

OUTBACK “Heart Healthy Diet”

Appetizers

Grilled Shrimp on the Barbie

Order without butter and seasonings. Order with cocktail or BBQ sauce

Salads, Sides & Add-ons

Dressings - Tangy Tomato (fat free), Mustard Vinaigrette, Olive Oil & Red Wine Vinegar

House Salad - Order without toppings, cheese and croutons

Jacket Potato - Our Jacket Potatoes are rolled in softened margarine and Kosher salt prior to the baking process. Order without toppings.

Entrees

Grillers

Order House Salad as above. Order without rice. Add baked potato. Order without butter or glaze during preparation

Victoria’s Center Cut

Order with House Salad as above. Prepare without butter. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Outback Special

Order with House Salad as above. Prepare without butter. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Outback Lamb

Order with House Salad as above. Prepare without sauce. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Chicken on the Barbie

Order with House Salad as above. Prepare without butter. Request BBQ sauce to be used during preparation. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Botany Fish of the Day

Order with House Salad as above. Order prepared without butter. Order with cocktail sauce or fresh lemon instead of Remoulade Sauce. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Salmon

Order with House Salad as above. Order prepared without butter. Order with cocktail sauce or fresh lemon instead of Remoulade Sauce. Order Jacket or Sweet Potato and Steamed Vegetables without butter

Jackaroo Chops

Order with House Salad as above. Ask for no butter or seasoning during preparation. Order Jacket or Sweet Potato and Steamed Vegetables without butter instead of apples

Barbie Chook ‘n Bacon

Order prepared without butter or BBQ sauce. Order without the bacon and cheese. Substitute baked potato or steamed vegetables

Sweet Chook O’Mine

Order prepared without butter. Order without the bacon and cheese. Substitute baked potato or steamed vegetables

“Healthy Weight Loss”

Appetizers

Grilled Shrimp on the Barbie - Order without butter or BBQ sauce but with cocktail sauce

Salads & Sides

Dressings: Tangy Tomato Dressing (fat free), Vinegar, Fresh Lemon or Olive Oil & Red Wine Vinegar

House Salad - Order without cheese and croutons

Steamed vegetables - Order without seasoned butter

Jacket Potato - Order without toppings

(Our Jacket Potatoes are rolled in softened margarine and Kosher salt prior to the baking process.)

Sweet Potato - Order without toppings

Bread - 1 inch slice without butter

Entrees

Shrimp and Veggie Griller

Prepare without butter or glaze during preparation. Order without Rice or Pineapple

Order a House Salad as above

Chicken and Veggie Griller

Prepare without butter or glaze during preparation. Order without Rice or Pineapple

Order a House Salad as above

Steak and Veggie Griller

Prepare without butter or glaze during preparation. Order without Rice or Pineapple

Order a House Salad as above

Victoria’s Filet

Order with House Salad as above Jacket or Sweet Potato

Steamed Vegetables without butter. Prepare without butter

Outback Special

Order with House Salad as above. Order Jacket or Sweet Potato

Steamed Vegetables without butter. Prepare without butter

Outback Lamb

Order with House Salad as above. Order Jacket or Sweet Potato

Steamed Vegetables without butter. Ask for no sauce during preparation

Chicken on the Barbie

Order with House Salad as above. Order Jacket or Sweet Potato

Steamed Vegetables without butter. Order without butter or BBQ sauce

Botany Fish of the Day

Order prepared without butter. Order with cocktail sauce or fresh lemon instead of Remoulade Sauce

Salmon

Order prepared without butter or seasoning

Order with cocktail sauce or fresh lemon instead of Remoulade Sauce

Jackaroo Chops

Order with House Salad as above. Order Jacket Potato and Steamed Vegetables (instead of apples). Ask for no butter during preparation.

Barbie Chook ‘n Bacon

Order prepared without butter or BBQ sauce

Order without the bacon and cheese

Substitute baked potato or steamed vegetables

Sweet Chook O’Mine

Order prepared without butter

Order without the bacon and cheese

Substitute baked potato or steamed vegetables