

## Nutrition Facts

We invite you to use the following nutritional information for our complete menu to make choices that are right for you. Whether you are monitoring calories, fat, sodium or carbohydrates, you will find what you need to make informed selections that fit into your lifestyle.

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Starters (Lunch/Dinner)</b>					
Wild West Shrimp	760	49	13	4180	43
Texas Tonion	1130	68	12	2320	116
Western Cheese Fries	1730	96	35	4940	138
LongHorn Shrimp and Lobster Dip with Chips	1030	53	17	2080	92
Crispy Chicken Trio	730	39	9	1590	32
Boneless Buffalo Wings	990	63	11	5160	40
Firecracker Chicken Wraps	640	36	13	2330	52
Authentic Ranch House Chili - Cup/Bowl	255	13	6	730	15
Shrimp & Lobster Chowder - Cup/Bowl	170	7	3	595	21
French Onion Soup - Cup/Bowl	215	14	6	1220	13
	320	21	9	1820	20

### Dinner Menu

<b>Chicken</b>					
Rocky Top Chicken	870	39	19	3150	34
Chicken Tenders	730	37	7	1450	33
Sierra Chicken	410	12	3	1240	2
Parmesan Crusted Chicken	1080	69	25	2440	16

<b>Legendary Steaks</b>					
Flo's Filet 7oz/9oz	450	30	8	510	0
	550	34	10	630	
LongHorn Porterhouse	1200	85	31	2180	1
Outlaw Ribeye 18oz	1070	79	33	1640	0
Fontina & Wild Mushroom Stuffed Filet	490	27	13	1130	8
Portabella Peppercorn Filet	430	20	6	690	7
Big Sky Bleu Filet 7oz/9oz	530	32	13	1160	5
	630	36	15	1280	
Fire-Grilled T-Bone	830	57	22	1710	1
Renegade Top Sirloin 8oz/12oz	430	25	7	600	0
	580	30	9	870	
New York Strip/Kansas City Strip 11oz/14oz	790	60	22	530	2
	950	72	26	650	
Ribeye 12oz	910	69	25	1260	0

### Dinner Menu (cont.)

<b>Legendary Steaks (cont.)</b>					
Sirloin & Shrimp Scampi	680	41	15	2170	6
Eye of Prime Rib with au jus 12oz/16oz	740	46	21	420	0
	980	61	28	560	
Chop Steak	980	67	20	3120	45
Flo's Filet and Shrimp & Crab Gratin	750	44	16	1700	6
LongHorn Steak Tips (where available)	650	29	9	2540	26

<b>Seafood</b>					
LongHorn Salmon 7oz/10oz	290	13	2.5	300	3
	410	19	4	430	4
Golden Fried Shrimp	880	48	9	3180	71
Flo's Filet & Lobster Tail	500	30	8	1000	0
Redrock Grilled Shrimp	130	1.5	0.5	1690	2
Flo's Filet & LongHorn Salmon	740	43	11	800	3

<b>Ribs, Chops &amp; More</b>					
Baby Back Ribs - Half-Rack/Full-Rack	550	37	13	570	2
	1090	74	25	1140	4
Cowboy Pork Chop	400	14	5	1600	1
Honey Mustard Chicken Sandwich	700	28	9	1320	54
Cheeseburger	840	47	20	1180	53
7-Pepper Sirloin Salad	670	36	12	1500	32
Sonoma Chicken Salad with Vinaigrette	720	39	11	1770	19
Southern Fried Chicken Salad	1100	68	12	1740	63
Salad with Salmon - Mixed Greens/Caesar	560	27	9	690	29
	810	54	11	1120	30
LongHorn Churrasco Steak with Plantains (where available)	1070	72	26	1090	40

<b>Great Additions (Lunch/Dinner)</b>					
Shrimp & Crab Gratin	300	14	8	1190	6
Shrimp Scampi	200	9	5	1050	2
Half-Rack of Ribs	550	37	13	570	2
Grilled Shrimp	45	0.5	0	560	1
Lobster Tail (where available)	45	0	0	500	0

### Lunch Menu

<b>Chicken</b>					
Rocky Top Chicken	670	33	17.5	2780	34
Chicken Tenders	490	25	4.5	970	22
Sierra Chicken	310	9	2	930	2
Parmesan Crusted Chicken	630	37	14	1500	5

<b>Burgers &amp; Sandwiches</b>					
Bacon & Cheddar Burger	920	52	22	1230	53
Black & Blue Burger	910	52	21	1190	53
Cheeseburger	840	47	20	1180	53
Mushroom & Swiss Burger	870	49	18	1690	54
Texas Burger	950	54	24	1360	58
Shaved Prime Rib Sandwich	810	41	18	2250	36
Amarillo Chicken Sandwich	780	36	13	1830	53
Honey Mustard Chicken Sandwich	700	28	9	1320	54
Parmesan Crusted Chicken Sandwich	770	38	11	1560	48
Add Bacon	80	6	2.5	250	0

<b>Lunch Steaks</b>					
Flo's Filet	450	30	8	510	0
New York Strip/Kansas City Strip 11oz	790	60	22	530	2
Ribeye 12oz	910	69	25	1260	0
Renegade Top Sirloin 8oz/12oz	430	25	7	600	0
	580	30	9	870	
Chop Steak	980	67	20	3120	45
Longhorn Steak Tips (where available)	550	26	7	2260	23

<b>LongHorn Favorites</b>					
LongHorn Salmon	290	13	2.5	300	3
Redrock Grilled Shrimp	90	1	0	1120	2
Cowboy Pork Chop	200	7	2.5	800	0
Baby Back Ribs Half-Rack	550	37	13	570	2
Golden Fried Shrimp	620	34	6	2240	50
Shrimp & Crab Gratin	300	14	8	1190	6
LongHorn Churrasco Steak with Plantains (where available)	710	46	15	720	40

## Lunch Menu (cont.)

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Specialty Salads</b>					
7-Pepper Sirloin Salad	670	36	12	1500	32
Sonoma Chicken Salad with Vinaigrette	720	39	11	1770	19
Southern Fried Chicken Salad	1100	68	12	1740	63
Salad with Salmon - Mixed Greens/Caesar	560 810	27 54	9 11	690 1120	29 30
Salad with Chicken - Mixed Greens/Caesar	470 720	21 47	8 10	750 1190	26 27
<b>Legendary Steaks</b>					
Portabella Peppercorn Filet	430	20	6	690	7
Flo's Filet 9oz	550	34	10	630	0
New York Strip/Kansas City Strip 14oz	950	72	26	650	2
Big Sky Bleu Filet 9oz	630	36	15	1280	5
Flo's Filet & Lobster Tail	500	30	8	1000	0
Outlaw Ribeye 18oz	1070	79	33	1640	0
Sirloin & Shrimp Scampi	680	41	15	2170	6
Fire-Grilled T-Bone	830	57	22	1710	1
Flo's Filet & LongHorn Salmon	740	43	11	800	3
Flo's Filet and Shrimp & Crab Gratin	750	44	16	1700	6
LongHorn Porterhouse	1200	85	31	2180	1

## Kid's Menu

<b>Entrees</b>					
Cheeseburger	510	29	12.6	870	31
Chicken Tenders	340	18	3.5	450	15
Grilled Cheese Sandwich	350	20	10.9	1120	29
Grilled Chicken Salad	270	9	3	190	5
Grilled Chicken Tenders	140	2	0	150	0
Hot Dog	310	20	7.9	760	23
Kid's Sirloin	230	11	4.6	60	0
Kraft Macaroni & Cheese	340	11	3	830	48
<b>Side items</b>					
Fresh Fruit - Cantaloupe	53	0	0	25	13
Fresh Fruit - Watermelon	46	0	0	2	12
Fresh Fruit - Oranges	20	0	0	0	4
Kid's Drink	63	0	0	21	16
Seasoned Fries	290	13	2.5	370	38

## Kid's Menu (cont.)

<b>Smoothies</b>					
Banana Berry Smoothie	230	0	0	0	56
Peanut Butter Cup Smoothie	680	33	19	300	80
Raspberry Dream Smoothie	320	12	8	65	51

## Dessert Menu

<b>Desserts</b>					
Caramel Apple Goldrush	1640	71	25	940	237
Chocolate Stampede (Serves 2)	2180	131	73	760	229
Golden Nugget Fried Cheesecake	930	56	26	510	94
Key Lime Pie	630	20	9	270	102
Mountain Top Cheesecake	1050	80	46	800	68
Ultimate Brownie Sundae	1180	60	33	220	146

## Beverages

<b>Margaritas</b>					
1800 Texas Tornado	240	0	0	790	37
Blackberry Peach Margarita	270	0.5	0	10	35
Desert Pear Margarita	280	0	0	10	47
Pomegranate Margarita	440	0	0	0	79
Signature Frozen Fruit 'Ritas Raspberry	250	0	0	0	39
Signature Frozen Fruit 'Ritas Strawberry	220	0	0	15	34
Silver Lightning Margarita	240	0	0	580	35
Texas Margarita	200	0	0	990	28
The Perfect Margarita	260	0	0	990	41
Watermelon Margarita	240	0	0	0	36

## Specialty Drinks

Blackberry Mojito	210	0	0	15	26
Cosmopolitan	200	0	0	0	15
Green Apple Martini	160	0	0	0	11
LongHorn Pina Colada	420	12	10	45	66
Mojito	200	0	0	10	25
Blackberry Firefly Tea	230	0	0	0	41
Lemon Firefly Tea	150	0	0	0	22
Raspberry Lynchburg Lemonade	160	0	0	10	23
Strawberry Banana Daiquiri	250	0	0	5	49
Strawberry Daiquiri	200	0	0	0	36

## Beverages (cont.)

<b>Wine by the Glass</b>					
Blush, White or Red	105-122	0	0	0-20	1-8
<b>Beer</b>					
Bottled Lite Beer	103	0	0	14	5.8
Draft Beer 16oz.	192	0	0	16	18
<b>Nonalcoholic Drinks</b>					
Coffee or Unsweetened Tea	3	0	0	0-5	0
Coke	105	0	0	35	27
Diet Coke/Coke Zero	0	0	0	28	1
Flavored Iced Tea (Blackberry, Raspberry)	33	0	0	0-5	7
Hi-C Fruit Punch	116	0	0	11	32
IBC Rootbeer	160	0	0	55	43
Juices (Orange, Apple, Cranberry)	115-135	0	0	0-25	25-30
Milk	130	5	3	125	13
Minute Maid Lemonade	3	0	0	54	1
Pibb Xtra	150	0	0	35	27
Sprite	98	0	0	47	26
Strawberry Lemonade	289	0	0	70	73
LongHorn Limeade	90	0	0	10	21
LongHorn Strawberry Limeade	160	0	0	10	40

## Dressings, 1oz. (Lunch/Dinner)

Ranch	130	14	2.5	230	2
Fat-Free Ranch	30	0	0	310	8
Balsamic Vinaigrette	134	14	2	290	2
Thousand Island	140	14	2	150	3
Chipotle Ranch	142	14	2	530	4
Bleu Cheese	148	16	3	320	1
Caesar	140	15	2	430	1
Italian	64	6	1	450	3
Honey Mustard	170	17	2.5	520	5
Oil & Vinegar	120	12	1.5	360	2

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Delectable Sides (Lunch/Dinner)</b>					
Baked Potato - Plain	260	0	0	0	55
Add Bacon	50	3.5	1	0	1
Add Butter	100	11	7	95	1
Add Cheese	45	3.5	2	80	1
Add Sour Cream	40	3.5	2	30	2
Mashed Potatoes	270	14	7	620	30
Seasoned French Fries	290	13	2.5	370	38
Sweet Potato - Plain	240	1	0	0	50
Add Butter	100	11	7	95	1
Add Cinnamon Sugar	30	0	0	0	7
Freshly Baked Bread (loaf)	510	5	1	590	96
Add Butter	100	11	7	95	1
Seasoned Rice Pilaf	200	0.5	0	1600	43
Caesar Side Salad with Caesar Dressing	350	27	6	550	18
Mixed Greens Side Salad	110	4.5	2	200	12
Jalapeno Cole Slaw	310	26	4	670	16
Fresh Seasonal Vegetables	90	4	1	350	9
Fresh Steamed Asparagus	80	4.5	1	55	5
Brandied Cinnamon Apples	230	0	0	170	58
Grilled Onions	90	4	0.5	750	11
Sauteed Mushrooms	90	5	1	530	5
Sauteed Mushrooms & Onions	90	4.5	1	640	8

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)
<b>Dipping Sauces/Condiments 1 oz (Lunch/Dinner)</b>					
Avocado-Lime Dipping Sauce	108	11	2	240	2
Bleu Cheese Dipping Sauce	100	9.5	2.5	310	2
Honey Pepper Glaze Dipping Sauce	50	1	0	240	11
Tangy Tonion Dipping Sauce	150	15	2.5	250	4
Ranch Dipping Sauce	130	14	2.5	230	2
Honey Mustard Dipping Sauce	175	17	2.5	175	5
Garlic Butter for Grilled Shrimp/Lobster	170	18	9.5	200	1.5
BBQ Sauce	45	0.5	0	540	10
Bordelaise Sauce	60	3	0.5	660	5
Horseradish sauce	70	6	3	220	4
Lemon Butter Sauce .5 oz	130	14	2.5	60	0