

Applebee's Nutrition Guide

Complete nutrition information for menu items — calories, fat, cholesterol, sodium, carbohydrates, fiber, sugar, and protein per serving.

Limited Time Offers

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Boneless Wings – Sampler	330	16	3	0	45	850	27	2	0	19
Brew Pub Pretzels – Sampler	590	15	4	0	0	1750	96	4	4	18
Chicken Quesadilla – Sampler	760	44	17	0	70	1580	64	3	3	27
Chicken Wonton Tacos – Sampler	470	20	3.5	0	60	1190	51	4	21	23
Chips & Salsa – Sampler	600	28	5	0	0	1300	78	6	4	9
Crispy Pickle Fries – Sampler	290	20	3.5	0	0	1550	25	2	0	3
Crunchy Onion Rings – Sampler	790	42	8	0	0	1640	93	6	7	10
Double Crunch Shrimp – Sampler	200	9	1.5	0	80	700	20	2	0	8
Dracula's Juice	350	0	0	0	0	55	54	0	50	0
Graveyard Soda	300	8	5	0	25	80	57	0	56	2
Make It Spicy	20	0	0	0	0	300	4	0	0	0
Mozzarella Sticks – Sampler	510	27	11	0	40	1250	40	2	3	25
O-M-Cheese-adilla Burger	1670	113	46	2	245	4000	86	7	10	78
O-M-Cheese Beef Nachos	2060	137	56	1.5	260	4540	134	12	12	73
O-M-Cheese Chicken Nachos	1940	124	49	1	275	4200	132	12	11	77
Patron Silver Vibe Drop Add-On	50	0	0	0	0	0	0	0	0	0
Riblets – Sampler	310	20	7	0	90	290	2	0	2	31
Spinach & Artichoke Dip – Sampler	960	61	14	0.5	25	1920	83	8	4	20
Strawberry Lemon Poppi	30	0	0	0	0	0	9	3	5	0
Tipsy Zombie	400	0	0	0	0	25	74	0	69	0
Tropical Spell Mocktail	340	0	0	0	0	25	84	0	80	0
Waffle Fries	490	29	6	0	0	1150	50	5	0	2

Appetizers

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bacon Cheeseburger Wonton Tacos	720	51	18	1	105	1820	34	2	7	33
Boneless Wings (no flavor or dipping sauce)	660	32	6	0	90	1720	54	4	0	38
Brew Pub Loaded Waffle Fries	1570	115	33	1	125	3990	94	8	6	31
Brew Pub Pretzels & Beer Cheese Dip	1160	49	15	0	55	3540	146	6	17	34
Chicken Quesadilla	1170	75	34	0.5	180	2510	74	5	8	48
Chicken Wonton Tacos	590	26	4.5	0	80	1500	58	3	27	30
Classic Bone-In Wings (no flavor or dipping sauce)	410	20	5	0	285	960	3	2	0	56
Crispy Pickle Fries	720	54	9	0	10	3620	52	5	4	6
Crunchy Onion Rings	1330	60	11	0	0	3200	181	10	51	15
Loaded Potato Waves	1420	111	35	0.5	155	2490	63	5	5	43
Mozzarella Sticks	860	44	18	1	60	2440	76	7	12	41
Spinach & Artichoke Dip	990	61	14	0.5	25	2340	89	9	7	21
The Classic Combo (no flavor or dipping sauce)	2270	131	39	1.5	175	5560	189	17	16	83
White Queso Dip & Chips	920	54	20	0.5	80	2610	83	5	6	28

Side Salads & Soups

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad	220	17	3.5	0	15	440	13	2	3	5
Chicken Tortilla Soup	280	15	4	0	35	930	26	2	3	11
French Onion Soup	370	21	12	0	55	1250	26	2	9	16
House Salad (no dressing)	140	7	3	0	15	230	14	2	4	6
Tomato Basil Soup	210	12	6	0	25	1260	22	2	8	5

Steaks & Ribs

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
6 oz. USDA Select Sirloin	560	25	10	0.5	130	1880	43	7	6	42
8 oz. USDA Select Sirloin	620	27	11	0.5	170	2000	44	7	6	53
12 oz. Ribeye	870	43	19	1.5	220	2010	46	7	6	76
Applebee's Riblets Plate (no sauce)	940	53	16	0	160	1510	56	6	3	61
Applebee's Riblets Platter (no sauce)	1400	82	24	0	255	2000	73	8	17	94
Bourbon Street Steak	820	48	12	1	155	1970	47	6	7	52
Double-Glazed Baby Back Ribs (no sauce)	1260	73	23	0	280	1790	68	9	13	84
Double-Glazed Baby Back Ribs (no sauce) - Half Rack	760	42	12	0	140	1300	53	6	0	44
Shrimp 'N Parmesan Sirloin	910	52	26	1.5	320	2900	48	8	7	66

Chicken

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bourbon Street Chicken & Shrimp	800	44	10	1	215	2650	48	7	7	56
Chicken Tenders Plate	1080	64	11	0	115	2430	90	7	10	38
Chicken Tenders Platter	1410	83	15	0	155	3090	116	10	23	52
Fiesta Lime Chicken	1190	62	15	1	180	3670	98	7	9	60
Grilled Chicken Breast	560	22	9	0.5	160	1800	43	7	5	49
Hot Honey Glazed Chicken & Bacon Skillet	1110	58	12	0.5	150	2950	96	8	38	50
Lemon Parmesan Chicken	920	53	16	1	150	2340	65	9	7	48

Seafood

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Blackened Cajun Salmon	640	33	10	0.5	90	1750	47	8	6	42
Double Crunch Shrimp	1120	49	9	0	200	3940	139	12	32	28
Hand-Battered Fish & Chips	1470	95	21	0	150	3190	115	10	20	42

Salads

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Caesar Salad (with Blackened Shrimp)	830	54	11	0.5	195	2360	57	8	10	32
Caesar Salad (with Grilled Chicken)	950	57	12	1	175	2250	56	8	10	57
California Grilled Chicken Salad	510	19	6	0	155	3290	34	8	18	53
Crispy Chicken Tender Salad	1230	83	21	0	170	2070	78	8	27	46
Crispy Chicken Tender Salad (with Grilled Chicken)	1030	64	18	0	230	1960	57	7	27	61
Grilled Chicken Balsamic Berry Salad	980	58	11	0.5	155	1740	66	15	26	54
Oriental Chicken Salad (with Crispy Chicken)	1550	105	17	1	75	1670	116	12	45	40
Oriental Chicken Salad (with Grilled Chicken)	1370	86	14	1	135	1570	94	11	45	56
Quesadilla Chicken Salad	2230	154	67	1	450	4670	88	12	17	123
Strawberry Balsamic Chicken Salad	480	12	2	0	130	2540	49	12	28	48

Pasta

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bourbon Street Chicken & Sausage Penne	1410	83	46	2	360	3680	86	8	12	82
Bourbon Street Shrimp & Sausage Penne	1290	81	45	2	380	3850	87	7	12	57

Pasta

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Breadsticks with Alfredo Sauce	1510	90	43	2	180	2570	139	6	19	38
Chicken Parmesan Fettucine	1230	71	41	2	255	2510	94	7	13	56
Classic Broccoli Alfredo (with Blackened Shrimp)	1320	76	44	2	355	2970	108	9	12	54
Classic Broccoli Alfredo (with Grilled Chicken)	1440	79	45	2.5	335	2860	107	9	12	79
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	1360	55	20	1	135	3320	159	7	44	56
Three-Cheese Chicken Penne	1350	71	40	2	315	2760	102	7	12	77

Bowls

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Sesame Salmon Bowl	1100	54	8	0	65	2090	109	11	22	51
Southwest Chicken Bowl	830	30	5	0	135	1730	90	10	6	54
Tex-Mex Shrimp Bowl	710	27	4	0	155	1760	91	10	6	29

Burgers

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Big Classic Bacon Cheeseburger	1320	80	28	1.5	140	3040	95	7	9	58
Bourbon Street Mushroom Swiss Burger	1560	105	31	2	130	2340	98	8	10	56
Classic Burger	1090	61	18	1.5	85	2050	93	7	8	43
Classic Cheeseburger	1220	72	25	1.5	120	2670	95	7	9	50
Grilled Cheese Cheeseburger	1210	76	32	1.5	175	3230	78	4	18	58
O-M-Cheese Burger	1900	127	50	1.5	265	3950	107	7	19	83

Burgers										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Quesadilla Burger	1580	103	39	1.5	205	3470	94	9	5	70
Ultimate Breakfast Burger	1650	108	38	1.5	340	3570	106	8	8	65
Whisky Bacon Burger	1590	97	32	1.5	155	3070	120	9	19	63

Sandwiches & More										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Bacon Ranch Chicken Sandwich (with Grilled Chicken)	1190	64	14	0.5	165	3220	93	7	9	63
Bacon Ranch Crispy Chicken Sandwich (with Hand-Breaded Chicken)	1320	72	15	0.5	145	3170	110	8	10	58
Chicken Fajita Rollup	1500	88	31	0	185	3610	114	9	7	62
Clubhouse Grille	1460	81	21	0.5	120	3670	129	8	22	56
Spicy Honey Mustard Chicken Sandwich (with Grilled Chicken)	1220	62	13	0	175	3300	106	7	22	62
Spicy Honey Mustard Chicken Sandwich (with Hand-Breaded Chicken)	1350	70	15	0	155	3260	122	8	22	58
Sweet & Spicy Chicken Sandwich (with Grilled Chicken)	1220	48	10	0	140	3500	140	9	49	56
Sweet & Spicy Crispy Chicken Sandwich (with Hand-Breaded Chicken)	1340	57	11	0.5	120	3450	156	10	49	52
The Prime Rib Dipper	1440	74	25	0	185	4450	124	9	14	73

Desserts										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Brownie Bite	330	15	8	0	35	190	48	2	34	4

Desserts

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Oreo Cookie Shake	840	41	24	1	140	410	104	0	71	15
Sizzlin' Butter Pecan Blondie	1020	57	28	1	165	390	115	2	70	13
Sizzlin' Caramel Apple Pie	1030	45	19	0	45	980	151	4	87	8
Triple Chocolate Meltdown	910	48	25	1	130	640	116	5	87	12

Sides & Extras

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baked Potato	530	31	17	1	75	1120	59	4	4	9
Breadstick	180	7	1.5	0	0	250	25	1	3	4
Classic Fries (Side)	400	18	3.5	0	0	1000	53	5	0	6
Crunchy Onion Rings (Side)	560	30	6	0	0	1170	66	4	5	7
Four-Cheese Mac & Cheese with Applewood-Smoked Bacon	390	18	9	0	45	1160	39	2	4	18
Fries Basket	640	30	5	0	0	1580	84	8	0	10
Garlicky Green Beans	150	12	2.5	0	0	420	8	3	2	2
Garlic Mashed Potatoes	260	11	2.5	0	0	720	37	4	3	5
Homestyle Cheesy Broccoli	220	17	10	0	50	720	8	3	3	10
Loaded Baked Potato	600	36	19	1	90	1290	59	4	4	13
Loaded Garlic Mashed Potatoes	440	26	11	0	55	910	40	4	5	10
Signature Cole Slaw	130	8	1.5	0	0	180	15	2	12	0
Steamed Broccoli	100	8	5	0	20	240	5	2	2	3
Waffle Fries	490	29	6	0	0	1150	50	5	0	2
Waffle Fries Basket	780	47	9	0	0	1830	80	8	0	3

Kids Menu

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1% Milk	100	2.5	1.5	0	10	105	12	0	12	8
100% Apple Juice	80	0	0	0	0	20	18	0	18	0
Applesauce	50	0	0	0	0	0	14	1	12	0
Broccoli	30	0	0	0	0	30	6	3	2	3
Fries	400	18	3.5	0	0	1000	53	5	0	6
Kids Cheeseburger	570	35	13	1	60	1170	39	2	7	25
Kids Cheesy Pizza	670	27	11	0	40	1310	85	4	13	25
Kids Chicken Quesadilla	360	18	8	0	40	710	33	2	2	16
Kids Chicken Taco	210	7	2.5	0	50	560	18	1	2	19
Kids Chicken Tenders	290	17	3	0	55	710	17	1	0	19
Kids Corn Dog	180	9	2	0	20	400	19	1	5	7
Kids Fruit Smoothie - Mango	210	0	0	0	0	0	54	0	46	0
Kids Fruit Smoothie - Pina Colada	360	7	5	0	0	40	74	2	70	0
Kids Fruit Smoothie - Strawberry Blue Tropical Swirl	460	0	0	0	0	30	113	0	107	0
Kids Garlic Mashed Potatoes	130	5	1	0	0	360	19	2	2	2
Kids Grilled Chicken Alfredo	680	42	26	1	165	1320	41	2	5	34
Kids Kraft® Macaroni & Cheese	310	9	2.5	0	15	830	44	2	10	11
Kids Mozzarella Sticks	330	17	7	0	25	970	30	3	5	16
Kids Shake - Chocolate	740	27	17	0.5	105	300	113	2	94	12
Kids Shake - Oreo Cookie	680	33	19	0.5	105	340	85	0	58	12
Kids Shake - Strawberry	620	27	17	0.5	105	250	85	0	67	11
Kids Shake - Vanilla	530	27	17	0.5	105	220	60	0	44	11
Kids Sundae - Hot Fudge	330	14	10	0	45	135	46	0	38	4
Kids Sundae - Strawberry	260	11	7	0	45	80	35	0	28	3
Sliced Strawberries with Vanilla Yogurt	100	1.5	1	0	5	55	18	0	16	4

Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Add Dirty Fountain Soda Topping	90	6	4	0	25	20	6	0	6	1
Barq's Root Beer	110	0	0	0	0	45	30	0	30	0
Barq's Root Beer (To Go)	160	0	0	0	0	70	45	0	45	0
Blackberry Iced Tea	50	0	0	0	0	10	13	0	12	0
Blackberry Iced Tea (To Go)	80	0	0	0	0	15	20	0	18	0
Blackberry Lemonade	190	0	0	0	0	55	49	0	47	0
Blackberry Lemonade (To Go)	290	0	0	0	0	85	73	0	71	0
Blue Raspberry Lemonade	180	0	0	0	0	60	47	0	45	0
Blue Raspberry Lemonade (To Go)	280	0	0	0	0	85	70	0	68	0
Bottled Water	0	0	0	0	0	15	0	0	0	0
Brain Frost Smoothie Swirl (contains gelatin)	600	0	0	0	0	55	149	0	140	0
Brewed Hot Tea	0	0	0	0	0	5	1	0	0	0
Brewed Iced Tea	0	0	0	0	0	5	2	0	0	0
Brewed Iced Tea (To Go)	5	0	0	0	0	10	2	0	0	0
Brisk Raspberry Iced Tea	45	0	0	0	0	55	13	0	13	0
Brisk Raspberry Iced Tea (To Go)	70	0	0	0	0	80	19	0	19	0
Caffeine Free Coca Cola	90	0	0	0	0	25	26	0	26	0
Caffeine Free Coca Cola (To Go)	140	0	0	0	0	35	39	0	39	0
Caffeine Free Diet Coke	0	0	0	0	0	25	0	0	0	0
Caffeine Free Diet Coke (To Go)	0	0	0	0	0	40	0	0	0	0
Caffeine Free Diet Pepsi	0	0	0	0	0	25	0	0	0	0
Caffeine Free Diet Pepsi (To Go)	0	0	0	0	0	35	0	0	0	0
Cherry Coke	100	0	0	0	0	25	28	0	28	0
Cherry Coke (To Go)	150	0	0	0	0	35	42	0	42	0

Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Chocolate Shake	900	35	22	1	140	370	132	2	107	15
Coca Cola	90	0	0	0	0	30	26	0	26	0
Coca Cola (To Go)	140	0	0	0	0	45	39	0	39	0
Coke Zero	0	0	0	0	0	25	0	0	0	0
Coke Zero (To Go)	0	0	0	0	0	40	0	0	0	0
Diet Coke	0	0	0	0	0	25	0	0	0	0
Diet Coke (To Go)	0	0	0	0	0	40	0	0	0	0
Diet Mountain Dew	0	0	0	0	0	35	0	0	0	0
Diet Mountain Dew (To Go)	0	0	0	0	0	50	0	0	0	0
Diet Pepsi	0	0	0	0	0	25	0	0	0	0
Diet Pepsi (To Go)	0	0	0	0	0	35	0	0	0	0
Diet Sierra Mist	0	0	0	0	0	25	0	0	0	0
Diet Sierra Mist (To Go)	0	0	0	0	0	35	0	0	0	0
Dr. Pepper	100	0	0	0	0	40	26	0	26	0
Dr. Pepper (To Go)	150	0	0	0	0	60	40	0	38	0
Dragon Fruit Iced Tea	50	0	0	0	0	10	13	0	12	0
Dragon Fruit Iced Tea (To Go)	80	0	0	0	0	15	20	0	18	0
Dragon Fruit Lemonade	190	0	0	0	0	60	49	0	47	0
Dragon Fruit Lemonade (To Go)	290	0	0	0	0	85	74	0	71	0
Dragon Fruit Margarita Mocktail	220	0	0	0	0	50	55	0	50	0
Fresh Brewed Coffee	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Decaf Coffee	0	0	0	0	0	0	0	0	0	0
Fruit Punch	110	0	0	0	0	25	30	0	30	0
Fruit Punch (To Go)	170	0	0	0	0	40	45	0	45	0
Fruit Punch, Hi-C	110	0	0	0	0	50	29	0	28	0

Beverages

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Fruit Punch, Hi-C (To Go)	170	0	0	0	0	75	43	0	41	0
FUZE® Raspberry Ice Tea	70	0	0	0	0	35	15	0	15	0
FUZE® Raspberry Ice Tea (To Go)	100	0	0	0	0	50	22	0	22	0
Ginger Ale	90	0	0	0	0	20	23	0	23	0
Ginger Ale (To Go)	130	0	0	0	0	30	35	0	35	0
Half & Half Iced Tea & Lemonade	40	0	0	0	0	25	11	0	11	0
Half & Half Iced Tea & Lemonade (To Go)	60	0	0	0	0	40	17	0	17	0
IBC Diet Root Beer	0	0	0	0	0	45	0	0	0	0
IBC Diet Root Beer (To Go)	0	0	0	0	0	70	0	0	0	0
IBC Root Beer	110	0	0	0	0	40	27	0	27	0
IBC Root Beer (To Go)	160	0	0	0	0	60	40	0	40	0
Kiwi Iced Tea	50	0	0	0	0	10	12	0	11	0
Kiwi Iced Tea (To Go)	70	0	0	0	0	15	18	0	16	0
Kiwi Lemonade	190	0	0	0	0	60	48	0	46	0
Kiwi Lemonade (To Go)	280	0	0	0	0	90	72	0	69	0
Lipton Green Tea with Citrus	50	0	0	0	0	70	13	0	13	0
Lipton Green Tea with Citrus (To Go)	70	0	0	0	0	110	20	0	19	0
Lipton Peach Iced Tea	50	0	0	0	0	70	12	0	12	0
Lipton Peach Iced Tea (To Go)	70	0	0	0	0	110	18	0	18	0
Lipton Unsweetened Iced Tea	0	0	0	0	0	70	0	0	0	0
Lipton Unsweetened Iced Tea (To Go)	0	0	0	0	0	105	0	0	0	0
Mango Iced Tea	60	0	0	0	0	10	14	0	13	0
Mango Iced Tea (To Go)	80	0	0	0	0	20	21	0	19	0
Mango Lemonade	190	0	0	0	0	60	50	0	48	0
Mango Lemonade (To Go)	290	0	0	0	0	90	75	0	72	0

Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Mango Smoothie	260	0	0	0	0	0	65	0	55	0
Mellow Yellow	110	0	0	0	0	35	31	0	31	0
Mellow Yellow (To Go)	170	0	0	0	0	50	47	0	46	0
Minute Maid Lemonade	100	0	0	0	0	35	28	0	27	0
Minute Maid Lemonade (To Go)	150	0	0	0	0	50	42	0	40	0
Minute Maid Lemonade Light	0	0	0	0	0	35	1	0	0	0
Minute Maid Lemonade Light (To Go)	5	0	0	0	0	50	2	0	0	0
Mocktail On The Beach	150	0	0	0	0	15	39	0	36	0
Mountain Dew	110	0	0	0	0	40	31	0	31	0
Mountain Dew (To Go)	170	0	0	0	0	60	46	0	46	0
Mountain Dew Dark Berry Bash	110	0	0	0	0	40	31	0	31	0
Mountain Dew Dark Berry Bash (To Go)	170	0	0	0	0	60	46	0	46	0
Mug Root Beer	110	0	0	0	0	45	29	0	29	0
Mug Root Beer (To Go)	160	0	0	0	0	65	43	0	43	0
Not-A-Colada	440	8	6	0	0	45	91	2	86	0
Not-A-Colada with Blue Tropical Swirl	480	7	5	0	0	45	105	2	99	0
Not-A-Colada with Mango Swirl	410	7	5	0	0	40	87	2	81	0
Not-A-Colada with Strawberry Swirl	420	7	5	0	0	55	88	2	83	0
Orange Fanta	110	0	0	0	0	35	29	0	29	0
Orange Fanta (To Go)	160	0	0	0	0	55	44	0	44	0
Orange Twister	130	0	0	0	0	25	35	0	35	0
Orange Twister (To Go)	190	0	0	0	0	35	52	0	52	0
Oreo Cookie Shake	840	41	24	1	140	410	104	0	72	15
Owen's Nitro Infused Espresso	30	0	0	0	0	150	15	0	2	0
Passion Fruit Iced Tea	60	0	0	0	0	10	14	0	13	0

Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Passion Fruit Iced Tea (To Go)	80	0	0	0	0	15	21	0	19	0
Passion Fruit Lemonade	190	0	0	0	0	60	50	0	48	0
Passion Fruit Lemonade (To Go)	290	0	0	0	0	85	74	0	72	0
Peach Iced Tea	60	0	0	0	0	10	14	0	13	0
Peach Iced Tea (To Go)	80	0	0	0	0	15	21	0	19	0
Peach Lemonade	190	0	0	0	0	60	50	0	48	0
Peach Lemonade (To Go)	290	0	0	0	0	90	74	0	72	0
Pepsi	100	0	0	0	0	20	27	0	27	0
Pepsi (To Go)	150	0	0	0	0	30	41	0	41	0
Perrier Sparkling Water	0	0	0	0	0	0	0	0	0	0
Pibb Extra	90	0	0	0	0	25	26	0	26	0
Pibb Extra (To Go)	140	0	0	0	0	40	39	0	39	0
Pina Colada Smoothie	430	8	6	0	0	45	89	2	84	0
Prickly Melon Rush	240	0	0	0	0	115	60	0	55	0
Prickly Pear Iced Tea	60	0	0	0	0	10	14	0	13	0
Prickly Pear Iced Tea (To Go)	80	0	0	0	0	10	21	0	19	0
Prickly Pear Lemonade	200	0	0	0	0	60	50	0	48	0
Prickly Pear Lemonade (To Go)	290	0	0	0	0	85	75	0	72	0
Raspberry Iced Tea	50	0	0	0	0	10	13	0	12	0
Raspberry Iced Tea (To Go)	80	0	0	0	0	15	19	0	18	0
Raspberry Lemonade	190	0	0	0	0	60	49	0	47	0
Raspberry Lemonade (To Go)	290	0	0	0	0	85	73	0	71	0
Red Bull	110	0	0	0	0	105	29	0	27	0
Red Bull, Coconut Berry	110	0	0	0	0	90	28	0	27	0
Red Bull, Red Edition (Watermelon)	110	0	0	0	0	105	29	0	27	0

Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Red Bull, Sugar Free	10	0	0	0	0	105	2	0	0	0
Red Bull, Yellow Edition (Tropical)	110	0	0	0	0	135	28	0	27	0
Red Bull Watermelon Lime-ade	230	0	0	0	0	100	58	0	55	0
Rockin' Poppin' Shirley	200	0	0	0	0	30	51	0	49	0
Rockin' Poppin' Shirley (To Go)	270	0	0	0	0	45	69	0	67	0
Sierra Mist	90	0	0	0	0	25	25	0	25	0
Sierra Mist (To Go)	140	0	0	0	0	35	37	0	37	0
Sobe Life Water, Yumberry Pomegranate	0	0	0	0	0	30	0	0	0	0
Sobe Life Water, Yumberry Pomegranate (To Go)	0	0	0	0	0	45	0	0	0	0
Sprite	90	0	0	0	0	45	25	0	25	0
Sprite (To Go)	140	0	0	0	0	65	38	0	38	0
Starry	100	0	0	0	0	25	26	0	26	0
Starry (To Go)	150	0	0	0	0	35	39	0	39	0
Strawberry Blue Tropical Swirl	580	0	0	0	0	50	144	0	137	0
Strawberry Colada Smoothie Swirl	470	8	6	0	0	55	98	2	93	0
Strawberry Fanta	110	0	0	0	0	30	30	0	29	0
Strawberry Fanta (To Go)	160	0	0	0	0	45	45	0	44	0
Strawberry Iced Tea	50	0	0	0	0	10	13	0	11	0
Strawberry Iced Tea (To Go)	80	0	0	0	0	15	19	0	17	0
Strawberry Lemonade	190	0	0	0	0	60	49	0	47	0
Strawberry Lemonade (To Go)	280	0	0	0	0	85	73	0	70	0
Strawberry Mango Smoothie Swirl	290	0	0	0	0	10	74	0	64	0
Strawberry Shake	780	35	22	1	140	320	104	0	81	14
Sugar Free Lemonade	5	0	0	0	0	95	0	0	0	0

Alcoholic Beverages										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Don Julio Reposado Vibe Drop Add-On (Utah Only)	35	0	0	0	0	0	0	0	0	0
Espres-So Happy Martini	260	0	0	0	0	15	33	0	23	0
Espres-So Happy Martini w/ 1800 Reposado Tequila	270	0	0	0	0	85	40	0	24	0
Golden Goose	340	0	0	0	0	60	54	0	50	0
Grey Goose Vibe Drop Add-On	50	0	0	0	0	0	0	0	0	0
Grey Goose Vibe Drop Add-On (Utah Only)	35	0	0	0	0	0	0	0	0	0
Henny Punch	190	0	0	0	0	15	21	0	19	0
Make It Spicy	20	0	0	0	0	300	4	0	0	0
Mango Bacardi Pina Colada Swirl	550	7	5	0	0	40	89	2	83	0
Patron Silver Vibe Drop Add-On	50	0	0	0	0	0	0	0	0	0
Patron Silver Vibe Drop Add-On (Utah Only)	35	0	0	0	0	0	0	0	0	0
Perfect Mango Margarita	360	0	0	0	0	25	56	1	46	0
Perfect Mango Patron Margarita	370	0	0	0	0	25	56	1	46	0
Perfect Margarita	260	0	0	0	0	320	30	1	21	0
Perfect Patron Margarita	270	0	0	0	0	320	34	1	28	0
Perfect Prickly Pear Margarita	370	0	0	0	0	20	56	1	46	0
Perfect Prickly Pear Patron Margarita	370	0	0	0	0	20	56	1	46	0
Perfect Strawberry Margarita	360	0	0	0	0	20	54	1	44	0
Perfect Strawberry Patron Margarita	360	0	0	0	0	20	54	1	44	0
Red Sangria	230	0	0	0	0	10	36	0	30	0
Rollin on the Beach	320	0	0	0	0	10	54	0	49	0
Shark Bowl	610	0	0	0	0	35	122	0	116	0
Strawberry Bacardi Pina Colada Swirl	560	7	5	0	0	55	90	2	85	0

Alcoholic Beverages

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Tito's Bay Breeze	150	0	0	0	0	0	12	0	11	0
Top Shelf Long Island Iced Tea	220	0	0	0	0	15	23	0	19	0
White Peach Sangria	270	0	0	0	0	20	47	0	41	0
Woodford Old Fashioned	170	0	0	0	0	0	15	0	14	0
Woodford Reserve Vibe Drop Add-On	60	0	0	0	0	0	0	0	0	0
Woodford Reserve Vibe Drop Add-On (Utah Only)	35	0	0	0	0	0	0	0	0	0
Young, Wild & Free Fruit Punch	230	0	0	0	0	15	34	0	32	0

Catering

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
(30) Boneless Wings (no flavor or dipping sauce)	1970	96	18	0	265	5160	163	12	2	114
(30) Boneless Wings Dipping Sauce - Bleu Cheese	1100	117	22	1.5	90	1610	8	1	5	7
(30) Boneless Wings Dipping Sauce - Ranch	880	91	16	1	50	1580	10	0	7	5
(30) Boneless Wings Flavor - Classic Hot Buffalo	640	66	24	1	0	8090	8	0	0	2
(30) Boneless Wings Flavor - Extra Hot Buffalo	650	67	24	1	0	8090	10	2	0	2
(30) Boneless Wings Flavor - Garlic Parmesan	1180	122	28	2	30	2060	13	2	0	8
(30) Boneless Wings Flavor - Honey BBQ	600	0.5	0	0	0	2570	146	4	123	3
(30) Boneless Wings Flavor - Hot Honey Glaze	890	1	0	0	0	1430	225	3	201	2

Catering

Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
(30) Boneless Wings Flavor - Sweet Asian Chile	790	8	1.5	0	0	4320	166	4	137	9
(30) Classic Bone-In Wings (no flavor or dipping sauce)	1380	66	18	1	950	3190	10	6	2	187
(30) Classic Bone-In Wings Dipping Sauce - Bleu Cheese	1100	117	22	1.5	90	1610	8	1	5	7
(30) Classic Bone-In Wings Dipping Sauce - Ranch	880	91	16	1	50	1580	10	0	7	5
(30) Classic Bone-In Wings Flavor - Classic Hot Buffalo	640	66	24	1	0	8090	8	0	0	2
(30) Classic Bone-In Wings Flavor - Extra Hot Buffalo	650	67	24	1	0	8090	10	2	0	2
(30) Classic Bone-In Wings Flavor - Garlic Parmesan	1180	122	28	2	30	2060	13	2	0	8
(30) Classic Bone-In Wings Flavor - Honey BBQ	600	0.5	0	0	0	2570	146	4	123	3
(30) Classic Bone-In Wings Flavor - Hot Honey Glaze	890	1	0	0	0	1430	225	3	201	2
(30) Classic Bone-In Wings Flavor - Sweet Asian Chile	790	8	1.5	0	0	4320	166	4	137	9
Applebee's Riblets (no sauce) (Serves 6-8)	7820	460	141	2.5	1570	10680	376	46	146	555
Applebee's Riblets Sauce (Serves 6-8) - Honey BBQ	2530	2.5	1.5	0	0	10850	615	18	519	12
Applebee's Riblets Sauce (Serves 6-8) - Hot Honey Glaze	3770	3.5	0	0	0	6050	949	12	847	10
Applebee's Riblets Sauce (Serves 6-8) - Sweet Asian Chile	3340	34	6	0	0	18260	701	18	580	37
Bacon Ranch Chicken Sandwich (Serves 6-8)	4410	239	59	3	970	12690	238	15	52	335
Blackberry Iced Tea (1/2 Gallon)	430	0	0	0	0	65	106	3	97	0

Catering										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Blackberry Lemonade (1/2 Gallon)	1460	1	0	0	0	430	373	0	361	1
Blue Raspberry Lemonade (1/2 Gallon)	1400	0.5	0	0	0	430	356	0	343	2
Bourbon Street Chicken & Sausage Penne (Serves 6-8)	6280	339	184	8	1445	15110	465	38	50	355
Bourbon Street Shrimp & Sausage Penne (Serves 6-8)	5800	328	180	8	1525	15790	470	38	50	254
Breadstick Basket (Serves 6-8)	1810	69	14	0.5	5	2520	254	12	25	43
Brewed Iced Tea (1/2 Gallon)	40	0	0	0	0	55	12	3	3	0
Brownie Bites (Serves 6-8)	3550	172	75	1.5	415	2140	484	22	314	43
Caesar Salad (Serves 6-8)	1570	127	25	1.5	115	3190	82	14	19	32
Chicken Fajita Rollup (Serves 6-8)	6480	409	167	2.5	1105	15310	369	23	43	332
Chicken Tenders (Serves 6-8)	3950	259	46	1.5	665	8430	220	15	56	191
Chips & Salsa (Serves 6-8)	3730	171	30	1	0	9760	493	43	38	61
Classic Broccoli Blackened Shrimp Alfredo (Serves 6-8)	7650	504	314	15	2125	16510	506	39	65	292
Classic Broccoli Chicken Alfredo (Serves 6-8)	8130	514	318	15	2045	16060	501	39	65	392
Classic Fries (Serves 6-8)	3090	111	20	0	0	11830	472	36	132	44
Clubhouse Grille (Serves 6-8)	6280	365	103	4	705	16020	456	21	130	299
Coca Cola (1 Gallon)	1490	0	0	0	0	480	416	0	416	0
Coke Zero (1 Gallon)	0	0	0	0	0	430	0	0	0	0
Diet Coke (1 Gallon)	0	0	0	0	0	430	0	0	0	0
Diet Mountain Dew (1 Gallon)	0	0	0	0	0	530	0	0	0	0
Diet Pepsi (1 Gallon)	0	0	0	0	0	370	0	0	0	0
Double-Glazed Baby Back Ribs (no sauce) (Serves 6-8)	6220	360	114	2.5	1435	8800	342	49	120	416
Double-Glazed Baby Back Ribs Sauce (Serves 6-8) - Honey BBQ	1200	1.5	1	0	0	5140	291	9	246	6

Catering										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Double-Glazed Baby Back Ribs Sauce (Serves 6-8) - Hot Honey Glaze	1780	1.5	0	0	0	2870	450	6	401	5
Double-Glazed Baby Back Ribs Sauce (Serves 6-8) - Sweet Asian Chile	1580	16	3	0	0	8650	332	8	275	17
Dr. Pepper (1 Gallon)	1600	0	0	0	0	640	422	0	410	0
Dragon Fruit Lemonade (1/2 Gallon)	1460	0.5	0	0	0	430	374	0	360	1
Fiesta Lime Chicken (Serves 6-8)	6460	350	84	5	1080	20800	487	35	50	348
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders (Serves 6-8)	6810	281	106	4.5	795	17920	763	35	216	301
Fruit Punch (1 Gallon)	1760	0	0	0	0	400	480	0	480	0
Garlicky Green Beans (Serves 6-8)	900	72	15	1	10	2520	51	16	13	12
Garlic Mashed Potatoes (Serves 6-8)	1560	64	14	0	25	4330	223	21	20	27
Grilled Chicken Caesar Salad (Serves 6-8)	2160	137	28	2	515	5700	84	17	20	154
House Salad (no dressing) (Serves 6-8)	700	38	16	0	80	1120	65	12	19	33
Kiwi Iced Tea (1/2 Gallon)	390	0	0	0	0	85	99	3	88	0
Kiwi Lemonade (1/2 Gallon)	1430	0.5	0	0	0	450	365	0	352	1
Lipton Green Tea with Citrus (1 Gallon)	770	0	0	0	0	1150	211	0	205	0
Mango Iced Tea (1/2 Gallon)	450	0	0	0	0	90	112	3	101	0
Mango Lemonade (1/2 Gallon)	1480	1	0	0	0	460	379	1	365	1
Mellow Yellow (1 Gallon)	1810	0	0	0	0	530	501	0	491	0
Minute Maid Lemonade (1 Gallon)	1600	0	0	0	0	530	448	0	427	0
Mountain Dew (1 Gallon)	1810	0	0	0	0	640	491	0	491	0
Mountain Dew Dark Berry Bash (1 Gallon)	1810	0	0	0	0	640	491	0	491	0
Mozzarella Sticks (Serves 6-8)	5140	263	107	4.5	375	14320	447	38	68	246
Mug Root Beer (1 Gallon)	1710	0	0	0	0	690	459	0	459	0

Catering										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Oriental Chicken Salad (with Crispy Chicken) (Serves 6-8)	3200	219	35	1.5	225	3860	216	29	92	100
Oriental Chicken Salad (with Grilled Chicken) (Serves 6-8)	2620	163	26	1.5	400	3530	152	26	91	147
Oriental Chicken Salad Wrap (with Crispy Chicken) (Serves 6-8)	7260	432	81	3	450	11100	622	41	142	226
Oriental Chicken Salad Wrap (with Grilled Chicken) (Serves 6-8)	6110	320	62	3.5	805	10440	494	34	141	320
Passion Fruit Iced Tea (1/2 Gallon)	440	0	0	0	0	70	112	3	101	0
Passion Fruit Lemonade (1/2 Gallon)	1480	1	0	0	0	430	378	0	365	1
Peach Iced Tea (1/2 Gallon)	440	0	0	0	0	80	112	3	101	0
Peach Lemonade (1/2 Gallon)	1480	0.5	0	0	0	440	378	0	365	1
Pepsi (1 Gallon)	1600	0	0	0	0	320	437	0	437	0
Prickly Pear Iced Tea (1/2 Gallon)	460	0	0	0	0	70	114	3	101	0
Prickly Pear Lemonade (1/2 Gallon)	1490	0.5	0	0	0	440	381	0	365	1
Raspberry Iced Tea (1/2 Gallon)	420	0	0	0	0	65	105	3	95	0
Raspberry Lemonade (1/2 Gallon)	1460	1	0	0	0	430	372	0	359	1
Salad Dressing (Serves 6-8) - Bleu Cheese	1100	117	22	1.5	90	1610	8	1	5	7
Salad Dressing (Serves 6-8) - Fat Free Italian	100	0	0	0	0	2040	24	0	16	0
Salad Dressing (Serves 6-8) - Garlic Caesar	1000	103	19	1	85	2120	12	2	6	7
Salad Dressing (Serves 6-8) - Honey French	1130	90	14	1.5	0	1770	80	2	74	0
Salad Dressing (Serves 6-8) - Lemon Vinaigrette	910	85	13	0.5	0	2100	40	0	34	0
Salad Dressing (Serves 6-8) - Mexi-Ranch	730	73	12	1	55	2810	14	2	11	4

Catering										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Salad Dressing (Serves 6-8) - Oriental	1310	115	18	1	0	420	66	0	67	0
Salad Dressing (Serves 6-8) - Ranch	880	91	16	1	50	1580	10	0	7	5
Salad Dressing (Serves 6-8) - Thousand Island	1230	118	19	2	125	1980	37	0	35	3
Sierra Mist (1 Gallon)	1490	0	0	0	0	370	395	0	395	0
Signature Cole Slaw (Serves 6-8)	1050	65	10	0.5	35	1470	116	14	96	8
Spinach & Artichoke (Serves 6-8)	5490	339	74	3.5	135	11760	505	48	29	111
Steamed Broccoli (Serves 6-8)	600	50	31	2	125	1410	32	15	9	19
Strawberry Iced Tea (1/2 Gallon)	410	0	0	0	0	70	104	3	92	0
Strawberry Lemonade (1/2 Gallon)	1450	0.5	0	0	0	430	370	0	356	1
Sweet Tea (1/2 Gallon)	690	0	0	0	0	60	179	0	174	0
The Classic Combo (Serves 6-8) (no flavor or dipping sauce)	13140	759	227	7	1010	30870	1097	91	80	483
The Classic Combo Dipping Sauce (Serves 6-8) - Bleu Cheese	1100	117	22	1.5	90	1610	8	1	5	7
The Classic Combo Dipping Sauce (Serves 6-8) - Ranch	880	91	16	1	50	1580	10	0	7	5
The Classic Combo Flavor (Serves 6-8) - Classic Hot Buffalo	640	66	24	1	0	8090	8	0	0	2
The Classic Combo Flavor (Serves 6-8) - Extra Hot Buffalo	650	67	24	1	0	8090	10	2	0	2
The Classic Combo Flavor (Serves 6-8) - Garlic Parmesan	1180	122	28	2	30	2060	13	2	0	8
The Classic Combo Flavor (Serves 6-8) - Honey BBQ	600	0.5	0	0	0	2570	146	4	123	3
The Classic Combo Flavor (Serves 6-8) - Hot Honey Glaze	890	1	0	0	0	1430	225	3	201	2
The Classic Combo Flavor (Serves 6-8) - Sweet Asian Chile	790	8	1.5	0	0	4320	166	4	137	9

Catering										
Item	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Three-Cheese Chicken Penne (Serves 6-8)	6520	372	226	11	1610	13080	452	31	52	350