



Applebee's Nutrition FAQ

Applebee's is committed to being as transparent as possible with our nutrition, ingredient, and allergen information. You've got questions, we've got answers! We've compiled a list of the most frequently asked questions from our guests. Please look to see if yours is answered here.

Q: Where can I find nutrition, allergen, and ingredient information for your menu items?

- The nutrition, allergen, and ingredient information for our regular menu items can be found [here](#). Information for each menu item can be viewed by clicking [more info]. For more information regarding menu items that meet specific allergen restrictions, please visit our [Food Allergy Listing](#). Additionally, our [Nutrition Calculator](#) allows for the ability to customize menu items. The calculator will show updated information reflecting the changes instantly, please see example below.

1. To get started, select the menu category followed by the menu item you would like to view:

1 BUILD YOUR MEAL

Start Over

Soups & Side Salads

Select Item

- Select Item
- Caesar Salad
- Chicken Tortilla Soup
- French Onion Soup
- House Salad
- Tomato Basil Soup

Last Updated: 06/21/2022

2 CUSTOMIZE

YOUR MEAL

Nutrition Facts

Serving Size

Amount Per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrates 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Protein 0g

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Disclaimer

2. Make selections for any additional items if required. In this case there is a choice of salad dressing. The nutrition, ingredient, and allergen information will be provided based on your selections:

1 BUILD YOUR MEAL

Start Over

Soups & Side Salads

House Salad

Select Salad Dressing

Honey Dijon Mustard

2 CUSTOMIZE

House Salad

- Croutons
- Cucumbers
- Diced Tomatoes
- Salad Mix
- Shredded Cheese
- Honey Dijon Mustard

ADD TO MEAL

YOUR MEAL

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 330

% Daily Value*

Total Fat 23g 29%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 680mg 30%

Total Carbohydrates 26g 9%

Dietary Fiber 3g 11%

Total Sugars 15g

Protein 7g

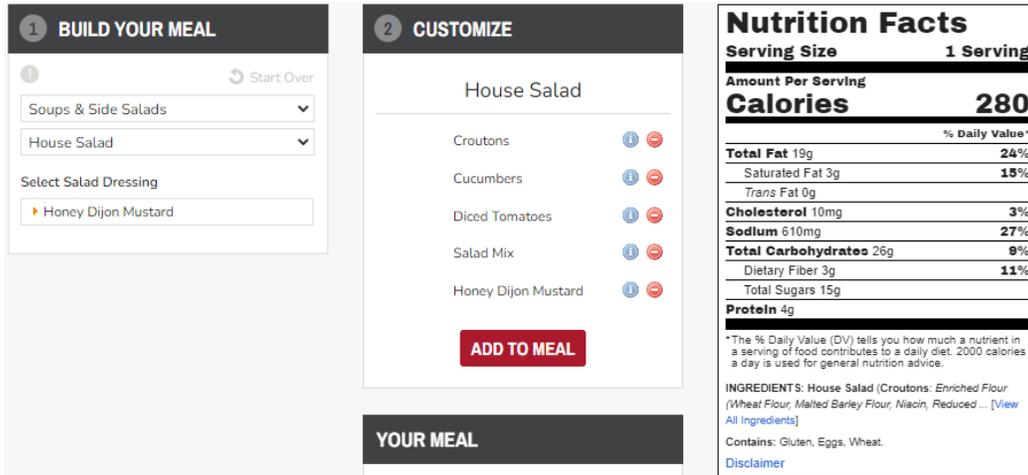
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: House Salad (Croutons: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced ... [View All Ingredients])

Contains: Gluten, Milk, Eggs, Wheat.

Disclaimer

- Hover over the  icon to view a single ingredient in the menu item. To customize, click the  icon to remove unwanted ingredients. All information will auto-populate to reflect the changes. In the example below the Shredded Cheese was removed, and the information was updated accordingly:



The screenshot displays the 'BUILD YOUR MEAL' and 'CUSTOMIZE' sections of the Applebee's online menu builder. The 'BUILD YOUR MEAL' section shows the selection of 'Soups & Side Salads' and 'House Salad' with 'Honey Dijon Mustard' as the dressing. The 'CUSTOMIZE' section lists ingredients: Croutons, Cucumbers, Diced Tomatoes, Salad Mix, and Honey Dijon Mustard, each with an information icon and a minus icon. An 'ADD TO MEAL' button is visible. To the right, the 'Nutrition Facts' panel shows the following information:

Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 610mg	27%
Total Carbohydrates 26g	9%
Dietary Fiber 3g	11%
Total Sugars 15g	
Protein 4g	

Below the nutrition facts, it states: '*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.' The ingredients list includes: 'INGREDIENTS: House Salad (Croutons: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced ... [View All Ingredients])'. Allergen information: 'Contains: Gluten, Eggs, Wheat. Disclaimer'.

Q: Do you offer gluten free menu items?

- Applebee's is proud to offer gluten sensitive menu items. We do not claim our menu items are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (<20 parts per million of gluten). The  icon indicates the menu item meets our gluten sensitive criteria. Please review the [Allergen Notice](#) prior to making menu selections.

Q: Can you accommodate dietary restrictions?

- We are happy to make any modifications or substitutions per guest request. Our nutrition calculator does allow for some modifications which will update the nutrition, allergen, and ingredient information. However, this information may not be available for all modifications.

Q: Is the nutrition information in the restaurants or online the most up to date?

- While we strive to ensure all information up to date, our website is the most accurate as the online platform allows for real time updates.

Q: For some menu items containing soybean oil, why is soy not marked as an allergen?

- The FDA exempts highly refined soybean oil from being labeled as an allergen.

Q: Will sesame be added to your allergen information?

- The FDA has recognized sesame as the ninth top allergen, which will be required to be listed on packaged foods by 2023. We are diligently working with our suppliers to collect sesame information for our products so we can provide this information to our guests.

Q: Which cheeses are vegetarian?

- The American Cheese, Cheddar Cheese, Swiss Cheese, and Pepper Jack Cheese are vegetarian as they are produced using microbial or plant-based enzymes. For more information on our vegetarian offerings, check out the [Vegetarian and Vegan Menu Guide](#).

Q: Does the nutrition and allergen information provided for the entrees include the sides?

- Yes, the information provided includes the sides listed on the menu for each item.

Q: Are the Double Crunch Wings gluten sensitive?

- Yes! The Double Crunch Wings are gluten sensitive because the batter contains rice flour and does not include gluten-containing ingredients. Please note some of our wing sauce options do contain gluten.

Q: The nutrition information for your cocktails is not on the calculator, where can I find this information?

- The nutrition information for our regular cocktails can be found [here](#). Please note some cocktail offerings may not be listed as restaurants are able to customize their beverage menu.

Q: I don't consume pork. How do I know a menu item contains it?

- Some menu items containing pork will be indicated in the menu name and description. For example, our Whisky Bacon Burger. For items that do not specifically call out a pork product in this manner, the  icon designates the item contains pork.

Q: Do any of your menu items contain added monosodium glutamate (MSG)?

- Please reach out to Guest Relations at 888-592-7753 or [complete this form](#) for questions regarding added MSG in our menu items.

Q: Where can I find information regarding ingredients containing artificial flavors, artificial dyes, or preservatives?

- Ingredient lists for our menu items can be found on both the [Nutrition Calculator](#) and on the [Nutrition Facts](#) page on our website.

Still have questions? Please contact Guest Relations at 888-592-7753 or [complete this form](#).