



NUTRITIONAL INFORMATION

Applebee's® is committed to serving delicious food- just the way you like it. We are proud to offer a variety of delicious favorites. As a good neighbor, we understand that choice is a priority for Guests who are watching what they eat. Please use the nutritional facts in this document to help you make your dining decisions.

While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values stated may reflect content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the description in the menu category heading to identify which values are being reflected. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutritional information detailed in this document.

Information As Of 3/19/18. Good Thru 5/20/18.

Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.

Applebee's Guest Relations 888-59APPLE (888-592-7753)

Appetizers	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Wings											
Boneless Wings (w/o sauce or dressing)	680	310	35	7	0	95	1760	52	5	1	39
Add Choice of Sauce:											
Classic Buffalo Sauce	180	170	19	7	0	0	2300	4	1	0	0
Honey BBQ Sauce	230	5	0.5	0	0	0	900	55	5	43	1
Sweet Asian Chile Sauce	250	20	2	0	0	0	1520	55	2	21	3
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
Brew Pub Pretzels & Beer Cheese Dip	1080	410	45	16	0	45	3330	133	8	17	34
Brisket Quesadilla	910	520	58	24	1.5	110	2660	62	5	6	39
Cheeseburger Eggrolls	980	540	60	20	2	95	2340	77	6	18	32
Chicken Wonton Tacos	500	180	20	4.5	0	120	1540	50	2	16	32
Chipotle Lime Chicken Quesadilla	870	470	52	22	1	115	2670	62	5	6	38
Chips & Salsa	630	250	27	4.5	0	0	3820	89	8	7	10
Crunchy Onion Rings	1120	530	59	10	0.5	5	2760	133	11	21	14
Double Crunch Bone-In Wings											
Double Crunch Bone-In Wings (w/o sauce or dressing)	650	360	40	9	0	295	1460	12	2	1	64
Add Choice of Sauce:											
Classic Buffalo Sauce	180	170	19	7	0	0	2300	4	1	0	0
Honey BBQ Sauce	230	5	0.5	0	0	0	900	55	5	43	1
Sweet Asian Chile Sauce	250	20	2	0	0	0	1520	55	2	21	3
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
French Fries Basket	680	290	32	6	0	5	1410	91	7	1	8
Mozzarella Sticks	910	450	50	20	1	80	2140	79	5	10	39
Salsa Verde Beef Nachos	1770	1050	117	51	4.5	240	6290	109	9	14	70
Spinach & Artichoke Dip	950	520	57	15	0	25	4130	89	6	5	19
The Classic Combo											
The Classic Combo (w/o sauce or dressing)	2280	1180	131	43	2	190	7490	193	14	13	83
Add Choice of Sauce:											
Classic Buffalo Sauce	90	80	9	3.5	0	0	1150	2	1	0	0
Honey BBQ Sauce	110	5	0	0	0	0	450	28	2	22	1
Sweet Asian Chile Sauce	130	10	1	0	0	0	760	28	1	11	1
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
<p>Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values. Items may vary by restaurant, may not be available at all locations, and are subject to change. Applicable only in the U.S.A. Menu items, ingredients and preparation may differ outside the U.S.A.</p> <p align="center">Information As Of 3/19/18. Good Thru 5/20/18.</p> <p align="center">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											

Build Your Appetizer Sampler	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Wings											
Boneless Wings (w/o sauce or dressing)	340	160	17	3.5	0	45	900	27	3	1	20
Add Choice of Sauce:											
Classic Buffalo Sauce	90	80	9	3.5	0	0	1150	2	1	0	0
Honey BBQ Sauce	110	5	0	0	0	0	450	28	2	22	1
Sweet Asian Chile Sauce	130	10	1	0	0	0	760	28	1	11	1
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
Brew Pub Pretzels & Beer Cheese Dip	530	190	21	11	0	30	2020	63	4	3	22
Cheeseburger Eggrolls	610	330	36	13	1	60	1430	48	4	10	21
Chicken Quesadilla	570	300	33	14	1	80	1950	43	4	5	26
Chicken Wonton Tacos	390	140	15	3.5	0	90	1240	39	2	13	24
Chips & Salsa	630	250	27	4.5	0	0	3820	89	8	7	10
Mozzarella Sticks	460	220	25	10	0	40	1070	39	3	5	19
Spinach & Artichoke Dip	950	520	57	15	0	25	4130	89	6	5	19
Salads:											
Caesar Salad	220	160	18	3.5	0	15	310	11	2	2	4
Green Goddess Wedge	540	460	51	11	0	50	1170	12	3	7	9
House Salad											
House Salad (w/o dressing)	120	60	6	3	0	15	140	12	2	4	6
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Buttermilk Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
Chili Lime Vinaigrette	120	60	7	1	0	0	470	14	1	10	0
Dijon Honey Mustard Dressing	220	160	17	2.5	0	10	480	15	1	12	1
Garlic Caesar Dressing	210	200	22	3.5	0	15	320	3	0	1	1
Green Goddess Dressing	190	180	20	3.5	0	15	440	2	0	1	1
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	360	5	0	3	0
Lemon Olive Oil Vinaigrette	130	130	14	2.5	0	0	350	0	0	0	0
Mexi Ranch Dressing	150	130	14	2.5	0	10	530	4	1	2	1
Oriental Dressing	250	190	21	3	0	0	90	16	0	11	0
Soups:											
Chicken Tortilla Soup	160	60	7	1.5	0	15	830	17	2	2	7
Chili	410	220	25	12	1	130	1110	16	4	7	32
French Onion Soup	330	170	18	11	0	50	1400	22	2	6	16
Loaded Potato Soup	390	300	33	21	0.5	50	810	13	2	3	9
New England Clam Chowder	190	120	13	8	0	30	770	12	1	1	5
Portsmouth Clam Chowder	160	70	7	5	0	35	530	18	2	4	5
Tomato Basil Soup	180	100	11	5	0	25	1020	16	1	9	5
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Steak & Ribs	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Please note that entrees are listed without choice of side unless otherwise noted; nutrition information for sides is available, separately, below.											
Steaks & Ribs											
6 oz. USDA Select Sirloin	200	70	8	3	0	95	1580	1	1	0	33
8 oz. USDA Select Sirloin	280	110	12	5	0.5	125	1600	1	1	1	43
Applebee's Riblets (includes side)											
Riblets (w/o choice of sauce) (includes side)	1360	730	81	25	0	290	1800	77	8	15	80
Add Choice of Sauce:											
Honey BBQ Sauce	380	10	1	0	0	0	1500	92	8	72	2
Texas Style BBQ Sauce	390	30	3.5	2	0	0	950	88	2	51	2
Applebee's Riblets (Smaller Portion) (includes side)											
Riblets (w/o choice of sauce) (includes side)	940	490	54	16	0	180	1400	62	5	4	52
Add Choice of Sauce:											
Honey BBQ Sauce	230	5	0.5	0	0	0	900	55	5	43	1
Texas Style BBQ Sauce	230	20	2	1	0	0	570	53	1	31	1
Bourbon Street Steak (includes side)	670	320	35	12	1	140	1150	41	6	5	49
Double-Glazed Baby Back Ribs, Full Rack											
Double-Glazed Baby Back Ribs, Full Rack (w/o choice of sauce)	860	580	65	26	0	290	920	1	1	1	69
Add Choice of Sauce:											
Honey BBQ Sauce	150	5	0	0	0	0	600	37	3	29	1
Texas Style BBQ Sauce	160	10	1.5	0.5	0	0	380	35	1	20	1
Double-Glazed Baby Back Ribs, Half Rack											
Double-Glazed Baby Back Ribs, Half Rack (w/o choice of sauce)	430	290	32	13	0	145	460	0	1	0	35
Add Choice of Sauce:											
Honey BBQ Sauce	80	0	0	0	0	0	300	18	2	14	0
Texas Style BBQ Sauce	80	5	0.5	0	0	0	190	18	0	10	0
Shrimp 'N Parmesan Sirloin	620	380	42	23	1.5	270	2570	7	2	2	57
Add On											
Grilled Shrimp Skewer	110	80	9	4.5	0	100	450	0	0	0	8
Choice of Sides											
Baked Potato	410	230	26	14	0.5	65	1160	40	3	2	6
Baked Potato, Loaded	500	290	33	17	0.5	80	1420	40	3	3	12
Classic Fries	430	180	20	3.5	0	0	970	57	4	0	5
Fire-Grilled Veggies	150	110	12	5	0	15	640	9	3	6	2
Four-Cheese Mac & Cheese	410	150	16	8	0	45	970	44	3	2	21
Garlic Mashed Potatoes	250	100	11	2.5	0	5	650	35	3	3	4
Garlic Mashed Potatoes, Loaded	410	220	24	9	0	50	920	36	3	5	11
Garlicky Green Beans	190	130	15	7	0	20	630	11	3	2	2
Steamed Broccoli	90	70	8	4.5	0	20	260	6	3	2	3
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Chicken	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Bourbon Street Chicken & Shrimp	620	250	28	8	0.5	215	2110	42	6	5	51
Cedar Grilled Lemon Chicken	570	220	25	4.5	0	135	2540	47	5	15	42
Chicken Tenders Platter	1460	720	80	14	0	105	3500	135	9	22	49
Chicken Tenders (Smaller Portion)	1150	570	64	11	0	80	2810	109	7	13	36
Chicken Wonton Stir Fry	790	170	19	4	0	135	3080	107	7	25	49
Classic Chicken Parmesan	1430	530	59	18	1	175	3090	147	10	24	81
Fiesta Lime Chicken®	1110	510	57	14	0.5	185	3970	96	7	8	55
Grilled Chicken Breast	190	35	4	1.5	0	135	1270	1	1	0	38
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Seafood	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cedar Salmon with Maple Mustard Glaze	350	90	10	2	0	95	1660	28	2	18	37
Double Crunch Shrimp	1320	670	74	13	0	200	3700	129	9	25	33
Fish & Chips (Menu item varies per location)	1420	860	96	17	0	115	3470	102	9	13	38
Fish & Chips (Menu item varies per location)	1730	1150	128	23	0	125	3200	101	9	13	43
Fish & Chips (Menu item varies per location)	2000	1260	140	25	0.5	160	4520	132	11	13	55
Shrimp Wonton Stir Fry	650	110	13	2.5	0	150	2530	108	7	24	27
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Pasta	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic Broccoli Chicken Alfredo	1220	600	67	38	1.5	280	2870	90	6	10	68
Classic Broccoli Chicken Alfredo (w/ Blackened Shrimp)	1110	570	63	37	1.5	285	2540	91	6	10	45
Classic Chicken Parmesan	1430	530	59	18	1	175	3090	147	10	24	81
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	1420	470	52	21	1	145	3360	171	7	51	67
Spinach & Artichoke Chicken Penne	950	360	40	13	0	160	3070	87	5	9	62
Three-Cheese Chicken Penne	1150	540	60	33	1.5	265	2850	88	5	10	65
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Salads	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Please note that all Salads are listed with dressing.											
Crispy Chicken Tender Salad											
Crispy Chicken Tender Salad (w/Crispy Chicken)	1180	710	79	21	1	315	2480	71	7	29	48
Crispy Chicken Tender Salad (w/Grilled Chicken)	960	560	62	18	1	400	2660	43	6	29	61
Grilled Chicken Caesar Salad											
Grilled Chicken Caesar Salad (w/Grilled Chicken)	770	490	54	11	0	175	2110	26	7	6	47
Grilled Chicken Caesar Salad (w/Blackened Shrimp)	660	460	51	10	0	190	1740	28	7	6	25
Oriental Chicken Salad											
Oriental Chicken Salad (w/Crispy Chicken)	1440	870	97	15	0	50	1630	110	11	37	36
Oriental Chicken Salad (w/Grilled Chicken)	1310	750	84	13	0	135	2420	93	11	47	51
Southwestern Salad											
Southwestern Salad (w/Steak)	960	560	62	16	1	105	1910	63	11	8	38
Southwestern Salad (w/Grilled Chicken)	1010	550	61	15	0.5	175	2580	64	11	8	54
Thai Shrimp Salad	410	190	21	3.5	0	150	1470	32	8	14	25
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Burgers	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Please note that all Burgers are listed without sides; nutrition information for sides is available, separately, below.											
Burgers											
All-Day Brunch Burger	1160	690	76	27	2.5	345	2510	61	4	12	58
Classic Burger	750	420	46	15	2	140	1140	44	2	7	40
Quesadilla Burger	1300	830	92	38	2.5	240	3250	49	5	7	71
The American Standard Burger	990	600	66	24	2.5	185	2180	47	2	10	51
Triple Bacon Burger	1180	730	81	29	2.5	230	2080	48	2	10	64
Whisky Bacon Burger	1220	710	79	26	2	195	1980	72	4	11	57
Burger Add Ons											
Extra Bacon	100	70	8	2.5	0	20	350	1	0	1	7
Extra Cheese:											
American Cheese	140	100	12	7	0	35	680	1	0	1	7
Cheddar Cheese	90	60	7	4	0	20	135	0	0	0	5
Swiss Cheese	160	110	12	7	0	40	80	0	0	0	11
Pepper Jack Cheese	80	60	6	4	0	20	135	0	0	0	5
Extra Patty	390	260	29	11	1.5	115	440	0	1	0	32
Fried Egg	70	40	4.5	1.5	0	160	250	1	0	0	6
Choice of Side											
Classic Fries	430	180	20	3.5	0	0	970	57	4	0	5
Onion Rings	530	260	29	5	0	0	1180	60	3	8	7
Top Off Fries											
Chili & Cheese	250	150	16	8	0	60	860	10	2	4	16
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Sandwiches, Wraps & Tacos	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Please note that all sandwiches are listed without sides; nutrition information for sides is available, separately, below.											
Sandwiches											
Bacon Cheddar Grilled Chicken Sandwich	890	440	49	17	1	225	2730	50	3	11	64
Clubhouse Grille	1080	550	61	17	1	130	2170	77	6	23	55
Zesty Chicken Sandwich	870	470	52	11	0	90	2550	68	4	8	34
Wraps & Tacos											
BBQ Brisket Tacos	1160	600	67	19	1.5	100	2860	108	7	29	37
Chicken Fajita Rollup	1090	590	65	27	1.5	215	3490	67	5	8	60
Grilled Chicken Bacon Wrap	860	310	34	14	1	200	3600	74	3	21	64
Choice of Side											
Classic Fries	430	180	20	3.5	0	0	970	57	4	0	5
Onion Rings	530	260	29	5	0	0	1180	60	3	8	7
Top Off Fries											
Chili & Cheese	250	150	16	8	0	60	860	10	2	4	16
<p>Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values. Items may vary by restaurant, may not be available at all locations, and are subject to change. Applicable only in the U.S.A. Menu items, ingredients and preparation may differ outside the U.S.A.</p> <p align="center">Information As Of 3/19/18. Good Thru 5/20/18.</p> <p align="center">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											

Lunch Combos	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic											
Caesar Salad, Lunch	220	160	18	3.5	0	15	310	11	2	2	4
Chicken Fajita Rollup, Lunch	780	400	45	16	1	115	2560	61	4	7	35
Honey Pepper Chicken Tenders, Lunch	970	320	36	7	0	40	1900	137	6	48	24
House Salad, Lunch											
House Salad (w/o dressing)	120	60	6	3	0	15	140	12	2	4	6
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Buttermilk Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
Chili Lime Vinaigrette	120	60	7	1	0	0	470	14	1	10	0
Dijon Honey Mustard Dressing	220	160	17	2.5	0	10	480	15	1	12	1
Garlic Caesar Dressing	210	200	22	3.5	0	15	320	3	0	1	1
Green Goddess Dressing	190	180	20	3.5	0	15	440	2	0	1	1
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	360	5	0	3	0
Lemon Olive Oil Vinaigrette	130	130	14	2.5	0	0	350	0	0	0	0
Mexi Ranch Dressing	150	130	14	2.5	0	10	530	4	1	2	1
Oriental Dressing	250	190	21	3	0	0	90	16	0	11	0
Loaded Potato Soup, Lunch	390	300	33	21	0.5	50	810	13	2	3	9
Three Cheese Chicken Penne, Lunch	500	200	23	12	0.5	115	1280	42	2	4	31
Tomato Basil Soup, Lunch	180	100	11	5	0	25	1020	16	1	9	5
Signature											
Chicken Tortilla Soup, Lunch	160	60	7	1.5	0	15	830	17	2	2	7
Clubhouse Grille, Lunch	540	280	31	9	0.5	65	1080	39	3	12	27
Crispy Chicken Tender Salad, Lunch	630	380	42	11	0	250	1270	37	4	16	27
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders, Lunch	600	180	19	8	0	50	1260	80	3	25	26
French Onion Soup, Lunch	330	170	18	11	0	50	1400	22	2	6	16
Grilled Chicken Bacon Wrap, Lunch	630	190	22	8	0	100	2330	72	3	21	36
Grilled Chicken Caesar Salad, Lunch	310	180	20	4	0	80	940	11	3	3	23
Oriental Chicken Salad, Lunch	460	270	30	4.5	0	25	680	35	3	9	15
Southwestern Chicken Salad, Lunch	500	270	30	7	0	90	1290	32	5	4	27
Thai Shrimp Salad, Lunch	190	80	9	1.5	0	75	760	16	4	7	12
Side of Bread	150	50	5	2	0	10	260	22	1	4	4
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Desserts	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Chimi Cheesecake	1000	340	38	19	0.5	120	880	151	4	104	14
Blue Ribbon Brownie	1520	590	65	36	0	225	640	211	2	147	26
Brownie Bite	350	130	15	9	0	45	140	51	1	35	5
Butter Pecan Blondie	1250	640	71	38	0	185	780	136	4	76	18
Chocolate Chip Cookie Sundae	1260	440	49	32	0	145	620	191	4	127	21
Hot Fudge Sundae Shooter	410	180	20	14	0	65	160	51	0	39	6
Triple Chocolate Meltdown®	1070	510	56	29	0	125	450	126	8	71	15
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Kid's Menu	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Kid's: Really Hungry											
Chicken Tenders	300	140	16	3	0	40	820	22	1	0	18
Chicken Grillers	190	35	4	1.5	0	135	880	0	1	0	38
Corn Dog	200	100	11	2.5	0	35	600	20	1	5	7
Grilled Cheese Sandwich	620	310	34	14	1	55	1640	55	3	6	22
Macaroni & Cheese	300	80	9	2.5	0	10	650	44	2	8	10
Mini Cheeseburger (1)	360	210	23	8	0.5	55	850	22	1	5	17
Mini Hamburger (1)	330	180	20	6	0.5	45	680	22	1	5	15
Kid's: Really Really Hungry											
4 oz. Sirloin	140	50	6	2.5	0	60	210	0	0	0	22
Chicken Mac 'n Cheese	650	310	34	20	1	120	2310	47	1	5	38
Fried Shrimp	170	80	9	1.5	0	60	530	15	1	1	9
Mini Cheeseburgers (2)	660	350	39	15	1.5	110	1640	44	2	9	33
Mini Hamburgers (2)	590	300	33	11	1	95	1300	43	2	9	30
Kid's: Sides											
Apple Dippers with Yogurt	90	5	1	0	0	0	25	20	3	16	2
Applesauce	60	0	0	0	0	0	0	14	1	12	0
French Fries	430	180	20	3.5	0	0	970	57	4	0	5
Garlic Mashed Potatoes	130	50	6	1	0	5	320	17	2	2	2
Kid's Caesar Salad	220	160	18	3.5	0	15	310	11	2	2	4
Kid's Caesar Salad (w/ Grilled Chicken)	310	180	20	4	0	80	940	11	3	3	23
Kid's House Salad											
House Salad - Kid's (w/o dressing)	120	60	6	3	0	15	140	12	2	4	6
Add Choice of Dressing:											
Bleu Cheese Dressing	220	200	22	4	0	20	240	3	0	1	1
Buttermilk Ranch Dressing	200	180	20	3	0	15	320	3	0	1	1
Chili Lime Vinaigrette	120	60	7	1	0	0	470	14	1	10	0
Dijon Honey Mustard Dressing	220	160	17	2.5	0	10	480	15	1	12	1
Garlic Caesar Dressing	210	200	22	3.5	0	15	320	3	0	1	1
Green Goddess Dressing	190	180	20	3.5	0	15	440	2	0	1	1
Honey French Dressing	210	150	17	2.5	0	0	330	15	0	14	0
Italian Dressing, Fat Free	20	0	0	0	0	0	360	5	0	3	0
Lemon Olive Oil Vinaigrette	130	130	14	2.5	0	0	350	0	0	0	0
Mexi Ranch Dressing	150	130	14	2.5	0	10	530	4	1	2	1
Oriental Dressing	250	190	21	3	0	0	90	16	0	11	0
Mozzarella Sticks	350	170	19	7	0	30	860	31	2	5	15
Steamed Broccoli	30	5	0	0	0	0	30	6	3	2	3
Vanilla Yogurt with Strawberries	100	15	1.5	1	0	5	55	17	1	16	4
Kid's: Drinks											
Milk, 1%	110	25	2.5	1.5	0	10	130	13	0	12	8
Milk, 1%, Chocolate	160	25	2.5	1.5	0	10	220	27	0	25	8
Apple Juice	100	0	0	0	0	0	15	25	0	23	0
Orange Tangerine Juice	110	0	0	0	0	0	15	27	0	25	0
Grape Juice	100	0	0	0	0	0	15	25	0	23	0
Kid's: Shakes & Sundaes											
Shakes											
Chocolate Shake	820	290	32	18	0	130	340	118	2	95	19
Strawberry Shake	810	280	31	18	0	130	310	116	0	98	18
Oreo® Cookie Shake	790	340	38	20	0	130	450	95	1	70	19
Vanilla Shake	630	280	31	18	0	130	310	71	0	56	18
Sundaes											
Hot Fudge Sundae Shooter	410	180	20	14	0	65	160	51	0	39	6
Oreo Sundae Shooter	400	190	21	12	0	65	190	49	1	35	7
Strawberry Sundae Shooter	290	140	15	9	0	65	105	33	0	27	6
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Beverages	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Lemonade Quenchers											
Blackberry Lemonade Quencher	180	0	0	0	0	0	0	48	1	44	0
Strawberry Lemonade Quencher	190	0	0	0	0	0	0	49	1	45	0
Iced Tea Quenchers											
Blackberry Iced Tea Quencher	120	0	0	0	0	0	35	29	1	28	0
Peach Iced Tea Quencher	170	0	0	0	0	0	40	41	1	38	0
Signature Sodas											
Dew Berry Burst	180	0	0	0	0	0	40	49	0	47	0
Pomegranate Sparkler	180	0	0	0	0	0	45	48	0	46	0
Strawberry Sparkler	190	0	0	0	0	0	20	48	0	47	0
Winter Dew	170	0	0	0	0	0	25	44	0	42	0
Flavored Iced Teas											
Kiwi Iced Tea	40	0	0	0	0	0	30	10	0	9	0
Mango Iced Tea	35	0	0	0	0	0	30	9	0	8	0
Pomegranate Iced Tea	45	0	0	0	0	0	30	12	0	10	0
Raspberry Iced Tea	35	0	0	0	0	0	30	9	0	8	0
Flavored Lemonades											
Kiwi Lemonade	180	0	0	0	0	0	0	46	0	42	0
Mango Lemonade	170	0	0	0	0	0	0	45	0	41	0
Pomegranate Lemonade	180	0	0	0	0	0	0	48	0	43	0
Raspberry Lemonade	170	0	0	0	0	0	0	45	0	41	0
Frozen Lemonades											
Frozen Lemonade	250	0	0	0	0	0	10	62	6	49	1
Mango Frozen Lemonade	300	0	0	0	0	0	10	74	6	59	1
Strawberry Frozen Lemonade	340	0	0	0	0	0	10	84	6	70	1
Wildberry Frozen Lemonade	300	0	0	0	0	0	10	75	6	59	1
Shakes											
Chocolate Shake	1000	360	40	23	0	165	440	140	2	113	25
Oreo® Cookie Shake	1030	430	48	25	0	165	590	126	1	93	25
Strawberry Shake	990	350	39	23	0	165	410	138	0	116	23
Brewed Iced Tea & Hot Tea											
Brewed Iced Tea	5	0	0	0	0	0	5	1	0	1	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
Fresh Brewed Coffee & Decaf											
Fresh Brewed Decaf Coffee	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Coffee	0	0	0	0	0	0	0	0	0	0	0

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Beverages	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Beverages: Kid's											
Barq's Root Beer	70	0	0	0	0	0	15	19	0	19	0
Brisk Raspberry Iced Tea	50	0	0	0	0	0	15	13	0	13	0
Caffeine Free Coca Cola	60	0	0	0	0	0	0	17	0	17	0
Caffeine Free Diet Coke	0	0	0	0	0	0	5	0	0	0	0
Caffeine Free Diet Pepsi	0	0	0	0	0	0	15	0	0	0	0
Cherry Coke	60	0	0	0	0	0	0	17	0	17	0
Coca Cola	60	0	0	0	0	0	0	17	0	17	0
Coke Zero	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	5	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	0	25	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	25	0	0	0	0
Diet Sierra Mist	0	0	0	0	0	0	15	0	0	0	0
Fruit Punch	70	0	0	0	0	0	15	19	0	19	0
Fruit Punch, Hi-C	60	0	0	0	0	0	10	17	0	17	0
FUZE® Raspberry Ice Tea	35	0	0	0	0	0	0	10	0	10	0
Ginger Ale	60	0	0	0	0	0	15	14	0	14	0
Lipton Green Tea with Citrus	45	0	0	0	0	0	40	12	0	12	0
Lipton Peach Iced Tea	50	0	0	0	0	0	15	13	0	13	0
Lipton Unsweetened Iced Tea	0	0	0	0	0	0	20	0	0	0	0
Mellow Yellow	70	0	0	0	0	0	0	17	0	17	0
Mist Twist	60	0	0	0	0	0	10	17	0	17	0
Mountain Dew	70	0	0	0	0	0	25	19	0	19	0
Mug Root Beer	60	0	0	0	0	0	10	16	0	16	0
Orange Fanta	60	0	0	0	0	0	0	19	0	17	0
Orange Twister	70	0	0	0	0	0	15	19	0	19	0
Pepsi	60	0	0	0	0	0	10	18	0	18	0
Pibb Extra	60	0	0	0	0	0	10	17	0	17	0
Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	0	45	0	0	0	0
Sprite	60	0	0	0	0	0	15	15	0	15	0
Strawberry Fanta	70	0	0	0	0	0	5	19	0	19	0
Wild Cherry Pepsi	60	0	0	0	0	0	10	18	0	18	0
Beverages: 16 fl oz											
Barq's Root Beer	110	0	0	0	0	0	20	30	0	30	0
Brisk Raspberry Iced Tea	80	0	0	0	0	0	25	21	0	21	0
Caffeine Free Coca Cola	100	0	0	0	0	0	0	27	0	27	0
Caffeine Free Diet Coke	0	0	0	0	0	0	10	0	0	0	0
Caffeine Free Diet Pepsi	0	0	0	0	0	0	25	0	0	0	0
Cherry Coke	100	0	0	0	0	0	0	27	0	27	0
Coca Cola	100	0	0	0	0	0	0	27	0	27	0
Coke Zero	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	10	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	0	40	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	40	0	0	0	0
Diet Sierra Mist	0	0	0	0	0	0	25	0	0	0	0
Dr. Pepper	100	0	0	0	0	0	30	27	0	26	0
Fruit Punch	110	0	0	0	0	0	25	30	0	30	0
Fruit Punch, Hi-C	100	0	0	0	0	0	10	27	0	27	0
FUZE® Raspberry Ice Tea	60	0	0	0	0	0	5	15	0	15	0
Ginger Ale	90	0	0	0	0	0	20	23	0	23	0
Half & Half Iced Tea & Lemonade	40	0	0	0	0	0	25	11	0	11	0
IBC Diet Root Beer	0	0	0	0	0	0	0	0	0	0	0
IBC Root Beer	110	0	0	0	0	0	40	27	0	26	0
Lipton Green Tea with Citrus	70	0	0	0	0	0	65	19	0	19	0
Lipton Peach Iced Tea	80	0	0	0	0	0	25	21	0	21	0
Lipton Unsweetened Iced Tea	0	0	0	0	0	0	30	0	0	0	0
Mellow Yellow	110	0	0	0	0	0	5	27	0	27	0
Mist Twist	100	0	0	0	0	0	20	27	0	27	0
Mountain Dew	110	0	0	0	0	0	40	31	0	31	0
Mug Root Beer	110	0	0	0	0	0	40	27	0	26	0
Orange Fanta	100	0	0	0	0	0	0	30	0	27	0
Orange Twister	110	0	0	0	0	0	25	31	0	30	0
Pepsi	100	0	0	0	0	0	20	28	0	28	0
Pibb Extra	100	0	0	0	0	0	15	27	0	27	0
Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	0	70	0	0	0	0
Sprite	100	0	0	0	0	0	20	25	0	25	0
Strawberry Fanta	110	0	0	0	0	0	10	31	0	31	0
Sugar Free Lemonade	5	0	0	0	0	0	95	0	0	0	0
Sun Orchard Lemonade	140	0	0	0	0	0	0	37	0	33	0
Tropicana Lemonade	100	0	0	0	0	0	105	27	0	27	0
Tropicana Pink Lemonade	100	0	0	0	0	0	105	27	0	27	0
Wild Cherry Pepsi	100	0	0	0	0	0	20	28	0	28	0

Beverages	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Beverages: 30 fl oz											
Barq's Root Beer	160	0	0	0	0	0	35	45	0	45	0
Brisk Raspberry Iced Tea	120	0	0	0	0	0	40	32	0	32	0
Caffeine Free Coca Cola	150	0	0	0	0	0	0	41	0	41	0
Caffeine Free Diet Coke	0	0	0	0	0	0	15	0	0	0	0
Caffeine Free Diet Pepsi	0	0	0	0	0	0	40	0	0	0	0
Cherry Coke	160	0	0	0	0	0	5	41	0	41	0
Coca Cola	150	0	0	0	0	0	0	41	0	41	0
Coke Zero	0	0	0	0	0	0	5	0	0	0	0
Diet Coke	0	0	0	0	0	0	15	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	0	60	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	60	0	0	0	0
Diet Sierra Mist	0	0	0	0	0	0	35	0	0	0	0
Fruit Punch	160	0	0	0	0	0	40	45	0	45	0
Fruit Punch, Hi-C	160	0	0	0	0	0	20	41	0	41	0
FUZE® Raspberry Ice Tea	90	0	0	0	0	0	10	23	0	23	0
Ginger Ale	140	0	0	0	0	0	30	35	0	35	0
Lipton Green Tea with Citrus	110	0	0	0	0	0	100	29	0	29	0
Lipton Peach Iced Tea	120	0	0	0	0	0	40	32	0	32	0
Lipton Unsweetened Iced Tea	0	0	0	0	0	0	45	0	0	0	0
Mellow Yellow	160	0	0	0	0	0	10	41	0	41	0
Mist Twist	150	0	0	0	0	0	30	41	0	41	0
Mountain Dew	160	0	0	0	0	0	60	47	0	47	0
Mug Root Beer	150	0	0	0	0	0	25	39	0	39	0
Orange Fanta	160	0	0	0	0	0	5	45	0	41	0
Orange Twister	160	0	0	0	0	0	40	47	0	45	0
Pepsi	150	0	0	0	0	0	30	42	0	42	0
Pibb Extra	140	0	0	0	0	0	20	41	0	41	0
Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	0	110	0	0	0	0
Sprite	140	0	0	0	0	0	35	37	0	37	0
Strawberry Fanta	170	0	0	0	0	0	15	47	0	47	0
Wild Cherry Pepsi	150	0	0	0	0	0	30	42	0	42	0
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Alcoholic Beverages	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Margaritas:											
Blue Agave 'Rita, Rocks	190	0	0	0	0	0	350	27	0	24	0
Blue Agave ' Rita, Rocks, Mucho	270	0	0	0	0	0	360	34	0	30	0
Margarita/Blue Agave ' Rita, Rocks, Mucho - Mango	280	0	0	0	0	0	50	37	1	32	0
Margarita/Blue Agave ' Rita, Rocks, Mucho - Strawberry	310	0	0	0	0	0	50	45	0	40	0
Perfect Margarita	310	0	0	0	0	0	610	41	1	32	0
Perfect Pomegranate Margarita	360	0	0	0	0	0	15	54	1	44	0
Perfect Patron Margarita	310	0	0	0	0	0	310	44	1	39	0
Strawberry Lime Margarita	250	0	0	0	0	0	25	31	0	28	0
Strawberry Lime Margarita, Mucho	320	0	0	0	0	0	50	44	0	40	0
Handcrafted Cocktails											
Blue Hawaiian Long Island Iced Tea	260	0	0	0	0	0	5	37	0	32	0
Blue Hawaiian Long Island Iced Tea, Mucho	330	0	0	0	0	0	10	55	0	48	0
Bourbon & Berries	150	0	0	0	0	0	5	14	0	13	0
Captain Morgan Bahama Mama	240	0	0	0	0	0	5	34	0	33	0
Captain Morgan Bahama Mama, Mucho	280	0	0	0	0	0	10	41	0	40	0
Irish Peach Sour	220	0	0	0	0	0	0	22	0	20	0
Pair of Jacks	220	0	0	0	0	0	10	26	0	24	0
Raspberry Cosmo	220	0	0	0	0	0	10	28	1	27	0
Fireball Whisky Lemonade	260	0	0	0	0	0	0	37	0	34	0
Summer Squeeze	210	0	0	0	0	0	5	32	0	29	0
Summer Squeeze, Mucho	340	0	0	0	0	0	10	51	0	47	0
Summer Squeeze Wildberry	240	0	0	0	0	0	5	38	0	35	0
Summer Squeeze Wildberry, Mucho	370	0	0	0	0	0	10	61	1	55	0
Summer Squeeze Mango	240	0	0	0	0	0	5	38	0	35	0
Summer Squeeze Mango, Mucho	370	0	0	0	0	0	10	60	1	55	0
Summer Squeeze Strawberry	250	0	0	0	0	0	5	43	0	40	0
Summer Squeeze Strawberry, Mucho	400	0	0	0	0	0	10	68	0	63	0
Top Shelf LIT	170	0	0	0	0	0	10	15	0	12	0
Top Shelf LIT, Mucho	220	0	0	0	0	0	15	23	0	19	0
Sangrias											
Apple Sangria	220	0	0	0	0	0	10	37	1	25	0
Blackberry Sangria	270	0	0	0	0	0	10	35	2	29	0
Watermelon Sangria	210	0	0	0	0	0	25	24	1	19	1
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