

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. Nutrition information is updated when new data is received from suppliers. Due to this reason, calories on the print menu may differ from online information. The online information is the most up to date. Updated February 2023

outbacksteakmenu.us

Item Name	Quantity	Measure	Calories	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
AUSSIE-TIZERS®													
Bloomin' Onion	1	Serving	1620	1130	126	44	4.5	95	4140	107	14	20	15
Aussie Cheese Fries	1	Serving	2620	1640	182	69	4.5	315	7490	153	16	1	89
Kookaburra Wings Mild	1	Serving	1780	1120	125	33	3	370	4150	72	7	4	90
Kookaburra Wings Medium	1	Serving	1740	1170	130	35	3	375	4100	52	6	4	87
Kookaburra Wings Hot	1	Serving	2170	1580	176	44	6	410	4630	53	7	5	90
Grilled Shrimp on the Barbie	1	Serving	580	330	37	13	0	280	1020	29	3	6	34
Sydney *Shrooms	1	Serving	1370	1010	113	43	4.5	75	2560	64	10	3	17
Bloomin' Fried Shrimp	1	Serving	990	600	66	22	1.5	385	5830	53	5	1	45
Seared Peppered Ahi	1	Serving	440	210	24	3.5	0	45	2210	30	3	15	29
Gold Coast Coconut Shrimp	1	Serving	520	190	21	14	0	245	640	49	1	28	31
Steakhouse Mac & Cheese Bites	1	Serving	660	390	43	15	0	75	1220	39	2	1	27
Three Cheese Steak Dip	1	Serving	1460	1020	113	63	4	265	2080	85	9	8	28
Taz Crawfish (Regional)	1	Serving	1340	910	101	5	4.5	55	400	67	5	5	41
Calamari (Regional)	1	Serving	740	330	37	15	2	425	1390	76	4	16	26
Bloom Petals (Regional)	1	Serving	530	170	19	3	0	10	2640	85	12	13	12
Table Bread and Butter	1	Serving	370	130	15	7	0	20	420	51	4	10	10
SOUPS & SIDE SALADS & SIDE SALAD DRESSINGS													
Baked Potato Soup (Cup)													
Baked Potato Soup (Bowl)	1	Serving	250	160	18	10	0	40	1450	17	1	2	6
Broccoli Soup (Cup)	1	Serving	450	290	32	18	0.5	70	2770	33	2	4	9
Broccoli Soup (Bowl)	1	Serving	160	100	12	6	0	15	840	10	1	3	3
Creamy Onion Soup (Cup)	1	Serving	320	210	23	13	0	30	1680	21	3	6	5
Creamy Onion Soup (Bowl)	1	Serving	220	160	18	10	0	25	920	11	1	4	4
French Onion Soup	1	Serving	420	300	34	19	0	45	1790	23	2	8	6
Tasmanian Chili cup	1	Serving	570	320	36	17	0	55	4120	42	4	18	19
Tasmanian Chili Crock	1	Serving	200	120	14	6	0	40	760	7	2	3	12
House Salad--No Dressing	1	Serving	370	230	25	10	0	75	1470	13	3	6	23
Caesar Salad with Caesar Dressing	1	Serving	120	60	7	3	0	15	180	8	<1	2	5
Blue Cheese Pecan Chopped Salad with Dressing	1	Serving	270	220	25	5	0	50	600	7	<1	<1	6
Strawberry Salad--side salad with dressing	1	Serving	590	440	49	13	0	20	1260	27	2	13	11
Blue Cheese Wedge & 6 oz Sirloin (Regional)	1	Serving	390	280	31	8	0	25	190	21	3	15	7
Blue Cheese Vinaigrette	1	Serving	820	550	61	19	0	205	1380	11	3	7	58
Caesar Dressing	1	Serving	260	210	23	4.5	0	<5	620	8	0	6	2
Honey Mustard Dressing	1	Serving	200	190	21	4	0	40	430	2	0	0	3
Light Balsamic Dressing	1	Serving	230	180	20	3	0	15	290	11	0	10	<1
Mustard Vinaigrette	1	Serving	80	45	5	0.5	0	0	330	8	0	7	0
Ranch Dressing	1	Serving	220	200	22	3	0	0	110	4	0	4	0
Tangy Tomato Dressing	1	Serving	210	200	23	4	0	15	250	1	0	1	<1
Thousand Island Dressing	1	Serving	70	0	0	0	0	0	180	17	0	16	<1
	1	Serving	250	230	25	4	0	20	330	6	0	3	0

SO MANY WAYS TO STEAK													
Victoria's Filet Mignon 6 oz	1	Serving	380	170	19	9	0.5	160	470	1	0	0	47
Victoria's Filet Mignon 8 oz	1	Serving	530	260	29	14	1	220	540	1	0	0	62
Victoria's Filet Mignon 9 oz (Regional)	1	Serving	590	290	32	15	1	245	730	1	0	0	70
Victoria's Filet Mignon 11 oz (Regional)	1	Serving	690	320	36	17	1.5	290	750	1	0	0	85
Outback Center Cut Sirloin 5 oz (Regional)	1	Serving	320	170	19	10	0	135	330	0	0	0	38
Outback Center-Cut Sirloin 6 oz	1	Serving	370	180	20	10	0	145	510	1	0	0	46
Outback Center Cut Sirloin 8 oz	1	Serving	450	200	23	11	0.5	190	710	1	0	0	60
Outback Center Cut Sirloin 9oz (Regional)	1	Serving	490	220	24	11	0.5	210	730	1	0	0	68
Outback Center-Cut Sirloin 11 oz	1	Serving	600	250	28	13	1	260	930	1	0	0	86
Outback Center Cut Sirloin 12oz (Regional)	1	Serving	630	260	29	13	1	275	940	1	0	0	92
Ribeye 12 oz	1	Serving	900	650	72	32	0	255	610	1	0	0	58
Ribeye 15 oz	1	Serving	1110	790	88	38	0	310	650	1	0	0	73
Classic Prime Rib 12 oz	1	Serving	1330	980	109	49	6	335	1330	0	0	1	87
Classic Prime Rib 16 oz	1	Serving	1770	1300	145	66	9	445	1510	0	0	2	116
Classic Prime Rib 24 oz	1	Serving	2660	1950	217	99	13	665	1880	0	0	2	175
Outback-Style Prime Rib w/au jus and creamy horseradish 12 oz	1	Serving	1520	1120	124	60	6	380	1240	9	1	7	91
Outback-Style Prime Rib w/au jus and creamy horseradish 16 oz	1	Serving	1960	1440	160	76	9	490	1430	9	1	7	120
Bone In Ribeye 18 oz	1	Serving	910	620	69	28	4.5	250	3110	3	0	1	66
Prime NY Strip 16 oz	1	Serving	1090	750	83	37	3	195	840	0	0	0	84
Melbourne Porterhouse 22 oz	1	Serving	660	300	34	12	0	250	1200	1	0	0	83
PLUS IT UP													
Gold Coast Coconut Shrimp													
Grilled Shrimp on the Barbie Add On	1	Serving	320	120	13	8	0	125	320	34	1	22	16
Add on 4 oz Lobster Tail	1	Serving	430	240	27	10	0	155	690	27	3	5	20
Add on Toowoomba topping	1	Serving	360	220	24	15	0	210	650	3	1	1	30
Add on Roasted Garlic Topping	1	Serving	330	230	25	12	0	130	770	7	1	3	18
Add on Sauteed Shrooms	1	Serving	160	140	16	6	0	20	210	2	0	0	<1
Grilled Onions	1	Serving	130	50	6	2.5	0	0	670	10	3	5	7
Peppercorn Sauce (Regional)	1	Serving	110	35	4	0.5	0	0	460	17	3	8	2
STEAK 'N MATE COMBOS													
Sirloin 5 oz & Grilled Shrimp on the Barbie (Regional)	1	Serving	80	70	7	3.5	0	15	250	3	0	1	1
Sirloin 5 oz & Coconut Shrimp (Regional)													
Sirloin 5 oz and 1/3 rack of ribs (Regional)	1	Serving	750	410	46	20	0	285	1030	28	3	5	58
Sirloin 6 oz and 4 Grilled Shrimp on the Barbie	1	Serving	640	280	31	18	0	260	650	34	1	22	54
Sirloin 6 oz and 4 Coconut Shrimp	1	Serving	1300	747	83	32	0.5	433	7347	31	1	24	118
Sirloin 6 oz and 1/2 rack of ribs	1	Serving	800	420	47	20	0	305	1210	28	3	6	66
Sirloin 6 oz and 1/3 rack ribs (Regional)	1	Serving	680	300	33	18	0	275	840	34	1	23	62
Sirloin 6 oz and 5 oz Grilled Chicken	1	Serving	1080	590	66	26	1	325	1670	27	1	21	94
Sirloin 8 oz and 4 Grilled Shrimp on the Barbie	1	Serving	840	450	50	21	0.5	265	1290	18	1	14	78
Sirloin 8 oz and 4 Coconut Shrimp	1	Serving	600	220	25	11	0	280	1000	12	1	9	84
Sirloin 8 oz and 1/2 rack of ribs	1	Serving	880	450	50	21	0.5	345	1410	28	3	6	80
Sirloin 8 oz and 5 oz Grilled Chicken	1	Serving	770	320	36	19	0.5	315	1030	35	1	23	76
Sirloin 8 oz and 4 Grilled Shrimp on the Barbie	1	Serving	1170	610	68	27	1	360	1870	27	1	21	108
Sirloin 9 oz and 4 Coconut Shrimp	1	Serving	690	250	27.5	12.5	0.5	280	1310	19	1	14	91
Sirloin 9 oz and 5oz Grilled Chicken	1	Serving	920	460	51	22	0.5	365	1420	28	3	6	88
Sirloin 9 oz and 1/2 rack of ribs	1	Serving	810	330	37	20	0.5	335	1050	35	1	23	83
Sirloin 11 oz and 1/2 rack of ribs	1	Serving	730	260	28.5	12.5	0.5	300	601	747	0	14	99
Sirloin 12 oz and 1/2 rack of ribs	1	Serving	1210	630	70	28	1	380	1880	27	1	21	116
Ribeye 12 oz and 4 Grilled Shrimp on the Barbie	1	Serving	1310	660	73	29	1	430	2080	27	1	21	134
Ribeye 12 oz and 4 Coconut Shrimp	1	Serving	1350	670	74	29	1.5	450	2100	27	1	21	140
Ribeye 15 oz and 4 Grilled Shrimp on the Barbie	1	Serving	1340	900	100	42	0	410	1310	29	3	6	78
Ribeye 15 oz and 4 Coconut Shrimp	1	Serving	1220	770	85	40	0	380	930	35	1	23	74
Filet 6 oz and Lobster Tail	1	Serving	1540	1030	115	48	0	465	1350	29	3	6	93
Filet 8 oz and Lobster Tail	1	Serving	1420	610	68	32	5	265	1240	41	0	21	96
Filet 9 oz and Lobster Tail	1	Serving	730	390	43	24	0.5	370	1120	3	1	1	77
STEAKHOUSE POTATOES													
Homestyle Mashed Potatoes	1	Serving	890	480	53	29	1	430	1200	3	1	1	93
Aussie Fries	1	Serving	950	500	56	30	1	455	1380	4	1	1	101
Baked Potato with everything													
Baked Sweet Potato with everything	1	Serving	230	100	11	4	0	15	540	28	3	1	4
	1	Serving	500	210	23	10	1	20	1960	67	7	<1	7
	1	Serving	440	160	17	9	0	40	940	58	8	7	13
	1	Serving	410	100	11	5	0	0	240	72	10	22	5

CLASSIC SIDES													
Fresh Mixed Veggies	1	Serving	150	90	9	3.5	0	0	310	16	5	6	4
Green Beans	1	Serving	130	100	11	4	0	0	370	10	4	2	2
Broccoli	1	Serving	140	90	9	3.5	0	0	290	12	4	4	5
Seasonal Veggies	1	Serving	140	80	9	3.5	0	0	300	14	5	6	3
Seasoned Rice	1	Serving	290	50	6	2.5	0	<5	1470	53	2	5	6
PREMIUM SIDES													
Crispy Brussels Sprouts	1	Serving	1010	800	89	28	0	80	1250	40	8	21	17
Steakhouse Mac & Cheese	1	Serving	720	330	37	18	1	75	1010	74	4	8	25
Loaded Mashed Potatoes	1	Serving	320	190	22	12	0	35	1440	22	4	3	11
Creamed Spinach	1	Serving	570	400	45	28	0.5	145	1500	23	5	3	15
Asparagus	1	Serving	60	20	2.5	0	0	0	410	6	3	3	3
THE "NOT" STEAKS													
Bloomin' Fried Chicken	1	Serving	970	630	70	18	1.5	175	2170	32	6	2	53
2 Caramel Mustard Glazed Pork Chops	1	Serving	820	330	37	17	0	315	2060	18	<1	14	96
Outback Ribs--Full Rack	1	Serving	1430	820	91	32	1	345	2310	53	2	42	96
Outback Ribs--1/2 Rack	1	Serving	720	410	46	16	0	170	1160	26	1	21	48
Grilled Chicken on the Barbie	1	Serving	410	80	9	3	0	210	780	22	1	17	62
Drover's Ribs & Chicken	1	Serving	1190	490	54	18	0	380	2420	63	2	50	111
Hand Breaded Chicken Tenders	1	Serving	1000	530	59	20	2	155	2040	67	4	15	49
Queensland Pasta with Chicken and Shrimp	1	Serving	1360	440	49	18	0	360	1620	135	7	20	85
Alice Springs Chicken	1	Serving	780	420	47	16	0.5	275	1160	14	2	12	79
1 Grilled Pork Chop (Regional)	1	Serving	400	110	12	3.5	0	145	990	23	0	20	48
2 Grilled Pork Chops (Regional)	1	Serving	700	190	21	7	0	285	1930	24	0	21	96
BBQ Mix Grill (Regional)	1	Serving	1610	690	76	32	1.5	290	3810	142	9	48	94
FROM THE SEA													
Toowoomba Salmon	1	Serving	760	480	53	16	0	200	1100	7	1	3	61
Perfectly Grilled Salmon	1	Serving	550	350	39	7	0	135	430	1	0	0	45
Lobster Tails	1	Serving	490	230	25	15	0	365	1120	0	0	0	60
Grilled Shrimp on the Barbie	1	Serving	550	310	35	9	0	485	1240	3	1	1	58
SAMMIES & BURGERS													
Bloomin' Fried Chicken Sandwich	1	Serving	710	360	40	17	1	90	1340	56	5	11	33
Sweet Chook O' Mine Sandwich	1	Serving	880	470	53	17	1	150	1430	56	2	24	48
Prime Rib Sandwich - Lunch	1	Serving	2090	1310	146	61	1.5	245	5040	124	15	12	56
The Outbacker Burger with No Cheese or Bacon	1	Serving	660	350	39	20	2.5	105	790	41	2	10	37
The Bloomin' Burger	1	Serving	970	510	57	27	2.5	135	2160	70	6	15	46
Add 2 Bacon Strips	1	Serving	60	50	5	2	0	10	250	0	0	0	4
Add 2 Slices American Cheese	1	Serving	100	80	9	5	0	25	510	<1	0	<1	5
Add 2 Slices Cheddar Cheese	1	Serving	170	120	14	9	0	45	270	0	0	0	11
Add 2 Slices Provolone Cheese	1	Serving	200	140	15	9	0	45	490	1	0	0	15
Add 2 Slices Swiss Cheese	1	Serving	170	130	14	9	0	50	210	<1	0	0	13
SANDWICH CHICKEN BBQ SWISS BACON - OBS	1	Serving	610	240	26	13	0	135	1250	48	2	15	47
BIG BOWL SALADS													
Strawberry Salad Entree--Grilled Chicken with dressing	1	Serving	950	590	66	16	1	145	670	41	7	31	50
Strawberry Salad Entree--Fried Chicken with dressing	1	Serving	1170	750	83	24	2	120	1240	69	8	33	39
Aussie Cobb	1	Serving	400	250	27	11	0	265	850	13	<1	3	25
Aussie Cobb Crispy Chicken	1	Serving	860	460	51	21	1	320	1870	46	3	6	53
Aussie Cobb Grilled Chicken	1	Serving	160	30	3.5	1	0	90	180	0	0	0	31
Brisbane Caesar Salad with Dressing and No Protein	1	Serving	380	300	34	7	0	60	850	12	<1	1	8
Brisbane Caesar Salad with Dressing and Shrimp	1	Serving	160	35	4	1.5	0	195	640	2	0	0	26
Brisbane Caesar Salad with Dressing and Grilled Chicken	1	Serving	640	350	39	11	0	315	1190	13	2	3	58
Steakhouse Salad	1	Serving	1170	780	87	20	1	100	2140	47	5	27	46

Add Ranch Dressing 2 oz	1	Serving	280	270	30	5	0	20	330	2	0	1	1
Add Blue Cheese Dressing 2 oz	1	Serving	340	320	35	7	0.5	30	380	1	0	1	3
Add Thousand Island Dressing 2 oz	1	Serving	330	300	34	5	0	25	450	7	0	4	<1
Add Tangy Tomato Dressing 2 oz	1	Serving	90	0	0	0	0	0	240	23	0	21	<1
Add Caesar Dressing 2 oz	1	Serving	270	250	28	5	0	55	570	2	<1	0	4
Add Honey Mustard 2 oz	1	Serving	300	240	27	4.5	0	20	390	15	0	14	<1
Add Mustard Vinaigrette Dressing 2 oz	1	Serving	290	270	30	4.5	0	0	150	6	0	5	0
Add Light Balsamic Vinaigrette 2 oz	1	Serving	100	60	6	1	0	0	430	10	0	9	0
Add Oil & Balsamic Dressing 2 oz	1	Serving	280	260	28	4	0	0	0	6	0	6	0
Add Blue Cheese Vinaigrette 2 oz	1	Serving	340	280	31	6	0	<5	830	10	0	8	2
WHAT'S FOR LUNCH													
Chicken On The Barbie 5 oz	1	Serving	240	40	4.5	1.5	0	90	600	17	<1	14	31
Grilled Shrimp On The Barbie 6 Each	1	Serving	620	390	43	14	0	225	1070	29	3	6	27
6 Coconut Shrimp	1	Serving	420	150	17	11	0	185	480	41	1	25	23
Alice Springs Chicken 5 oz	1	Serving	510	290	32	10	0	170	730	11	1	10	48
Bloomin Fried Chicken--Lunch	1	Serving	480	310	35	9	0.5	85	1080	16	3	1	27
SWEET FINISH													
Chocolate Thunmder From Down Under													
Cheesecake W/ Raspberry Sauce	1	Serving	1520	950	105	56	1.5	390	380	142	7	119	18
Cheesecake W/ Chocolate Sauce	1	Serving	1040	560	62	37	3	320	660	105	2	86	17
Carrot Cake	1	Serving	1080	660	73	43	3	340	690	92	2	78	17
Butter Cake	1	Serving	1290	610	68	21	1	130	960	174	5	117	10
Salted Caramel Cookie	1	Serving	840	420	47	15	1	155	750	98	3	65	10
Thunder & Lightning	1	Serving	930	380	42	30	0	105	1360	132	1	82	10
Chocolate Tower	1	Serving	1920	1130	126	60	1.5	465	190	870	8	147	24
Ice Cream 1 Scoop	1	Serving	710	79	37	1	180	1330	234	12	173	24	0
JOEY MENU	1	Serving	300	150	16	10	0.5	65	90	33	0	26	5
Kid Chicken Fingers													
Kid Burger	1	Serving	480	230	25	10	1	85	1040	33	2	3	29
Kid Mac And Cheese -	1	Serving	500	210	23	10	1	20	1550	67	7	0	7
Kid Grilled Chicken On The Barbie	1	Serving	510	170	19	10	0.5	55	1000	65	4	8	20
Kid Sirloin 5 Oz	1	Serving	160	30	3.5	1	0	90	180	0	0	0	31
Side Broccoli No Butter	1	Serving	180	50	6	2.5	0	80	440	0	0	0	32
Prep Kid Fruit Orange And Strawberry	1	Serving	70	5	0.5	0	0	0	65	13	5	3	6
Kid French Fries	1	Serving	50	0	0	0	0	0	0	12	3	9	<1
Kid Apple Juice	1	Serving	500	210	23	10	1	20	1550	67	7	0	7
Kid Orange Juice	1	Serving	90	0	0	0	0	0	25	23	0	22	0
Kid Sundae No Topping	1	Serving	90	0	0	0	0	0	0	21	0	21	2
Add Chocolate Sauce 1 Oz	1	Serving	120	60	6	4	0	25	35	14	0	11	2
Kid Ice Cream 1 Scoop	1	Serving	150	100	11	7	0	25	35	15	<1	13	<1
AIRPORT	1	Serving	120	60	6	4	0	25	35	13	0	10	2
Albacore Tuna Salad Sandwich (Regional)													
Bacon Cheeseburger (Regional)													
Blue Cheese Bacon Burger (Regional)	1	Serving	1400	710	79	23	2	140	3960	114	10	7	56
Classic Cheeseburger (Regional)	1	Serving	870	500	56	28	2.5	145	1680	42	2	11	49
Honey-Lime Chicken Wrap (Regional)	1	Serving	1410	790	87	36	3.5	155	3280	105	9	8	51
Mushroom Swiss Burger (Regional)	1	Serving	660	350	39	20	2.5	105	790	41	2	10	37
Steakhouse Salad Wrap (Regional)	1	Serving	640	190	21	5	0	75	1080	69	3	11	34
Yogurt Parfait	1	Serving	950	610	67	32	3	160	1210	40	3	8	52
Outback Breakfast	1	Serving	910	410	45	16	1	110	2060	66	3	8	55
Add 4 oz Center Cut Sirloin	1	Serving	390	90	10	3.5	0	10	100	59	6	35	21
Alice Springs Omelet	1	Serving	570	140	16	4.5	0	380	1190	78	2	7	27
Spinach and Mushroom Omelet	1	Serving	280	130	14	7	0	120	300	0	0	0	39
Egg, Bacon & Cheese Sandwich	1	Serving	720	380	42	18	0.5	535	1610	37	3	5	52
Egg, Bacon & Cheese Wrap	1	Serving	870	640	71	41	0	560	1200	33	5	1	25
Egg, Bacon & Cheese Omelet (American Cheese)	1	Serving	640	200	23	10	0	250	1820	84	6	12	27
Egg, Bacon & Cheese Omelet (Mixed Cheese)	1	Serving	780	370	41	18	0	480	2550	67	3	33	36
Egg, Bacon & Cheese Omelet (Swiss Cheese)	1	Serving	570	320	36	18	0	490	1800	35	2	3	28
French Toast 2 slices	1	Serving	540	310	34	17	0	475	1370	32	2	1	27
French Toast 3 slices	1	Serving	620	350	39	21	0.5	490	1290	32	3	1	33
Aussie Breakfast Wrap	1	Serving	840	350	39	19	0	295	1000	95	0	54	22
	1	Serving	1020	390	43	20	0	410	1270	122	0	61	29
	1	Serving	800	380	42	17	1	450	2110	76	4	4	31

Side Item--Bacon	1	Serving	90	60	7	2.5	0	15	360	0	0	0	6
Side Item--1 egg	1	Serving	70	45	5	1.5	0	185	260	0	0	0	6
Side Item--Breakfast Potatoes	1	Serving	140	10	1	0	0	0	420	30	2	0	4
Side Item--White Toast	1	Serving	380	150	17	9	0	25	470	46	0	6	8
Side Item--Fresh Fruit	1	Serving	50	5	0	0	0	0	0	13	3	9	1
PARTY PLATTERS													
Baby Back Ribs, Party Platter	1	Serving	2890	1630	181	68	0	610	3790	103	3	69	233
Bloom Petals, Party Platter	1	Serving	2660	840	93	14	1	55	13200	425	58	65	58
Chicken Tenders, Party Platter	1	Serving	3500	2040	226	68	7	500	6640	223	12	65	150
Coconut Shrimp, Party Platter	1	Serving	2540	1240	138	73	6	615	4960	237	2	82	91
Grilled Shrimp on the Barbie, Party Platter	1	Serving	2070	1440	160	60	4	975	4200	38	5	8	115
Kookaburra Wings, Hot, Party Platter	1	Serving	4710	3380	375	122	7	810	14080	132	16	12	209
Kookaburra Wings, Medium, Party Platter	1	Serving	4740	3410	378	123	7	810	14250	132	16	12	209
Kookaburra Wings, Mild, Party Platter	1	Serving	4570	3240	360	114	7	810	12950	130	16	12	209
Outback Center-Cut Sirloin, Party Platter	1	Serving	1060	300	34	14	2	465	2620	2	0	2	190
Side: Caesar Salad (without dressing)	1	Serving	210	110	12	4.5	0	20	520	16	<1	2	10
Side: Caesar Dressing	1	Serving	610	570	63	12	0	125	1290	5	1	<1	9
Side: House Salad (without dressing), Party Platter	1	Serving	350	190	21	9	0	45	540	25	2	7	15
House Salad Dressing: Blue Cheese Vinaigrette	1	Serving	770	630	70	13	0	10	1870	23	<1	18	5
Side: House Salad Dressing: Creamy Blue Cheese Dressing	1	Serving	760	720	80	17	1.5	65	860	3	0	2	6
Side: House Salad Dressing: Honey Mustard Dressing	1	Serving	680	550	61	10	1	40	870	34	0	31	2
Side: House Salad Dressing: Mustard Vinaigrette	1	Serving	660	600	67	10	1	0	340	13	<1	11	<1
Side: House Salad Dressing: Oil and Balsamic Vinegar	1	Serving	630	570	64	9	0	0	0	13	0	13	0
Side: House Salad Dressing: Oil and Vinegar	1	Serving	560	570	64	9	0	0	5	0	0	0	0
Side: House Salad Dressing: Ranch Dressing	1	Serving	640	610	68	11	1	50	750	4	0	3	3
Side: House Salad Dressing: Soy Ginger Dressing	1	Serving	670	590	66	10	1	50	2450	17	<1	13	4
Side: House Salad Dressing: Tangy Tomato Dressing	1	Serving	200	5	0.5	0	0	0	540	51	1	47	2
Side: House Salad Dressing: Thousand Island Dressing	1	Serving	750	680	75	12	1	60	1000	17	0	8	1
Side: Seasonal Mixed Vegetables, Party Platter	1	Serving	610	340	38	15	0	<5	1250	64	22	22	15
Side: Seasonal Vegetable: Broccoli, Party Platter	1	Serving	460	280	31	12	0	<5	960	40	15	12	16
OUTBACK STEAKHOUSE AT AMALIE ARENA													
Aussie Fries													
Bloom' Petals													
Chicken Tenders with Fries and Honey Mustard sauce	1	Serving	670	270	30	13	1.5	25	2610	90	10	<1	10
Bloomin' Burger	1	Serving	1200	880	98	35	4.5	80	2270	69	7	7	10
Steak and Mushroom Bowl	1	Serving	1320	760	84	21	3.5	80	2920	107	10	15	34
Sauce: Bloom Sauce, 2 oz	1	Serving	1090	710	79	35	3.5	155	1820	51	3	8	44
Sauce: Honey Mustard, 2 oz	1	Serving	570	290	32	13	0	100	1560	32	2	5	35
OUTBACK STEAKHOUSE AT AMALIE ARENA, BEVERAGES	1	Serving	310	300	33	5	0	20	550	3	<1	2	1
Bud Light, 24 oz, Can	1	Serving	300	240	27	4.5	0	20	390	15	0	14	<1
Coke, 20 oz													
Coors Light, 24 oz, Can	1	Serving	210	0	0	0	0	0	20	13	0	0	2
Dasani Water, 20 oz	1	Serving	240	0	0	0	0	0	75	65	0	65	0
Diet Coke, 20 oz	1	Serving	200	0	0	0	0	0	20	10	0	0	0
Miller Light, 24 oz, Can	1	Serving	0	0	0	0	0	0	0	0	0	0	0
Sprite, 20 oz	1	Serving	0	0	0	0	0	0	25	0	0	0	0
SOFT DRINKS	1	Serving	190	0	0	0	0	0	10	6	0	0	0
Bottled Water	1	Serving	240	0	0	0	0	0	110	64	0	64	0
Coke Zero, with Ice													
Coke-a-Cola, with Ice	1	Serving	0	0	0	0	0	0	75	0	0	0	0
Diet Coke, with Ice	1	Serving	0	0	0	0	0	0	5	0	0	0	0
Dr Pepper, with Ice	1	Serving	170	0	0	0	0	0	0	47	0	47	0
Gold Peak Coffee	1	Serving	0	0	0	0	0	0	15	0	0	0	0
Gold Peak Tea, Sweet, with Ice	1	Serving	100	0	0	0	0	0	25	28	0	28	0
Gold Peak Tea, Unsweet, with Ice	1	Serving	0	0	0	0	0	0	5	0	0	0	0
Hi-C, with Ice	1	Serving	70	0	0	0	0	0	10	17	0	17	0
Minute Maid Country Style Lemonade, with Ice	1	Serving	0	0	0	0	0	0	10	0	0	0	0
Sprite, with ice	1	Serving	110	0	0	0	0	0	45	30	0	30	0
WATER	1	Serving	140	0	0	0	0	0	10	35	0	34	0
Water, Aqua Panna	1	Serving	110	0	0	0	0	0	25	29	0	29	0
Water, San Pellegrino													
	1	Serving	0	0	0	0	0	0	0	0	0	0	0
	1	Serving	0	0	0	0	0	0	40	0	0	0	0

Samuel Adams Seasonal (Octoberfest), Big Bloke	1	Serving	190	0	0	0	0	0	50	19	0	<1	2
Samuel Adams Seasonal (Octoberfest), Bottle, 12 oz	1	Serving	230	0	0	0	0	0	60	22	0	<1	2
Samuel Adams Seasonal (Octoberfest), Middy Samuel	1	Serving	300	0	0	0	0	0	80	29	0	1	3
Adams Seasonal (Summer Ale), Big Bloke Samuel	1	Serving	260	0	0	0	0	0	70	22	0	<1	4
Adams Seasonal (Summer Ale), Bottle, 12 oz Samuel	1	Serving	170	0	0	0	0	0	45	14	0	0	2
Adams Seasonal (Summer Ale), Middy Samuel Adams	1	Serving	200	0	0	0	0	0	55	16	0	0	3
Seasonal (Winter Lager), Big Bloke Samuel Adams	1	Serving	310	0	0	0	0	0	60	29	0	1	4
Seasonal (Winter Lager), Bottle, 12 oz Samuel Adams	1	Serving	190	0	0	0	0	0	35	19	0	<1	2
Seasonal (Winter Lager), Middy Shock Top Belgian	1	Serving	230	0	0	0	0	0	45	22	0	1	3
White, Big Bloke Shock Top Belgian White, Bottle, 12	1	Serving	260	0	0	0	0	0	0	23	0	0	3
oz Shock Top Belgian White, Middy Sierra Nevada	1	Serving	170	0	0	0	0	0	0	15	0	0	2
Pale Ale, Bottle, 12 oz Stella Artois, Big Bloke Stella	1	Serving	200	0	0	0	0	0	0	18	0	0	3
Artois, Bottle, 12 oz Stella Artois, Middy Chalice, 15	1	Serving	150	0	0	0	0	0	15	12	0	0	2
oz Summit EPA, Big Bloke Summit EPA, Middy	1	Serving	210	0	0	0	0	0	0	17	0	0	2
Summit Saga IPA, Big Bloke Summit Saga IPA, Middy	1	Serving	150	0	0	0	0	0	0	13	0	0	1
Surley Furious IRA, Big Bloke Surley Furious IRA,	1	Serving	160	0	0	0	0	0	0	13	0	0	1
Middy Sweetwater Pale Ale, Big Bloke Sweetwater	1	Serving	230	0	0	0	0	0	20	19	0	0	2
Pale Ale, Middy Westmalle Trappist Triple, Bottle,	1	Serving	180	0	0	0	0	0	15	15	0	0	2
11.2 oz White Claw Yuengling, Bottle, 12 oz WINE:	1	Serving	310	0	0	0	0	0	20	1	0	0	5
Varies by Location Red Wine, 5 oz (Regional) Red	1	Serving	240	0	0	0	0	0	15	1	0	0	4
Wine, 6 oz Red Wine, 9 oz Red Wine, Bottle Rose	1	Serving	310	0	0	0	0	0	20	1	0	0	5
Wine, 5 oz (Regional) Sparkling Wine, 6 oz Sparkling	1	Serving	240	0	0	0	0	0	15	1	0	0	4
Wine, Bottle White Wine, 5 oz (Regional) White	1	Serving	230	0	0	0	0	0	20	19	0	0	2
Wine, 6 oz White Wine, 9 oz White Wine, Bottle	1	Serving	180	0	0	0	0	0	15	15	0	0	2
MARGARITAS AND MOJITOS: Varies by Location	1	Serving	180	0	0	0	0	0	15	<1	0	0	3
Black Cherry Peach Mojito Blood Orange 'Rita	1	Serving	100	0	0	0	0	0	20	2	0	2	0
Boomarita 7 oz Boomarita 9 oz Classic Lime 'Rita	1	Serving	150	0	0	0	0	0	15	12	0	0	2
Classic Mojito with Bacardi Superior Light Rum Classic													
Mojito with Sailor Jerry Spiced Rum Corona 'Rita													
Down Under 'Rita - Frozen Down Under 'Rita -	1	Serving	130	0	0	0	0	0	5	4	0	<1	0
Rocks/Straight-Up Down Under Sauza Agave	1	Serving	150	0	0	0	0	0	5	5	0	1	0
Margarita Down Under Sauza Gold Coast 'Rita, Rocks	1	Serving	230	0	0	0	0	0	10	7	0	2	0
Hawaiian Style 'Rita TOP SHELF HERRADURA RITA -	1	Serving	640	0	0	0	0	0	25	20	0	5	<1
OBS Strawberry Kiwi Rita Lemon Mojito (Regional)	1	Serving	130	0	0	0	0	0	5	4	0	1	0
Mango Mojito (Regional) Mango Passion Fruit 'Rita	1	Serving	150	0	0	0	0	0	0	5	0	0	0
Margarita Swirl (Regional) Mojito Bacardi Limon with	1	Serving	600	0	0	0	0	0	0	20	0	0	0
Blackberry Mojito Bacardi Limon with Classic Lime	1	Serving	130	0	0	0	0	0	5	4	0	1	0
Mojito Bacardi Limon with Pineapple Mojito Bacardi	1	Serving	150	0	0	0	0	0	5	5	0	2	0
Limon with Strawberry Mojito Bacardi Superior Light	1	Serving	230	0	0	0	0	0	10	7	0	3	0
Rum with Blackberry	1	Serving	650	0	0	0	0	0	25	19	0	7	<1
	1	Serving	210	0	0	0	0	0	25	27	<1	24	0
	1	Serving	240	0	0	0	0	0	1180	26	1	22	<1
	1	Serving	240	0	0	0	0	0	910	30	1	26	0
	1	Serving	290	0	0	0	0	0	910	33	1	28	0
	1	Serving	210	0	0	0	0	0	5	22	1	17	0
	1	Serving	200	0	0	0	0	0	0	15	0	14	0
	1	Serving	210	0	0	0	0	0	10	15	0	14	0
	1	Serving	210	0	0	0	0	0	2230	22	0	12	1
	1	Serving	300	0	0	0	0	0	2230	40	0	36	0
	1	Serving	230	0	0	0	0	0	2230	19	0	17	0
	1	Serving	290	0	0	0	0	0	2230	32	0	29	0
	1	Serving	130	0	0	0	0	0	290	9	0	7	0
	1	Serving	220	0	0	0	0	0	10	10	0	7	0
	1	Serving	230	0	0	0	0	0	2230	25	<1	19	0
	1	Serving	250	0	0	0	0	0	0	30	<1	28	0
	1	Serving	160	0	0	0	0	0	10	24	1	20	0
	1	Serving	190	0	0	0	0	0	0	31	1	26	0
	1	Serving	260	0	0	0	0	0	25	43	1	38	0
	1	Serving	140	0	0	0	0	0	2230	28	<1	24	0
	1	Serving	220	0	0	0	0	0	0	24	2	20	<1
	1	Serving	210	0	0	0	0	0	0	21	1	18	0
	1	Serving	240	0	0	0	0	0	0	30	2	24	<1
	1	Serving	130	0	0	0	0	0	0	17	<1	15	0
	1	Serving	220	0	0	0	0	0	0	21	2	17	<1

Mojito Bacardi Superior Light Rum with Classic Lime	1	Serving	210	0	0	0	0	0	0	19	1	15	0
Mojito Bacardi Superior Light Rum with Pineapple	1	Serving	240	0	0	0	0	0	0	27	2	22	<1
Mojito Bacardi Superior Light Rum with Strawberry	1	Serving	220	0	0	0	0	0	0	21	2	16	<1
Mojito Sailor Jerry Spiced Rum with Blackberry	1	Serving	230	0	0	0	0	0	10	21	2	17	<1
Mojito Sailor Jerry Spiced Rum with Classic Lime	1	Serving	220	0	0	0	0	0	10	19	1	15	0
Mojito Sailor Jerry Spiced Rum with Pineapple	1	Serving	250	0	0	0	0	0	15	27	2	22	<1
Mojito Sailor Jerry Spiced Rum with Strawberry	1	Serving	220	0	0	0	0	0	10	21	2	16	<1
Naturally Skinny 'Rita	1	Serving	150	0	0	0	0	0	2220	20	1	17	<1
No Rules 'Rita, Rocks	1	Serving	230	0	0	0	0	0	2230	27	0	21	0
Rita Trio	1	Serving	290	0	0	0	0	0	2230	40	<1	35	0
Sauza Agave Margarita	1	Serving	180	0	0	0	0	0	2220	29	0	25	0
Sauza Gold Coast Rita, Rocks	1	Serving	130	0	0	0	0	0	2220	9	0	7	0
Strawberry Ginger Smash	1	Serving	170	0	0	0	0	0	0	23	<1	20	0
The Gold Coast 'Rita - Frozen	1	Serving	540	0	0	0	0	0	3370	109	0	97	0
The Gold Coast 'Rita - Frozen (Classic Lime) (Regional)	1	Serving	360	0	0	0	0	0	2230	71	0	64	0
The Gold Coast 'Rita - Frozen (Strawberry)	1	Serving	350	0	0	0	0	0	2230	72	0	64	0
The Gold Coast 'Rita - Rocks	1	Serving	190	0	0	0	0	0	2230	24	0	21	0
The Gold Coast 'Rita - Rocks (Strawberry)	1	Serving	250	0	0	0	0	0	2230	43	0	38	0
The Grand 'Rita, Rocks	1	Serving	230	0	0	0	0	0	2230	28	0	21	0
Top Shelf 'Rita, Straight Up/Rocks	1	Serving	230	0	0	0	0	0	2230	25	<1	19	0
COCKTAILS: Varies by Location													
Absolut Mango Crush													
Aussie Fresh Fruit Cooler - Individual	1	Serving	130	0	0	0	0	0	0	22	<1	21	<1
Aussie Rum Punch	1	Serving	280	0	0	0	0	0	0	35	2	31	<1
Bailey's on the Rocks (Regional)	1	Serving	190	0	0	0	0	0	30	33	<1	30	0
Black Barrel Irish Tea	1	Serving	190	0	0	4.5	0	0	0	14	0	12	2
Blackberry Bramble (Regional)	1	Serving	180	0	0	0	0	0	0	27	2	22	<1
Black Cherry Mule (Regional)	1	Serving	160	0	0	0	0	0	0	17	3	11	<1
Blackberry Sangria - Individual	1	Serving	200	0	0	0	0	0	25	5	0	22	0
Blueberry Desert Pear Burst (Regional)	1	Serving	220	0	0	0	0	0	5	28	1	24	<1
Blueberry Lavender Lemonade	1	Serving	200	0	0	0	0	0	25	0	0	21	0
BOOZY CHERRY LIMEADE COCKTAIL	1	Serving	220	0	0	0	0	0	10	37	0	35	0
Boozy Root Beer Float	1	Serving	110	0	0	0	0	0	30	27	0	25	0
BOOZY CHERRY LIMEADE COCKTAIL - OBS	1	Serving	550	130	15	9	0	55	75	29	0	23	4
Captain's Mai Tai	1	Serving	110	0	0	0	0	0	30	27	0	25	0
Captain's Mai Tai with extra shot of Rum	1	Serving	220	0	0	0	0	0	45	30	0	25	<1
Castaway Cocktail	1	Serving	260	0	0	0	0	0	45	30	0	25	<1
Classic Moscow Mule (Regional)	1	Serving	210	0	0	0	0	0	5	35	1	30	<1
Classic Red Sangria (Regional)	1	Serving	100	0	0	0	0	0	0	6	0	5	0
Classic Steakhouse Martini (Absolut) - Rocks/Straight-Up	1	Serving	210	0	0	0	0	0	0	29	3	23	1
Classic Steakhouse Martini (Grey Goose) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Kettle One) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Stoli) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Classic Steakhouse Martini (Tito's) - Rocks/Straight-Up	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Cucumber Infused Lemonade (Regional)	1	Serving	170	25	3	0	0	0	540	0	0	0	0
Disaronno Amaretto on the Rocks (Regional)	1	Serving	160	0	0	0	0	0	0	17	0	16	0
Dorothy's Ruby Red Cosmo (Regional)	1	Serving	170	0	0	0	0	0	15	19	0	19	0
Down Under Mule (Regional) NEW	1	Serving	210	0	0	0	0	0	10	30	0	25	0
Espresso Infused Vodka and White Chocolate Martini (Regional)	1	Serving	110	0	0	0	0	0	0	7	<1	5	0
Fair Dinkum Daiquiri	1	Serving	100	0	0	0	0	0	0	10	0	10	0
Fully Loaded Bloody Mary (Absolut)	1	Serving	170	0	0	0	0	0	0	24	0	21	0
Fully Loaded Bloody Mary (Tito's)	1	Serving	150	25	3	0	0	0	2130	9	1	3	1
Grand Marnier Straight Up (Regional)	1	Serving	150	25	3	0	0	0	2130	9	1	3	1
Grapefruit Sage Martini (Regional)	1	Serving	160	0	0	0	0	0	0	14	0	0	0
Great Barrier Punch	1	Serving	220	15	1.5	1	0	0	0	24	5	14	2
House-Made Margarita (Regional)	1	Serving	180	0	0	0	0	0	0	21	<1	20	<1
	1	Serving	370	0	0	0	0	0	580	62	0	56	0
House-Made Margarita Top Shelf (Patron and Grand Marnier Float) (Regional)	1	Serving	410	0	0	0	0	0	580	66	0	56	0
Huckleberry Hooch Moonshine Cocktail - Individual	1	Serving	150	0	0	0	0	0	10	33	<1	131	0
Hypnotic Breeze Martini	1	Serving	200	50	6	3.5	0	20	55	22	0	19	1
Incredible Hulk	1	Serving	160	40	4.5	2.5	0	15	25	6	0	6	<1
Jack Dundee Tea	1	Serving	380	0	0	0	0	0	5	59	0	54	0
Jameson and Ginger	1	Serving	130	0	0	0	0	0	0	12	0	12	0
Kahlua and Coffee (Regional)	1	Serving	140	0	0	0	0	0	5	22	0	22	0

Key Lime Pie Martini Lava Flow Lime in the Coconut (Regional) Lolly Sour	1	Serving	320	40	4.5	2.5	0	10	35	50	0	46	1
Apple Martini Lychee Martini Mai Tai Mango & Habanero Infused Margarita (Regional) Maple Bourbon Sour (Regional) New South Wales Sangria - Individual Old & New Fashioned - Jack Daniel's Tennessee Honey Whiskey Old & New Fashioned - Maker's Mark Orange Bliss Martini Outback	1	Serving	740	180	20	19	0	0	180	131	0	124	2
Manhattan Passion Fruit Daiquiri (Regional) Passionate Punch Pina Colada (Bacardi Rock Coconut Rum) Pina Colada (Malibu Coconut Rum) Pina Colada (with extra shot of Sailor Jerry Rum) Pina Colada with extra shot of Sailor Jerry Rum (Bacardi Rock Coconut Rum) Pineapple Ginger Collision Pineapple Passion Fruit Fizz - Individual Pineapple Vanilla Rum Cocktail (Regional) Raspberry Lemon Drop (Regional) Root Beer Old Fashioned (Regional) Ruby Mango Lemonade Cocktail Sassafras "Rootbeer" Old Fashioned (Regional) Shark Bite (Regional) Spiked Red Bull with Absolut Mandrin Spiked Red Bull with Absolut Mandrin Spiked Red Bull with Finlandia Raspberry Vodka Spiked Red Bull with Finlandia Raspberry Vodka - with Sugar Free Red Bull Spiked Red Bull with Kettle One Spiked Red Bull with Kettle One - with Sugar Free Red Bull Strawberry Peach Sangria - Individual Strawberry Rose Sangria Strawberry Smash-Tini Sydney's Cosmo Sydney's Cosmo with Skinnygirl Bare Naked Vodka The Ultimate "Dirty" Martini The Wallaby Darned The Wallaby Darned, Aussie style The Wallaby Darned, Down Under Style The Wallaby Darned, Chambord Float Tiki Bandit Tito's Cucumber Lemonade Top Shelf Long Island Iced Tea Tropical Reef Martini Tropical Relief Martini Watermelon Hunch Punch	1	Serving	280	40	4	4	0	0	35	43	3	33	1
	1	Serving	360	0	0	0	0	0	0	56	0	51	0
	1	Serving	180	110	12	6	0	0	5	24	0	13	2
	1	Serving	230	0	0	0	0	0	0	25	2	20	<1
	1	Serving	160	0	0	0	0	0	200	11	<1	9	0
	1	Serving	300	25	2.5	1	0	5	135	30	<1	28	2
	1	Serving	250	0	0	0	0	0	0	41	2	36	<1
	1	Serving	200	0	0	0	0	0	80	23	1	18	0
	1	Serving	260	0	0	0	0	0	85	23	1	18	0
	1	Serving	180	0	0	0	0	0	0	18	<1	16	<1
	1	Serving	180	0	0	0	0	0	0	4	<1	2	0
	1	Serving	160	0	0	0	0	0	15	25	0	23	0
	1	Serving	210	0	0	0	0	0	15	30	<1	24	<1
	1	Serving	490	110	12	11	0	0	105	78	0	73	2
	1	Serving	480	110	12	11	0	0	105	81	0	76	2
	1	Serving	500	110	12	11	0	0	105	80	0	76	2
	1	Serving	530	110	12	11	0	0	110	78	0	73	2
	1	Serving	170	0	0	0	0	0	15	18	2	12	1
	1	Serving	180	0	0	0	0	0	0	21	2	19	<1
	1	Serving	130	0	0	0	0	0	10	18	<1	15	0
	1	Serving	230	0	0	0	0	0	27	0	0	25	0
	1	Serving	210	0	0	0	0	0	14	5	0	13	0
	1	Serving	210	0	0	0	0	0	0	38	0	32	0
	1	Serving	270	0	0	0	0	0	10	27	<1	26	0
	1	Serving	210	0	0	0	0	0	25	30	0	27	0
	1	Serving	150	0	0	0	0	0	100	16	<1	15	<1
	1	Serving	100	0	0	0	0	0	100	4	<1	2	<1
	1	Serving	140	0	0	0	0	0	100	15	0	13	0
	1	Serving	90	0	0	0	0	0	100	3	0	1	0
	1	Serving	140	0	0	0	0	0	100	14	0	12	0
	1	Serving	90	0	0	0	0	0	100	2	0	0	0
	1	Serving	270	0	0	0	0	0	20	41	<1	36	0
	1	Serving	90	0	0	0	0	0	5	19	<1	16	0
	1	Serving	240	0	0	0	0	0	0	32	<1	29	0
	1	Serving	260	0	0	0	0	0	5	30	<1	27	0
	1	Serving	240	0	0	0	0	0	5	30	<1	27	0
	1	Serving	190	50	6	0	0	0	1010	0	0	0	0
	1	Serving	220	0	0	0	0	0	5	49	<1	46	0
	1	Serving	260	0	0	0	0	0	5	49	<1	46	0
	1	Serving	230	0	0	0	0	0	5	49	<1	46	0
	1	Serving	250	0	0	0	0	0	5	53	<1	50	0
	1	Serving	240	0	0	0	0	0	10	35	<1	31	0
	1	Serving	160	0	0	0	0	0	0	17	0	15	0
	1	Serving	190	0	0	0	0	0	0	16	0	14	0
	1	Serving	390	0	0	0	0	0	0	62	0	57	0
	1	Serving	230	0	0	0	0	0	25	35	0	32	0
	1	Serving	200	0	0	0	0	0	10	47	<1	131	1