



NUTRITIONAL GUIDE

Printed information is valid: 02/16/15 - 03/29/15

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.

NUTRITIONAL INFORMATION

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	PROTEIN g	FIBER g	CALORIES FROM FAT g	CHOLESTEROL g	SUGAR g
BOLD BITES											
Chili Cheese Fries	1020	65	28	1.5	1850	69	41	7	580	150	3
Housemade Kettle Chips	550	39	7	0	1100	45	4	5	350	0	0
+Smoky BBQ (1 oz.)	60	0	0	0	650	15	less than 1 g	0	0	0	14
+Horseradish Aioli	250	26	4	0	350	4	0	0	230	15	4
Sweet Corn Fritters	240	7	1.5	0	680	40	4	3	60	10	7
+Red Chili Ranch Sauce	230	24	4	0	420	3	less than 1 g	0	210	less than 5 mg	0
Crispy Jalapeno Shooters	390	30	8	0	990	23	6	2	270	30	5
Spicy Chicken Bites	370	20	3.5	0	710	26	22	0	180	55	8
+Sweet Chili Ginger Sauce	140	11	1.5	0	220	11	0	0	100	10	10
SHAREABLE STARTERS											
Wild West Shrimp	800	55	14	0.5	3030	46	31	4	490	315	2
+ Ranch Dressing	230	25	4	0	410	2	less than 1 g	0	220	20	1
Crab & Artichoke Dip with Flatbread	790	67	42	0	1720	16	32	less than 1 g	610	265	less than 1 g
Sweet Chili Calamari	1170	86	8	0.5	2930	76	23	3	770	275	27
+ Sweet Chili Ginger Sauce	140	11	1.5	0	220	11	0	0	100	10	10
Brew Pub Pretzel Sticks	780	19	4.5	1	2010	126	26	4	170	0	7
+Bacon Honey Mustard	220	21	3.5	0	270	7	2	0	190	20	5
+Beer Cheese	270	24	15	1	630	6	9	less than 1 g	210	75	2
Texas Tonion	1180	69	12	0	2720	126	15	9	620	0	9
+Zesty Tonion Sauce (3 oz.)	500	52	8	1	700	9	less than 1 g	0	470	30	8
Firecracker Chicken Wraps	740	42	16	0.5	2130	62	28	6	380	75	10
+Avocado-Lime Sauce (1.5 oz.)	220	23	3.5	0	450	3	1	less than 1 g	210	15	2
Grilled White Cheddar Stuffed Mushrooms	610	50	30	2	1310	12	27	1	450	130	3
Spinach Dip with Chips	1300	91	44	1	2930	92	31	10	820	30	5
Parmesan Crusted Asparagus	570	37	7	0	1240	46	13	5	330	10	5
+Red Chili Ranch Sauce	230	24	4	0	420	3	less than 1 g	0	210	less than 5 mg	0
Best of LongHorn Sampler	910	59	25	1.5	2780	55	40	5	530	170	4
PRIMETIME											
FOOD											
Wild West Shrimp Tacos	550	30	9	0	1630	54	17	3	270	110	2
PRIMETIME BEVERAGES											
Buck Bourbon & Coke	130	0	0	0	10	10	0	0	0	0	10
Cucumber Mint Mojito	100	0	0	0	20	5	0	0	0	0	4
Classic Steakhouse Martini	220	6	3	0	1640	2	3	0	50	15	0
Prime Time Margarita	270	0	0	0	10	49	0	less than 1 g	0	0	47
Sunset Cosmo	160	0	0	0	0	16	0	0	0	0	15
BEVERAGES											
MARGARITAS											
The Perfect	260	0	0	0	990	41	0	0	0	0	0
Patrón Platinum	260	0	0	0	5	42	0	0	0	0	0
Strawberry	410	0	0	0	0	75	1	0	0	0	0
Pomegranate	440	0	0	0	0	79	0	0	0	0	0
Black & Blue	410	0	0	0	40	73	0	0	0	0	0
Watermelon	240	0	0	0	0	36	0	0	0	0	0
Texas	200	0	0	0	990	28	0	0	0	0	0
Skinny Triple Citrus	110	0	0	0	0	15	0	0	0	0	0
Frozen Strawberry	220	0	0	0	15	34	0	0	0	0	0
Frozen Raspberry	250	0	0	0	0	39	0	0	0	0	0
COCKTAILS											
Montana Mule	200	0	0	0	10	26	0	0	0	0	0
Blazing Berry Sangria	190	0	0	0	50	27	less than 1 g	0	0	0	0
White Peach Sangria	230	0	0	0	45	34	less than 1 g	0	0	0	0
Skinny Black Raspberry Sangria	160	0	0	0	65	26	0	0	0	0	20
Jack & Honey Blackberry Lemonade	210	0	0	0	5	37	0	0	0	0	0
Green Apple Martini	160	0	0	0	0	11	0	0	0	0	0
Mojito	200	0	0	0	10	25	0	0	0	0	0
Blackberry Firefly Tea	230	0	0	0	0	41	0	0	0	0	0
Longhorn Pina Colada	420	12	10	0	45	66	1	0	110	0	0
Strawberry Daiquiri	200	0	0	0	0	36	0	0	0	0	0
BEER											
Regular Bottle Beer 12 oz.	150	0	0	0	15	12	0	0	0	0	0
Light Bottle Beer 12 oz.	100	0	0	0	15	6	0	0	0	0	0
Regular Draft Beer 16 oz.	200	0	0	0	20	16	0	0	0	0	0
Light Draft Beer 16 oz.	140	0	0	0	20	8	0	0	0	0	0
WINE											
White - Glass	150	0	0	0	20	8	0	0	0	0	0
White - LongPour	220	0	0	0	30	12	0	0	0	0	0
White - Bottle	580	0	0	0	80	32	0	0	0	0	0
Red - Glass	150	0	0	0	20	8	0	0	0	0	0
Red - LongPour	220	0	0	0	30	12	0	0	0	0	0
Red - Bottle	580	0	0	0	80	32	0	0	0	0	0

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	PROTEIN g	FIBER g	CALORIES FROM FAT g	CHOLESTEROL g	SUGAR g
NON-ALCOHOLIC											
Juices (Orange, Apple)	110	0	0	0	15	27	2	0	0	0	24
Juices (Cranberry)	120	0	0	0	35	30	0	0	0	0	30
Milk	150	6	4	0	140	15	10	0	50	25	15
Chocolate Milk	220	3.5	2	0	170	38	10	0	30	15	37
IBC Rootbeer	160	0	0	0	60	44	0	0	0	0	42
Raspberry Iced Tea	50	0	0	0	10	13	0	0	0	0	12
White Peach Iced Tea	50	0	0	0	10	14	0	0	0	0	12
Blackberry Iced Tea	60	0	0	0	10	15	0	0	0	0	14
Strawberry Lemonade	200	0	0	0	15	50	0	less than 1 g	0	0	46
Raspberry Lemonade	170	0	0	0	0	41	1	0	0	0	39
Minute Maid Lemonade	100	0	0	0	40	26	0	0	0	0	26
Coke	150	0	0	0	45	39	0	0	0	0	39
Diet Coke/Coke Zero	0	0	0	0	45	0	0	0	0	0	0
Sprite	150	0	0	0	70	39	0	0	0	0	39
Pibb Xtra	150	0	0	0	45	39	0	0	0	0	39
Unsweetened Tea	5	0	0	0	10	1	0	0	0	0	0
Coffee	0	0	0	0	5	0	0	0	0	0	0
SOUPS & SALADS											
SOUPS											
Grilled Chicken Tortilla Soup - Bowl	220	11	2.5	0	1140	22	10	3	100	25	5
Grilled Chicken Tortilla Soup - Cup	190	9	2.5	0	880	18	7	3	80	20	4
Shrimp & Lobster Chowder - Bowl	250	15	8	0	760	23	10	3	140	90	5
Shrimp & Lobster Chowder - Cup	190	11	6	0	570	17	8	2	100	65	4
Loaded Baked Potato Soup - Bowl	380	27	13	0.5	970	21	15	2	240	65	2
Loaded Baked Potato Soup - Cup	270	19	9	0	670	16	10	2	170	45	2
French Onion Soup - Bowl	380	25	13	1	1260	19	20	1	230	65	7
French Onion Soup - Cup	170	11	5	0.5	870	12	8	less than 1 g	100	25	5
SIDE SALADS											
Mixed Green Salad	100	4.5	1.5	0	170	12	4	2	40	5	4
Caesar Side Salad with Caesar Dressing	280	22	4.5	1	590	16	7	3	190	15	3
Strawberry Pecan Salad with dressing	530	19	7	0	1310	52	43	7	170	125	41
Beefsteak Tomato & Bacon Salad	540	43	12	0	910	23	17	3	380	70	10
LUNCH ENTRÉES											
STEAKHOUSE SALADS											
Grilled Chicken & Strawberry Salad with Vinaigrette	530	19	7	0	1310	52	43	7	170	125	41
Grilled Chicken, Beefsteak Tomato and Bacon	1030	72	19	0.5	1990	43	57	6	650	195	18
7-Pepper Sirloin Salad	490	26	12	1	1120	22	45	5	240	135	5
Farm Fresh Field Greens with Chicken	410	17	7	1	970	21	44	5	150	115	6
Farm Fresh Field Greens with Shrimp	350	15	6	1	1280	23	36	5	130	255	7
Farm Fresh Field Greens with Sirloin	460	24	10	1.5	860	22	44	5	210	125	6
LongHorn Caesar Salad with Chicken	630	43	9	1	1510	20	44	5	390	130	4
LongHorn Caesar Salad with Shrimp	580	40	8	1	1820	21	36	5	360	265	5
LongHorn Caesar Salad with Sirloin	690	49	12	1.5	1400	20	44	5	440	135	4
Grilled Salmon Salad (mixed green)	530	29	9	1	710	23	43	5	260	115	7
Grilled Salmon Salad (caesar)	760	55	11	1	1250	22	43	5	490	125	5
LUNCH COMBINATIONS											
Tavern Steak Sandwich (half)	640	39	15	1	1150	37	33	2	360	110	4
Grilled Chicken Tortilla Soup	220	11	2.5	0	1140	22	10	3	100	25	5
French Onion Soup	380	25	13	1	1260	19	20	1	230	65	7
Shrimp & Lobster Chowder	250	15	8	0	760	23	10	3	140	90	5
Loaded Baked Potato Soup	380	27	13	0.5	970	21	15	2	240	65	2
Half Grilled Chicken & Strawberry Salad with dressing	280	11	2.5	0	580	28	20	4	100	55	22
Half Grilled Chicken & Avocado Sandwich	430	18	5	0	990	38	30	6	160	65	6
Third-Pound Steakhouse Burger	690	36	16	1.5	690	48	42	3	330	120	8
Half Shaved Prime Rib Sandwich	450	25	11	1	810	23	34	3	220	80	4
Third-Pound Bacon & Cheddar Burger	750	41	18	2	810	47	45	3	370	135	8
STEAKHOUSE SANDWICHES											
Rocky Top Chicken Sandwich	710	30	13	0.5	1340	52	57	2	270	145	12
Plain Grilled Chicken with Lettuce and Tomato	720	39	9	0.5	980	48	44	2	350	120	9
Tavern Steak Sandwich	1180	70	25	1.5	2070	71	63	4	630	195	6
Tilapia Sandwich (fried)	970	51	12	0.5	1440	75	52	6	460	85	6
Tilapia Sandwich (grilled)	680	30	8	0	1310	59	46	4	270	80	5
Tilapia Sandwich (blackened)	730	32	8	0	1090	60	50	4	290	90	5
Grilled Chicken & Avocado Sandwich	870	36	11	0	1990	76	59	11	330	130	11
Shaved Prime Rib Sandwich	910	50	21	2.5	1620	46	68	5	450	160	7
Parmesan-Garlic Fries	560	29	7	0	900	62	12	6	260	15	0
HALF-POUND STEAK BURGERS											
LongHorn Gourmet Burger	1100	71	24	2.5	1030	56	54	3	640	170	9
Steakhouse Burger	710	36	15	2	580	47	46	3	330	135	8
+Cheese	80	6	4	0	140	less than 1 g	5	0	60	20	0
+Bacon	80	6	2.5	0	250	0	4	0	60	0	0
Primetime Burger	990	57	26	3	1290	52	65	4	520	180	11
Parmesan-Garlic Fries	560	29	7	0	900	62	12	6	260	15	0
LONGHORN FAVORITES											
Parmesan Crusted Chicken	540	30	11	0.5	1400	6	62	0	270	180	less than 1 g
Baby Back Ribs Half-Rack	620	42	15	0	1140	14	45	0	370	160	12
LongHorn Salmon	300	16	3	0	310	2	33	0	150	90	1
Hand-Breaded Chicken Tenders	420	22	4	0	680	19	36	2	200	80	less than 1 g
Redrock Grilled Shrimp	160	3	1.5	0	960	2	30	less than 1 g	30	225	less than 1 g
+ Garlic Butter for Grilled Shrimp/Lobster	110	12	6	1	130	less than 1 g	0	0	100	0	0
Spinach Feta Chicken	220	6	2	0	920	5	37	less than 1 g	60	100	2
Four Cheese Pasta	1470	79	46	2.5	2730	134	52	6	710	230	12
Four Cheese Pasta with Chicken	1640	84	47	2.5	3290	134	85	6	750	320	12
Four Cheese Pasta with Shrimp and Lobster	1670	88	47	2.5	4090	136	80	7	790	425	12
LongHorn Steak Tips <i>(where available)</i>	520	27	9	1	1590	15	53	0	250	150	10
Chicken Fried Chicken <i>(where available)</i>	520	28	7	0	1350	32	35	0	250	110	2
Chop Steak <i>(where available)</i>	660	45	15	2.5	1100	17	47	3	400	135	5

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	PROTEIN g	FIBER g	CALORIES FROM FAT g	CHOLESTEROL g	SUGAR g
LIGHT & FLAVORFUL											
Grilled Fresh Tilapia with Mango Salsa	570	14	4	0	2090	74	38	6	120	70	17
Balsamic-Raspberry Seared Chicken	540	23	8	0.5	1250	21	58	5	210	165	12
Rosemary Cabernet Filet	370	15	6	1	510	9	46	4	140	110	4
LEGENDARY STEAKS											
Flo's Filet 6 oz.	370	18	7	0.5	340	0	42	0	160	110	less than 1 g
Flo's Filet 8 oz.	410	18	6	0.5	430	3	50	0	160	150	less than 1 g
Renegade Sirloin 6 oz.	320	15	5	0.5	530	2	36	0	130	95	0
Renegade Sirloin 8 oz.	390	16	6	1	670	2	51	0	140	125	0
Renegade Sirloin 11 oz.	480	17	6	1	740	less than 1 g	72	0	150	180	less than 1 g
Ribeye 11 oz.	740	49	20	2.5	600	4	60	0	440	185	0
Outlaw Ribeye 18 oz.	1140	79	34	4	1500	1	84	0	710	275	0
Chicken Fried Steak <i>(where available)</i>	530	30	8	0	1090	33	31	0	270	80	3
+Homestyle Mashed Potatoes (butter)	270	14	7	0	610	30	4	0	130	0	0
Country Fried Steak <i>(where available)</i>	530	30	8	0	1090	33	31	0	270	80	3
Flat Iron Steak 8 oz. <i>(where available)</i>	430	23	9	1	780	0	46	0	210	160	0
LongHorn Churrasco Steak w/Plantains <i>(where available)</i>	790	55	10	0.5	700	45	30	4	490	90	30
LongHorn Porterhouse 20 oz.	1130	69	29	4.5	2590	0	109	0	620	300	0
Fire-Grilled T-Bone 16 oz.	890	57	23	3	1410	0	73	0	510	225	0
Flo's Filet & Lobster Tail 6 oz.	460	21	8	1	920	less than 1 g	56	0	190	220	less than 1 g
+Garlic Butter for Grilled Shrimp/Lobster	210	22	14	1	260	2	0	0	200	0	0
New York Strip/Kansas City Strip 10 oz.	630	39	15	1.5	580	0	60	0	350	150	0
Prime Rib 8 oz.	520	33	15	2	300	0	57	0	300	0	0
Prime Rib 12 oz.	740	46	21	3	420	0	80	0	420	0	0
DINNER ENTRÉES											
CHEF'S SHOWCASE											
Grilled Lamb Chops	640	45	21	3	640	14	43	less than 1 g	410	170	12
Blackened Shrimp & Cajun Rice	410	17	5	0	1750	38	23	2	150	170	6
Blackened Cobia & Cajun Rice <i>(where available)</i>	740	41	12	0.5	1960	42	47	3	370	155	6
LEGENDARY STEAKS											
Renegade Sirloin 6 oz.	320	15	5	0.5	530	2	36	0	130	95	0
Renegade Sirloin 8 oz.	390	16	6	1	670	2	51	0	140	125	0
Renegade Sirloin 11 oz.	480	17	6	1	740	less than 1 g	72	0	150	180	less than 1 g
Flat Iron Steak 8 oz. <i>(where available)</i>	430	23	9	1	780	0	46	0	210	160	0
Prime Rib 8 oz.	520	33	15	2	300	0	57	0	300	0	0
Prime Rib 12 oz.	740	46	21	3	420	0	80	0	420	0	0
Prime Rib 16 oz.	980	61	28	3.5	560	0	106	0	550	0	0
+Horseradish Sauce	120	9	7	0	240	5	2	less than 1 g	80	35	2
Renegade Sirloin & Redrock Grilled Shrimp 6 oz.	780	25	9	1	2940	57	70	2	230	320	5
Flo's Filet & Redrock Grilled Shrimp 6 oz.	820	28	11	1	2740	56	77	2	250	335	6
Flo's Filet 6 oz.	370	18	7	0.5	340	0	42	0	160	110	less than 1 g
Flo's Filet 8 oz.	410	18	6	0.5	430	3	50	0	160	150	less than 1 g
New York Strip/Kansas City Strip 10 oz.	630	39	15	1.5	580	0	60	0	350	150	0
New York Strip/Kansas City Strip 14 oz.	840	52	20	2.5	800	0	84	0	470	210	0
Ribeye 11 oz.	740	49	20	2.5	600	4	60	0	440	185	0
White Cheddar & Bacon-Stuffed Filet 6 oz.	500	32	16	1.5	1180	7	47	1	290	130	0
Fire-Grilled T-Bone 16 oz.	890	57	23	3	1410	0	73	0	510	225	0
Outlaw Ribeye 18 oz.	1140	79	34	4	1500	1	84	0	710	275	0
LongHorn Porterhouse 20 oz.	1130	69	29	4.5	2590	0	109	0	620	300	0
Flo's Filet & Lobster Tail 6 oz.	460	21	8	1	920	less than 1 g	56	0	190	220	less than 1 g
Porterhouse for Two 30 oz.	1650	113	45	13	1940	1	128	0	1020	425	0
LongHorn Churrasco Steak w/Plantains <i>(where available)</i>	1070	74	16	1.5	940	46	58	4	660	180	30
GREAT STEAK ADDITIONS											
Parmesan Crusted Topping	220	17	8	0	440	6	10	0	150	35	less than 1 g
Bleu Cheese Crusted Topping	180	14	6	0	370	6	7	0	130	30	less than 1 g
Sautéed Mushrooms	120	9	1.5	0	125	5	3	2	90	0	2
Sautéed Onions & Mushrooms	90	4.5	1	0	640	8	3	0	45	0	0
Grilled Shrimp	80	1.5	1	0	480	1	15	0	15	115	0
Baby Back Ribs - Third-Rack	420	28	10	0	760	9	30	0	250	110	8
Lobster Tail <i>(where available)</i>	90	3	1.5	0	590	0	14	0	25	110	0
Housemade Sizzling Steak Sauce	160	3.5	0	0	1400	34	0	0	30	0	0
SEAFOOD											
LongHorn Salmon 7 oz.	300	16	3	0	310	2	33	0	150	90	1
LongHorn Salmon 10 oz.	430	23	4	0	440	3	47	0	210	130	2
Brown Butter Lemon Tilapia & Grilled Shrimp	760	36	19	1	2720	59	50	2	330	255	7
Redrock Grilled Shrimp	240	4.5	2.5	0	1440	3	46	1	40	340	less than 1 g
+Garlic Butter for Grilled Shrimp/Lobster	260	29	15	1	260	2	less than 1 g	0	260	60	0
CHICKEN											
Parmesan Crusted Chicken (full portion)	910	55	20	1	2230	13	90	0	490	270	2
Parmesan Crusted Chicken (lighter portion)	540	30	11	0.5	1400	6	62	0	270	180	less than 1 g
Hand-Breaded Chicken Tenders (full portion)	620	33	6	0	1030	28	53	4	300	120	less than 1 g
Hand-Breaded Chicken Tenders (lighter portion)	420	22	4	0	680	19	36	2	200	80	less than 1 g
Napa Grilled Chicken	530	30	8	0	1690	10	54	4	270	160	3
Spinach Feta Chicken	360	10	4	0	1560	10	57	1	90	150	4
Chicken Fried Chicken <i>(where available)</i>	820	44	12	0.5	2190	53	53	0	400	170	4
+Homestyle Mashed Potatoes (butter)	270	14	7	0	610	30	4	0	130	0	0
RIBS, CHOPS & MORE											
Four Cheese Pasta	1470	79	46	2.5	2730	134	52	6	710	230	12
Four Cheese Pasta with Chicken	1640	84	47	2.5	3290	134	85	6	750	320	12
Four Cheese Pasta with Shrimp and Lobster	1670	88	47	2.5	4090	136	80	7	790	425	12
Baby Back Ribs - Half-Rack	620	42	15	0	1140	14	45	0	370	160	12
Baby Back Ribs - Full-Rack	1240	83	30	0.5	2270	28	90	less than 1 g	750	325	24
Cowboy Pork Chops	400	14	5	0	1600	less than 1 g	67	0	130	0	0
Chop Steak <i>(where available)</i>	660	45	15	2.5	1100	17	47	3	400	135	5
Chicken Fried Steak <i>(where available)</i>	1050	60	16	1	2190	66	62	0	540	160	5
+Homestyle Mashed Potatoes (butter)	270	14	7	0	610	30	4	0	130	0	0
Country Fried Steak <i>(where available)</i>	1050	60	16	1	2190	66	62	0	540	160	5
LongHorn Steak Tips <i>(where available)</i>	620	34	12	1.5	1740	15	64	0	310	200	11

	CALORIES	FAT g	SAT FAT g	TRANS FAT g	SODIUM mg	CARBS g	PROTEIN g	FIBER g	CALORIES FROM FAT g	CHOLESTEROL g	SUGAR g
LIGHT & FLAVORFUL											
Grilled Fresh Tilapia with Mango Salsa	570	14	4	0	2090	74	38	6	120	70	17
Balsamic-Raspberry Seared Chicken	540	23	8	0.5	1250	21	58	5	210	165	12
Rosemary Cabernet Filet	370	15	6	1	510	9	46	4	140	110	4
STEAKHOUSE SALADS											
Grilled Chicken & Strawberry Salad with Vinaigrette	530	19	7	0	1310	52	43	7	170	125	41
7-Pepper Sirloin	490	26	12	1	1120	22	45	5	240	135	5
Grilled Chicken, Beefsteak Tomato and Bacon	1030	72	19	0.5	1990	43	57	6	650	195	18
BURGERS & SANDWICHES											
LongHorn Gourmet Burger	1100	71	24	2.5	1030	56	54	3	640	170	9
Primetime Burger	990	57	26	3	1290	52	65	4	520	180	11
Parmesan-Garlic Fries	560	29	7	0	900	62	12	6	260	15	0
Steakhouse Burger	710	36	15	2	580	47	46	3	330	135	8
+Cheese	80	6	4	0	140	less than 1 g	5	0	60	20	0
Rocky Top Chicken Sandwich	710	30	13	0.5	1340	52	57	2	270	145	12
Shaved Prime Rib Sandwich	910	50	21	2.5	1620	46	68	5	450	160	7
Grilled Chicken & Avocado Sandwich	870	36	11	0	1990	76	59	11	330	130	11
STEAKHOUSE SIDES											
Shrimp & Crab Cajun Rice	270	9	2.5	0	1260	36	10	2	80	45	4
Fresh Steamed Asparagus	90	5	1	0	10	6	5	3	45	less than 5 mg	2
Steakhouse Mac & Cheese	610	37	22	1	1210	43	26	5	330	120	3
Beefsteak Tomato & Bacon Salad with dressing	540	43	12	0	910	23	17	3	380	70	10
Strawberry Pecan Salad with dressing	190	8	2	0	300	28	4	4	80	10	22
Loaded Baked Potato	440	19	12	0	230	60	10	6	170	55	4
Sweet Potato with Cinnamon Sugar & Butter	380	14	9	0	170	62	5	9	120	35	24
Fresh Steamed Broccoli	90	4	1	0	125	7	4	4	35	0	3
Fresh Green Beans	30	0	0	0	220	6	1	3	0	0	2
Seasoned French Fries	440	19	3	0	240	62	5	6	170	0	0
Parmesan Garlic Fries	560	29	7	0	900	62	12	6	260	15	0
Seasoned Rice Pilaf	300	7	3	0	1440	53	4	1	70	0	5
Mashed Potatoes	340	19	10	0	790	37	5	4	170	40	2
Mixed Green Side Salad	100	4.5	1.5	0	170	12	4	2	40	5	4
Caesar Side Salad with Caesar Dressing	280	22	4.5	1	590	16	7	3	190	15	3
Freshly Baked Bread (loaf)	510	5	1	0	590	96	19	0	50	0	0
Add Butter	120	13	8	0	80	0	0	0	120	35	0
DRESSINGS & DIPPING SAUCES: values below are for 1.5 oz. portion**											
Ranch	230	25	4	0	410	2	less than 1 g	0	220	20	1
Light Ranch	60	5	1	0	430	3	less than 1 g	0	45	10	1
Balsamic Vinaigrette	270	29	4	0.5	480	3	less than 1 g	less than 1 g	260	0	2
Raspberry Vinaigrette	60	0.5	0	0	220	14	0	0	0	0	12
Thousand Island	210	21	3	0	300	5	0	0	190	15	4
Bleu Cheese	180	17	3.5	0	390	3	2	0	150	15	2
Caesar	210	22	3.5	0	380	1	1	0	200	15	0
Italian	130	12	2	0	940	7	0	0	110	0	5
Honey Mustard	260	26	4	0	210	7	0	0	230	20	7
Oil & Vinegar	200	21	3	0	0	3	0	0	190	0	3
Horseradish Sauce	120	9	7	0	240	5	2	less than 1 g	80	35	2
Au Jus 1 (fl. oz.)	10	0	0	0	640	less than 1 g	less than 1 g	0	0	0	0
**Dressings and dipping sauces served with 1.5 oz. portion, except Steakhouse Salad dressing choices which are served with a 3 oz. portion.											
DESSERTS											
Blueberry Lemon Butter Cake	910	56	17	1	950	125	11	3	510	120	88
Chocolate Stampede (Serves 2)	2430	130	73	3.5	1040	288	28	12	1170	315	190
Bourbon Pecan Pie	880	42	18	0	690	116	7	2	380	100	59
Molten Lava Cake	1100	40	18	0.5	790	171	13	8	360	90	123
Key Lime Pie	690	28	15	0.5	330	102	10	1	250	65	86
Ultimate Brownie Sundae	1180	60	33	1	220	146	15	15	540	205	0
Mountain Top Cheesecake	1050	80	46	3	800	68	15	0	720	0	0
Caramel Apple Goldrush	1640	71	25	11	930	237	13	0	640	0	0
LongHorn Dessert Sampler (Serves 2)	1650	89	49	2.5	920	192	19	8	800	235	0
CHILDREN'S MENU											
Kid's Sirloin Steak	250	11	4	0	240	5	34	1	100	100	4
Grilled Chicken Tenders	160	2	0	0	150	5	30	1	20	0	4
Chicken Tenders	360	19	3.5	0	450	20	30	1	170	0	4
Hot Dog	290	22	10	1	1080	27	13	3	200	50	7
Cheeseburger	700	37	17	2	570	49	42	3	330	125	10
Kraft Macaroni & Cheese	330	9	2.5	0	550	50	11	3	80	15	12
Grilled Cheese Sandwich	370	20	11	1	1120	34	15	1	180	0	4
Grilled Chicken Salad	290	9	3	0	190	10	42	1	80	0	4
Baby Back Ribs - Third Rack	440	28	10	0	760	14	31	1	250	110	12
Fresh Fruit - Watermelon	45	0	0	0	0	11	less than 1 g	less than 1 g	0	0	9
Fresh Fruit - Oranges	20	0	0	0	0	5	0	1	0	0	4
1% Milk Chug	110	2.5	1.5	0	130	13	9	0	20	15	12
Kid's Fountain Drink	100	0	0	0	30	26	0	0	0	0	26
Seasoned French Fries	440	19	3	0	240	62	5	6	170	0	0
Kid's Broccoli	90	4	1	0	125	7	4	4	35	0	3
Banana Berry Smoothie	230	0	0	0	0	56	0	0	0	0	0
Peanut Butter Cup Smoothie	680	33	19	1	300	80	14	0	300	0	0
Raspberry Dream Smoothie	320	12	8	0	65	51	3	0	100	0	0
MENU SPECIALS											
Garlic Portabella Filet 6 oz.	390	23	8	0.5	450	5	44	less than 1 g	200	120	3
Garlic Portabella Sirloin 8 oz.	410	20	7	0.5	780	6	52	less than 1 g	180	135	2
Bacon Wrapped Filet 6 oz.	500	30	11	1	600	less than 1 g	49	0	270	135	less than 1 g
Bacon Wrapped Sirloin 8 oz.	450	22	9	1	860	2	51	0	200	115	0