Applebee's 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 substitution suggestions and nutritional facts that follow to help you make your dining decisions.

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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.

Cals: Calories	Chol: Cholesterol	Sugar: Sugar
Fat: Fat	Sod: Sodium	Prot: Protein
SatFat: Saturated Fat	Carb: Carbohydrates	(g): grams
TransFat: Trans Fat	Fib: Fiber	(mg): milligrams

INFORMATION IS GOOD THROUGH 2.22.15

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

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APPETIZERS - as served	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chicken Quesadilla Grande	1330	76	32	1.5	205	3830	91	7	10	69
Cheese Quesadilla Grande	1160	74	31	1.5	140	3000	85	6	8	42
Grilled Chicken Wonton Tacos	480	14	3	0	100	1710	48	2	23	40
Mozzarella Sticks	780	39	17	1	75	2510	73	2	16	37
Crunchy Onion Rings	1290	56	10	0.5	0	3640	181	9	62	16
Chili Cheese Nachos	1420	87	34	1.5	155	3960	118	11	20	44
Spicy Chili Cheese Nachos	1330	80	29	1.5	135	3180	112	10	15	43
Queso Blanco	1050	62	20	1.5	65	2370	99	6	7	25
Queso Blanco with Chili	1150	68	22	1.5	90	2660	103	8	9	33
Chips & Spicy Chipotle Lime Salsa	780	41	8	0	0	890	92	6	4	10
Potato Twisters	990	62	20	1	65	3280	84	8	7	24
Boneless Wings, 12 count	1120-1150	53-65	10-18	0.5-1.0	115-120	3380-4970	67-118	6	4-52	43-47
Boneless Wings, 24 count	2230-2300	106-130	19-37	1.0-2.0	225-240	6760-9950	135-236	12-13	8-104	87-94
Boneless Wings, 36 count	3140-3240	137-163	25-51	1.0-2.5	325-340	9890-14600	201-353	18-19	11-156	130-140
Classic Chicken Wings, 10 count	1070-1110	58-70	13-22	0-1.0	290-300	1790-3390	10-61	3	4-53	79-83
Classic Chicken Wings, 20 Count	2140-2210	115-139	26-43	1.0-2.0	580-595	3590-6780	20-121	6	9-105	159-166
Classic Chicken Wings, 30 count	3000-3100	151-177	35-61	1.0-2.5	855-870	5140-9840	29-181	8-9	13-157	237-247
Spinach & Artichoke Dip	1320-1380	87-93	22-26	1.0	40-60	2540-2610	109-111	9	20-22	28-29
Cheeseburger Sliders	1690	103	32	3.5	180	3070	138	9	22	53
Cheeseburger Sliders w/ Applewood Smoked Bacon	1740	106	34	2.5	215	3430	139	9	23	59
Steak Quesadilla Towers	1250	75	35	2	185	4300	85	7	13	60
Brew Pub Pretzels & Beer Cheese Dip	1160	55	19	2	75	3340	128	10	20	39
Green Bean Crispers	900	68	11	1	30	1550	65	7	12	8
Sweet Potato Fries & Dips	1050	62	13	1	45	2380	118	7	50	7
Queso Dip	1180	72	26	1.5	90	3380	107	8	14	28
Queso Dip with Chili	1280	78	29	1.5	115	3670	111	9	16	36
Appetizer Sampler	2140-2160	129-141	39-44	2.0	180-190	5700-6530	149-175	11	23-47	73-75

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ULTIMATE TRIOS - listed as served unless otherwise indicated	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Cheeseburger Sliders	960	64	23	3	155	1680	53	3	15	43
Mozzarella Sticks	400	19	9	0	40	1340	38	1	9	19
Spinach & Artichoke Dip	490	35	10	0	20	900	34	3	8	12
Grilled Chicken Wonton Tacos	360	11	2	0	75	1380	38	2	19	29
Brew Pub Pretzels & Beer Cheese Dip	610	29	14	1.5	60	2040	61	5	6	27
Steak Quesadilla Towers	590	35	16	1	85	2110	41	3	5	29
Boneless Wings, Classic Buffalo	520	21	8	0	55	2280	34	4	2	24
Boneless Wings, Hot Buffalo	520	21	8	0	55	2340	35	4	2	24
Boneless Wings, Honey BBQ	520	21	4	0	55	1580	59	4	26	24
Boneless Wings, Sweet Asian Chile	530	22	4	0	55	2000	59	4	23	26
Classic Wings, Classic Buffalo	450	22	10	0	160	1410	5	2	2	34
Classic Wings, Hot Buffalo	460	22	10	0	160	1480	6	2	2	34
Classic Wings, Honey BBQ	460	22	6	0	160	720	30	2	26	35
Classic Wings, Sweet Asian Chile	470	23	6	0	160	1140	29	2	23	36
Dressing, Bleu Cheese	210	32	4.5	0	20	240	1	0	1	1
Dressing, Buttermillk Ranch	210	22	3.5	0	15	330	1	0	1	1

BLUE RIBBON RIBS - include sides	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Applebee's Riblets, Honey BBQ	1870	94	28	0	200	3440	177	10	93	78
Applebee's Riblets, Sweet Asian Chile	1810	96	28	0	205	4240	157	9	71	80
Applebee's Riblets, Smoky Chipotle	1740	99	31	0	215	2570	135	8	58	77
Applebee's Riblets Basket, Honey BBQ	1280	64	19	0	125	2340	126	7	52	50
Applebee's Riblets Basket, Sweet Asian Chile	1210	65	19	0	125	2570	106	7	33	51
Applebee's Riblets Basket, Smoky Chipotle	1180	66	20	0	130	1730	95	6	27	50
Double-Glazed Baby Back Ribs, Honey BBQ	1520	82	28	0	280	2870	124	9	56	72
Double-Glazed Baby Back Ribs, Sweet Asian Chile	1530	83	28	0	280	3430	123	9	54	73
Double-Glazed Baby Back Ribs, Smoky Chipotle	1490	84	29	0	285	2600	112	8	48	72
Double-Glazed Baby Back Ribs - half rack, Honey BBQ	1010	53	16	0	140	1860	95	8	31	39
Double-Glazed Baby Back Ribs- half rack, Sweet Asian Chile	1020	54	16	0	140	2150	94	8	30	39
Double-Glazed Baby Back Ribs - half rack, Smoky Chipotle	1000	54	17	0	145	1730	89	7	27	39
Crosscut Ribs, Honey BBQ	1480	68	16	0	175	2800	151	10	76	66
Crosscut Ribs, Sweet Asian Chile	1500	70	17	0	175	3930	150	10	71	69
Crosscut Ribs, Smoky Chipotle	1430	73	19	0	185	2260	128	9	58	66

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SIZZLING ENTREES - includes sides	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Sizzling Skillet Fajitas - Chicken	1290	46	21	1	190	4730	144	11	16	76
Sizzling Skillet Fajitas - Shrimp	1170	45	21	1	230	5140	145	11	16	48
Sizzling Skillet Fajitas- Steak	1360	52	24	1.5	180	5510	147	11	19	77
Sizzling Skillet Fajitas- Combo	1230-1330	45-49	21-22	1	185-210	4960-5350	145-146	11	16-17	62-77
Bourbon Street Steak, 9oz	730	43	12	1.5	95	1770	38	4	8	49
Bourbon Street Steak, 7oz	680	41	11	1	85	1540	38	4	8	39
Bourbon Street Chicken & Shrimp	610	27	7	0	200	1960	39	4	7	55
Sizzling Double Barrel Whisky Sirloins	630	29	9	0.5	110	2490	40	7	10	52

STEAKS & TOPPERS - without sides unless otherwise indicated	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
12 oz. New York Strip	480	25	10	1.5	160	1150	1	0	1	65
12 oz Ribeye	670	47	21	5	170	980	4	0	1	58
9 oz. House Sirloin	330	17	7	1	95	1030	1	1	1	44
7 oz House Sirloin	280	15	6	1	85	800	1	1	1	34
Steak & Grilled Shrimp Combo	470	28	9	1	250	1960	3	1	2	52
Steak & Fried Shrimp Combo	690	33	10	1	185	2240	47	3	12	49
Steak & Honey BBQ Chicken Combo	620	18	7	1	200	2120	38	2	34	77
Steak & Riblets Combo, Honey BBQ	1120	59	21	1	210	2370	68	3	53	79
Steak & Riblets Combo, Sweet Asian Chile	1050	60	21	1	210	2600	49	2	34	80
Steak & Riblets Combo, Smoky Chipotle	1020	61	22	1	215	1770	38	2	27	79
Shrimp 'N Parmesan Sirloin	560	33	16	1.5	205	2190	5	2	2	60
Sauteed Garlic Mushroom Topper	130	13	6	0	15	135	3	1	1	2
Grilled Onion Topper	45	2.5	0.5	0	0	280	5	1	2	1
Shrimp 'N Parmesan Topper	230	17	9	0	110	1160	4	1	1	16

SOUPS, SALADS & SIDES - as served	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Classic Fries	440	20	4	0	0	770	59	6	0	5
BBQ-Spiced Fries	440	20	4	0	0	890	60	6	1	5
Sweet Potato Fries	340	12	2	0	0	990	57	4	19	3
Chili Cheese Fries	630	33	11	0.5	50	1370	65	8	3	17
Crunchy Onion Rings	530	28	5	0	0	1320	63	4	6	7
Baked Potato, Plain	330	18	11	0	50	170	41	3	3	6
Baked Potato, Loaded	400	23	13	0	65	330	41	3	3	10
Seasonal Vegetables	35-60	0-0.5	0	0	0	310-440	7-11	2-4	0-5	1-5
Grilled Shrimp, Side	160	10	1.5	0	155	1060	2	0	1	14
Fried Shrimp, Side	400	18	4	0	95	1350	44	2	10	15

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SOUPS, SALADS & SIDES (CONT.) - as served	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Garlic Mashed Potatoes, Loaded	460	31	12	0	60	970	31	3	7	15
Toasted Garlic Breadstick Basket	500	15	3.5	0	10	820	77	3	11	16
Chili	400	24	13	0.5	100	1100	17	5	7	29
Today's Soup	170-470	4.5-33	1.0-18	0-1.0	25-100	690-1850	13-30	1-4	1-12	6-17
Chicken Tortilla Soup	220	9	2.5	0	25	1060	23	3	4	12
Tomato Basil Soup	260	16	7	0	30	1170	24	4	12	6
French Onion Soup	370	23	14	1	50	1410	24	2	6	17
Green Goddess Wedge Salad	550	52	11	1	60	1350	12	3	7	9
House Salad w/o Dressing	230	15	7	0	40	400	12	3	4	13
Vinaigrette, Bacon	180	10	1.5	0	0	500	23	0	22	1
Dressing, Blue Cheese	210	32	4.5	0	20	240	1	0	1	1
Dressing, Honey Balsamic	170	13	2	0	0	230	13	0	11	0
Dressing, Mexi Ranch	170	18	3	0	15	550	3	0	2	1
Dressing, Oriental	250	22	3	0	0	85	13	0	13	0
Dressing, Buttermillk Ranch	210	22	3.5	0	15	330	1	0	1	1
Dressing, Garlic Caesar	210	23	3.5	0	15	360	2	0	1	1
Dressing, Dijon Honey Mustard	210	18	2.5	0	10	540	13	1	12	1
Dressing, Green Goddess	190	20	3.5	0	20	470	2	0	1	1

SUCCULENT CHICKEN - includes sides	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chicken Tenders Basket	1110	63	11	0.5	85	2590	98	8	13	39
Chicken Tenders Platter	1360	76	14	1	115	3200	116	10	19	53
Fiesta Lime Chicken	1310	75	17	1	175	3400	99	7	7	60
Margarita Queso Chicken & Shrimp	980	48	10	0.5	215	4110	79	13	6	64
Chicken Tenders & Riblet Basket, Honey BBQ	1450	79	18	0.5	130	3090	132	8	48	53
Chicken Tenders & Riblet Basket, Sweet Asian Chile	1370	79	18	0.5	130	3030	113	8	30	53
Chicken Tenders & Riblet Basket, Smoky Chipotle	1360	80	19	0.5	135	2620	107	8	27	52
Chicken Tenders & Riblet Platter, Honey BBQ	1930	105	26	0.5	200	4000	167	10	71	78
Chicken Tenders & Riblets Platter, Sweet Asian Chile	1860	106	26	0.5	200	4230	148	10	52	79
Chicken Tenders & Riblet Platter, Smoky Chipotle	1820	108	27	0.5	205	3390	137	9	46	77

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HAVE IT ALL - includes sides	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Napa Chicken & Portobellos	490	16	4	0	115	1520	37	6	12	49
Savory Cedar Salmon	520	28	8	0	110	1560	26	7	4	45
Thai Shrimp Salad	380	19	3	0	150	1850	32	6	15	22
Steakhouse Bruschetta Sirloin	530	29	12	1	105	1860	27	5	7	44
Pepper-Crusted Sirloin & Whole Grains	350	9	2.5	0	55	1520	39	6	6	30
Cedar Grilled Lemon Chicken	560	25	4	0	110	2430	45	5	15	41
Shrimp & Broccoli Cavatappi	450	21	12	0.5	205	1840	40	6	4	29

PASTA & SEAFOOD - as served	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Three-Cheese Chicken Penne	1010	45	24	1	160	2380	97	4	8	56
4-Cheese Mac with Honey Pepper Chicken Tenders	1830	92	42	2	280	4300	175	11	58	77
Shrimp Scampi Linguine	1010	53	20	0.5	205	3440	98	8	12	38
Double Crunch Shrimp	1200	56	11	0	175	3170	142	10	22	32
Hand-Battered Fish & Chips	1510	101	17	1	125	1930	105	10	9	46
Blackened Tilapia	450	17	5	0	75	1630	45	6	10	31
New England Fish & Chips	1970	136	24	1	160	4180	134	12	10	54

SANDWICHES (sides not included unless otherwise noted)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Classic Turkey Breast Sandwich	560	29	4	0	75	920	44	2	3	31
American BLT	1030	75	22	1	105	2420	52	3	6	35
Turkey, Bacon & Avocado Sandwich	990	67	16	0	115	1680	53	9	4	46
Artisan Grilled Chicken Ciabatta	970	57	19	1	185	2180	47	3	4	68
Chicken Fajita Rollup	1060	62	27	1.5	200	3070	61	5	8	63
Clubhouse Grille	1120	68	20	1	160	2950	73	3	23	53
Oriental Chicken Salad Rollup	1160	61	11	1	45	3150	119	6	42	34
Four Cheese Grille, with Tomato Basil Soup	970	59	29	1.5	125	2710	68	5	4	38

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BURGERS (sides not included)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
All-In Burger - The American Standard	1030	71	27	3	180	2020	48	2	10	50
All-In Burger - Triple Bacon	1190	84	32	3	225	2100	48	3	9	61
All-In Burger - Sweet Asian Pineapple	1030	67	28	2.5	190	1610	56	3	17	53
All-In Burger - Mushroom Swiss	1100	79	30	3	185	1290	47	3	8	53
Classic Burger- Plain	780	50	18	2.5	140	1180	44	2	7	39
Add Cheese	80-150	6-12	4-7	0	20-25	140-480	1-2	0	0-1	5-8
Add Bacon	100	9	3	0	20	350	1	0	1	6
Cowboy Burger	1290	74	28	3	185	2890	101	5	42	55
Quesadilla Burger	1420	108	45	3.5	250	3300	44	6	6	72
Veggie Burger	550	24	4.5	0	30	1370	59	7	8	25

ENTRÉE SALADS	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Fried Chicken Salad - Regular	1110	77	21	1	355	2550	57	7	29	49
Fried Chicken Salad, w/o Dressing - Regular	680	41	16	0.5	335	1480	31	6	4	48
Grilled Chicken Caesar Salad - Regular	800	56	11	1	160	1620	24	6	6	53
Grilled Chicken Caesar Salad, w/o Dressing - Regular	370	10	4	0	125	900	21	5	5	51
Grilled Chicken Caesar Salad - Half Size	400	28	6	0	80	810	12	3	3	26
Grilled Chicken Caesar Salad, w/o Dressing - Half Size	180	5	2	0	65	450	10	3	2	26
Oriental Chicken Salad - Regular	1390	98	15	1.5	60	1600	91	11	42	39
Oriental Chicken Salad, w/o Dressing - Regular	730	41	6	0	60	1370	57	11	8	39
Oriental Chicken Salad - Half Size	690	49	7	0.5	30	800	46	6	21	20
Oriental Chicken Salad, w/o Dressing - Half Size	360	20	3	0	30	680	29	5	4	19
Pecan-Crusted Chicken Salad - Regular	1340	80	16	1	95	2630	115	14	64	46
Pecan Crusted Chicken Salad, w/o Dressing - Regular	900	46	11	0.5	95	2030	79	13	34	46
Grilled Oriental Chicken Salad - Regular	1290	81	12	1	115	2140	87	10	55	56
Grilled Oriental Chicken Salad, w/o Dressing - Regular	590	20	3	0	115	1900	53	9	21	54
Grilled Oriental Chicken Salad - Half Size	680	41	6	0.5	60	1530	52	5	35	28
Grilled Oriental Chicken Salad, w/o Dressing - Half Size	330	10	1.5	0	60	1410	35	5	18	28
Fiesta Chicken Chopped Salad	900	44	11	0.5	90	1850	86	12	21	41
Fiesta Chicken Chopped Salad, w/o Dressing - Regular	740	33	10	0.5	85	1480	72	11	8	41
Grilled Shrimp'N Spinach Salad - Regular	990	66	10	0	180	2910	67	12	51	43
Grilled Shrimp'N Spinach Salad, w/o Dressing -Regular	630	46	7	0	205	2070	21	11	6	44

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DESSERTS - as served	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Triple Chocolate Meltdown	990	52	34	0	140	550	126	4	92	15
Dessert Shooter - Chocolate Mousse	480	25	20	1	95	240	44	1	32	3
Dessert Shooter - Hot Fudge Sundae	460	22	15	0	65	190	57	0	44	8
Dessert Shooter - Strawberry Cheesecake	390	24	14	1	120	240	38	1	32	6
Blue Ribbon Brownie	1670	78	40	0.5	240	950	220	6	154	28
Brownie Bite	380	18	9	0	45	220	52	2	36	5
Salted Caramel Pretzel Bites	840	20	9	0.5	35	1330	153	5	75	13
Salted Caramel Pretzel Bites - Mini	420	10	4.5	0	15	660	76	2	38	7
Butter Pecan Blondie	1180	62	32	0.5	195	950	139	2	88	18
Chocolate Chip Cookie Sundae	1400	57	36	0	165	680	206	4	139	24
Apple Chimi Cheesecake	910	37	19	0.5	120	860	131	3	85	15

LUNCH COMBOS (Lunch-Sized Portions)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
House Salad w/out Dressing	120	7	2.5	0	15	200	9	2	3	6
Vinaigrette, Bacon	120	7	1	0	0	330	16	0	15	1
Dressing, Blue Cheese	140	22	3	0	15	160	1	0	0	1
Dressing, Dijon Honey Mustard	140	12	2	0	10	360	9	0	8	0
Dressing, Mexi Ranch	120	12	2	0	10	370	2	0	1	1
Dressing, Oriental	160	14	2	0	0	60	9	0	8	0
Dressing, Buttermillk Ranch	140	15	2.5	0	10	220	1	0	0	0
Dressing, Garlic Caesar	140	15	2.5	0	10	240	1	0	0	1
Dressing, Green Goddess	130	13	2	0	10	310	1	0	1	0
Dressing, Honey Balsamic	110	8	1	0	0	150	9	0	8	0
Caesar Salad	210	18	4	0	15	350	8	2	2	4
Spinach Salad	240	14	2.5	0	5	720	23	3	18	6
Soup Of The Day	140-440	4-32	1-18	0-1	25-100	610-1770	13-28	1-3	1-12	6-17
French Onion Soup	370	23	14	1	50	1410	24	2	6	17
Chicken Tortilla Soup	220	9	2.5	0	25	1060	23	3	4	12
Tomato Basil Soup	240	15	7	0	30	1090	20	3	12	6
Thai Shrimp Salad	180	10	1.5	0	60	780	16	3	8	10
Fiesta Chicken Chopped Salad	370	18	4	0	65	1000	27	4	7	27

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LUNCH COMBOS CONT. (Lunch-Sized Portions)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Caesar Salad w/ Chicken	310	20	4.5	0	75	670	8	2	2	25
Oriental Chicken Salad	440	29	4.5	0	30	660	28	3	11	16
Grilled Shrimp 'N Spinach Salad	260	15	2.5	0	70	1170	22	3	18	12
Classic Turkey Breast Sandwich	280	14	2	0	35	460	22	1	2	16
American BLT	510	37	11	0.5	50	1210	26	1	3	18
Chicken Fajita Rollup	700	41	16	1	105	2070	45	4	5	34
Four Cheese Grille	440	27	13	0.5	55	1160	30	2	1	17
Clubhouse Grille	560	34	10	0	80	1470	36	2	11	26
Artisan Grilled Chicken Ciabatta	550	35	12	0.5	100	1140	24	2	2	37
Honey Pepper Chicken Tenders	920	35	7	0	45	1690	127	7	47	26
Three Cheese Chicken Penne	520	23	12	0.5	110	1410	41	2	3	38
Shrimp Scampi Linguini	450	25	10	0	90	1570	39	4	5	17
4-Cheese Mac with Honey Pepper Chicken Tenders	680	32	14	0.5	95	1520	72	4	26	28
Toasted Breadstick	130	4	1	0	0	200	19	1	3	4

DRINKS	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Soda, Pepsi-Pepsi	100	0	0	0	0	20	28	0	28	0
Soda, Diet Pepsi-Pepsi	0	0	0	0	0	25	0	0	0	0
Soda, Mountain Dew-Pepsi	110	0	0	0	0	40	31	0	31	0
Soda, Sierra Mist-Pepsi	100	0	0	0	0	20	27	0	27	0
Raspberry/Ice Tea	80	0	0	0	0	25	21	0	21	0
Mug Root Beer-Pepsi	100	0	0	0	0	15	26	0	26	0
Dr. Pepper	90	0	0	0	0	30	25	0	25	0
Lemonade	120	0	0	0	0	10	29	0	28	0
Lemonade, Sugar Free	5	0	0	0	0	95	0	0	0	0
Fruit Punch	110	0	0	0	0	25	30	0	30	0
Soda, Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	70	0	0	0	0
Flavored Lemonades	160-170	0	0	0	0	0	42-46	0	38-42	0
Frozen Lemonades	250	0	0	0	0	10	62-63	5-6	49-50	1
Lemonade, Strawberry Quencher	170	0	0	0	0	0	43	1	39	0
Brewed Iced Tea	5	0	0	0	0	5	1	0	1	0
Hot Tea	5	0	0	0	0	5	1	0	0	0
Flavored Iced Teas	25-40	0	0	0	0	30	6-10	0	5-9	0
Limeades	190-220	0	0	0	0	20-25	50-57	0-1	46-54	0
Decadent Shakes	900-1100	44-53	25-28	0	175-180	440-620	100-146	0-1	80-114	25-26
Fresh Brewed Coffee & Decaf	0	0	0	0	0	0	0	0	0	0

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KID'S MENU & BEVERAGES	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fib (g)	Sugar (g)	Prot (g)
Chicken Tenders	270	15	3	0	45	770	16	1	0	20
Chicken Grillers	190	2.5	1	0	115	640	0	0	0	42
Kraft Macaroni & Cheese	310	9	2.5	0	15	550	45	2	8	11
Cheese Quesadilla	640	46	16	1	75	1460	36	2	3	19
Kid's Mini Cheeseburger	370	25	9	1	55	810	22	1	4	16
Kid's Mini Hamburger	340	22	7	1	50	690	22	1	4	14
Cheesy Bread Pizza, Half	300	16	8	0.5	30	800	29	2	4	12
Corn Dog	220	12	3	0	35	590	21	1	6	7
Hot Dog	270	17	7	0.5	35	820	21	0	3	9
Grilled Cheese Sandwich	570	34	14	1	40	1430	46	1	1	19
Cheesy Grilled Chicken	450	26	16	1	185	1220	4	0	1	50
Chicken Mac 'n Cheese	640	33	18	1.5	120	2060	44	2	5	43
Chicken Quesadilla	710	47	16	1	115	1700	36	2	3	35
Kid's Mini Cheeseburgers (2)	680	42	17	2	115	1570	44	2	9	31
Kid's Mini Hamburgers (2)	610	36	13	2	100	1330	44	2	9	27
Cheesy Bread Pizza, Full	600	31	17	1	60	1610	59	3	8	24
Fried Shrimp	230	12	2.5	0	65	580	22	1	1	9
4oz Sirloin	120	3.5	1.5	0	50	590	0	0	0	22
Mozzarella Sticks	310	15	6	0	30	1060	30	1	8	14
GoGo squeeze Applesauce	60	0	0	0	0	0	15	1	12	0
Apple Dippers with Yogurt	90	0.5	0	0	0	25	22	2	19	2
Vanilla Yogurt with Strawberries	100	1.5	1	0	5	55	17	1	16	4
Kid's Side-House Salad w/o Dressing	110	7	2.5	0	15	200	8	2	3	6
Kid's Side, Caesar Salad	210	18	4	0	15	350	8	2	2	4
Baby Carrots with Ranch	250	22	3.5	0	15	410	11	3	6	1
White Rice	120	0	0	0	0	140	26	1	0	2
Steamed Broccoli	25	0	0	0	0	25	4	3	0	3
Garlic Mashed Potatoes	130	7	1	0	0	300	14	1	2	2
Fries	440	20	4	0	0	770	59	6	0	5
Milk, 1%	110	2.5	1.5	0	10	130	13	0	12	8
Milk, 1%, Chocolate	150	2.5	1.5	0	10	200	25	0	23	8
Apple Juice	100	0	0	0	0	15	24	0	22	0
Orange Tangerine Juice	110	0	0	0	0	15	27	0	26	0
Chocolate Shake	830	34	20	0	135	370	112	0	89	20
Strawberry Shake	770	34	20	0	135	340	96	1	77	19
Vanilla Shake	680	34	20	0	135	330	75	0	60	19
Oreo Cookie Shake	840	41	22	0	135	470	100	1	74	20
Oreo Cookie Sundae	430	22	13	0	60	210	53	1	38	8
Hot Fudge Sundae	460	22	15	0	65	190	57	0	44	8
Strawberry Sundae	350	17	10	0	65	135	42	1	33	7
Chocolate Sundae, Chocolate Syrup	420	17	10	0	65	160	60	0	48	8
Vanilla Sundae, Plain	320	17	10	0	65	135	35	0	28	7

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