

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	320	0	0	0	0	0	80	42	1	38	1
Tropical Tiki Punch (PR)	290	0	0	0	0	0	50	46	1	41	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
Pineapple Moscow Mule	320	0	0	0	0	0	20	47	1	44	0
Pineapple Moscow Mule (UT)	280	0	0	0	0	0	20	47	1	44	0
Red Raspberry	250	0	0	0	0	0	10	36	2	32	0
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
Pineapple Mezcal	270	0	0	0	0	0	210	37	1	33	0
Pineapple Mezcal (PR)	260	0	0	0	0	0	210	37	1	33	0
Blood Orange Aperol Spritz	260	0	0	0	0	0	15	38	1	37	1
Mango Crush (PR)	280	0	0	0	0	0	10	41	0	38	0
Red Sangria	150	0	0	0	0	0	10	21	1	19	1
Red Sangria (PR)	180	0	0	0	0	0	15	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
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)	330	0	0	0	0	0	10	40	0	36	1
Whisky & Ginger	270	0	0	0	0	0	10	38	1	34	0
Whisky & Ginger (UT)	220	0	0	0	0	0	10	33	1	29	0
Whisky & Ginger (PR)	260	0	0	0	0	0	10	38	1	34	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
CHILLED & SERVED UP											
Raspberry Lemon Drop	240	0	0	0	0	0	2	34	2	31	0
Lemon Drop	260	0	0	0	0	0	2	30	0	28	0
Keylime Martini	250	0	0	0	0	0	140	36	1	32	0
Keylime Martini (PR)	240	0	0	0	0	0	140	35	1	31	0
Grapefruit Cosmopolitan	280	0	0	0	0	0	5	33	1	30	0
Grapefruit Cosmopolitan (UT)	220	0	0	0	0	0	4	28	1	26	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	0
Strawberry Blossom (PR)	180	0	0	0	0	0	15	25	1	22	1
Guava Daiquiri	290	0	0	0	0	0	200	43	1	39	0
Guava Daiquiri (PR)	220	0	0	0	0	0	200	28	1	24	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
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	13	0
Bourbon & Honey	280	0	0	0	0	0	3	30	0	29	0
Bourbon & Honey (UT)	270	0	0	0	0	0	2	29	0	27	0
Bourbon & Honey (PR)	260	0	0	0	0	0	2	30	0	29	0
MARGARITAS & MOJITOS											
Margarita	200	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	280	0	0	0	0	0	170	30	1	27	0
Strawberry Infused Margarita	230	0	0	0	0	0	270	31	1	27	1
Strawberry Infused Margarita (PR)	230	0	0	0	0	0	270	31	1	28	1
Blood Orange Margarita	310	0	0	0	0	0	10	36	2	34	1
Blood Orange Margarita (PR)	290	0	0	0	0	0	10	37	2	35	1
Passion Fruit Margarita	240	0	0	0	0	0	5	32	0	31	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	260	35	4	3.5	0	0	30	32	2	28	1
Coconut Mojito (UT)	180	35	4	3.5	0	0	95	26	2	22	1
Coconut Mojito (PR)	290	15	1.5	1.5	0	0	75	40	2	37	1
Pineapple Mojito	260	0	0	0	0	0	10	32	1	29	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)	260	0	0	0	0	0	20	34	1	31	0
Cucumber Mojito (PR)	310	0	0	0	0	0	35	38	1	26	0
NON-ALCOHOLIC SPECIALTIES											
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
Orange Coconut Cream Soda	220	45	5	4.5	0	0	25	42	2	39	1
Passion Mint Fizz	110	0	0	0	0	0	15	27	1	24	1
Guava Blood Orange Sparkler	150	0	0	0	0	0	15	37	1	32	1
BEERS											
Draft Beer (glass)	180	0	0	0	0	0	15	15	0	0	2
Draft Light Beer (glass)	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

	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
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	270	210	24	2	0	0	240	12	3	7	2	
Chicken Taquitos	390	200	22	13	0	50	850	31	13	5	16	
Korean Fried Cauliflower	1150	640	71	13	0	20	2570	113	7	44	14	
Stuffed Mushrooms	510	380	42	22	1.5	105	500	19	7	3	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	
Crispy Crab Wontons	830	220	25	8	0.5	65	920	63	2	24	13	
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	480	250	28	5	0	100	1330	29	3	8	26	
Fried Zucchini	780	500	56	11	0	25	870	55	4	11	12	
Crispy Fried Cheese	1080	670	75	31	1.5	295	1960	50	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	
Avocado Toast	900	440	49	7	0	0	1750	104	16	5	17	
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	420	120	14	3	0	100	2690	42	1	14	31	105
Avocado Eggrolls - Serves 2-4	930	430	48	10	0	15	1300	111	14	38	14	233
Quesadilla - Serves 2-4	1040	630	70	39	1.5	150	1880	61	7	6	44	258
Quesadilla (ABQ) - Serves 2-4	1030	630	70	39	1.5	150	1760	61	7	5	44	260
Quesadilla with Chicken - Serves 2-4	1150	660	74	39	1.5	215	1990	61	7	6	63	288
Quesadilla with Chicken (ABQ) - Serves 2-4	1150	660	74	39	1.5	215	1870	61	8	5	63	288
Quesadilla with Kalua Pork (HI) - Serves 2-4	1250	740	82	43	1.5	240	2260	62	7	6	68	313
Pretzel Bites with Cheddar Cheese Fondue - Serves 2-4	1010	550	61	34	2	130	2470	84	3	11	29	253
Fire-Roasted Fresh Artichoke - Serves 2-4	1170	780	88	31	1.5	110	980	84	45	7	10	293
Guacamole and Chips - Serves 2-4	1420	890	99	19	0.5	30	920	126	32	6	18	355
Fried Macaroni and Cheese - Serves 2-4	1310	870	96	47	2.5	245	2140	70	6	12	40	328
Southern Fried Chicken Sliders - Serves 2-4	1290	690	77	18	0.5	140	1900	87	1	20	57	323
Hot Spinach and Cheese Dip - Serves 2-4	1770	1180	131	59	3	235	1600	117	13	9	29	443
Eggroll Sampler - Serves 2-4	1340	720	80	21	1	140	2280	112	17	35	44	335
Fried Calamari - Serves 2-4	1520	950	105	20	1	705	1850	98	5	10	44	380
Warm Crab & Artichoke Dip - Serves 2-4	1220	820	92	34	1.5	195	1720	69	3	9	25	305
Buffalo Blasts® - Serves 2-4	1670	840	93	25	1.5	190	7080	129	10	11	78	418
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	335
Factory Nachos - Serves 2-4	2670	1720	192	84	5	320	2680	173	21	25	63	668
Factory Nachos with Spicy Chicken - Serves 2-4	2950	1880	210	85	6	395	3170	180	22	29	88	738
Factory Nachos with Kalua Pork (HI) - Serves 2-4	2880	1840	204	88	5	415	3070	174	21	25	88	720
Tex Mex Eggrolls - Serves 2-4	930	480	53	14	0.5	120	2030	72	10	12	43	233
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	273
Thai Lettuce Wraps with Satay Chicken Strips - Serves 2-4	850	240	27	7	0	125	1990	105	9	69	51	213
Thai Lettuce Wraps with Grilled Avocado - Serves 2-4	830	370	42	8	0	0	1910	110	18	64	15	208
Ahi Poke (HI) - Serves 2	430	90	10	1.5	0	95	3080	37	2	24	50	215
Spicy Ahi Tempura Roll (HI) - Serves 2-4	770	460	51	9	0.5	80	1920	44	3	11	33	193
Ahi Carpaccio (HI) - Serves 2-4	250	80	9	1	0	65	1020	11	2	7	31	63
SOUPS												
Cup of Baked Potato Soup	560	350	39	23	1.5	125	1390	38	3	6	13	
Cup of Butternut Squash Soup	310	210	24	15	1	80	810	25	4	8	3	
Cup of Tortilla Soup	320	170	19	5	0	30	1200	27	3	4	12	
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	290	70	8	1	0	30	1710	41	6	12	15	
Cup of Cream of Broccoli Soup	460	340	38	24	1	135	1430	18	4	7	13	
Bowl of Baked Potato Soup	800	510	57	34	2.5	185	1940	52	4	9	20	
Bowl of Butternut Squash Soup	410	280	31	19	1	105	1080	33	5	10	4	
Bowl of Tortilla Soup	500	270	30	9	0.5	45	1660	42	5	5	17	
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	400	90	10	1.5	0	40	2300	56	8	16	21	
Bowl of Cream of Broccoli Soup	630	470	52	33	1.5	185	1950	25	5	10	19	
APPETIZER SALADS												
Tossed Green Salad	100	45	5	3	0	10	150	12	3	3	4	
Tossed Green Salad with Balsamic Vinaigrette	570	460	52	6	0.5	10	590	22	3	11	5	
Tossed Green Salad with Blue Cheese Dressing	440	320	35	13	0	60	820	18	4	7	11	
Tossed Green Salad with SK Mustard Vinaigrette	180	90	10	3.5	0	10	1050	20	4	7	5	
Tossed Green Salad with Ranch Dressing	510	400	45	11	0	40	760	19	3	10	5	
Tossed Green Salad with Thousand Island Dressing	540	410	46	11	0	35	820	23	3	14	4	
Caesar Salad	840	660	73	19	0.5	70	1150	28	7	9	15	
Caesar Salad with Chicken	1060	730	81	20	0.5	200	1370	28	7	9	55	
Greek Salad	670	550	62	13	0	30	2100	18	6	10	10	
French Country Salad	500	360	40	7	0.5	25	800	28	5	20	9	
Factory Chopped Salad	780	520	58	11	0.5	105	1230	35	10	20	35	
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	
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	
Pepperoni Flatbread	1110	550	61	32	1	150	3180	87	4	3	53	
Pepperoni Flatbread with Hot Honey	1140	550	61	32	1	150	3180	96	5	11	53	
Fresh Basil, Tomato and Cheese	850	340	38	25	0.5	95	2300	84	4	3	42	
Spinach and Mushroom	1160	610	68	38	1.5	155	2730	90	4	3	48	
The Everything Flatbread	1160	570	63	31	1	145	3030	92	5	6	55	
The Everything Flatbread with Kalamata Olives	1240	650	72	32	1	145	3450	93	6	6	55	
Molto Meat	1270	640	71	36	1	190	3450	91	5	4	66	
Kalua Pig Flatbread (HI)	1100	460	52	29	1	190	2470	95	5	9	65	
Hawaiian Flatbread (HI)	960	360	40	25	0.5	125	2870	97	4	11	54	
CAULIFLOWER CRUST FLATBREAD PIZZAS												
Cheese Flatbread -CC	1010	530	59	38	1	170	2240	62	6	7	55	
Margherita Flatbread -CC	770	350	39	22	0	95						

	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)
Pepperoni Flatbread -CC	1120	620	69	39	1	195	2890	63	7	7	59
Pepperoni Flatbread with Hot Honey -CC	1150	620	69	39	1	195	2890	72	7	15	59
Fresh Basil, Tomato and Cheese -CC	870	420	47	32	0.5	140	2000	62	6	7	48
Spinach and Mushroom -CC	1180	690	77	46	1.5	200	2440	66	7	8	54
The Everything Flatbread -CC	1170	650	72	38	1	185	2730	68	8	10	60
The Everything Flatbread with Kalamata Olives -CC	1250	720	81	39	1	185	3160	69	9	11	61
Molto Meat -CC	1280	720	80	43	1	230	3160	66	7	8	72
Kalua Pig Flatbread (HI) -CC	1120	540	60	36	0.5	230	2180	70	7	13	71
Hawaiian Flatbread (HI) -CC	970	440	48	32	0.5	165	2580	73	6	16	60
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	830	520	58	17	0	110	1290	48	5	8	28
Cup of Soup	290-560										
Small Green Salad	260	210	24	2	0	0	240	11	2	7	2
Small Caesar Salad	430	330	37	10	0	35	590	14	4	5	8
LUNCH SOUP AND SALAD											
Lunch Soup and Salad											
Cup of Soup	290-560										
Small Green Salad	260	210	24	2	0	0	240	11	2	7	2
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
LUNCH 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
Pepperoni Flatbread	1110	550	61	32	1	150	3180	87	4	3	53
Pepperoni Flatbread with Hot Honey	1140	550	61	32	1	150	3180	96	5	11	53
Fresh Basil, Tomato and Cheese Flatbread	850	340	38	25	0.5	95	2300	84	4	3	42
Spinach and Mushroom	1160	610	68	38	1.5	155	2730	90	4	3	48
The Everything Flatbread	1160	570	62	31	1	145	3030	92	5	6	55
The Everything Flatbread with Kalamata Olives	1240	650	73	32	1	145	3450	93	6	6	55
Molto Meat	1270	640	71	36	1	190	3450	91	5	4	66
Hawaiian Flatbread (HI)	960	360	40	25	0.5	125	2870	97	4	11	54
Kalua Pig Flatbread (HI)	1100	460	52	29	1	190	2470	95	5	9	65
CAULIFLOWER CRUST FLATBREAD PIZZAS:											
Cheese Flatbread -CC	1010	530	59	38	1	170	2240	62	6	7	55
Margherita Flatbread -CC	770	350	39	22	0	95	1480	60	6	8	40
Pepperoni Flatbread -CC	1120	620	69	39	1	195	2890	63	7	7	59
Pepperoni Flatbread with Hot Honey -CC	1150	620	69	39	1	195	2890	72	7	15	59
Fresh Basil, Tomato and Cheese -CC	870	420	47	32	0.5	140	2000	62	6	7	48
Spinach and Mushroom -CC	1180	690	77	46	1.5	200	2440	66	7	8	54
The Everything Flatbread -CC	1170	650	72	38	1	185	2730	68	8	10	60
The Everything Flatbread with Kalamata Olives -CC	1250	720	81	39	1	185	3160	69	9	11	61
Molto Meat -CC	1280	720	80	43	1	230	3160	66	7	8	72
Hawaiian Flatbread (HI) -CC	970	440	48	32	0.5	165	2580	73	6	16	60
Kalua Pig Flatbread (HI) -CC	1120	540	60	36	0.5	230	2180	70	7	13	71
Small Green Salad	260	210	24	2	0	0	240	11	2	7	2
Small Caesar Salad	430	330	37	10	0	35	590	14	4	5	8
LUNCH PASTA											
Pasta Pomodoro	1000	420	47	7	0.5	15	2730	120	11	15	26
Fettuccini Alfredo	1450	850	94	57	3	210	2000	113	5	6	39
Fettuccini Alfredo with Chicken	1590	910	102	57	3.5	260	2050	113	5	6	58
Four Cheese Pasta	950	370	41	15	0.5	65	3040	111	9	18	35
Four Cheese Pasta with Chicken	1110	450	50	16	0.5	120	3270	111	9	18	53
Pasta Carbonara	1470	860	96	46	2.5	215	2710	112	8	7	38
Pasta Carbonara with Chicken	1630	950	106	47	2.5	270	2940	112	8	7	57
Chicken and Broccoli Pasta	1000	460	52	14	0.5	95	4140	88	9	4	50
Pasta da Vinci	1180	540	60	23	1.5	175	1900	106	9	11	54
Spaghetti and Meatballs	1390	640	72	16	1	95	4030	140	14	25	49
Pasta with Shrimp and Sausage (HI)	1310	640	72	21	1	145	4840	117	10	19	51
Louisiana Chicken Pasta	1290	690	77	43	2.5	280	2440	108	7	11	45
Spicy Chicken Chipotle Pasta	1290	610	68	25	1.5	140	2590	123	10	18	48
Evelyn's Favorite Pasta	1160	610	68	21	1	65	3590	113	11	12	26
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	1160	550	62	10	0.5	80	3790	112	12	17	40
LUNCH CHICKEN SPECIALS											
Crusted Chicken Romano	1010	450	50	18	1	185	2580	93	8	15	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 FAVORITES											
Famous Factory Meatloaf	1260	730	81	38	2.5	275	2860	80	8	24	50
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	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
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
French Dip Cheeseburger	1670	1090	122	50	3	315	3690	79	5	23	62
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	1340	760	85	40	3.5	275	2430	81	4	20	60
Green Chile Cheeseburger (ABQ)	1270	720	80	35	3.5	265	2570	73	4	20	61
Bacon-Bacon Cheeseburger	1680	1050	116	46	3.5	325	3560	77	3	29	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
Factory Turkey Burger	1110	680	76	30	1	245	2290	58	7	14	52
Veggie Burger	1310	750	84	27	1	125	2440	114	10	28	26
Impossible® Burger	930	470	53	19	0	0	2090	80	9	14	35
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	1690	71	4	23	41
Hawaiian Fish Sandwich - Ahi (HI)	760	300	33	11	0	130	1690	71	4	23	44
Hawaiian Fish Sandwich - Salmon (HI)	870	430	48	14	0	135	1600	71	4	23	37
Hawaiian Fish Sandwich - Ono (HI)	740	290	33	11	0	120	1680	71	4	23	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
Korean Fried Chicken	1960	610	68	12	1.5	135	4040	264	12	66	75

	Calories	Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cauliflower Tacos	1280	590	65	11	0	15	1990	143	19	13	32
Chicken Riesling	1430	750	84	4	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"	1940	1100	123	61	3	650	3730	90	5	10	120
White Chicken Chili	590	140	16	3.5	0	225	2230	33	8	4	79
White Chicken Chili (ABQ)	530	170	19	2.5	0	145	2220	35	7	5	55
Sweet Potato Enchiladas	2310	1210	135	58	4.5	270	3320	204	29	34	73
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
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	2150	1160	129	56	3.5	330	4400	161	23	27	92
Factory Burrito Grande (ABQ)	2090	1100	123	52	3	310	4230	159	23	25	91
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	1890	1090	121	56	4	410	4240	122	12	39	75
Chicken Madeira	1180	600	66	33	2	360	1940	70	8	11	77
Classic Italian Trio	2800	1900	212	88	4.5	490	4480	117	8	19	110
Pan Roasted Chicken	1280	630	70	23	2	350	4360	50	6	3	113
Chicken Bellagio	1790	900	100	29	1	330	3640	135	8	7	88
Chicken & Biscuits	1940	1090	122	58	3	475	3080	129	10	27	83
Crusted Chicken Romano	1600	740	83	32	1.5	350	3840	127	12	20	88
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	7	76
Chicken Piccata	1470	750	84	44	2.5	340	2940	103	7	7	98
Spicy Cashew Chicken	1820	480	53	8	0	150	4200	144	14	62	94
Teriyaki Chicken	1550	410	45	10	0	390	4010	192	5	75	97
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	1400	780	86	35	1.5	170	3150	92	23	23	63
Pasta Napoletana	2480	1580	177	82	4.5	415	5150	155	11	20	65
Pasta Pomodoro	1380	640	72	12	1	30	3800	153	15	22	34
Tomato Basil Pasta	1580	810	91	18	1	115	3750	127	10	18	63
Fettuccini Alfredo	2040	1250	139	84	5	310	2650	145	6	9	53
Fettuccini Alfredo with Chicken	2300	1390	154	86	5	390	2720	145	6	9	85
Pasta Carbonara	2070	1290	143	69	3.5	320	3560	141	10	11	51
Pasta Carbonara with Chicken	2330	1420	158	70	3.5	415	4000	141	10	11	83
Baked Rigatoni	2390	1550	173	82	3.5	480	5150	110	9	24	102
Chicken and Broccoli Pasta	1360	590	66	22	1	155	5890	121	12	6	76
Four Cheese Pasta	1280	560	62	26	1	115	4110	132	11	23	49
Four Cheese Pasta with Chicken	1540	690	77	27	1	205	4560	132	11	23	80
Spaghetti and Meatballs	1920	940	105	24	2	140	4840	144	14	16	34
Evelyn's Favorite Pasta	1690	990	110	30	1.5	90	4840	144	14	16	34
Pasta da Vinci	1560	750	84	35	2	265	2390	129	10	20	72
Louisiana Chicken Pasta	2120	1120	125	65	2	495	4030	168	10	16	83
Farfalle with Chicken and Roasted Garlic	2060	1110	123	60	2.5	295	3830	153	13	17	88
Spicy Chicken Chipotle Pasta	1760	920	103	36	2	215	3190	146	13	24	67
Bistro Shrimp Pasta	2010	1180	131	58	3.5	440	3180	152	10	10	58
Pasta with Shrimp and Sausage (HI)	1780	870	97	30	1	205	6930	158	14	28	70
Shrimp with Angel Hair	1570	760	85	14	1	105	5270	150	16	23	53
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	45
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	70
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	880	640	71	35	2	300	1180	14	4	4	47
Fresh Grilled Salmon	1240	720	80	26	1	225	1740	66	10	6	63
Herb Crusted Filet of Salmon	1310	800	89	41	2.5	290	1390	64	5	4	63
Miso Salmon	1340	610	67	31	1.5	240	1430	120	5	27	64
Carolina Grilled Salmon	1320	660	73	19	1	190	2140	105	13	40	62
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
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Hibachi Steak	1380	770	85	34	2.5	270	3280	97	10	37	57
Chargrilled New York Steak	980	480	53	26	2	215	1730	64	6	3	63
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
Fresh Corn	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	280	190	21	4	0	1	510	13	8	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	1	670	8	4	4	6
Roasted Sweet Potatoes	450	190	21	10	0.5	45	430	63	8	18	5
SALADS											
Caesar Salad	1240	980	109	28	1	105	1700	38	9	12	22
Caesar Salad with Chicken	1460	1050	117	29	1	235	1920	38	9	12	61
Vegan Cobb Salad	940	710	80	8	0.5	0	1240	47	13	19	12
Thai Chicken Salad	1210	570	63	10	0	155	2670	93	14	63	73
Sheila's Chicken and Avocado Salad	1830	1090	122	16	0.5	100	2030	132	21	56	64

	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)
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
Barbeque 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 (HI)	490	260	29	2.5	0	55	1380	17	5	9	42
Almond-Crusted Salmon Salad	1650	1160	129	16	0.5	120	1170	71	16	35	56
SALAD DRESSINGS & CONDIMENTS (Per Tbl.)											
Balsamic Vinaigrette	80	70	8	0.5	0	0	75	2	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	1	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
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	510	180	20	3.5	0	0	1150	78	11	38	4
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	830	520	58	17	0	110	1290	48	5	8	28
Cup of Soup	290-560										
Small Green Salad	260	210	24	2	0	0	240	11	2	7	2
Small Caesar Salad	430	330	37	10	0	35	590	14	4	5	8
Chicken Salad Sandwich	1140	630	70	18	0.5	165	2340	76	8	16	50
The Club	1210	540	60	16	0	125	3130	111	6	23	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
Chicken Parmesan Sandwich	1960	1130	126	60	3.5	335	3510	99	6	9	107
California Cheesesteak	1470	710	80	30	2	160	2570	130	7	9	61
California Cheesesteak (PHI)	1240	720	81	31	2	160	1920	75	7	11	54
Crispy Fried Chicken Sandwich	1540	860	95	34	1	230	2240	110	7	23	61
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	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	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	20	0	0	0	0	0	4	2	1	0	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	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	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	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	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	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
Caramel Apple Pancakes	1960	830	93	41	2	240	2900	261	8	147	25
Cinnamon Roll Pancakes	2040	980	110	51	3.5	310	2950	241	2	137	23
Lemon-Ricotta Pancakes	1680	760	85	38	2	290	2750	202	3	113	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	1480	910	101	51	3	665	2130	101	7	13	43
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
Oreo® Dream Extreme Cheesecake	1600	880	98	56	2.5	285	790	178	7	133	16
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	950	154	8	121	23
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	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
Caramel Apple Cheesecake	1110	630	70	42	2	280	640	110	2	84	12
Adam's Peanut Butter Cup Fudge Ripple	1250	740	82	43	2	245	750	118	5	94	18
Very Cherry Ghirardelli® Chocolate Cheesecake	1150	750	84	51	2.5	295	380	96	4	81	11
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

	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
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	1280	750	83	55	2.5	335	510	128	1	98	13	
Fresh Banana Cream Cheesecake	1250	810	90	56	3	405	510	99	3	79	14	
Lemon Raspberry Cream Cheesecake	1050	660	73	42	2.5	320	400	90	2	74	10	
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												
Chocolate Caramelicious Cheesecake Made With Snickers®	1370	860	96	50	2.5	340	400	116	6	96	19	
Chocolate Hazelnut Crunch Cheesecake	1390	870	97	52	2.5	325	510	118	3	92	15	
Lemon Meringue Cheesecake	1170	660	73	48	2	315	510	117	1	95	13	
Hershey's® Chocolate Bar Cheesecake	1360	790	88	51	2.5	285	620	139	7	113	15	
30th Anniversary Chocolate Cake Cheesecake	1310	770	85	51	2.5	295	600	127	6	102	16	
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	
Vanilla Bean Cheesecake	1170	790	88	57	2.5	325	480	84	1	68	11	
Tiramisu Cheesecake	960	620	68	41	2	310	440	76	1	61	11	
Key Lime Cheesecake	1160	780	86	53	3	470	430	92	1	74	13	
Caramel Pecan Turtle Cheesecake	1330	810	89	53	3	345	500	126	6	105	16	
Fresh Pineapple Cheesecake (HI)	1140	650	73	45	2.5	315	520	109	1	91	13	
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	
Peppermint Bark Cheesecake	1490	980	109	72	3	395	330	123	3	111	13	
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	
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	
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	1760	1080	120	72	3	365	450	162	11	126	26	440
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	320	25	3	2.5	0	0	20	74	4	62	2	
Tropical Smoothie	370	25	3	2.5	0	0	30	88	2	83	1	
Peach Smoothie	330	0	0	0	0	0	15	82	3	78	2	
Frozen Iced Mango	380	25	2.5	2.5	0	0	20	89	2	85	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	310	0	0	0	0	0	15	84	0	78	1	
Strawberry Lemonade	330	0	0	0	0	0	15	87	1	81	1	
Raspberry Lemonade	320	0	0	0	0	0	15	83	1	79	1	
Cucumber Lemonade	340	0	0	0	0	0	45	90	1	75	1	
Arnold Palmer	160	0	0	0	0	0	15	42	0	40	0	
BEVERAGES												
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	
Fiji Natural Artesian Water	0	0	0	0	0	0	0	0	0	0	0	
San Pellegrino Water	0	5	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	
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	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												
Beet and Avocado Salad	290	110	12	3	0	5	480	40	9	28	7	
Little House Salad	270	210	24	2	0	0	240	12	3	7	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	480	250	28	5	0	100	1330	29	3	8	26	
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	
Chicken Pot Stickers	420	120	14	3	0	100	2690	42	1	14	31	
Ahi Tartare (HI)	240	130	14	2	0	25	680	17	4	3	14	
SKINNYLICIOUS® SALADS												
Tossed Green Salad	100	45	5	3	0	10	150	12	3	3	4	
Tossed Green Salad with SK Mustard Vinaigrette	180	90	10	3.5	0	10	1050	20	4	7	5	
Tossed Green Salad with SK Sesame Soy Dressing	210	60	7	3	0	10	1630	32	4	17	6	
French Country Salad	500	360	40	7	0.5	25	800	28	5	20	9	
SkinnyLicious® Factory Chopped Salad	530	270	30	9	0	105	1540	34	10	17	35	
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 (HI)	490	260	29	2.5	0	55	1380	17	5	9	42	
SKINNYLICIOUS® SPECIALTIES												
SkinnyLicious® Hamburger	570	270	30	11	1.5	105	1180	41	3	9	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® Veggie Burger	520	190	21	5	0	15	1550	70	6	13	12	
SkinnyLicious® Grilled Turkey Burger	560	270	30	11	0.5	105	1040	45	4	11	29	
SkinnyLicious® Turkey & Avocado Sandwich	550	230	26	8	0	80	1650	43	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	90	940	66	12	13	31	
SkinnyLicious® Chicken Pasta	590	110	12	1.5	0	90	1750	76	6	10	46	
White Chicken Chili	590	140	16	3.5	0	225	2230	33	8	4	55	
White Chicken Chili (ABQ)	530	170	19	2.5	0	145	2230	33	7	4	79	
Tuscan Chicken	590	190	21	3.5	0	235	1020	19	5	5	81	
Lemon-Garlic Shrimp	520	170	19	9	0.5	200	3460	51	5	3	33	
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	540	250	28	7	0	200	1350	14	5	4	56	
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' 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' 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	1	10	1	
Kids' Roadside Sliders	360	150	16	6	1	60	750	30	0	6	22	
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/ Philly)	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	630	170	19	1.5	0	0	2180	96	9	16	20	
Kids' Pasta with Alfredo Sauce	1110	650	72	44	2.5	205	1640	87	6	7	29	
Kids' Spaghetti with Meatball	810	310	34	8	0.5	60	2660	92	9	17	33	
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	810	470	52	31	1.5	110	1440	48	2	0	39	
Kids' Quesadilla with Chicken	920	500	56	32	1.5	180	1550	48	2	0	59	
Kids' Grilled Chicken	450	170	19	11	0.5	135	1580	38	5	1	30	
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	
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	140	0	0	0	0	0	75	12	1	6	0	
Cosmopolitan	210	0	0	0	0	0	3	16	0	15	0	
Cosmopolitan (UT)	190	0	0	0	0	0	3	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	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												
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	335
Guacamole and Chips - Serves 2-4	1420	890	99	19	0.5	30	920	126	32	6	18	355
GLUTEN FREE APPETIZER SALADS												
Tossed Green Salad	35	0	0	0	0	0	25	7	3	3	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	40	8	0	25	630	14	3	9	3	
Tossed Green Salad with Thousand Island Dressing	470	370	41	8	0	25	690	18	3	14	2	
Caesar Salad	720	590	66	14	0	50	930	19	7	9	12	
Caesar Salad with Chicken	950	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	
GLUTEN FREE LUNCH SPECIALS												
Lunch Cobb Salad	1180	910	101	20	1	285	1470	22	7	12	44	
Lunch Pasta Pomodoro	1080	500	56	8	0.5	15	2690	129	8	14	16	
Lunch Four Cheese Pasta	930	420	46	16	0.5	65	2760	106	6	15	24	
Lunch Four Cheese Pasta with Chicken	990	430	48	16	0.5	120	2660	99	6	15	40	
Lunch Pasta with Chicken and Roasted Garlic	1300	650	72	26	1	155	2410	120	6	9	45	
Lunch Evelyn's Favorite Pasta	1280	700	78	21	1	65	3320	131	9	10	17	
Lunch Shrimp with Rotini	1000	590	66	10	0.5	80	2250	74	8	16	27	
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	510	180	20	3.5	0	0	1150	78	11	38	4	

	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)
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	1520	920	103	39	3	275	3470	78	7	32	74
B.B.Q. Kalua Pork (HI)	770	290	32	9	0	185	1560	72	7	24	55
Factory Turkey Burger	950	540	60	20	0.5	200	2270	59	10	13	49
Impossible® Burger	790	430	48	17	0	0	2070	67	11	11	29
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	1520	72	8	26	33
Hawaiian Fish Sandwich - Ono (HI)	590	170	19	3	0	70	1590	72	8	26	36
GLUTEN FREE SPECIALTIES											
Shepherd's Pie	1520	800	89	42	4.5	320	3720	97	15	21	81
Pan Roasted Chicken	1280	630	70	23	2	350	4360	50	6	3	113
GLUTEN FREE PASTA											
Pasta Pomodoro	1450	740	82	13	1	30	3690	159	12	20	21
Four Cheese Pasta	1270	620	69	27	1	115	3800	126	8	20	36
Four Cheese Pasta with Chicken	1520	750	83	28	1	205	4250	126	8	20	68
Pasta with Chicken and Roasted Garlic	2160	1210	135	51	2.5	295	3740	163	9	14	75
Evelyn's Favorite Pasta	1820	1090	121	30	1.5	90	4460	163	11	14	23
Shrimp with Rotini	1390	810	91	14	1	105	3320	107	11	22	37
GLUTEN FREE FISH & SEAFOOD											
Fresh Grilled Salmon with Fresh Corn	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
Carolina Grilled Salmon	1260	630	70	18	1	190	2060	99	13	38	61
GLUTEN FREE STEAKS & CHOPS											
Chargrilled Bone-In New York Steak	980	480	53	26	2	215	1730	64	6	3	63
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
Roasted Sweet Potatoes	450	190	21	10	0.5	45	430	63	8	18	5
Fresh Corn	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
Broccoli	280	190	21	4	0	1	510	13	8	1	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	1630	25	9	12	57
Cobb Salad	1710	1290	144	27	1	420	2520	30	11	15	73
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	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	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	20	0	0	0	0	0	4	2	1	0	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	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	1480	910	101	51	3	665	2130	101	7	13	43
GLUTEN FREE DESSERTS											
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15
Peppermint Bark Cheesecake	1490	980	109	72	3	395	330	123	3	111	13
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
GLUTEN FREE SKINNYLICIOUS® SALADS											
French Country Salad	560	420	46	8	0	25	910	27	5	19	9
GLUTEN FREE SKINNYLICIOUS® SPECIALTIES											
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
Grilled Branzino with Mediterranean Salsa	530	250	28	7	0	200	1350	14	5	4	56
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	540	170	19	1.5	0	0	1680	85	6	14	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	1580	38	5	1	30
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	970	520	58	22	2.5	170	2650	66	6	22	49

