

NUTRITIONAL
GUIDE

The
Cheesecake Factory®

Nutritional Guide

While we're committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided.

The values are derived from standardized recipes and serving sizes.

We will do our best to accommodate special requests to prepare your meal just the way you like it.

Modifications may alter the nutritional values.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ISLAND FAVORITES (HI)											
Blue Hawaiian	250	0	0	0	0	0	10	40	0	38	0
Lava Flow	400	70	8	7	0	0	30	57	3	52	2
Piña Colada	490	120	13	12	0	0	40	59	2	57	1
Big Island Iced Tea	300	0	0	0	0	0	10	36	0	33	0
Mango Eruption	370	35	4	3.5	0	0	25	54	1	52	1
Paradise in a Pineapple	430	40	4.5	4	0	0	20	64	1	62	1
SPECIALTY DRINKS											
Tropical Tiki Punch	320	0	0	0	0	0	25	44	2	41	1
Tropical Tiki Punch (UT)	310	0	0	0	0	0	25	44	2	41	1
Tropical Tiki Punch (HI)	300	0	0	0	0	0	25	41	1	38	1
Tropical Tiki Punch (PR)	310	0	0	0	0	0	35	44	2	41	1
Georgia Peach	340	0	0	0	0	0	10	52	1	50	1
Georgia Peach (UT)	330	0	0	0	0	0	10	54	1	51	1
J.W.'s Pink Lemonade™	360	0	0	0	0	0	10	62	1	58	1
J.W.'s Pink Lemonade™ (UT)	350	0	0	0	0	0	10	62	1	58	1
J.W.'s Pink Lemonade™ (PR)	380	0	0	0	0	0	10	61	1	57	1
Mango Crush (PR)	300	0	0	0	0	0	15	46	0	43	0
Red Sangria	170	0	0	0	0	0	20	26	1	23	0
Red Sangria (PR)	170	0	0	0	0	0	20	26	1	23	0
SkinnyLicious® Red Sangria	110	0	0	0	0	0	20	16	0	15	1
SkinnyLicious® Red Sangria (PR)	120	0	0	0	0	0	20	16	0	15	1
Factory Peach Bellini	270	0	0	0	0	0	10	47	1	43	1
Mai Tai	350	0	0	0	0	0	10	40	1	38	1
Mai Tai (UT)	290	0	0	0	0	0	10	38	1	36	1
Mai Tai (HI)	340	0	0	0	0	0	10	38	0	36	0
Mai Tai (PR)	370	0	0	0	0	0	20	47	1	44	0
Pineapple Moscow Mule	290	0	0	0	0	0	15	40	1	36	0
Pineapple Moscow Mule (UT)	260	0	0	0	0	0	15	40	1	36	0
Whiskey Smash	200	0	0	0	0	0	10	25	0	24	0
Whiskey Smash (PR)	240	0	0	0	0	0	10	33	1	31	0
Whiskey Paradise Punch	310	0	0	0	0	0	20	46	1	43	1
Whiskey Paradise Punch (PR)	340	0	0	0	0	0	20	45	1	41	1
MARTINIS											
Pineapple Ginger Martini	300	0	0	0	0	0	5	43	1	41	0
Pineapple Ginger Martini (UT)	270	0	0	0	0	0	5	40	0	37	0
Cucumber Martini	280	0	0	0	0	0	10	33	0	29	0
Cucumber Martini (PR)	280	0	0	0	0	0	10	33	0	29	0
Blood Orange Martini	300	0	0	0	0	0	5	36	1	34	1
Blood Orange Martini (PR)	290	0	0	0	0	0	5	36	1	35	1
Lemon Drop	280	0	0	0	0	0	0	35	0	33	0
The Well-Mannered Dirty Martini	230	25	3.5	1	0	5	1120	0	3	0	1
The Well-Mannered Dirty Martini (UT)	130	25	3.5	1	0	5	910	0	3	0	1
Strawberry Martini	260	0	0	0	0	0	0	15	0	14	0
Strawberry Martini (UT)	200	0	0	0	0	0	0	15	0	14	0
Bourbon & Honey	290	0	0	0	0	0	0	33	0	31	0
Bourbon & Honey (UT)	280	0	0	0	0	0	0	31	0	29	0
Bourbon & Honey (PR)	270	0	0	0	0	0	0	33	0	31	0
MARGARITAS											
Margarita	290	0	0	0	0	0	125	35	0	31	0
SkinnyLicious® Margarita	140	0	0	0	0	0	125	15	1	9	0
The Ultimate Margarita	310	0	0	0	0	0	210	36	1	32	0
The Ultimate Margarita (UT)	300	0	0	0	0	0	210	36	1	32	0
Passion Fruit Margarita	270	0	0	0	0	0	5	39	0	37	0
Blood Orange Margarita	320	0	0	0	0	0	10	40	2	37	1
Blood Orange Margarita (PR)	300	0	0	0	0	0	10	40	2	38	1
El Diablo	310	0	0	0	0	0	190	23	0	20	0
El Diablo (UT)	260	0	0	0	0	0	160	21	0	18	0
MOJITOS											
Mojito	240	0	0	0	0	0	35	31	2	26	0
Mojito (UT)	260	0	0	0	0	0	35	31	2	26	0
Mojito (PR)	260	0	0	0	0	0	35	32	2	26	0
SkinnyLicious® Mojito	100	0	0	0	0	0	30	9	0	6	0
Pineapple Mojito	240	0	0	0	0	0	30	32	1	29	1
Pineapple Mojito (UT)	270	0	0	0	0	0	30	36	1	33	1
Pineapple Mojito (PR)	240	0	0	0	0	0	30	32	1	29	1
Passion Fruit Mojito	270	0	0	0	0	0	35	34	1	31	1
Passion Fruit Mojito (PR)	280	0	0	0	0	0	45	41	1	38	0
Cucumber Mojito (PR)	310	0	0	0	0	0	45	39	1	29	0
NON-ALCOHOLIC SPECIALTIES											
Passion Mint Fizz	110	0	0	0	0	0	50	27	1	24	1
Orange Coconut Cream Soda	220	45	5	4.5	0	0	60	41	2	39	1
Pineapple Cherry Limeade	140	0	0	0	0	0	50	35	1	33	0
Citrus Sparkler	150	0	0	0	0	0	50	38	1	35	1
Tropical Ginger Cooler	140	0	0	0	0	0	50	37	1	33	1

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals per Srv
BEERS												
Draft Beer (16 oz)	180	0	0	0	0	0	15	15	0	0	2	
Draft Light Beer (16 oz)	120	0	0	0	0	0	15	7	0	0	1	
Bottled Beer (12 oz)	150	0	0	0	0	0	15	13	0	0	2	
Bottled Light Beer (12 oz)	100	0	0	0	0	0	15	6	0	0	1	
SPARKLING WINE												
Sparkling Wine (5-1/2 oz)	150	0	0	0	0	0	0	4	0	2	0	
Sparkling Wine (5 oz) (UT)	140	0	0	0	0	0	0	4	0	2	0	
WHITE WINE												
White Wine (6-1/2 oz)	160	0	0	0	0	0	10	5	0	2	0	
White Wine (5 oz) (UT)	120	0	0	0	0	0	5	4	0	1	0	
RED WINE												
Red Wine (6-1/2 oz)	160	0	0	0	0	0	10	5	0	1	0	
Red Wine (5 oz) (UT)	120	0	0	0	0	0	5	4	0	1	0	
SMALL PLATES & SNACKS												
Little House Salad	260	210	24	2	0	0	250	10	2	6	2	
Greek Salad	380	310	35	7	0	20	940	12	3	6	7	
Spicy Caesar Salad	680	570	64	13	1	50	1170	16	4	4	13	
Korean Fried Cauliflower	1180	700	77	13	1	25	2410	111	7	42	11	
Stuffed Mushrooms	510	380	42	22	1.5	105	490	19	4	5	16	
Crispy Brussels Sprouts	840	620	69	18	1	35	320	45	13	22	10	
Chicken Taquitos	390	200	22	7	0	50	850	31	13	5	16	
"Nashville Hot" Chicken Nuggets	940	570	63	16	1	140	2000	53	4	8	41	
Loaded Baked Potato Tots	990	710	79	26	2	150	1540	52	2	9	19	
Beets with Goat Cheese	300	150	17	3	0	10	490	34	5	26	6	
Cheeseburger Spring Rolls	870	560	62	19	1.5	145	1580	39	3	8	38	
Chicken Samosas	380	180	20	6	0	120	1910	16	3	1	33	
Fried Zucchini	860	580	65	12	1	25	630	58	3	7	12	
Crispy Fried Cheese	1070	670	74	31	1.5	295	1890	49	5	5	52	
Edamame	150	40	4.5	0	0	0	1600	13	6	1	12	
Dynamite Shrimp	600	440	49	8	0.5	165	810	21	1	2	19	
Crispy Crab Bites	430	300	34	6	0	85	560	18	2	3	15	
Ahi Tartare	240	130	14	2	0	20	650	17	4	3	13	
Fresh Basil, Tomato and Cheese Flatbread	320	110	12	7	0	30	990	38	2	2	15	
Roasted Pear and Blue Cheese Flatbread	480	200	22	11	0	45	960	53	3	13	17	
Grilled Chicken Mini Tacos (MDR)	490	250	28	6	0	50	950	37	6	4	25	
Crispy Fish Mini Tacos (MDR)	470	230	26	4	0	25	920	43	6	4	16	
Pork Carnitas Mini Tacos (MDR)	570	290	32	7	0	50	1000	45	6	7	28	
Pepperoni Flatbread (MDR)	430	190	21	12	0	55	1170	38	2	2	20	
APPETIZERS												
Roadside Sliders - Serves 2-4	860	320	36	14	2	135	1800	80	4	18	50	220
Chicken Pot Stickers - Serves 2-4	420	120	14	3	0	100	2700	43	1	15	31	110
Avocado Eggrolls - Serves 2-4	930	430	48	10	0	15	1300	111	14	38	14	230
Quesadilla - Serves 2-4	1050	640	71	37	1.5	150	1860	61	7	6	43	260
Quesadilla (ABQ) - Serves 2-4	1050	640	71	37	1.5	150	1760	62	8	7	43	260
Quesadilla with Chicken - Serves 2-4	1160	680	75	38	1.5	220	1970	61	7	6	63	290
Quesadilla with Chicken (ABQ) - Serves 2-4	1160	680	75	38	1.5	220	1870	62	8	7	63	290
Quesadilla with Kalua Pork (HI) - Serves 2-4	1260	750	84	41	1.5	245	2240	62	7	6	68	320
Fried Macaroni and Cheese - Serves 2-4	1290	850	94	48	2.5	245	1720	71	6	12	40	320
Pork Belly Sliders - Serves 2-4	2060	1350	150	41	1	170	3600	120	6	37	58	520
Southern Fried Chicken Sliders - Serves 2-4	1330	760	85	18	1	150	1780	84	4	14	57	330
Hot Spinach and Cheese Dip - Serves 2-4	1660	1100	123	54	2.5	265	1390	114	13	10	26	420
Tex Mex Eggrolls - Serves 2-4	930	480	53	14	0.5	120	2030	72	10	12	43	230
Fried Calamari - Serves 2-4	1540	980	109	20	1.5	710	1790	97	5	8	44	390
Buffalo Blasts® - Serves 2-4	1680	850	95	25	1.5	190	7070	128	10	10	78	420
Warm Crab & Artichoke Dip - Serves 2-4	1100	750	83	30	2	190	1410	66	3	6	22	280
Sweet Corn Tamale Cakes - Serves 2-4	1410	880	98	45	2.5	215	1960	118	19	40	16	350
Ahi Poke (HI) - Serves 2	430	90	10	1.5	0	80	2980	37	2	24	46	220
Spicy Ahi Tempura Roll (HI) - Serves 2-4	790	490	55	11	1	75	1700	43	3	9	30	200
Eggroll Sampler - Serves 2-4	1360	740	82	22	1	140	2240	111	17	33	44	340
Thai Lettuce Wraps - Serves 2-4	850	240	27	7	0	125	2000	106	9	70	51	210
Fire-Roasted Fresh Artichoke - Serves 2-4	1200	840	94	31	2	115	870	81	45	4	11	300
Factory Nachos - Serves 2-4	2650	1640	183	77	4.5	330	3430	176	23	26	75	660
Factory Nachos with Spicy Chicken - Serves 2-4	2940	1810	201	79	4.5	405	3910	182	24	28	100	740
Factory Nachos with Kalua Pork (HI) - Serves 2-4	2860	1760	195	81	4.5	425	3820	178	23	26	100	720
Guacamole and Chips - Serves 2-4	1420	880	98	19	0.5	30	1110	128	32	7	18	360
Buffalo Wings - Serves 2-4	1130	630	70	19	0	515	5000	14	2	3	109	280
Buffalo Chicken Strips - Serves 2-4	1100	450	50	12	0	135	4930	86	7	11	77	280
Ahi Carpaccio (HI) - Serves 2-4	250	90	10	1.5	0	55	910	11	2	7	28	60
SOUPS												
Cup of Baked Potato Soup	560	350	39	23	1.5	125	1390	38	3	6	13	
Cup of Caramelized Onion Soup	310	140	16	7	0	25	2000	28	4	9	14	
Cup of Chile Lime Chicken Tortilla Soup	320	100	11	2	0	45	1480	31	14	1	24	
Cup of Clam Chowder	370	200	23	14	1	85	1180	29	3	2	13	
Cup of Cream of Chicken Soup	470	270	30	18	1	145	1240	30	3	12	21	
Cup of Mexican Chicken and Vegetable Soup	350	100	12	3.5	0	45	1770	42	6	12	19	
Cup of Wild Mushroom Soup	390	260	29	16	1	60	1260	25	5	12	7	
Bowl of Baked Potato Soup	800	510	57	33	2	180	1930	52	4	9	21	
Bowl of Caramelized Onion Soup	410	190	21	9	0	35	2670	37	6	13	18	
Bowl of Chile Lime Chicken Tortilla Soup	480	160	18	3.5	0	60	2030	47	19	3	32	
Bowl of Clam Chowder	500	270	30	18	1	115	1580	39	4	3	18	
Bowl of Cream of Chicken Soup	630	360	40	23	1.5	195	1650	40	4	16	28	
Bowl of Mexican Chicken and Vegetable Soup	570	190	21	7	0	65	2440	65	9	16	28	
Bowl of Wild Mushroom Soup	520	350	39	21	1.5	75	1680	34	6	15	9	
APPETIZER SALADS												
Tossed Green Salad	140	50	6	1.5	0	0	150	19	4	8	5	
Tossed Green Salad with Balsamic Vinaigrette	610	470	53	5	0.5	0	600	29	5	16	6	
Tossed Green Salad with Blue Cheese Dressing	500	370	41	13	0	50	770	21	5	9	12	
Tossed Green Salad with SK Mustard Vinaigrette	220	100	11	1.5	0	0	1060	27	5	11	5	
Tossed Green Salad with Ranch Dressing	600	500	55	10	1	35	610	22	5	10	6	
Tossed Green Salad with Thousand Island Dressing	620	510	56	9	1	35	670	27	5	14	5	
Caesar Salad	1010	740	83	16	1	60	900	27	8	5	16	
Caesar Salad with Chicken	1230	810	90	17	1	190	1120	27	8	5	55	
French Country Salad	500	350	39	6	0	20	740	28	5	19	9	
Fresh Vegetable Salad	740	500	56	10	1	30	990	54	10	32	15	
Fresh Vegetable Salad with Chicken	970	560	63	11	1	160	1210	54	10	32	54	
Factory Chopped Salad	790	520	58	12	0	100	1250	33	9	20	36	
PIZZA												
Cheese Pizza - Serves 2-3	1290	480	54	26	1	105	3270	149	6	4	54	430
Pepperoni Pizza - Serves 2-3	1470	620	69	31	1	145	4060	151	7	4	62	490
Margherita Pizza - Serves 2-3	1250	440	49	20	1	70	2920	151	7	5	53	420
B.B.Q. Chicken Pizza - Serves 2-3	1570	530	59	31	1	170	4020	181	6	26	80	520
The Everything Pizza - Serves 2-3	1680	760	84	34	1	160	4360	161	8	9	71	560
Hawaiian Pizza (HI) - Serves 2-3	1360	470	52	26	1	125	3810	161	6	13	64	450
Spicy Meat Pizza (HI) - Serves 2-3	1730	770	86	37	1	195	5130	161	8	11	79	580
Kalua Pig Pizza (HI) - Serves 2-3	1510	570	64	30	1	195	3540	159	7	11	77	500
"SUPER" FOODS												
Avocado Toast	850	360	40	6	0	0	1500	108	16	6	18	
California Guacamole Salad	860	570	64	10	0	15	1330	67	20	14	14	
Wellness Salad	840	630	71	8	1	0	1110	44	14	23	13	
Kale and Quinoa Salad	1100	770	86	12	1	20	830	62	14	22	23	
Vegan Cobb Salad	1090	800	90	9	1	0	1290	62	19	19	16	
Almond-Crusted Salmon Salad	1140	720	81	10	0.5	80	930	64	12	29	46	

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ADDITIONS											
Avocado	160	130	14	2	0	0	5	8	6	0	2
Grilled Chicken	220	70	7	1	0	130	220	0	0	0	39
Grilled Shrimp	90	10	1	0	0	155	115	2	0	0	18
Grilled Salmon	220	110	12	2	0	65	105	2	0	0	26
Chargrilled Steak	200	70	7	3	0	95	410	0	0	0	34
LUNCH SPECIALS											
Renee's Special											
One-Half Fresh Turkey Sandwich	820	430	47	16	0	135	1920	68	5	13	32
One-Half Chicken-Almond Salad Sandwich	790	490	55	16	0.5	120	1190	46	5	5	30
Cup of Soup	310 - 560										
Small Green Salad	260	210	24	2	0	0	250	11	2	7	2
Small Caesar Salad	460	380	42	8	0.5	30	460	14	4	3	8
LUNCH SALADS											
Cobb Salad	1060	780	87	19	0.5	280	1310	24	6	14	46
Santa Fe Salad	1140	690	78	15	0.5	95	1340	73	13	24	42
Luau Salad (HI)	780	420	47	7	0	75	1090	56	6	28	35
Chinese Chicken Salad	1050	560	63	8	0.5	75	2000	85	6	44	39
Barbeque Ranch Chicken Salad	1290	790	88	15	1	115	1800	95	3	41	37
Sheila's Chicken and Avocado Salad	1130	720	80	10	0	70	1310	70	13	27	43
Chicken, Mango and Avocado Salad	1060	680	76	8	0.5	75	1410	67	8	33	35
LUNCH CHICKEN SPECIALS											
Crusted Chicken Romano	980	430	48	17	1	185	2190	88	8	12	48
Chicken Piccata	1300	700	78	43	2.5	265	2760	101	6	6	51
Orange Chicken	1370	420	46	8	0	145	1890	170	4	49	67
LUNCH SOUP AND SALAD											
Lunch Soup and Salad											
Cup of Soup	310 - 560										
Small Green Salad	260	210	24	2	0	0	250	11	2	7	2
LUNCH PIZZA AND SALAD											
Cheese Pizza	800	300	34	16	0.5	65	1960	89	4	2	33
Pepperoni Pizza	940	410	46	20	0.5	95	2550	91	4	3	39
Margherita Pizza	740	250	28	11	0	35	1690	90	4	3	29
B.B.Q. Chicken Pizza	950	300	34	16	0.5	95	2430	114	4	19	46
The Everything Pizza	1000	450	50	21	0.5	95	2580	95	5	4	42
Hawaiian Pizza (HI)	860	310	34	16	0.5	75	2280	99	4	9	39
Spicy Meat Pizza (HI)	1030	460	51	22	0.5	110	2940	97	5	6	46
Kalua Pig Pizza (HI)	980	390	43	20	0.5	130	2220	97	4	7	50
Small Green Salad	260	210	24	2	0	0	250	11	2	7	2
Small Caesar Salad	460	380	42	8	0.5	30	460	14	4	3	8
LUNCH PASTA											
Fettuccini Alfredo	1530	910	102	61	3.5	315	2090	114	7	8	39
Fettuccini Alfredo with Chicken	1680	990	110	62	3.5	365	2170	114	7	8	59
Four Cheese Pasta	910	350	39	15	0.5	65	2620	106	8	15	35
Four Cheese Pasta with Chicken	1080	440	49	16	0.5	115	2900	106	8	15	54
Pasta Carbonara	1470	860	96	46	2.5	215	2680	112	8	7	38
Pasta Carbonara with Chicken	1560	870	97	46	2.5	260	2960	112	8	7	57
Spaghetti and Meatballs	1240	480	53	19	1.5	140	3510	133	12	18	58
Pasta da Vinci	1180	540	60	23	1.5	175	1900	106	9	11	54
Pasta with Shrimp and Sausage (HI)	1250	590	66	19	0.5	135	3360	114	9	15	51
Louisiana Chicken Pasta	1430	810	90	45	3	285	2470	108	8	8	48
Spicy Chicken Chipotle Pasta	1250	590	66	24	1.5	145	2470	120	10	15	47
Evelyn's Favorite Pasta	1040	470	52	5	1	5	3480	116	16	11	28
Farfalle with Chicken and Roasted Garlic	1370	740	83	37	2	215	2220	106	10	13	51
Bistro Shrimp Pasta	1370	740	83	37	2.5	265	2430	118	6	6	40
Shrimp with Angel Hair	1040	450	51	4	0	60	3810	106	11	12	39
LUNCH FAVORITES											
Famous Factory Meatloaf	1200	640	71	34	3	350	2760	85	9	25	55
Shepherd's Pie	1070	570	64	31	3	195	2250	69	11	13	54
Fish & Chips	1830	1140	127	22	1.5	165	2710	128	10	33	45
LUNCH SALMON											
Herb Crusted Filet of Salmon	1100	750	84	31	2	225	950	41	4	3	45
Miso Salmon	1000	430	48	24	1.5	195	1260	96	2	26	46
Fresh Grilled Salmon	790	450	50	16	1	160	970	40	5	2	47
Thai Glazed Salmon (PR)	840	280	31	10	0	100	1240	89	4	18	52
GLAMBURGERS®											
French Fries	530	210	23	4	0	0	1250	76	6	13	6
Green Salad	130	110	12	1	0	0	125	6	1	3	1
Sweet Potato Fries	450	180	20	3.5	0	0	670	63	8	26	4
Old Fashioned Burger	1000	560	62	23	2.5	195	1840	63	3	18	47
Stuffed Cheddar Burger	1190	680	76	31	2.5	230	2720	69	4	21	60
Classic Burger	1360	810	90	32	4	275	2480	68	5	22	67
Factory Burger	1750	810	91	32	3.5	245	3780	147	7	19	83
Smokehouse B.B.Q. Burger	1470	790	88	37	3.5	270	3080	99	4	41	68
Mushroom Burger	1490	940	105	41	3.5	260	2660	71	5	21	65
Americana Cheeseburger	1420	870	96	37	3.5	260	3310	77	4	24	61
Macaroni and Cheese Burger	1340	750	83	39	3.5	280	2510	82	5	21	63
Green Chile Cheeseburger (ABQ)	1280	740	82	35	3.5	260	2530	72	6	19	62
Bacon-Bacon Cheeseburger	1610	990	110	45	3.5	315	3420	75	4	27	79
Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce	1020	530	59	23	1	215	2960	59	2	5	63
Spicy Crispy Chicken Sandwich - Chipotle Mayo	1110	640	71	23	1	215	2350	59	2	5	61
B.B.Q. Kalua Pork (HI)	930	410	45	17	0	240	1660	71	3	21	59
Grilled Turkey Burger	1030	510	57	17	1	245	2130	82	8	29	50
Veggie Burger	1240	730	82	24	1	95	2660	107	9	26	24
Impossible® Burger	1100	650	73	33	1	65	2220	60	3	7	51
Hawaiian Fish Sandwich - Mahi (HI)	750	320	36	11	0.5	155	1640	71	5	23	35
Hawaiian Fish Sandwich - Ahi (HI)	780	330	36	11	0.5	120	1580	71	5	23	41
Hawaiian Fish Sandwich - Salmon (HI)	890	470	52	13	0.5	130	1550	71	5	23	36
Hawaiian Fish Sandwich - Ono (HI)	750	320	36	11	0.5	120	1650	71	5	23	38
SPECIALTIES											
Thai Coconut-Lime Chicken	1790	860	97	40	2	335	1680	149	7	32	80
Crispy Pineapple Chicken and Shrimp	1580	440	49	8	0	150	2530	235	6	85	53
Chicken Riesling	1410	720	80	40	2	345	2800	88	6	11	77
Truffle-Honey Chicken	1700	990	110	38	2	285	3020	110	9	11	70
Chicken Parmesan "Pizza Style"	1870	1030	115	56	3	605	3510	90	5	9	120
White Chicken Chili	590	130	15	3.5	0	225	2190	32	8	4	79
White Chicken Chili (ABQ)	560	190	21	3.5	0	125	2320	34	7	5	56
Chicken Katsu (HI)	2580	1320	146	56	3.5	610	4440	203	9	40	111
Chicken Enchiladas	1410	580	65	21	1.5	190	2250	132	13	14	76
Cajun Chicken "Littles"	2150	1030	114	37	2	350	3340	172	12	41	110
Shepherd's Pie	1520	820	91	43	4.5	290	2880	94	15	19	78
Baja Chicken Tacos	1250	490	55	12	0.5	160	2510	121	13	16	71
Grilled Fish Tacos	1030	390	44	6	0	75	1730	119	12	15	44
Crispy Beer Battered Fish Tacos	1380	640	71	12	1	105	1850	138	13	14	51
Grilled Steak Tacos	970	380	43	7	0.5	25	1670	119	13	11	30
Factory Burrito Grande	1860	870	97	42	2	285	4200	157	22	21	94
Factory Burrito Grande (ABQ)	1840	900	100	42	2	235	4150	158	20	22	82
Tuna Poke with White Rice	1050	310	34	5	0	45	2480	149	9	30	39
Tuna Poke with Kale-Cashew Salad	1280	770	86	11	0.5	40	3300	95	13	46	40
Island Style Ahi Poke Bowl with White Rice (HI)	1050	310	34	5	0	45	2480	149	9	30	39
Island Style Ahi Poke Bowl with Kale-Cashew Salad (HI)	1280	770	86	11	0.5	40	3300	95	13	46	40

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Famous Factory Meatloaf	1800	940	105	50	4.5	520	4150	130	14	42	84
Chicken Madeira	1190	600	67	33	1.5	365	1940	70	8	11	77
Chicken Bellagio	1670	770	86	27	1	330	3630	135	8	7	88
Chicken & Biscuits	1620	810	90	37	1.5	310	3260	127	11	24	81
Crusted Chicken Romano	1620	730	81	32	1.5	350	3570	133	12	17	90
Orange Chicken	1690	530	59	10	0	155	2810	218	5	77	74
Parmesan-Herb Crusted Chicken	1330	690	77	39	2.5	410	2720	57	6	4	104
Crispy Chicken Costoletta	1760	1050	116	49	2.5	500	2420	102	11	9	76
Chicken Piccata	1470	750	84	44	2.5	340	2930	103	7	7	78
Spicy Cashew Chicken	1820	480	53	8	0	150	4250	244	14	62	94
Teriyaki Chicken	1560	410	45	10	0	390	4010	193	5	75	97
Lemon-Herb Roasted Chicken	1800	1100	123	42	2.5	525	3090	75	9	16	100
Chicken Marsala and Mushrooms	1510	640	72	33	2	295	4150	130	8	16	87
Bang-Bang Chicken and Shrimp	1410	520	58	24	0	240	1390	147	9	28	76
PASTA											
Lasagna Verde	1320	740	82	34	2	170	2860	84	20	18	61
Pasta Napoletana	2240	1340	150	73	4	370	4630	152	13	18	64
Tomato Basil Pasta	1460	710	80	16	1	115	3510	124	10	16	64
Fettuccini Alfredo	1990	1210	135	81	4.5	420	2660	143	9	11	51
Fettuccini Alfredo with Chicken	2260	1360	151	83	4.5	500	2800	143	9	11	83
Pasta Carbonara	2070	1280	143	69	3.5	320	3500	142	11	11	52
Pasta Carbonara with Chicken	2220	1300	145	69	3.5	400	4030	142	11	11	83
Four Cheese Pasta	1240	540	60	26	1	115	3540	126	10	20	49
Four Cheese Pasta with Chicken	1510	680	76	27	1	195	4070	126	10	20	81
Spaghetti and Meatballs	1650	670	75	27	2	205	4500	167	15	24	78
Evelyn's Favorite Pasta	1480	700	78	8	1.5	10	5120	156	23	18	39
Louisiana Chicken Pasta	2330	1340	149	69	4	500	3740	163	10	12	87
Pasta da Vinci	1560	750	84	36	2	265	2390	129	10	20	72
Pasta with Shrimp and Sausage (HI)	1700	800	89	27	1	195	4730	153	12	23	70
Farfalle with Chicken and Roasted Garlic	2090	1130	126	51	2.5	310	3690	156	14	18	83
Spicy Chicken Chipotle Pasta	1720	900	100	36	2	225	3030	142	13	20	65
Bistro Shrimp Pasta	2010	1180	131	58	3.5	440	3180	152	10	10	58
Shrimp with Angel Hair	1380	610	69	6	0.5	75	5320	142	14	16	51
Cajun Jambalaya Pasta	1550	520	58	32	1.5	735	3310	133	7	18	125
FISH & SEAFOOD											
Fish & Chips	2000	1260	140	25	1.5	205	2970	134	9	32	53
Fried Shrimp Platter	2050	1080	120	22	1.5	280	3230	194	13	41	51
Shrimp and Chicken Gumbo	1450	740	82	38	2.5	445	2290	93	2	12	85
Shrimp Scampi	1280	610	69	33	2	305	2800	122	8	8	45
Seared Ahi Tuna	1090	500	56	20	1.5	120	1670	105	5	17	44
Thai Glazed Salmon (PR)	1040	280	31	11	0	130	1470	121	6	19	70
Jamaican Black Pepper Shrimp	1240	240	27	7	0	360	2020	185	13	61	66
Jamaican Black Pepper Chicken	1340	260	29	7	0	225	1790	182	10	60	89
Jamaican Black Pepper Chicken and Shrimp	1290	270	30	8	0	275	1810	185	14	60	71
Fresh Grilled Salmon	1130	630	70	23	1.5	230	1270	62	9	3	63
Herb Crusted Filet of Salmon	1310	800	89	41	2.5	290	1390	64	5	4	63
Miso Salmon	1340	610	67	31	1.5	240	1430	120	5	27	64
Macadamia Crusted Fresh Hawaiian Fish - Mahi (HI)	1290	660	74	26	1.5	245	1260	102	6	12	52
Macadamia Crusted Fresh Hawaiian Fish - Ahi (HI)	1420	710	79	26	1.5	205	1240	103	6	12	72
Macadamia Crusted Fresh Hawaiian Fish - Salmon (HI)	1650	990	110	31	1.5	220	1190	104	6	12	62
Macadamia Crusted Fresh Hawaiian Fish - Ono (HI)	1240	630	70	25	1.5	175	1200	102	5	12	53
Sesame Crusted Fresh Hawaiian Fish - Mahi (HI)	1420	590	66	7	0.5	185	4970	130	15	19	75
Sesame Crusted Fresh Hawaiian Fish - Ahi (HI)	1490	610	68	7	0.5	130	4870	130	15	19	89
Sesame Crusted Fresh Hawaiian Fish - Salmon (HI)	1700	870	97	12	0.5	145	4830	130	15	19	79
FACTORY COMBINATIONS											
Shrimp Scampi and Steak Diane	1710	1080	120	50	3.5	440	2340	88	7	16	72
Chicken Madeira and Steak Diane	1550	880	98	35	2.5	350	2690	79	8	21	88
Steak Diane and Herb Crusted Salmon	1710	1090	121	48	3.5	355	2210	74	6	15	81
Chicken Madeira and Herb Crusted Salmon	1450	870	96	49	2.5	375	1900	72	6	13	72
Chicken Madeira and Shrimp Scampi	1460	860	96	51	3	460	2030	86	7	15	62
Shrimp Scampi and Herb Crusted Salmon	1610	1070	119	63	4	465	1550	81	6	8	55
STEAKS & CHOPS											
Carne Asada Steak	1300	560	62	25	2	195	1030	129	7	18	58
Chargrilled Bone-In New York Steak	870	420	47	21	1.5	170	1750	56	6	5	57
Grilled Pork Chop	1150	540	60	27	1.5	260	1590	87	7	30	68
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Hibachi Steak	1330	740	82	34	3	270	3140	96	8	35	53
Grilled Rib-Eye Steak	1240	720	80	37	4	270	2160	55	6	3	75
Filet Mignon	860	350	39	19	1.5	265	1580	54	6	3	73
SIDE DISHES											
French Fries	1070	410	46	8	0	0	2500	152	12	25	12
Green Beans	150	100	12	7	0	30	240	9	4	2	3
Sweet Potato Fries	1190	730	81	13	0.5	30	1370	110	14	45	8
Corn Succotash	300	140	16	7	0	0	690	31	9	12	9
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5
Sauteed Spinach	250	180	20	12	1	0	1130	12	6	1	9
Macaroni & Cheese	1550	980	109	65	4	320	2650	92	6	9	51
Oven Roasted Broccoli	220	140	15	4.5	0	0	1200	13	8	2	9
Steamed White Rice (PR)	440	10	1.5	0.5	0	0	80	98	2	0	10
Black Beans (PR)	300	15	1.5	0	0	0	1030	56	12	6	18
Plantains (PR)	630	80	9	1.5	0	0	810	134	12	97	6
Rice and Beans (PR)	380	15	1.5	0	0	0	550	78	7	3	14
Grilled Asparagus	130	80	9	3	0	0	580	8	3	0	5
SALADS											
Caesar Salad	1290	1110	124	23	1.5	85	1320	37	9	7	22
Caesar Salad with Chicken	1520	1180	131	24	1.5	215	1540	37	9	7	61
Sheila's Chicken and Avocado Salad	1830	1160	130	17	0.5	100	2130	120	21	44	64
Chinese Chicken Salad	1750	960	107	15	1	105	2850	140	11	61	59
Luau Salad (HI)	1370	780	87	12	0.5	110	1860	99	10	46	53
Chicken, Mango and Avocado Salad	1570	960	107	12	1	155	2120	97	14	49	65
Chipotle Grilled Shrimp Salad	890	520	58	7	0.5	185	2730	63	11	21	33
Barbeque Ranch Chicken Salad	1710	1000	111	19	1.5	190	2520	126	19	59	61
Santa Fe Salad	1720	1030	115	25	1	185	2220	104	17	37	75
Cobb Salad	1550	1120	125	26	1	415	2310	32	10	19	75
Seared Tuna Tataki Salad	490	260	29	2.5	0	55	1380	18	5	9	42
SALAD DRESSINGS & CONDIMENTS (Per Tbl.)											
Balsamic Vinaigrette	80	70	8	0.5	0	0	75	2	0	1	0
Barbeque Ranch Dressing	80	70	8	1.5	0	5	110	2	0	2	0
Blue Cheese Dressing	60	50	6	2	0	10	100	0	0	0	1
Caesar Dressing	80	80	8	1.5	0	5	70	1	0	0	1
Chinese Plum Dressing	60	40	4.5	0	0	0	260	6	0	6	0
Cilantro Dressing	60	50	6	0.5	0	0	60	1	0	1	1
Citrus Honey Dressing	60	50	6	0	0	0	60	2	0	2	0
Ketchup	20	0	0	0	0	0	160	5	0	4	0
Ranch Dressing	80	70	8	1.5	0	5	75	1	0	0	0
Shallot Vinaigrette	90	80	9	0.5	0	0	55	1	0	1	0
SkinnyLicious® Caesar Dressing	50	45	5	1	0	5	95	1	0	0	1
SkinnyLicious® Mustard Vinaigrette	15	5	1	0	0	0	150	1	0	1	0
SkinnyLicious® Sesame Soy Dressing	20	5	0	0	0	0	250	3	0	2	0
Spicy Peanut Vinaigrette	60	35	4	0.5	0	0	180	4	0	3	1
Thousand Island Dressing	80	80	8	1.5	0	5	85	1	0	1	0

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
SANDWICHES											
French Fries	530	210	23	4	0	0	1250	76	6	13	6
Green Salad	130	110	12	1	0	0	125	6	1	3	1
Sweet Potato Fries	450	180	20	3.5	0	0	670	63	8	26	4
Renee's Special											
One-Half Fresh Turkey Sandwich	820	430	47	16	0	135	1920	68	5	13	32
One-Half Chicken-Almond Salad Sandwich	790	490	55	16	0.5	120	1190	46	5	5	30
Cup of Soup	310 - 560										
Small Green Salad	260	210	24	2	0	0	250	11	2	7	2
Small Caesar Salad	460	380	42	8	0.5	30	460	14	4	3	8
Chicken Salad Sandwich	1060	560	62	15	1	185	2150	71	7	10	56
The Club	1250	620	69	16	1	135	3210	108	6	19	56
Grilled Chicken and Avocado Club	1340	790	88	30	1.5	195	1670	76	7	14	67
Cuban Sandwich	1200	660	74	27	1.5	170	2990	64	3	2	70
Chicken Parmesan Sandwich	2050	1300	145	65	4	265	2920	102	5	8	84
Southwest Chicken Sandwich	1090	540	60	14	1	135	1940	83	7	6	55
California Cheesesteak	1520	710	79	30	2	165	2700	136	8	9	64
California Cheesesteak (PHI)	1240	720	80	30	2	165	2030	76	7	11	56
EGGS & OMELETTES											
Farm Fresh Eggs	260	180	20	4.5	0	475	180	3	0	0	17
Farm Fresh Eggs with Old Smokehouse® Bacon	470	320	36	10	0	520	240	7	0	3	29
Farm Fresh Eggs with Grilled Ham	430	220	24	6	0	555	1800	4	0	1	49
Factory Huevos Rancheros	1010	570	63	28	1.5	890	1650	59	11	8	54
Brioche Breakfast Sandwich	1010	610	68	28	1	515	1610	58	5	8	43
Factory Create An Omelette											
Plain Omelette	610	510	57	16	1	665	620	2	0	1	22
Bacon	120	90	10	3.5	0	20	380	1	0	1	7
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	11	0.5	55	360	1	0	0	14
Jack Cheese	210	150	17	10	0.5	55	350	1	0	0	13
Swiss Cheese	230	160	18	12	1	50	100	0	0	0	16
Fontina Cheese	200	150	16	13	0	45	400	1	0	0	13
Goat Cheese	70	50	5	3.5	0	20	45	1	0	1	5
Avocado	40	30	3.5	0	0	0	0	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	20	0	0	0	0	0	0	2	1	0	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	0	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	0	2	1	1	0
Red Onions	10	0	0	0	0	0	0	3	0	1	0
Green Onions	5	0	0	0	0	0	0	1	0	0	0
Breakfast Tacos	1480	870	97	36	2	590	2620	90	15	11	62
California Omelette	930	620	69	31	1.5	995	1860	21	5	5	55
Spinach, Mushroom, Bacon and Cheese Omelette	850	630	70	31	1	745	1630	8	2	3	48
Loco Moco (HI)	1750	960	107	34	3.5	595	1960	112	4	5	81
Breakfast Burrito	1950	1160	129	57	3	885	3600	112	16	14	89
BREAKFAST ACCOMPANIMENTS											
Breakfast Potatoes	640	360	40	8	0	5	780	63	6	15	7
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
White Toast	330	50	5	2.5	0	0	730	64	2	8	10
Wheat Toast	270	35	4	0	0	0	550	51	5	7	10
Bagel	360	15	1.5	0	0	0	580	74	2	7	11
English Muffin	190	10	1.5	0	0	0	310	37	2	2	6
Sourdough Baguette	280	10	1	0	0	0	670	57	2	1	9
Wheat Baguette	370	40	4	0.5	0	0	550	72	5	15	12
SATURDAY & SUNDAY BRUNCH											
Giant Belgian Waffle	690	370	41	22	1.5	115	680	77	1	50	6
Giant Belgian Waffle with Strawberries, Pecans and Chantilly Cream	990	520	58	28	1.5	145	750	110	5	78	8
Peanut Butter & Banana Waffle	1530	870	97	40	2	145	920	154	10	107	22
Buttermilk Pancakes	1370	600	67	26	1.5	170	2740	171	6	69	23
Buttermilk Pancakes with Wild Blueberries	1470	600	67	26	1.5	170	2740	194	9	90	23
Cinnamon Roll Pancakes	2040	970	110	50	3.5	310	2820	243	2	139	24
Lemon-Ricotta Pancakes	1550	730	82	40	2	260	2320	179	4	101	27
Brunch Combo	1100	650	73	31	1.5	605	1030	83	2	50	30
Bruléed French Toast	2280	1410	158	80	5	625	840	188	21	95	30
Bruléed French Toast with Bacon	2480	1550	173	86	5	665	910	191	21	98	42
Bruléed French Toast with Grilled Ham	2450	1450	162	81	5	705	2470	189	21	96	62
Eggs Benedict with Canadian Bacon and Hollandaise	1220	860	96	52	2.5	325	1680	50	3	3	38
Fried Chicken & Waffles	1160	570	65	28	2	175	1340	113	2	53	33
Fried Chicken & Waffles Benedict	1670	1150	128	71	3.5	425	1440	96	3	48	33
Green Chilaquiles with Carnitas and Eggs	1640	910	101	33	1	945	2230	97	11	14	85
Green Chilaquiles with Chicken and Eggs	1610	900	100	29	1	990	2710	86	11	17	90
Monte Cristo Sandwich	1890	1030	115	64	3.5	860	2380	145	6	70	69
Jambalaya Hash & Eggs	1550	970	108	52	3	665	2160	104	7	13	43
Kids' Brunch with French Toast	1300	780	87	43	2.5	335	460	109	11	61	22
Kids' Brunch with Buttermilk Pancakes	680	330	37	16	1	85	930	75	3	40	14
CHEESECAKES											
Original	830	520	58	36	2	260	510	64	1	52	12
Fresh Strawberry	990	610	68	42	2.5	300	560	82	2	67	12
Celebration Cheesecake	1380	870	97	57	3.5	370	740	115	1	87	15
Very Cherry Ghirardelli® Chocolate Cheesecake	1150	740	82	51	2.5	295	400	97	4	80	11
Chocolate Hazelnut Crunch Cheesecake	1380	860	96	51	2.5	320	510	119	3	93	15
Cinnabon® Cinnamon Swirl Cheesecake	1330	730	82	49	2.5	260	790	141	2	110	11
Salted Caramel Cheesecake	1230	650	72	42	2.5	295	770	130	2	103	15
Coffee & Cream Chocolate Supreme	1200	840	93	58	3	395	300	86	4	75	14
Oreo® Dream Extreme Cheesecake	1620	890	99	58	2.5	285	860	178	7	134	17
Toasted Marshmallow S'mores Galore™	1550	960	106	66	3	345	580	143	6	100	15
Lemon Meringue Cheesecake	1170	650	73	47	2	315	510	118	1	94	13
Adam's Peanut Butter Cup Fudge Ripple	1270	730	82	45	2	250	740	121	4	98	19
Godiva® Chocolate Cheesecake	1230	890	98	61	3	370	260	83	5	73	14
Ultimate Red Velvet Cake Cheesecake™	1570	1040	116	61	4	350	630	125	1	105	14
Reese's® Peanut Butter Chocolate Cake Cheesecake	1520	840	94	44	2	245	980	157	7	126	23
Dulce De Leche Caramel Cheesecake	1380	910	101	62	3.5	390	610	106	2	90	15
White Chocolate Raspberry Truffle®	1210	790	88	56	3	360	550	93	1	79	13
Mango Key Lime Cheesecake	1210	700	78	50	2.5	330	510	117	1	97	12
Fresh Banana Cream Cheesecake	1240	790	88	55	3	400	510	100	3	80	14
White Chocolate Caramel Macadamia Nut Cheesecake	1510	950	106	60	2.5	310	620	131	2	104	13
Lemon Raspberry Cream Cheesecake	1050	650	72	42	2.5	310	410	87	2	75	11
Chocolate Mousse Cheesecake	1210	840	93	57	3	380	480	86	4	70	13
Chocolate Tuxedo Cream® Cheesecake	1180	750	83	50	2.5	290	370	104	5	84	11
CHEESECAKES AND DESSERTS											
Hershey's® Chocolate Bar Cheesecake	1370	790	88	52	2.5	270	660	140	6	115	15
30th Anniversary Chocolate Cake Cheesecake	1300	760	85	50	2.5	295	600	127	6	103	16
Vanilla Bean Cheesecake	1160	780	87	56	2.5	320	480	85	1	69	11
Tiramisu Cheesecake	950	610	68	40	2	215	440	76	1	61	11
Chocolate Chip Cookie-Dough Cheesecake	1410	900	100	60	3	380	670	117	4	86	16
Key Lime Cheesecake	1150	760	85	52	3	465	430	92	1	75	13
Low Carb Cheesecake Sweetened with Splenda®	610	500	55	33	2	245	450	42	10	6	13
Low Carb Cheesecake with Strawberries Sweetened with Splenda®	620	500	55	33	2	245	450	45	11	8	13
Caramel Pecan Turtle Cheesecake	1320	800	89	52	3	345	500	126	6	106	16
Craig's Crazy Carror Cake Cheesecake	1150	670	75	37	2.5	270	390	112	3	95	13
Fresh Pineapple Cheesecake (HI)	1130	640	71	45	2.5	310	520	110	1	92	13
Pumpkin Cheesecake	1050	700	78	48	2.5	330	520	76	2	62	11

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals per Srv
Pumpkin Pecan Cheesecake	1260	800	89	45	2.5	350	450	106	4	75	14	
Peppermint Bark Cheesecake (Price Board)	1460	950	106	72	3	390	360	120	2	112	14	
A La Mode	400	220	24	14	1	110	90	36	0	31	8	
Hot Fudge	300	180	21	13	0	40	15	27	3	19	3	
SPECIALTY DESSERTS												
Linda's Fudge Cake	1450	590	66	29	1.5	145	1040	233	9	165	13	
Black-Out Cake	1550	760	85	39	2	195	1080	195	12	143	21	
Carrot Cake	1710	1090	122	56	3.5	300	1060	146	5	117	15	
Warm Apple Crisp	960	290	32	17	0.5	110	550	162	10	124	10	
Lemoncello Cream Torte™	1140	620	69	36	2	230	540	119	2	85	10	
Tiramisu	1260	830	93	51	3	430	340	92	1	67	13	
Chocolate Tower Truffle Cake™	1760	980	109	60	2.5	370	970	193	11	144	20	
Fresh Strawberry Shortcake	1330	680	76	45	1.5	275	1120	143	3	75	25	
Bowl of Fresh Strawberries	240	130	14	8	0	50	15	26	5	19	3	
ICE CREAM DELIGHTS												
Hot Fudge Sundae	1310	770	86	49	2.5	280	180	116	6	94	20	
Godiva® Chocolate Brownie Sundae - Serves 2-4	1730	1030	114	67	2	340	390	165	10	128	25	430
Bowl of Vanilla Ice Cream	740	450	50	30	1.5	215	150	60	0	53	13	
CREAMY MILKSHAKES												
Chocolate Milkshake	1220	540	60	36	2	215	370	153	3	127	20	
Vanilla Milkshake	1310	670	75	45	3	275	470	138	1	118	23	
Strawberry Milkshake	1310	600	67	41	2.5	245	390	157	4	132	22	
Oreo® Milkshake	1680	850	94	51	3	275	880	183	3	131	27	
ICED & FROZEN DRINKS												
Strawberry Fruit Smoothie	230	5	0.5	0	0	0	15	57	4	46	2	
Tropical Smoothie	400	50	5	4.5	0	0	35	87	2	83	2	
Peach Smoothie	330	5	0	0	0	0	15	82	3	78	2	
Frozen Iced Mango	390	35	4	3.5	0	0	30	88	2	84	2	
HOT DRINKS & ILLY ESPRESSO												
Cafe Latte	150	25	3	2	0	15	190	19	0	17	12	
Cafe Mocha	650	400	44	28	1.5	135	170	50	3	40	12	
Cappuccino	100	20	2	1	0	10	130	13	0	11	8	
Double Espresso	5	0	0	0	0	0	10	1	0	0	0	
Caramel Royale Macchiato	550	230	25	16	1	100	260	69	0	53	10	
Factory Hot Chocolate	780	450	50	31	1.5	150	200	70	4	53	13	
Café (PR)	10	0	0	0	0	0	20	1	0	0	0	
Café Cortadito (PR)	15	5	0.5	0	0	0	15	2	0	1	1	
Café con Leche (PR)	110	50	5	3.5	0	25	85	9	0	7	5	
Freshly Brewed Coffee	5	0	0	0	0	0	0	1	0	0	0	
Cold Brew Iced Coffee	5	0	0	0	0	0	15	0	0	0	0	
Certified Organic Black and Herb Teas	0	0	0	0	0	0	10	0	0	0	0	
Freshly Brewed Black, Green or Tropical Iced Teas	0	0	0	0	0	0	10	0	0	0	0	
The Cheesecake Factory Signature Lemonade	490	5	0	0	0	0	20	120	0	113	1	
Strawberry Lemonade	490	5	0	0	0	0	20	121	1	113	1	
Raspberry Lemonade	490	5	0	0	0	0	20	120	1	113	1	
Cucumber Lemonade	510	5	0	0	0	0	45	124	1	109	1	
Arnold Palmer	250	0	0	0	0	0	15	61	0	57	1	
Coke®	120	0	0	0	0	0	10	30	0	30	0	
Diet Coke®	0	0	0	0	0	0	20	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	15	0	0	0	0	
Fanta Orange Soda (PR)	120	0	0	0	0	0	15	33	0	30	0	
Barq's® Root Beer	130	0	0	0	0	0	25	33	0	33	0	
Sprite®	110	0	0	0	0	0	30	26	0	26	0	
Sprite Zero® (PR)	0	0	0	0	0	0	15	0	0	0	0	
Dr. Pepper®	120	0	0	0	0	0	40	29	0	29	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	60	0	0	0	0	
Fanta Fruit Punch (HI)	120	0	0	0	0	0	25	31	0	31	0	
Fiji Natural Artesian Water	0	0	0	0	0	0	0	0	0	0	0	
San Pellegrino Water	0	0	0	0	0	0	20	0	0	0	0	
Fresh Orange Juice	170	5	0.5	0	0	0	0	39	1	31	3	
Apple Juice	190	0	0	0	0	0	25	44	0	44	0	
SKINNYLICIOUS® COCKTAILS												
SkinnyLicious® Long Island Iced Tea	110	0	0	0	0	0	20	6	0	5	0	
SkinnyLicious® Red Sangria	110	0	0	0	0	0	20	16	0	15	1	
SkinnyLicious® Red Sangria (PR)	120	0	0	0	0	0	20	16	0	15	1	
SkinnyLicious® Margarita	140	0	0	0	0	0	125	15	1	9	0	
SkinnyLicious® Mojito	100	0	0	0	0	0	30	9	0	6	0	
SkinnyLicious® Cosmopolitan	110	0	0	0	0	0	15	9	0	7	0	
SKINNYLICIOUS® SMALL PLATES & APPETIZERS												
Greek Salad	380	310	35	7	0	20	940	12	3	6	7	
Beets with Goat Cheese	300	150	17	3	0	10	490	34	5	26	6	
Little House Salad	260	210	24	2	0	0	250	10	2	6	2	
Edamame	150	40	4.5	0	0	0	1600	13	6	1	12	
Chicken Taquitos	390	200	22	7	0	50	850	31	13	5	16	
Chicken Samosas	380	180	20	6	0	120	1910	16	3	1	33	
SkinnyLicious® Grilled Artichoke	460	210	24	3.5	0	10	760	55	30	3	7	
Crispy Crab Bites	430	300	34	6	0	85	560	18	2	3	15	
Asian Chicken Lettuce Wrap Tacos	410	130	14	4	0	60	980	49	3	31	24	
Mexican Chicken Lettuce Wrap Tacos	220	80	9	2.5	0	75	690	14	5	7	24	
Chicken Pot Stickers	420	120	14	3	0	100	2700	43	1	15	31	
Ahi Tartare	240	130	14	2	0	20	650	17	4	3	13	
SKINNYLICIOUS® FRESH BAKED FLATBREADS												
Fresh Basil, Tomato and Cheese Flatbread	320	110	12	7	0	30	990	38	2	2	15	
Roasted Pear and Blue Cheese Flatbread	480	200	22	11	0	45	960	53	3	13	17	
SKINNYLICIOUS® SALADS												
Tossed Green Salad	140	50	6	1.5	0	0	150	19	4	8	5	
Tossed Green Salad with SK Mustard Vinaigrette	220	100	11	1.5	0	0	1060	27	5	11	5	
Tossed Green Salad with SK Sesame Soy Dressing	250	70	8	1.5	0	0	1640	39	6	22	7	
French Country Salad	500	350	39	6	0	20	740	28	5	19	9	
SkinnyLicious® Caesar Salad	580	440	49	9	0.5	40	980	26	8	5	12	
SkinnyLicious® Caesar Salad with Chicken	810	510	56	10	0.5	175	1200	26	8	5	52	
SkinnyLicious® Fresh Vegetable Salad	400	150	17	7	0	30	1700	49	11	23	15	
SkinnyLicious® Fresh Vegetable Salad with Chicken	630	220	25	8	0	160	1920	49	11	23	55	
SkinnyLicious® Factory Chopped Salad	530	270	30	10	0	100	1560	32	10	17	36	
SkinnyLicious® Asian Chicken Salad	540	180	20	3	0	80	2720	53	10	25	42	
Mexican Tortilla Salad	560	210	24	5	0	80	1980	59	11	19	30	
Seared Tuna Tataki Salad	490	260	29	2.5	0	55	1380	18	5	9	42	
SKINNYLICIOUS® SPECIALTIES												
SkinnyLicious® Hamburger	580	270	30	11	1.5	105	1260	42	3	9	36	
SkinnyLicious® Veggie Burger	530	170	19	4.5	0	5	1510	76	6	13	13	
SkinnyLicious® Grilled Turkey Burger	510	180	20	6	0	120	1150	51	5	12	32	
SkinnyLicious® Chicken Salad Sandwich	510	210	23	6	0	100	1470	47	5	6	30	
SkinnyLicious® Turkey & Avocado Sandwich	560	240	26	8	0	85	1910	45	4	10	38	
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	890	65	13	14	32	
SkinnyLicious® Shrimp Soft Tacos	510	130	14	3	0	185	940	66	12	13	31	
SkinnyLicious® Chicken Pasta	580	120	14	2	0	55	1790	76	7	10	40	
SkinnyLicious® Chicken Pot Pie	590	260	29	17	1	160	1700	47	6	4	37	
White Chicken Chili	590	130	15	3.5	0	225	2190	32	8	4	79	
White Chicken Chili (ABQ)	560	190	21	3.5	0	125	2320	34	7	5	56	
SkinnyLicious® Chicken Enchiladas	590	160	18	7	0	135	1150	59	9	13	49	
Tuscan Chicken	580	180	20	3	0	235	1010	19	5	5	82	

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals per Srv
Lemon-Garlic Shrimp	510	150	17	9	0.5	200	2070	52	5	2	33	
Skinnylicious® Grilled Salmon	490	330	37	6	0	105	830	20	7	10	44	
Grilled Steak Medallions	440	170	19	10	0.5	140	1320	24	4	6	45	
KIDS' MENU												
Kids' Coke®	70	0	0	0	0	0	5	17	0	17	0	
Kids' Diet Coke®	0	0	0	0	0	0	10	0	0	0	0	
Kids' Coca-Cola® Zero Sugar	0	0	0	0	0	0	5	0	0	0	0	
Kids' Fanta Orange Soda (PR)	60	0	0	0	0	0	10	18	0	17	0	
Kids' Barq's® Root Beer	70	0	0	0	0	0	10	18	0	18	0	
Kids' Sprite®	60	0	0	0	0	0	20	16	0	16	0	
Kids' Sprite Zero® (PR)	0	0	0	0	0	0	10	0	0	0	0	
Kids' Dr. Pepper®	60	0	0	0	0	0	25	16	0	16	0	
Kids' Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	35	0	0	0	0	
Kids' Fanta Fruit Punch (HI)	60	0	0	0	0	0	15	17	0	17	0	
Kids' Milk	180	30	3.5	2	0	20	220	22	0	21	15	
Kids' Apple Juice	170	0	0	0	0	0	20	41	0	40	0	
Kids' Lemonade	270	0	0	0	0	0	10	66	0	62	1	
Kids' Roadside Sliders	390	150	17	6	1	60	790	35	1	5	23	
Kids' Southern Fried Chicken Sliders	770	370	41	9	0	130	1420	51	2	8	49	
Kids' Mini Corn Dogs	610	380	42	15	2	75	1790	41	3	7	17	
Kids' Grilled Cheese Sandwich	700	340	37	21	1	135	1960	73	4	9	18	
Kids' Grilled Cheese Sandwich (Queens)	450	250	28	13	0.5	75	610	35	2	3	15	
Kids' Fried Chicken Strips	700	390	44	8	0.5	95	720	43	3	7	35	
Kids' French Fries	280	100	11	2	0	0	700	40	3	8	3	
Kids' French Fries (Queens)	240	100	11	2	0	0	390	30	3	0	3	
Kids' Fresh Fruit	50	0	0	0	0	0	0	13	1	10	1	
Kids' Pasta with Butter and Parmesan	550	180	20	11	0.5	45	1210	76	4	2	17	
Kids' Pasta with Marinara Sauce	600	160	17	1.5	0	0	1770	91	8	13	20	
Kids' Pasta with Alfredo Sauce	1100	630	70	43	2.5	205	1550	88	6	7	29	
Kids' Spaghetti with Meatball	770	290	32	8	0.5	60	2250	87	8	14	33	
Kids' Macaroni and Cheese	1160	710	79	47	3	225	2030	84	5	9	29	
Kids' Cheese Pizza	800	300	34	16	0.5	65	1960	89	4	2	33	
Kids' Pepperoni Pizza	940	410	46	20	0.5	95	2550	91	4	3	39	
Kids' Pepperoni Pizza (Queens)	830	330	37	16	0.5	70	2220	90	4	2	34	
Kids' Cheese Pizzette (MDR)	360	140	16	10	0	40	930	37	2	2	17	
Kids' Pepperoni Pizzette (MDR)	420	190	21	11	0	50	1160	38	2	2	20	
Kids' Quesadilla	780	440	49	29	1	115	1440	49	2	2	39	
Kids' Quesadilla with Chicken	890	470	52	30	1	180	1550	49	2	2	39	
Kids' Grilled Chicken	450	170	19	11	0.5	135	1410	43	5	5	28	
Kids' Grilled Salmon	580	270	30	13	0.5	135	1250	44	5	5	34	
Kids' Scoop of Ice Cream	310	190	21	12	0.5	90	65	26	0	23	6	
Kids' Mini Hot Fudge Sundae	490	290	32	19	1	110	70	44	2	36	7	
Kids' Strawberries	180	120	13	8	0	50	15	13	2	11	1	
HAPPY HOUR MENU												
Happy Hour Burger	1140	660	74	30	3	225	2700	65	3	19	53	
Long Island Iced Tea	270	0	0	0	0	0	10	34	0	32	0	
Long Island Iced Tea (UT)	270	0	0	0	0	0	10	34	0	32	0	
Cosmopolitan	210	0	0	0	0	0	0	16	0	15	0	
Cosmopolitan (UT)	190	0	0	0	0	0	0	15	0	14	0	
Selected Well Drinks	80-240											
Well Bourbon	80	0	0	0	0	0	0	0	0	0	0	
Well Gin	80	0	0	0	0	0	0	0	0	0	0	
Well Rum	80	0	0	0	0	0	0	0	0	0	0	
Well Scotch	80	0	0	0	0	0	0	0	0	0	0	
Well Tequila	80	0	0	0	0	0	0	0	0	0	0	
Well Vodka	80	0	0	0	0	0	0	0	0	0	0	
Coke®	40	0	0	0	0	0	0	10	0	10	0	
Diet Coke®	0	0	0	0	0	0	0	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	0	0	0	0	0	
Fanta Orange Soda (PR)	40	0	0	0	0	0	0	11	0	10	0	
Barq's® Root Beer	45	0	0	0	0	0	0	11	0	11	0	
Sprite®	35	0	0	0	0	0	10	9	0	9	0	
Sprite Zero® (PR)	0	0	0	0	0	0	0	0	0	0	0	
Dr. Pepper®	40	0	0	0	0	0	10	10	0	10	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	15	0	0	0	0	
Fanta Fruit Punch (HI)	40	0	0	0	0	0	0	10	0	10	0	
Ginger Ale	30	0	0	0	0	0	10	8	0	8	0	
Cranberry Juice	45	0	0	0	0	0	0	11	0	11	0	
Orange Juice	40	0	0	0	0	0	0	10	0	8	1	
Pineapple Juice	50	0	0	0	0	0	0	12	0	12	0	
The Cheesecake Factory Signature Lemonade	160	0	0	0	0	0	0	40	0	37	0	
GLUTEN FREE SMALL PLATES & SNACKS												
Beets with Goat Cheese	300	150	17	3	0	10	490	34	5	26	6	
Edamame	150	40	4.5	0	0	0	1600	13	6	1	12	
GLUTEN FREE APPETIZERS												
Sweet Corn Tamale Cakes - Serves 2-4	1410	880	98	45	2.5	215	1690	118	19	40	16	350
Guacamole and Chips - Serves 2-4	1420	880	98	19	0.5	30	1110	128	32	7	18	360
GLUTEN FREE APPETIZER SALADS												
Tossed Green Salad	60	5	0.5	0	0	0	50	13	4	7	3	
Tossed Green Salad with Blue Cheese Dressing	420	320	36	12	0	50	660	15	4	9	11	
Tossed Green Salad with French Mustard Vinaigrette	630	550	62	6	1	0	570	18	4	12	3	
Tossed Green Salad with Ranch Dressing	520	450	50	8	0.5	35	500	16	4	9	4	
Tossed Green Salad with Thousand Island Dressing	540	460	51	8	0.5	35	570	21	5	14	4	
Caesar Salad	950	660	73	14	1	55	720	16	7	5	13	
Caesar Salad with Chicken	1180	720	81	15	1	185	940	16	7	5	52	
French Country Salad	540	400	45	7	0.5	20	800	27	5	19	9	
Fresh Vegetable Salad	740	500	56	10	1	30	990	54	10	32	15	
Fresh Vegetable Salad with Chicken	970	560	63	11	1	160	1210	54	10	32	54	
Factory Chopped Salad	860	610	68	14	0.5	100	1300	30	9	18	35	
GLUTEN FREE "SUPER" FOODS												
Kale and Quinoa Salad	1100	770	86	12	1	20	830	62	14	22	23	
GLUTEN FREE LUNCH SPECIALS												
Lunch Cobb Salad	1160	910	102	22	1	280	1390	19	6	11	45	
Lunch Four Cheese Pasta	900	400	44	15	0.5	65	2340	101	6	13	24	
Lunch Four Cheese Pasta with Chicken	970	430	47	16	0.5	115	2290	95	6	13	41	
Lunch Evelyn's Favorite Pasta	1030	520	58	6	1	5	3200	111	13	9	17	
Lunch Pasta with Chicken and Roasted Garlic	1440	810	90	37	2	215	2160	113	7	11	43	
Lunch Shrimp with Rotini	870	490	54	4	0	60	2180	70	7	12	27	
Lunch Shepherd's Pie	1070	570	64	31	3	195	2250	69	11	13	54	
Lunch Fresh Grilled Salmon with Corn Succotash	1040	590	66	24	1.5	190	1520	64	7	20	50	
Lunch Fresh Grilled Salmon with Green Beans	860	510	57	21	1.5	180	1060	41	5	4	46	
Lunch Fresh Grilled Salmon with Sautéed Spinach	890	540	60	22	1.5	160	1530	44	7	3	49	
GLUTEN FREE GLAMBURGERS®												
French Fries	530	210	23	4	0	0	1250	76	6	13	6	
Green Salad	160	140	16	1.5	0	0	140	4	1	3	1	
Sweet Potato Fries	450	180	20	3.5	0	0	670	63	8	26	4	
Old Fashioned Burger	850	440	49	15	2	140	1760	64	7	21	43	
Stuffed Cheddar Burger	1040	560	62	23	2	180	2640	70	7	24	56	
Mushroom Burger	1310	800	89	33	3	205	2520	71	9	24	61	
Americana Cheeseburger	1270	740	83	29	3	205	3220	78	8	26	57	
Bacon-Bacon Cheeseburger	1450	870	96	37	3	265	3330	76	8	30	75	
B.B.Q. Kalua Pork (HI)	770	290	32	9	0	185	1580	71	7	24	55	

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Turkey Burger	860	370	41	8	0.5	200	2110	83	10	28	46
Hawaiian Fish Sandwich - Mahi (HI)	600	200	22	3	0	105	1560	72	9	26	31
Hawaiian Fish Sandwich - Ahi (HI)	630	210	23	3	0	65	1490	72	9	26	37
Hawaiian Fish Sandwich - Salmon (HI)	740	340	38	5	0	75	1470	72	9	26	32
Hawaiian Fish Sandwich - Ono (HI)	610	200	23	3	0	70	1580	72	9	26	37
GLUTEN FREE SPECIALTIES											
Shepherd's Pie	1520	820	91	43	4.5	290	2880	94	15	19	78
Lemon-Herb Roasted Chicken	1800	1100	123	42	2.5	525	3090	75	9	16	100
GLUTEN FREE PASTA											
Four Cheese Pasta	1220	600	66	26	1	115	3230	121	8	17	36
Four Cheese Pasta with Chicken	1500	740	82	28	1	195	3760	121	8	17	68
Evelyn's Favorite Pasta	1460	770	85	9	1.5	10	4770	150	20	15	25
Pasta with Chicken and Roasted Garlic	2070	1210	134	51	2.5	310	3320	147	10	15	68
Shrimp with Rotini	1210	660	74	6	0.5	75	3280	101	10	16	35
GLUTEN FREE FISH & SEAFOOD											
Fresh Grilled Salmon with Corn Succotash	1350	770	86	31	2	260	1780	83	8	21	63
Fresh Grilled Salmon with Green Beans	1160	690	77	28	2	250	1330	59	6	4	59
Fresh Grilled Salmon with Sautéed Spinach	1200	720	80	29	2	230	1790	62	8	4	62
GLUTEN FREE STEAKS & CHOPS											
Chargrilled Bone-In New York Steak	870	420	47	21	1.5	170	1750	56	6	5	57
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Grilled Rib-Eye Steak	1240	720	80	37	4	270	2160	55	6	3	75
Filet Mignon	860	350	39	19	1.5	265	1580	54	6	3	73
GLUTEN FREE SIDE DISHES											
French Fries	1070	410	46	8	0	0	2500	152	12	25	12
Green Beans	150	100	12	7	0	30	240	9	4	2	3
Corn Succotash	300	140	16	7	0	0	690	31	9	12	9
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5
Sautéed Spinach	250	180	20	12	1	0	1130	12	6	1	9
GLUTEN FREE SALADS											
Caesar Salad	1220	990	110	21	1.5	85	1090	20	9	6	19
Caesar Salad with Chicken	1450	1050	117	22	1.5	215	1300	20	9	6	58
Cobb Salad	1690	1290	144	30	1.5	415	2400	26	9	15	74
GLUTEN FREE EGGS & OMELETTES											
Breakfast Potatoes	640	360	40	8	0	5	780	63	6	15	7
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
Farm Fresh Eggs	260	180	20	4.5	0	475	180	3	0	0	17
Farm Fresh Eggs with Old Smokehouse® Bacon	470	320	36	10	0	520	240	7	0	3	29
Farm Fresh Eggs with Grilled Ham	430	220	24	6	0	555	1800	4	0	1	49
Factory Create An Omelette											
Plain Omelette	610	510	57	16	1	665	620	2	0	1	22
Bacon	120	90	10	3.5	0	20	380	1	0	1	7
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	11	0.5	55	360	1	0	0	14
Jack Cheese	210	150	17	10	0.5	55	350	1	0	0	13
Swiss Cheese	230	160	18	12	1	50	100	0	0	0	16
Fontina Cheese	200	150	16	13	0	45	400	1	0	0	13
Goat Cheese	70	50	5	3.5	0	20	45	1	0	1	5
Avocado	40	30	3.5	0	0	0	0	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	20	0	0	0	0	0	0	2	1	0	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	0	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	0	2	1	1	0
Red Onions	10	0	0	0	0	0	0	3	0	1	0
Green Onions	5	0	0	0	0	0	0	1	0	0	0
California Omelette	930	620	69	31	1.5	995	1860	21	5	5	55
Spinach, Mushroom, Bacon and Cheese Omelette	850	630	70	31	1	745	1630	8	2	3	48
Loco Moco (HI)	1750	960	107	34	3.5	595	1960	112	4	5	81
GLUTEN FREE SATURDAY & SUNDAY BRUNCH											
Jambalaya Hash & Eggs	1550	970	108	52	3	665	2160	104	7	13	43
GLUTEN FREE DESSERTS											
Coffee & Cream Chocolate Supreme	1200	840	93	58	3	395	300	86	4	75	14
Godiva® Chocolate Cheesecake	1230	890	98	61	3	370	260	83	5	73	14
Bowl of Fresh Strawberries	240	130	14	8	0	50	15	26	5	19	3
Hot Fudge Sundae	1310	770	86	49	2.5	280	180	116	6	94	20
Bowl of Vanilla Ice Cream	740	450	50	30	1.5	215	150	60	0	53	13
GLUTEN FREE SKINNYLICIOUS® SMALL PLATES & APPETIZERS											
Beets with Goat Cheese	300	150	17	3	0	10	490	34	5	26	6
Edamame	150	40	4.5	0	0	0	1600	13	6	1	12
Mexican Chicken Lettuce Wrap Tacos	220	80	9	2.5	0	75	690	14	5	7	24
GLUTEN FREE SKINNYLICIOUS® SALADS											
French Country Salad	540	400	45	7	0.5	20	800	27	5	19	9
SkinnyLicious® Caesar Salad	460	370	41	7	0	40	830	18	7	4	10
SkinnyLicious® Caesar Salad with Chicken	690	430	48	9	0	170	1040	18	7	4	49
GLUTEN FREE KIDS' MENU											
Kids' Pasta with Butter and Parmesan	460	170	20	11	0.5	45	720	66	1	0	5
Kids' Pasta with Marinara Sauce	510	150	17	1.5	0	0	1280	81	5	11	8
Kids' Pasta with Alfredo Sauce	1010	630	70	43	2.5	205	1050	78	3	5	18
Kids' Grilled Chicken	450	170	19	11	0.5	135	1410	43	5	5	28
Kids' Grilled Salmon	580	270	30	13	0.5	135	1250	44	5	5	34
Kids' Scoop of Ice Cream	310	190	21	12	0.5	90	65	26	0	23	6
Kids' Mini Hot Fudge Sundae	490	290	32	19	1	110	70	44	2	36	7
Kids' Strawberries	180	120	13	8	0	50	15	13	2	11	1
GLUTEN FREE HAPPY HOUR MENU											
"Happy Hour" Burger	990	540	60	22	2.5	170	2610	66	7	22	49

