

# Outback Nutrition and Allergen Information 2026

This document provides general nutrition and allergen information for popular Outback Steakhouse menu items. Values are estimated and may vary by location and preparation method.

## Sample Nutrition Information

Menu Item	Calories	Protein	Fat	Carbohydrates
Victoria Filet (6 oz)	460	38g	32g	2g
Center Cut Sirloin (6 oz)	370	36g	24g	1g
Grilled Chicken on the Barbie	330	40g	10g	3g
Grilled Salmon	540	42g	36g	1g
Bloomin Onion	1950	18g	155g	123g
House Salad (No Dressing)	150	5g	10g	12g

## Common Allergen Guide

Menu Item	Contains Milk	Contains Gluten	Contains Soy	Contains Shellfish
Bloomin Onion	Yes	Yes	Yes	No
Grilled Salmon	No	No	Yes	No
Victoria Filet	No	No	No	No
Alice Springs Chicken	Yes	No	Yes	No
Shrimp Pasta	Yes	Yes	Yes	Yes

## Food Allergy Safety Tips

- Inform your server about any food allergies before ordering.
- Ask about ingredient substitutions if needed.
- Be aware that cross contamination may occur in shared kitchen environments.
- Review official nutrition and allergen guides for the most accurate information.

Disclaimer: Nutrition and allergen information is based on standard recipes and supplier data. Actual values may vary by location or preparation changes. Always confirm with your local Outback Steakhouse.