz	100	0	0	0	0	0	3	5	0	0	0

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Modelo Especial, Big Bloke	150	0	0	0	0	0	12	15	0	0	2
Modelo Especial, Bottle, 12 oz	180	0	0	0	0	0	15	15	0	0	2
Modelo Especial, Middy	230	0	0	0	0	0	19	20	0	0	2
New Belgium Fat Tire Amber Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
New Belgium Fat Tire Amber Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
New Belgium Fat Tire Amber Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Newcastle Brown Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
O'Doul's Amber, Bottle, 12 oz	90	0	0	0	0	0	18	0	0	0	2
O'Doul's, Bottle, 12 oz	70	0	0	0	0	0	13	0	0	0	<1
Omission Lager, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Omission Pale Ale, Bottle, 12 oz	170	0	0	0	0	0	13	20	0	0	2
Rebel IPA, Can, 16 oz	260	0	0	0	0	0	20	25	0	<1	3
Redbridge (Gluten-free), Bottle, 12 oz	130	0	0	0	0	0	14	0	0	0	0
Rogue Chocolate Stout, Bottle, 22 oz	360	0	0	0	0	0	2	25	0	0	6
Rogue Hazelnut Brown Nectar, Big Bloke	300	0	0	0	0	0	25	40	0	6	5
Rogue Hazelnut Brown Nectar, Bottle, 12 oz	190	0	0	0	0	0	16	25	0	4	3
Rogue Hazelnut Brown Nectar, Middy	230	0	0	0	0	0	19	30	0	5	4
Sam Adams Nitro Coffee Stout, Bottle	200	0	0	0	0	0	<1	15	0	0	3
Samuel Adams 76, Can, 16 oz.	200	0	0	0	0	0	16	20	0	0	2
Samuel Adams Boston Lager, Big Bloke	270	0	0	0	0	0	27	45	0	0	3
Samuel Adams Boston Lager, Bottle, 12 oz	170	0	0	0	0	0	17	30	0	0	2
Samuel Adams Boston Lager, Middy	210	0	0	0	0	0	21	35	0	0	2
Samuel Adams New England IPA, Can, 16 oz	260	0	0	0	0	0	20	25	0	<1	3
Samuel Adams Nitro Coffee Stout, Can, 16 oz	260	0	0	0	0	0	1	20	0	0	4
Samuel Adams Rebel IPA, Bottle, 12 oz	200	0	0	0	0	0	15	15	0	<1	2
Samuel Adams Seasonal (Cold Snap), Big Bloke	260	0	0	0	0	0	22	50	0	<1	4
Samuel Adams Seasonal (Cold Snap), Bottle, 12 oz	170	0	0	0	0	0	14	30	0	0	2
Samuel Adams Seasonal (Cold Snap), Middy	200	0	0	0	0	0	16	35	0	0	3
Samuel Adams Seasonal (Octoberfest), Big Bloke	190	0	0	0	0	0	19	50	0	<1	2
Samuel Adams Seasonal (Octoberfest), Bottle, 12 oz	230	0	0	0	0	0	22	60	0	<1	2
Samuel Adams Seasonal (Octoberfest), Middy	300	0	0	0	0	0	29	80	0	1	3
Samuel Adams Seasonal (Summer Ale), Big Bloke	260	0	0	0	0	0	22	70	0	<1	4
Samuel Adams Seasonal (Summer Ale), Bottle, 12 oz	170	0	0	0	0	0	14	45	0	0	2
Samuel Adams Seasonal (Summer Ale), Middy	200	0	0	0	0	0	16	55	0	0	3
Samuel Adams Seasonal (Winter Lager), Big Bloke	310	0	0	0	0	0	29	60	0	1	4
Samuel Adams Seasonal (Winter Lager), Bottle, 12 oz	190	0	0	0	0	0	19	35	0	<1	2
Samuel Adams Seasonal (Winter Lager), Middy	230	0	0	0	0	0	22	45	0	1	3
Shock Top Belgian White, Big Bloke	260	0	0	0	0	0	23	0	0	0	3
Shock Top Belgian White, Bottle, 12 oz	170	0	0	0	0	0	15	0	0	0	2
Shock Top Belgian White, Middy	200	0	0	0	0	0	18	0	0	0	3
Sierra Nevada Pale Ale, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
Stella Artois, Big Bloke	210	0	0	0	0	0	17	0	0	0	2
Stella Artois, Bottle, 12 oz	150	0	0	0	0	0	13	0	0	0	1
Stella Artois, Middy Chalice, 15 oz	160	0	0	0	0	0	13	0	0	0	1
Summit EPA, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Summit EPA, Middy	180	0	0	0	0	0	15	15	0	0	2
Summit Saga IPA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5
Summit Saga IPA, Middy	240	0	0	0	0	0	1	15	0	0	4
Surley Furious IRA, Big Bloke	310	0	0	0	0	0	1	20	0	0	5

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Surley Furious IRA, Middy	240	0	0	0	0	0	1	15	0	0	4
Sweetwater Pale Ale, Big Bloke	230	0	0	0	0	0	19	20	0	0	2
Sweetwater Pale Ale, Middy	180	0	0	0	0	0	15	15	0	0	2
Westmalle Trappist Triple, Bottle, 11.2 oz	180	0	0	0	0	0	<1	15	0	0	3
White Claw	100	0	0	0	0	0	2	20	0	2	0
Yuengling, Bottle, 12 oz	150	0	0	0	0	0	12	15	0	0	2
WINE: Varies by Location											
Red Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	<1	0
Red Wine, 6 oz	150	0	0	0	0	0	5	5	0	1	0
Red Wine, 9 oz	230	0	0	0	0	0	7	10	0	2	0
Red Wine, Bottle	640	0	0	0	0	0	20	25	0	5	<1
Rose Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	1	0
Sparkling Wine, 6 oz	150	0	0	0	0	0	5	0	0	0	0
Sparkling Wine, Bottle	600	0	0	0	0	0	20	0	0	0	0
White Wine, 5 oz (Regional)	130	0	0	0	0	0	4	5	0	1	0
White Wine, 6 oz	150	0	0	0	0	0	5	5	0	2	0
White Wine, 9 oz	230	0	0	0	0	0	7	10	0	3	0
White Wine, Bottle	650	0	0	0	0	0	19	25	0	7	<1
MARGARITAS AND MOJITOS: Varies by Location											
Black Cherry Peach Mojito	210	0	0	0	0	0	27	25	<1	24	0
Blood Orange 'Rita	240	0	0	0	0	0	26	1180	1	22	<1
Boomarita 7 oz	240	0	0	0	0	0	30	910	1	26	0
Boomarita 9 oz	290	0	0	0	0	0	33	910	1	28	0
Classic Lime 'Rita	210	0	0	0	0	0	22	5	1	17	0
Classic Mojito with Bacardi Superior Light Rum	200	0	0	0	0	0	15	0	0	14	0
Classic Mojito with Sailor Jerry Spiced Rum	210	0	0	0	0	0	15	10	0	14	0
Corona 'Rita	210	0	0	0	0	0	22	2230	0	12	1
Down Under 'Rita - Frozen	300	0	0	0	0	0	40	2230	0	36	0
Down Under 'Rita - Rocks/Straight-Up	230	0	0	0	0	0	19	2230	0	17	0
Down Under Sauza Agave Margarita	290	0	0	0	0	0	32	2230	0	29	0
Down Under Sauza Gold Coast 'Rita, Rocks	130	0	0	0	0	0	9	290	0	7	0
Hawaiian Style 'Rita	220	0	0	0	0	0	10	10	0	7	0
TOP SHELF HERRADURA RITA - OBS	230	0	0	0	0	0	25	2230	<1	19	0
Strawberry Kiwi Rita	250	0	0	0	0	0	30	0	<1	28	0
Lemon Mojito (Regional)	160	0	0	0	0	0	24	10	1	20	0
Mango Mojito (Regional)	190	0	0	0	0	0	31	0	1	26	0
Mango Passion Fruit 'Rita	260	0	0	0	0	0	43	25	1	38	0
Margarita Swirl (Regional)	140	0	0	0	0	0	28	2230	<1	24	0
Mojito Bacardi Limon with Blackberry	220	0	0	0	0	0	24	0	2	20	<1
Mojito Bacardi Limon with Classic Lime	210	0	0	0	0	0	21	0	1	18	0
Mojito Bacardi Limon with Pineapple	240	0	0	0	0	0	30	0	2	24	<1
Mojito Bacardi Limon with Strawberry	130	0	0	0	0	0	17	0	<1	15	0
Mojito Bacardi Superior Light Rum with Blackberry	220	0	0	0	0	0	21	0	2	17	<1
Mojito Bacardi Superior Light Rum with Classic Lime	210	0	0	0	0	0	19	0	1	15	0
Mojito Bacardi Superior Light Rum with Pineapple	240	0	0	0	0	0	27	0	2	22	<1
Mojito Bacardi Superior Light Rum with Strawberry	220	0	0	0	0	0	21	0	2	16	<1
Mojito Sailor Jerry Spiced Rum with Blackberry	230	0	0	0	0	0	21	10	2	17	<1
Mojito Sailor Jerry Spiced Rum with Classic Lime	220	0	0	0	0	0	19	10	1	15	0
Mojito Sailor Jerry Spiced Rum with Pineapple	250	0	0	0	0	0	27	15	2	22	<1

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Mojito Sailor Jerry Spiced Rum with Strawberry	220	0	0	0	0	0	21	10	2	16	<1
Naturally Skinny 'Rita	150	0	0	0	0	0	20	2220	1	17	<1
No Rules 'Rita, Rocks	230	0	0	0	0	0	27	2230	0	21	0
Rita Trio	290	0	0	0	0	0	40	2230	<1	35	0
Sauza Agave Margarita	180	0	0	0	0	0	29	2220	0	25	0
Sauza Gold Coast Rita, Rocks	130	0	0	0	0	0	9	2220	0	7	0
Strawberry Ginger Smash	170	0	0	0	0	0	23	0	<1	20	0
The Gold Coast 'Rita - Frozen	540	0	0	0	0	0	109	3370	0	97	0
The Gold Coast 'Rita - Frozen (Classic Lime) (Regional)	360	0	0	0	0	0	71	2230	0	64	0
The Gold Coast 'Rita - Frozen (Strawberry)	350	0	0	0	0	0	72	2230	0	64	0
The Gold Coast 'Rita - Rocks	190	0	0	0	0	0	24	2230	0	21	0
The Gold Coast 'Rita - Rocks (Strawberry)	250	0	0	0	0	0	43	2230	0	38	0
The Grand 'Rita, Rocks	230	0	0	0	0	0	28	2230	0	21	0
Top Shelf 'Rita, Straight Up/Rocks	230	0	0	0	0	0	25	2230	<1	19	0
<b>COCKTAILS: Varies by Location</b>											
Absolut Mango Crush	130	0	0	0	0	0	22	0	<1	21	<1
Aussie Fresh Fruit Cooler - Individual	280	0	0	0	0	0	35	0	2	31	<1
Aussie Rum Punch	190	0	0	0	0	0	33	30	<1	30	0
Bailey's on the Rocks (Regional)	190	0	0	4.5	0	0	14	0	0	12	2
Black Barrel Irish Tea	180	0	0	0	0	0	27	0	2	22	<1
Blackberry Bramble (Regional)	160	0	0	0	0	0	17	0	3	11	<1
Blackberry Sangria - Individual	220	0	0	0	0	0	28	5	1	24	<1
Blueberry Lavender Lemonade	220	0	0	0	0	0	37	10	0	35	0
BOOZY CHERRY LIMEADE COCKTAIL - OBS	110	0	0	0	0	0	27	30	0	25	0
Boozy Root Beer Float	550	130	15	9	0	55	29	75	0	23	4
BOOZY CHERRY LIMEADE COCKTAIL - OBS	110	0	0	0	0	0	27	30	0	25	0
Captain's Mai Tai	220	0	0	0	0	0	30	45	0	25	<1
Captain's Mai Tai with extra shot of Rum	260	0	0	0	0	0	30	45	0	25	<1
Castaway Cocktail	210	0	0	0	0	0	35	5	1	30	<1
Classic Moscow Mule (Regional)	100	0	0	0	0	0	6	0	0	5	0
Classic Red Sangria (Regional)	210	0	0	0	0	0	29	0	3	23	1
Classic Steakhouse Martini (Absolut) - Rocks/Straight-Up	170	25	3	0	0	0	0	540	0	0	0
Classic Steakhouse Martini (Grey Goose) - Rocks/Straight-Up	170	25	3	0	0	0	0	540	0	0	0
Classic Steakhouse Martini (Kettle One) - Rocks/Straight-Up	170	25	3	0	0	0	0	540	0	0	0
Classic Steakhouse Martini (Stoli) - Rocks/Straight-Up	170	25	3	0	0	0	0	540	0	0	0
Classic Steakhouse Martini (Tito's) - Rocks/Straight-Up	170	25	3	0	0	0	0	540	0	0	0
Cucumber Infused Lemonade (Regional)	160	0	0	0	0	0	17	0	0	16	0
Disaronno Amaretto on the Rocks (Regional)	170	0	0	0	0	0	19	15	0	19	0
Dorothy's Ruby Red Cosmo (Regional)	210	0	0	0	0	0	30	10	0	25	0
Down Under Mule (Regional) NEW	110	0	0	0	0	0	7	0	<1	5	0
Espresso Infused Vodka and White Chocolate Martini (Regional)	100	0	0	0	0	0	10	0	0	10	0
Fair Dinkum Daiquiri	170	0	0	0	0	0	24	0	0	21	0
Fully Loaded Bloody Mary (Absolut)	150	25	3	0	0	0	9	2130	1	3	1
Fully Loaded Bloody Mary (Tito's)	150	25	3	0	0	0	9	2130	1	3	1
Grand Marnier Straight Up (Regional)	160	0	0	0	0	0	14	0	0	0	0
Grapefruit Sage Martini (Regional)	220	15	1.5	1	0	0	24	0	5	14	2
Great Barrier Punch	180	0	0	0	0	0	21	0	<1	20	<1
House-Made Margarita (Regional)	370	0	0	0	0	0	62	580	0	56	0
House-Made Margarita Top Shelf (Patron and Grand Marnier Float) (Regional)	410	0	0	0	0	0	66	580	0	56	0

	CALORIES	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrates	Sodium	Dietary Fiber	Sugars	Protein
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
Huckleberry Hooch Moonshine Cocktail - Individual	150	0	0	0	0	0	33	10	<1	131	0
Hypnotic Breeze Martini	200	50	6	3.5	0	20	22	55	0	19	1
Incredible Hulk	160	40	4.5	2.5	0	15	6	25	0	6	<1
Jack Dundee Tea	380	0	0	0	0	0	59	5	0	54	0
Jameson and Ginger	130	0	0	0	0	0	12	0	0	12	0
Kahlua and Coffee (Regional)	140	0	0	0	0	0	22	5	0	22	0
Key Lime Pie Martini	320	40	4.5	2.5	0	10	50	35	0	46	1
Lava Flow	740	180	20	19	0	0	131	180	0	124	2
Lime in the Coconut (Regional)	280	40	4	4	0	0	43	35	3	33	1
Lolly Sour Apple Martini	360	0	0	0	0	0	56	0	0	51	0
Lychee Martini	180	110	12	6	0	0	24	5	0	13	2
Mai Tai	230	0	0	0	0	0	25	0	2	20	<1
Mango & Habanero Infused Margarita (Regional)	160	0	0	0	0	0	11	200	<1	9	0
Maple Bourbon Sour (Regional)	300	25	2.5	1	0	5	30	135	<1	28	2
New South Wales Sangria - Individual	250	0	0	0	0	0	41	0	2	36	<1
Old & New Fashioned - Jack Daniel's Tennessee Honey Whiskey	200	0	0	0	0	0	23	80	1	18	0
Old & New Fashioned - Maker's Mark	260	0	0	0	0	0	23	85	1	18	0
Orange Bliss Martini	180	0	0	0	0	0	18	0	<1	16	<1
Outback Manhattan	180	0	0	0	0	0	4	0	<1	2	0
Passion Fruit Daiquiri (Regional)	160	0	0	0	0	0	25	15	0	23	0
Passionate Punch	210	0	0	0	0	0	30	15	<1	24	<1
Pina Colada (Bacardi Rock Coconut Rum)	490	110	12	11	0	0	78	105	0	73	2
Pina Colada (Malibu Coconut Rum)	480	110	12	11	0	0	81	105	0	76	2
Pina Colada (with extra shot of Sailor Jerry Rum)	500	110	12	11	0	0	80	105	0	76	2
Pina Colada with extra shot of Sailor Jerry Rum (Bacardi Rock Coconut Rum)	530	110	12	11	0	0	78	110	0	73	2
Pineapple Ginger Collision	170	0	0	0	0	0	18	15	2	12	1
Pineapple Passion Fruit Fizz - Individual	180	0	0	0	0	0	21	0	2	19	<1
Pineapple Vanilla Rum Cocktail (Regional)	130	0	0	0	0	0	18	10	<1	15	0
Root Beer Old Fashioned (Regional)	270	0	0	0	0	0	25	10	0	24	0
Ruby Mango Lemonade Cocktail	210	0	0	0	0	0	38	0	0	32	0
Sassafras "Rootbeer" Old Fashioned (Regional)	270	0	0	0	0	0	27	10	<1	26	0
Shark Bite (Regional)	210	0	0	0	0	0	30	25	0	27	0
Spiked Red Bull with Absolut Mandrin	150	0	0	0	0	0	16	100	<1	15	<1
Spiked Red Bull with Absolut Mandrin	100	0	0	0	0	0	4	100	<1	2	<1
Spiked Red Bull with Finlandia Raspberry Vodka	140	0	0	0	0	0	15	100	0	13	0
Spiked Red Bull with Finlandia Raspberry Vodka - with Sugar Free Red Bull	90	0	0	0	0	0	3	100	0	1	0
Spiked Red Bull with Kettle One	140	0	0	0	0	0	14	100	0	12	0
Spiked Red Bull with Kettle One - with Sugar Free Red Bull	90	0	0	0	0	0	2	100	0	0	0
Strawberry Peach Sangria - Individual	270	0	0	0	0	0	41	20	<1	36	0
Strawberry Rose Sangria	90	0	0	0	0	0	19	5	<1	16	0
Strawberry Smash-Tini	240	0	0	0	0	0	32	0	<1	29	0
Sydney's Cosmo	260	0	0	0	0	0	30	5	<1	27	0
Sydney's Cosmo with Skinnygirl Bare Naked Vodka	240	0	0	0	0	0	30	5	<1	27	0
The Ultimate "Dirty" Martini	190	50	6	0	0	0	0	1010	0	0	0
The Wallaby Darned	220	0	0	0	0	0	49	5	<1	46	0
The Wallaby Darned, Aussie style	260	0	0	0	0	0	49	5	<1	46	0
The Wallaby Darned, Down Under Style	230	0	0	0	0	0	49	5	<1	46	0
The Wallaby Darned, Chambord Float	250	0	0	0	0	0	53	5	<1	50	0
Tiki Bandit	240	0	0	0	0	0	35	10	<1	31	0

Tito's Cucumber Lemonade	160	0	0	0	0	0	17	0	0	16	0
Top Shelf Long Island Iced Tea	190	0	0	0	0	0	16	0	0	14	0
Tropical Reef Martini	390	0	0	0	0	0	62	0	0	57	0
Tropical Relief Martini	230	0	0	0	0	0	35	25	0	32	0
Watermelon Hunch Punch	200	0	0	0	0	0	47	10	<1	131	1