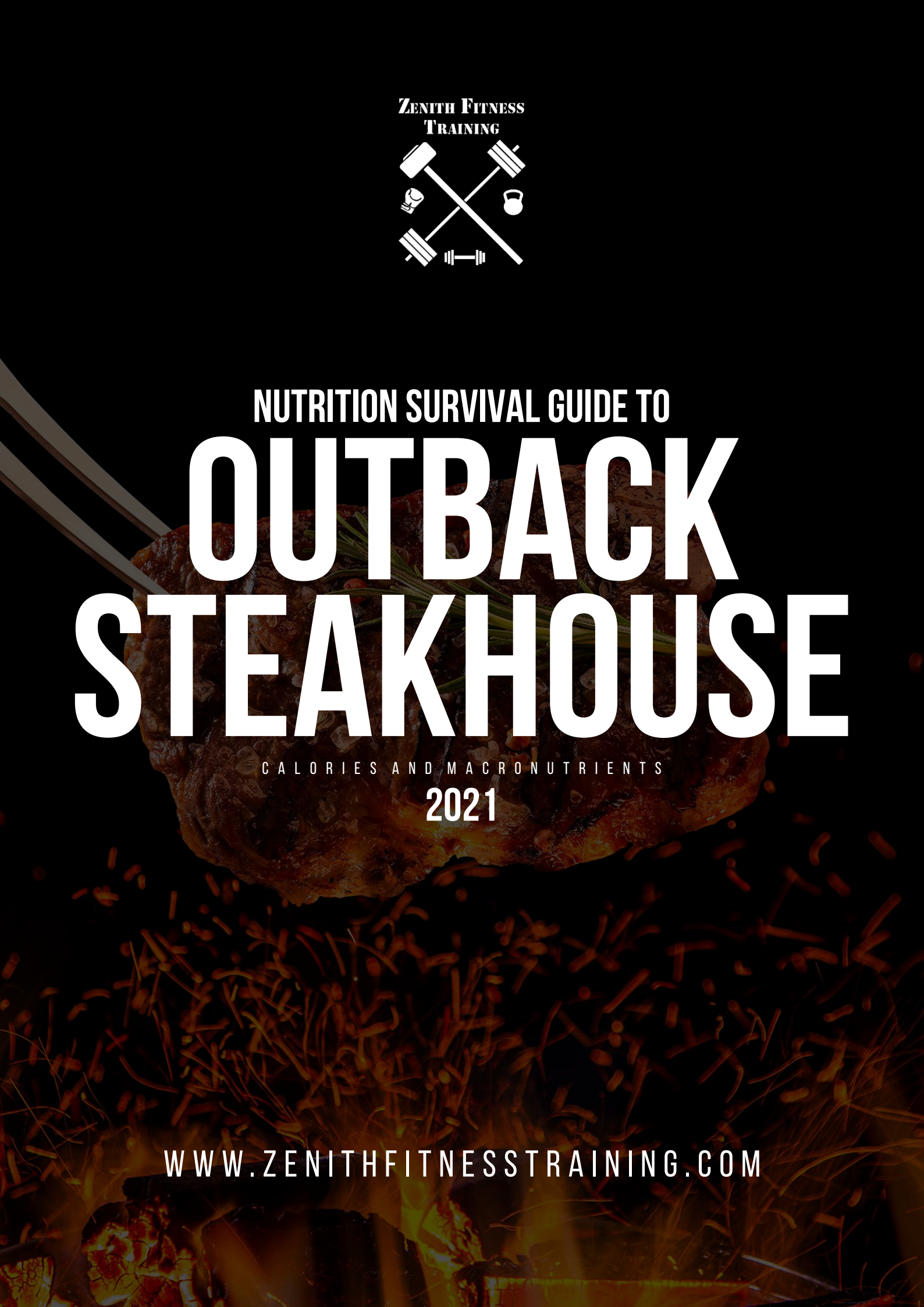
ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

OUTBACK STEAKHOUSE

CALORIES AND MACRONUTRIENTS

2021



WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

AUSSIE-TIZERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Seared Peppered Ahi, Large-- Ordered without Noodles	390	30	11	2	7	24	1.32
Wood-Fire Grilled Shrimp on the Barbie--Ordered wihout bread	480	28	6	1	2	38	1.13

SOUP AND SIDE SALADS

Side Salad: House Salad (Choice of Dressing Not Included)--Order without croutons	100	5	7	2	4	6	0.10
Side Salad: House Salad Dressing: Caesar Dressing (1.5 oz)	200	3	2	0	0	21	0.43
Side Salad: House Salad Dressing: Ranch Dressing (1.5 oz)	210	-	1	0	<1	23	0.25

BIG BOWL SALADS

Asian Salad with Chicken--order without crispy noodles and tortilla strips (Dressing Not Included)	360	53	21	4	6	7	0.77
Asian Salad with Ahi Tuna (Dressing Not Included)	250	33	15	6	8	8	0.55
Aussie Cobb Salad without Protein--order without croutons (Dressing Not Included)	480	32	21	3	6	30	0.89
Grilled Chicken Add-On	160	31	0	0	0	3.5	0.18
Grilled Shrimp Add-On	160	26	2	0	0	4	0.64
Entrée Salad Dressing: Ranch (2 oz)	280	1	2	0	1	30	0.33
Entrée Salad Dressing: Blue Cheese Dressing (2 oz)	340	3	1	0	1	35	0.38
Entrée Salad Dressing: Caesar (2 oz)	270	4	2	0	0	28	0.00
Entrée Salad Dressing: Oil & Vinegar (2 oz)	280	0	6	0	6	28	0.00

SIGNATURE STEAKS

Chargrilled Ribeye, 12 oz (Regional)	890	65	0	0	0	0	0.16
Melbourne/Porterhouse, 22 oz	860	80	8	0	0	0	0.71
New York Strip, 12 oz	810	63	0	0	0	0	0.63
New York Strip, 13 oz	880	68	0	0	0	0	0.68
New York Strip, Bone In 16 oz	710	104	2	0	0	0	2.32
Outback Center-Cut Sirloin, 10 oz	350	63	-	<1	-	-	0.87
Outback Center-Cut Sirloin, 11 oz	390	70	-	<1	-	-	0.96
Outback Center-Cut Sirloin, 6 oz	210	38	0	0	0	0	0.52
Outback Center-Cut Sirloin, 8 oz	280	51	0	0	0	0	0.70
Prime Center-Cut Filet, 11 oz (Regional)	440	73	-	<1	-	-	1.07
Prime New York Strip, 16 oz (Regional)	1100	85	0	0	0	0	0.85
Prime Ribeye, 16 oz (Regional)	1400	92	0	0	1	1	1.45
RIBEYE 13 OZ	710	75	0	0	0	0	0.53
RIBEYE 16 OZ - OBS	1290	87	-	0	0	0	0.73
Ribeye, Bone In, 18 oz	1350	98	2	0	0	103	2.30
Shareable Sirloin, 18oz (Regional, West Coast)	550	99	-	<1	-	18	1.37
Slow-Roasted Prime Rib, 12 oz	1050	69	0	0	1	86	1.30
Slow-Roasted Prime Rib, 16 oz	1400	92	0	0	1	114	1.45

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Slow-Roasted Prime Rib, 24 oz	2100	138	0	0	2	172	1.74
Outback-Style Prime Rib, 12 oz	1520	91	0	1	7	124	1.24
Outback-Style Prime Rib, 16 oz	1960	120	0	1	7	160	1.43
Victoria's Filet Mignon, 6 oz	240	40	0	0	0	9	0.58
Victoria's Filet Mignon, 8 oz	320	53	-	<1	-	12	0.78

STEAK N' MATE COMBOS

Filet, 6 oz, and Grilled Lobster Tail (Regional)	670	66	2	<1	-	43	1.42
Filet, 6 oz, and Lobster Tail	670	66	2	<1	-	43	1.42
Filet, 8 oz, and Lobster Tail	750	80	2	<1	-	46	1.62
Filet, 9 oz, and Lobster Tail	790	86	2	<1	-	48	1.72
Ribeye, 12 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	910	84	3	1	1	60	1.17
RIBEYE 13 OZ AND 4 Grilled Shrimp on the Barbie--Order wi	950	89	3	1	1	64	1.09
Sirloin, 10 oz, and Grilled Shrimp on the Barbie--Order with No Bread	595	77	4	1	2	30	1.44
Sirloin, 11 oz, and Grilled Shrimp on the Barbie--Order with No Bread	630	84	4	1	2	30	1.53
Sirloin, 12 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	665	90	4	1	2	30	1.61
Sirloin, 5 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	420	46	3	1	1	25	1.00
Sirloin, 6 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	450	52	3	1	1	25	1.09
Sirloin 6 oz, and Grilled Chicken--Order with No BBQ Sauce	370	69	0	0	0	10	0.71
Sirloin, 8 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	525	65	3	1	2	28	1.26
Sirloin 8 oz, and Grilled Chicken--Order with No BBQ Sauce	440	82	0	0	0	12	0.88
Sirloin, 9 oz, and Grilled Shrimp on the Barbie--Order with NO Bread	560	71	3.5	1	2	29	1.35

STEAK MATES

Lobster Tail, 5 oz, Grilled (Regional)	430	27	1	0	0	31	0.84
Lobster Tail, 5 oz, Steamed	340	27	1	0	0	24	0.54
Roasted Garlic Butter Topping	170	-	2	0	<1	18	0.18

SIDES: CLASSIC SIDES

Fresh Mixed Veggies	160	4	17	6	6	10	0.32
Fresh Seasonal Veggie (Green Beans)	130	2	10	4	2	11	0.37
Fresh Seasonal Veggie (Steamed Broccoli)	150	6	14	5	4	10	0.30

SIDES: PREMIUM SIDES

Grilled Asparagus	60	2	4	2	2	4	0.22

SIDES: PREMIUM SIDE SALADS

Blue Cheese Pecan Chopped Salad, Side (Dressing Included)	600	11	30	4	15	47	1.26

STRAIGHT FROM THE SEA

Simply Grilled Salmon w/ Remoulade	540	40	3	-	1	40	0.00
Simply Grilled Halibut (Regional)	460	55	3	-	1	23	0.00
Simply Grilled Mahi (Regional)	220	47	1	0	0	3.5	0.44
Toowoomba Salmon	610	54	5	-	3	41	0.00