

Outback Steakhouse Full Nutrition Guide 2026

Updated & Detailed Nutrition Information for All Major Dinner Menu Items

Website: outbacksteakmenu.us

This comprehensive 2026 nutrition guide is designed for diners who want transparent, item-by-item nutritional information before ordering at Outback Steakhouse. All values are approximate and may vary by location.

Appetizers Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Bloomin' Onion	1900	155	123	18	3840	Gluten, Dairy
Kookaburra Wings	1740	99	83	102	2640	Soy
Bloomin' Fried Shrimp	990	61	49	61	2200	Shellfish, Gluten

Signature Steaks Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Victoria's Filet Mignon (6 oz)	270	11	0	39	640	Dairy
Center-Cut Sirloin (6 oz)	290	9	0	38	560	None
Ribeye (12 oz)	950	72	0	69	760	None

Steak & Dinner Combos Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Steak & Lobster	820	42	2	78	1120	Shellfish, Dairy
Steak & Shrimp	760	36	3	72	1080	Shellfish
Steak & Chicken	840	41	6	74	1160	Dairy

Chicken & Seafood Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Grilled Chicken on the Barbie	520	12	3	56	980	None
Perfectly Grilled Salmon	540	34	0	38	1020	Fish

Side Dishes Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Aussie Fries	500	22	63	6	720	Gluten
Mashed Potatoes	230	8	28	4	540	Dairy
Steamed Veggies	120	2	10	3	60	None

Desserts Nutrition (2026)

Item	Calories	Fat (g)	Carbs (g)	Protein (g)	Sodium (mg)	Allergens
Chocolate Thunder from Down Under	800	53	81	9	210	Gluten, Dairy
New York Cheesecake	940	58	84	11	310	Dairy

Healthy Ordering Tips – 2026

- Choose grilled items instead of fried
- Request sauces and butter on the side
- Swap fries for steamed vegetables
- Watch sodium-heavy combo meals
- Balance high-calorie entrées with lighter sides

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