



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 | 230 | 0 | 0 | 0 | 0 | 0 | 10 | 35 | 0 | 33 | 0 |
| Lava Flow | 400 | 70 | 8 | 7 | 0 | 0 | 30 | 58 | 3 | 52 | 1 |
| Piña Colada | 530 | 120 | 13 | 11 | 0 | 0 | 40 | 73 | 2 | 71 | 1 |
| Big Island Iced Tea | 300 | 0 | 0 | 0 | 0 | 0 | 10 | 34 | 0 | 31 | 0 |
| Mango Eruption | 370 | 35 | 4 | 3.5 | 0 | 0 | 25 | 53 | 1 | 51 | 1 |
| Paradise in a Pineapple | 440 | 40 | 4.5 | 4 | 0 | 0 | 20 | 64 | 1 | 62 | 1 |
| SPECIALTY DRINKS | | | | | | | | | | | |
| Tropical Tiki Punch | 330 | 0 | 0 | 0 | 0 | 0 | 15 | 43 | 1 | 39 | 1 |
| Tropical Tiki Punch (UT) | 320 | 0 | 0 | 0 | 0 | 0 | 15 | 44 | 2 | 40 | 1 |
| Tropical Tiki Punch (HI) | 320 | 0 | 0 | 0 | 0 | 0 | 15 | 41 | 2 | 37 | 1 |
| Tropical Tiki Punch (PR) | 310 | 0 | 0 | 0 | 0 | 0 | 30 | 43 | 2 | 39 | 1 |
| Pineapple Moscow Mule | 290 | 0 | 0 | 0 | 0 | 0 | 15 | 40 | 1 | 37 | 0 |
| Pineapple Moscow Mule (UT) | 250 | 0 | 0 | 0 | 0 | 0 | 15 | 40 | 1 | 37 | 0 |
| Red Raspberry | 260 | 0 | 0 | 0 | 0 | 0 | 10 | 37 | 2 | 32 | 1 |
| Georgia Peach | 330 | 0 | 0 | 0 | 0 | 0 | 10 | 52 | 1 | 49 | 1 |
| Georgia Peach (UT) | 330 | 0 | 0 | 0 | 0 | 0 | 10 | 54 | 1 | 51 | 1 |
| J.W.'s Pink Lemonade™ | 300 | 0 | 0 | 0 | 0 | 0 | 10 | 50 | 1 | 47 | 0 |
| J.W.'s Pink Lemonade™ (UT) | 290 | 0 | 0 | 0 | 0 | 0 | 10 | 50 | 1 | 47 | 0 |
| J.W.'s Pink Lemonade™ (PR) | 280 | 0 | 0 | 0 | 0 | 0 | 10 | 46 | 1 | 42 | 0 |
| Frozen Aperol Spritz | 310 | 0 | 0 | 0 | 0 | 0 | 20 | 41 | 1 | 40 | 1 |
| Mango Crush (PR) | 280 | 0 | 0 | 0 | 0 | 0 | 10 | 41 | 0 | 38 | 0 |
| Red Sangria | 170 | 0 | 0 | 0 | 0 | 0 | 15 | 24 | 1 | 21 | 0 |
| Red Sangria (PR) | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 26 | 1 | 23 | 0 |
| SkinnyLicious® Red Sangria | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 16 | 0 | 15 | 1 |
| SkinnyLicious® Red Sangria (PR) | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 16 | 0 | 16 | 1 |
| Factory Peach Bellini | 250 | 0 | 0 | 0 | 0 | 0 | 10 | 46 | 1 | 42 | 1 |
| Whisky & Ginger | 270 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 1 | 33 | 0 |
| Green Eyed Monster | 230 | 0 | 0 | 0 | 0 | 0 | 300 | 29 | 1 | 23 | 0 |
| Mai Tai | 350 | 0 | 0 | 0 | 0 | 0 | 10 | 40 | 0 | 37 | 1 |
| Mai Tai (UT) | 290 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 0 | 35 | 1 |
| Mai Tai (HI) | 330 | 0 | 0 | 0 | 0 | 0 | 10 | 38 | 0 | 36 | 0 |
| Mai Tai (PR) | 370 | 0 | 0 | 0 | 0 | 0 | 20 | 46 | 0 | 43 | 1 |
| Whiskey Smash | 190 | 0 | 0 | 0 | 0 | 0 | 10 | 22 | 0 | 21 | 0 |
| Whiskey Smash (PR) | 220 | 0 | 0 | 0 | 0 | 0 | 10 | 31 | 1 | 29 | 0 |
| DAIQUIRS & MARTINIS | | | | | | | | | | | |
| Guava Daiquiri | 380 | 0 | 0 | 0 | 0 | 0 | 200 | 67 | 1 | 64 | 0 |
| Ruby Red Daiquiri | 220 | 0 | 0 | 0 | 0 | 0 | 15 | 23 | 1 | 21 | 0 |
| Pineapple Ginger Daiquiri | 290 | 0 | 0 | 0 | 0 | 0 | 10 | 42 | 1 | 39 | 0 |
| The Well-Mannered Dirty Martini | 250 | 45 | 6 | 1 | 0 | 5 | 1000 | 0 | 3 | 0 | 1 |
| The Well-Mannered Dirty Martini (UT) | 140 | 40 | 5 | 1 | 0 | 5 | 830 | 0 | 3 | 0 | 1 |
| Cucumber Martini | 260 | 0 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 24 | 0 |
| Cucumber Martini (PR) | 260 | 0 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 24 | 0 |
| Strawberry Blossom | 180 | 0 | 0 | 0 | 0 | 0 | 15 | 25 | 1 | 22 | 1 |
| Bourbon & Honey | 280 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 29 | 0 |
| Bourbon & Honey (UT) | 270 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 0 | 27 | 0 |
| Bourbon & Honey (PR) | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 29 | 0 |
| MARGARITAS & MOJITOS | | | | | | | | | | | |
| Margarita | 290 | 0 | 0 | 0 | 0 | 0 | 125 | 27 | 0 | 24 | 0 |
| SkinnyLicious® Margarita | 140 | 0 | 0 | 0 | 0 | 0 | 125 | 16 | 1 | 9 | 0 |
| The Ultimate Margarita | 290 | 0 | 0 | 0 | 0 | 0 | 210 | 29 | 1 | 26 | 0 |
| The Ultimate Margarita (UT) | 270 | 0 | 0 | 0 | 0 | 0 | 210 | 29 | 1 | 26 | 0 |
| El Diablo | 290 | 0 | 0 | 0 | 0 | 0 | 190 | 20 | 0 | 17 | 0 |
| El Diablo (UT) | 250 | 0 | 0 | 0 | 0 | 0 | 160 | 17 | 0 | 15 | 0 |
| Blue Ginger Margarita | 330 | 0 | 0 | 0 | 0 | 0 | 15 | 47 | 1 | 43 | 1 |
| Passion Fruit Margarita | 240 | 0 | 0 | 0 | 0 | 0 | 5 | 32 | 0 | 31 | 0 |
| Mojito | 240 | 0 | 0 | 0 | 0 | 0 | 15 | 30 | 2 | 26 | 0 |
| Mojito (UT) | 260 | 0 | 0 | 0 | 0 | 0 | 15 | 31 | 2 | 26 | 0 |
| Mojito (PR) | 260 | 0 | 0 | 0 | 0 | 0 | 15 | 31 | 2 | 26 | 0 |
| SkinnyLicious® Mojito | 100 | 0 | 0 | 0 | 0 | 0 | 30 | 9 | 0 | 6 | 0 |
| Pineapple Mojito | 240 | 0 | 0 | 0 | 0 | 0 | 10 | 32 | 1 | 29 | 1 |
| Pineapple Mojito (UT) | 270 | 0 | 0 | 0 | 0 | 0 | 10 | 36 | 1 | 33 | 1 |
| Pineapple Mojito (PR) | 240 | 0 | 0 | 0 | 0 | 0 | 10 | 32 | 1 | 29 | 1 |
| Passion Fruit Mojito | 270 | 0 | 0 | 0 | 0 | 0 | 20 | 34 | 1 | 31 | 0 |
| Passion Fruit Mojito (PR) | 280 | 0 | 0 | 0 | 0 | 0 | 25 | 41 | 1 | 38 | 0 |
| Cucumber Mojito (PR) | 310 | 0 | 0 | 0 | 0 | 0 | 35 | 38 | 1 | 26 | 0 |
| 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 |
| NON-ALCOHOLIC SPECIALTIES | | | | | | | | | | | |
| Passion Mint Fizz | 110 | 0 | 0 | 0 | 0 | 0 | 15 | 27 | 1 | 24 | 1 |
| Orange Coconut Cream Soda | 220 | 45 | 5 | 4.5 | 0 | 0 | 25 | 42 | 2 | 39 | 1 |
| Pineapple Cherry Limeade | 140 | 0 | 0 | 0 | 0 | 0 | 15 | 34 | 0 | 32 | 0 |
| Tropical Ginger Cooler | 140 | 0 | 0 | 0 | 0 | 0 | 15 | 37 | 1 | 33 | 1 |
| SPARKLING WINE | | | | | | | | | | | |
| Sparkling Wine (5-1/2 oz) | 130 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 2 | 0 |
| Sparkling Wine (5 oz) (UT) | 120 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 2 | 0 |
| Sparkling Wine Bottle 375ml | 300 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 5 | 0 |
| Sparkling Wine Bottle 750ml | 600 | 0 | 0 | 0 | 0 | 0 | 5 | 19 | 0 | 10 | 0 |

| | Calories | Fat | 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 |
|---|----------|------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|--------------|
| WHITE WINE | | | | | | | | | | | | |
| White Wine (6-1/2 oz) | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 2 | 0 | |
| White Wine (9 oz) | 220 | 0 | 0 | 0 | 0 | 0 | 15 | 7 | 0 | 3 | 0 | |
| White Wine (5 oz) (UT) | 120 | 0 | 0 | 0 | 0 | 0 | 5 | 4 | 0 | 1 | 0 | |
| White Wine Bottle | 630 | 0 | 0 | 0 | 0 | 0 | 35 | 19 | 0 | 7 | 1 | |
| RED WINE | | | | | | | | | | | | |
| Red Wine (6-1/2 oz) | 160 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 1 | 0 | |
| Red Wine (9 oz) | 220 | 0 | 0 | 0 | 0 | 0 | 10 | 7 | 0 | 2 | 0 | |
| Red Wine (5 oz) (UT) | 120 | 0 | 0 | 0 | 0 | 0 | 5 | 4 | 0 | 1 | 0 | |
| Red Wine Bottle | 630 | 0 | 0 | 0 | 0 | 0 | 30 | 19 | 0 | 5 | 1 | |
| SMALL PLATES & SNACKS | | | | | | | | | | | | |
| Little House Salad | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 10 | 2 | 6 | 2 | |
| Greek Salad | 480 | 390 | 44 | 9 | 0 | 20 | 1050 | 14 | 4 | 8 | 7 | |
| Chicken Taquitos | 390 | 200 | 22 | 7 | 0 | 50 | 850 | 31 | 13 | 5 | 16 | |
| "Nashville Hot" Chicken Nuggets | 960 | 560 | 62 | 18 | 1 | 140 | 2270 | 59 | 4 | 11 | 41 | |
| Spicy Caesar Salad | 640 | 510 | 57 | 13 | 0 | 40 | 1220 | 18 | 5 | 6 | 11 | |
| Korean Fried Cauliflower | 1150 | 640 | 71 | 13 | 0 | 20 | 2570 | 113 | 7 | 44 | 11 | |
| Garlic-Cheese Toast | 830 | 490 | 54 | 35 | 1.5 | 140 | 1710 | 54 | 2 | 4 | 32 | |
| Stuffed Mushrooms | 510 | 380 | 42 | 22 | 1.5 | 105 | 500 | 19 | 4 | 5 | 15 | |
| Crispy Brussels Sprouts | 630 | 460 | 52 | 15 | 1 | 35 | 300 | 35 | 9 | 19 | 7 | |
| Loaded Baked Potato Tots | 1030 | 700 | 78 | 27 | 1 | 165 | 1970 | 53 | 5 | 16 | 25 | |
| Beet and Avocado Salad | 290 | 110 | 12 | 3 | 0 | 5 | 480 | 40 | 9 | 28 | 7 | |
| Cheeseburger Spring Rolls | 850 | 530 | 59 | 19 | 1.5 | 145 | 1620 | 41 | 3 | 10 | 38 | |
| Chicken Samosas | 440 | 220 | 24 | 7 | 0 | 110 | 1220 | 28 | 3 | 8 | 27 | |
| Chicken Zucchini | 780 | 500 | 56 | 11 | 0 | 25 | 870 | 55 | 4 | 11 | 12 | |
| Crispy Fried Cheese | 1070 | 670 | 75 | 31 | 1.5 | 295 | 1900 | 49 | 5 | 5 | 52 | |
| Edamame | 100 | 25 | 3 | 0 | 0 | 0 | 1560 | 11 | 3 | 2 | 8 | |
| Dynamite Shrimp | 570 | 390 | 44 | 8 | 0 | 160 | 880 | 24 | 1 | 4 | 19 | |
| Crispy Crab Bites | 410 | 270 | 31 | 6 | 0 | 85 | 600 | 19 | 2 | 5 | 15 | |
| Ahi Tartare | 240 | 130 | 14 | 6 | 0 | 25 | 680 | 17 | 4 | 3 | 14 | |
| Grilled Chicken Mini Tacos (MDR) | 480 | 240 | 27 | 2 | 0 | 50 | 950 | 37 | 6 | 4 | 25 | |
| Crispy Fish Mini Tacos (MDR) | 480 | 230 | 26 | 3.5 | 0 | 25 | 920 | 43 | 6 | 4 | 16 | |
| Pork Carnitas Mini Tacos (MDR) | 570 | 290 | 32 | 6 | 0.5 | 50 | 1000 | 44 | 6 | 7 | 27 | |
| APPETIZERS | | | | | | | | | | | | |
| Roadside Sliders - Serves 2-4 | 800 | 320 | 35 | 13 | 2 | 135 | 1720 | 70 | 1 | 18 | 48 | 200 |
| Hummus - Serves 2-4 | 1090 | 640 | 71 | 14 | 0.5 | 20 | 2480 | 90 | 6 | 4 | 21 | 270 |
| Avocado Eggrolls - Serves 2-4 | 930 | 430 | 48 | 10 | 0 | 15 | 1300 | 111 | 14 | 38 | 14 | 230 |
| Pretzel Bites with Cheddar Cheese Fondue - Serves 2-4 | 900 | 470 | 52 | 30 | 2 | 100 | 2750 | 71 | 4 | 11 | 33 | 230 |
| Chicken Pot Stickers - Serves 2-4 | 420 | 120 | 14 | 3 | 0 | 140 | 2690 | 42 | 1 | 14 | 31 | 110 |
| Quesadilla - Serves 2-4 | 1040 | 640 | 71 | 37 | 1.5 | 145 | 1880 | 61 | 7 | 6 | 43 | 260 |
| Quesadilla (ABQ) - Serves 2-4 | 1040 | 640 | 71 | 37 | 1.5 | 145 | 1760 | 60 | 8 | 5 | 43 | 260 |
| Quesadilla with Chicken - Serves 2-4 | 1150 | 670 | 75 | 38 | 1.5 | 210 | 1990 | 61 | 7 | 6 | 63 | 290 |
| Quesadilla with Chicken (ABQ) - Serves 2-4 | 1150 | 670 | 75 | 38 | 1.5 | 210 | 1870 | 60 | 8 | 5 | 63 | 290 |
| Quesadilla with Kalua Pork (HI) - Serves 2-4 | 1250 | 750 | 83 | 41 | 1.5 | 240 | 2260 | 62 | 7 | 6 | 68 | 310 |
| Fried Macaroni and Cheese - Serves 2-4 | 1290 | 860 | 95 | 47 | 2.5 | 245 | 1980 | 68 | 6 | 11 | 40 | 320 |
| Southern Fried Chicken Sliders - Serves 2-4 | 1290 | 690 | 77 | 18 | 0.5 | 140 | 1900 | 87 | 1 | 20 | 57 | 320 |
| Hot Spinach and Cheese Dip - Serves 2-4 | 1770 | 1180 | 131 | 59 | 3 | 235 | 1600 | 117 | 13 | 9 | 29 | 440 |
| Tex Mex Eggrolls - Serves 2-4 | 930 | 480 | 53 | 14 | 0.5 | 120 | 2030 | 72 | 10 | 12 | 43 | 230 |
| Fried Calamari - Serves 2-4 | 1520 | 950 | 105 | 20 | 1 | 705 | 1850 | 98 | 5 | 10 | 44 | 380 |
| Buffalo Blasts® - Serves 2-4 | 1670 | 840 | 93 | 25 | 1.5 | 190 | 7080 | 129 | 10 | 11 | 78 | 420 |
| Sweet Corn Tamale Cakes - Serves 2-4 | 1340 | 790 | 88 | 44 | 2.5 | 210 | 1710 | 119 | 19 | 42 | 16 | 340 |
| Ahi Poke (HI) - Serves 2 | 430 | 90 | 10 | 1.5 | 0 | 95 | 3080 | 37 | 2 | 24 | 50 | 220 |
| Spicy Ahi Tempura Roll (HI) - Serves 2-4 | 770 | 460 | 51 | 9 | 0.5 | 80 | 1920 | 44 | 3 | 11 | 33 | 190 |
| Eggroll Sampler - Serves 2-4 | 1340 | 720 | 80 | 21 | 1 | 140 | 2280 | 112 | 17 | 35 | 44 | 340 |
| Thai Lettuce Wraps - Serves 2-4 | 850 | 240 | 27 | 7 | 0 | 125 | 1990 | 105 | 9 | 69 | 51 | 210 |
| Pork Belly Sliders - Serves 2-4 | 2040 | 1310 | 146 | 40 | 1 | 165 | 3670 | 122 | 4 | 41 | 58 | 510 |
| Fire-Roasted Fresh Artichoke - Serves 2-4 | 1170 | 780 | 88 | 31 | 1.5 | 110 | 980 | 84 | 45 | 7 | 10 | 290 |
| Factory Nachos - Serves 2-4 | 2620 | 1630 | 181 | 77 | 5 | 345 | 3400 | 175 | 23 | 26 | 73 | 660 |
| Factory Nachos with Spicy Chicken - Serves 2-4 | 2910 | 1790 | 199 | 79 | 5 | 420 | 3870 | 182 | 24 | 30 | 98 | 730 |
| Factory Nachos with Kalua Pork (HI) - Serves 2-4 | 2830 | 1740 | 193 | 82 | 5 | 440 | 3790 | 177 | 23 | 26 | 97 | 710 |
| Warm Crab & Artichoke Dip - Serves 2-4 | 1170 | 780 | 87 | 33 | 1.5 | 190 | 1710 | 68 | 3 | 9 | 25 | 290 |
| Guacamole and Chips - Serves 2-4 | 1420 | 880 | 98 | 19 | 0.5 | 30 | 1110 | 128 | 32 | 7 | 18 | 360 |
| Buffalo Wings - Serves 2-4 | 1120 | 620 | 69 | 18 | 0 | 515 | 5020 | 16 | 2 | 4 | 109 | 280 |
| Buffalo Chicken Strips - Serves 2-4 | 1090 | 430 | 48 | 11 | 0 | 135 | 4950 | 87 | 7 | 12 | 76 | 270 |
| Ahi Carpaccio (HI) - Serves 2-4 | 250 | 80 | 9 | 1 | 0 | 65 | 1020 | 11 | 2 | 7 | 31 | 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 | 15 | 6 | 0 | 25 | 2010 | 28 | 4 | 9 | 14 | |
| Cup of Chile Lime Chicken Tortilla Soup | 310 | 120 | 13 | 2.5 | 0 | 35 | 1330 | 33 | 5 | 8 | 15 | |
| 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 | 110 | 12 | 4 | 0 | 45 | 1780 | 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 | 34 | 2.5 | 185 | 1940 | 52 | 4 | 9 | 20 | |
| Bowl of Caramelized Onion Soup | 410 | 190 | 21 | 8 | 0 | 30 | 2670 | 37 | 6 | 13 | 19 | |
| Bowl of Chile Lime Chicken Tortilla Soup | 560 | 260 | 29 | 7 | 0 | 65 | 1800 | 51 | 9 | 11 | 24 | |
| 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 | 22 | 8 | 0.5 | 75 | 2450 | 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 | 590 | 29 | 5 | 16 | 6 | |
| Tossed Green Salad with Blue Cheese Dressing | 480 | 330 | 36 | 12 | 0 | 50 | 820 | 25 | 6 | 11 | 11 | |
| 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 | 550 | 410 | 46 | 9 | 0 | 30 | 760 | 26 | 5 | 14 | 5 | |
| Tossed Green Salad with Thousand Island Dressing | 570 | 420 | 47 | 9 | 0 | 25 | 820 | 30 | 5 | 18 | 5 | |
| Caesar Salad | 1010 | 670 | 75 | 16 | 0 | 50 | 1100 | 30 | 8 | 9 | 15 | |
| Caesar Salad with Chicken | 1230 | 740 | 83 | 17 | 0 | 180 | 1320 | 30 | 8 | 9 | 54 | |
| Green Goddess Salad | 1060 | 880 | 98 | 18 | 0 | 50 | 1360 | 33 | 11 | 16 | 10 | |
| Brussels Sprouts and Kale Salad | 1410 | 1110 | 124 | 17 | 0.5 | 20 | 1470 | 49 | 14 | 19 | 26 | |
| Harvest Salad | 780 | 550 | 61 | 9 | 0 | 15 | 820 | 52 | 9 | 38 | 8 | |
| French Country Salad | 500 | 360 | 40 | 7 | 0.5 | 25 | 800 | 28 | 5 | 20 | 9 | |
| Factory Chopped Salad | 790 | 520 | 58 | 11 | 0.5 | 105 | 1230 | 35 | 10 | 20 | 35 | |
| FLATBREAD PIZZAS | | | | | | | | | | | | |
| Cheese Flatbread | 980 | 450 | 50 | 31 | 1 | 125 | 2530 | 83 | 4 | 3 | 49 | |
| Margherita Flatbread | 740 | 270 | 30 | 15 | 0 | 55 | 1770 | 82 | 4 | 4 | 34 | |
| Pepperoni Flatbread | 1100 | 550 | 61 | 32 | 1 | 150 | 3180 | 84 | 4 | 3 | 52 | |
| Pepperoni Flatbread with Hot Honey | 1130 | 550 | 61 | 32 | 1 | 150 | 3180 | 93 | 5 | 11 | 53 | |
| Fresh Basil, Tomato and Cheese Flatbread | 850 | 340 | 38 | 25 | 0.5 | 95 | 2300 | 84 | 4 | 3 | 42 | |
| The Everything Flatbread | 1140 | 570 | 63 | 31 | 1 | 145 | 3030 | 89 | 5 | 6 | 54 | |
| The Everything Flatbread with Kalamata Olives | 1230 | 650 | 72 | 32 | 1 | 145 | 3450 | 90 | 6 | 6 | 55 | |
| Prosciutto and Arugula Flatbread | 1140 | 580 | 64 | 38 | 1.5 | 170 | 2850 | 85 | 3 | 3 | 54 | |
| Roasted Mushrooms Flatbread | 1310 | 750 | 84 | 38 | 1.5 | 145 | 2550 | 94 | 5 | 10 | 50 | |
| Roasted Mushrooms Flatbread with Truffle Oil | 1330 | 770 | 86 | 38 | 1.5 | 145 | 2550 | 94 | 5 | 10 | 50 | |
| Kalua Pig Flatbread (HI) | 1090 | 460 | 51 | 29 | 1 | 190 | 2470 | 92 | 5 | 9 | 65 | |
| Hawaiian Flatbread (HI) | 950 | 360 | 40 | 25 | 0.5 | 125 | 2870 | 94 | 3 | 11 | 54 | |
| Spicy Meat Flatbread (HI) | 1290 | 650 | 72 | 36 | 1 | 190 | 4100 | 93 | 5 | 9 | 66 | |
| "SUPER" FOODS | | | | | | | | | | | | |
| Avocado Toast | 820 | 360 | 40 | 6 | 0 | 0 | 1490 | 105 | 16 | 6 | 17 | |
| California Guacamole Salad | 890 | 590 | 66 | 11 | 0 | 15 | 1360 | 69 | 21 | 15 | 14 | |

| | 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) |
|---|-----------|--------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Wellness Salad | 840 | 630 | 70 | 8 | 0 | 0 | 1180 | 45 | 14 | 23 | 14 |
| Vegan Cobb Salad | 1080 | 800 | 89 | 9 | 0.5 | 0 | 1280 | 58 | 19 | 19 | 16 |
| Almond-Crusted Salmon Salad | 1040 | 660 | 74 | 8 | 0 | 60 | 840 | 62 | 12 | 30 | 36 |
| 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 | 790 | 390 | 43 | 16 | 0 | 130 | 1990 | 69 | 4 | 14 | 32 |
| One-Half Fresh Turkey Sandwich | 770 | 470 | 52 | 15 | 0.5 | 120 | 1230 | 47 | 5 | 6 | 30 |
| One-Half Chicken-Almond Salad Sandwich | 310 - 560 | | | | | | | | | | |
| Cup of Soup | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 11 | 2 | 7 | 2 |
| Small Green Salad | 460 | 340 | 38 | 8 | 0 | 25 | 570 | 15 | 4 | 5 | 8 |
| LUNCH SALADS | | | | | | | | | | | |
| Cobb Salad | 1050 | 770 | 87 | 17 | 1 | 285 | 1290 | 26 | 7 | 14 | 45 |
| Santa Fe Salad | 1140 | 690 | 77 | 15 | 0.5 | 95 | 1330 | 75 | 14 | 26 | 43 |
| Luau Salad (HI) | 770 | 400 | 45 | 6 | 0 | 75 | 1100 | 58 | 6 | 29 | 35 |
| Chinese Chicken Salad | 1050 | 560 | 62 | 8 | 0.5 | 75 | 1990 | 86 | 6 | 44 | 39 |
| Barbeque Ranch Chicken Salad | 1250 | 690 | 76 | 14 | 0 | 100 | 1970 | 101 | 17 | 47 | 37 |
| Sheila's Chicken and Avocado Salad | 1130 | 670 | 74 | 10 | 0 | 70 | 1240 | 79 | 13 | 36 | 43 |
| Chicken, Mango and Avocado Salad | 1050 | 650 | 72 | 8 | 0.5 | 75 | 1380 | 70 | 8 | 37 | 35 |
| LUNCH CHICKEN SPECIALS | | | | | | | | | | | |
| Crusted Chicken Romano | 980 | 440 | 49 | 18 | 1 | 185 | 2210 | 88 | 8 | 12 | 48 |
| Chicken Piccata | 1300 | 700 | 78 | 43 | 2.5 | 265 | 2770 | 101 | 6 | 6 | 52 |
| Orange Chicken | 1370 | 420 | 46 | 8 | 0 | 145 | 1870 | 170 | 4 | 49 | 68 |
| LUNCH SOUP AND SALAD | | | | | | | | | | | |
| Lunch Soup and Salad | 310 - 560 | | | | | | | | | | |
| Cup of Soup | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 11 | 2 | 7 | 2 |
| Small Green Salad | 460 | 340 | 38 | 8 | 0 | 25 | 570 | 15 | 4 | 5 | 8 |
| LUNCH FLATBREAD PIZZA AND SALAD | | | | | | | | | | | |
| Cheese Flatbread | 980 | 450 | 50 | 31 | 1 | 125 | 2530 | 83 | 4 | 3 | 49 |
| Margherita Flatbread | 740 | 270 | 30 | 15 | 0 | 55 | 1770 | 82 | 4 | 4 | 34 |
| Pepperoni Flatbread | 1100 | 550 | 61 | 32 | 1 | 150 | 3180 | 84 | 4 | 3 | 52 |
| Pepperoni Flatbread with Hot Honey | 1130 | 550 | 61 | 32 | 1 | 150 | 3180 | 93 | 5 | 11 | 53 |
| Fresh Basil, Tomato and Cheese Flatbread | 850 | 340 | 38 | 25 | 0.5 | 95 | 2300 | 84 | 4 | 3 | 42 |
| The Everything Flatbread | 1140 | 570 | 63 | 31 | 1 | 145 | 3030 | 89 | 5 | 6 | 54 |
| The Everything Flatbread with Kalamata Olives | 1230 | 650 | 72 | 32 | 1 | 145 | 3450 | 90 | 6 | 6 | 55 |
| Prosciutto and Arugula Flatbread | 1140 | 580 | 64 | 38 | 1.5 | 170 | 2850 | 85 | 3 | 3 | 54 |
| Roasted Mushrooms Flatbread | 1310 | 750 | 84 | 38 | 1.5 | 145 | 2550 | 94 | 5 | 10 | 50 |
| Roasted Mushrooms Flatbread with Truffle Oil | 1330 | 770 | 86 | 38 | 1.5 | 145 | 2550 | 94 | 5 | 10 | 50 |
| Hawaiian Flatbread (HI) | 950 | 360 | 40 | 25 | 0.5 | 125 | 2870 | 94 | 3 | 11 | 54 |
| Kalua Pig Flatbread (HI) | 1090 | 460 | 51 | 29 | 1 | 190 | 2470 | 92 | 5 | 9 | 65 |
| Spicy Meat Flatbread (HI) | 1290 | 650 | 72 | 36 | 1 | 190 | 4100 | 93 | 5 | 9 | 66 |
| Small Green Salad | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 11 | 2 | 7 | 2 |
| Small Caesar Salad | 460 | 340 | 38 | 8 | 0 | 25 | 570 | 15 | 4 | 5 | 8 |
| LUNCH PASTA | | | | | | | | | | | |
| Fettuccini Alfredo | 1550 | 940 | 105 | 63 | 3.5 | 315 | 2220 | 113 | 7 | 8 | 40 |
| Fettuccini Alfredo with Chicken | 1700 | 1010 | 112 | 64 | 3.5 | 355 | 2270 | 113 | 7 | 8 | 60 |
| Four Cheese Pasta | 910 | 350 | 39 | 15 | 0.5 | 65 | 2630 | 106 | 8 | 14 | 35 |
| Four Cheese Pasta with Chicken | 1080 | 440 | 49 | 16 | 0.5 | 105 | 2880 | 106 | 8 | 14 | 55 |
| Pasta Carbonara | 1470 | 860 | 96 | 46 | 2.5 | 215 | 2710 | 112 | 8 | 7 | 38 |
| Pasta Carbonara with Chicken | 1620 | 870 | 97 | 47 | 2.5 | 255 | 2960 | 112 | 8 | 7 | 58 |
| Spaghetti and Meatballs | 1240 | 480 | 53 | 19 | 1.5 | 140 | 3520 | 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) | 1280 | 620 | 69 | 21 | 1 | 145 | 3180 | 114 | 9 | 16 | 51 |
| Louisiana Chicken Pasta | 1290 | 690 | 77 | 43 | 2.5 | 280 | 2440 | 108 | 7 | 11 | 45 |
| Spicy Chicken Chipotle Pasta | 1250 | 590 | 66 | 25 | 1.5 | 140 | 2460 | 121 | 10 | 16 | 48 |
| Pasta Campagna | 1100 | 570 | 63 | 23 | 0.5 | 250 | 3550 | 65 | 5 | 10 | 68 |
| Evelyn's Favorite Pasta | 1080 | 510 | 57 | 6 | 1 | 5 | 3490 | 116 | 16 | 11 | 28 |
| Farfalle with Chicken and Roasted Garlic | 1160 | 570 | 63 | 25 | 1 | 155 | 2260 | 99 | 8 | 11 | 52 |
| Bistro Shrimp Pasta | 1370 | 740 | 83 | 37 | 2.5 | 265 | 2430 | 118 | 6 | 6 | 40 |
| Shrimp with Angel Hair | 1030 | 450 | 51 | 4.5 | 0 | 60 | 3490 | 106 | 11 | 11 | 39 |
| LUNCH FAVORITES | | | | | | | | | | | |
| Famous Factory Meatloaf | 1200 | 630 | 70 | 34 | 3 | 365 | 3170 | 87 | 9 | 26 | 57 |
| Shepherd's Pie | 1080 | 560 | 62 | 30 | 3 | 220 | 2960 | 71 | 11 | 15 | 56 |
| Fish & Chips | 1680 | 970 | 108 | 21 | 0.5 | 155 | 2710 | 127 | 9 | 31 | 44 |
| LUNCH SALMON | | | | | | | | | | | |
| Herb Crusted Filet of Salmon | 1120 | 750 | 83 | 32 | 2 | 235 | 990 | 41 | 4 | 3 | 47 |
| Miso Salmon | 1000 | 430 | 48 | 24 | 1.5 | 195 | 1260 | 96 | 2 | 26 | 46 |
| Fresh Grilled Salmon | 940 | 550 | 61 | 19 | 0.5 | 160 | 1450 | 47 | 9 | 4 | 50 |
| 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 | 5 | 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 | 990 | 540 | 60 | 22 | 2.5 | 195 | 1880 | 64 | 3 | 19 | 46 |
| Stuffed Cheddar Burger | 1180 | 660 | 74 | 31 | 2.5 | 230 | 2750 | 70 | 3 | 22 | 59 |
| Classic Burger | 1340 | 780 | 87 | 31 | 3.5 | 270 | 2530 | 69 | 4 | 23 | 66 |
| Smokehouse B.B.Q. Burger | 1580 | 880 | 97 | 39 | 3.5 | 280 | 3070 | 106 | 3 | 42 | 68 |
| Mushroom Burger | 1470 | 910 | 102 | 40 | 3.5 | 255 | 2700 | 72 | 4 | 22 | 65 |
| Americana Cheeseburger | 1400 | 830 | 93 | 37 | 3 | 255 | 3370 | 79 | 4 | 25 | 60 |
| Macaroni and Cheese Burger | 1330 | 740 | 83 | 39 | 3.5 | 280 | 2560 | 81 | 4 | 21 | 62 |
| Green Chile Cheeseburger (ABQ) | 1270 | 720 | 80 | 35 | 3.5 | 265 | 2570 | 73 | 4 | 20 | 61 |
| Bacon-Bacon Cheeseburger | 1590 | 970 | 108 | 45 | 3.5 | 320 | 3450 | 76 | 3 | 28 | 78 |
| Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce | 1010 | 520 | 57 | 23 | 1 | 215 | 2980 | 60 | 3 | 6 | 63 |
| Spicy Crispy Chicken Sandwich - Chipotle Mayo | 1090 | 590 | 66 | 23 | 1 | 210 | 2420 | 61 | 2 | 7 | 61 |
| Grilled Turkey Burger | 1010 | 480 | 53 | 17 | 0 | 240 | 2180 | 83 | 7 | 30 | 49 |
| Veggie Burger | 1160 | 510 | 57 | 21 | 0 | 80 | 2770 | 136 | 12 | 27 | 27 |
| Impossible® Burger | 930 | 510 | 57 | 29 | 0 | 0 | 2270 | 56 | 3 | 10 | 47 |
| B.B.Q. Kalua Pork (HI) | 930 | 410 | 45 | 17 | 0 | 240 | 1650 | 71 | 3 | 22 | 59 |
| Hawaiian Fish Sandwich - Mahi (HI) | 770 | 300 | 34 | 11 | 0 | 180 | 1720 | 72 | 4 | 24 | 41 |
| Hawaiian Fish Sandwich - Ahi (HI) | 770 | 300 | 34 | 11 | 0 | 130 | 1730 | 72 | 4 | 24 | 43 |
| Hawaiian Fish Sandwich - Salmon (HI) | 890 | 440 | 49 | 14 | 0 | 130 | 1630 | 72 | 4 | 24 | 37 |
| Hawaiian Fish Sandwich - Ono (HI) | 750 | 300 | 34 | 11 | 0 | 120 | 1710 | 72 | 4 | 24 | 40 |
| SPECIALTIES | | | | | | | | | | | |
| Thai Coconut-Lime Chicken | 1870 | 940 | 105 | 43 | 2 | 355 | 1670 | 152 | 7 | 36 | 81 |
| Crispy Pineapple Chicken and Shrimp | 1580 | 440 | 49 | 8 | 0 | 150 | 2520 | 232 | 6 | 82 | 53 |
| Chicken Riesling | 1430 | 750 | 84 | 41 | 2 | 350 | 2820 | 88 | 6 | 11 | 77 |
| Truffle-Honey Chicken | 1680 | 950 | 106 | 36 | 2 | 275 | 3020 | 114 | 9 | 15 | 70 |
| Chicken Parmesan "Pizza Style" | 1870 | 1030 | 115 | 56 | 3 | 600 | 3530 | 89 | 5 | 8 | 120 |
| White Chicken Chili | 590 | 140 | 16 | 3.5 | 0 | 225 | 2230 | 33 | 8 | 4 | 79 |
| White Chicken Chili (ABQ) | 540 | 180 | 21 | 3.5 | 0 | 110 | 2260 | 35 | 7 | 5 | 58 |
| Chicken Enchiladas | 1420 | 580 | 65 | 22 | 1.5 | 205 | 2260 | 133 | 16 | 15 | 75 |
| Chicken Katsu (HI) | 2520 | 1270 | 142 | 51 | 3.5 | 630 | 4540 | 201 | 8 | 40 | 112 |
| Cajun Chicken "Littles" | 2130 | 980 | 110 | 36 | 2 | 345 | 3330 | 177 | 12 | 45 | 110 |
| Shepherd's Pie | 1520 | 800 | 89 | 42 | 4.5 | 320 | 3720 | 97 | 15 | 21 | 81 |

| | Calories | Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) |
|--|----------|------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Baja Chicken Tacos | 1250 | 470 | 53 | 12 | 0 | 155 | 2500 | 123 | 16 | 16 | 72 |
| Grilled Fish Tacos | 1030 | 380 | 42 | 6 | 0 | 70 | 1730 | 121 | 16 | 16 | 44 |
| Crispy Beer Battered Fish Tacos | 1380 | 610 | 68 | 11 | 0.5 | 105 | 1870 | 141 | 17 | 15 | 51 |
| Grilled Steak Tacos | 1060 | 440 | 49 | 8 | 0 | 20 | 1590 | 124 | 16 | 11 | 31 |
| Factory Burrito Grande | 1870 | 880 | 98 | 43 | 2.5 | 295 | 4210 | 159 | 2.5 | 22 | 94 |
| Factory Burrito Grande (ABQ) | 1850 | 900 | 100 | 43 | 2.5 | 240 | 4110 | 159 | 2.4 | 22 | 83 |
| Tuna Poke with White Rice | 1040 | 300 | 33 | 5 | 0 | 50 | 2600 | 147 | 9 | 30 | 41 |
| Tuna Poke with Kale-Cashew Salad | 1270 | 720 | 81 | 10 | 0.5 | 50 | 3330 | 102 | 13 | 54 | 42 |
| Island Style Ahi Poke Bowl with White Rice (HI) | 1040 | 300 | 33 | 5 | 0 | 50 | 2600 | 147 | 9 | 30 | 41 |
| Island Style Ahi Poke Bowl with Kale-Cashew Salad (HI) | 1270 | 720 | 81 | 10 | 0.5 | 50 | 3330 | 102 | 13 | 54 | 42 |
| Famous Factory Meatloaf | 1800 | 930 | 103 | 49 | 4.5 | 540 | 4700 | 132 | 14 | 43 | 85 |
| Mediterranean Grilled Chicken | 1130 | 620 | 69 | 14 | 0 | 130 | 3400 | 61 | 13 | 16 | 70 |
| Chicken Madeira | 1180 | 600 | 66 | 33 | 2 | 360 | 1940 | 70 | 8 | 11 | 77 |
| Chicken Alla Mattone | 1720 | 1040 | 116 | 23 | 2.5 | 305 | 4890 | 55 | 6 | 11 | 112 |
| Chicken Bellagio | 1670 | 780 | 86 | 27 | 1 | 330 | 3640 | 135 | 8 | 7 | 88 |
| Chicken & Biscuits | 1610 | 790 | 89 | 37 | 1.5 | 290 | 3170 | 127 | 10 | 24 | 84 |
| Crusted Chicken Romano | 1620 | 730 | 81 | 32 | 1.5 | 350 | 3590 | 133 | 12 | 17 | 90 |
| Orange Chicken | 1690 | 530 | 59 | 10 | 0 | 155 | 2780 | 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 | 2940 | 103 | 7 | 7 | 78 |
| Spicy Cashew Chicken | 1820 | 480 | 53 | 8 | 0 | 150 | 4200 | 244 | 14 | 62 | 94 |
| Teriyaki Chicken | 1550 | 410 | 45 | 10 | 0 | 390 | 4010 | 192 | 5 | 75 | 97 |
| Lemon-Herb Roasted Chicken | 1850 | 1120 | 125 | 43 | 2 | 530 | 3710 | 81 | 9 | 21 | 101 |
| 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 | 1400 | 147 | 9 | 28 | 76 |
| PASTA | | | | | | | | | | | |
| Lasagna Verde | 1360 | 760 | 84 | 35 | 1.5 | 170 | 2680 | 87 | 23 | 19 | 63 |
| Pasta Napoletana | 2470 | 1580 | 177 | 82 | 4.5 | 415 | 5020 | 153 | 11 | 19 | 65 |
| Tomato Basil Pasta | 1540 | 800 | 89 | 18 | 1 | 115 | 3520 | 124 | 10 | 16 | 63 |
| Fettuccini Alfredo | 2020 | 1250 | 139 | 84 | 4.5 | 420 | 2840 | 142 | 9 | 11 | 51 |
| Fettuccini Alfredo with Chicken | 2290 | 1390 | 154 | 86 | 4.5 | 485 | 2930 | 142 | 9 | 11 | 84 |
| Pasta Carbonara | 2070 | 1290 | 143 | 69 | 3.5 | 320 | 3560 | 141 | 10 | 11 | 51 |
| Pasta Carbonara with Chicken | 2340 | 1300 | 145 | 70 | 3.5 | 390 | 4030 | 141 | 10 | 11 | 85 |
| Four Cheese Pasta | 1240 | 540 | 60 | 26 | 1 | 115 | 3570 | 125 | 10 | 19 | 49 |
| Four Cheese Pasta with Chicken | 1500 | 680 | 76 | 28 | 1 | 185 | 4050 | 125 | 10 | 19 | 82 |
| Spaghetti and Meatballs | 1650 | 670 | 75 | 27 | 2 | 205 | 4520 | 167 | 15 | 24 | 78 |
| Evelyn's Favorite Pasta | 1560 | 780 | 87 | 9 | 1.5 | 5 | 5130 | 156 | 23 | 18 | 39 |
| Pasta Campagna | 1360 | 680 | 75 | 28 | 0.5 | 305 | 4480 | 85 | 7 | 14 | 86 |
| Louisiana Chicken Pasta | 2120 | 1120 | 125 | 65 | 4 | 495 | 4030 | 168 | 10 | 16 | 83 |
| Pasta da Vinci | 1560 | 750 | 84 | 36 | 2 | 265 | 2390 | 129 | 10 | 20 | 72 |
| Pasta with Shrimp and Sausage (HI) | 1730 | 830 | 93 | 30 | 1 | 205 | 4440 | 153 | 13 | 24 | 70 |
| Farfalle with Chicken and Roasted Garlic | 2060 | 1110 | 123 | 50 | 2.5 | 295 | 3830 | 153 | 13 | 17 | 88 |
| Spicy Chicken Chipotle Pasta | 1720 | 890 | 100 | 36 | 2 | 215 | 3010 | 142 | 12 | 21 | 67 |
| Bistro Shrimp Pasta | 2010 | 1180 | 131 | 58 | 3.5 | 440 | 3180 | 152 | 10 | 10 | 58 |
| Shrimp with Angel Hair | 1380 | 610 | 68 | 6 | 0.5 | 75 | 4920 | 142 | 14 | 16 | 50 |
| Cajun Jambalaya Pasta | 1560 | 520 | 57 | 32 | 1.5 | 735 | 3470 | 135 | 7 | 18 | 125 |
| FISH & SEAFOOD | | | | | | | | | | | |
| Fish & Chips | 1860 | 1090 | 121 | 24 | 1 | 195 | 2960 | 133 | 8 | 30 | 53 |
| Fried Shrimp Platter | 1920 | 940 | 104 | 21 | 1 | 270 | 3160 | 191 | 13 | 38 | 50 |
| Shrimp and Chicken Gumbo | 1450 | 740 | 82 | 38 | 2.5 | 445 | 2290 | 93 | 2 | 12 | 85 |
| Shrimp Scampi | 1350 | 690 | 77 | 37 | 2 | 335 | 2800 | 123 | 8 | 7 | 44 |
| Seared Ahi Tuna (HI) | 1090 | 490 | 54 | 20 | 1.5 | 120 | 1770 | 107 | 5 | 19 | 44 |
| Thai Glazed Salmon (PR) | 1040 | 280 | 31 | 11 | 0 | 130 | 1470 | 121 | 6 | 19 | 67 |
| Jamaican Black Pepper Shrimp | 1260 | 250 | 27 | 7 | 0 | 360 | 1990 | 186 | 16 | 60 | 67 |
| Jamaican Black Pepper Chicken | 1350 | 260 | 29 | 7 | 0 | 225 | 1760 | 183 | 13 | 60 | 90 |
| Jamaican Black Pepper Chicken and Shrimp | 1300 | 270 | 30 | 8 | 0 | 275 | 1770 | 186 | 17 | 59 | 72 |
| Pan Seared Branzino with Lemon Butter | 1130 | 840 | 93 | 43 | 2.5 | 255 | 1570 | 22 | 5 | 5 | 60 |
| Fresh Grilled Salmon | 1240 | 720 | 80 | 26 | 1 | 225 | 1740 | 66 | 10 | 6 | 53 |
| 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) | 1340 | 670 | 75 | 25 | 1.5 | 290 | 1310 | 102 | 6 | 12 | 64 |
| Macadamia Crusted Fresh Hawaiian Fish - Ahi (HI) | 1420 | 710 | 80 | 26 | 1.5 | 230 | 1440 | 103 | 6 | 12 | 79 |
| Macadamia Crusted Fresh Hawaiian Fish - Salmon (HI) | 1660 | 990 | 110 | 32 | 1.5 | 235 | 1260 | 103 | 6 | 12 | 65 |
| Macadamia Crusted Fresh Hawaiian Fish - Ono (HI) | 1410 | 720 | 81 | 26 | 1.5 | 220 | 1500 | 102 | 6 | 12 | 75 |
| Sesame Crusted Fresh Hawaiian Fish - Mahi (HI) | 1470 | 590 | 66 | 7 | 0 | 235 | 5010 | 130 | 15 | 19 | 88 |
| Sesame Crusted Fresh Hawaiian Fish - Ahi (HI) | 1490 | 600 | 67 | 7 | 0 | 150 | 5060 | 130 | 15 | 19 | 96 |
| Sesame Crusted Fresh Hawaiian Fish - Salmon (HI) | 1720 | 860 | 96 | 13 | 0 | 155 | 4880 | 130 | 15 | 19 | 83 |
| FACTORY COMBINATIONS | | | | | | | | | | | |
| Shrimp Scampi and Steak Diane | 1780 | 1140 | 127 | 54 | 4 | 470 | 2340 | 87 | 7 | 17 | 72 |
| Chicken Madeira and Steak Diane | 1550 | 880 | 98 | 35 | 2.5 | 345 | 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 | 1440 | 870 | 96 | 49 | 3 | 375 | 1890 | 72 | 6 | 14 | 71 |
| Chicken Madeira and Shrimp Scampi | 1510 | 920 | 102 | 55 | 3 | 485 | 2030 | 85 | 7 | 16 | 62 |
| Shrimp Scampi and Herb Crusted Salmon | 1670 | 1130 | 125 | 67 | 4 | 495 | 1560 | 80 | 5 | 9 | 55 |
| STEAKS & CHOPS | | | | | | | | | | | |
| Carne Asada Steak | 1260 | 520 | 58 | 22 | 2 | 185 | 1000 | 129 | 7 | 18 | 58 |
| Chargrilled Bone-In New York Steak | 870 | 420 | 47 | 21 | 1.5 | 170 | 1750 | 56 | 6 | 5 | 67 |
| Grilled Pork Chop | 1150 | 520 | 58 | 27 | 1.5 | 260 | 1570 | 89 | 7 | 32 | 68 |
| Steak Diane | 1150 | 580 | 65 | 27 | 2 | 260 | 2750 | 67 | 6 | 14 | 76 |
| Hibachi Steak | 1340 | 740 | 82 | 34 | 3 | 270 | 3220 | 97 | 8 | 35 | 54 |
| Grilled Rib-Eye Steak | 1230 | 720 | 80 | 37 | 4 | 270 | 2150 | 55 | 6 | 3 | 74 |
| Filet Mignon | 860 | 350 | 39 | 19 | 1.5 | 265 | 1570 | 54 | 6 | 3 | 73 |
| SIDE DISHES | | | | | | | | | | | |
| French Fries | 1060 | 410 | 46 | 8 | 0 | 0 | 2500 | 152 | 10 | 25 | 11 |
| Green Beans | 150 | 100 | 12 | 7 | 0 | 30 | 240 | 9 | 4 | 2 | 3 |
| Sweet Potato Fries | 1010 | 470 | 52 | 9 | 0 | 10 | 1800 | 125 | 14 | 58 | 7 |
| 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 | 67 | 4.5 | 345 | 2690 | 92 | 5 | 9 | 50 |
| Broccoli | 270 | 190 | 21 | 4 | 0 | 0 | 500 | 12 | 7 | 1 | 8 |
| Steamed White Rice (PR) | 440 | 10 | 1.5 | 0.5 | 0 | 0 | 80 | 98 | 2 | 0 | 10 |
| Black Beans (PR) | 340 | 25 | 2.5 | 0 | 0 | 0 | 940 | 59 | 20 | 5 | 20 |
| Plantains (PR) | 630 | 80 | 9 | 1.5 | 0 | 0 | 810 | 134 | 12 | 97 | 6 |
| Rice and Beans (PR) | 390 | 20 | 2 | 0.5 | 0 | 0 | 510 | 79 | 11 | 3 | 15 |
| Grilled Asparagus | 130 | 70 | 7 | 3.5 | 0 | 0 | 670 | 8 | 4 | 4 | 6 |
| Butternut Squash | 230 | 90 | 10 | 6 | 0 | 25 | 750 | 36 | 4 | 16 | 2 |
| SALADS | | | | | | | | | | | |
| Caesar Salad | 1290 | 1000 | 112 | 24 | 0.5 | 75 | 1630 | 41 | 9 | 13 | 21 |
| Caesar Salad with Chicken | 1520 | 1070 | 119 | 25 | 0.5 | 205 | 1850 | 41 | 9 | 13 | 60 |
| Sheila's Chicken and Avocado Salad | 1830 | 1090 | 122 | 16 | 0.5 | 100 | 2030 | 132 | 21 | 56 | 64 |
| Chinese Chicken Salad | 1740 | 960 | 106 | 15 | 1 | 105 | 2840 | 141 | 11 | 62 | 59 |
| Luau Salad (HI) | 1360 | 750 | 84 | 12 | 0.5 | 110 | 1860 | 101 | 10 | 48 | 53 |
| Chicken, Mango and Avocado Salad | 1560 | 920 | 103 | 12 | 1 | 155 | 2080 | 102 | 13 | 53 | 66 |
| Barbecue Ranch Chicken Salad | 2150 | 1230 | 137 | 25 | 0 | 180 | 2870 | 161 | 23 | 67 | 66 |
| Santa Fe Salad | 1730 | 1020 | 114 | 26 | 1 | 190 | 2200 | 106 | 19 | 39 | 76 |
| Cobb Salad | 1540 | 1110 | 124 | 24 | 1.5 | 420 | 2280 | 35 | 11 | 19 | 74 |
| Seared Tuna Tataki Salad | 490 | 260 | 29 | 2.5 | 0 | 55 | 1380 | 17 | 5 | 9 | 42 |
| SALAD DRESSINGS & CONDIMENTS (Per Tbl.) | | | | | | | | | | | |
| Balsamic Vinaigrette | 80 | 70 | 8 | 0.5 | 0 | 0 | 75 | 2 | 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) |
|--|-----------|--------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Barbeque Ranch Dressing | 80 | 60 | 7 | 1.5 | 0 | 5 | 130 | 3 | 0 | 2 | 0 |
| Blue Cheese Dressing | 60 | 45 | 5 | 1.5 | 0 | 10 | 110 | 1 | 0 | 1 | 1 |
| Caesar Dressing | 80 | 70 | 7 | 1.5 | 0 | 5 | 90 | 1 | 0 | 1 | 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 | 40 | 4.5 | 0 | 0 | 0 | 50 | 4 | 0 | 3 | 0 |
| Ketchup | 20 | 0 | 0 | 0 | 0 | 0 | 160 | 5 | 0 | 4 | 0 |
| Ranch Dressing | 70 | 60 | 7 | 1.5 | 0 | 5 | 100 | 1 | 0 | 1 | 0 |
| Shallot Vinaigrette | 90 | 80 | 9 | 0.5 | 0 | 0 | 55 | 1 | 0 | 1 | 0 |
| SkinnyLicious® Caesar Dressing | 50 | 40 | 4.5 | 1 | 0 | 5 | 105 | 1 | 0 | 0 | 1 |
| SkinnyLicious® Mustard Vinaigrette | 15 | 5 | 1 | 0 | 0 | 0 | 150 | 1 | 0 | 1 | 0 |
| SkinnyLicious® Sesame Soy Dressing | 20 | 5 | 1 | 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 | 70 | 60 | 7 | 1.5 | 0 | 5 | 110 | 2 | 0 | 2 | 0 |
| SANDWICHES | | | | | | | | | | | |
| French Fries | 530 | 210 | 23 | 4 | 0 | 0 | 1250 | 76 | 5 | 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 | 790 | 390 | 43 | 16 | 0 | 130 | 1990 | 69 | 4 | 14 | 32 |
| One-Half Chicken-Almond Salad Sandwich | 770 | 470 | 52 | 15 | 0.5 | 120 | 1230 | 47 | 5 | 6 | 30 |
| Cup of Soup | 310 - 560 | | | | | | | | | | |
| Small Green Salad | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 11 | 2 | 7 | 2 |
| Small Caesar Salad | 460 | 340 | 38 | 8 | 0 | 25 | 570 | 15 | 4 | 5 | 8 |
| Chicken Salad Sandwich | 1030 | 520 | 57 | 15 | 0.5 | 180 | 2220 | 74 | 7 | 12 | 55 |
| The Club | 1210 | 540 | 60 | 16 | 0 | 125 | 3350 | 111 | 6 | 22 | 56 |
| Grilled Chicken and Avocado Club | 1080 | 690 | 77 | 12 | 0 | 255 | 1430 | 15 | 6 | 8 | 82 |
| Cuban Sandwich | 1190 | 640 | 71 | 25 | 1.5 | 160 | 3050 | 64 | 3 | 2 | 71 |
| Southwest Chicken Sandwich | 1040 | 510 | 57 | 13 | 0.5 | 135 | 1930 | 80 | 6 | 7 | 54 |
| Chicken Parmesan Sandwich | 2020 | 1300 | 144 | 65 | 4 | 255 | 2940 | 97 | 5 | 5 | 82 |
| California Cheesesteak | 1460 | 700 | 78 | 29 | 2 | 165 | 2660 | 130 | 8 | 9 | 63 |
| California Cheesesteak (PHI) | 1230 | 710 | 79 | 30 | 2 | 165 | 2010 | 75 | 7 | 11 | 56 |
| Crispy Fried Chicken Sandwich | 2090 | 1220 | 136 | 42 | 2 | 330 | 3550 | 122 | 7 | 25 | 97 |
| Thanksgiving Turkey Sandwich | 1330 | 600 | 67 | 25 | 0.5 | 205 | 3160 | 129 | 8 | 28 | 54 |
| side Mashed and Gravy | 470 | 240 | 27 | 16 | 1 | 85 | 950 | 52 | 4 | 3 | 6 |
| 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 | 25 | 6 | 0 | 555 | 1800 | 4 | 0 | 1 | 49 |
| Factory Huevos Rancheros | 1020 | 560 | 63 | 27 | 1 | 885 | 1660 | 60 | 13 | 8 | 54 |
| Brioche Breakfast Sandwich | 1000 | 600 | 66 | 28 | 1 | 520 | 1650 | 59 | 5 | 9 | 42 |
| Breakfast Tacos | 1480 | 870 | 97 | 37 | 2 | 600 | 2620 | 92 | 19 | 11 | 62 |
| Factory Create An Omelette | | | | | | | | | | | |
| Plain Omelette | 610 | 510 | 57 | 16 | 1 | 665 | 620 | 2 | 0 | 1 | 22 |
| Bacon | 140 | 110 | 13 | 4.5 | 0 | 25 | 230 | 0 | 0 | 1 | 5 |
| Ham | 60 | 15 | 1.5 | 0.5 | 0 | 30 | 610 | 0 | 0 | 0 | 12 |
| Cheddar Cheese | 230 | 170 | 19 | 12 | 1 | 70 | 380 | 1 | 0 | 0 | 13 |
| Jack Cheese | 210 | 160 | 17 | 11 | 1 | 70 | 380 | 1 | 0 | 0 | 17 |
| Swiss Cheese | 220 | 150 | 17 | 10 | 1 | 45 | 115 | 0 | 0 | 0 | 12 |
| Fontina Cheese | 180 | 130 | 14 | 10 | 0 | 45 | 400 | 1 | 0 | 0 | 13 |
| Goat Cheese | 80 | 60 | 7 | 4.5 | 0 | 25 | 85 | 1 | 0 | 1 | 4 |
| Avocado | 40 | 30 | 3.5 | 0 | 0 | 0 | 0 | 2 | 2 | 0 | 1 |
| Roasted Peppers | 15 | 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 | 1 | 0 | 0 |
| Green Onions | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |
| California Omelette | 1140 | 860 | 96 | 42 | 3 | 960 | 1580 | 11 | 3 | 4 | 57 |
| Spinach, Mushroom, Bacon and Cheese Omelette | 700 | 510 | 57 | 28 | 1.5 | 740 | 1310 | 7 | 1 | 2 | 41 |
| Loco Moco (HI) | 1750 | 960 | 107 | 34 | 3.5 | 595 | 1960 | 112 | 4 | 5 | 81 |
| Breakfast Burrito | 1950 | 1150 | 128 | 59 | 3.5 | 910 | 3640 | 114 | 19 | 16 | 88 |
| BREAKFAST ACCOMPANIMENTS | | | | | | | | | | | |
| Breakfast Potatoes | 550 | 330 | 37 | 9 | 1 | 10 | 770 | 50 | 3 | 15 | 5 |
| 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 | 0.5 | 0 | 0 | 560 | 49 | 5 | 8 | 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 | 260 | 10 | 1 | 0 | 0 | 0 | 660 | 55 | 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 | 59 | 29 | 1.5 | 150 | 750 | 109 | 5 | 77 | 8 |
| Peanut Butter & Banana Waffle | 1370 | 760 | 85 | 36 | 1.5 | 140 | 880 | 142 | 8 | 97 | 19 |
| Fried Chicken & Waffles | 1190 | 540 | 61 | 26 | 1.5 | 215 | 1260 | 118 | 1 | 54 | 44 |
| Buttermilk Pancakes | 1370 | 600 | 67 | 26 | 1.5 | 170 | 2740 | 171 | 6 | 69 | 23 |
| Buttermilk Pancakes with Wild Blueberries | 1460 | 600 | 68 | 26 | 1.5 | 170 | 2740 | 194 | 9 | 89 | 23 |
| Cinnamon Roll Pancakes | 2040 | 980 | 110 | 51 | 3.5 | 310 | 2950 | 241 | 2 | 137 | 23 |
| Lemon-Ricotta Pancakes | 1560 | 740 | 83 | 40 | 2 | 260 | 2410 | 178 | 4 | 101 | 27 |
| Brunch Combo | 1100 | 650 | 73 | 31 | 1.5 | 605 | 1030 | 83 | 2 | 50 | 30 |
| Brûléed French Toast | 1980 | 1030 | 115 | 64 | 4 | 595 | 1000 | 205 | 7 | 112 | 33 |
| Brûléed French Toast with Bacon | 2180 | 1170 | 131 | 70 | 4 | 635 | 1070 | 208 | 7 | 115 | 45 |
| Brûléed French Toast with Grilled Ham | 2140 | 1070 | 120 | 66 | 4 | 670 | 2620 | 206 | 7 | 113 | 64 |
| Eggs Benedict with Canadian Bacon and Hollandaise | 1230 | 870 | 96 | 52 | 2.5 | 325 | 1740 | 50 | 3 | 3 | 38 |
| 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 | 2250 | 97 | 11 | 14 | 85 |
| Green Chilaquiles with Chicken and Eggs | 1610 | 900 | 100 | 29 | 1 | 990 | 2730 | 86 | 11 | 17 | 90 |
| Monte Cristo Sandwich | 1880 | 1030 | 114 | 63 | 3.5 | 860 | 2380 | 145 | 6 | 70 | 69 |
| Jambalaya Hash & Eggs | 1450 | 910 | 101 | 51 | 3 | 665 | 2130 | 96 | 6 | 13 | 42 |
| Kids' Brunch with French Toast | 1140 | 590 | 65 | 35 | 2 | 320 | 530 | 116 | 4 | 67 | 23 |
| Kids' Brunch with Buttermilk Pancakes | 680 | 330 | 37 | 16 | 1 | 85 | 930 | 75 | 3 | 40 | 14 |
| CHEESECAKES | | | | | | | | | | | |
| Original | 830 | 530 | 59 | 37 | 2 | 265 | 510 | 63 | 1 | 51 | 12 |
| Fresh Strawberry | 1000 | 620 | 69 | 43 | 2.5 | 305 | 550 | 82 | 2 | 66 | 12 |
| Celebration Cheesecake | 1380 | 880 | 98 | 58 | 3.5 | 370 | 740 | 114 | 1 | 87 | 15 |
| Very Cherry Ghirardelli® Chocolate Cheesecake | 1160 | 760 | 84 | 52 | 2.5 | 300 | 400 | 97 | 4 | 79 | 11 |
| Cinnabon® Cinnamon Swirl Cheesecake | 1370 | 770 | 85 | 51 | 3 | 275 | 710 | 141 | 2 | 120 | 10 |
| Chocolate Hazelnut Crunch Cheesecake | 1390 | 870 | 97 | 52 | 2.5 | 325 | 510 | 118 | 3 | 92 | 15 |
| Salted Caramel Cheesecake | 1240 | 660 | 73 | 43 | 2.5 | 300 | 750 | 130 | 2 | 107 | 15 |
| Coffee & Cream Chocolate Supreme | 1210 | 850 | 94 | 59 | 3 | 400 | 300 | 85 | 4 | 74 | 14 |
| Oreo® Dream Extreme Cheesecake | 1620 | 890 | 99 | 58 | 2.5 | 285 | 830 | 177 | 7 | 133 | 17 |
| Toasted Marshmallow S'mores Galore™ | 1550 | 970 | 108 | 67 | 3 | 350 | 570 | 141 | 6 | 102 | 14 |
| Adam's Peanut Butter Cup Fudge Ripple | 1280 | 740 | 82 | 46 | 2 | 250 | 740 | 121 | 4 | 97 | 19 |
| Lemon Meringue Cheesecake | 1170 | 660 | 73 | 48 | 2 | 315 | 510 | 117 | 1 | 95 | 13 |
| Ultimate Red Velvet Cake Cheesecake™ | 1580 | 1050 | 116 | 62 | 4 | 350 | 630 | 125 | 1 | 104 | 14 |
| Godiva® Chocolate Cheesecake | 1400 | 950 | 105 | 66 | 3 | 380 | 260 | 110 | 8 | 96 | 15 |
| Reese's® Peanut Butter Chocolate Cake Cheesecake | 1530 | 850 | 94 | 45 | 2 | 245 | 980 | 157 | 7 | 125 | 23 |
| Dulce De Leche Caramel Cheesecake | 1390 | 920 | 103 | 63 | 3.5 | 395 | 610 | 106 | 2 | 90 | 15 |
| White Chocolate Raspberry Truffle® | 1220 | 800 | 89 | 57 | 3 | 365 | 550 | 92 | 1 | 78 | 13 |

| | 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 |
|---|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|--------------|
| Mango Key Lime Cheesecake | 1280 | 750 | 83 | 55 | 2.5 | 335 | 510 | 128 | 1 | 98 | 13 | |
| White Banana Cream Cheesecake | 1250 | 810 | 90 | 56 | 3 | 405 | 510 | 99 | 3 | 79 | 14 | |
| White Chocolate Caramel Macadamia Nut Cheesecake | 1560 | 1000 | 111 | 63 | 3 | 330 | 540 | 131 | 2 | 113 | 13 | |
| Lemon Raspberry Cream Cheesecake | 1060 | 660 | 73 | 43 | 2.5 | 315 | 410 | 87 | 2 | 74 | 11 | |
| Chocolate Mousse Cheesecake | 1220 | 850 | 94 | 58 | 3 | 385 | 480 | 85 | 4 | 69 | 13 | |
| Chocolate Tuxedo Cream® Cheesecake | 1250 | 810 | 90 | 55 | 2.5 | 305 | 400 | 109 | 5 | 87 | 11 | |
| CHEESECAKES AND DESSERTS | | | | | | | | | | | | |
| Hershey's® Chocolate Bar Cheesecake | 1380 | 800 | 88 | 52 | 2.5 | 275 | 660 | 140 | 6 | 115 | 15 | |
| 30th Anniversary Chocolate Cake Cheesecake | 1310 | 770 | 85 | 51 | 2.5 | 295 | 600 | 127 | 6 | 102 | 16 | |
| Vanilla Bean Cheesecake | 1170 | 790 | 88 | 57 | 2.5 | 325 | 480 | 84 | 1 | 68 | 11 | |
| Tiramisu Cheesecake | 960 | 620 | 68 | 41 | 2 | 215 | 440 | 76 | 1 | 61 | 11 | |
| Chocolate Chip Cookie-Dough Cheesecake | 1420 | 910 | 101 | 60 | 3 | 385 | 670 | 116 | 4 | 85 | 16 | |
| Key Lime Cheesecake | 1160 | 780 | 86 | 53 | 3 | 470 | 430 | 92 | 1 | 74 | 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 | 44 | 11 | 8 | 13 | |
| Caramel Pecan Turtle Cheesecake | 1330 | 810 | 89 | 53 | 3 | 345 | 500 | 126 | 6 | 105 | 16 | |
| Craig's Crazy Carrot Cake Cheesecake | 1160 | 680 | 75 | 38 | 2.5 | 270 | 390 | 112 | 3 | 94 | 13 | |
| Fresh Pineapple Cheesecake (HI) | 1140 | 650 | 73 | 45 | 2.5 | 315 | 520 | 109 | 1 | 91 | 13 | |
| Pumpkin | 1060 | 710 | 79 | 49 | 2.5 | 335 | 520 | 75 | 2 | 61 | 11 | |
| Pumpkin Pecan | 1270 | 810 | 90 | 46 | 2.5 | 355 | 450 | 105 | 4 | 74 | 14 | |
| Peppermint Bark Cheesecake | 1500 | 990 | 110 | 74 | 3 | 400 | 350 | 122 | 3 | 111 | 14 | |
| A La Mode | 400 | 220 | 24 | 16 | 1 | 95 | 110 | 36 | 0 | 34 | 8 | |
| Hot Fudge | 280 | 180 | 20 | 13 | 0 | 40 | 20 | 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 | 1560 | 770 | 85 | 40 | 2 | 195 | 1080 | 195 | 12 | 142 | 21 | |
| Carrot Cake | 1720 | 1100 | 122 | 57 | 3.5 | 300 | 1060 | 146 | 5 | 116 | 15 | |
| Warm Apple Crisp | 980 | 310 | 34 | 20 | 0.5 | 110 | 510 | 163 | 10 | 132 | 10 | |
| Lemoncello Cream Torte™ | 1150 | 630 | 70 | 37 | 2 | 235 | 540 | 119 | 2 | 85 | 10 | |
| Tiramisu | 1270 | 850 | 94 | 52 | 3 | 455 | 340 | 91 | 1 | 66 | 13 | |
| Chocolate Tower Truffle Cake™ | 1770 | 1000 | 111 | 60 | 2.5 | 375 | 970 | 192 | 11 | 143 | 20 | |
| Fresh Strawberry Shortcake | 1340 | 690 | 76 | 47 | 1.5 | 265 | 1140 | 143 | 3 | 77 | 25 | |
| Bowl of Fresh Strawberries | 250 | 130 | 15 | 9 | 0 | 55 | 15 | 26 | 5 | 19 | 3 | |
| ICE CREAM DELIGHTS | | | | | | | | | | | | |
| Hot Fudge Sundae | 1280 | 770 | 86 | 51 | 2.5 | 260 | 220 | 116 | 6 | 97 | 20 | |
| Godiva® Chocolate Brownie Sundae - Serves 2-4 | 1710 | 1030 | 115 | 69 | 2 | 325 | 420 | 165 | 10 | 132 | 25 | 430 |
| Bowl of Vanilla Ice Cream | 750 | 460 | 51 | 32 | 2 | 195 | 180 | 60 | 0 | 57 | 13 | |
| CREAMY MILKSHAKES | | | | | | | | | | | | |
| Chocolate Milkshake | 1260 | 600 | 67 | 43 | 2.5 | 220 | 410 | 143 | 2 | 123 | 22 | |
| Vanilla Milkshake | 1210 | 600 | 66 | 42 | 2.5 | 220 | 370 | 132 | 0 | 117 | 21 | |
| Strawberry Milkshake | 1210 | 530 | 59 | 37 | 2 | 190 | 320 | 154 | 4 | 131 | 19 | |
| Oreo® Milkshake | 1630 | 810 | 90 | 50 | 3 | 235 | 770 | 182 | 2 | 134 | 26 | |
| ICED & FROZEN DRINKS | | | | | | | | | | | | |
| Strawberry Fruit Smoothie | 340 | 50 | 6 | 4.5 | 0 | 0 | 25 | 74 | 5 | 62 | 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 | 83 | 2 | |
| HOT DRINKS & ESPRESSOS | | | | | | | | | | | | |
| 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) | 100 | 50 | 5 | 3.5 | 0 | 25 | 85 | 9 | 0 | 8 | 5 | |
| Café Latte | 140 | 40 | 4.5 | 2.5 | 0 | 20 | 160 | 16 | 0 | 14 | 10 | |
| Café Mocha | 630 | 420 | 46 | 29 | 1.5 | 145 | 150 | 48 | 3 | 38 | 11 | |
| Cappuccino | 100 | 25 | 3 | 2 | 0 | 15 | 110 | 11 | 0 | 9 | 7 | |
| Double Espresso | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 1 | 0 | 0 | 0 | |
| Caramel Royale Macchiato | 660 | 310 | 34 | 22 | 1 | 135 | 140 | 79 | 0 | 74 | 9 | |
| Factory Hot Chocolate | 820 | 490 | 54 | 34 | 1.5 | 165 | 160 | 77 | 4 | 65 | 12 | |
| 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 | 350 | 5 | 0 | 0 | 0 | 0 | 15 | 94 | 0 | 88 | 1 | |
| Strawberry Lemonade | 330 | 5 | 0 | 0 | 0 | 0 | 15 | 87 | 1 | 81 | 1 | |
| Raspberry Lemonade | 320 | 0 | 0 | 0 | 0 | 0 | 15 | 85 | 1 | 79 | 1 | |
| Cucumber Lemonade | 380 | 5 | 0 | 0 | 0 | 0 | 50 | 101 | 1 | 84 | 1 | |
| Arnold Palmer | 160 | 0 | 0 | 0 | 0 | 0 | 15 | 42 | 0 | 40 | 0 | |
| BEVERAGES | | | | | | | | | | | | |
| Coke® | 110 | 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 | 120 | 0 | 0 | 0 | 0 | 0 | 25 | 32 | 0 | 32 | 0 | |
| Sprite® | 100 | 0 | 0 | 0 | 0 | 0 | 30 | 27 | 0 | 27 | 0 | |
| Sprite Zero® (PR) | 5 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | |
| Dr. Pepper® | 110 | 0 | 0 | 0 | 0 | 0 | 45 | 30 | 0 | 29 | 0 | |
| Diet Dr. Pepper® (TX & OK) | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 | 0 | 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 | 50 | 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 | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 16 | 0 | 15 | 1 | |
| SkinnyLicious® Red Sangria (PR) | 120 | 0 | 0 | 0 | 0 | 0 | 20 | 16 | 0 | 16 | 1 | |
| SkinnyLicious® Margarita | 140 | 0 | 0 | 0 | 0 | 0 | 125 | 16 | 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 | 480 | 390 | 44 | 9 | 0 | 20 | 1050 | 14 | 4 | 8 | 7 | |
| Beet and Avocado Salad | 290 | 110 | 12 | 3 | 0 | 5 | 480 | 40 | 9 | 28 | 7 | |
| Little House Salad | 260 | 210 | 24 | 2 | 0 | 0 | 240 | 10 | 2 | 6 | 2 | |
| Edamame | 100 | 25 | 3 | 0 | 0 | 0 | 1560 | 11 | 3 | 2 | 8 | |
| Chicken Taquitos | 390 | 200 | 22 | 7 | 0 | 50 | 850 | 31 | 13 | 5 | 16 | |
| Chicken Samosas | 440 | 220 | 24 | 7 | 0 | 110 | 1220 | 28 | 3 | 8 | 27 | |
| SkinnyLicious® Grilled Artichoke | 450 | 190 | 21 | 3.5 | 0 | 5 | 800 | 56 | 30 | 4 | 7 | |
| Crispy Crab Bites | 410 | 270 | 31 | 6 | 0 | 85 | 600 | 19 | 2 | 5 | 15 | |
| Asian Chicken Lettuce Wrap Tacos | 450 | 140 | 15 | 4 | 0 | 80 | 1040 | 49 | 3 | 32 | 29 | |
| 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 | 2690 | 42 | 1 | 14 | 31 | |
| Ahi Tartare | 240 | 130 | 14 | 2 | 0 | 25 | 680 | 17 | 4 | 3 | 14 | |
| 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 | 21 | 7 | |
| French Country Salad | 500 | 360 | 40 | 7 | 0.5 | 25 | 800 | 28 | 5 | 20 | 9 | |
| SkinnyLicious® Caesar Salad | 570 | 420 | 47 | 10 | 0 | 40 | 1060 | 26 | 7 | 6 | 12 | |
| SkinnyLicious® Caesar Salad with Chicken | 800 | 490 | 55 | 11 | 0 | 170 | 1270 | 26 | 7 | 6 | 51 | |
| SkinnyLicious® Factory Chopped Salad | 530 | 270 | 30 | 9 | 0 | 105 | 1540 | 34 | 10 | 17 | 35 | |

| | 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 |
|--|----------|--------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|--------------|
| SkinnyLicious® Asian Chicken Salad | 590 | 210 | 24 | 3.5 | 0 | 80 | 2710 | 53 | 11 | 25 | 44 | |
| Mexican Tortilla Salad | 570 | 220 | 24 | 5 | 0 | 80 | 1970 | 59 | 12 | 19 | 30 | |
| Seared Tuna Tataki Salad | 490 | 260 | 29 | 2.5 | 0 | 55 | 1380 | 17 | 5 | 9 | 42 | |
| SKINNYLICIOUS® SPECIALTIES | | | | | | | | | | | | |
| SkinnyLicious® Hamburger | 580 | 270 | 30 | 11 | 1.5 | 105 | 1260 | 42 | 3 | 9 | 36 | |
| SkinnyLicious® Veggie Burger | 590 | 180 | 20 | 4.5 | 0 | 5 | 1520 | 88 | 8 | 14 | 16 | |
| SkinnyLicious® Grilled Turkey Burger | 510 | 180 | 20 | 6 | 0 | 120 | 1150 | 51 | 5 | 12 | 32 | |
| SkinnyLicious® Chicken Salad Sandwich | 500 | 210 | 23 | 6 | 0 | 100 | 1470 | 47 | 5 | 6 | 29 | |
| SkinnyLicious® Turkey & Avocado Sandwich | 560 | 230 | 26 | 8 | 0 | 85 | 1900 | 45 | 4 | 10 | 38 | |
| SkinnyLicious® Chicken Soft Tacos | 510 | 140 | 15 | 3.5 | 0 | 80 | 830 | 63 | 12 | 13 | 32 | |
| SkinnyLicious® Shrimp Soft Tacos | 510 | 130 | 14 | 3 | 0 | 185 | 940 | 66 | 12 | 13 | 31 | |
| SkinnyLicious® Chicken Pasta | 590 | 110 | 12 | 1.5 | 0 | 90 | 1660 | 76 | 7 | 10 | 47 | |
| SkinnyLicious® Chicken Pot Pie | 590 | 260 | 29 | 17 | 1 | 160 | 1700 | 47 | 6 | 4 | 37 | |
| White Chicken Chili | 590 | 140 | 16 | 3.5 | 0 | 225 | 2230 | 33 | 8 | 4 | 79 | |
| White Chicken Chili (ABQ) | 540 | 180 | 21 | 3.5 | 0 | 110 | 2260 | 35 | 7 | 5 | 58 | |
| SkinnyLicious® Chicken Enchiladas | 590 | 160 | 18 | 7 | 0.5 | 140 | 1160 | 59 | 9 | 13 | 49 | |
| Tuscan Chicken | 580 | 180 | 20 | 3.5 | 0 | 235 | 1020 | 19 | 5 | 5 | 82 | |
| Lemon-Garlic Shrimp | 500 | 150 | 17 | 9 | 0.5 | 200 | 2070 | 51 | 5 | 2 | 33 | |
| Creole Shrimp & Andouille Sausage | 590 | 200 | 23 | 4.5 | 0 | 145 | 1670 | 52 | 5 | 11 | 44 | |
| SkinnyLicious® Grilled Salmon | 570 | 310 | 34 | 6 | 0 | 105 | 870 | 21 | 7 | 12 | 44 | |
| Grilled Steak Medallions | 440 | 170 | 19 | 10 | 0.5 | 140 | 1320 | 24 | 4 | 6 | 45 | |
| Grilled Branzino with Mediterranean Salsa | 500 | 250 | 28 | 7 | 0 | 115 | 1500 | 14 | 5 | 5 | 46 | |
| KIDS' MENU | | | | | | | | | | | | |
| Kids' Coke® | 60 | 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 | 17 | 0 | 16 | 0 | |
| Kids' Diet Dr. Pepper® (TX & OK) | 0 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | |
| Kids' Milk | 200 | 60 | 7 | 4.5 | 0 | 30 | 200 | 20 | 0 | 19 | 13 | |
| Kids' Chocolate Milk | 330 | 50 | 5 | 3.5 | 0 | 25 | 210 | 60 | 2 | 55 | 12 | |
| Kids' Non-Fat Milk | 120 | 5 | 0 | 0 | 0 | 5 | 180 | 17 | 0 | 17 | 12 | |
| Kids' Apple Juice | 170 | 0 | 0 | 0 | 0 | 0 | 20 | 40 | 0 | 37 | 0 | |
| Kids' Lemonade | 190 | 0 | 0 | 0 | 0 | 0 | 10 | 52 | 0 | 48 | 0 | |
| Kids' French Fries | 300 | 100 | 11 | 2 | 0 | 0 | 870 | 45 | 3 | 12 | 3 | |
| Kids' French Fries (Queens) | 240 | 100 | 11 | 2 | 0 | 0 | 390 | 30 | 3 | 0 | 3 | |
| Kids' Fresh Fruit | 0 | 50 | 0 | 0 | 0 | 0 | 0 | 13 | 1 | 10 | 1 | |
| Kids' Roadside Sliders | 360 | 150 | 16 | 6 | 1 | 60 | 750 | 30 | 0 | 6 | 22 | |
| Kids' Southern Fried Chicken Sliders | 760 | 350 | 39 | 9 | 0 | 125 | 1160 | 52 | 1 | 10 | 48 | |
| 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 | 14 | 1 | 85 | 620 | 35 | 2 | 3 | 15 | |
| Kids' Fried Chicken Strips | 670 | 340 | 38 | 7 | 0 | 90 | 760 | 47 | 3 | 11 | 35 | |
| 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 | 1110 | 650 | 72 | 44 | 2.5 | 205 | 1640 | 87 | 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 | 48 | 3 | 235 | 2040 | 84 | 5 | 9 | 29 | |
| Kids' Cheese Flatbread Pizza | 980 | 450 | 50 | 31 | 1 | 125 | 2530 | 83 | 4 | 3 | 49 | |
| Kids' Pepperoni Flatbread Pizza | 980 | 450 | 50 | 29 | 1 | 125 | 2720 | 83 | 4 | 2 | 47 | |
| Kids' Cheese Flatbread Pizza (Queens) | 830 | 340 | 38 | 22 | 0.5 | 90 | 2230 | 82 | 4 | 3 | 39 | |
| Kids' Pepperoni Pizza (Queens) | 820 | 340 | 38 | 21 | 0.5 | 90 | 2280 | 81 | 4 | 2 | 38 | |
| Kids' Cheese Pizzette (MDR) | 770 | 430 | 48 | 31 | 1 | 130 | 1930 | 45 | 2 | 2 | 42 | |
| Kids' Pepperoni Pizzette (MDR) | 770 | 430 | 48 | 28 | 1 | 120 | 2120 | 44 | 2 | 2 | 40 | |
| Kids' Quesadilla | 770 | 430 | 48 | 29 | 1.5 | 110 | 1440 | 47 | 2 | 0 | 39 | |
| Kids' Quesadilla with Chicken | 880 | 470 | 52 | 30 | 1.5 | 175 | 1550 | 47 | 2 | 0 | 59 | |
| 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 | 320 | 190 | 21 | 13 | 0.5 | 80 | 80 | 26 | 0 | 25 | 6 | |
| Kids' Mini Hot Fudge Sundae | 480 | 290 | 32 | 10 | 1 | 100 | 90 | 44 | 2 | 38 | 7 | |
| Kids' Strawberries | 180 | 130 | 14 | 9 | 0 | 55 | 15 | 13 | 2 | 11 | 1 | |
| HAPPY HOUR MENU | | | | | | | | | | | | |
| "Happy Hour" Burger | 1130 | 640 | 72 | 30 | 3 | 225 | 2740 | 65 | 2 | 20 | 52 | |
| Long Island Iced Tea | 240 | 0 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 26 | 0 | |
| Long Island Iced Tea (UT) | 240 | 0 | 0 | 0 | 0 | 0 | 10 | 28 | 0 | 26 | 0 | |
| SkinnyLicious® Long Island Iced Tea | 110 | 0 | 0 | 0 | 0 | 0 | 20 | 6 | 0 | 5 | 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 | | | | | | | | | | | | |
| 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 | 90 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | |
| Coke® | 35 | 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 | 40 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 11 | 0 | |
| Sprite® | 35 | 0 | 0 | 0 | 0 | 0 | 5 | 9 | 0 | 9 | 0 | |
| Sprite Zero® (PR) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Dr. Pepper® | 35 | 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 | |
| Ginger Ale | 35 | 0 | 0 | 0 | 0 | 0 | 10 | 9 | 0 | 9 | 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 | 11 | 0 | |
| The Cheesecake Factory Signature Lemonade | 110 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 0 | 29 | 0 | |
| GLUTEN FREE SMALL PLATES & SNACKS | | | | | | | | | | | | |
| Beet and Avocado Salad | 290 | 110 | 12 | 3 | 0 | 5 | 480 | 40 | 9 | 28 | 7 | |
| Edamame | 100 | 25 | 3 | 0 | 0 | 0 | 1560 | 11 | 3 | 2 | 8 | |
| GLUTEN FREE APPETIZERS | | | | | | | | | | | | |
| Sweet Corn Tamale Cakes - Serves 2-4 | 1340 | 790 | 88 | 44 | 2.5 | 210 | 1710 | 119 | 19 | 42 | 16 | 340 |
| 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 | 400 | 280 | 31 | 11 | 0 | 50 | 720 | 19 | 5 | 11 | 10 | |
| Tossed Green Salad with French Mustard Vinaigrette | 650 | 560 | 62 | 6 | 0 | 0 | 670 | 19 | 5 | 13 | 4 | |
| Tossed Green Salad with Ranch Dressing | 470 | 370 | 41 | 8 | 0 | 25 | 660 | 20 | 4 | 14 | 4 | |
| Tossed Green Salad with Thousand Island Dressing | 500 | 370 | 41 | 8 | 0 | 25 | 720 | 24 | 5 | 18 | 3 | |
| Caesar Salad | 950 | 590 | 66 | 14 | 0 | 50 | 930 | 19 | 7 | 9 | 12 | |
| Caesar Salad with Chicken | 1180 | 660 | 73 | 15 | 0 | 180 | 1150 | 19 | 7 | 9 | 52 | |
| French Country Salad | 560 | 420 | 46 | 8 | 0 | 25 | 910 | 27 | 5 | 19 | 9 | |
| Factory Chopped Salad | 870 | 610 | 68 | 13 | 0.5 | 105 | 1350 | 32 | 10 | 18 | 35 | |
| Brussels Sprouts and Kale Salad | 1330 | 1060 | 118 | 15 | 0.5 | 20 | 1360 | 43 | 13 | 19 | 24 | |
| GLUTEN FREE LUNCH SPECIALS | | | | | | | | | | | | |
| Lunch Cobb Salad | 1180 | 910 | 101 | 20 | 1 | 285 | 1470 | 22 | 7 | 12 | 44 | |

| | 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) |
|---|----------|------|----------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|
| Lunch Four Cheese Pasta | 900 | 400 | 44 | 16 | 0.5 | 65 | 2350 | 101 | 6 | 12 | 24 | |
| Lunch Four Cheese Pasta with Chicken | 960 | 420 | 47 | 16 | 0.5 | 105 | 2280 | 95 | 6 | 12 | 41 | |
| Lunch Evelyn's Favorite Pasta | 1070 | 560 | 62 | 6 | 1 | 5 | 3210 | 111 | 13 | 9 | 17 | |
| Lunch Pasta with Chicken and Roasted Garlic | 1300 | 650 | 72 | 26 | 1 | 155 | 2410 | 120 | 6 | 9 | 45 | |
| Lunch Shrimp with Rotini | 870 | 480 | 54 | 4.5 | 0 | 60 | 1840 | 70 | 7 | 12 | 26 | |
| Lunch Shepherd's Pie | 1080 | 560 | 62 | 30 | 3 | 220 | 2960 | 71 | 11 | 15 | 56 | |
| Lunch Fresh Grilled Salmon with Corn Succotash | 1030 | 570 | 63 | 24 | 1 | 190 | 1560 | 65 | 7 | 21 | 50 | |
| Lunch Fresh Grilled Salmon with Green Beans | 850 | 490 | 55 | 21 | 1 | 180 | 1100 | 42 | 5 | 5 | 46 | |
| Lunch Fresh Grilled Salmon with Sautéed Spinach | 880 | 510 | 57 | 22 | 1 | 160 | 1570 | 45 | 7 | 4 | 49 | |
| GLUTEN FREE GLAMBURGERS® | | | | | | | | | | | | |
| French Fries | 530 | 210 | 23 | 4 | 0 | 0 | 1250 | 76 | 5 | 13 | 6 | |
| Green Salad | 160 | 140 | 16 | 1.5 | 0 | 0 | 170 | 5 | 1 | 3 | 1 | |
| Sweet Potato Fries | 450 | 180 | 20 | 3.5 | 0 | 0 | 670 | 63 | 8 | 26 | 4 | |
| Old Fashioned Burger | 840 | 420 | 46 | 15 | 2 | 140 | 1790 | 64 | 6 | 21 | 43 | |
| Stuffed Cheddar Burger | 1030 | 540 | 60 | 23 | 2 | 175 | 2660 | 71 | 6 | 24 | 55 | |
| Mushroom Burger | 1290 | 770 | 86 | 32 | 3 | 200 | 2560 | 72 | 8 | 24 | 61 | |
| Americana Cheeseburger | 1250 | 710 | 79 | 29 | 2.5 | 205 | 3280 | 80 | 7 | 28 | 56 | |
| Bacon-Bacon Cheeseburger | 1440 | 850 | 94 | 37 | 3 | 270 | 3360 | 76 | 7 | 31 | 74 | |
| B.B.Q. Kalua Pork (HI) | 770 | 290 | 32 | 9 | 0 | 185 | 1560 | 72 | 7 | 24 | 55 | |
| Grilled Turkey Burger | 840 | 340 | 37 | 8 | 0 | 195 | 2170 | 85 | 10 | 29 | 45 | |
| Hawaiian Fish Sandwich - Mahi (HI) | 610 | 180 | 20 | 3 | 0 | 125 | 1630 | 73 | 8 | 27 | 37 | |
| Hawaiian Fish Sandwich - Ahi (HI) | 610 | 180 | 20 | 3 | 0 | 75 | 1640 | 73 | 8 | 27 | 40 | |
| Hawaiian Fish Sandwich - Salmon (HI) | 730 | 320 | 35 | 6 | 0 | 80 | 1550 | 73 | 8 | 27 | 33 | |
| Hawaiian Fish Sandwich - Ono (HI) | 600 | 180 | 20 | 3 | 0 | 70 | 1620 | 73 | 8 | 27 | 36 | |
| GLUTEN FREE SPECIALTIES | | | | | | | | | | | | |
| Shepherd's Pie | 1520 | 800 | 89 | 42 | 4.5 | 320 | 3720 | 97 | 15 | 21 | 81 | |
| Lemon-Herb Roasted Chicken | 1850 | 1120 | 125 | 43 | 2 | 530 | 3710 | 81 | 9 | 21 | 101 | |
| GLUTEN FREE PASTA | | | | | | | | | | | | |
| Four Cheese Pasta | 1220 | 600 | 66 | 27 | 1 | 115 | 3260 | 120 | 8 | 16 | 36 | |
| Four Cheese Pasta with Chicken | 1490 | 740 | 82 | 28 | 1 | 185 | 3730 | 120 | 8 | 16 | 70 | |
| Evelyn's Favorite Pasta | 1550 | 850 | 94 | 10 | 1.5 | 5 | 4780 | 150 | 20 | 15 | 24 | |
| Pasta with Chicken and Roasted Garlic | 2160 | 1210 | 135 | 51 | 2.5 | 295 | 3740 | 163 | 9 | 14 | 75 | |
| Shrimp with Rotini | 1200 | 660 | 74 | 6 | 0.5 | 75 | 2850 | 101 | 10 | 16 | 35 | |
| GLUTEN FREE FISH & SEAFOOD | | | | | | | | | | | | |
| Fresh Grilled Salmon with Corn Succotash | 1330 | 740 | 82 | 31 | 1.5 | 255 | 1840 | 84 | 8 | 22 | 63 | |
| Fresh Grilled Salmon with Green Beans | 1150 | 660 | 74 | 28 | 1.5 | 245 | 1380 | 61 | 6 | 6 | 59 | |
| Fresh Grilled Salmon with Sautéed Spinach | 1190 | 690 | 76 | 29 | 1.5 | 225 | 1850 | 63 | 8 | 6 | 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 | 1230 | 720 | 80 | 37 | 4 | 270 | 2150 | 55 | 6 | 3 | 74 | |
| Filet Mignon | 860 | 350 | 39 | 19 | 1.5 | 265 | 1570 | 54 | 6 | 3 | 73 | |
| GLUTEN FREE SIDE DISHES | | | | | | | | | | | | |
| French Fries | 1060 | 410 | 46 | 8 | 0 | 0 | 2500 | 152 | 10 | 25 | 11 | |
| 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 | 890 | 99 | 22 | 0 | 75 | 1410 | 25 | 9 | 12 | 18 | |
| Caesar Salad with Chicken | 1450 | 950 | 106 | 23 | 0 | 205 | 1630 | 25 | 9 | 12 | 57 | |
| Cobb Salad | 1710 | 1290 | 144 | 27 | 1 | 420 | 2520 | 30 | 11 | 15 | 73 | |
| GLUTEN FREE EGGS & OMELETTES | | | | | | | | | | | | |
| Breakfast Potatoes | 550 | 330 | 37 | 9 | 1 | 10 | 770 | 50 | 3 | 15 | 5 | |
| 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 | 25 | 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 | 140 | 110 | 13 | 4.5 | 0 | 25 | 230 | 0 | 0 | 1 | 5 | |
| Ham | 60 | 15 | 1.5 | 0.5 | 0 | 30 | 610 | 0 | 0 | 0 | 12 | |
| Cheddar Cheese | 230 | 170 | 19 | 12 | 1 | 70 | 380 | 1 | 0 | 0 | 13 | |
| Jack Cheese | 210 | 160 | 18 | 11 | 1 | 70 | 380 | 1 | 0 | 0 | 12 | |
| Swiss Cheese | 220 | 150 | 17 | 10 | 1 | 45 | 115 | 0 | 0 | 0 | 17 | |
| Fontina Cheese | 180 | 130 | 14 | 10 | 0 | 45 | 400 | 1 | 0 | 0 | 13 | |
| Goat Cheese | 80 | 60 | 7 | 4.5 | 0 | 25 | 85 | 1 | 0 | 1 | 4 | |
| 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 | 1140 | 860 | 96 | 42 | 3 | 960 | 1580 | 11 | 3 | 4 | 57 | |
| Spinach, Mushroom, Bacon and Cheese Omelette | 700 | 510 | 57 | 28 | 1.5 | 740 | 1310 | 7 | 1 | 2 | 41 | |
| Loco Moco (HI) | 1750 | 960 | 107 | 34 | 3.5 | 595 | 1960 | 112 | 4 | 5 | 81 | |
| GLUTEN FREE SATURDAY & SUNDAY BRUNCH | | | | | | | | | | | | |
| Jambalaya Hash & Eggs | 1450 | 910 | 101 | 51 | 3 | 665 | 2130 | 96 | 6 | 13 | 42 | |
| GLUTEN FREE DESSERTS | | | | | | | | | | | | |
| Coffee & Cream Chocolate Supreme | 1210 | 850 | 94 | 59 | 3 | 400 | 300 | 85 | 4 | 74 | 14 | |
| Godiva® Chocolate Cheesecake | 1400 | 950 | 105 | 66 | 3 | 380 | 260 | 110 | 8 | 96 | 15 | |
| Bowl of Fresh Strawberries | 250 | 130 | 15 | 9 | 0 | 55 | 15 | 26 | 5 | 19 | 3 | |
| Hot Fudge Sundae | 1280 | 770 | 86 | 51 | 2.5 | 260 | 220 | 116 | 6 | 97 | 20 | |
| Bowl of Vanilla Ice Cream | 750 | 460 | 51 | 32 | 2 | 195 | 180 | 60 | 0 | 57 | 13 | |
| GLUTEN FREE SKINNYLICIOUS® SMALL PLATES & APPETIZERS | | | | | | | | | | | | |
| Beet and Avocado Salad | 290 | 110 | 12 | 3 | 0 | 5 | 480 | 40 | 9 | 28 | 7 | |
| Edamame | 100 | 25 | 3 | 0 | 0 | 0 | 1560 | 11 | 3 | 2 | 8 | |
| Mexican Chicken Lettuce Wrap Tacos | 220 | 80 | 9 | 2.5 | 0 | 75 | 690 | 14 | 5 | 7 | 24 | |
| GLUTEN FREE SKINNYLICIOUS® SALADS | | | | | | | | | | | | |
| French Country Salad | 560 | 420 | 46 | 8 | 0 | 25 | 910 | 27 | 5 | 19 | 9 | |
| SkinnyLicious® Caesar Salad | 460 | 350 | 39 | 8 | 0 | 35 | 900 | 17 | 7 | 5 | 10 | |
| SkinnyLicious® Caesar Salad with Chicken | 680 | 420 | 47 | 9 | 0 | 170 | 1120 | 17 | 7 | 5 | 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 | 1020 | 640 | 71 | 44 | 2.5 | 205 | 1140 | 77 | 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 | 320 | 190 | 21 | 13 | 0.5 | 80 | 80 | 26 | 0 | 25 | 6 | |
| Kids' Mini Hot Fudge Sundae | 480 | 290 | 32 | 20 | 1 | 100 | 90 | 44 | 2 | 38 | 7 | |
| Kids' Strawberries | 180 | 130 | 14 | 9 | 0 | 55 | 15 | 13 | 2 | 11 | 1 | |
| GLUTEN FREE HAPPY HOUR MENU | | | | | | | | | | | | |
| "Happy Hour" Burger | 970 | 520 | 58 | 22 | 2.5 | 170 | 2650 | 66 | 6 | 22 | 49 | |

