

Outback Steakhouse Top 9 Allergens

Outback Steakhouse is committed to providing our guests with the highest quality food and service. Our allergen information is based on information provided by our approved vendors. Due to product substitutions and recipe changes, we cannot guarantee that the allergen information listed will be the same at the time of your dining experience. All of our menu items are made to order. Deep fried items are fried in a shared fryer so there is high risk of cross contact. We do not recommend that guests with allergies order fried foods. Soybean oil is not labeled as a soy allergen per FDA allergen labeling guidelines. Please ask to speak with the manager on duty to inform them of your allergies.

Created: July 2023

Menu Item Name	Y = YES THE ALLERGEN IS PRESENT								
	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soybean	Treenuts	Wheat
Aussie-Tizers									
Bloomin' Onion®	Y		Y						Y
Grilled Shrimp on the Barbie	Y	Y	Y		Y	Y	Y		Y
Aussie Cheese Fries	Y		Y				Y		
Bloomin' Fried Shrimp	Y		Y			Y			Y
Sydney 'Shrooms	Y		Y						Y
Kookaburra Wings®	Y		Y				Y		Y
Steakhouse Mac & Cheese Bites	Y		Y				Y		Y
Seared Peppered Ahi	Y	Y			Y		Y		Y
Gold Coast Coconut Shrimp	Y					Y		Y	Y
Three Cheese Steak Dip (Regional)			Y						
Bloom Petals Appetizer (Regional)									Y
Side Bread and Butter			Y		Y				Y
Soups & Side Salads									
Tasmanian Chili (Cup)			Y				Y		
Tasmanian Chili (Crock)			Y				Y		
Baked Potato Soup (Cup)			Y				Y		Y
Baked Potato Soup (Bowl)			Y				Y		Y
French Onion Soup	Y		Y				Y	Y	Y
Broccoli Soup (Cup)			Y				Y		Y
Broccoli Soup (Bowl)			Y				Y		Y
Creamy Onion Soup (Cup)			Y				Y		Y
Creamy Onion Soup (Bowl)			Y				Y		Y
Blue Cheese Wedge & 6 oz Sirloin (Regional)	Y		Y				Y		
House Side Salad, No Dressing			Y						Y
Caesar Side Salad with Dressing	Y	Y	Y						Y
Blue Cheese Pecan Chopped Side Salad with Dressing	Y		Y					Y	Y
Strawberry Salad, side salad, with Dressing			Y					Y	
Ranch Dressing for Side Salad	Y		Y						
Caesar Dressing for Side Salad	Y	Y	Y						
Honey Mustard for Side Salads	Y								
Tangy Tomato Dressing for Side Salads									
Blue Cheese Vinaigrette for Side Salads	Y		Y						
Creamy Blue Cheese for Side Salads	Y		Y				Y		
Light Balsamic Vinaigrette for side salads									
Mustard Vinaigrette for Side Salads									
Entrée Salads									
Aussie Cobb Salad with Grilled Chicken (No Dressing)	Y		Y						Y
Aussie Cobb Salad with Crispy Chicken (No Dressing)	Y		Y						Y
Brisbane Caesar Salad with Grilled Chicken (5oz)	Y	Y	Y						Y
Brisbane Caesar Salad with Crispy Chicken (5oz)	Y	Y	Y						Y
Brisbane Caesar Salad with Grilled Shrimp	Y	Y	Y			Y			Y
Steakhouse Salad with Dressing	Y		Y					Y	Y
Strawberry Salad Entree--Grilled Chicken with Dressing			Y				Y	Y	

Y = YES THE ALLERGEN IS PRESENT									
Menu Item Name	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soybean	Treenuts	Wheat
Strawberry Salad Entree--Crispy Chicken with Dressing			Y					Y	Y
Ranch Dressing for Entree Salad	Y		Y						
Caesar Dressing for Entree Salad	Y	Y	Y						
Creamy Blue Cheese for Entrée Salad	Y		Y				Y		
Tangy Tomato Dressing for EntreeSalads									
Blue Cheese Vinaigrette for Entrée Salads	Y		Y						
Light Balsamic Vinaigrette for Entree salads									
Honey Mustard for Entree Salads	Y								
Mustard Vinaigrette for Entree Salads									
So Many Ways To Steak									
Victoria's Filet Mignon 6 oz			Y						
Victoria's Filet Mignon 8 oz			Y						
Victoria's Filet Mignon 9 oz (Regional)			Y						
Victoria's Filet Mignon 11 oz (Regional)			Y						
Prime Filet 11 oz (Regional)			Y						
Outback Center Cut Sirloin 5 oz (Regional)			Y						
Outback Center-Cut Sirloin 6 oz			Y						
Outback Center Cut Sirloin 8 oz			Y						
Outback Center Cut Sirloin 9oz (Regional)			Y						
Outback Center-Cut Sirloin 11 oz			Y						
Outback Center Cut Sirloin 12oz (Regional)			Y						
Ribeye 12 oz			Y						
Ribeye 15 oz			Y						
Classic Prime Rib- 12oz.							Y		Y
Classic Prime Rib- 16oz.							Y		Y
Classic Prime Rib- 10.oz (Regional)							Y		Y
Outback Style Prime Rib 16 oz.	Y		Y						
Outback Style Prime Rib-12 oz	Y		Y						
Outback Style Prime Prime- 10 oz.(Regional)	Y		Y						
Bone In Ribeye 18 oz									
Prime NY Strip 16 oz			Y						
Prime NY Strip 20 oz			Y						
Melbourne Porterhouse 22 oz									
Steak 'N Mate Combos									
Steak & Mate Combos 5 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 5 oz Sirloin & Coconut Shrimp (Regional)	Y		Y			Y		Y	Y
Steak & Mate Combos 6 oz Sirloin & Grilled Shrimp on the Barbie	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 6 oz Sirloin & Coconut Shrimp	Y		Y			Y		Y	Y
Steak & Mate Combos 8 oz Sirloin & Grilled Shrimp on the Barbie	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 8 oz Sirloin & Coconut Shrimp	Y		Y			Y		Y	Y
Steak & Mate Combos 9 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 9 oz Sirloin & Coconut Shrimp (Regional)	Y		Y			Y		Y	Y
Steak & Mate Combos 11 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 11 oz Sirloin & Coconut Shrimp (Regional)	Y		Y			Y		Y	Y
Steak & Mate Combos 11 oz Sirloin & 5 oz Grilled Chicken (Regional)			Y				Y		
Steak & Mate Combos 11 oz Sirloin & 5 oz Alice Springs Chicken (Regional)	Y		Y				Y		
Steak & Mate Combos 12 oz Sirloin & Grilled Shrimp on the Barbie (Regional)	Y	Y	Y		Y	Y	Y		Y
Steak & Mate Combos 12 oz Sirloin & Coconut Shrimp (Regional)	Y		Y			Y		Y	Y

Y = YES THE ALLERGEN IS PRESENT									
Menu Item Name	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soybean	Treenuts	Wheat
Steak & Mate Combos 5 oz Sirloin & 1/3 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 5 oz Sirloin & 1/2 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 6 oz Sirloin & 1/3 Rack Ribs			Y				Y		
Steak & Mate Combos 6 oz Sirloin & 1/2 Rack Ribs			Y				Y		
Steak & Mate Combos 8 oz Sirloin & 1/3 Rack Ribs			Y				Y		
Steak & Mate Combos 8 oz Sirloin & 1/2 Rack Ribs			Y				Y		
Steak & Mate Combos 9 oz Sirloin & 1/3 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 9 oz Sirloin & 1/2 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 11 oz Sirloin & 1/3 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 11 oz Sirloin & 1/2 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 12 oz Sirloin & 1/3 Rack Ribs (Regional)			Y				Y		
Steak & Mate Combos 12 oz Sirloin & 1/2 Rack Ribs (Regional)			Y				Y		
Sirloin 5 oz & 5 oz Grilled Chicken (Regional)			Y				Y		
6 oz Sirloin & 5 oz Grilled Chicken			Y				Y		
8 oz Sirloin & 5 oz Grilled Chicken			Y				Y		
9 oz Sirloin & 5 oz Grilled Chicken on the Barbie (Regional)			Y				Y		
Sirloin 5 oz & 5 oz Alice Springs Chicken (Regional)	Y		Y				Y		
6 oz Sirloin & 5 oz Alice Springs Chicken	Y		Y				Y		
8 oz Sirloin & 5 oz Alice Springs Chicken	Y		Y				Y		
12 oz Ribeye & Grilled Shrimp on the Barbie	Y	Y	Y		Y	Y	Y		Y
12 oz Ribeye & 4 Coconut Shrimp	Y		Y			Y		Y	Y
Ribeye 15 oz and 4 Grilled Shrimp on the Barbie	Y	Y	Y		Y	Y	Y		Y
Ribeye 15 oz and 4 Coconut Shrimp	Y		Y			Y		Y	Y
6 oz Filet & Lobster			Y			Y			
8 oz Filet & Lobster			Y			Y			
9 oz Filet & Lobster (Regional)			Y			Y			
Plus It Up									
Gold Coast Coconut Shrimp	Y					Y		Y	Y
Grilled Shrimp on the Barbie Add On	Y	Y	Y		Y	Y	Y		Y
Add 4 oz Lobster Tail			Y			Y			
Toowoomba Topping			Y			Y	Y		Y
Peppercorn Sauce			Y				Y		Y
Roasted Garlic Butter Topping (small)			Y				Y		
Roasted Garlic Butter Topping (Large)			Y				Y		
Burgundy Mushrooms			Y				Y		Y
Sauteed Shrooms			Y				Y		Y
Grilled Onions			Y						
Steakhouse Potatoes & Sides									
Over The Top Brussels Sprouts	Y								Y
Fresh Mixed Veggies			Y				Y		Y
Broccoli			Y				Y		
Green Beans			Y						
Homestyle Mashed Potatoes			Y				Y		
Steakhouse Mac & Cheese			Y						Y
Aussie Fries									
Loaded Baked Potato			Y						
Loaded Sweet Potato			Y				Y		
Seasoned Rice			Y				Y		Y
Asparagus									
More Down Under Faves									

Y = YES THE ALLERGEN IS PRESENT

Menu Item Name	Eggs	Fish	Milk	Peanuts	Sesame	Shellfish	Soybean	Treenuts	Wheat
Steamed Broccoli									