LONGHORN® STEAKHOUSE

VALID AS OF 11/4/26

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NUTRITIONAL GUIDE

GLUTEN-SENSITIVE

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.

	CALORIES	CALORIES FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTIEN (G)
BEVERAGES											
MARGARITAS											
Texas Margarita	200	0	0	0	0	-	990	28	-	-	0
Watermelon Margarita	460	0	0	0	0	0	15	89	0	87	0
Watermelon MargaritaLong Pour	680	0	0	0	0	0	20	131	0	129	0
The Perfect	290	-	-	-	-	-	10	46	-	45	-
The Perfect Long Pour	410	0	0	0	0	0	15	64	0	64	0
Strawberry	310	0	0	0	0	0	10	52	0	51	0
Strawberry Long Pour	460	0	0	0	0	0	10	76	0	75	0
Mango	410	0	0	0	0	0	10	74	0	74	0
Mango Long Pour	630	0	0	0	0	0	20	118	0	117	0
Patrón Dragon Fruit Margarita	370	0	0	0	0	0	10	61	1	54	< 1 g
Patrón Dragon Fruit Margarita Long Pour	370	0	0	0	0	0	10	61	1	54	< 1 g
HAND-CRAFTED COCKTAILS											
Smoked LongHorn® Old Fashioned (with Small Batch 9 yr. Bourbon by Knob Creek)	270	0	0	0	0	0	0	27	0	26	0
Lemondrop Martini	250	0	0	0	0	-	5	36	-	30	0
Hurricane (*where available)*	280	0	0	0	0	0	10	26	0	24	0
Blazing Berry Sangria	240	0	0	0	0	0	130	34	0	29	0
Texas Tea	240	0	0	0	0	0	15	35	0	35	0
Spiked Strawberry Lemonade	200	0	0	0	0	0	10	27	0	25	0
Jack & Coke	130	0	0	0	0	0	15	13	0	13	0

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BEER											
Regular Bottle Beer 12 oz.	150	0	0	0	0	0	15	12	0	0	0
Light Draft/Bottle Beer 12 oz.	100	0	0	0	0	0	15	6	0	0	0
Michelob Ultra 16 oz.	130	0	0	0	0	0	15	3	0	0	0
Michelob Ultra 20 oz.	160	0	0	0	0	0	20	4	0	0	0
Regular Draft Beer 16 oz.	200	0	0	0	0	0	20	16	0	0	0
Regular Draft Beer 20 oz.	250	0	0	0	0	0	25	20	0	0	0
Light Draft Beer 16 oz.	140	0	0	0	0	0	20	8	0	0	0
Light Draft Beer 20 oz.	170	0	0	0	0	0	25	10	0	< 1 g	1
Cider Draft 16 oz.	270	-	-	-	-	-	-	-	-	-	-
Cider Draft 20 oz.	330	-	-	-	-	-	-	-	-	-	-
Cider Bottle	200	0	0	0	0	0	15	21	0	21	0
IPA Draft 16 oz.	270	-	-	-	-	-	20	1	-	-	4
IPA Draft 20 oz.	340	-	-	-	-	-	25	2	-	-	5
IPA Bottle (*where available)*	210	-	-	-	-	-	15	< 1 g	-	-	3
Non-Alcoholic Beer	130	0	0	0	0	0	45	29	0	29	< 1 g
WINE											
White - Glass	150	0	0	0	0	0	10	4	0	2	0
White - LongPour	220	0	0	0	0	0	15	6	0	3	0
White - Bottle	630	0	0	0	0	0	35	16	0	7	< 1 g
Red - Glass	160	0	0	0	0	0	0	5	0	0	0
Red - LongPour	230	0	0	0	0	0	0	8	0	0	0
Red - Bottle	660	0	0	0	0	0	0	21	0	0	< 1 g

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BOTTOMLESS BEVERAGES											
Raspberry Iced Tea	50	0	0	0	0	0	10	13	0	12	0
Peach Iced Tea	50	0	0	0	0	0	10	14	0	12	0
Half Lemonade & Half Tea (Sweetened)	120	0	0	0	0	0	15	32	0	31	0
Half Lemonade & Half Tea (Unsweetened)	70	0	0	0	0	0	15	19	0	18	0
Sweet Tea	130	0	0	0	0	0	10	33	0	32	0
Unsweetened Tea	0	0	0	0	0	0	10	1	0	0	0
Strawberry Lemonade	200	0	0	0	0	0	15	50	< 1 g	46	0
Raspberry Lemonade	170	0	0	0	0	0	0	41	0	39	10
Mango Lemonade	240	0	0	0	0	0	0	60	0	59	0
Watermelon Lemonade	210	0	0	0	0	0	0	55	0	54	0
Coke	140	-	0	-	-	-	45	39	-	39	-
Diet Coke/Coke Zero Sugar	0	0	0	0	0	0	45	0	0	0	0
Sprite	140	-	-	-	-	-	65	38	-	38	-
Pibb Xtra	140	-	-	-	-	-	40	39	-	39	-
Dr Pepper (*where available)*	100	0	0	0	0	0	35	27	0	27	0
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
Minute Maid Lemonade	100	0	0	0	0	0	40	26	0	26	0
Coffee	0	0	0	0	0	0	5	0	0	0	0
Bottled Water	0	0	0	0	0	0	0	0	0	0	0

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EPIC BEGINNINGS (APPETIZERS)											
Spicy Chicken Bites (*where available)*	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	< 1 g
Parmesan Crusted Fries	2070	1160	130	36	.5	195	5650	155	2	4	72
Texas Tonion	1180	620	69	12	0	0	2720	126	9	9	15
+ Dip	500	470	52	8	1	30	700	9	0	8	< 1 g
Parmesan Cheese Fries	2340	1500	167	46	2.5	175	3630	143	0	5	65
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	< 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	< 1 g
Seasoned Steakhouse Wings	460	250	28	7	0	245	1030	0	< 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 (*where available)*	730	540	60	28	0.5	275	2430	12	1	1	35
+ Flatbread (*where available)*	920	440	49	9	0	< 5 mg	1750	99	5	7	19
Texas Brisket Nachos (*where available)*	2040	1170	130	45	0	240	4070	149	1	11	64
Parmesan Crusted Spinach Dip (*where available)*	770	560	62	33	0.5	150	1730	21	2	2	28
+ Flatbread Chips (*where available)*	710	340	38	7	0	< 5 mg	1350	76	4	5	15
Spicy Chicken Bites - Larger Portion (*where available)*	920	440	49	9	0	140	1780	66	0	21	54
+ Sweet Chili Ginger Sauce	430	290	33	5	0	30	670	32	< 1 g	30	1
Texas Brisket Queso (*where available)*	1070	800	89	49	3	20	2560	19	1	8	50
+ Chips (*where available)*	600	270	30	5	0	0	560	76	7	1	8

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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 - Cup (*where available)*	250	130	14	1	0	25	1070	17	< 1 g	0	12
Southwest Chicken Tortilla - Bowl (*where available)*	330	170	18	1.5	0	30	1420	22	1	0	16
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
7-Pepper Sirloin Salad	490	240	26	12	1	135	1120	22	5	5	45

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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	< 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	< 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.*

LUNCH ENTRÉES

STEAKHOUSE LUNCH PLATES											
Blackened Chicken Sandwich 6 oz	810	440	48	12	1	45	1710	47	3	7	48
Crispy Buttermilk Chicken Sandwich 6 oz	1080	648	72	12.5	0	140	2325	67	5	9	44
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 (bowl)	380	240	27	13	0.5	65	970	21	2	2	15
Shrimp & Lobster Chowder (bowl)	250	140	15	8	0	90	760	23	3	5	10

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BEYOND STEAK											
Grilled Lamb Chops	1120	710	79	39	3.5	260	1670	42	6	3	63
Hand-Breaded Chicken Tenders (6 tenders)	420	200	22	4	0	80	680	19	2	< 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	< 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 6 oz	560	310	34	14	0.5	160	1580	12	2	2	51
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	< 1 g	< 1 g	30
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 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	< 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	< 1 g	4	3
Chop Steak	640	420	46	21	2.5	145	1240	13	3	6	44

	CALORIES	CALORIES FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTIEN (G)
Chicken Fried Chicken (*where available)*	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 (*where available)*	400	225	25	9	0	100	2460	2	0	1	44
Lemon Garlic Chicken 6 oz.	240	90	10	4	0	105	840	2	0	< 1 g	36
Lemon Garlic Chicken 9 oz.	330	110	12	4.5	0	150	1120	2	0	< 1 g	53
Lemon Garlic Chicken 12 oz.	420	130	15	5	0	195	1400	2	0	< 1 g	70
LEGENDARY STEAKS											
7-Pepper Crusted New York Strip 14oz.	780	280	30	27	2	270	1110	30	2	< 1 g	70
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	< 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	< 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
Chicken Fried Steak (*where available)*	730	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 (*where available)*	610	261	29	10	1	195	2490	14	0	12	74
LongHorn® Churrasco Steak w/ Plantains (*where available)*	840	460	52	12	1	150	670	47	5	31	49

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DINNER ENTRÉES											
LEGENDARY STEAKS											
Flo's Filet 6 oz.	330	130	15	5	0.5	115	330	2	0	< 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	< 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
Chicken Fried Steak (*where available)*	730	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 (*where available)*	610	261	29	10	1	195	2490	14	0	12	74
LongHorn® Churrasco Steak w/ Plantains (*where available)*	840	460	52	12	1	150	670	47	5	31	49
GRILL MASTER COMBOS											
Renegade Sirloin 6 oz. with Redrock Grilled Shrimp	480	160	18	7	1	320	1490	4	< 1 g	< 1 g	66
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g
9 oz. Parmesan Crusted Chicken with Half-Rack Baby Back Ribs	1470	840	92	36	0.5	460	2600	28	3	17	130
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g

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Flo's Filet 6 oz. with Lobster Tail	420	160	18	7	0.5	225	920	2	0	< 1 g	51
+ Butter Sauce	210	200	22	14	1	-	260	2	-	-	0
7 oz. Longhorn® Salmon* with 8 ct. Redrock Grilled Shrimp	460	170	19	4.5	0	320	1270	4	< 1 g	2 g	63
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g
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
Redrock Grilled Shrimp	80	15	1.5	1	0	115	480	1	0	0	15
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g
Lobster Tail (*where available)*	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	< 1 g
Grilled Jalapeños (*where available)*	15	25	3	1.5	0	110	590	0	0	0	14
BEYOND STEAK											
Grilled Lamb Chops	1120	710	79	39	3.5	260	1670	42	6	3	63
Hand-Breaded Chicken Tenders 6 Tenders	420	200	22	4	0	80	680	19	2	< 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	< 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

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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
Half-Pound Steakhouse Cheeseburger	850	460	51	15	2	165	1150	45	3	5	48
+ Seasoned French Fries	500	210	23	2	0	0	1280	67	0	1	6
+ Bacon (Strip)	130	100	12	4.5	0	25	250	0	0	0	7
LongHorn® Salmon 7 oz.	300	150	16	3	0	90	310	2	0	1	33
+ Rice	230	50	6	2	0	0	1120	41	< 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	< 1 g	4	3
Lemon Garlic Chicken 9 oz.	330	110	12	4.5	0	150	1120	2	0	< 1 g	53
Lemon Garlic Chicken 12 oz.	420	130	15	5	0	195	1440	2	0	< 1 g	70
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	< 1 g	< 1 g	30
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g
Redrock Grilled Shrimp 12 ct.	240	40	4.5	2.5	0	340	1440	3	1	< 1 g	46
+ Rice	230	50	6	2	0	0	1120	41	< 1 g	4	3
+ Garlic Butter	230	230	26	13	1	55	230	2	0	0	< 1 g
Cowboy Pork Chops (*where available)*	810	441	49	18	0	205	2660	3g	0	0	87
Chicken Fried Chicken (*where available)*	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

	CALORIES	CALORIES FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTIEN (G)
STEAKHOUSE SIDES											
Honey Glazed Carrots	290	126	14	9	.5	35	790	39	6	29	2
Fresh Steamed Asparagus	130	60	7	1.5	0	< 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	< 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 (*where available)*	310	170	19	3.5	0	0	690	28	5	4	5
Fried Okra (*where available)*	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	< 1 g	0	0	5
Bacon (Strip)	130	100	12	4.5	0	25	250	0	0	0	7

	CALORIES	CALORIES FROM FAT	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBS (G)	FIBER (G)	SUGAR (G)	PROTIEN (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 with Pecans	1370	740	82	37	0	180	970	117	4	79	18
THE Cheesecake with Strawberry	1090	630	70	34	2	160	860	94	2	72	18
CHILDREN'S MENU											
Grilled Chicken Tenders	140	30	3.5	1	0	75	440	0	0	0	26
Kid's Sirloin Steak	240	144	16	3	0	65	390	1	-	0	24
Kraft Macaroni & Cheese	310	80	9	2.5	0	15	550	45	2	8	11
Cheeseburger	490	216	24	10	1	80	780	41	0	3	29
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

LONGHORN® STEAKHOUSE

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

GLUTEN SENSITIVE GUIDE

SALAD

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, Thousand Island & Blue Cheese

BURGERS/SANDWICHES

LH Burger (order without bun)

CHICKEN

Parmesan Crusted Chicken
(order without breadcrumbs)

Lemon Garlic Chicken

RIBS & CHOPS

Baby Back Ribs

Cowboy Pork Chops

Fire Grilled Lamb 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

SIDE ITEMS

Baked Potato

Loaded Baked Potato

Sweet Potato

Grilled Mushrooms

Mashed Potatoes

Fresh Steamed Asparagus

Seasoned Rice Pilaf

Fresh Steamed Broccoli

Loaded Potato Soup

Shrimp and Lobster Chowder

Fire-Grilled Corn on the Cob

Seasoned French Fries

Southwest Chicken Tortilla Soup
(where available - order without tortilla strips)

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

DESSERTS

Vanilla Bean Ice Cream

*THESE ITEMS ARE COOKED TO ORDER. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

LONGHORN® STEAKHOUSE

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										
" 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 (*where available)*	•						Y				Y		
+ Flatbread (*where available)*		•					Y	Y					Y
Parmesan Cheese Fries		•			Y		Y						
Wild West Shrimp		•			Y		Y	Y			Y		Y
+ Ranch Sauce						Y	Y						
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 (*where available)*		•			Y		Y	Y					Y
Parmesan Crusted Spinach Dip (*where available)*					Y		Y	Y					Y
+ Flatbread Chips (*where available)*		•					Y	Y					Y
Texas Brisket Nachos (*where available)*		•			Y		Y	Y					Y
SOUPS													
Southwest Chicken Tortilla Soup (*where available)*		I			Y		Y						
Loaded Potato Soup	•				Y		Y						
Shrimp & Lobster Chowder					Y		Y			Y	Y		
French Onion Soup (*where available)*					Y		Y	Y					Y

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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
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 (*where available)*		•			Y		Y	Y					Y
Lemon Garlic Chicken					Y		Y						

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RIBS, CHOPS & MORE													
Baby Back Ribs	•												
Cowboy Pork Chops	•												
The LH Burger	•				Y	Y	Y	Y	Y				M
Chop Steak	•	•			Y		Y	Y					Y
Fire Grilled Lamb Chops (while available)					Y		Y						
LEGENDARY STEAKS													
Renegade Sirloin	•												
Chop Steak	•	•			Y		Y	Y					Y
Renegade Sirloin & Red Rock Grilled Shrimp	•				Y		Y				Y		
Flo's Filet	•												
New York/Kansas City Strip	•												
Ribeye	•												
Fire-Grilled T-Bone	•												
Outlaw Ribeye	•												
The Longhorn 22 oz.	•												
LongHorn Steak Tips (*where available*)	•				Y		Y	Y					Y
LongHorn Churrasco Steak (*where available*)	•				Y			Y					Y
Chicken Fried Steak (*where available*)		•			Y	Y	Y	Y					Y
GREAT STEAK ADDITIONS													
Parmesan Cheese Crust (Topping)					Y	Y	Y	Y					Y
Grilled Mushrooms	•						Y						
Redrock Grilled Shrimp	•				Y		Y				Y		
Lobster Tail (*where available*)	•						Y				Y		

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GRILL MASTER COMBOS (WHERE AVAILABLE)													
Renegade Sirloin 6 oz. with Red Rock Grilled Shrimp	•				Y		Y				Y		
9 oz. Parmesan Crusted Chicken with Half rack Baby Back Ribs	•				Y	Y	Y	Y					M
Flo's Filet 6 oz. with Lobster Tail	•						Y				Y		
7 oz. Longhorn® Salmon* with 8 ct. Redrock Grilled Shrimp	•				Y		Y	Y	Y		Y		M
ENTRÉE ADDITIONS													
SIDE DISHES													
Honey Glazed Carrots			Y										
Fire Roasted Corn							Y						
Fresh Steamed Asparagus							Y						
Steakhouse Mac & Cheese	•				Y		Y	Y					Y
Crispy Brussels Sprouts		•					Y						
Plain Baked Potato													
Loaded Baked Potato	•						Y						
Mashed Potatoes					Y		Y						
Plain Sweet Potato													
Sweet Potato with Cinnamon-Sugar & Butter							Y						
Fresh Steamed Broccoli							Y						
Seasoned French Fries		•											
Seasoned Rice Pilaf													
Freshly Baked Bread								Y					Y
+ Butter							Y						
Fried Okra/Crispy Texas Okra (*where available)*		•					Y	Y					Y

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DRESSING & DIPPING SAUCES													
Ranch						Y	Y						
Blue Cheese						Y	Y						
White Balsamic Vinaigrette							Y						
Honey Mustard						Y							
Thousand Island						Y							
DESSERTS													
The Cheesecake				Y	Y	Y	Y	Y					Y
Chocolate Stampede					Y	Y	Y	Y					Y
Strawberries & Cream Shortcake					Y	Y	Y	Y					Y
Molten Lava Cake					Y	Y	Y	Y					Y
CHILDREN'S MENU													
Cheeseburger	·						Y	Y					M
Chicken Tenders		·					Y	Y					Y
Grilled Chicken Tenders	·												
Kid's Sirloin Steak	·												
Kraft Macaroni & Cheese							Y	Y					Y
1% Milk Chug							Y						
Seasoned French Fries		·											