

NUTRITIONAL INFORMATION

STARTERS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs
Wild West Shrimp	760	49	13	1.1	4180	43
Ranch Dressing	200	20	3.5	0	340	3
Western Cheese Fries	1730	96	35	2	4940	138
Housemade Chips	930	63	11	0.5	1470	82
Creamy BBQ Dipping Sauce	120	10	1.5	0	500	7
Boneless Buffalo Wings	990	63	11	0.5	4240	40
Bleu Cheese Dipping Sauce (3 oz.)	320	30	8	0	490	3
Crispy Chicken Trio	730	39	9	0	1590	32
Ranch Dressing	200	20	3.5	0	340	3
Texas Tonion	1130	68	12	0.7	2320	116
Tonion Sauce (3 oz.)	440	44	7	0	740	12
Firecracker Chicken Wraps	640	36	13	0.5	2330	52
French Onion Soup (bowl)	320	21	9	1	1820	20
Authentic Ranch House Chilli (bowl)	210	14	6	1	390	9
Shrimp & Lobster Chowder (bowl)	250	10	5	0	870	31
LongHorn Shrimp & Lobster Dip w/Chips	1030	53	17	1	2080	92

DINNER ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs
STEAKHOUSE SALADS						
Grilled Chicken & Strawberry Salad with Vinaigrette	950	60	10	0	860	58
Grilled Salmon Salad - Mixed Greens	490	24	9	1	600	28
Grilled Salmon Salad - Caesar	730	50	10	1.5	1040	29
Sonoma Chicken Salad with Vinaigrette	720	39	11	0	1770	19
7-Pepper Sirloin Salad	670	36	12	2	1500	32
STEAKHOUSE SANDWICHES						
Parmesan Crusted Chicken Sandwich	770	38	11	1	1560	48
Cheeseburger	840	47	20	3	1180	53
Add Bacon	80	6	2.5	0	250	0

LEGENDARY STEAKS						
Flo's Filet 7 oz.	450	30	8	1	510	0
Flo's Filet 9 oz.	550	34	10	1.5	630	0
Add Bacon-Wrap	50	4	1.5	0	160	0
LongHorn Porterhouse	1200	85	31	4	2180	1
Outlaw 18 oz.	1070	79	33	6	1640	0
Crab Stuffed Filet	490	26	11	1	900	5
Fire-Grilled T-Bone	830	57	22	3	1710	1
Renegade Top Sirloin 6oz	380	23	6	0.5	520	0
Renegade Top Sirloin 8oz	470	26	7	0.5	680	0
Renegade Top Sirloin 12oz	640	33	9	1	990	0
Prime Rib with au jus 12oz	745	46	21	3	1164	0
Prime Rib with au jus 16oz	990	61	28	3.5	1304	0
Sirloin & Shrimp Scampi	720	42	15	1	2250	7
New York Strip/Kansas City Strip 11oz	790	60	22	3.5	530	2
New York Strip/Kansas City Strip 14oz	950	72	26	4	650	2
Chop Steak	980	67	20	2.5	3120	45
Flo's Filet and Shrimp & Crab Gratin	750	44	16	1.5	1700	6
Ribeye 12oz	910	69	25	3	1260	0

DINNER ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs
SEAFOOD						
LongHorn Salmon 7oz	290	13	2.5	0	300	3
LongHorn Salmon 10oz	410	19	4	0	420	4
Golden Fried Shrimp	880	48	9	0	3180	71
Flo's Filet & Lobster Tail	500	30	8	1	1000	0
Redrock Grilled Shrimp	130	1.5	0.5	0	1690	2
Flo's Filet & LongHorn Salmon	740	43	11	1	800	3
Flo's Filet & Cedar-Grilled Shrimp	630	41	18	2.5	1280	4
CHICKEN						
Parmesan Crusted Chicken	1080	69	25	1.5	2440	16
Fresh Chicken Tenders	730	37	7	0	1450	33
Honey Mustard	170	17	2.5	0	520	5
Citrus Grilled Chicken	520	18	5	0	1100	35
Sierra Chicken	410	12	3	0	1240	2
Grilled Chicken & Stuffed Portabella	530	26	8	0	1550	9
RIBS, CHOPS & MORE						
Baby Back Ribs - Half-Rack	550	37	13	0	570	2
Baby Back Ribs - Full-Rack	1090	74	25	0	1140	4
BBQ Sauce	45	0.5	0	0	540	10
Cowboy Pork Chops	400	14	5	0	1600	1
LongHorn Churrasco Steak with Plantains (where available)	1070	72	26	0	1090	40
LongHorn Steak Tips (where available)	650	29	9	1	2540	26

LUNCH ENTRÉES						
STEAKHOUSE SALADS						
Grilled Chicken and Strawberry Salad with Vinaigrette	950	60	10	0	860	58
Grilled Salmon Salad - Mixed Greens	490	24	9	1	600	28
Grilled Salmon Salad - Caesar	730	50	10	1.5	1040	29
Sonoma Chicken Salad with Vinaigrette	720	39	11	0	1770	19
Grilled Chicken Salad - Mixed Greens	470	21	8	1	750	26
Grilled Chicken Salad - Caesar	720	47	10	1.5	1190	27
7-Pepper Sirloin Salad	670	36	12	2	1500	32
HALF-POUND BURGERS						
Black & Bleu Burger	910	52	21	2.5	1190	53
Bacon & Cheddar Burger	920	52	22	3	1230	53
Cheeseburger	840	47	20	3	1180	53
Mushroom & Swiss Burger	870	49	18	2.5	1690	54
SANDWICHES						
Shaved Prime Rib Sandwich	810	41	18	1.7	2250	36
Honey Mustard Chicken Sandwich	700	28	9	0.5	1320	54
Amarillo Chicken Sandwich	720	35	9	0.5	1950	44
Parmesan Crusted Chicken Sandwich	770	38	11	1	1560	48

LUNCH ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs
LONGHORN STEAKS						
Flo's Filet 7 oz.	450	30	8	1	510	0
Add Bacon-Wrap	50	4	1.5	0	160	0
Chop Steak	980	67	20	2.5	3120	45
Ribeye 12oz	910	69	25	3	1260	0
New York Strip/Kansas City Strip 11oz	790	60	22	3.5	530	2
Renegade Top Sirloin 6oz	380	23	6	0.5	520	0
Renegade Top Sirloin 8oz	470	26	7	0.5	680	0
Renegade Top Sirloin 12oz	640	33	9	1	990	0
Add Parmesan Crusted Topping	220	15	9	0	330	13
Add Bleu Cheese Crusted Topping	180	14	5	0	350	9

CHICKEN						
Parmesan Crusted Chicken	630	37	14	0.5	1500	5
Fresh Chicken Tenders	490	25	4.5	0	970	22
Honey Mustard	170	17	2.5	0	520	5
Citrus Grilled Chicken	380	15	4.5	0	820	27
Sierra Chicken	310	9	2	0	930	2
Grilled Chicken & Stuffed Portabella	430	23	7	0	1370	9

SEAFOOD						
LongHorn Salmon	290	13	2.5	0	300	3
Golden Fried Shrimp	620	34	6	0	2240	50
Redrock Grilled Shrimp	90	1	0	0	1120	2
Shrimp & Crab Gratin	300	14	8	0.5	1190	6

RIBS, CHOPS, & MORE						
Baby Back Ribs Half-Rack	550	37	13	0	570	2
BBQ Sauce	45	0.5	0	0	540	10
Cowboy Pork Chop	200	7	2.5	0	800	0
LongHorn Steak Tips (where available)	550	26	7	2.5	2260	23
Churrasco	535	36	13	0	545	20

LEGENDARY STEAKS						
Flo's Filet 9oz	550	34	10	1.5	630	0
Add Bacon	50	4	1.5	0	160	0
Flo's Filet & Lobster Tail	500	30	8	1	1000	0
Outlaw Ribeye 18oz	1070	79	33	6	1640	0
Sirloin & Shrimp Scampi	720	42	15	1	2250	7
New York Strip/Kansas City Strip 14oz	950	72	26	4	650	2
Fire-Grilled T-Bone	830	57	22	3	1710	1
Flo's Filet & LongHorn Salmon	740	43	11	1	800	3
Flo's Filet and Shrimp & Crab Gratin	750	44	16	1.5	1700	6
LongHorn Porterhouse	1200	85	31	4	2180	1

ENTRÉE ADDITIONS						
GREAT STEAK ADDITIONS						
Lobster Tail (where available)	45	0	0	0	500	0
Shrimp & Crab Gratin	300	14	8	0.5	1190	6
Shrimp Scampi	250	16	8	0.5	1570	6
Half-Rack of Ribs	550	37	13	0	570	2
Grilled Shrimp	45	0.5	0	0	560	1
Parmesan Crusted Topping	220	15	9	0	330	13
Bleu Cheese Crusted Topping	180	14	5	0	350	9
Grilled Onions	90	4	0.5	0	750	11
Sauteed Mushrooms	90	5	1	0	530	5
Sauteed Mushrooms & Onions	90	4.5	1	0	640	8

ENTRÉE ADDITIONS						
SIDE DISHES						
Fresh Seasonal Vegetables	90	4	1	0	350	9
Brandied Cinnamon Apples	230	0	0	0	170	58
Seasoned French Fries	290	13	2.5	0	370	38
Seasoned Rice Pilaf	200	0.5	0	0	1600	43
Loaded Baked Potato	430	17	10	0.5	273	57
Mashed Potatoes	340	22	12	0.5	690	31
Jalapeño Cole Slaw	310	26	4	0	670	16
Sweet Potato with Cinnamon Sugar	270	1	0	0	0	57
Fresh Steamed Asparagus	80	4.5	1	0	55	5
Mixed Greens Side Salad	110	4.5	2	0	200	12
Caesar Side Salad with Caesar Dressing	350	27	6	0.9	550	18
Freshly Baked Bread (loaf)	510	5	1	0	590	96
Add Butter	100	11	7	0	95	1

DRESSINGS & DIPPING SAUCES: values below are for 1½ oz. portion**						
Ranch	200	20	3.5	0	340	3
Fat-Free Ranch	140	0	0	0	1690	38
Balsamic Vinaigrette	190	20	3	0	340	2
Raspberry Vinaigrette	210	18	3	0	105	13
Thousand Island	190	17	2.5	0	400	5
Chipotle Ranch	200	20	3	0	320	5
Bleu Cheese	160	15	4	0	490	3
Caesar	230	24	3.5	0	580	1
Italian	220	25	3.5	0	660	2
Honey Mustard	240	23	3.5	0	240	7
Oil & Vinegar	180	21	3	0	0	0
Avocado-Lime Sauce	160	16	2.5	0	350	3
Tonion Sauce	220	22	3.5	0	370	6
Garlic Butter for Grilled Shrimp/Lobster (1 oz.)	170	18	9.5	0	200	1.5
BBQ Sauce	45	0.5	0	0	540	10
Horseradish Sauce	70	6	3	0	220	4

DESSERTS & BEVERAGES						
DESSERTS						
Chocolate Stampede (Serves 2)	2180	131	73	4	760	229
Golden Nugget Fried Cheesecake	930	56	26	1.5	510	94
LongHorn Dessert Sampler (Serves 2)	1650	89	49		920	192
Mountain Top Cheesecake	1050	80	46	3	800	68
Key Lime Pie	630	20	9	1.8	270	102
Ultimate Brownie Sundae	1180	60	33	1	220	146
Caramel Apple Goldrush	1640	71	25	11	940	237

NON-ALCOHOLIC BEVERAGES						
Juices (Orange, Apple, Cranberry)	135	0	0	0	25	30
Milk	130	5	3	0	125	13
IBC Rootbeer	160	0	0	0	55	43
LongHorn Limeade	90	0	0	0	10	21
LongHorn Strawberry Limeade	160	0	0	0	10	40
Flavored Iced Tea (Blackberry, Raspberry)	33	0	0	0	5	7
Strawberry Lemonade	289	0	0	0	70	73
Minute Maid Lemonade	3	0	0	0	54	1
Coke	105	0	0	0	35	27
Diet Coke/Coke Zero	0	0	0	0	28	1
Sprite	98	0	0	0	47	26
Pibb Xtra	150	0	0	0	35	27
Coffee or Unsweetened Tea	3	0	0	0	5	0

** Dressings and dipping sauces served with 1½ oz. portion, except Steakhouse Salad dressing choices which are served with a 3 oz. portion.

BEVERAGES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs
MARGARITAS						
The Perfect	260	0	0	0	990	41
1800 Texas Tomado	240	0	0	0	790	37
Watermelon	240	0	0	0	0	36
Texas	200	0	0	0	990	28
Silver Lightning	240	0	0	0	580	35
Pomegranate	440	0	0	0	0	79
Raspberry Margarita	220	0	0	0	10	39
Desert Pear Margarita	280	0	0	0	10	47
Frozen Raspberry	250	0	0	0	0	39
Frozen Strawberry	220	0	0	0	15	34
SPECIALTY DRINKS						
Pineapple Goldrush Martini	130	0	0	0	4	4
Strawberry Goldrush	190	0	0	0	20	27
Tropical Peach Goldrush	230	0	0	0	20	35
LongHom Pina Colada	420	12	10	0	45	66
Strawberry Daiquiri	200	0	0	0	0	36
Strawberry Banana Daiquiri	250	0	0	0	5	49
Mojito	200	0	0	0	10	25
Blackberry Mojito	210	0	0	0	15	26
Raspberry Lynchburg Lemonade	160	0	0	0	10	23
Green Apple Martini	160	0	0	0	0	11
Blackberry Firefly Tea	230	0	0	0	0	41
Lemon Firefly Tea	150	0	0	0	0	22
WINE						
Blush, White or Red - Glass	150	0	0	0	20	8
Blush, White or Red - Bottle	640	0	0	0	90	35
BEER						
Regular Bottle Beer	160	0	0	0	15	12
Regular Draft Beer 16 oz.	200	0	0	0	17	15
Light Bottle Beer	110	0	0	0	15	6
Light Draft Beer 16 oz.	150	0	0	0	22	9

CHILDREN'S MENU						
MENU						
Cheeseburger	510	29	12.6	1.5	870	31
Chicken Tenders	340	18	3.5	0	450	15
Grilled Cheese Sandwich	350	20	11	1	1120	29
Grilled Chicken Salad	270	9	3	0	190	5
Grilled Chicken Tenders	140	2	0	0	150	0
Hot Dog	310	20	8	1	750	23
Kid's Sirloin	360	25	7	0.5	120	0
Kraft Macaroni & Cheese	340	11	3	0	830	48
Fresh Fruit - Cantaloupe	53	0	0	0	25	13
Fresh Fruit - Watermelon	46	0	0	0	2	12
Fresh Fruit - Oranges	20	0	0	0	0	4
Kid's Fountain Drink	63	0	0	0	21	16
Seasoned Fries	290	13	2.5	0	370	38
Banana Berry Smoothie	230	0	0	0	0	56
Peanut Butter Cup Smoothie	680	33	19	1	300	80
Raspberry Dream Smoothie	320	12	8	0	65	51