



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 9/3/18. Good Thru 11/11/18.

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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)	680	310	35	6	0	90	1600	52	4	2	39
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
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	1020	360	40	13	0.5	50	3000	132	6	20	32
Brisket Quesadilla	920	520	57	26	1.5	130	2320	59	4	5	40
Chipotle Lime Chicken Quesadilla	900	500	56	25	1.5	135	2460	61	5	5	39
Cheeseburger Eggrolls	980	540	60	20	2	95	2340	77	6	18	32
Chicken Wonton Tacos	570	250	27	6	0	120	1550	46	3	16	36
Chips & Salsa	620	240	27	4.5	0	0	2380	87	8	7	10
Crunchy Onion Rings	1290	520	58	10	0	5	3180	179	11	56	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	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
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	900	410	46	19	1	75	2690	80	6	12	43
Neighborhood Nachos	2020	1170	130	58	3	275	5620	127	12	13	88
Neighborhood Nachos (with Chipotle Lime Chicken)	1820	1000	111	50	2.5	285	5410	123	10	10	83
Spinach & Artichoke Dip	930	510	57	15	0	25	2630	88	6	5	18
Taco Topped Queso & Chips	1140	610	67	28	1.5	110	3610	91	7	7	43
White Queso Dip & Chips	960	500	55	23	1	65	2930	87	5	5	29
The Classic Combo (without sauce or dressing)	2260	1160	129	42	2	185	6160	191	13	14	84
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
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)	340	160	18	3	0	45	820	27	2	1	19
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
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	490	150	17	8	0	35	1770	63	3	5	20
Cheeseburger Eggrolls	610	330	36	13	1	60	1430	48	4	10	21
Chicken Quesadilla	610	330	37	17	1	95	1740	42	3	4	26
Chicken Wonton Tacos	440	190	21	4	0	90	1240	36	2	13	27
Chips & Salsa	620	240	27	4.5	0	0	2380	87	8	7	10
Mozzarella Sticks	450	210	23	9	0	40	1340	40	3	6	21
Spinach & Artichoke Dip	930	510	57	15	0	25	2630	88	6	5	18
Taco Topped Queso & Chips	1140	610	67	28	1.5	110	3610	91	7	7	43
White Cheso Dip & Chips	960	500	55	23	1	65	2930	87	5	5	29
Side Salads											
Caesar Salad	220	160	18	3.5	0	15	360	11	2	2	4
Green Goddess Wedge	540	460	51	11	0	55	1140	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 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											
Broccoli Cheese Soup	280	200	22	14	1	75	1340	12	2	5	11
Chicken Tortilla Soup	160	60	7	1.5	0	15	830	17	2	2	7
Chili	410	220	25	12	1	105	960	12	2	6	34
French Onion Soup	330	180	20	11	0	50	1400	22	2	5	16
Loaded Potato Soup	390	300	33	21	0.5	50	790	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	1050	16	1	9	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	95	1000	1	1	0	33
8 oz. USDA Select Sirloin	280	100	12	5	0.5	125	1010	1	1	0	43
Applebee's Riblets Platter (without sauce) (includes side)	1360	730	81	25	0	290	1800	77	8	15	80
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 Plate (without sauce) (includes side)	940	490	54	16	0	180	1390	62	5	4	52
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)	660	300	34	11	1	140	1150	41	6	5	49
Double-Glazed Baby Back Ribs, Full Rack (without sauce)	760	520	58	23	0	255	820	1	1	1	62
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 (without sauce)	380	260	29	12	0	130	410	0	1	0	31
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	560	320	35	19	1.5	265	1900	5	2	2	55
Toppers											
Crispy Onion Tangles	190	120	14	2.5	0	0	125	14	1	2	2
Grilled Onions	45	25	2.5	0.5	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	280	220	24	15	1	145	930	4	1	1	13
Add On											
Grilled Shrimp Skewer	110	80	9	4	0	100	450	1	0	0	8
Add Grilled Shrimp	150	70	8	3.5	0	150	980	5	1	1	15
Add Fried Shrimp	510	310	34	6	0	100	1750	37	3	14	13
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	410	140	16	8	0	50	940	44	3	2	22
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	270	30	15	1	85	1300	41	3	3	12
Loaded Garlic Mashed Potatoes	390	200	22	8	0	50	870	36	3	4	11
Steamed Broccoli	100	70	7	4	0	20	180	6	0	2	3
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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	600	240	26	8	0	215	2100	42	7	5	51
Cedar Grilled Lemon Chicken	600	230	26	4.5	0	135	2680	51	5	16	44
Chicken Fried Chicken	1180	540	60	16	0.5	150	2780	103	10	6	59
Chicken Tenders Platter	1460	720	80	14	0	105	3490	135	9	22	49
Chicken Tenders Plate	1150	570	64	11	0	80	2800	109	7	13	36
Chicken Wonton Stir Fry	790	180	20	4	0	135	2790	104	7	24	51
Classic Chicken Parmesan (without breadstick)	1380	510	57	18	1	175	2970	136	13	19	84
Breadstick	190	60	7	2	0	5	290	25	1	2	5
Fiesta Lime Chicken®	1100	510	57	14	0.5	185	3770	96	7	9	55
Grilled Chicken Breast (choice of side not included)	190	40	4	1.5	0	135	1080	0	1	0	38
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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 (choice of side not included)	590	360	40	18	1.5	195	890	12	2	3	45
Blackened Tilapia	490	200	22	9	0	95	1520	43	8	4	33
Cedar Salmon with Maple Mustard Glaze (choice of side not included)	350	90	10	2	0	95	1660	28	2	18	37
Double Crunch Shrimp	1320	670	74	13	0	200	3700	130	9	25	33
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	150	2620	106	7	24	28

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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	1560	850	95	49	2	220	2920	136	6	13	45
Blackened Shrimp Alfredo	1160	650	72	45	2.5	365	2780	80	8	8	52
Classic Broccoli Chicken Alfredo	1270	680	75	46	2.5	360	2920	79	8	8	75
Classic Chicken Parmesan	1380	510	57	18	1	175	2970	136	13	19	84
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	1420	460	51	21	1	155	3310	171	7	51	68
Spinach & Artichoke Chicken Penne	870	350	39	13	0.5	160	2610	72	5	6	61
Three Cheese Chicken Penne	1170	620	69	42	2.5	340	2860	72	5	8	69

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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)	1180	710	79	21	1	315	2480	71	7	29	48
Crispy Chicken Tender Salad (with Grilled Chicken)	960	560	62	18	1	400	2470	42	6	29	61
Fiesta Chopped Salad	830	370	41	11	0.5	100	1330	80	12	21	36
Grilled Chicken Caesar Salad (with Grilled Chicken)	770	490	55	11	0	175	2010	26	7	6	47
Grilled Chicken Caesar Salad (with Blackened Shrimp)	660	460	51	10	0	190	1830	27	7	6	25
Grilled Steak Caesar Salad	720	510	56	12	0.5	105	1740	26	6	6	31
Oriental Chicken Salad (with Crispy Chicken)	1440	870	97	14	0	50	1630	110	11	37	36
Oriental Chicken Salad (with Grilled Chicken)	1310	750	84	13	0	135	2240	94	10	47	51
Southwestern Salad (with Steak)	960	560	62	16	1	105	1910	63	11	8	38
Southwestern Salad (with Grilled Chicken)	1010	550	61	15	0.5	175	2580	64	11	8	54
Thai Shrimp Salad	410	190	21	3	0	150	1480	32	8	14	27

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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	720	80	29	2.5	360	2430	64	4	13	65
Classic Bacon Cheeseburger (without cheese)	880	500	55	18	2	165	1280	46	3	8	50
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	48	16	2	135	980	45	3	7	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	48	16	2	135	980	45	3	7	42
Quesadilla Burger	1330	840	93	38	2.5	245	3000	50	6	7	74
Triple Bacon Burger	1170	710	79	29	2	230	1830	51	3	11	65
Whisky Bacon Burger	1280	750	83	29	2	210	1900	73	4	10	62
Burger Add Ons											
Extra Bacon	100	60	7	2.5	0	30	300	1	0	0	8
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	530	260	28	5	0	0	1140	62	3	6	7
Caesar Salad	220	160	18	3.5	0	15	360	11	2	2	4
Small Caesar Salad	210	160	18	3.5	0	15	350	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 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
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 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
Top Off Fries											
Add Chili & Cheese	240	140	16	8	0.5	50	820	9	2	4	17
<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 9/3/18. Good Thru 11/11/18.</p> <p style="text-align: center;">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											



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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	235	2470	49	3	11	65
Clubhouse Grille	1060	540	60	17	1	125	2700	79	6	24	52
Zesty Chicken Sandwich	880	470	52	11	0	90	2550	69	4	8	34
Wraps & Tacos											
BBQ Brisket Tacos	1110	530	59	17	0.5	100	2580	105	7	27	38
Chicken Fajita Rollup	1090	590	65	27	1.5	215	3480	67	5	8	60
Grilled Chicken Bacon Wrap	770	240	27	10	0	190	3400	73	3	21	60
Sides											
Classic Fries	430	180	20	3.5	0	0	960	57	4	0	5
Onion Rings	530	260	28	5	0	0	1140	62	3	6	7
Caesar Salad	220	160	18	3.5	0	15	360	11	2	2	4
Small Caesar Salad	210	160	18	3.5	0	15	350	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 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
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 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
Top Off Fries											
Add Chili & Cheese	240	140	16	8	0.5	50	820	9	2	4	17
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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	360	11	2	2	4
Chicken Fajita Rollup	780	400	45	16	1	115	2560	61	4	7	35
Fiesta Chopped Salad	320	140	16	4	0	75	800	23	4	7	24
Honey Pepper Chicken Tenders	970	320	36	7	0	40	1900	137	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 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	390	300	33	21	0.5	50	790	13	2	3	9
Three Cheese Chicken Penne	490	230	25	15	1	140	1210	34	3	3	32
Tomato Basil Soup	180	100	11	5	0	25	1050	16	1	9	5
Signature											
Chicken Tortilla Soup	160	60	7	1.5	0	15	830	17	2	2	7
Clubhouse Grille	530	270	30	9	0	65	1350	39	3	12	26
Crispy Chicken Tender Salad	630	380	42	11	0	250	1270	37	4	16	27
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	600	170	19	8	0	55	1230	80	3	25	27
French Onion Soup	330	180	20	11	0	50	1400	22	2	5	16
Grilled Chicken Bacon Wrap	620	190	21	8	0	105	2300	72	3	21	37
Grilled Chicken Caesar Salad	310	180	20	4	0	80	890	11	3	2	23
Oriental Chicken Salad (with Crispy Chicken)	460	270	30	4.5	0	25	680	35	3	9	15
Oriental Chicken Salad (with Grilled Chicken)	440	220	25	4	0	70	1290	33	3	19	23
Southwestern Chicken Salad	500	270	30	7	0	90	1290	31	5	4	27
Thai Shrimp Salad	210	100	11	1.5	0	75	770	16	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	1320	640	71	21	0	55	660	158	4	96	15
Blue Ribbon Brownie	1520	590	65	36	0	225	630	211	2	145	26
Brownie Bite	350	130	15	9	0	45	140	51	1	34	5
Butter Pecan Blondie	1110	560	62	32	0	170	700	122	4	68	17
Chocolate Chip Cookie Sundae	1410	590	66	40	0.5	160	780	187	5	123	21
Hot Fudge Sundae Shooter	400	180	20	14	0	65	160	50	0	37	6
Triple Chocolate Meltdown®	1060	510	56	28	0	125	450	125	8	69	15

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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	330	37	13	1	105	1290	43	2	7	29
Cheesy Pizza	680	260	29	13	0	40	1160	83	4	12	25
Chicken Quesadilla	370	160	18	8	0	50	760	35	2	1	18
Chicken Taco	240	70	8	3.5	0	75	600	20	1	1	21
Chicken Tenders	300	140	16	3	0	40	820	22	1	0	18
Corn Dog	200	90	10	2.5	0	35	580	19	1	5	7
Crispy Shrimp	170	80	9	1.5	0	60	530	15	1	1	9
Grilled Chicken Alfredo	710	420	46	29	1.5	205	1430	40	2	4	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	340	160	17	7	0	30	1070	31	2	5	16
Sliced Strawberries with Vanilla Yogurt	100	15	1.5	1	0	5	55	17	1	16	4
Kids Drinks											
1% Chocolate Milk	160	25	2.5	1.5	0	10	220	27	0	25	8
1% Milk	110	25	2.5	1.5	0	10	130	13	0	12	8
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	820	290	32	18	0	130	340	118	2	95	19
Oreo Cookie Shake	790	340	38	20	0	130	450	95	1	70	19
Strawberry Shake	810	280	31	18	0	130	310	116	0	98	18
Vanilla Shake	630	280	31	18	0	130	310	71	0	56	18
Kids Sundaes											
Hot Fudge Sundae	400	180	20	14	0	65	160	50	0	37	6
Oreo Sundae	400	190	21	12	0	65	190	48	1	34	7
Strawberry Sundae	360	140	15	9	0	65	105	51	0	43	6
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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)
Tropical Refreshers											
Tropical Lemonade	170	0	0	0	0	0	0	45	0	42	0
Tropical Iced Tea	90	0	0	0	0	0	25	22	0	21	0
Tropical Pepsi	150	0	0	0	0	0	15	39	0	38	0
Tropical Sierra Mist	150	0	0	0	0	0	15	39	0	38	0
Tropical Mountain Dew	160	0	0	0	0	0	30	41	0	40	0
Tropical Coke	150	0	0	0	0	0	5	39	0	38	0
Tropical Sprite	150	0	0	0	0	0	20	37	0	36	0
Lemonade/Iced Tea 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
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
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
Classic 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
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
Signature Sodas											
Strawberry Sparkler	190	0	0	0	0	0	20	48	0	47	0
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
Winter Dew	170	0	0	0	0	0	25	44	0	42	0
Decadent 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
Tea & Coffee											
Brewed Iced Tea	0	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 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
<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 9/3/18. Good Thru 11/11/18.</p> <p style="text-align: center;">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											



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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 Beverages											
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
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
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
Mamrita, Mucho	280	0	0	0	0	0	20	37	0	34	0
Perfect Margarita	310	0	0	0	0	0	610	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	270	0	0	0	0	0	15	38	1	30	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
Vodka											
Double Bacon Bloody Mary, Mucho	290	90	10	2.5	0	30	1580	7	0	3	9
Long Island Iced Teas											
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
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	150	0	0	0	0	0	5	14	0	13	0
Irish Peach Sour	220	0	0	0	0	0	0	22	0	20	0
Margarita/Blue Agave 'Rita, Rocks - Mango	200	0	0	0	0	0	40	30	1	26	0
Margarita/Blue Agave 'Rita, Rocks, Mucho - Mango	280	0	0	0	0	0	50	37	1	32	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	220	0	0	0	0	0	10	28	1	27	0
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