GLUTEN-SENSITIVE GUIDE
Menu Items Made Without Gluten-Containing Ingredients*

Printed information is valid: 06/06/22 - 12/31/22

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

SALADS
Request NO croutons on salads.
Request that salads be tossed in separate mixing bowls from other salads.
Farm Fresh Field Greens with Chicken, Shrimp or Sirloin
LongHorn Caesar Salad with Chicken, Shrimp or Sirloin
Grilled Salmon Salad **(Mixed Green or Caesar - order without marinade)**
7-Pepper Salad
Mixed Green Salad
Caesar Salad
Grilled Chicken & Strawberry Salad with Vinaigrette
Strawberry & Pecan Salad with Vinaigrette
DRESSINGS
White Balsamic Vinaigrette, Ranch, Caesar, Honey Mustard & Blue Cheese
BURGERS/SANDWICHES
LH Burger **(order without bun)**
Maverick Sandwich **(order without bread and onions)**
CHICKEN
Parmesan Crusted Chicken **(order without breadcrumbs)**

RIBS & CHOPS
Baby Back Ribs
Cowboy Pork Chops
SEAFOOD
LongHorn Salmon **(order without marinade)**
Flo's Filet and Lobster Tail **(where available)**
Renegade Sirloin & Redrock Grilled Shrimp
Redrock Grilled Shrimp
Lobster Tail **(where available)**
LEGENDARY STEAKS
Flo's Filet
Outlaw Ribeye
NY Strip (or KC Strip)
The LongHorn
Ribeye
Renegade Sirloin
Fire-Grilled T-Bone
Delmonico **(where available)**

KID'S MEALS
Order all Kid's Meals with one of the side choices listed below.
Kid's Cheese Burger **(order without bun)**
Kid's Grilled Chicken Salad **(order without croutons)**
Kid's Sirloin Steak
Kid's Grilled Chicken tenders
Kid's Ribs
SIDE ITEMS
Baked Potato
Loaded Baked Potato
Sweet Potato
Grilled Mushrooms
Mashed Potatoes
Fresh Steamed Asparagus
Seasoned Rice
Fresh Steamed Broccoli
Loaded Potato Soup
Shrimp and Lobster Chowder
Fire-Grilled Corn on the Cob
Southwest Chicken Tortilla Soup **(where available - order without tortilla strips)**
DESSERTS
Vanilla Bean Ice Cream