

# GLUTEN-FRIENDLY MENU GUIDE 2026

Independent guide for [outbacksteakmenu.us](http://outbacksteakmenu.us) • Menu items vary by location

## **Aussie-tizers (GF options)**

- Grilled Shrimp on the Barbie — seasoned & grilled with classic rémoulade (460 Cal) (*skip garlic toast*)

## **Big Bowl Salads (prepared without croutons)**

- Aussie Cobb Salad — mixed greens, tomatoes, bacon, cheeses, egg, grilled chicken + GF dressing (610–1080 Cal)
- Brisbane Caesar Salad — romaine + Caesar dressing with grilled chicken or shrimp (770 / 680 Cal)

## **Gluten-friendly Dressings (Side / Entrée)**

- Blue Cheese Vinaigrette (150 / 300 Cal)
- Ranch (200 / 390 Cal)
- Caesar (220 / 450 Cal)
- Honey Mustard (220 / 430 Cal)
- Tangy Tomato (60 / 120 Cal)
- Creamy Blue Cheese (220 / 440 Cal)
- Light Balsamic Vinaigrette (70 / 140 Cal)
- Mustard Vinaigrette (230 / 470 Cal)

## **So Many Ways to Steak (choose steakhouse potato + one side)**

- Victoria's Barrel-Cut Filet Mignon\* (420 / 520 Cal)
- Outback Center-Cut Sirloin\* (330–390 Cal)
- Chimichurri Filet\* (840 Cal) (*no Bloomin' Petals*)
- Ribeye\* (1020 Cal)
- New York Strip\* (930 Cal)
- Classic Prime Rib\* (Fri–Sun, while supplies last) (1140 / 1520 Cal) (*no au jus*)
- Delmonico Ribeye\* (1000 Cal)
- Bone-In Ribeye\* (1300 Cal)

## **Plus It Up (optional toppings)**

- Grilled Onions (100 Cal)
- Roasted Garlic Butter (160 Cal)
- Grilled Shrimp (500 Cal) (*skip garlic toast*)
- Steamed Lobster Tail (360 Cal)

## **Steak 'N Mate Combos (steakhouse potato + one side)**

- Sirloin\* + Grilled Shrimp (600 / 680 Cal) (*skip garlic toast*)
- Sirloin\* + Ribs (1030 / 1100 Cal)
- Sirloin\* + Grilled Chicken (720 / 780 Cal)
- Sirloin\* + Alice Springs Chicken® (980 / 1050 Cal)
- Ribeye\* + Grilled Shrimp (1300 Cal) (*skip garlic toast*)
- Filet Mignon\* + Lobster (780 Cal)

## **More Down Under Faves (choose two sides)**

- Grilled Chicken on the Barbie — seasoned & grilled with signature BBQ sauce (500 Cal)
- Alice Springs Chicken® — grilled chicken, mushrooms, bacon, cheeses, honey mustard (890 Cal)
- Outback Ribs — smoked, brushed, grilled with tangy BBQ (1430 / 720 Cal)

## **From the Sea (choose two sides)**

- Seared Peppered Ahi\* — seared rare, garlic pepper + wasabi (450 Cal) (*no crispy noodles, no soy dressing*)
- Perfectly Grilled Salmon\* — seasoned, grilled, classic rémoulade (730 Cal)
- Lobster Tails — two cold-water tails, steamed (490 Cal)
- Grilled Shrimp on the Barbie Entrée — generous portion, herbs & spices, classic rémoulade (620 Cal)

## **Steakhouse Potatoes & Sides**

- Homestyle Mashed Potatoes (230 Cal)
- Baked Potato (340 Cal) (*sour cream, butter, bacon, cheeses, chives*)
- Sweet Potato (250 Cal) (*honey butter, brown sugar*)
- Fresh Seasonal Veggie (140 Cal)
- Asparagus (60 Cal)
- Tasmanian Chili (200 Cal)
- House Salad (110–340 Cal) (*GF dressing, no croutons*)
- Caesar Salad (210 Cal) (*no croutons*)
- Wedge Salad (530 Cal)
- Blue Cheese Pecan Chopped Salad† (440 Cal) (*no crispy noodles*)

***Sweet Finish (for you or the table)***

- Chocolate Thunder from Down Under®† — brownie, vanilla ice cream, warm chocolate sauce (870 Cal)

## ***Safety & Labeling Notes***

Important: Food is prepared in a shared kitchen where gluten exposure is possible. This guide is for informational use only and cannot guarantee any item is completely gluten-free. FDA guidance defines “gluten-free” as less than 20 ppm gluten; some individuals may be sensitive below that level. Calorie values may differ from online sources because supplier data can change. \*Items are cooked to order; consuming undercooked meat/seafood/eggs may increase foodborne illness risk. †May contain nuts. Please inform your server about any allergies.

Tip: For the most current details, confirm ingredients and preparation with your local restaurant before ordering.