



The
Cheesecake Factory®

Nutritional Guide



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 (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals (Per Svc.)
ALL DAY BRUNCH COCKTAILS												
Peach Bellini Spritz	280	0	0	0	0	0	2	37	0	35	0	
Peach Bellini Spritz (UT)	250	0	0	0	0	0	2	34	0	32	0	
Factory Peach Bellini	250	0	0	0	0	0	10	46	1	44	1	
Tropical Mimosa	250	0	0	0	0	0	10	34	0	33	0	
Tropical Mimosa (PR)	230	0	0	0	0	0	10	32	0	30	0	
Tropical Mimosa (UT)	240	0	0	0	0	0	10	34	0	32	0	
White Sangria	250	0	0	0	0	0	1	33	0	30	0	
White Sangria (NC)	210	0	0	0	0	0	1	28	0	25	0	
White Sangria (PR)	230	0	0	0	0	0	1	30	0	28	0	
White Sangria (HI)	270	0	0	0	0	0	1	36	0	34	0	
Strawberry Spritz	300	0	0	0	0	0	1	21	0	18	0	
Strawberry Spritz (PR)	280	0	0	0	0	0	1	21	0	19	0	
Espresso Martini	250	0	0	0	0	0	2	23	0	22	0	
Espresso Martini (PR)	250	0	0	0	0	0	2	23	0	22	0	
Espresso Martini (UT)	210	0	0	0	0	0	2	19	0	18	0	
Espresso Martini (SUB)	240	0	0	0	0	0	1	21	0	21	0	
Espresso Old Fashioned	340	0	0	0	0	0	25	40	0	36	0	
Espresso Old Fashioned (PR)	340	0	0	0	0	0	30	41	0	37	0	
Espresso Old Fashioned (UT)	260	0	0	0	0	0	20	29	0	27	0	
Bloody Mary	360	25	4	0.5	0	5	1180	51	23	30	6	
Coconut Aperol Spritz (HI)	260	0	0	0	0	0	10	36	0	35	0	
Lilikoi Mimosa (HI)	240	0	0	0	0	0	10	34	0	33	0	
Banana Nut Old Fashioned	250	10	1	1	0	0	0	17	0	16	0	
SPECIALTY DRINKS												
Fresh Cucumber Martini	230	0	0	0	0	0	1	19	0	18	0	
Lemon Drop	270	0	0	0	0	0	2	28	0	27	0	
Raspberry Lemon Drop	270	0	0	0	0	0	2	32	1	30	0	
Cucumber Martini (PR)	260	0	0	0	0	0	10	28	0	24	0	
Strawberry Martini	250	0	0	0	0	0	2	14	0	13	0	
Strawberry Martini (UT)	200	0	0	0	0	0	2	14	0	14	0	
Georgia Peach	350	0	0	0	0	0	10	55	1	53	1	
Georgia Peach (UT)	330	0	0	0	0	0	10	55	1	53	1	
Pineapple Moscow Mule	320	0	0	0	0	0	20	49	1	46	0	
Pineapple Moscow Mule (UT)	280	0	0	0	0	0	20	45	1	42	0	
Yuzu Lemon Drop	260	0	0	0	0	0	1	30	0	28	0	
Yuzu Lemon Drop (PR)	240	0	0	0	0	0	1	27	0	25	0	
Sangria	160	0	0	0	0	0	10	24	2	21	1	
SkinnyLicious® Sangria	130	0	0	0	0	0	10	19	1	17	0	
J.W.'s Pink Lemonade™	300	0	0	0	0	0	10	49	1	45	0	
J.W.'s Pink Lemonade™ (UT)	290	0	0	0	0	0	10	50	1	47	0	
J.W.'s Pink Lemonade™ (PR)	270	0	0	0	0	0	10	45	1	41	0	
Lava Flow Punch	250	45	6	1	0	5	1000	0	3	0	1	
Mai Tai	310	0	0	0	0	0	10	31	0	29	0	
Mai Tai (UT)	290	0	0	0	0	0	10	31	0	29	0	
Mai Tai (PR)	300	0	0	0	0	0	10	33	0	31	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	
ISLAND FAVORITES (HI)												
Lava Flow 2.0	350	15	1.5	1	0	0	20	38	1	36	0	
Coconut Margarita	220	0	0	0	0	0	210	31	0	29	0	
Island Time Sangria	230	0	0	0	0	0	5	33	2	29	1	
Maui Mule	310	0	0	0	0	0	10	47	1	44	0	
Tahitian Pineapple	280	0	0	0	0	0	1	31	1	28	0	
Mai Tai (HI)	310	0	0	0	0	0	25	39	0	37	1	
Blue Hawaiian	290	0	0	0	0	0	10	42	1	39	0	
Lava Flow	490	80	9	8	0	0	35	79	4	69	2	
Mango Colada (HI)	530	60	7	6	0	0	25	62	1	61	1	
Coconut Lime Daiquiri	280	15	1.5	1	0	0	15	37	1	34	0	
Piña Colada	520	70	8	7	0	0	35	75	2	73	1	
Ohana Punch	290	0	0	0	0	0	3	42	0	39	0	
Big Island Paper Plane	260	0	0	0	0	0	4	28	0	26	0	
ZERO PROOF COCKTAILS												
Zero Proof Pineapple Mule	150	0	0	0	0	0	10	37	0	36	0	
Zero Proof Mojito	100	0	0	0	0	0	10	24	1	20	0	
NON-ALCOHOLIC SPECIALTY SODAS												
Paradise Punch	120	0	0	0	0	0	3	31	0	29	0	
Coconut Limeade	190	5	0.5	0	0	0	20	44	0	42	0	
Pineapple Cherry Limeade	150	0	0	0	0	0	15	37	1	34	0	
Sparkling Yuzu Lemonade	130	0	0	0	0	0	4	34	0	32	0	
Passion Mint Fizz	110	0	0	0	0	0	15	27	1	24	1	
Tropical Ginger Cooler	140	0	0	0	0	0	15	36	0	33	0	
Pineapple Coconut Dream	390	150	16	10	0.5	55	45	62	1	61	1	
Guava Sparkler (HI)	160	0	0	0	0	0	15	39	1	35	1	
Sparkling Grapefruit Cooler	150	0	0	0	0	0	560	36	0	34	0	
Peaches & Cream Soda	330	130	15	9	0.5	55	30	49	1	48	1	
Cherry-Licious Soda	380	140	15	10	0.5	55	15	36	0	53	1	
Root Beer "Float" Soda	310	140	15	10	0.5	55	25	44	0	42	1	
Coconut Vanilla Dr Pepper® (UT)	400	140	15	10	0.5	55	40	66	0	62	1	
Matcha Cream (UT)	330	130	15	9	0.5	55	30	48	1	46	1	
MARGARITAS & MOJITOS												
The Ultimate	260	0	0	0	0	0	170	25	0	23	0	
Paloma Rosa	320	0	0	0	0	0	560	36	1	33	0	
Paloma Rosa (PR)	320	0	0	0	0	0	560	36	1	33	0	
Strawberry Infused Margarita	270	0	0	0	0	0	170	22	0	21	0	
Strawberry Infused Margarita (PR)	270	0	0	0	0	0	170	22	0	21	0	
Coconut Margarita	330	0	0	0	0	0	170	35	0	34	0	
Coconut Margarita (PR)	300	0	0	0	0	0	170	33	0	32	0	

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals (Per Svc)
Coconut Margarita (UT)	250	0	0	0	0	0	160	27	0	26	0	
Passion Fruit Margarita	270	0	0	0	0	0	10	29	0	27	0	
Pineapple Mezcal	290	0	0	0	0	0	250	36	1	33	0	
Pineapple Mezcal (PR)	270	0	0	0	0	0	250	36	1	33	0	
Mojito	240	0	0	0	0	0	115	30	2	26	0	
Mojito (PR)	260	0	0	0	0	0	15	31	2	26	0	
SkinnyLicious® Mojito	150	0	0	0	0	0	210	16	1	8	0	
Coconut Mojito	300	15	2	1	0	0	35	44	1	41	1	
Coconut Mojito (PR)	310	15	2	1	0	0	30	45	1	41	1	
Coconut Mojito (UT)	270	15	1.5	1	0	0	95	40	1	36	1	
Passion Fruit Mojito	270	0	0	0	0	0	20	34	1	31	0	
Passion Fruit Mojito (PR)	260	0	0	0	0	0	20	34	1	31	0	
WHISKEY COCKTAILS												
Raspberry Sour	300	0	0	0	0	0	0	32	0	30	0	
Southern Peach Lemonade	280	0	0	0	0	0	3	32	1	29	0	
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	
Japanese Whiskey Sour	250	0	0	0	0	0	1	26	0	25	0	
Japanese Whiskey Sour (UT)	240	0	0	0	0	0	1	26	0	25	0	
Whisky & Ginger	220	0	0	0	0	0	10	29	0	26	0	
Whisky & Ginger (UT)	200	0	0	0	0	0	10	29	0	26	0	
Whisky & Ginger (PR)	230	0	0	0	0	0	10	29	0	26	0	
The Old Fashioned	280	0	0	0	0	0	0	10	0	18	0	
The Old Fashioned (UT)	230	0	0	0	0	0	0	10	0	13	0	
BEERS												
Draft Beer (glass)	250	0	0	0	0	0	15	1	0	0	4	
Draft Light Beer (glass)	120	0	0	0	0	0	15	7	0	0	1	
Bottled Beer (16 oz)	270	0	0	0	0	0	20	1	0	0	4	
Bottled Light Beer (12 oz)	100	0	0	0	0	0	15	6	0	0	1	
Stella 0.0 Non- Alcoholic Beer	60	0	0	0	0	0	0	13	0	0	2	
Hazy IPA Non- Alcoholic Beer	70	0	0	0	0	0	0	16	0	0	1	
SPARKLING WINE												
Sparkling Wine (5-1/2 oz)	130	0	0	0	0	0	1	4	0	2	0	
Sparkling Wine (5 oz) (UT)	120	0	0	0	0	0	1	4	0	2	0	
Sparkling Wine Bottle 375ml	300	0	0	0	0	0	3	9	0	5	0	
Sparkling Wine Bottle 750ml	600	0	0	0	0	0	5	19	0	10	0	
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	220	25	2	0	0	250	10	3	5	2	
Street Corn	710	490	54	14	0.5	40	1000	48	5	17	14	
Chicken Taquitos	470	260	29	9	0	60	1050	35	7	6	17	
Korean Fried Cauliflower	1150	640	71	13	0	20	2570	113	7	44	11	
Stuffed Mushrooms	510	380	42	22	1.5	105	500	19	4	5	15	
Fried Zucchini	1000	680	76	21	1	55	2050	58	4	14	21	
Crispy Brussels Sprouts	570	420	46	13	0.5	30	410	30	8	15	8	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
Cheeseburger Spring Rolls	980	620	69	27	2	170	1890	47	3	13	43	
Crispy Crab Bites	410	270	31	6	0	85	600	19	2	5	15	
Crispy Fried Cheese	1070	700	78	39	1.5	150	2320	49	3	4	45	
Crab Wontons	550	300	34	11	1	70	1050	48	2	18	14	
Mini Crabcakes (HI)	530	380	42	8	0	130	930	15	2	6	20	
Grilled Chicken Mini Tacos (MDR)	650	290	32	7	0	120	1480	43	5	10	46	
Crispy Fish Mini Tacos (MDR)	530	270	30	4	0	25	920	49	5	9	15	
APPETIZERS												
Roadside Sliders - Serves 2-4	800	320	35	13	2	135	1720	70	1	18	48	200
Chicken Pot Stickers - Serves 2-4	380	110	12	2.5	0	90	2550	38	1	13	27	100
Tex Mex Eggrolls - Serves 2-4	930	480	53	14	0.5	120	2030	72	10	12	43	230
Quesadilla - Serves 2-4	1120	700	77	46	1.5	170	2070	62	7	6	49	280
Quesadilla (ABQ) - Serves 2-4	1120	700	78	46	1.5	170	1950	61	7	5	49	280
Quesadilla with Chicken - Serves 2-4	1230	730	81	46	1.5	235	2300	62	7	6	69	310
Quesadilla with Chicken (ABQ) - Serves 2-4	1240	730	81	46	1.5	235	2180	61	7	5	69	310
Quesadilla with Kalua Pork (HI) - Serves 2-4	1340	810	90	50	1.5	265	2450	63	7	6	73	340
Thai Chili Shrimp - Serves 2-4	700	470	52	10	0	75	950	35	1	7	18	180
Avocado Eggrolls - Serves 2-4	930	430	48	10	0	15	1300	111	14	38	14	230
Fried Macaroni and Cheese - Serves 2-4	1310	870	96	47	2.5	245	2140	70	6	12	40	330
Warm Crab Dip - Serves 2-4	1220	820	92	34	1.5	195	1720	69	3	9	25	310
Fried Calamari - Serves 2-4	1520	950	105	20	1	705	1850	98	5	10	44	380
Eggroll Sampler - Serves 2-4	1320	690	76	21	1	135	2320	114	17	36	44	330
Spicy Tuna* - Serves 2-4	460	200	22	4	0	40	1490	46	2	15	20	120
Ahi Poke Nachos* - Serves 2-4	1020	570	63	10	0.5	55	1740	85	7	21	27	260
Hot Spinach and Cheese Dip - Serves 2-4	1730	1130	126	57	2.5	225	1590	115	13	9	31	430
Buffalo Blasts® - Serves 2-4	1670	840	93	25	1.5	190	7080	129	10	11	78	420
Thai Lettuce Wraps with Satay Chicken Strips - Serves 2-4	850	240	27	7	0	125	1990	105	9	69	51	210
Small Thai Lettuce Wraps with Satay Chicken Strips	500	150	16	4	0	60	1270	65	5	46	27	130
Thai Lettuce Wraps with Grilled Avocado - Serves 2-4	830	370	42	8	0	0	1910	110	18	64	15	210
Small Thai Lettuce Wraps with Grilled Avocado	500	210	24	4.5	0	0	1230	68	10	43	8	130
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	340
Pretzel Bites with Cheddar Cheese Fondue - Serves 2-4	1010	550	61	34	2	130	2470	84	3	11	29	250
Factory Nachos - Serves 2-4	2670	1720	192	84	5	320	2680	173	21	25	63	670
Factory Nachos with Spicy Chicken - Serves 2-4	2950	1900	211	85	6	370	3350	180	22	29	83	740
Factory Nachos with Kalua Pork (HI) - Serves 2-4	2880	1840	204	88	5	415	3070	174	21	25	88	720
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 Poke (HI) - Serves 2	470	90	10	15	0	95	3030	46	3	34	50	240
Spicy Ahi Tempura Roll (HI) - Serves 2-4	770	450	51	9	0.5	70	1910	45	3	11	32	190
Spicy Tuna (HI) - Serves 2-4	460	200	22	4	0	40	1490	46	2	15	20	120
Mini Crab Cakes (HI) - Serves 2-4	530	380	42	8	0	130	930	15	2	6	20	130
SOUPS												
Cup of Clam Chowder	310	170	19	11	0.5	70	990	24	2	2	11	
Cup of Cream of Chicken Soup	390	230	25	15	1	125	1030	25	3	10	17	
Cup of Mexican Chicken and Vegetable Soup	340	170	19	7	0	40	1530	27	4	8	14	
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	680	350	39	15	0.5	75	3070	54	7	17	29	
FLATBREAD PIZZAS												
Cheese Flatbread	1000	450	50	31	1	125	2530	86	4	3	49	
Margherita Flatbread	760	270	30	15	0	55	1770	85	4	4	34	
Fresh Basil, Tomato and Cheese	850	340	38	25	0.5	95	2300	84	4	3	42	
Pepperoni Flatbread	1170	590	66	34	1	165	3420	88	5	3	56	
Pepperoni Flatbread with Hot Honey	1200	590	66	34	1	165	3430	96	5	11	56	
Bee Sting Flatbread	1170	560	62	30	1	145	3280	97	5	8	54	
Kalua Pig Flatbread (HI)	1100	460	51	29	1	190	2490	93	4	8	65	
Hawaiian Flatbread (HI)	970	360	40	25	0.5	125	2900	97	4	11	54	

	Calories (kcal)	Fat Calories (kcal)	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.)
GLAMBURGERS®												
French Fries	530	210	23	4	0	0	1250	76	5	13	6	
Green Salad	130	110	12	1	0	0	125	5	1	2	1	
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4	
Old Fashioned Burger	990	540	60	22	2.5	195	1880	64	3	19	46	
Double Smash Cheeseburger	1140	630	70	31	3	230	3180	72	3	26	54	
Bistro Burger	1330	670	74	25	2.5	165	3190	106	4	36	55	
Classic Burger	1280	740	83	30	3	255	2520	69	4	23	61	
French Dip Cheeseburger	1620	1060	118	48	3	305	3470	79	5	23	59	
Smokehouse B.B.Q. Burger	1580	880	97	39	3.5	280	3070	106	5	42	68	
Americana Cheeseburger	1390	810	90	37	3	255	3410	82	4	29	60	
Macaroni and Cheese Burger	1340	760	85	40	3.5	275	2430	81	4	20	60	
Green Chile Cheeseburger (ABQ)	1270	720	80	35	2.5	265	2570	73	4	20	61	
Bacon-Bacon Cheeseburger	1610	990	110	44	3.5	315	3530	78	3	30	75	
Factory Turkey Burger	1060	620	69	24	1	205	2110	59	7	17	53	
Veggie Burger	1040	450	50	13	0	0	2920	129	10	32	19	
SALADS												
Tossed Green Salad	190	100	11	2.5	0	5	230	19	3	4	6	
Tossed Green Salad with Balsamic Vinaigrette	660	540	60	6	0.5	5	680	25	4	8	7	
Tossed Green Salad with Blue Cheese Dressing	530	380	42	13	0	50	900	25	4	8	12	
Tossed Green Salad with SK Mustard Vinaigrette	280	140	16	3	0	5	1130	28	4	8	6	
Tossed Green Salad with Ranch Dressing	610	460	51	10	0	30	840	26	4	10	6	
Tossed Green Salad with Thousand Island Dressing	630	470	52	10	0	30	900	31	4	15	6	
Caesar Salad	860	670	75	16	0	50	1100	30	8	9	15	
Caesar Salad with Chicken	1090	730	81	17	0	175	1640	30	8	9	59	
Factory Chopped Salad	780	530	59	11	0.5	85	1360	34	10	17	34	
Fried Chicken Club Salad	1530	1070	119	27	1	320	2920	64	7	28	49	
Vegan Cobb Salad	1060	790	89	9	0.5	0	1310	55	19	18	16	
Chinese Chicken Salad	1630	920	102	14	1	80	2960	135	11	62	50	
Thai Chicken Salad	1210	570	63	10	0	155	2670	93	14	63	73	
Sheila's Chicken and Avocado Salad	1820	1110	124	16	0.5	80	2150	134	22	57	56	
Lunau Salad (HI)	1370	770	86	12	0.5	85	1930	110	11	58	45	
Barbeque Ranch Chicken Salad	1950	1120	124	22	0	125	2920	151	22	64	56	
Santa Fe Salad	1670	1000	112	25	1	135	2450	108	19	39	68	
Cobb Salad	1480	1110	124	24	1.5	365	2460	30	11	13	66	
Seared Tuna Tataki Salad	450	260	29	2.5	0	45	1280	16	5	8	34	
ADDITIONS												
Avocado	160	130	14	2	0	0	5	8	6	0	2	
Grilled Chicken	220	70	7	1	0	130	470	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	
SALAD DRESSINGS & CONDIMENTS (Per Tbl.)												
Balsamic Vinaigrette	80	70	8	0.5	0	0	75	1	0	1	0	
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	1	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	0	0	
SkinnyLicious® Mustard Vinaigrette	15	5	1	0	0	0	150	1	0	1	0	
SkinnyLicious® Sesame Soy Dressing	20	0	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	70	60	7	1.5	0	5	110	2	0	2	0	
LUNCH SPECIALS												
Renee's Special												
One-Half Fresh Turkey Sandwich	790	390	43	16	0	130	1860	69	4	14	32	
One-Half Chicken-Almond Salad Sandwich	850	560	62	17	0	100	1280	49	5	9	23	
Cup of Soup	310-390											
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2	
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8	
LUNCH SOUP AND SALAD												
Lunch Soup and Salad												
Cup of Soup	310-390											
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2	
LUNCH SALADS												
Cobb Salad	1040	780	88	17	1	265	1420	22	7	10	44	
Santa Fe Salad	1130	680	76	15	0.5	80	1520	76	14	26	42	
Chinese Chicken Salad	970	540	60	8	0.5	50	2040	82	6	44	29	
Barbeque Ranch Chicken Salad	1210	670	75	14	0	80	2080	98	17	45	35	
Vegan Cobb Salad	830	650	72	7	0	0	1090	38	13	12	10	
Sheila's Chicken and Avocado Salad	1100	670	75	10	0	45	1280	80	13	37	34	
LUNCH FLATBREAD PIZZA AND SALAD												
Cheese Flatbread	1000	450	50	31	1	125	2530	86	4	3	49	
Margherita Flatbread	760	270	30	15	0	55	1770	85	4	4	34	
Fresh Basil, Tomato and Cheese Flatbread	850	340	38	25	0.5	95	2300	84	4	3	42	
Pepperoni Flatbread	1170	590	66	34	1	165	3420	88	5	3	56	
Pepperoni Flatbread with Hot Honey	1200	590	66	34	1	165	3430	96	5	11	56	
Bee Sting Flatbread	1170	560	62	30	1	145	3280	97	5	8	54	
Hawaiian Flatbread (HI)	970	360	40	25	0.5	125	2900	97	4	11	54	
Kalua Pig Flatbread (HI)	1100	460	51	29	1	190	2490	93	4	8	65	
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2	
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8	
LUNCH PASTA												
Fettuccini Alfredo	1450	850	94	57	3	210	2000	113	5	6	39	
Fettuccini Alfredo with Chicken	1570	860	96	57	3	275	2230	113	5	6	63	
Four Cheese Pasta	950	370	41	15	0.5	65	3040	111	9	18	35	
Four Cheese Pasta with Chicken	1060	380	43	16	0.5	130	3470	111	9	18	59	
Pasta Carbonara	1430	830	92	45	2.5	205	2630	112	8	7	36	
Pasta Carbonara with Chicken	1540	840	94	45	2.5	270	2870	112	8	7	61	
Pasta da Vinci	1050	520	57	23	1.5	170	1540	85	8	10	48	
Spaghetti and Meatballs	1390	640	72	16	1	95	4030	140	14	25	49	
Pasta with Shrimp and Sausage (HI)	1310	640	71	21	1	140	3600	116	9	18	50	
Louisiana Chicken Pasta	1380	720	80	43	2.5	310	2790	113	7	11	53	
Spicy Chicken Chipotle Pasta	1290	610	68	25	1.5	140	2620	123	10	18	48	
Evelyn's Favorite Pasta	940	440	49	15	1	40	1920	102	8	7	24	
Farfalle with Chicken and Roasted Garlic	1070	450	50	24	1	175	2440	99	8	11	56	
Spicy Rigatoni Vodka	1080	630	71	27	1.5	135	2890	86	9	20	22	
LUNCH CHICKEN SPECIALS												
Crusted Chicken Romano	1100	490	55	19	1	220	2810	96	9	15	57	
Chicken Piccata	1340	740	82	43	2.5	315	2750	85	5	6	66	
Orange Chicken	1330	490	54	9	1.5	65	1810	170	4	47	42	
LUNCH FAVORITES												
Famous Factory Meatloaf	1400	750	84	41	3	290	3660	105	7	43	52	
Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55	
Fish & Chips	1720	980	109	21	1.5	200	3090	125	9	35	51	

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals (Per Svc.)
LUNCH SALMON												
Grilled Salmon	940	580	64	19	0.5	160	1330	42	6	4	47	
Herb Crusted Filet of Salmon	1150	770	86	34	2	235	1140	42	4	4	48	
Miso Salmon	1000	430	48	24	1.5	195	1260	96	2	26	46	
Cajun Salmon	1250	820	92	38	2.5	265	1540	59	6	16	46	
Thai Glazed Salmon (PR)	840	280	31	10	0	100	1240	89	4	18	52	
SANDWICHES												
Renee's Special												
One-Half Fresh Turkey Sandwich	790	390	43	16	0	130	1860	69	4	14	32	
One-Half Chicken-Almond Salad Sandwich	850	560	62	17	0	100	1280	49	5	9	23	
Cup of Soup	310-390											
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2	
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8	
Chicken Shawarma	1890	960	106	21	0	155	5350	163	12	33	59	
Chicken Salad Sandwich	1180	700	78	19	0.5	145	2320	77	7	17	41	
Cuban Sandwich	1170	620	69	22	1.5	155	3210	66	3	3	70	
The Club	1290	620	68	17	0	130	3240	112	6	24	56	
Grilled Chicken and Avocado Club	1180	730	81	13	0	180	1860	79	5	8	71	
Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce	1090	590	66	24	0.5	245	2710	62	2	8	62	
Spicy Crispy Chicken Sandwich - Chipotle Mayo	1170	670	74	24	0.5	240	1790	62	2	8	60	
Crispy Fish Sandwich	1460	940	104	30	1.5	295	2760	71	4	16	53	
Blackened Fish Sandwich	1270	850	94	25	1	185	2900	62	4	17	38	
Chicken Parmesan Sandwich	1830	1090	121	62	3.5	240	3600	100	5	7	87	
Modern Cheesesteak	1490	880	98	37	3	285	3610	83	5	8	76	
B.B.Q. Kalua Pork (HI)	930	410	45	17	0	240	1650	71	3	22	59	
Hawaiian Fish Sandwich - Mahi (HI)	750	300	33	11	0	180	1680	71	5	23	41	
Hawaiian Fish Sandwich - Ahi (HI)	760	300	33	11	0	130	1690	71	5	23	44	
Hawaiian Fish Sandwich - Salmon (HI)	870	430	48	14	0	135	1600	71	5	23	37	
Hawaiian Fish Sandwich - Ono (HI)	740	290	33	11	0	120	1670	71	5	23	40	
SPECIALTIES												
Green Chile Chicken Enchiladas	1420	600	67	27	1.5	180	2760	143	21	11	65	
Korean Fried Chicken	1810	650	72	13	1.5	80	3930	239	12	66	51	
Chicken Parmesan "Pizza Style"	1940	1100	123	61	3	650	3730	90	5	10	120	
Chicken Tenders	1500	680	76	32	2	245	2900	145	9	49	62	
Crispy Pineapple Chicken and Shrimp	1630	450	50	8	0	150	2500	242	7	92	54	
Shepherd's Pie	1400	730	81	40	4	300	3290	90	13	16	74	
Famous Factory Meatloaf	1930	1030	115	55	3.5	405	5100	144	9	59	75	
Baja Chicken Tacos	1410	540	61	20	1	200	2680	137	16	11	80	
Grilled Fish Tacos	1320	550	62	14	0.5	115	2580	141	17	15	50	
Crispy Hand Battered Fish Tacos	1610	710	80	17	1	110	2740	156	17	13	60	
Grilled Steak Tacos	1580	720	81	24	1.5	165	2720	147	17	12	67	
Chicken Madeira	1300	660	73	35	2	415	2390	72	9	11	89	
Chicken Bellagio	2020	1040	116	32	1.5	395	4660	144	7	6	98	
Crusted Chicken Romano	1800	850	94	37	1.5	435	4420	132	13	20	107	
Orange Chicken	1750	620	69	12	1.5	80	2730	233	6	77	52	
Orange Cauliflower	1390	480	54	9	0	0	2280	205	10	67	22	
Truffle-Honey Chicken	1700	960	107	37	2	275	3030	115	9	15	71	
Parmesan-Herb Crusted Chicken	1370	700	78	42	2.5	415	3350	62	6	5	105	
Crispy Chicken Costoletta	1800	1080	120	51	2.5	500	2990	104	12	9	77	
Chicken Piccata	1420	760	85	44	2.5	355	2920	86	6	7	79	
Bang-Bang Chicken and Shrimp	1370	500	56	22	0	235	1370	144	8	26	75	
PASTA												
Tomato Basil Pasta	1720	790	88	18	1	115	4910	162	18	44	72	
Fettuccini Alfredo	1930	1160	128	78	4.5	285	2570	143	6	8	50	
Fettuccini Alfredo with Chicken	2120	1190	132	78	4.5	390	2960	143	6	8	91	
Pasta Carbonara	2030	1250	139	68	3.5	315	3480	141	10	11	50	
Pasta Carbonara with Chicken	2220	1280	142	69	3.5	420	3860	141	10	11	90	
Four Cheese Pasta	1280	560	62	26	1	115	4110	132	11	23	49	
Four Cheese Pasta with Chicken	1480	590	66	27	1	220	4890	132	11	23	90	
Spicy Rigatoni Vodka	1570	900	100	38	2	185	4470	131	13	27	34	
Spaghetti and Meatballs	1920	940	105	24	2	140	5550	179	19	34	66	
Evelyn's Favorite Pasta	1270	670	75	27	1.5	75	2520	122	11	12	29	
Pasta da Vinci	1540	750	83	36	2	260	2380	129	10	20	71	
Louisiana Chicken Pasta	2270	1180	132	67	4	555	4660	176	10	17	98	
Farfalle with Chicken and Roasted Garlic	1870	880	97	48	2	330	4130	153	13	17	95	
Spicy Chicken Chipotle Pasta	1770	920	103	37	2	215	3230	146	13	24	67	
Pasta with Shrimp and Sausage (HI)	1780	870	97	30	1	205	5090	156	14	28	68	
Cajun Jambalaya Pasta	1270	440	49	28	1.5	455	3000	125	7	13	83	
FISH & SEAFOOD												
Fish & Chips	1930	1040	115	22	1.5	305	3580	135	9	37	79	
Shrimp and Chicken Gumbo	1450	740	82	38	2.5	445	2280	93	2	12	84	
Shrimp Scampi	1260	690	76	37	2	335	2340	105	7	7	41	
Thai Glazed Salmon (PR)	1040	280	31	11	0	130	1470	121	6	19	70	
Jamaican Black Pepper Shrimp	1290	250	27	7	0	360	1940	195	17	70	67	
Jamaican Black Pepper Chicken	1390	260	29	7	0	225	1710	192	14	69	90	
Jamaican Black Pepper Chicken and Shrimp	1340	270	30	8	0	275	1720	195	17	69	72	
Grilled Salmon	1270	750	84	25	1	225	1640	64	9	5	62	
Cajun Salmon	1570	1020	114	49	3	340	2030	77	7	17	59	
Herb Crusted Filet of Salmon	1350	830	93	43	2.5	290	1620	65	5	4	64	
Miso Salmon	1340	610	67	31	1.5	240	1430	120	5	27	64	
Grilled Branzino	1410	840	94	40	2.5	290	1910	66	7	5	72	
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	
STEAKS & CHOPS												
Carne Asada Steak	1290	550	61	24	2	190	1350	132	8	20	57	
Steak Frites	1530	810	90	33	3	135	2860	121	9	15	58	
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76	
Grilled Rib-Eye Steak	1360	790	88	43	4.5	300	2610	57	7	3	86	
Filet Mignon	840	340	38	21	1.5	245	1680	56	7	3	67	
SIDE DISHES												
French Fries	1060	410	46	8	0	0	2500	152	10	25	11	
Green Beans	140	90	10	6	0	0	300	10	4	2	3	
Sweet Potato Fries	1010	470	52	9	0	10	1800	125	14	58	7	
Fresh Corn	270	120	14	6	0	0	610	28	8	11	8	
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5	
Sauteed Spinach	650	590	67	41	2.5	125	1100	10	5	1	7	
Macaroni & Cheese	1550	980	109	67	4.5	345	2690	92	5	9	50	
Broccoli	260	160	18	3	0	10	710	15	8	2	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)	510	120	14	8	0	30	830	82	9	2	14	
Grilled Asparagus	120	70	8	4.5	0	0	450	8	3	0	5	

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals (Per Svc)
EGGS & OMELETTES												
Farm Fresh Eggs	280	220	25	12	0	425	150	1	0	0	13	
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	465	220	4	0	3	25	
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	505	1770	2	0	1	44	
Farm Fresh Eggs with Chicken Sausage	520	350	39	18	0	590	1440	3	0	2	40	
Brioche Breakfast Sandwich	1030	600	67	28	1	530	1920	59	5	9	48	
FACTORY CREATE AN OMELETTE												
Plain Omelette	630	530	60	17	1	670	790	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	
Avocado	40	30	3.5	0	0	0	1	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	25	5	1	0	0	0	80	3	1	1	2	
Spinach	5	0	0	0	0	0	20	1	1	0	1	
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1	
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0	
Red Onions	10	0	0	0	0	0	1	3	0	1	0	
Green Onions	5	0	0	0	0	0	2	1	0	0	0	
Shakshuka Omelette	1020	570	64	30	1.5	745	2140	64	7	17	44	
California Omelette	1090	810	91	42	2.5	810	1570	13	4	4	55	
Spinach, Mushroom, Bacon and Cheese Omelette	1050	810	90	46	2	820	1570	14	3	4	48	
Grilled Steak & Eggs	720	540	60	28	0	540	740	2	0	1	50	
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81	
BREAKFAST ACCOMPANIMENTS												
Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8	
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	45	5	0.5	0	0	560	73	6	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	950	500	56	27	1.5	135	750	108	5	76	8	
Fried Chicken & Waffles	1190	540	61	26	1.5	215	1260	118	1	54	44	
Buttermilk Pancakes	1670	700	78	28	1.5	195	3650	214	8	79	30	
Cinnamon Roll Pancakes	2370	1110	125	53	3.5	350	3920	281	5	148	31	
Lemon-Ricotta Pancakes	2110	930	105	44	2	365	3670	255	5	139	37	
Brûléed French Toast	2120	1440	161	83	4.5	670	1120	139	6	63	31	
Brûléed French Toast with Bacon	2330	1580	176	89	4.5	715	1190	143	6	66	43	
Brûléed French Toast with Grilled Ham	2290	1480	165	84	4.5	750	2740	141	6	64	62	
Brûléed French Toast with Chicken Sausage	2370	1570	175	88	4.5	835	2410	141	6	65	57	
Brunch Combo	1110	690	77	38	2	555	1010	81	2	50	26	
Eggs Benedict with Canadian Bacon and Hollandaise	1350	950	105	57	3	365	2270	51	3	3	48	
Bacon And Avocado Benedict	1520	1120	125	62	3	350	1070	62	7	10	36	
Fried Chicken & Waffles Benedict	1670	1150	128	71	3.5	425	1440	96	3	48	33	
Green Chilaquiles with Carnitas and Eggs	1650	910	102	33	1	945	2560	100	12	15	85	
Green Chilaquiles with Chicken and Eggs	1620	900	100	29	1	990	3040	88	11	18	90	
Monte Cristo Sandwich	1960	1080	121	64	3.5	870	2470	145	6	70	74	
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44	
Breakfast Burrito	2080	1250	139	69	3.5	950	4580	121	20	19	88	
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	
Oreo® Dream Extreme Cheesecake	1510	830	93	51	2.5	290	800	166	7	122	15	
Ultimate Red Velvet Cake Cheesecake™	1580	1050	116	62	4	350	630	125	1	104	14	
Reese's® Peanut Butter Chocolate Cake Cheesecake	1510	850	95	44	2	245	940	154	8	121	23	
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15	
Brownie Crunch Choc-A-Lot Cheesecake	1500	1000	111	66	3	385	580	121	5	105	16	
Peach Perfect With Raspberry Drizzle	1450	880	98	63	2.5	360	550	129	2	109	13	
Coconut Cream Pie Cheesecake	1370	880	98	64	2.5	335	530	114	5	93	12	
Adam's Peanut Butter Cup Fudge Ripple	1250	740	82	43	2	245	750	118	5	94	18	
Triple Berry Bliss	1300	780	86	50	2.5	305	580	122	2	94	11	
Cookie Dough Lover's Cheesecake with Pecans	1550	950	105	62	3	375	650	145	5	110	15	
Pineapple Upside-Down Cheesecake	1260	750	83	47	2	310	510	109	1	99	10	
Celebration Cheesecake	1380	880	98	58	3.5	370	740	114	1	87	15	
Cinnabon® Cinnamon Swirl Cheesecake	1370	770	85	51	3	275	710	141	2	120	10	
Salted Caramel Cheesecake	1240	660	73	43	2.5	300	750	130	2	107	15	
Toasted Marshmallow S'mores Galore™	1550	970	108	67	3	350	570	141	6	102	14	
Dulce De Leche Caramel Cheesecake	1390	990	110	61	3	385	600	107	2	83	14	
White Chocolate Raspberry Truffle®	1220	800	89	57	3	365	550	92	1	78	13	
Mango Key Lime Cheesecake	1300	770	85	54	2.5	350	520	123	2	97	13	
Fresh Banana Cream Cheesecake	1250	810	90	56	3	405	510	99	3	79	14	
Lemon Raspberry Cream Cheesecake	1040	660	73	42	2.5	320	420	87	2	72	10	
CHEESECAKES AND DESSERTS												
Chocolate Tuxedo Cream® Cheesecake	1250	810	90	55	2.5	305	400	109	5	87	11	
Chocolate Caramelicious Cheesecake Made With Snickers®	1370	860	96	50	2.5	340	400	116	6	96	19	
Chocolate Mousse Cheesecake	1220	850	94	58	3	385	480	85	4	69	13	
Lemon Meringue Cheesecake	1170	660	73	48	2	315	510	117	1	95	13	
Hershey's® Chocolate Bar Cheesecake	1320	770	85	49	2.5	275	610	135	7	109	14	
Vanilla Bean Cheesecake	1170	790	88	57	2.5	325	480	84	1	68	11	
Tiramisu Cheesecake	980	630	70	41	2	310	450	75	1	64	11	
Key Lime Cheesecake	1160	780	86	53	3	470	430	92	1	74	13	
Caramel Pecan Turtle Cheesecake	1300	790	88	50	2.5	340	450	124	6	102	15	
Low-Licious Cheesecake	570	400	44	26	1	195	460	37	7	5	10	
Low-Licious Cheesecake with Strawberries	580	400	44	26	1	195	460	39	8	7	10	
Pumpkin	1040	710	79	48	2.5	330	500	76	2	60	10	
Pumpkin Pecan	1270	810	90	46	2.5	355	450	105	4	74	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	
Carrot Cake	1720	1100	122	57	3.5	300	1060	146	5	116	15	
Chocolate Tower Truffle Cake™	1770	1000	111	60	2.5	375	970	192	11	143	20	
Tiramisu	1270	850	94	52	3	455	340	91	1	66	13	
Warm Apple Crisp	1000	300	33	19	1	105	390	170	3	139	9	
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	1750	1060	118	71	2	330	420	168	10	134	25	440
Bowl of Vanilla Ice Cream	750	460	51	32	2	195	180	60	0	57	13	

	Calories (kcal)	Fat Calories (kcal)	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.)
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	0	0	0	0	0	15	82	3	78	2	
Frozen Iced Mango	360	35	4	3.5	0	0	20	80	2	76	2	
Strawberry Fruit Smoothie (HI)	350	50	6	4.5	0	0	25	76	5	64	2	
Tropical Smoothie (HI)	410	50	5	4.5	0	0	35	90	2	85	2	
Peach Smoothie (HI)	340	0	0	0	0	0	15	85	3	80	2	
Frozen Iced Mango (HI)	370	35	4	3.5	0	0	20	83	2	79	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	
Matcha Latte	170	25	3	2	0	15	105	29	1	27	7	
Cappuccino	100	25	3	2	0	15	110	11	0	9	7	
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	
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	
BEVERAGES												
Freshly Brewed Black, Green or Tropical Iced Teas	0	0	0	0	0	0	10	0	0	0	0	
Sweet Tea	110	0	0	0	0	0	10	28	0	28	0	
The Cheesecake Factory Signature Lemonade	310	0	0	0	0	0	15	84	0	78	1	
Strawberry Lemonade	330	0	0	0	0	0	15	87	1	81	1	
Cucumber Lemonade	340	0	0	0	0	0	45	90	1	75	1	
Peach Lemonade	330	0	0	0	0	0	15	83	4	78	1	
Arnold Palmer	160	0	0	0	0	0	15	42	0	40	0	
Coke®	100	0	0	0	0	0	10	27	0	27	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)	100	0	0	0	0	0	15	30	0	27	0	
Fanta Fruit Punch (HI)	100	0	0	0	0	0	20	28	0	28	0	
Barq's® Root Beer	110	0	0	0	0	0	20	29	0	29	0	
Sprite®	100	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®	100	0	0	0	0	0	40	27	0	26	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	45	0	0	0	0	
Fever Tree® Ginger Ale	70	0	0	0	0	0	15	17	0	17	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	3	39	1	31	3	
Apple Juice	190	0	0	0	0	0	25	44	0	41	0	
SPECIALS CARD												
Bites												
Pickle Fries	520	430	47	9	0.5	20	1230	18	1	6	3	
Asian Chicken Nachos	820	400	44	16	1	80	1710	75	3	28	31	
Baked Brie With Truffle-Honey Butter	610	370	41	19	1	65	860	47	1	13	14	
Spicy Jambalaya Arancini	730	530	59	23	1.5	90	1060	39	4	6	12	
BBQ Pork Belly Buns	1080	720	81	21	0	85	1820	58	1	23	28	
Meatball Sliders	480	230	25	11	0.5	55	1390	42	2	3	21	
Chicken & Waffle Skewers	730	340	38	17	1.5	115	840	74	2	30	25	
New Orleans Cajun Shrimp	600	420	47	19	1.5	125	980	27	2	3	18	
Parmesan Truffle Fries	940	560	62	12	0	20	2020	85	6	15	8	
Chicken & Biscuits	1240	790	88	52	2	305	1460	71	1	19	44	
Pigs in a Blanket	730	390	44	18	2	65	2340	66	1	37	18	
Double Smash Cheeseburger Bites	610	340	38	16	1	110	1470	36	1	9	31	
Sweet-Soy Glazed Ribs	490	240	27	9	0	90	1340	34	1	28	26	
Fire-Roasted Artichoke	490	360	40	10	0	20	1000	27	13	4	4	
Bowls												
Chicken Katsu	1380	790	44	8	0.5	100	2520	190	10	35	57	
Mediterranean Bowl	1430	700	78	25	1	175	3040	125	6	15	58	
Baja Bowl Grilled Chicken	1080	300	34	12	0.5	165	2200	132	15	16	64	
Baja Bowl Carnitas	1150	410	46	14	1	100	2630	140	17	13	48	
Baja Bowl Chipotle-Honey Shrimp	940	260	29	12	0.5	120	2010	131	16	14	43	
Southern Fried Chicken	1540	830	92	44	2.5	280	3000	122	8	26	58	
Teriyaki Salmon	1130	300	33	6	0	75	2030	162	7	49	44	
Ahi Tuna Poke* with Rice	830	190	22	3.5	0	50	1470	124	7	19	38	
Ahi Tuna Poke* with Salad	600	270	30	4	0	55	1650	54	7	25	32	
SKINNYLICIOUS® COCKTAILS												
SkinnyLicious® Long Island Iced Tea	110	0	0	0	0	0	20	6	0	5	0	
SkinnyLicious® Sangria	130	0	0	0	0	0	10	19	1	17	0	
SkinnyLicious® Margarita	150	0	0	0	0	0	125	17	0	12	0	
SkinnyLicious® Mojito	150	0	0	0	0	0	210	16	1	8	0	
SkinnyLicious® Cosmopolitan	110	0	0	0	0	0	15	9	0	7	0	
SKINNYLICIOUS® SMALL PLATES & APPETIZERS												
Chicken Taquitos	470	260	29	9	0	60	1050	35	7	6	17	
Stuffed Mushrooms	510	380	42	22	1.5	105	500	19	4	5	15	
Crispy Brussels Sprouts	570	420	46	13	0.5	30	410	30	8	15	8	
Crispy Crab Bites	410	270	31	6	0	85	600	19	2	5	15	
Crab Wontons	550	300	34	11	1	70	1050	48	2	18	14	
Chicken Pot Stickers	380	110	12	2.5	0	90	2550	38	1	13	27	
Spicy Tuna*	460	200	22	4	0	40	1490	46	2	15	20	
Ahi Tartare (HI)	240	130	14	2	0	25	680	17	4	3	14	
SKINNYLICIOUS® SALADS												
Little House Salad	260	220	25	2	0	0	250	10	3	5	2	
Tossed Green Salad	190	100	11	2.5	0	5	230	19	3	4	6	
Tossed Green Salad with SK Mustard Vinaigrette	280	140	16	3	0	5	1130	28	4	8	6	
Tossed Green Salad with SK Sesame Soy Dressing	300	120	13	2.5	0	5	1710	39	5	18	8	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
SkinnyLicious® Factory Chopped Salad	530	260	29	9	0	85	1660	36	11	16	34	
SkinnyLicious® Asian Chicken Salad	570	220	25	3	0	65	2810	54	11	25	37	
Mexican Tortilla Salad	550	210	23	4.5	0	60	2080	59	12	19	29	
Scared Tuna Tataki Salad	450	260	29	2.5	0	45	1280	16	5	8	34	
SKINNYLICIOUS® BURGERS & SANDWICHES												
SkinnyLicious® Hamburger	570	270	30	11	1.5	105	1180	41	3	9	35	
SkinnyLicious® Veggie Burger	550	170	18	3	0	5	1780	84	9	15	14	
SkinnyLicious® Crispy Chicken Sandwich	560	240	27	6	0	55	1330	57	3	10	25	
SkinnyLicious® Spicy Crispy Chicken Sandwich	580	250	28	6	0	55	1420	58	3	11	25	
SkinnyLicious® Grilled Turkey Burger	560	270	30	11	0.5	105	1030	45	5	12	29	
SkinnyLicious® Turkey & Avocado Sandwich	550	240	26	8	0	80	1650	43	4	10	38	

	Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals (Per Svc.)
SKINNYLICIOUS® TACOS												
Asian Chicken Lettuce Wrap Tacos	450	140	15	4	0	80	1040	49	3	32	29	
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	1050	64	13	14	32	
SkinnyLicious® Shrimp Soft Tacos	520	130	15	3	0	185	1010	67	13	14	31	
SKINNYLICIOUS® SPECIALTIES												
SkinnyLicious® Chicken Pasta	590	110	13	1.5	0	90	1760	75	7	10	46	
Sesame Ginger Chicken	590	200	23	3	0	100	2320	55	9	30	46	
Tuscan Chicken	590	190	21	3.5	0	235	1560	19	5	5	81	
Lemon-Garlic Shrimp	550	190	21	11	0.5	200	2320	51	4	5	32	
SkinnyLicious® Grilled Salmon	590	320	36	7	0	105	1020	22	7	12	45	
Grilled Steak Medallions	440	170	19	10	0.5	140	1320	24	4	6	45	
SkinnyLicious® Grilled Branzino	530	260	29	12	0.5	105	1250	30	5	5	36	
KIDS' MENU												
Kids' Roadside Sliders	360	150	16	6	1	60	750	30	0	6	22	
Kids' Pigs in a Blanket	420	280	31	13	1.5	45	1270	24	1	5	12	
Kids' Grilled Cheese Sandwich	700	340	37	21	1	135	1960	73	4	9	18	
Kids' Grilled Cheese Sandwich (Queens/ Philly)	450	250	28	14	1	85	620	35	2	3	15	
Kids' Fried Chicken Strips	460	250	28	5	0	65	550	28	2	4	24	
Kids' French Fries	300	100	11	2	0	0	870	45	3	12	3	
Kids' French Fries (Queens/ Philly)	240	100	11	2	0	0	390	30	3	0	3	
Kids' Fresh Fruit	50	0	0	0	0	0	0	13	2	10	1	
Kids' Pasta with Butter and Parmesan	460	170	19	11	0.5	45	950	60	3	2	13	
Kids' Pasta with Marinara Sauce	470	120	13	1	0	0	1600	73	6	11	15	
Kids' Pasta with Alfredo Sauce	910	540	60	37	2	170	1370	69	5	6	25	
Kids' Spaghetti with Meatball	680	280	31	8	0.5	60	2180	72	7	14	29	
Kids' Spaghetti with Meatball (Queens/Philly)	680	280	31	8	0.5	60	2180	72	7	14	29	
Kids' Macaroni and Cheese	1160	710	79	48	3	235	2040	84	5	9	29	
Kids' Cheese Flatbread Pizza	1000	450	50	31	1	125	2530	86	4	3	49	
Kids' Pepperoni Flatbread Pizza	990	450	50	29	1	125	2720	86	4	2	47	
Kids' Cheese Flatbread Pizza (Queens/Philly)	830	340	38	22	0.5	90	2230	82	4	3	39	
Kids' Pepperoni Pizza (Queens/Philly)	840	340	38	21	0.5	90	2280	84	4	2	38	
Kids' Quesadilla	820	480	54	34	1	115	1440	48	2	0	40	
Kids' Quesadilla with Chicken	940	520	58	35	1	180	1670	48	2	0	49	
Kids' Grilled Chicken	460	180	19	11	0.5	145	1600	38	5	1	33	
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32	
Kids' Brunch with French Toast	1210	790	88	44	2	355	590	83	4	43	22	
Kids' Brunch with Buttermilk Pancakes	680	330	37	16	1	85	930	75	4	40	14	
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' Fanta Fruit Punch (HI)	60	0	0	0	0	0	15	17	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	0	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' 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	
Kids' Strawberry Shortcake	450	230	25	16	0	90	380	48	1	26	8	
HAPPY HOUR MENU												
Happy Hour Burger	1140	630	70	31	3	230	3180	72	3	26	54	
Margarita	210	0	0	0	0	0	125	25	0	23	0	
Margarita (UT)	200	0	0	0	0	0	125	25	0	23	0	
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	
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	3	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	1	0	0	0	0	
Fanta Orange Soda (PR)	40	0	0	0	0	0	1	11	0	10	0	
Barq's® Root Beer	40	0	0	0	0	0	4	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	2	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	3	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	1	12	0	11	0	
The Cheesecake Factory Signature Lemonade	110	0	0	0	0	0	2	31	0	29	0	
GLUTEN FREE SMALL PLATES & SNACKS												
Little House Salad	320	280	31	3	0	0	330	8	2	5	2	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
GLUTEN FREE APPETIZERS												
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	340
GLUTEN FREE APPETIZER SALADS												
Tossed Green Salad	35	0	0	0	0	0	25	7	3	4	2	
Tossed Green Salad with Blue Cheese Dressing	370	280	31	11	0	50	690	13	4	7	9	
Tossed Green Salad with French Mustard Vinaigrette	630	560	62	6	0	0	640	13	3	9	3	
Tossed Green Salad with Ranch Dressing	450	360	41	8	0	25	630	15	3	10	3	
Tossed Green Salad with Thousand Island Dressing	470	370	41	8	0	25	690	19	3	14	3	
Caesar Salad	720	590	66	14	0	50	930	19	7	9	12	
Caesar Salad with Chicken	950	640	71	15	0	175	1470	19	7	9	56	
Factory Chopped Salad	870	600	67	13	0.5	85	1470	34	10	18	34	
GLUTEN FREE LUNCH SPECIALS												
Lunch Cobb Salad	1160	900	100	20	1	265	1590	22	7	12	43	
Lunch Four Cheese Pasta	930	420	46	16	0.5	65	2760	106	6	15	24	
Lunch Four Cheese Pasta with Chicken	950	370	41	16	0.5	130	2860	99	6	15	46	
Lunch Pasta with Chicken and Roasted Garlic	1180	540	60	25	1	150	2550	120	6	9	41	
Lunch Pasta Carbonara	1500	910	101	46	2.5	205	2160	119	5	6	26	
Lunch Pasta Carbonara with Chicken	1610	930	103	46	2.5	270	2390	119	5	6	50	
Lunch Evelyn's Favorite Pasta	830	420	47	15	1	40	1330	92	6	5	11	
Lunch Spicy Chicken Chipotle Pasta	1270	660	74	25	1.5	140	2340	118	8	16	37	
Lunch Shrimp with Rotini	1000	590	66	10	0.5	80	2250	74	8	16	27	
Lunch Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55	
Lunch Grilled Salmon with Corn Succotash	1020	550	61	24	1	190	1400	67	6	24	50	
Lunch Grilled Salmon with Green Beans	850	490	55	21	1	180	1100	42	5	5	46	
Lunch Grilled Salmon with Sauteed Spinach	880	510	57	22	1	160	1570	45	7	4	49	
Lunch Miso Salmon	990	430	48	24	1.5	195	1260	94	2	25	45	
Cajun Salmon	1250	820	92	38	2.5	265	1540	59	6	16	46	

	Calories (kcal)	Fat Calories (kcal)	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.)
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	510	180	20	3.5	0	0	1150	78	11	38	4	
Double Smash Cheeseburger	980	510	56	24	2.5	180	3090	72	6	28	50	
Old Fashioned Burger	840	420	46	15	2	140	1790	64	6	21	43	
Bistro Burger	1250	700	78	25	2.5	165	2790	89	7	42	49	
Mushroom Burger	1300	770	86	32	3	200	2370	73	8	25	61	
Americana Cheeseburger	1230	690	76	29	2.5	205	3330	83	8	31	56	
Bacon-Bacon Cheeseburger	1460	860	96	37	3	260	3440	79	7	33	71	
B.B.Q. Kalua Pork (HI)	770	290	32	9	0	185	1560	72	7	24	55	
Factory Turkey Burger	940	540	60	20	0.5	200	2240	59	9	13	49	
Hawaiian Fish Sandwich - Mahi (HI)	600	170	19	3	0	125	1600	72	8	26	37	
Hawaiian Fish Sandwich - Ahi (HI)	600	170	19	3	0	80	1610	72	8	26	40	
Hawaiian Fish Sandwich - Salmon (HI)	720	310	35	6	0	80	1510	72	8	26	33	
Hawaiian Fish Sandwich - Ono (HI)	590	170	19	3	0	70	1590	72	8	26	36	
GLUTEN FREE SPECIALTIES												
Green Chile Chicken Enchiladas	1420	600	67	27	1.5	180	2760	143	21	11	65	
Shepherd's Pie	1400	730	81	40	4	300	3290	90	13	16	74	
GLUTEN FREE PASTA												
Four Cheese Pasta	1270	620	69	27	1	115	3800	126	8	20	36	
Four Cheese Pasta with Chicken	1460	650	72	28	1	220	4580	126	8	20	77	
Pasta with Chicken and Roasted Garlic	1900	980	109	49	2	290	3970	164	10	14	67	
Pasta Carbonara	2120	1350	150	69	3.5	315	2910	151	7	9	37	
Pasta Carbonara with Chicken	2310	1380	154	70	3.5	420	3300	151	7	9	77	
Evelyn's Favorite Pasta	1150	650	73	27	1.5	75	1880	112	8	9	14	
Spicy Chicken Chipotle Pasta	1750	980	110	37	2	215	2910	140	10	22	54	
Shrimp with Rotini	1390	810	91	14	1	105	3320	107	11	22	37	
GLUTEN FREE FISH & SEAFOOD												
Grilled Branzino	1360	820	91	38	2.5	285	1840	60	7	5	71	
Grilled Salmon with Fresh Corn	1330	720	80	31	1.5	255	1680	86	8	25	63	
Grilled Salmon with Green Beans	1150	660	74	28	1.5	245	1380	61	6	6	59	
Grilled Salmon with Sautéed Spinach	1190	690	76	29	1.5	225	1850	63	8	6	62	
Miso Salmon	1330	610	67	31	1.5	240	1430	119	5	27	64	
Cajun Salmon	1570	1020	114	49	3	340	2030	77	7	17	59	
GLUTEN FREE STEAKS & CHOPS												
Steak Frites	1530	810	90	33	3	135	2860	121	9	15	58	
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76	
Grilled Rib-Eye Steak	1360	790	88	43	4.5	300	2610	57	7	3	86	
Filet Mignon	840	340	38	21	1.5	245	1680	56	7	3	67	
GLUTEN FREE SIDE DISHES												
French Fries	1060	410	46	8	0	0	2500	152	10	25	11	
Green Beans	140	90	10	6	0	0	300	10	4	2	3	
Roasted Sweet Potatoes	450	190	21	10	0.5	45	430	23	8	18	5	
Fresh Corn	270	120	14	6	0	0	610	28	8	11	8	
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5	
Sautéed Spinach	650	590	67	41	2.5	125	1100	10	5	1	7	
Broccoli	260	160	18	3	0	10	710	15	8	2	8	
GLUTEN FREE SALADS												
Caesar Salad	1070	890	99	22	0	75	1410	25	9	12	18	
Caesar Salad with Chicken	1300	950	106	23	0	205	1880	25	9	12	57	
Cobb Salad	1650	1270	141	27	1	365	2680	30	11	15	65	
GLUTEN FREE EGGS & OMELETTES												
Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8	
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1	
Farm Fresh Eggs	280	220	25	12	0	425	150	1	0	0	13	
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	465	220	4	0	3	25	
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	505	1770	2	0	1	44	
FACTORY CREATE AN OMELETTE												
Plain Omelette	630	530	60	17	1	670	790	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	
Avocado	40	30	3.5	0	0	0	1	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	25	5	1	0	0	0	80	3	1	1	2	
Spinach	5	0	0	0	0	0	20	1	1	0	1	
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1	
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0	
Red Onions	10	0	0	0	0	0	1	3	0	1	0	
Green Onions	5	0	0	0	0	0	2	1	0	0	0	
California Omelette	1090	810	91	42	2.5	810	1570	13	4	4	55	
Spinach, Mushroom, Bacon and Cheese Omelette	950	720	80	40	2	795	1460	12	3	4	46	
Grilled Steak & Eggs	720	540	60	28	0	540	740	2	0	1	50	
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81	
GLUTEN FREE SATURDAY & SUNDAY BRUNCH												
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44	
GLUTEN FREE DESSERTS												
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15	
Low-Licious Cheesecake	570	400	44	26	1	195	460	37	7	5	10	
Low-Licious Cheesecake with Strawberries	580	400	44	26	1	195	460	39	8	7	10	
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	41	8	29	7	
GLUTEN FREE SKINNYLICIOUS® SPECIALTIES												
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	1050	64	13	14	32	
SkinnyLicious® Shrimp Soft Tacos	520	130	15	3	0	185	1010	67	13	14	31	
SkinnyLicious® Grilled Branzino	530	260	29	12	0.5	105	1250	30	5	5	36	
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	460	120	13	1.5	0	0	1360	79	4	9	7	
Kids' Pasta with Alfredo Sauce	910	540	60	37	2	170	1130	75	3	4	17	
Kids' Grilled Chicken	460	180	19	11	0.5	145	1600	38	5	1	33	
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32	
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	980	510	56	24	2.5	180	3090	72	6	28	50	

