



Vegetarian and Vegan Menu Guide

Applebee's is committed to transparency and we are proud to offer our guests looking for vegetarian and vegan menu items detailed information to make their menu selections. Use the information in this guide to find a menu item that meets your needs. Please note, some menu items have specific modifications required that you will need to tell your server in order to make the menu item vegetarian or vegan.

If you have questions about this information, please contact Applebee's Guest Relations 1-888-592-7753



Vegetarian Menu Guide

Applebee's defines vegetarian as a menu item that may contain dairy, eggs, and honey but does not contain beef, poultry, pork, or seafood. In addition, Applebee's vegetarian menu items do not contain animal sourced gelatin, flavors, colors, or enzymes. Because we have multiple sources of animal products in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item be completely free of animal products. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
Appetizers	
<ul style="list-style-type: none"> Brew Pub Pretzels & Beer Cheese Dip with Dijon Honey Mustard (no beer cheese dip) Crunchy Onion Rings with Honey BBQ Sauce Neighborhood Nachos (no beef or queso blanco) 	<ul style="list-style-type: none"> Sauces to Avoid (may contain rennet or animal enzymes) <ul style="list-style-type: none"> Beer Cheese Dip White Queso Spinach Artichoke Dip Mozzarella Sticks (may contain rennet or animal enzymes) Crispy Cheese Bites (may contain rennet or animal enzymes)
Salads	
<ul style="list-style-type: none"> Crispy Chicken Tender Salad (no chicken) Strawberry Balsamic Chicken Salad (no chicken) 	<ul style="list-style-type: none"> Dressings to Avoid <ul style="list-style-type: none"> Oriental Dressing (contains chicken) Caesar Dressing (contains anchovies) Substitute an Impossible patty for the meat/seafood in any salad
Pasta	
<ul style="list-style-type: none"> Breadsticks with Alfredo Sauce (no alfredo, substitute marinara) 	<ul style="list-style-type: none"> Pasta noodles are vegetarian Sauces to Avoid (may contain rennet or animal enzymes) <ul style="list-style-type: none"> Parmesan Cream Sauce Alfredo Sauce Substitute an Impossible patty for the meat/seafood in any pasta
Irresist-A-Bowls	
<ul style="list-style-type: none"> Southwest Chicken Bowl (no chicken) Tex-Mex Lime Shrimp Bowl (no shrimp) 	<ul style="list-style-type: none"> Substitute an Impossible patty for the meat/seafood in any bowl
Handcrafted Burgers	

<ul style="list-style-type: none"> • Impossible Cheeseburger • Whisky Bacon Burger (<i>substitute Impossible patty, no bacon</i>) • Quesadilla Burger (<i>substitute Impossible patty, no bacon</i>) 	<ul style="list-style-type: none"> • Brioche Bun is vegetarian • Cheeses that are vegetarian <ul style="list-style-type: none"> ○ American Cheese ○ Pepper Jack Cheese ○ Cheddar Cheese ○ Swiss Cheese
Sandwiches & More	
<ul style="list-style-type: none"> • Chicken Fajita Roll Up (<i>no chicken, add black bean corn salsa</i>) 	<ul style="list-style-type: none"> • Breads that are vegetarian <ul style="list-style-type: none"> ○ Potato Bread ○ Brioche Bun ○ Flour Tortilla ○ Cheddar Roll
Sides	
<ul style="list-style-type: none"> • Baked Potato • Fries • Waffle Fries • Garlic Mashed Potatoes • Garlicky Green Beans • Steamed Broccoli • Crunchy Onion Rings • Signature Cole Slaw 	<ul style="list-style-type: none"> • Order the baked potato or mashed potatoes loaded and request no bacon
Soups & Side Salads	
<ul style="list-style-type: none"> • House Salad <ul style="list-style-type: none"> ○ Blue Cheese Dressing ○ Buttermilk Ranch Dressing ○ Dijon Honey Mustard Dressing ○ Honey French Dressing ○ Italian Dressing ○ Lemon Olive Oil Vinaigrette ○ Mexi Ranch Dressing ○ Thousand Island Dressing 	<ul style="list-style-type: none"> • Avoid all soups • Dressings to Avoid <ul style="list-style-type: none"> ○ Oriental Dressing (contains chicken) ○ Caesar Dressing (contains anchovies)
Desserts	
<ul style="list-style-type: none"> • Sizzlin' Butter Pecan Blondie • Triple Chocolate Meltdown • Sugar Dusted Donut Dippers (<i>no powdered sugar</i>) 	



Vegan Menu Guide

Applebee's defines vegan as a menu item that does not contain beef, poultry, pork, seafood, dairy, eggs, and honey. In addition, Applebee's vegan menu items do not contain animal sourced gelatin, flavors, colors, or enzymes. Because we have multiple sources of animal products in our shared cooking and prep areas, including common fryer oil, we are unable to guarantee that any menu item be completely free of animal products. Limited time offers, regional items, test items, or temporary substitutions may not be included.

Menu Items	Tips
Appetizers	
<ul style="list-style-type: none"> Brew Pub Pretzels & Beer Cheese Dip (no beer cheese dip or honey mustard, add marinara) White Queso Dip & Chips (no white queso, add guacamole) 	<ul style="list-style-type: none"> Sauces/Dips that are vegan: <ul style="list-style-type: none"> Marinara Guacamole Chipotle Lime Salsa
Salads	
<ul style="list-style-type: none"> Strawberry Balsamic Chicken Salad (no chicken) 	<ul style="list-style-type: none"> Dressings that are vegan: <ul style="list-style-type: none"> Italian Dressing Lemon Olive Oil Vinaigrette Substitute an Impossible patty for the meat/seafood in any salad
Pasta	
<ul style="list-style-type: none"> Breadsticks with Alfredo Sauce (no alfredo and garlic butter, substitute marinara) 	<ul style="list-style-type: none"> Pasta noodles are vegan Marinara is vegan Substitute an Impossible patty for the meat/seafood in any pasta
Irresist-A-Bowls	
<ul style="list-style-type: none"> Southwest Chicken Bowl (no chicken) Tex-Mex Lime Shrimp Bowl (no shrimp) 	<ul style="list-style-type: none"> Substitute an Impossible patty for the meat/seafood in any bowl
Handcrafted Burgers	
<ul style="list-style-type: none"> Impossible Cheeseburger (no cheese) 	<ul style="list-style-type: none"> Brioche Bun is vegan
Sandwiches & More	
<ul style="list-style-type: none"> No options available at this time 	<ul style="list-style-type: none"> Breads that are vegan <ul style="list-style-type: none"> Brioche Bun Flour Tortilla
Sides	

<ul style="list-style-type: none"> • Baked Potato (<i>no butter or sour cream</i>) • Fries • Waffle Fries • Steamed Broccoli (<i>no butter</i>) 	<ul style="list-style-type: none"> • Ask for a side of black bean corn salsa
Soups & Side Salads	
<ul style="list-style-type: none"> • House Salad (<i>no cheese</i>) <ul style="list-style-type: none"> ○ Italian Dressing ○ Lemon Olive Oil Vinaigrette 	<ul style="list-style-type: none"> • Avoid All Soups
Desserts	
<ul style="list-style-type: none"> • No options available at this time 	