Applebee's® NUTRITIONAL INFORMATION

Applebee's® is committed to serving delicious food—just the way you like it. We are proud to offer a variety of delicious favorites. As a good neighbor, we understand that choice is a priority for Guests who are watching what they eat. Please use the substitution suggestions and nutritional facts that follow to help you make your dining decisions.

While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values stated may reflect the nutritional content for a menu item in its entirety (e.g. including sides) or by separate menu item component. Please refer to the description in the menu category heading to identify which values are being reflected. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that Guests request. Please keep this in mind when making dining decisions.

We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutritional information detailed in this document. Following are tips for easy ways to make your meal at Applebee's your way—and as delicious as ever.

- Select your entrée from our variety of our Unbelievably Great Tasting and Under 550 Calories™ or Weight Watchers® endorsed menu items.
- Ask for reduced fat dressing, if available.
- Ask for dressings and sauces to be served on the side.
- Substitute a side salad, steamed vegetables or fresh fruit in place of mashed potatoes, fries or onion rings.
- Substitute grilled chicken or shrimp in place of fried chicken or shrimp.
- Select the half portion of any of our Signature Salads.

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Cals: Calories	**Tot Fat: Total Fat**	**Sat Fat: Saturated Fat**
Trans Fat: Trans Fat	**Sod: Sodium**	**Carb: Carbohydrates**
Fiber: Fiber	**Prot: Protein**	**(g): grams (mg): milligrams**

THIS INFORMATION IS GOOD THROUGH 8.25.13

Applebee's Guest Relations 888-59APPLE (888-592-7753)

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APPETIZERS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Cheeseburger Sliders	1280	84	28	3.5	2260	84	4	49
Cheeseburger Sliders with Applewood Smoked Bacon	1360	90	31	3.5	2520	84	4	53
Chicken Quesadilla Grande	1330	76	32	1.5	3850	91	7	69
Cheese Quesadilla Grande	1170	74	31	1.5	3020	85	6	42
Grilled Chicken Wonton Tacos	650	27	5	0.0	2250	65	4	36
Appetizer Sampler	2280-2370	143-155	42-46	2.0 - 2.5	5650-6120	150-175	11-12	87-89
Crunchy Onion Rings	1290	56	10	0.5	3620	181	9	16
Mozzarella Sticks	930	48	21	1.0	2640	84	2	43
Boneless Wings, Classic Buffalo	1230	76	18	1.0	4460	66	8	70
Boneless Wings, Hot Buffalo	1240	77	18	1.0	4580	67	9	71
Boneless Wings, Honey BBQ	1250	55	11	0.5	3060	116	8	71
Boneless Wings, Sweet & spicy sauce	1210	56	11	0.5	4060	105	8	72
Spinach & Artichoke Dip	1320-1390	88-94	22-26	1.0	2620-2690	109-111	9	28-29
Classic Wings, Classic Buffalo	860	57	17	0.5	2930	9	3	79
Classic Wings, Hot Buffalo	870	57	17	0.5	3040	10	3	79
Classic Wings, Honey BBQ	880	36	9	0.0	1530	59	3	79
Classic Wings, Sweet & spicy sauce	840	36	10	0.0	2520	48	2	81
Wings Ranch Dipping Sauce	200	21	3.5	0.0	310	1	0	1
Wings Bleu Cheese Dipping Sauce	240	26	5	0.0	260	1	0	2
Chili Cheese Nachos	1420	87	34	1.5	3970	118	11	44
Spicy Chili Cheese Nachos	1330	80	29	1.5	3320	112	10	43
Steak Quesadilla Towers	1310	79	36	2.5	4250	86	6	64
Queso Blanco	1050	62	20	1.5	2510	99	6	25
Queso Blanco with chili	1150	68	22	1.5	2800	103	8	33
Chips and Spicy Chipotle Lime Salsa	960	53	10	0.5	890	107	11	14
Potato Twisters	940	57	19	1.5	2960	82	7	25
Brew Pub Pretzels & Beer Cheese Dip	1160	55	19	2.0	3410	127	10	38
Green Bean Crispers	920	69	12	1	1590	66	7	8

ULTIMATE TRIOS - listed as served unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Trios Cheeseburger Sliders	980	65	23	3	1650	56	3	43
Trios Cheese Quesadilla Grande	590	37	14	0.5	1660	43	3	20
Trios Chicken Quesadilla Grande	670	39	15	0.5	2080	46	4	34
Trios Steak Quesadilla Towers	620	37	16	1.0	2090	42	3	31
Trios Mozzarella Sticks	420	21	9	0.5	1270	39	1	19
Trios Boneless Wings, Classic Buffalo	620	38	9	0.0	2230	33	4	35
Trios Boneless Wings, Hot Buffalo	620	38	9	0.0	2300	34	4	35
Trios Boneless Wings, Honey BBQ	620	28	5	0.0	1530	58	4	35
Trios Boneless Wings, Sweet & spicy sauce	610	28	5	0.0	2030	52	4	36
Trios Classic Wings, Classic Buffalo	430	28	9	0	1460	4	1	39
Trios Classic Wings, Hot Buffalo	440	29	9	0.0	1530	5	1	39
Trios Classic Wings, Honey BBQ	440	18	4.5	0.0	760	30	1	40

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ULTIMATE TRIOS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Trios Classic Wings, Sweet & spicy sauce	420	18	5	0.0	1260	24	1	40
Trios Wings Ranch Dipping Sauce	200	21	3.5	0.0	310	1	0	1
Trios Wings Bleu Cheese Dipping Sauce	240	26	5	0.0	260	1	0	2
Trios Spinach Artichoke Dip	490	35	10	0.0	920	34	3	12
Trios Grilled Chicken Wonton Tacos	480	21	3.5	0.0	1680	50	3	25
Trios Brew Pub Pretzels & Beer Cheese Dip	610	29	14	1.5	2120	61	5	27

RIBS - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Applebee's Riblets Platter	1720-2100	92-114	26-33	0.0-1.0	3130-4850	133-186	9-11	69-105
Applebee's Riblets Basket	1120-1330	60-69	17-20	0.0	2060-2870	88-127	6-8	44-62
Double-Glazed Baby Back Ribs	1340-1500	73-76	23 - 24	0.0	2780-3720	108-136	8	61-70
Double-Glazed Baby Back Ribs - Half Rack	960-1040	50-52	14-15	0.0	1900-2370	91-105	8	34-38

STEAKS & TOPPERS - without sides unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g))
12 oz. New York Strip	480	24	10	1.5	1120	<1	0	65
12 oz. Ribeye	670	47	21	5.0	950	3	0	57
9 oz. House Sirloin	310	13	5	0.0	970	0	0	48
7 oz. House Sirloin	250	12	5	0.5	860	0	0	35
Steak & Grilled Shrimp Combo	510	25	7	0.5	3110	2	0	68
Steak & Fried Shrimp Combo	650	34	9	1.0	2220	37	2	50
Steak & Honey BBQ Chicken Combo	600	15	6	0.5	2160	37	<1	78
Steak & Riblets Combo	1240-1520	66-80	21-32	1-2	2650-3470	68-119	6-7	81-100
Shrimp 'N Parmesan Sirloin	590	30	14	.5	2820	5	0	75
Chicken Fried Steak (includes mashed potato, gravy & vegetable)	1200	58	14	1.5	3240	115	10	58
Topper - Sautéed Garlic Mushrooms	130	13	4.5	0.0	135	3	<1	2
Topper - Grilled Onions	45	2.5	0.5	0.0	280	5	<1	<1
Topper - Shrimp 'N Parmesan	280	17	9	0.0	1840	4	0	27
Baked Potato	330	18	11	0	170	40	3	6
Garlic Mashed Potatoes	250	14	2.5	0.0	180	30	3	5
Fried Red Potatoes	150	5	1	0.0	190	20	3	4
Seasonal Vegetables	35-60	0-0.5	0	0.0	310-440	5-10	2-4	1-5
Blackened Sirloin* & Garlicky Green Beans	770	49	18	1	2090	43	9	46

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Try our SOUPS, SALADS & SIDES - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Loaded Baked Potato	400	23	13	0	330	40	3	10
Baked Potato	330	18	11	0	170	40	3	6
Loaded Mashed Potatoes	460	31	12	0	550	30	3	15
Garlic Mashed Potatoes	250	14	2.5	0.0	180	30	3	5
Small Caesar Salad (with dressing)	310	27	5	0.0	520	12	3	5
Soup of the Day	170-470	5-33	1 - 18	0-1.0	690-1860	15-30	<1 - 7	6-29
Add Fried Shrimp	390	21	4	0.0	1270	35	2	14
Add Grilled Shrimp	250	12	2.5	0.0	2250	0	0	33
Applebee's House Salad (without dressing)	230	15	7	0.0	400	12	3	13
Dressing, Bleu Cheese	240	26	5	0.0	260	1	0	2
Dressing, Dijon Honey Mustard	210	17	2.5	0.0	520	15	<1	<1
Dressing, Mexi-Ranch	140	14	2.5	0.0	490	0	0	<1
Dressing, Buttermilk Ranch	200	21	3.5	0.0	310	0	0	1
Toasted Garlic Breadstick Basket	500	15	2.5	0	820	75	3	16
Fiesta Corn Chowder (Bowl)	370	29	16	0.5	820	30	2	6
Tuscan Bean with Chicken & Sausage (Bowl)	170	7	3	0.0	770	13	1	15
Green Goddess Wedge Salad	560	53	11	1	1290	12	3	9
French Onion Soup (Bowl)	370	23	14	1.0	1420	25	1	17
Tomato Basil Soup (Bowl)	290	17	8	0.0	1530	29	3	7
Chili (Bowl)	400	24	13	1.0	1100	15	5	29
Broccoli Cheddar Soup (Bowl)	390	29	18	1.0	1860	20	3	14
Clam Chowder (Bowl)	380	26	16	0.5	1090	25	2	14
Baked Potato Soup (Bowl)	470	33	15	1.0	690	30	2	13
Chicken Tortilla Soup (Bowl)	210	9	2	0.0	1220	25	3	10
Chicken Noodle Soup (Bowl)	170	4.5	1	0.0	1200	20	1	14

SIZZLING ENTREES - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Bourbon Street Chicken & Shrimp	610	26	6	0	2550	31	4	64
Bourbon Street Steak	660	36	9	0.5	1740	30	4	54
Sizzling Skillet Fajitas - Steak	1330	48	22	1.0	5270	147	10	77
Sizzling Skillet Fajitas - Chicken	1290	46	21	1.0	4500	145	10	76
Sizzling Skillet Fajitas - Shrimp	1270	47	21	1.0	6110	146	10	67
Sizzling Skillet Fajitas - Combo	1280-1310	46-48	21-22	1.0	4880-5720	146-147	10	72-77
Add Guacamole	70	6	1.0	0.0	140	3	2	<1
Sizzling Double Barrel Whisky Sirloin	670	36	10	0.5	1760	40	6	49

CHICKEN - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Crispy Orange Chicken	1520	49	9	0.5	2530	208	12	64
Fiesta Lime Chicken®	1200	66	16	1.0	3030	93	8	59
Chicken Tenders Platter	1420	80	14	1.0	3340	123	11	53
Chicken Tenders Basket	1100	62	11	0.5	2580	98	8	39

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CHICKEN...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Riblet and Chicken Tenders Platter	1830-2040	105-115	25-28	0.5-1.0	3800-4610	137-175	10-12	72-90
Riblet and Chicken Tenders Basket	1320-1470	76-82	17-19	.5	2910-3190	102-132	8-9	49-60
Chicken Fried Chicken	1150	56	11	0.5	2660	104	10	60
Margarita Queso Chicken & Shrimp	1030	49	11	0.5	4490	79	12	73

WEIGHT WATCHERS® AND UNBELIEVABLY GREAT TASTING &UNDER 550 Calories™ - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Signature Sirloin with Garlic Herb Shrimp	490	20	7	0.5	2420	30	6	51
Roasted Garlic Sirloin	460	17	8	0.5	1885	31	5	43
Weight Watchers® Creamy Parmesan Chicken	460	13	6	0	1370	34	3	53
Weight Watchers® Grilled Jalapeño-Lime Shrimp	300	6	1	0	2110	43	4	22
Napa Chicken & Portobellos	450	13	3.5	0.0	1440	31	5	54
Weight Watchers® Lemon Parmesan Shrimp	490	13	7	0.0	1970	64	4	29
Zesty Roma Chicken & Shrimp	410	11	3.5	0.0	2060	23	3	56

PASTA - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Blackened Steak Penne	1280	60	30	1.5	3710	112	8	74
Blackened Chicken Penne	1150	52	27	1.5	3200	111	8	64
Cajun Shrimp Pasta	1010	46	21	1	4290	92	7	57
Chicken Broccoli Pasta Alfredo	1190	56	30	1.5	2610	108	9	66
Lemon Shrimp Fettuccine	1090	46	22	1.5	5170	100	9	71
Three-Cheese Chicken Penne	1300	59	31	1.5	3130	124	8	69

SEAFOOD - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Blackened Tilapia	410	15	4.5	0.0	1410	36	6	34
Double Crunch Shrimp	1280	69	13	1.0	3320	133	10	33
Orange Glazed Salmon	720	17	3.5	0.0	1820	99	5	46
Garlic Herb Salmon	690	30	8	0.0	1420	61	5	46
Hand-Battered Fish & Chips	1570	105	18	1.5	2050	108	10	46
New England Fish & Chips	1690	126	22	1.5	2840	92	9	46
Shrimp Combo Platter	940	44	15	0.5	5200	89	7	52

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SANDWICHES without sides unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Applebee's Reuben	930	54	17	1.5	3660	60	7	49
Chicken Fajita Rollup	1040	58	26	1.5	3060	60	5	119
Honey BBQ Chicken Sandwich	1010	43	16	0.5	2680	88	4	69
Roast Beef, Bacon & Mushroom Melt	860	45	16	0.5	2770	57	3	52
Oriental Chicken Rollup	1190	62	11	1.0	3290	125	6	35
Clubhouse Grille	1120	68	20	1.0	2940	73	3	53
Chili Cheese Fries, Side	630	33	11	0.5	1370	65	8	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	440	20	4	0.0	770	60	6	5
Applebee's House Salad	230	15	7	0.0	400	12	3	13
Cole Slaw	140	8	1	0.0	250	15	2	1
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1
Seasonal Vegetables, Side	35-60	0-0.5	0	0.0	310-440	5-10	2-4	1-5
Classic Turkey Breast	560	30	4.5	0	920	41	2	31
American BLT	1030	75	22	1.0	2430	52	3	35
Four-Cheese Grille	1000	63	30	2	2960	71	4	38
Turkey, Bacon & Avocado	950	64	15	0	1640	49	5	47

SALADS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Fiesta Chicken Chopped Salad, Regular	860	42	11	0.5	1840	80	12	40
Regular w/o dressing	700	31	9	0.5	1470	65	12	40
Grilled Chicken Caesar, Regular	820	58	12	1	1670	25	6	53
Half	410	29	6	0.0	840	12	3	26
Regular w/o dressing	370	10	4	0.0	910	21	5	51
Half w/o dressing	180	5	2	0.0	450	10	3	26
Oriental Chicken Salad, Regular	1390	98	15	1.5	1600	90	11	39
Half	690	49	7	0.5	800	45	6	21
Regular w/o dressing	730	41	6	0.0	1370	55	11	39
Half w/o dressing	360	20	3	0.0	680	30	5	19
Oriental Grilled Chicken Salad, Regular	1290	81	12	1.0	2190	90	10	56
Half	690	41	6	0.5	1590	55	5	28
Regular w/o dressing	600	20	3	0.0	1960	55	9	54
Half w/o dressing	340	10	1.5	0.0	1470	35	5	28
Pecan-Crusted Chicken Salad, Regular	1320	79	17	1.0	2610	110	13	47
Half	810	47	11	0.5	1540	70	8	27
Regular w/o dressing	890	46	11	0.5	2020	80	13	46
Half w/o dressing	590	31	9	0.0	1240	55	8	27
Fried Chicken Salad, Regular	1090	76	21	1.0	2510	55	7	49
Half	590	40	11	0.5	1280	30	4	27
Regular w/o dressing	680	41	16	0.5	1470	30	6	47
Half w/o dressing	380	23	9	0.0	760	15	3	27
Seasonal Berry & Spinach Salad, Regular	620	31	9	0.5	1610	35	6	53
Half	340	17	4.5	0.0	820	21	4	27

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SALADS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Regular w/o dressing	400	15	6	0.0	1170	17	5	53
Half w/o dressing	230	10	3.5	0.0	600	12	3	27
California Shrimp Salad, Regular	840	66	12	0.5	3490	20	6	48
Regular w/o dressing	450	25	5	0.0	2610	16	5	46

FRESHBURGERS without fries unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Bourbon Black & Bleu Burger	1290	90	33	3	2510	60	6	61
Philly Burger	1030	63	27	3	2570	65	5	53
Southwest Jalapeño Burger	1220	79	30	2.5	2340	72	4	53
Cowboy Burger	1280	74	27	3	2940	99	6	55
Quesadilla Burger	1400	105	45	3.5	3260	43	6	72
Hamburger	790	48	17	2.5	1220	49	3	39
Cheeseburger	940	61	24	3	1700	51	3	47
Bacon Cheddar Cheeseburger	970	63	24	2.5	1710	51	4	50
Veggie Burger	550	22	4.5	0.0	1560	60	7	30
Chili Cheese Fries, Side	630	33	11	0.5	1370	65	8	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	440	20	4	0.0	770	60	6	5
Applebee's House Salad	230	15	7	0.0	400	12	3	13
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1
Seasonal Vegetables, Side	35-60	0-0.5	0	0.0	310-440	5-10	2-4	1-5

DESSERTS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Chocolate Chip Cookie Sundae	1590	75	47	2	990	218	8	18
Butter Pecan Blondie	1130	61	32	1	710	133	3	14
Triple Chocolate Meltdown®	980	54	26	0.5	580	117	4	12
Chocolate Mousse Shooter	470	32	19	1.0	250	44	2	3
Hot Fudge Sundae Shooter	370	19	13	0.5	150	47	<1	4
Strawberry Cheesecake Shooter	370	23	14	1.0	230	36	1	6
Blue Ribbon Brownie	1600	77	41	2	910	212	7	20
Brownie Bite	370	17	10	0.0	210	51	2	4
Apple Chimi Cheesecake	880	36	19	1.0	840	128	4	12

LUNCH COMBOS	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
French Onion Soup	370	23	14	1	1420	25	1	17
Tomato Basil Soup	270	17	8	0.0	1450	25	3	6
Chili	400	24	13	1.0	1100	15	5	29

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LUNCH COMBOS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Baked Potato Soup	440	32	15	1.0	610	26	2	13
Black Bean Soup	250	11	6	0.0	1130	27	7	11
Chicken Noodle Soup	140	4	1	0.0	1110	14	1	13
Chicken Tortilla Soup	210	9	2	0.0	1220	24	3	10
Broccoli Cheddar Soup	370	28	18	1.0	1770	16	3	14
Clam Chowder	360	26	15	0.5	1000	19	1	13
Fiesta Corn Chowder	370	29	16	0.5	820	28	2	6
Tuscan Bean Soup with Chicken & Sausage	170	7	3	0.0	770	13	1	15
Classic Turkey Breast	280	15	2	0	460	21	1	16
Seasonal Berry & Spinach Salad	240	11	2.5	0.0	580	11	2	24
Fiesta Chicken Chopped Salad	360	17	4	0.0	1000	26	4	27
Grilled Chicken Caesar Salad	310	20	4.5	0.0	690	8	1	25
Clubhouse Grille	560	34	10	0	1470	36	2	26
Caesar Salad	220	19	4	0.0	370	8	1	4
California Shrimp Salad	330	26	4.5	0	1340	9	3	18
Chicken Fajita Rollup	660	38	15	1.0	2010	43	4	62
Oriental Chicken Salad	440	29	4.5	0.0	660	28	3	16
Oriental Grilled Chicken Salad	430	21	3	0.0	1440	36	2	25
House Salad	120	7	2.5	0.0	200	9	2	6
Dressing, Bleu Cheese	160	17	3.5	0.0	170	1	0	1
Dressing, Dijon Honey Mustard	140	12	1.5	0.0	350	9	0	0
Dressing, Mexi-Ranch	90	9	1.5	0.0	320	2	0	1
Dressing, Buttermilk Ranch	130	14	2.5	0.0	210	1	0	0
Spinach Salad	220	14	2.5	0.0	670	22	3	6
Roast Beef, Bacon & Mushroom Melt	490	29	10	0.0	1440	28	1	26
Breadstick	130	4	0.5	0.0	200	19	<1	4
Lemon Shrimp Fettuccine	610	26	12	0.5	2480	61	6	34
Three-Cheese Chicken Penne	740	33	17	1	1930	66	4	47
Grilled Chicken WonTon Tacos	480	21	3.5	0.0	1680	50	3	25
Cajun Shrimp Pasta	520	23	10	0	1900	54	4	26
Turkey, Bacon & Avocado	690	38	11	0	1150	55	5	33
Four-Cheese Grille	450	29	14	1	1260	31	2	17
American BLT	520	38	11	0.5	1220	26	1	18

DRINKS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Pepsi (20 ounces)	100	0	0	0.0	25	28	0	0
Diet Pepsi (20 ounces)	0	0	0	0.0	25	0	0	0
Mountain Dew (20 ounces)	110	0	0	0.0	35	29	0	0
Sierra Mist (20 ounces)	100	0	0	0.0	20	27	0	0
Iced Tea (20 ounces)	0	0	0	0.0	30	<1	0	0
Coffee (8 ounces)	0	0	0	0.0	0	0	0	0
Dr Pepper (20 ounces)	100	0	0	0.0	35	27	0	0
Tropicana Lemonade (20 ounces)	100	0	0	0.0	105	27	0	0

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DRINKS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Wild Cherry Pepsi (20 ounces)	100	0	0	0.0	20	28	0	0
Lipton Brisk Raspberry Iced Tea (20 ounces)	80	0	0	0.0	25	21	0	0
Diet Mountain Dew (20 ounces)	0	0	0	0.0	40	0	0	0
Caffeine Free Diet Pepsi (20 ounces)	0	0	0	0.0	25	0	0	0
Mug Root Beer (20 ounces)	100	0	0	0.0	15	26	0	0
Flavored Lemonades and Iced Teas (20 ounces)	30-150	0	0	0.0	35-110	7-40	0	0
Decadent Shakes (20 ounces)	890 - 940	44 - 50	25 - 27	0.0	330 - 490	92 - 127	0 - 2	15 - 16
Applebee's Limeades (20 ounces)	230	0	0	0.0	15	59	0	0
Frozen Lemonades (20 ounces)	250 - 260	0	0	0.0	0 - 5	63 - 65	0 - <1	0

KID'S MENU - without sides or drinks unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Kids Mini Cheeseburger – 1	380	25	9	1	630	23	1	16
Kids Mini Cheeseburgers – 2	770	50	18	2.5	1260	47	2	32
Kids Mini Hamburger – 1	350	22	7	1	510	23	1	14
Kids Mini Hamburger – 2	690	44	15	2	1020	46	2	28
Kids Chicken Tenders	270	15	3	0.0	770	16	1	20
Kids Cheese Pizza	490	24	11	0.5	1230	44	2	21
Kids Corn Dog	220	12	3	0.0	590	21	1	7
Kids Hot Dog	310	17	7	1.0	760	28	<1	12
Kids Grilled Cheese	570	34	14	1.0	1430	46	1	19
Kids Grilled Chicken Sandwich	230	5	1.5	0.0	560	23	<1	24
Kids Kraft Macaroni and Cheese	300	9	2.5	0.0	570	45	2	11
Kids Fried Shrimp	230	14	2.5	0.0	540	16	<1	9
Kids Pasta with Marinara Sauce	360	7	2.5	0.0	1040	60	4	14
Kids 4oz Sirloin Steak	140	7	2.5	0.0	410	0	0	20
Kids OREO® Cookie Sundae	400	21	13	0.5	210	50	1	5
Kids Vanilla Sundae	290	17	10	0.5	90	25	0	3
Kids Vanilla Sundae with Hershey's Syrup	390	17	10	0.5	140	55	0	5
Kids Strawberry Sundae	320	17	10	0.5	115	40	<1	4
Kids Hot Fudge Sundae	430	21	15	0.5	170	55	<1	5
Kids OREO® Cookie Milkshake	800	41	26	1.5	490	98	2	12
Kids Chocolate Milk (1% 8oz)	150 - 270	2.5 - 6	4	0.0	170 - 210	26 - 45	0	8 - 11
Kids Milk (1% or 2% 8 oz)	110 - 150	2.5 - 6	4	0.0	130 - 140	13 - 15	0	8 - 10
Kids Soda (12 oz)	0 - 70	0	0	0.0	10 - 65	0 - 19	0	0
Kids Apple Juice (6.75 oz)	100	0	0	0.0	15	25	0	0
Kids Grape Juice (6.75 oz)	100	0	0	0.0	0	24	0	0
Kids Tropicana Fruit Punch (12 oz)	70	0	0	0.0	15	19	0	0
Kids Orange-Tangerine Juice (6.75 oz)	110	0	0	0.0	15	27	0	0
Fries, Side	440	20	4	0.0	770	60	6	5
Kids Celery side with Dressing	220	22	3.5	0.0	420	5	2	2
Kids Applesauce side	90	0	0	0.0	5	23	2	0
Kids Steamed Broccoli Side	25	0	0	0.0	25	4	3	3

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