



NUTRITION 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 3/4/19. Good Thru 05/19/19.

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



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Appetizers	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Boneless Wings (without sauce or dressing)	660	300	33	6	0	100	1550	49	4	2	40
Classic Buffalo Sauce	180	170	19	7	0	0	2300	4	1	0	0
Honey BBQ Sauce	220	5	0	0	0	0	920	54	3	42	1
Sweet Asian Chile Sauce	250	20	2	0	0	0	1520	55	2	21	3
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	1200	430	48	15	0.5	50	4470	154	7	19	38
Brisket Quesadilla	950	560	62	27	1.5	130	2460	58	4	7	39
Chipotle Lime Chicken Quesadilla	890	510	57	24	1	130	2430	58	4	6	38
Chicken Wonton Tacos	560	240	27	5	0	105	1500	45	3	16	35
Chips & Salsa	620	250	27	5	0	0	2270	85	8	6	9
Crunchy Onion Rings	1250	500	56	10	0	5	3050	173	10	54	15
Double Crunch Bone-In Wings (without sauce or dressing)	660	360	40	9	0	295	1430	11	1	1	64
Classic Buffalo Sauce	180	170	19	7	0	0	2300	4	1	0	0
Honey BBQ Sauce	220	5	0	0	0	0	920	54	3	42	1
Sweet Asian Chile Sauce	250	20	2	0	0	0	1520	55	2	21	3
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	1520	91	7	1	8
Mozzarella Sticks	860	390	44	18	1	75	2670	78	6	15	38
Neighborhood Nachos	1970	1140	126	56	2.5	285	5250	124	12	14	86
Neighborhood Nachos (with Chipotle Lime Chicken)	1780	990	110	48	2	280	5150	119	10	11	79
Spinach & Artichoke Dip	940	520	57	16	0.5	25	2560	86	6	5	19
Taco Topped Queso & Chips	1100	580	64	26	1.5	115	3320	90	7	8	42
White Queso Dip & Chips	930	480	54	21	1	70	2720	86	6	6	27
The Classic Combo (without sauce or dressing)	2220	1150	128	42	1.5	190	6040	186	13	16	82
Classic Buffalo Sauce	90	80	9	3.5	0	0	1150	2	1	0	0
Honey BBQ Sauce	110	0	0	0	0	0	460	27	2	21	1
Sweet Asian Chile Sauce	130	10	1	0	0	0	760	28	1	11	1
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
The Classic Combo (with brisket quesadilla) (without sauce or dressing)	2260	1190	132	43	2	190	6050	186	13	16	82
Classic Buffalo Sauce	90	80	9	3.5	0	0	1150	2	1	0	0
Honey BBQ Sauce	110	0	0	0	0	0	460	27	2	21	1
Sweet Asian Chile Sauce	130	10	1	0	0	0	760	28	1	11	1
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

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Build Your Appetizer Sampler	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Samplers											
Boneless Wings (without sauce or dressing)	330	150	17	3	0	50	800	25	2	1	20
Classic Buffalo Sauce	90	80	9	3.5	0	0	1150	2	1	0	0
Honey BBQ Sauce	110	0	0	0	0	0	460	27	2	21	1
Sweet Asian Chile Sauce	130	10	1	0	0	0	760	28	1	11	1
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	570	190	21	9	0.5	40	2510	74	3	5	23
Brisket Quesadilla	770	470	53	22	1	105	2060	42	3	5	32
Chicken Quesadilla	600	330	37	17	0.5	95	1730	40	3	5	26
Chicken Wonton Tacos	430	190	21	4	0	80	1200	35	2	13	27
Chips & Salsa	620	250	27	5	0	0	2270	85	8	6	9
Crunch Onion Rings with Honey BBQ Sauce	620	250	28	5	0	0	1530	86	5	27	8
Mozzarella Sticks	430	200	22	9	0.5	40	1340	39	3	8	19
Spinach & Artichoke Dip	940	520	57	16	0.5	25	2560	86	6	5	19
Taco Topped Queso & Chips	1100	580	64	26	1.5	115	3320	90	7	8	42
White Chesos Dip & Chips	930	480	54	21	1	70	2720	86	6	6	27
Side Salads											
Caesar Salad	220	160	18	3.5	0	15	380	11	2	2	4
Green Goddess Wedge	540	460	51	11	0	50	1150	12	3	7	10
House Salad (without dressing)	120	60	6	2.5	0	15	190	12	2	3	6
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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											
Broccoli Cheese Soup	280	200	22	14	0.5	75	1340	12	2	5	11
Chicken Tortilla Soup	160	70	8	2	0	15	830	15	1	2	7
French Onion Soup	340	180	20	11	0	50	1420	22	2	5	17
Loaded Potato Soup	390	300	33	21	0.5	50	800	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	930	16	1	5	5
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Steaks & Ribs	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
6 oz. USDA Select Sirloin	200	70	7	3	0	90	970	1	1	0	33
8 oz. USDA Select Sirloin	270	90	10	4	0	120	1090	1	1	0	45
Applebee's Riblets Platter (without sauce) (includes side)	1290	670	74	22	0	280	1860	75	7	14	81
Honey BBQ Sauce	370	5	0.5	0	0	0	1530	89	5	70	2
Texas Style BBQ Sauce	390	30	3.5	2	0	0	950	88	2	51	2
Applebee's Riblets Plate (without sauce) (includes side)	900	450	50	14	0	175	1430	61	5	3	52
Honey BBQ Sauce	220	5	0	0	0	0	920	54	3	42	1
Texas Style BBQ Sauce	230	20	2	1	0	0	570	53	1	31	1
Bourbon Street Steak (includes side)	650	290	32	10	1	135	1200	41	6	5	51
Double-Glazed Baby Back Ribs, Full Rack (without sauce)	950	640	71	28	0	340	500	1	1	1	78
Honey BBQ Sauce	150	0	0	0	0	0	610	36	2	28	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 (without sauce)	470	320	35	14	0	170	250	0	1	0	39
Honey BBQ Sauce	70	0	0	0	0	0	310	18	1	14	0
Texas Style BBQ Sauce	80	5	0.5	0	0	0	190	18	0	10	0
Shrimp 'N Parmesan Sirloin	560	310	34	19	1.5	265	2000	5	2	2	58
Shrimp 'N Parmesan Sirloin (6 oz.)	490	280	32	18	1	235	1890	5	2	2	46
Toppers											
Crispy Onion Tangles	190	120	14	2.5	0	0	125	14	1	2	2
Grilled Onions	45	25	2.5	0	0	0	280	5	1	2	1
Sauteed Garlic Mushrooms	170	130	15	7	0	25	430	6	1	2	3
Shrimp N Parm Topper	290	220	24	15	1	140	910	5	1	2	13
Add On											
Grilled Shrimp Skewer	120	80	9	4	0	120	540	1	0	0	10
Add Grilled Shrimp	150	80	8	4	0	150	1000	4	1	1	16
Add Fried Shrimp	500	300	33	6	0	100	1800	37	3	13	14
Choice of Sides											
Baked Potato	400	220	24	12	0.5	60	1090	40	3	2	6
Classic Fries	430	180	20	3.5	0	0	960	57	4	0	5
Fire-Grilled Veggies	150	110	12	4.5	0	15	410	9	3	6	2
Four-Cheese Mac & Cheese with Bacon	490	260	29	15	1	80	1210	35	2	3	24
Garlic Mashed Potatoes	250	100	11	2.5	0	5	650	35	3	3	4
Garlicky Green Beans	180	130	14	7	0	20	310	11	4	2	3
Loaded Baked Potato	480	280	31	15	0.5	80	1330	41	3	3	12
Loaded Garlic Mashed Potatoes	390	210	23	8	0	45	900	36	3	4	11
Steamed Broccoli	100	70	8	4.5	0	20	210	6	2	2	3
Please note that entrees are listed without choice of side unless otherwise noted; nutrition information for sides is available, separately.											
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Chicken	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bourbon Street Chicken & Shrimp	610	240	26	7	0	220	2000	42	7	5	52
Cedar Grilled Lemon Chicken	600	230	25	4.5	0	135	2590	51	5	16	44
Chicken Fried Chicken	1180	550	61	16	0.5	150	2810	103	9	6	59
Chicken Tenders Platter	1450	720	80	14	0	115	3270	132	9	23	50
Chicken Tenders Plate	1140	570	63	11	0	85	2650	106	7	13	37
Chicken Wonton Stir Fry	790	180	20	4	0	135	2690	104	7	25	52
Classic Chicken Parmesan (without breadstick)	1370	510	57	18	1	175	2900	136	15	18	81
Breadstick	190	60	7	2	0	5	290	25	1	2	5
Fiesta Lime Chicken®	1120	530	58	14	0.5	185	3660	93	7	9	57
Grilled Chicken Breast (choice of side not included)	190	30	3.5	1	0	135	980	1	1	0	39
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Seafood	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Haddock (without sides)	590	370	41	18	1.5	190	890	12	2	3	46
Blackened Tilapia	500	210	24	10	0	100	1550	43	8	4	32
Cedar Salmon with Maple Mustard Glaze (choice of side not included)	370	110	12	2	0	90	1530	27	2	19	38
Double Crunch Shrimp	1170	450	50	9	0	180	4030	144	10	33	34
Fish & Chips (Menu item varies per location)	1420	860	96	17	0	115	3460	102	9	13	38
Fish & Chips (Menu item varies per location)	1730	1150	128	23	0	125	3190	101	9	13	43
Fish & Chips (Menu item varies per location)	1750	1150	128	23	0.5	160	3940	98	8	13	52
Shrimp Wonton Stir Fry	680	150	17	3	0	145	2670	105	7	24	28

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Salads	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Crispy Chicken Tender Salad (with Crispy Chicken)	1170	710	79	21	0.5	315	2360	69	7	30	48
Crispy Chicken Tender Salad (with Grilled Chicken)	960	550	62	18	0.5	395	2370	42	6	30	62
Fiesta Chopped Salad	850	410	45	12	0.5	100	1260	75	11	21	38
Grilled Chicken Caesar Salad (with Grilled Chicken)	780	490	55	11	0	175	1950	26	7	6	49
Grilled Chicken Caesar Salad (with Blackened Shrimp)	660	470	52	10	0	185	1930	27	7	6	25
Grilled Steak Caesar Salad	730	500	56	12	0	100	1810	26	6	6	33
Oriental Chicken Salad (with Crispy Chicken)	1430	870	96	15	0	60	1510	109	11	37	37
Oriental Chicken Salad (with Grilled Chicken)	1310	750	83	13	0	135	2140	94	10	47	52
Southwestern Salad (with Steak)	980	600	66	17	0.5	105	1930	58	10	8	40
Southwestern Salad (with Grilled Chicken)	1030	580	65	16	0.5	175	2460	58	10	8	57
Thai Shrimp Salad	380	170	19	2.5	0	145	1510	30	8	14	25

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Pasta	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Breadstick	190	60	7	2	0	5	290	25	1	2	5
Breadsticks with Alfredo Sauce	1580	860	95	49	2	210	2860	137	6	15	46
Blackened Shrimp Alfredo	1170	660	73	45	2.5	360	2790	80	7	10	52
Cajun Pasta with Blackened Shrimp	1520	970	108	66	3.5	450	3130	82	9	12	62
Classic Broccoli Chicken Alfredo	1290	680	76	46	2.5	355	2800	79	7	10	76
Classic Chicken Parmesan	1370	510	57	18	1	175	2900	136	15	18	81
Chef Bulgarelli's Stuffed Rigatoni with Tomato Basil Meat Sauce	880	290	33	15	1	100	2390	103	13	12	48
Creamy Penne Pasta with Sliced Prime Rib	1420	890	98	53	3	255	3160	82	6	14	56
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	1450	620	68	30	1.5	190	3170	148	6	54	63
Three Cheese Chicken Penne	1190	620	69	42	2	330	2730	73	6	10	72

Please note that entrees are listed without choice of breadstick, breadstick listed separately.

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Handcrafted Burgers	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Brunch Burger	1240	730	81	29	2.5	350	2360	64	5	12	63
Classic Bacon Cheeseburger (without cheese)	880	500	56	18	2	155	1210	46	3	7	49
American Cheese	140	100	12	7	0	35	680	1	0	1	7
Cheddar Cheese	170	130	14	9	0	45	260	1	0	0	10
Swiss Cheese	170	120	13	8	0	40	80	1	0	0	11
Pepper Jack Cheese	160	110	13	8	0	35	270	1	0	0	10
Classic Cheeseburger (without cheese)	780	440	49	16	2	135	900	45	3	6	42
American Cheese	140	100	12	7	0	35	680	1	0	1	7
Cheddar Cheese	170	130	14	9	0	45	260	1	0	0	10
Swiss Cheese	170	120	13	8	0	40	80	1	0	0	11
Pepper Jack Cheese	160	110	13	8	0	35	270	1	0	0	10
Classic Burger	780	440	49	16	2	135	900	45	3	6	42
Quesadilla Burger	1330	850	95	39	2	235	3050	49	5	8	73
Triple Bacon Burger	1170	710	79	30	2	215	1770	51	3	10	63
Whisky Bacon Burger	1290	760	84	30	2	195	1850	72	4	17	60
Burger Add Ons											
Extra Bacon	100	70	7	2.5	0	20	310	1	0	1	7
American Cheese	140	100	12	7	0	35	680	1	0	1	7
Cheddar Cheese	170	130	14	9	0	45	260	1	0	0	10
Swiss Cheese	170	120	13	8	0	40	80	1	0	0	11
Pepper Jack Cheese	160	110	13	8	0	35	270	1	0	0	10
Extra Patty	420	280	31	13	1.5	110	290	2	1	0	34
Fried Egg	70	40	4.5	1.5	0	160	170	1	0	0	6
Substitute Black Bean Burger on any Burger (patty only)	190	60	7	1	0	0	540	22	8	2	17
Substitute Turkey Burger on any Burger (patty only)	300	250	27	8	0	90	740	0	0	0	24
Substitute Veggie Burger on any Burger (patty only)	170	50	6	0	0	0	310	21	5	2	7
Sides											
Classic Fries	430	180	20	3.5	0	0	960	57	4	0	5
Onion Rings	510	250	28	5	0	0	1070	60	3	6	7
Caesar Salad	220	160	18	3.5	0	15	380	11	2	2	4
Small Caesar Salad	220	160	18	3.5	0	15	370	10	2	2	4
House Salad (without dressing)	120	60	6	2.5	0	15	190	12	2	3	6
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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
Mixed Green Salad (without dressing)	70	15	2	0	0	0	100	11	2	3	2
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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

Please note that burgers are listed without choice of side, sides listed separately.

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Sandwiches, Wraps & Tacos	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sandwiches											
Bacon Cheddar Grilled Chicken Sandwich	890	430	48	17	0	225	2300	49	3	10	65
Clubhouse Grille	1040	540	60	18	0.5	120	2690	77	4	24	50
Zesty Chicken Sandwich	880	470	52	11	0	90	2460	68	4	7	33
Wraps & Tacos											
BBQ Brisket Tacos	1180	610	68	19	1.5	100	2900	106	6	30	36
Chicken Fajita Rollup	1070	590	65	27	1	205	3450	65	5	8	58
Grilled Chicken Bacon Wrap	770	240	27	10	0	180	3320	73	3	21	60
Sides											
Classic Fries	430	180	20	3.5	0	0	960	57	4	0	5
Onion Rings	510	250	28	5	0	0	1070	60	3	6	7
Caesar Salad	220	160	18	3.5	0	15	380	11	2	2	4
Small Caesar Salad	220	160	18	3.5	0	15	370	10	2	2	4
House Salad (without dressing)	120	60	6	2.5	0	15	190	12	2	3	6
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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
Mixed Green Salad (without dressing)	70	15	2	0	0	0	100	11	2	3	2
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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
Please note that sandwiches, wraps & tacos are listed without choice of side, sides listed separately.											
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Lunch Combos	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Classic											
Caesar Salad	220	160	18	3.5	0	15	380	11	2	2	4
Chicken Fajita Rollup	770	400	45	16	0	110	2540	60	4	7	34
Fiesta Chopped Salad	330	150	17	4	0	75	740	21	4	7	25
Honey Pepper Chicken Tenders	960	320	36	7	0	45	1810	136	6	48	24
House Salad (without dressing)	120	60	6	2.5	0	15	190	12	2	3	6
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 Balsamic Dressing	150	100	12	2	0	0	200	12	0	9	0
Honey French Dressing	210	150	17	2.5	0	0	300	16	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	390	300	33	21	0.5	50	800	13	2	3	9
Three Cheese Chicken Penne	500	230	25	15	1	135	1160	35	3	4	34
Tomato Basil Soup	180	100	11	5	0	25	930	16	1	5	5
Signature											
Chicken Tortilla Soup	160	70	8	2	0	15	830	15	1	2	7
Clubhouse Grille	520	270	30	9	0	60	1340	38	2	12	25
Crispy Chicken Tender Salad	630	380	42	11	0	250	1210	36	4	16	27
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	680	280	32	14	1	85	1470	70	3	27	29
French Onion Soup	340	180	20	11	0	50	1420	22	2	5	17
Grilled Chicken Bacon Wrap	620	190	21	8	0	100	2260	72	3	21	37
Grilled Chicken Caesar Salad	320	180	20	4	0	85	870	11	3	2	24
Oriental Chicken Salad (with Crispy Chicken)	460	260	29	4.5	0	30	620	34	3	9	15
Oriental Chicken Salad (with Grilled Chicken)	440	220	25	4	0	70	1240	33	3	19	23
Southwestern Chicken Salad	510	290	32	8	0	90	1230	29	5	4	28
Thai Shrimp Salad	190	90	10	1.5	0	70	780	15	4	7	13
Breadstick	190	60	7	2	0	5	290	25	1	2	5
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Desserts	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Southern Apple Fritter	1290	630	70	22	0.5	45	610	154	4	91	13
Blue Ribbon Brownie	1460	570	64	37	1	210	540	203	3	135	20
Brownie Bite	340	130	14	9	0	40	130	50	1	33	4
Butter Pecan Blondie	1070	550	61	33	0.5	160	650	119	4	64	14
Chocolate Chip Cookie Sundae	1340	570	64	40	1.5	140	680	180	5	113	15
Hot Fudge Sundae Shooter	370	160	18	13	0	55	120	47	0	33	4
Triple Chocolate Meltdown®	1030	500	55	29	0.5	115	400	122	8	64	12

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Kids Menu	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Main Meal											
Cheeseburger	620	340	37	13	1	105	1210	43	2	6	29
Cheesy Pizza	680	260	29	13	0	40	1160	83	4	12	25
Chicken Quesadilla	370	160	18	8	0	45	750	33	2	2	17
Chicken Taco	230	70	8	3	0	65	580	18	1	2	20
Chicken Tenders	300	140	16	3	0	45	720	21	1	0	19
Corn Dog	210	100	11	2.5	0	35	500	20	1	6	7
Crispy Shrimp	170	70	8	1.5	0	60	560	16	1	1	9
Grilled Chicken Alfredo	720	420	46	28	1.5	190	1380	40	2	5	36
Kraft Macaroni & Cheese	300	80	9	2.5	0	10	650	44	2	8	10
Kids Side											
Broccoli Trees	30	5	0	0	0	0	30	6	3	2	3
French Fries	430	180	20	3.5	0	0	960	57	4	0	5
Garlic Mashed Potatoes	130	50	6	1	0	5	320	17	2	2	2
Mott's Applesauce Cup	60	0	0	0	0	0	0	14	1	12	0
Mozzarella Sticks	330	150	16	7	0	30	1060	31	3	6	14
Sliced Strawberries with Vanilla Yogurt	100	15	1.5	1	0	5	55	17	1	16	4
Kids Drinks											
1% Chocolate Milk	170	25	2.5	1.5	0	15	200	28	0	27	9
1% Milk	120	25	2.5	1.5	0	10	135	14	0	13	9
Apple Juice	100	0	0	0	0	0	15	25	0	23	0
Grape Juice	100	0	0	0	0	0	15	25	0	23	0
Lemonade	90	0	0	0	0	0	0	23	0	21	0
Orange Tangerine Juice	110	0	0	0	0	0	15	27	0	25	0
Kids Shakes											
Chocolate Shake	740	270	30	19	1	110	240	110	2	85	13
Oreo Cookie Shake	710	320	35	20	1	110	340	88	1	60	13
Strawberry Shake	730	260	29	18	1	110	210	108	0	88	12
Vanilla Shake	550	260	29	18	1	110	210	63	0	46	12
Kids Sundaes											
Hot Fudge Sundae	370	160	18	13	0	55	120	47	0	33	4
Oreo Sundae	370	170	19	12	0.5	50	150	46	1	30	5
Strawberry Sundae	330	120	14	9	0	50	65	48	0	40	4

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Catering Menu	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers											
Boneless Wings (without sauce or dressing)	3930	1800	200	38	1.5	605	9300	294	23	10	240
Classic Buffalo Sauce	990	890	99	35	0	5	12280	22	6	3	2
Honey BBQ Sauce	1180	20	2	0.5	0.5	5	4890	286	16	223	7
Sweet Asian Chile Sauce	1340	100	11	2	0.5	5	8090	294	10	114	16
Bleu Cheese Dressing	1170	1080	120	21	0	115	1280	18	2	3	6
Ranch Dressing	1050	970	108	17	0	75	1690	17	1	4	3
Chicken Tenders	4160	2240	249	43	1	490	9780	288	16	69	191
Chips & Salsa	3680	1470	163	29	2	10	12720	503	47	34	55
Double Crunch Bone In Wings (without sauce or dressing)	2230	1200	133	31	1	980	4990	45	9	6	215
Classic Buffalo Sauce	490	440	49	18	0	0	6140	11	3	1	1
Honey BBQ Sauce	590	10	1	0	0	5	2440	143	8	112	4
Sweet Asian Chile Sauce	670	50	6	1	0	5	4040	147	5	57	8
Bleu Cheese Dressing	1170	1080	120	21	0	115	1280	18	2	3	6
Ranch Dressing	1050	970	108	17	0	75	1690	17	1	4	3
Mozzarella Sticks	5120	2370	263	110	6	460	15740	462	36	87	228
Spinach & Artichoke Dip	5140	2740	305	80	3	125	13480	504	36	25	96
The Classic Combo (without sauce or dressing)	12860	6560	729	236	9	1110	34390	1103	81	90	476
Classic Buffalo Sauce	490	440	49	18	0	0	6140	11	3	1	1
Honey BBQ Sauce	590	10	1	0	0	5	2440	143	8	112	4
Sweet Asian Chile Sauce	670	50	6	1	0	5	4040	147	5	57	8
Bleu Cheese Dressing	1170	1080	120	21	0	115	1280	18	2	3	6
Ranch Dressing	1050	970	108	17	0	75	1690	17	1	4	3
Entrees											
Applebee's Riblets (without sauce)	6930	3660	407	125	2.5	1715	9510	339	42	120	485
Texas Style BBQ Sauce	2960	230	25	14	1.5	15	7240	670	16	387	11
Honey BBQ Sauce	2800	45	5	1.5	1.5	15	11610	680	39	530	17
Chef Bulgarelli's Stuffed Rigatoni & Meat Sauce	5290	1770	196	91	6	610	14310	617	79	71	285
Classic Blackened Shrimp Alfredo	7940	4840	538	337	17	2200	17120	489	38	69	307
Classic Broccoli Chicken Alfredo	8400	4930	548	341	17	2175	17170	485	38	69	403
Chicken Wonton Stir Fry	4060	830	92	18	2	555	13420	592	31	135	222
Double-Glazed Baby Back Ribs (without sauce)	7090	4230	470	163	2.5	1755	7550	306	39	95	421
Texas Style BBQ Sauce	1400	110	12	7	0.5	5	3430	318	7	183	5
Honey BBQ Sauce	1320	20	2.5	1	1	10	5500	322	18	251	8
Fiesta Lime Chicken	6710	3280	365	85	3.5	1110	22950	532	40	53	337
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	8330	3600	400	174	10	1100	18450	827	37	278	368
Shrimp Wonton Stir Fry	3590	730	81	15	2	585	12920	595	31	134	126
Three-Cheese Chicken Penne	6670	3600	400	246	13	1710	14060	429	30	55	350
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Catering Menu	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Salads											
Grilled Chicken Caesar Salad	4220	2560	285	51	1.5	995	10770	151	40	35	280
Oriental Chicken Salad (with Crispy Chicken)	7990	4870	541	84	1	345	8540	602	57	220	202
Oriental Chicken Salad (with Grilled Chicken)	7000	4040	448	70	1	815	10480	478	52	248	290
Southwestern Grilled Chicken Salad	5290	3270	363	89	3	1090	13630	204	47	41	315
Southwestern Steak Salad	4960	3350	372	95	3.5	650	10430	201	45	39	215
Sandwiches											
Chickies Fajita Rollup	6340	3440	383	158	5	1215	20350	385	29	49	348
Clubhouse Grilled	6250	3240	360	106	4	720	16120	460	23	143	301
Double Bacon Chicken Sandwich	5340	2610	290	101	2	1355	13830	295	19	61	389
Beverages (1 Gallon)											
Brewed Iced Tea	60	0	0	0	0	0	75	18	3	3	0
Sweet Tea	4800	0	0	0	0	0	75	1241	0	1230	0
Kiwi Iced Tea	730	0	0	0	0	0	70	179	3	159	0
Mango Iced Tea	870	0	0	0	0	0	70	219	3	195	0
Pomegranate Iced Tea	770	15	1.5	0	0	0	105	193	3	166	0
Raspberry Iced Tea	830	0	0	0	0	0	70	198	3	181	0
Classic Lemonade	1600	0	0	0	0	0	1680	432	0	432	0
Kiwi Lemonade	2170	0	0	0	0	0	1580	566	0	562	0
Mango Lemonade	2320	0	0	0	0	0	1580	607	0	598	0
Pomegranate Lemonade	2220	15	1.5	0	0	0	1610	581	0	569	0
Raspberry Lemonade	2280	0	0	0	0	0	1580	586	0	584	0
Coca Cola	1580	0	0	0	0	0	40	433	0	433	0
Coke Zero	10	0	0	0	0	0	60	1	0	1	1
Diet Coke	10	0	0	0	0	0	150	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	0	640	0	0	0	0
Diet Pepsi	0	0	0	0	0	0	640	0	0	0	0
Dr. Pepper	1560	0	0	0	0	0	520	424	0	410	0
Fruit Punch	1760	0	0	0	0	0	400	480	0	480	0
Lipton Green Tea with Citrus	1120	0	0	0	0	0	1040	304	0	304	0
Mellow Yellow	1700	0	0	0	0	0	120	435	0	435	0
Minute Maid Lemonade	1530	0	0	0	0	0	710	432	0	393	0
Mountain Dew	1760	0	0	0	0	0	640	496	0	496	0
Mug Root Beer	1600	0	0	0	0	0	240	416	0	416	0
Pepsi	1600	0	0	0	0	0	320	448	0	448	0
Sierra Mist	1600	0	0	0	0	0	320	432	0	432	0
Sprite	1540	0	0	0	0	0	350	394	0	394	0
Wild Cherry Pepsi	1600	0	0	0	0	0	320	448	0	448	0
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Catering Menu	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sides											
Breadstick Basket	1860	640	71	20	0.5	40	2870	250	11	17	55
Caesar Salad	1600	1240	138	26	0.5	115	2690	69	14	14	28
Classic Fries	3230	1080	120	22	1	10	10900	499	33	133	37
Garlic Mashed Potatoes	1510	610	68	14	1	40	3880	207	20	18	26
Garlicky Green Beans	1110	780	86	41	0.5	135	1860	67	22	13	15
House Salad (without dressing)	630	310	35	16	0.5	80	960	53	11	17	31
Bleu Cheese Dressing	1170	1080	120	21	0	115	1280	18	2	3	6
Buttermilk Ranch Dressing	1050	970	108	17	0	75	1690	17	1	4	3
Chili Lime Vinaigrette	650	340	38	6	0	0	2510	75	4	54	2
Dijon Honey Mustard Dressing	1170	830	93	14	0	65	2570	80	3	64	4
Garlic Caesar Dressing	1120	1050	117	19	0	85	1720	13	2	3	4
Green Goddess Dressing	1000	940	105	17	0	80	2340	12	2	6	4
Honey Balsamic Dressing	820	550	62	10	0	0	1090	65	1	48	1
Honey French Dressing	1140	790	88	14	0	0	1600	85	2	75	1
Italian Dressing, Fat Free	120	5	0	0	0	0	1940	28	1	16	1
Lemon Olive Oil Vinaigrette	690	680	76	13	0	0	1870	1	1	2	1
Mexi Ranch Dressing	790	680	76	12	0	55	2830	22	3	10	4
Oriental Dressing	1360	1010	112	17	0	0	470	86	1	57	0
Signature Coleslaw	840	430	48	7	0	25	1170	96	13	73	6
Steamed Broccoli	600	440	48	27	1.5	130	1270	34	15	9	19
Dessert											
Brownie Bites	3620	1360	151	75	0	515	1330	522	8	342	48
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Beverages	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Lemonade/Iced Tea Quenchers											
Blackberry Lemonade Quencher	190	0	0	0	0	0	0	51	1	46	0
Strawberry Lemonade Quencher	190	0	0	0	0	0	0	50	1	46	0
Blackberry Iced Tea Quencher	160	0	0	0	0	0	10	37	1	37	0
Peach Iced Tea Quencher	230	0	0	0	0	0	20	57	1	55	0
Flavored Lemonades											
Kiwi Lemonade	180	0	0	0	0	0	0	47	0	43	0
Mango Lemonade	190	0	0	0	0	0	0	49	0	45	0
Pomegranate Lemonade	180	0	0	0	0	0	0	48	0	43	0
Raspberry Lemonade	190	0	0	0	0	0	0	48	0	44	0
Frozen Lemonades											
Classic Frozen Lemonade	250	0	0	0	0	0	10	62	6	49	1
Mango Frozen Lemonade	290	0	0	0	0	0	10	73	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
Flavored Iced Teas											
Kiwi Iced Tea	45	0	0	0	0	0	5	11	0	11	0
Mango Iced Tea	60	0	0	0	0	0	5	13	0	13	0
Pomegranate Iced Tea	50	0	0	0	0	0	10	12	0	11	0
Raspberry Iced Tea	50	0	0	0	0	0	5	12	0	12	0
Peach Iced Tea	50	0	0	0	0	0	5	13	0	13	0
Strawberry Iced Tea	50	0	0	0	0	0	10	12	0	11	0
Signature Sodas											
Pomegranate Sparkler	180	0	0	0	0	0	45	48	0	46	0
Winter Dew	170	0	0	0	0	0	25	44	0	42	0
Decadent Shakes											
Chocolate Shake	910	340	38	24	1.5	140	300	130	2	100	17
Oreo Cookie Shake	930	410	46	26	1.5	140	450	116	1	79	18
Vanilla Shake	730	330	37	23	1.5	140	280	83	0	61	16
Strawberry Shake	890	330	37	23	1.5	140	280	128	0	102	16
Tea & Coffee											
Brewed Iced Tea	0	0	0	0	0	0	5	1	0	1	0
Sweet Tea	300	0	0	0	0	0	0	78	0.33	77	0
Hot Tea	0	0	0	0	0	0	5	1	0	0	0
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
Energy Drinks											
Red Bull	110	0	0	0	0	0	105	28	0	27	0
Red Bull, Blue Edition	110	0	0	0	0	0	105	28	0	27	0
Red Bull, Orange Edition	160	0	0	0	0	0	100	40	0	38	1
Red Bull, Green Edition	160	0	0	0	0	0	100	40	0	38	0
Red Bull, Red Edition	110	0	0	0	0	0	105	28	0	27	0
Red Bull, Sugar Free	5	0	0	0	0	0	105	3	0	0	0
Red Bull, Yellow Edition	120	0	0	0	0	0	140	29	0	28	0
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Beverages	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Beverages											
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
Bubly Sparkling Water, Lime	0	0	0	0	0	0	60	0	0	0	0
Bubly Sparkling Water, Orange	0	0	0	0	0	0	60	0	0	0	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
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
Sierra Mist	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

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Beverages	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
16 fl oz Beverages											
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
Bubly Sparkling Water, Lime	0	0	0	0	0	0	95	0	0	0	0
Bubly Sparkling Water, Orange	0	0	0	0	0	0	95	0	0	0	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
Mountain Dew	110	0	0	0	0	0	40	31	0	31	0
Mug Root Beer	100	0	0	0	0	0	15	26	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
Sierra Mist	100	0	0	0	0	0	20	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

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Beverages	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
30 fl oz Lemonade/Iced Tea Quenchers											
Blackberry Lemonade Quencher	290	0	0	0	0	0	0	75	1	69	0
Strawberry Lemonade Quencher	280	0	0	0	0	0	0	74	1	68	1
Blackberry Iced Tea Quencher	200	0	0	0	0	0	10	49	1	48	0
Peach Iced Tea Quencher	290	0	0	0	0	0	20	69	1	67	0
30 fl oz Flavored Lemonades											
Kiwi Lemonade	270	0	0	0	0	0	0	70	0	65	0
Mango Lemonade	280	0	0	0	0	0	0	74	0	68	0
Pomegranate Lemonade	270	0	0	0	0	0	0	72	0	65	0
Raspberry Lemonade	280	0	0	0	0	0	0	72	0	67	0
30 fl oz Iced Teas											
Brewed Iced Tea	5	0	0	0	0	0	10	1	0	1	0
Sweet Tea	450	0	0	0	0	0	10	116	0	116	0
Kiwi Iced Tea	70	0	0	0	0	0	10	16	0	16	0
Mango Iced Tea	80	0	0	0	0	0	10	20	0	19	0
Pomegranate Iced Tea	70	0	0	0	0	0	15	17	0	17	0
Raspberry Iced Tea	80	0	0	0	0	0	10	18	0	18	0
Peach Iced Tea	80	0	0	0	0	0	10	19	0	20	0
Strawberry Iced Tea	70	0	0	0	0	0	10	18	0	17	0
30 fl oz Signature Sodas											
Pomegranate Sparkler	240	0	0	0	0	0	60	65	0	63	0
Winter Dew	230	0	0	0	0	0	30	59	0	58	0
30 fl oz Fountain Drinks											
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
Bubly Sparkling Water, Lime	0	0	0	0	0	0	140	0	0	0	0
Bubly Sparkling Water, Orange	0	0	0	0	0	0	140	0	0	0	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
Half & Half Iced Tea & Lemonade	60	0	0	0	0	0	40	17	0	17	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
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
Sierra Mist	150	0	0	0	0	0	30	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
Sugar Free Lemonade	10	0	0	0	0	0	140	0	0	0	0
Sun Orchard Lemonade	210	0	0	0	0	0	0	55	0	50	0
Tropicana Lemonade	150	0	0	0	0	0	160	41	0	41	0
Tropicana Pink Lemonade	150	0	0	0	0	0	160	41	0	41	0
Wild Cherry Pepsi	150	0	0	0	0	0	30	42	0	42	0

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Cocktails	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (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
MangoBerry SwirlaRita, Mucho	360	0	0	0	0	0	35	56	1	50	0
Perfect Cosmo	300	0	0	0	0	0	20	38	1	35	0
Perfect Margarita	310	0	0	0	0	0	310	41	1	32	0
Perfect Patron Margarita	310	0	0	0	0	0	310	44	1	39	0
Sangrias											
Apple Sangria	220	0	0	0	0	0	10	37	1	25	0
White Peach Sangria, Mucho (Barefoot)	280	0	0	0	0	0	15	48	1	42	1
White Peach Sangria, Mucho (Bella Sera)	290	0	0	0	0	0	15	42	1	34	1
Rum											
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
Whiskey											
Pair of Jacks	220	0	0	0	0	0	10	26	0	24	0
Long Island Iced Teas											
Blue Hawaiian Long Island Iced Tea	210	0	0	0	0	0	10	26	0	22	0
Blue Hawaiian Long Island Iced Tea, Mucho	240	0	0	0	0	0	15	31	0	26	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
Beverage Menu											
Bourbon & Berries	160	0	0	0	0	0	5	17	0	16	0
Irish Peach Sour	230	0	0	0	0	0	0	26	0	24	0
Margarita/Blue Agave 'Rita, Rocks - Mango	200	0	0	0	0	0	40	30	0	26	0
Margarita/Blue Agave 'Rita, Rocks, Mucho - Mango	280	0	0	0	0	0	50	36	1	33	0
Margarita/Blue Agave 'Rita, Rocks, - Strawberry	220	0	0	0	0	0	40	35	0	32	0
Margarita/Blue Agave 'Rita, Rocks, Mucho - Strawberry	310	0	0	0	0	0	50	45	0	40	0
Perfect Pomegranate Margarita	360	0	0	0	0	0	15	54	1	44	0
Raspberry Cosmo	230	0	0	0	0	0	10	31	1	30	0
<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 style="text-align: center;">Information As Of 3/4/19. Good Thru 05/19/19.</p> <p style="text-align: center;">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											