



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 11/12/18. Good Thru 12/30/18.

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)



Nutrition Information

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Bigger Bolder Grill 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)
Grilled Shrimp Skewer & Crispy Shrimp & 6 oz. USDA Select Top Sirloin	1080	500	56	15	1	285	3140	87	11	20	61
Crispy Shrimp & Grilled Salmon	1470	790	88	19	1	265	3230	108	12	26	64
6 oz. USDA Select Top Sirloin & ½ Rack Baby Back Ribs (without sauce)	1320	740	82	27	1	295	2380	68	10	16	82
Honey BBQ Sauce	80	5	0.5	0	0	0	190	18	0	10	0
Texas Style BBQ Sauce	80	0	0	0	0	0	300	18	2	14	0
½ Rack Baby Back Ribs (without sauce) & Grilled Chicken Breast	1340	720	79	26	1	340	2580	73	10	20	87
Honey BBQ Sauce	80	5	0.5	0	0	0	190	18	0	10	0
Texas Style BBQ Sauce	80	0	0	0	0	0	300	18	2	14	0
Grilled Shrimp Skewer & Grilled Chicken Breast	930	400	45	12	1	270	2810	77	10	24	58
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
Chicken Wonton Tacos	570	250	27	6	0	120	1550	46	3	16	36
Triple Chocolate Meltdown	1060	510	56	28	0	125	450	125	8	69	15
Perfect Jolly Margarita, Cherry	360	0	0	0	0	0	10	54	0	44	0
Perfect Margarita	310	0	0	0	0	0	610	41	1	32	0
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Information As Of 11/12/18. Good Thru 02/24/19.

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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	1200	420	47	14	0.5	50	4460	154	7	19	38
Brisket Quesadilla	950	550	61	27	2	130	2450	61	4	6	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	2000	1150	127	57	3	275	5470	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	1130	600	66	28	1.5	110	3530	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
The Classic Combo (with brisket quesadilla) (without sauce or dressing)	2280	1190	132	43	2	185	6150	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	570	180	20	9	0.5	35	2500	74	3	5	23
Brisket Quesadilla	770	470	52	22	1.5	100	2070	44	4	5	33
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	1130	600	66	28	1.5	110	3530	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	980	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)	950	640	71	28	0	340	500	1	1	1	78
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)	470	320	35	14	0	170	250	0	1	0	39
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
Shrimp 'N Parmesan Sirloin (6 oz.)	480	280	31	18	1	235	1890	5	2	2	45
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	120	80	9	4	0	115	520	1	0	0	10
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	490	260	28	15	1	85	1200	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	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	8	4.5	0	20	210	6	2	2	3
Please note that entrees are listed without choice of side unless otherwise noted, sides listed 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	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	43
Chicken Fried Chicken	1180	550	61	16	0.5	150	2810	103	9	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 (side not included)	190	35	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 (side not included)	590	360	40	18	1.5	195	890	12	2	3	45
Blackened Tilapia	500	210	24	10	0	100	1550	43	8	4	32
Cedar Salmon with Maple Mustard Glaze (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	73	45	2.5	365	2810	80	8	8	52
Classic Broccoli Chicken Alfredo	1270	680	76	47	2.5	365	2950	78	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	1460	620	68	30	1.5	195	3250	150	6	54	63
Stuffed Rigatoni with Tomato Basil Meat Sauce	880	290	33	15	1	100	2450	103	13	14	48
Creamy Penne Pasta with Sliced Prime Rib	1390	870	97	53	3	260	3170	81	6	12	53
Three Cheese Chicken Penne	1170	620	69	42	2.5	340	2860	72	5	8	69
Please note that entrees are listed without choice of breadstick, breadstick listed separately.											
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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	15	0	50	1640	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	390	170	19	2.5	0	150	1460	30	8	14	26

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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	2380	64	5	13	65
Classic Bacon Cheeseburger (without cheese)	880	500	55	18	2	165	1230	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	940	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	940	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	1780	51	3	11	65
Whisky Bacon Burger	1290	750	84	30	2	210	1870	72	4	18	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											
Chili & Cheese	240	140	16	8	0.5	50	820	9	2	4	17
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	235	2420	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	2500	69	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	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											
Chili & Cheese	240	140	16	8	0.5	50	820	9	2	4	17
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	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	680	280	32	14	1	90	1490	72	3	27	29
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	190	90	10	1.5	0	75	760	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	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	1240	43	2	7	30
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)
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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Nutrition Information

The Dietary Guidelines for Americans recommend consuming less than 10 percent of calories per day from saturated fat and less than 2,300 milligrams per day of sodium for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending on daily calorie consumption. Variations and substitutions will increase or decrease stated nutritional values. Nutritional information on this supplement is accurate as of the date of printing. Items listed may not be available at all restaurants.

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
Mamarita, 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, 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	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	230	0	0	0	0	0	10	31	1	30	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
Summer Squeeze	160	0	0	0	0	0	0	20	0	18	0
Summer Squeeze, Mucho	230	0	0	0	0	0	0	25	0	22	0
Summer Squeeze, Frozen, Mango, Mucho	390	0	0	0	0	0	10	63	5	51	1
Summer Squeeze, Frozen, Mucho	390	0	0	0	0	0	10	63	6	50	1
Summer Squeeze, Frozen, Wildberry, Mucho	270	0	0	0	0	0	5	47	4	38	0
Summer Squeeze Mango	170	0	0	0	0	0	0	24	1	21	0
Summer Squeeze Mango, Mucho	260	0	0	0	0	0	0	32	1	28	0
Summer Squeeze Strawberry	190	0	0	0	0	0	0	29	0	26	0
Summer Squeeze Strawberry, Mucho	300	0	0	0	0	0	0	43	0	38	0
Summer Squeeze Wildberry	180	0	0	0	0	0	0	24	1	21	0
Summer Squeeze Wildberry, Mucho	260	0	0	0	0	0	0	33	1	28	0
Perfect Jolly, Cherry	360	0	0	0	0	0	10	54	0	44	0
Jameson & Ginger	180	0	0	0	0	0	10	13	1	12	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 11/12/18. Good Thru 02/24/19.</p> <p style="text-align: center;">Applicable Only To The U.S.A. Document Is Subject To Updates. Please Check Back Regularly.</p>											