



Outback Steakhouse Gluten-Free Menu Tips'n'Hints*

as of April 28, 2011

Here are some in-depth tips, ideas and a menu review to help you order gluten-free at Outback Steakhouse.

QUICK GUIDE of OUTBACK FOODS to AVOID

The following Outback food items are **not gluten-free!** Many gluten-free dishes can come with these items if they're not prepared to be gluten-free. Be sure to specifically request these things be avoided completely:

Aussie Fries (anything fried)

Blue Cheese Dressing

Cabernet Sauce

Au Jus

Blue Cheese Crumbles

Wild Mushroom Sauce

Lemon Pepper Butter Sauce

Bloomin' Onion Petals

Oreo Cookie Crumbles

Creamy Ginger-Soy Sauce

Aussie Crunch

Croutons

Wasabi Vinaigrette Dressing

Crunchy Crumb Topping

All Bread, Rolls & Pasta

Mustard Vinaigrette

Horseradish Crumb Crust

Garlic Toast

CONDIMENTS

- **Bacon, mayonnaise, mustard, ketchup, cheeses, BBQ sauce, pickles, and honey mustard sauce are all gluten-free.** If you're unsure of any condiment or ingredient, ask your server. And when in doubt, leave it out!
- **Ask that your condiments be spread with new, clean utensils.** Think about the cross-contamination from a knife that's just spread ketchup onto a gluten bun being dipped back into a tub of ketchup and then onto your plate.... Contamination! Ick! Or should I say *Sick!*

PUMPERNICKEL BREAD

Let your server know as soon as you sit down that you're gluten-free and would like to skip the bread. They automatically bring out a mini-loaf of bread right away, so if you don't want it on your table (and your co-diners don't mind!) immediately request that they not bring that brick o' gluten.

GENERAL PREPARATION TIPS FOR THE KITCHEN

Request that the server (or manager) speak to the kitchen staff to stress the need for being contentious when preparing your gluten-free dishes. If you simply order the gluten-free menu items, they may or may not be wary of cross contamination. A simple, friendly explanation that you need to avoid all gluten and that clean grills, utensils and bowls need to be used when preparing your meal will go a long way to ensuring your safety. If you prefer not to verbally explain your needs, I've created another document "Outback with Kitchen Tips" that you can print, take with you & hand them a page detailing everything they need to know. :)

Appetizers...

Gluten Free Seared Ahi Tuna

Avoid both the ginger-soy sauce and wasabi vinaigrette dressings that come with non-GF version.

Gluten Free Grilled Shrimp on the Barbie

See the "Grilled Main Dishes" section for grilling hints.

Salads...

- All salad dressings are gluten-free **except Mustard Vinaigrette, Blue Cheese & Wasabi Vinaigrette.**
- Be sure to specifically ask that **croutons and Aussie Crunch never touch your salad** (sometimes they pick it off after incorrectly ordering a non-GF version. Tell them that even a tiny crumb will make you sick for up to weeks!)
- Request that your salad be **mixed in a clean, separate bowl using clean utensils.**

Salads (continued)...

Gluten Free Filet Wedge Salad

Make sure you ask for another dressing: this salad comes with Blue Cheese Dressing which is NOT GF. Also avoid the Blue Cheese Crumbles.

Gluten Free Caesar Salad (with Chicken or Shrimp)

*Make sure you say "gluten free" when ordering. **It's especially important to request a new bowl when mixing this salad.** And if you get Chicken or Shrimp, remind them to take care during the grilling process (see the tips for "Grilled Main Dishes" below for more details)*

Gluten Free Queensland Salad

Request no croutons

Gluten Free Blue Cheese Pecan Chopped Salad

Make sure you order without Blue Cheese (you can substitute cheddar) & skip the Aussie Crunch.

Grilled Main Dishes...

It's a good idea to thoroughly explain to your server (and the manager, who will have more of a vested interest in your health and return business) that you will have a severe reaction to ANY gluten. **Explain cross contamination and request that your food be prepared with clean utensils, bowls and pans, on a clean portion of the grill and clean surfaces.** For example, using the same tongs used to flip a Horseradish Crumb Crusted Filet to flip your GF Alice Springs Chicken will contaminate where the tongs touch the chicken. *(I learned this one from personal experience. I once had contamination on one side of a chicken breast and not the other. I knew 'cause it was fine for dinner, then my leftover lunch the next day seriously contaminated me!)*

Gluten Free Alice Springs Chicken

The Honey Mustard Sauce it comes with IS safely GF. If not prepared to be GF, this dish automatically comes with Aussie Fries that are not safe. So be sure to order either veggies without seasonings or substitute a baked potato.

Gluten Free Baby Back Ribs

Outback states that their BBQ sauce is gluten free. I've never tried it, so I can't vouch for it personally.... If not prepared to be GF, this dish automatically comes with Aussie Fries that are not safe. So be sure to order either veggies without seasonings or substitute a baked potato.

Gluten Free Grilled Chicken on the Barbie

Outback states that their BBQ & Honey Mustard Sauces are gluten free. If not prepared to be GF, this dish automatically comes with Aussie Fries that are not safe. So be sure to order either veggies without seasonings or substitute a baked potato.

Gluten Free New Zealand Rack of Lamb

Be sure to order without the Cabernet Sauce. Automatically served with garlic mashed potatoes & veggies. Potatoes are automatically GF, but you must order veggies without seasonings or substitute a baked potato.

Gluten Free Filet withOUT Wild Mushroom Sauce

Be sure to order without the Wild Mushroom Sauce. Automatically served with garlic mashed potatoes & veggies. Potatoes are automatically GF but you must order the veggies without seasonings or substitute a baked potato.

Gluten Free Sweet Glazed Pork Tenderloin

Be sure to order without crunchy crumb topping. Glaze is GF. Comes with garlic mashed potatoes and green beans, both of which are safe.

Gluten Free Ribs & Alice Springs Chicken

Automatically comes with Aussie Fries, but they're NOT GF. Instead, get either veggies without seasonings or a baked potato. Honey Mustard Sauce is gluten-free, as is the BBQ sauce.

Grilled Main Dishes (continued)...

Gluten Free Filet & Shrimp Scampi

Automatically comes with garlic toast and au jus, but neither are gluten free so be sure to check that neither are on your plate when it comes. (And check for crumbs in case they picked toast off!)

Gluten Free Norwegian Salmon

The veggies that automatically accompany this dish must be made without seasonings. Or substitute a baked potato.

Lobster Tails

Veggies must be made without seasonings. Or substitute a baked potato.

King Crab

Veggies must be made without seasonings. Or substitute a baked potato.

Steak...

The same tips apply to "Steak" as to "Grilled Main Dishes" above: explain cross contamination and the need for clean grill and utensils.

Gluten Free Outback Special

"Clean grill and utensils please!"

Gluten Free Victoria's Filet

Be sure to order without Blue Cheese and horseradish crumb crust.

Gluten Free Ribeye

Don't get au jus added on - it's NOT GF

Gluten Free New York Strip

"Clean grill and utensils please!"

Gluten Free The Melbourne

"Clean grill and utensils please!"

Gluten Free T-Bone

"Clean grill and utensils please!"

Gluten Free Prime Rib

You can get it "Hand-Carved" or "Outback Style" - both are safe. But remember to NOT use the au jus - it contains gluten!

Burgers & Sandwiches...

- **The gluten-free versions of these sandwiches & burgers come without bread.** *But be sure to emphasize to your server (and manager, if you choose to include them in your dining experience) that your meal must NOT even touch bread or any surface where sandwiches are usually prepared. If you get the sense that your server won't be contentious of your needs (like, they don't really understand/care and might be the kind of person to forget to order the GF version and then when it comes up with a bun they just take it off and leave you with a contaminated meal), then I'd SKIP any sandwich and go with a straight up grilled meal...*
- **Bring your own GF bread or roll but don't send it to the kitchen for them to prep.** *Build your burger at the table to avoid cross contamination.*

Gluten Free Bloomin' Burger

Personally I'd skip this one: what's the point if you can't have the Bloomin' Onion Petals on top? But technically you can get it without the Petals and have it with the Bloomin' Onion sauce, which Outback states is safe. But I'd argue that the possibility for cross contamination of the sauce to such a flakey, gluten-laden dish (The Bloomin' GLUTEN) is too high, so I'd skip Bloomin' sauce.

Gluten Free Outbacker Burger

Gluten Free Bacon Cheese Burger

Gluten Free Grilled Chicken & Swiss Sandwich

Honey Mustard Sauce is safely GF

Side Dishes...

- Several of these sides are naturally gluten-free but I **always state “gluten-free” before ordering any side**, just to be safe and really drive home to your server that you can't have gluten.
- Ask that your **salad be mixed in a new, clean bowl with new utensils**.
- Remind them **not to use croutons, Aussie Crunch and blue cheese**, even though you're ordering the GF version of these salads. Explain cross-contamination and that you'll get sick if they simply pick these items out of a ill-prepared salad.
- **Outback Gluten-Free Dressings:** Low-Cal Tangy Tomato, Honey Mustard, Ranch, Caesar, Thousand Island, Oil & Vinegar (*as long as it's not malt vinegar... balsamic is GF*)

Gluten Free Garlic Mashed Potatoes

Gluten Free Dressed Baked Potato

Gluten Free Sweet Potato

Gluten Free French Green Beans

Gluten Free Fresh Seasonal Veggies

***Must be ordered without the default seasonings*

Gluten Free House Salad

Skip the Mustard Vinaigrette & Blue Cheese dressings and croutons. Cheese is safe

Gluten Free Caesar Salad

Be sure to ask for a fresh mixing bowl with the Ceasar salads!

Gluten Free Classic Blue Cheese Wedge Salad

Avoid Blue Cheese dressing

Gluten Free Blue Cheese Pecan Chopped Salad

Avoid the Aussie Crunch and blue cheese

Additional Items...

These “Add Ons” can be prepared gluten-free:

Gluten Free Grilled Scallops GF

Make sure they skip the Lemon Pepper Butter Sauce.

Gluten Free Lobster Tail

Gluten Free 1/2 lb. King

Gluten Free Shrimp Scampi

Make sure it comes without Garlic Toast

Gluten Free Grilled Shrimp

Desserts...

Gluten Free Chocolate Thunder From Down Under

What?! Dessert?! Yippee!! This is a flourless brownie through and through: they even dust the pan with sugar instead of flour.

Vanilla Ice Cream

Kids Menu...

All kids meals include a beverage (see safe list below) and a side (also listed below).

Gluten Free Boomerang Cheese Burger

Gluten Free Joey Sirloin

Gluten Free Grilled Chicken on the Barbie

Gluten Free Junior Ribs

BBQ sauce is safe

Kids Menu (continued)...

Gluten Free Spotted Dog Sundae

This can be gluten-free if you skip the cookie crumble. Just be sure to ask for it to be made with all new utensils (and this is typically made by your server, not a cook. So be sure to impress on him or her the need for clean everything that will touch your sunday...).

Fun Cocktails...

These specialty drinks use mixes and ingredients that Outback states are gluten-free:

Gluten Free Top Shelf Patrón Margarita

Gluten Free Sangria 'Rita

Gluten Free Sauza Gold Coast 'Rita

Gluten Free Down Under Sauza Gold Coast 'Rita

Gluten Free Captain's Mai Tai

Gluten Free The Wallaby Darned

Gluten Free New South Wales Sangria

After-Dinner Drinks...

Kahlua & Coffee

Disarono Amaretto on the Rocks

Grand Mariner

Beverages...

Coke Products

(Coke, Coke Zero, Diet Coke, Sprite, Minute Maid Lemonade, Hi-C)

Red Bull

Acqua Panna

San Pellegrino

-- Iced Tea --

*Some franchises have freshly made, flavored iced teas. These vary by location and you must **check with the manager** to find out if any tea they offer is gluten-free.*

**Note: All statements of gluten-free status & safety per Outback's online GF Menu PDF dated 11/2010. The information provided in this and all GlutenFreeGluten.com documents are intended only as an informative guide for those wishing to know more about gluten-free living options. In no way is this document, the site from which it came, or the author's opinions intended to replace, countermand or conflict with the advice given to you by your own physician. The ultimate decision concerning your nutrition should be made between you and your health care professionals. The information offered herein is general and is offered with no guarantees on the part of the author nor Outback Steakhouse. The author disclaims all liability in connection with the use of this document or the information therein.*

While there's always a chance of getting "glutened" when eating out, I hope these help you enjoy a safe, happy, gluten-free Outback experience.

Happy gluten-free dining, mate! :)