

# NUTRITIONAL INFORMATION

STARTERS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Wild West Shrimp	760	49	13	1	4180	43	37
Western Cheese Fries	1730	96	35	2	4940	138	78
Housemade Chips	930	63	11	0.5	1470	82	8
Creamy BBQ Dipping Sauce	120	10	1.5	0	500	7	1
Chilled Shrimp Cocktail with cocktail sauce	190	1.5	0.5	0	1010	14	31
Grilled White Cheddar Stuffed Mushrooms	570	40	24	1.5	1100	23	28
Texas Tonion	1130	68	12	0.5	2320	115	14
Tonion Sauce (3 oz.)	450	44	7	0	740	12	0
Firecracker Chicken Wraps	640	36	13	0.5	2330	52	27
French Onion Soup (bowl)	320	21	9	1	1820	20	14
Authentic Ranch House Chilli (bowl)	210	14	6	1	390	9	14
Shrimp & Lobster Chowder (bowl)	250	10	5	0	870	31	10
LongHorn Shrimp & Lobster Dip w/Chips	1030	53	17	1	2080	92	46

DINNER ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>STEAKHOUSE SALADS</b>							
Grilled Chicken & Strawberry Salad with Vinaigrette	950	60	10	0	860	58	9
Grilled Salmon Salad - Mixed Greens	560	27	9	1	690	29	50
Grilled Salmon Salad - Caesar	810	54	11	1.5	1120	30	50
Sonoma Chicken Salad with Vinaigrette	720	39	11	0	1770	19	72
7-Pepper Sirloin Salad	670	36	12	2	1500	32	54

STEAKHOUSE SANDWICHES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Parmesan Crusted Chicken Sandwich	810	46	17	1.5	1560	48	58
Steakhouse Burger	740	44	20	2.5	840	44	41
Add Cheese	100	7	4.5	0	50	0	8
Add Bacon	80	6	2.5	0	250	0	4

LEGENDARY STEAKS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Flo's Filet 7 oz.	450	30	8	1	510	0	46
Flo's Filet 9 oz.	550	34	10	1.5	630	0	59
LongHorn Porterhouse	1200	85	31	4	2180	1	106
Outlaw Ribeye 18 oz.	1070	79	33	6	1640	0	90
Crab Stuffed Filet	490	26	11	1	900	5	59
Fire-Grilled T-Bone	830	57	22	3	1710	1	78
Sirloin & Cedar-Grilled Shrimp	470	26	6	0.5	1120	3	56
Flo's Filet & Cedar-Grilled Shrimp	630	41	18	2.5	1280	4	60
New York Strip/Kansas City Strip 11 oz	790	60	22	3.5	530	2	60
New York Strip/Kansas City Strip 14 oz	950	72	26	4	650	2	75
Renegade Top Sirloin 6 oz	380	23	6	0.5	520	0	43
Renegade Top Sirloin 8 oz	470	26	7	1	680	0	57
Renegade Top Sirloin 12 oz	640	33	9	1	990	0	85
Ribeye 12 oz	910	68	25	3	1260	0	72
Bacon Wrapped Filet 9 oz	620	41	12	1.5	880	0	64
Prime Rib with au jus 12 oz	740	46	21	3	1164	0	80
Prime Rib with au jus 16 oz	980	61	28	3.5	1304	0	106
Chop Steak	980	67	20	2.5	3120	45	50
Flo's Filet & LongHorn Salmon	740	43	11	1	800	3	86
Flo's Filet & Lobster Tail	500	30	8	1	1000	0	57

DINNER ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>SEAFOOD</b>							
LongHorn Salmon 7 oz	290	13	2.5	0	300	3	40
LongHorn Salmon 10 oz	410	19	4	0	420	4	56
Grilled Fresh Rainbow Trout	280	15	3	0	460	0	37
Grilled Trout Topped with Shrimp & Lobster	490	29	8	0	1100	5	52
Golden Fried Shrimp	880	48	9	0	3180	71	41
Redrock Grilled Shrimp	130	1.5	0.5	0	1690	2	27

CHICKEN	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Parmesan Crusted Chicken	1080	69	25	1.5	2440	16	75
Fresh Chicken Tenders	730	37	7	0	1450	33	66
Citrus Grilled Chicken	415	13	3	0	890	22	54
Sierra Chicken	410	12	3	0	1240	2	72
Grilled Chicken & Stuffed Portabella	530	26	8	0	1550	9	63

RIBS, CHOPS & MORE	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Baby Back Ribs - Half-Rack	550	37	13	0	570	2	51
Baby Back Ribs - Full-Rack	1090	74	25	0	1140	4	102
Cowboy Pork Chops	400	14	5	0	1600	1	67
LongHorn Churrasco Steak with Plantains (where available)	1070	72	26	0	1090	40	45
LongHorn Steak Tips (where available)	650	29	9	1	2540	26	75

LUNCH ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>STEAKHOUSE SALADS</b>							
Grilled Chicken and Strawberry Salad with Vinaigrette	950	60	10	0	860	58	9
Grilled Salmon Salad - Mixed Greens	490	24	9	1	600	28	40
Grilled Salmon Salad - Caesar	730	50	10	1.5	1040	29	40
Sonoma Chicken Salad with Vinaigrette	720	39	11	0	1770	19	72
Grilled Chicken Salad - Mixed Greens	470	21	8	1	750	26	46
Grilled Chicken Salad - Caesar	720	47	10	1.5	1190	27	46
7-Pepper Sirloin Salad	670	36	12	2	1500	32	54

STEAKHOUSE BURGERS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Black & Bleu Burger	870	44	15	2	1190	53	42
Bacon & Cheddar Burger	880	44	16	2	1230	53	33
Steakhouse Burger	740	44	20	2.5	840	44	41
Add Cheese	100	7	4.5	0	50	0	8
Mushroom & Swiss Burger	830	41	12	1.5	1690	54	36

SANDWICHES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
Shaved Prime Rib Sandwich	810	41	18	1.5	2250	36	74
Honey Mustard Chicken Sandwich	700	28	9	0.5	1320	54	57
Parmesan Crusted Chicken Sandwich	810	46	17	1.5	1560	48	58

SEAFOOD	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
LongHorn Salmon	290	13	2.5	0	300	3	40
Grilled Trout Topped with Shrimp & Lobster	490	29	8	0	1100	5	52
Grilled Fresh Rainbow Trout	280	15	3	0	460	0	37
Golden Fried Shrimp	620	34	6	0	2240	50	29
Redrock Grilled Shrimp	90	1	0	0	1120	2	18
Shrimp & Crab Gratin	300	14	8	0.5	1190	6	0

\*Dressings, dipping sauces and optional accompaniments are listed separately, except where otherwise indicated.

LUNCH ENTRÉES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>LONGHORN STEAKS</b>							
Flo's Filet 7 oz.	450	30	8	1	510	0	46
Add Bacon-Wrap	50	4	1.5	0	160	0	3
Chop Steak	980	67	20	2.5	3120	45	50
Ribeye 12 oz	910	68	25	3	1260	0	72
New York Strip/Kansas City Strip 11 oz	790	60	22	3.5	530	2	60
Renegade Top Sirloin 6 oz	380	23	6	0.5	520	0	43
Renegade Top Sirloin 8 oz	470	26	7	1	680	0	57
Renegade Top Sirloin 12 oz	640	33	9	1	990	0	85
Add Parmesan Crusted Topping	220	15	9	0	330	13	9
Add Bleu Cheese Crusted Topping	180	14	5	0	350	9	4

<b>CHICKEN</b>							
Parmesan Crusted Chicken	630	37	14	0.5	1500	5	58
Fresh Chicken Tenders	490	25	4.5	0	970	22	44
Citrus Grilled Chicken	390	13	3.5	0	880	33	35
Sierra Chicken	310	9	2	0	930	2	54
Grilled Chicken & Stuffed Portabella	430	23	7	0	1370	9	46

<b>RIBS, CHOPS &amp; MORE</b>							
Baby Back Ribs Half-Rack	550	37	13	0	570	2	51
Cowboy Pork Chop	200	7	2.5	0	800	0	34
LongHorn Steak Tips (where available)	550	26	7	2.5	2260	23	57
Churrasco (where available)	535	36	13	0	545	20	23

<b>LEGENDARY STEAKS</b>							
Flo's Filet 9 oz	550	34	10	1.5	630	0	59
Add Bacon	50	4	1.5	0	160	0	3
Flo's Filet & Lobster Tail	500	30	8	1	1000	0	57
Outlaw Ribeye 18oz	1070	79	33	6	1640	0	90
New York Strip/Kansas City Strip 14 oz	950	72	26	4	650	2	75
Fire-Grilled T-Bone	830	57	22	3	1710	1	78
Flo's Filet & LongHorn Salmon	740	43	11	1	800	3	86
LongHorn Porterhouse	1200	85	31	4	2180	1	106

ENTRÉE ADDITIONS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>GREAT STEAK ADDITIONS</b>							
Lobster Tail (where available)	45	0	0	0	500	0	10
Shrimp & Crab Gratin	300	14	8	0.5	1190	6	0
Cedar-Grilled Shrimp	90	2.5	0.5	0	590	3	14
Grilled Shrimp	45	0.5	0	0	560	1	9
Parmesan Crusted Topping	220	15	9	0	330	13	9
Bleu Cheese Crusted Topping	180	14	5	0	350	9	4
Grilled Onions	90	4	0.5	0	750	11	1
Sauteed Mushrooms	90	5	1	0	530	5	4
Sauteed Mushrooms & Onions	90	4.5	1	0	640	8	3

<b>SIDE DISHES</b>							
Loaded Baked Potato	430	17	10	0.5	150	57	14
Sweet Potato with Cinn-Sugar & Butter	370	12	7	0	95	58	7
Fresh Seasonal Vegetables	90	4	1	0	350	9	3
Seasoned French Fries	280	13	2.5	0	135	37	4
Seasoned Rice Pilaf	200	0.5	0	0	1600	43	4
Mashed Potatoes	340	22	12	0.5	690	31	4
Mixed Greens Side Salad	110	4.5	2	0	200	12	4
Caesar Side Salad with Caesar Dressing	350	27	6	1	550	18	7
Fresh Steamed Asparagus	80	4.5	1	0	55	5	4
Steakhouse Mac & Cheese	610	37	22	1	1210	43	26
Bleu Ridge Salad	180	13	6	0	500	4	11
Strawberry Pecan Salad with Dressing	380	27	4.5	0	240	28	6
Freshly Baked Bread (loaf)	510	5	1	0	590	96	19
Add Butter	100	11	7	0	95	1	0

ENTRÉE ADDITIONS	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>DRESSINGS &amp; DIPPING SAUCES: values below are for 1½ oz. portion**</b>							
Ranch	200	20	3.5	0	340	3	1
Fat-Free Ranch	45	0	0	0	560	11	0
Balsamic Vinaigrette	190	20	3	0	340	2	0
Raspberry Vinaigrette	210	18	3	0	105	13	0
Thousand Island	190	17	2.5	0	400	5	0
Chipotle Ranch	200	20	3	0	320	5	0
Bleu Cheese	160	15	4	0	490	3	3
Caesar	230	24	3.5	0	580	1	0
Italian	220	25	3.5	0	660	2	0
Honey Mustard	240	23	3.5	0	240	7	0
Oil & Vinegar	180	21	3	0	0	0	0
Avocado-Lime Sauce	160	16	2.5	0	350	3	1
Tonion Sauce	220	22	3.5	0	370	6	0
Garlic Butter for Grilled Shrimp/Lobster (1 oz.)	170	18	9.5	0	200	1.5	0
BBQ Sauce	45	0.5	0	0	540	10	0
Creamy BBQ Sauce	120	10	1.5	0	500	7	1
Horseradish Sauce	70	6	3	0	220	4	1

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

DESSERTS & BEVERAGES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>DESSERTS</b>							
Chocolate Stampede (Serves 2)	2180	131	73	4	760	229	22
Golden Nugget Fried Cheesecake	930	56	26	1.5	510	94	13
LongHorn Dessert Sampler (Serves 2)	1650	89	49	2.5	920	192	19
Mountain Top Cheesecake	1050	80	46	3	800	68	15
Key Lime Pie	630	20	9	2	270	102	9
Ultimate Brownie Sundae	1180	60	33	1	220	146	15
Caramel Apple Goldrush	1640	71	25	11	930	237	13

<b>NON-ALCOHOLIC BEVERAGES</b>							
Juices (Orange, Apple, Cranberry)	135	0	0	0	25	30	0
Milk	130	5	3	0	125	13	10
IBC Rootbeer	160	0	0	0	55	43	0
LongHorn Limeade	90	0	0	0	10	21	0
LongHorn Strawberry Limeade	160	0	0	0	10	40	0
Flavored Iced Tea (Blackberry, Raspberry)	33	0	0	0	5	7	0
Strawberry Lemonade	289	0	0	0	70	73	0
Minute Maid Lemonade	100	0	0	0	40	26	0
Coke	105	0	0	0	35	27	0
Diet Coke/Coke Zero	0	0	0	0	28	1	0
Sprite	98	0	0	0	47	26	0
Pibb Xtra	150	0	0	0	35	27	0
Coffee	0	0	0	0	5	0	0
Unsweetened Tea	5	0	0	0	10	1	0

BEVERAGES	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat	Sodium (mg)	Total Carbs	Protein
<b>MARGARITAS</b>							
The Perfect	260	0	0	0	990	41	0
1800 Texas Tornado	240	0	0	0	790	37	0
Watermelon	240	0	0	0	0	36	0
Texas	200	0	0	0	990	28	0
Strawberry Margarita	410	0	0	0	0	75	1
Pomegranate	440	0	0	0	0	79	0
Raspberry Margarita	220	0	0	0	10	39	0
Desert Pear Margarita	280	0	0	0	10	47	0
Frozen Raspberry	250	0	0	0	0	39	0
Frozen Strawberry	220	0	0	0	15	34	0

