



The Cheesecake Factory[®]

Nutritional Guide



Nutritional Guide

While we're committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided.

The values are derived from standardized recipes and serving sizes.

We will do our best to accommodate special requests to prepare your meal just the way you like it.

Modifications may alter the nutritional values.

	Calories	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	240	0	0	0	0	0	10	34	0	31	0
Lava Flow	400	70	8	7	0	0	30	58	3	52	1
Piña Colada	480	60	7	6	0	0	25	73	1	71	1
Big Island Iced Tea	300	0	0	0	0	0	10	34	0	31	0
Mango Eruption	350	35	4	3.5	0	0	20	48	1	47	1
Paradise in a Pineapple	440	40	4.5	4	0	0	20	64	1	62	1
ALL DAY MORNING COCKTAILS											
Factory Peach Bellini	250	0	0	0	0	0	10	46	1	44	1
Bloody Mary	430	60	8	3.5	0	20	1190	55	22	33	10
Strawberry Spritz	300	0	0	0	0	0	1	21	0	18	0
Strawberry Spritz (PR)	280	0	0	0	0	0	1	21	0	19	0
Espresso Martini	250	0	0	0	0	0	2	23	0	22	0
Espresso Martini (PR)	250	0	0	0	0	0	2	23	0	22	0
Espresso Martini (UT)	210	0	0	0	0	0	2	19	0	18	0
Espresso Martini (SUB)	240	0	0	0	0	0	1	21	0	21	0
Sparkling Sunrise Sangria	260	0	0	0	0	0	4	30	1	26	0
Sparkling Sunrise Sangria (UT)	240	0	0	0	0	0	4	30	1	26	0
Sparkling Sunrise Sangria (PR)	230	0	0	0	0	0	4	28	1	23	0
SPECIALTY DRINKS											
Georgia Peach	350	0	0	0	0	0	10	55	1	53	1
Georgia Peach (UT)	330	0	0	0	0	0	10	55	1	53	1
Pineapple Moscow Mule	320	0	0	0	0	0	20	49	1	46	0
Pineapple Moscow Mule (UT)	280	0	0	0	0	0	20	45	1	42	0
Red Sangria	160	0	0	0	0	0	10	21	1	19	0
SkinnyLicious® Red Sangria	120	0	0	0	0	0	20	16	0	15	1
Gin Rickey Crush	250	0	0	0	0	0	15	29	1	26	0
Gin Rickey Crush (UT)	230	0	0	0	0	0	15	29	1	26	0
Gin Rickey Crush (PR)	230	0	0	0	0	0	15	27	1	23	0
J.W.'s Pink Lemonade™	300	0	0	0	0	0	10	49	1	45	0
J.W.'s Pink Lemonade™ (UT)	290	0	0	0	0	0	10	50	1	47	0
J.W.'s Pink Lemonade™ (PR)	270	0	0	0	0	0	10	45	1	41	0
Mango Crush (PR)	280	0	0	0	0	0	10	41	0	38	0
Mai Tai	310	0	0	0	0	0	10	36	0	33	1
Mai Tai (UT)	270	0	0	0	0	0	10	34	0	32	1
Mai Tai (HI)	300	0	0	0	0	0	10	36	0	35	0
Mai Tai (PR)	320	0	0	0	0	0	10	37	0	34	1
Paloma Rosa	280	0	0	0	0	0	1180	33	1	30	0
Paloma Rosa (PR)	350	0	0	0	0	0	1180	38	1	36	0
Strawberry Negroni	210	0	0	0	0	0	3	12	0	12	0
Strawberry Negroni (PR)	220	0	0	0	0	0	5	13	0	13	0
Negroni	170	0	0	0	0	0	4	11	0	11	0
Negroni (UT)	150	0	0	0	0	0	4	11	0	11	0
Whiskey & Ginger	270	0	0	0	0	0	10	37	1	34	0
Whiskey & Ginger (UT)	220	0	0	0	0	0	10	31	1	29	0
Whiskey & Ginger (PR)	260	0	0	0	0	0	10	37	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
Spanish Whiskey Sour	300	0	0	0	0	0	25	38	2	33	1
Spanish Whiskey Sour (UT)	290	0	0	0	0	0	25	38	2	33	1
Spanish Whiskey Sour (PR)	300	0	0	0	0	0	25	41	2	36	1
The Old Fashioned	280	0	0	0	0	0	0	10	0	18	0
The Old Fashioned (UT)	230	0	0	0	0	0	0	10	0	13	0
NON-ALCOHOLIC SPECIALTIES											
Paradise Punch	120	0	0	0	0	0	3	31	0	29	0
Passion Mint Fizz	110	0	0	0	0	0	15	27	1	24	1
Pineapple Cherry Limeade	150	0	0	0	0	0	15	37	0	34	0
Guava Sparkler	160	0	0	0	0	0	15	39	0	35	1
Tropical Ginger Cooler	140	0	0	0	0	0	15	36	0	34	0
Sparkling Grapefruit Cooler	150	0	0	0	0	0	560	36	0	34	0
MARGARITAS											
The Ultimate	270	0	0	0	0	0	170	29	0	27	0
Strawberry Infused Margarita	280	0	0	0	0	0	270	28	0	27	0
Strawberry Infused Margarita (PR)	280	0	0	0	0	0	270	28	0	27	0
Passion Fruit Margarita	240	0	0	0	0	0	5	32	0	31	0
Pineapple Mezcal	290	0	0	0	0	0	250	36	0	33	0
Pineapple Mezcal (PR)	270	0	0	0	0	0	250	36	0	33	0
MOJITOS											
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)	260	35	4	3.5	0	0	95	33	2	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
Pineapple Mojito (PR)	240	0	0	0	0	0	10	32	1	29	1
MARTINIS											
Lemon Drop	270	0	0	0	0	0	2	28	0	27	0
Raspberry Lemon Drop	270	0	0	0	0	0	2	32	1	30	0
Aperol Spritz Martini	290	0	0	0	0	0	10	32	0	29	0
Aperol Spritz Martini (LA/ID/UT)	290	0	0	0	0	0	10	32	0	29	0

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals per Srv
Strawberry Blossom	260	0	0	0	0	0	10	21	0	21	0	0
Strawberry Blossom (PR)	240	0	0	0	0	0	10	22	0	21	0	0
The Well-Mannered Dirty Martini	250	45	6	1	0	5	1000	0	3	0	1	
The Well-Mannered Dirty Martini (UT)	140	40	5	1	0	5	830	0	3	0	1	
Cucumber Martini (PR)	260	0	0	0	0	0	10	28	0	24	0	
Strawberry Martini	250	0	0	0	0	0	2	14	0	13	0	
Strawberry Martini (UT)	200	0	0	0	0	0	2	14	0	13	0	
BEERS												
Draft Beer (glass)	250	0	0	0	0	0	15	1	0	0	4	
Draft Light Beer (glass)	120	0	0	0	0	0	15	7	0	0	1	
Bottled Beer (16 oz)	270	0	0	0	0	0	20	1	0	0	4	
Bottled Light Beer (12 oz)	100	0	0	0	0	0	15	6	0	0	1	
SPARKLING WINE												
Sparkling Wine (5-1/2 oz)	130	0	0	0	0	0	1	4	0	2	0	
Sparkling Wine (5 oz) (UT)	120	0	0	0	0	0	1	4	0	2	0	
Sparkling Wine Bottle 375ml	300	0	0	0	0	0	3	9	0	5	0	
Sparkling Wine Bottle 750ml	600	0	0	0	0	0	5	19	0	10	0	
WHITE WINE												
White Wine (6-1/2 oz)	160	0	0	0	0	0	10	5	0	2	0	
White Wine (9 oz)	220	0	0	0	0	0	15	7	0	3	0	
White Wine (5 oz) (UT)	120	0	0	0	0	0	5	4	0	1	0	
White Wine Bottle	630	0	0	0	0	0	35	19	0	7	1	
RED WINE												
Red Wine (6-1/2 oz)	160	0	0	0	0	0	10	5	0	1	0	
Red Wine (9 oz)	220	0	0	0	0	0	10	7	0	2	0	
Red Wine (5 oz) (UT)	120	0	0	0	0	0	5	4	0	1	0	
Red Wine Bottle	630	0	0	0	0	0	30	19	0	5	1	
SMALL PLATES & SNACKS												
Little House Salad	260	220	25	2	0	0	250	10	3	5	2	
Street Corn	710	490	54	14	0.5	40	1000	48	5	17	14	
Chicken Taquitos	400	200	23	7	0	50	1150	33	5	6	16	
Korean Fried Cauliflower	1150	640	71	13	0	20	2570	113	7	44	11	
Avocado Tacos	740	500	55	11	0.5	20	1330	56	15	14	7	
Stuffed Mushrooms	510	380	42	22	1.5	105	500	19	4	5	15	
Fried Zucchini	1000	680	76	21	1	55	2050	58	4	14	21	
Crispy Brussels Sprouts	570	420	46	13	0.5	30	410	30	8	15	8	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
Cheeseburger Spring Rolls	990	630	70	27	2	175	1940	45	3	12	43	
Crispy Crab Bites	410	270	31	6	0	85	600	19	2	5	15	
Crispy Fried Cheese	1070	700	78	39	1.5	150	2320	49	3	4	45	
Crab Wontons	550	300	34	11	1	70	1050	48	2	18	14	
Mini Crabcakes (HI)	530	380	42	8	0	130	930	15	2	6	20	
Grilled Chicken Mini Tacos (MDR)	650	290	32	7	0	120	1480	43	5	10	46	
Crispy Fish Mini Tacos (MDR)	530	270	30	4	0	25	920	49	5	9	15	
FLATBREAD PIZZAS												
Cheese Flatbread	1000	450	50	31	1	125	2530	86	4	3	49	
Margherita Flatbread	760	270	30	15	0	55	1770	85	4	4	34	
Fresh Basil, Tomato and Cheese	850	340	38	25	0.5	95	2300	84	4	3	42	
Pepperoni Flatbread	1170	590	66	34	1	165	3420	88	5	3	56	
Pepperoni Flatbread with Hot Honey	1200	590	66	34	1	165	3430	96	5	11	56	
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	
Bee Sting Flatbread	1170	560	62	30	1	145	3280	97	5	8	54	
Kalua Pig Flatbread (HI)	1100	460	51	29	1	190	2490	93	4	8	65	
Hawaiian Flatbread (HI)	960	360	40	25	0.5	125	2870	97	4	11	54	
APPETIZERS												
Roadside Sliders - Serves 2-4	800	320	35	13	2	135	1720	70	1	18	48	200
Chicken Pot Stickers - Serves 2-4	380	110	12	2.5	0	90	2550	38	1	13	27	100
Tex Mex Eggrolls - Serves 2-4	930	480	53	14	0.5	120	2030	72	10	12	43	230
Quesadilla - Serves 2-4	1030	630	70	39	1.5	150	1880	61	7	6	44	260
Quesadilla (ABQ) - Serves 2-4	1040	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	2110	61	7	6	63	290
Quesadilla with Chicken (ABQ) - Serves 2-4	1150	660	74	39	1.5	215	2000	61	7	5	63	290
Quesadilla with Kalua Pork (HI) - Serves 2-4	1250	740	82	43	1.5	240	2260	63	7	6	68	310
Thai Chili Shrimp - Serves 2-4	700	470	52	10	0	75	950	35	1	7	18	180
Avocado Eggrolls - Serves 2-4	930	430	48	10	0	15	1300	111	14	38	14	230
Warm Crab Dip - Serves 2-4	1220	820	92	34	1.5	195	1720	69	3	9	25	310
Fried Calamari - Serves 2-4	1520	950	105	20	1	705	1850	98	5	10	44	380
Eggroll Sampler - Serves 2-4	1330	700	77	21	1	140	2350	113	17	35	44	330
Spicy Tuna* - Serves 2-4	460	200	22	4	0	40	1490	46	2	15	20	120
Ahi Poke Nachos* - Serves 2-4	1050	610	68	11	0	55	2340	78	7	22	31	260
Housemade Meatballs - Serves 2-4	950	520	58	21	1.5	145	1870	64	7	18	42	240
Pretzel Bites with Cheddar Cheese Fondue - Serves 2-4	1010	550	61	34	2	130	2470	84	3	11	29	250
Fried Macaroni and Cheese - Serves 2-4	1310	870	96	47	2.5	245	2140	70	6	12	40	330
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	340
Hot Spinach and Cheese Dip - Serves 2-4	1730	1130	126	57	2.5	225	1590	115	13	9	31	430
Buffalo Blasts* - Serves 2-4	1670	840	93	25	1.5	190	7080	129	10	11	78	420
Factory Nachos - Serves 2-4	2670	1720	192	84	5	320	2680	173	21	25	63	670
Factory Nachos with Spicy Chicken - Serves 2-4	2950	1900	211	85	6	370	3350	180	22	29	83	740
Factory Nachos with Kalua Pork (HI) - Serves 2-4	2880	1840	204	88	5	415	3070	174	21	25	88	720
Thai Lettuce Wraps with Satay Chicken Strips - Serves 2-4	850	240	27	7	0	125	1990	105	9	69	51	210
Small Thai Lettuce Wraps with Satay Chicken Strips	500	150	16	4	0	60	1270	65	5	46	27	130
Thai Lettuce Wraps with Grilled Avocado - Serves 2-4	830	370	42	8	0	0	1910	110	18	64	15	210
Small Thai Lettuce Wraps with Grilled Avocado	500	210	24	4.5	0	0	1230	68	10	43	8	130
Buffalo Wings - Serves 2-4	1120	620	69	18	0	515	5020	16	2	4	109	280
Buffalo Chicken Strips - Serves 2-4	1090	430	48	11	0	135	4950	87	7	12	76	270
Ahi Poke (HI) - Serves 2	470	90	10	1.5	0	95	3030	46	2	34	50	240
Spicy Ahi Tempura Roll (HI) - Serves 2-4	770	450	51	9	0.5	70	1910	45	3	11	32	190
Spicy Tuna (HI) - Serves 2-4	460	200	22	4	0	40	1490	46	2	15	20	120
Mini Crab Cakes (HI) - Serves 2-4	530	380	42	8	0	130	930	15	2	6	20	130
SOUPS												
Cup of Clam Chowder	310	170	19	11	0.5	70	990	24	2	2	11	
Cup of Cream of Chicken Soup	390	230	25	15	1	125	1030	25	3	10	17	
Cup of Mexican Chicken and Vegetable Soup	340	170	19	7	0	40	1530	27	4	8	14	
Bowl of Clam Chowder	500	270	30	18	1	115	1580	39	4	3	18	
Bowl of Cream of Chicken Soup	630	360	40	23	1.5	195	1650	40	4	16	28	
Bowl of Mexican Chicken and Vegetable Soup	680	350	39	15	0.5	75	3070	54	7	17	29	
GLAMBURGERS* & SANDWICHES												
French Fries	530	210	23	4	0	0	1250	76	5	13	6	
Green Salad	130	110	12	1	0	0	125	5	1	2	1	
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4	
Old Fashioned Burger	990	540	60	22	2.5	195	1880	64	3	19	46	
Bistro Burger	1330	670	74	25	2.5	165	3190	106	4	36	55	
Classic Burger	1280	740	83	30	3	255	2520	69	4	23	61	
French Dip Cheeseburger	1620	1060	118	48	3	305	3470	79	5	23	59	
Smokehouse B.B.Q. Burger	1580	880	97	39	3.5	280	3070	106	3	42	68	

	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)
Americana Cheeseburger	1390	810	90	37	3	260	3440	82	4	28	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
Mushroom Burger	1460	900	100	40	3.5	255	2500	73	5	23	66
Bacon-Bacon Cheeseburger	1610	990	110	45	3.5	315	3550	77	3	29	75
Factory Turkey Burger	1110	680	76	30	1	245	2260	57	7	14	52
Veggie Burger Melt	1190	670	75	23	1	75	2510	98	12	17	32
Impossible® Burger	930	470	53	19	0	0	2090	80	9	14	35
Renee's Special											
One-Half Fresh Turkey Sandwich	790	390	43	16	0	130	1860	69	4	14	32
One-Half Chicken-Almond Salad Sandwich	850	560	62	17	0	100	1280	49	5	9	23
Cup of Soup	310-390										
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8
Chicken Salad Sandwich	1180	700	78	19	0.5	145	2320	77	7	17	41
Cuban Sandwich	1200	660	73	25	1.5	165	3070	64	3	2	71
The Club	1290	620	68	17	0	130	3240	112	6	24	56
Grilled Chicken and Avocado Club	1080	690	77	12	0	255	1750	16	5	8	82
Chicken Parmesan Sandwich	1830	1080	120	62	3.5	240	3600	100	5	7	87
Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce	1090	590	66	24	0.5	245	2710	62	2	8	62
Spicy Crispy Chicken Sandwich - Chipotle Mayo	1170	670	74	24	0.5	240	1790	62	2	8	60
B.B.Q. Kaula Pork (HI)	930	410	45	17	0	240	1650	71	3	22	59
Hawaiian Fish Sandwich - Mahi (HI)	750	300	33	11	0	180	1680	71	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	1670	71	4	23	40
SALADS											
Tossed Green Salad	190	100	11	2.5	0	5	230	19	3	4	6
Tossed Green Salad with Balsamic Vinaigrette	660	540	60	6	0.5	5	680	25	4	8	7
Tossed Green Salad with Blue Cheese Dressing	530	380	42	13	0	50	900	25	4	8	12
Tossed Green Salad with SK Mustard Vinaigrette	280	140	16	3	0	5	1130	28	4	8	6
Tossed Green Salad with Ranch Dressing	610	460	51	10	0	30	840	26	4	10	6
Tossed Green Salad with Thousand Island Dressing	630	470	52	10	0	30	900	31	4	15	6
Caesar Salad	860	670	75	16	0	50	1100	30	8	9	15
Caesar Salad with Chicken	1090	730	81	17	0	175	1640	30	8	9	59
Mexicali Salad	890	510	57	12	0	30	3040	74	21	27	22
Fried Chicken Club Salad	1560	1110	123	28	1	325	2870	58	7	23	49
Factory Chopped Salad	780	530	59	11	0.5	85	1360	34	10	17	34
Vegan Cobb Salad	1060	790	89	9	0.5	0	1310	55	19	18	16
Chinese Chicken Salad	1630	920	102	14	1	80	2960	135	11	62	50
Thai Chicken Salad	1210	570	63	10	0	155	2670	93	14	63	73
Sheila's Chicken and Avocado Salad	1820	1110	124	16	0.5	80	2150	134	22	57	56
Luau Salad (HI)	1370	770	86	12	0.5	85	1930	110	10	58	45
Barbeque Ranch Chicken Salad	1950	1120	124	22	0	125	2920	151	22	64	56
Santa Fe Salad	1670	1000	112	25	1	135	2450	108	19	39	68
Cobb Salad	1480	1110	124	24	1.5	365	2460	30	11	13	66
Seared Ahi Tuna Salad	1000	570	64	7	0	45	2490	77	11	51	35
Seared Tuna Tataki Salad (HI)	450	260	29	2.5	0	45	1280	16	5	8	34
ADDITIONS											
Avocado	160	130	14	2	0	0	5	8	6	0	2
Grilled Chicken	220	70	7	1	0	130	470	0	0	0	39
Grilled Shrimp	90	10	1	0	0	155	115	2	0	0	18
Grilled Salmon	220	110	12	2	0	65	105	2	0	0	26
Char grilled Steak	200	70	7	3	0	95	410	0	0	0	34
SALAD DRESSINGS & CONDIMENTS (Per Tbl.)											
Balsamic Vinaigrette	80	70	8	0.5	0	0	75	1	0	1	0
Barbeque Ranch Dressing	80	60	7	1.5	0	5	130	3	0	2	0
Blue Cheese Dressing	60	45	5	1.5	0	10	110	1	0	1	1
Caesar Dressing	80	70	7	1.5	0	5	90	1	0	1	1
Chinese Plum Dressing	60	40	4.5	0	0	0	260	6	0	6	0
Cilantro Dressing	60	50	6	0.5	0	1	60	1	0	1	1
Citrus Honey Dressing	60	40	4.5	0	0	0	50	4	0	3	0
Ketchup	20	0	0	0	0	0	160	5	0	4	0
Ranch Dressing	70	60	7	1.5	0	5	100	1	0	1	0
Shallot Vinaigrette	90	80	9	0.5	0	0	55	1	0	0	0
SkinnyLicious® Mustard Vinaigrette	15	5	1	0	0	0	150	1	0	1	0
SkinnyLicious® Sesame Soy Dressing	20	0	0	0	0	0	250	3	0	2	0
Spicy Peanut Vinaigrette	60	35	4	0.5	0	0	180	4	0	3	1
Thousand Island Dressing	70	60	7	1.5	0	5	110	2	0	2	0
LUNCH SPECIALS											
Renee's Special											
One-Half Fresh Turkey Sandwich	790	390	43	16	0	130	1860	69	4	14	32
One-Half Chicken-Almond Salad Sandwich	850	560	62	17	0	100	1280	49	5	9	23
Cup of Soup	310-390										
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8
LUNCH SOUP AND SALAD											
Lunch Soup and Salad											
Cup of Soup	310-390										
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2
LUNCH SALADS											
Cobb Salad	1040	780	88	17	1	265	1420	22	7	10	44
Santa Fe Salad	1130	680	76	15	0.5	80	1520	76	14	26	42
Chinese Chicken Salad	970	540	60	8	0.5	50	2040	82	6	44	29
Barbeque Ranch Chicken Salad	1210	670	75	14	0	80	2080	98	17	45	35
Vegan Cobb Salad	830	650	72	7	0	0	1090	38	13	12	10
Sheila's Chicken and Avocado Salad	1100	670	75	10	0	45	1280	80	13	37	34
LUNCH FLATBREAD PIZZA AND SALAD											
Cheese Flatbread	1000	450	50	31	1	125	2530	86	4	3	49
Margherita Flatbread	760	270	30	15	0	55	1770	85	4	4	34
Fresh Basil, Tomato and Cheese Flatbread	850	340	38	25	0.5	95	2300	84	4	3	42
Pepperoni Flatbread	1170	590	66	34	1	165	3420	88	5	3	56
Pepperoni Flatbread with Hot Honey	1200	590	66	34	1	165	3430	96	5	11	56
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
Bee Sting Flatbread	1170	560	62	30	1	145	3280	97	5	8	54
Hawaiian Flatbread (HI)	960	360	40	25	0.5	125	2870	97	4	11	54
Kalua Pig Flatbread (HI)	1100	460	51	29	1	190	2490	93	4	8	65
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8
LUNCH PASTA											
Fettuccini Alfredo	1450	850	94	57	3	210	2000	113	5	6	39
Fettuccini Alfredo with Chicken	1530	870	96	57	3	250	2190	113	5	6	54
Four Cheese Pasta	950	370	41	15	0.5	65	3040	111	9	18	35
Four Cheese Pasta with Chicken	1030	390	43	15	0.5	105	3420	111	9	18	50
Pasta Carbonara	1430	830	92	45	2.5	205	2630	112	8	7	36

	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)
FAST-FOOD SPECIALTIES											
Pasta Carbonara with Chicken	1510	850	94	45	2.5	245	3020	112	8	7	52
Pasta da Vinci	1160	530	59	23	1.5	170	1890	106	9	11	53
Spaghetti and Meatballs	1390	640	72	16	1	95	4030	140	14	25	49
Pasta with Shrimp and Sausage (HI)	1310	640	71	21	1	140	4890	118	10	19	50
Louisiana Chicken Pasta	1380	720	80	43	2.5	310	2790	113	7	11	53
Spicy Chicken Chipotle Pasta	1290	610	68	25	1.5	140	2620	123	10	18	48
Italian Sausage and Fresh Mushroom Rigatoni	1530	1020	113	57	3	285	2620	90	9	10	39
Evelyn's Favorite Pasta	940	440	49	15	1	40	1920	102	8	7	24
Farfalle with Chicken and Roasted Garlic	1040	450	51	24	1	150	2400	99	8	11	48
Bistro Shrimp Pasta	1530	890	99	47	3	310	2490	120	6	8	40
Spicy Rigatoni Vodka	1080	630	71	27	1.5	135	2890	86	9	20	22
LUNCH CHICKEN SPECIALS											
Crusted Chicken Romano	1100	490	55	19	1	220	2810	96	9	15	57
Chicken Piccata	1340	740	82	43	2.5	315	2750	85	5	6	66
Spicy Cashew Chicken	1690	630	71	15	1	145	3580	190	11	55	72
Orange Chicken	1330	490	54	9	1.5	65	1810	170	4	47	42
LUNCH FAVORITES											
Famous Factory Meatloaf	1400	750	84	41	3	290	3660	105	7	43	52
Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55
Fish & Chips	1680	970	108	21	0.5	155	2690	127	9	31	44
LUNCH SALMON											
Herb Crusted Filet of Salmon	1150	770	86	34	2	235	1140	42	4	4	48
Miso Salmon	1000	430	48	24	1.5	195	1260	96	2	26	46
Fresh Grilled Salmon	840	480	53	17	0.5	160	1280	43	6	5	47
Cajun Salmon	1250	820	92	38	2.5	265	1540	59	6	16	46
Thai Glazed Salmon (PR)	840	280	31	10	0	100	1240	89	4	18	52
SPECIALTIES											
Green Chile Chicken Enchiladas	1420	600	67	27	1.5	180	2760	143	21	11	65
Korean Fried Chicken	1810	650	72	13	1.5	80	3930	239	12	66	51
White Chicken Chili	680	220	24	4	0	130	2330	62	9	7	55
Chicken Parmesan "Pizza Style"	1940	1100	123	61	3	650	3730	90	5	10	120
Chicken Katsu (HI)	2520	1270	142	51	3.5	630	5220	201	8	40	112
Chicken "Littles"	1990	950	106	37	2	335	3140	160	10	40	97
Crispy Pineapple Chicken and Shrimp	1630	450	50	8	0	150	2500	242	7	92	54
Shepherd's Pie	1400	730	81	40	4	300	3290	90	13	16	74
Baja Chicken Tacos	1410	540	61	20	1	200	2680	137	16	11	80
Grilled Fish Tacos	1280	540	61	14	0.5	100	2480	141	17	15	46
Crispy Beer Battered Fish Tacos	1570	730	81	18	1	130	2540	160	18	13	53
Grilled Steak Tacos	1580	720	81	24	1.5	165	2720	147	17	12	67
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	1930	1030	115	55	3.5	405	5100	144	9	59	75
Chicken Madeira	1300	660	73	35	2	415	2390	72	9	11	89
Chicken Bellagio	2020	1040	116	32	1.5	395	4660	144	7	6	98
Spicy Cashew Chicken	2190	910	102	22	1	190	4320	230	16	66	90
Crusted Chicken Romano	1800	850	94	37	1.5	435	4420	132	13	20	107
Orange Chicken	1750	620	69	12	1.5	80	2730	233	6	77	52
Truffle-Honey Chicken	1700	960	107	37	2	275	3030	115	9	15	71
Parmesan-Herb Crusted Chicken	1370	700	78	42	2.5	415	3350	62	6	5	105
Crispy Chicken Costoletta	1800	1080	120	51	2.5	500	2990	104	12	9	77
Chicken Piccata	1420	760	85	44	2.5	355	2920	86	6	7	79
Bang-Bang Chicken and Shrimp	1370	500	56	22	0	235	1370	144	8	26	75
PASTA											
Tomato Basil Pasta	1720	790	88	18	1	115	4910	162	18	44	72
Fettuccini Alfredo	1930	1160	128	78	4.5	285	2570	143	6	8	50
Fettuccini Alfredo with Chicken	2060	1190	132	78	4.5	345	2880	143	6	8	75
Pasta Carbonara	2030	1250	139	68	3.5	315	3480	141	10	11	50
Pasta Carbonara with Chicken	2160	1280	143	68	3.5	375	4170	141	10	11	75
Four Cheese Pasta	1280	560	62	26	1	115	4110	132	11	23	49
Four Cheese Pasta with Chicken	1410	600	66	27	1	175	4810	132	11	23	74
Spicy Rigatoni Vodka	1570	900	100	38	2	185	4470	131	13	27	34
Spaghetti and Meatballs	1920	940	105	24	2	140	5550	179	19	34	66
Evelyn's Favorite Pasta	1270	670	75	27	1.5	75	2520	122	11	12	29
Pasta da Vinci	1540	750	83	36	2	260	2380	129	10	20	71
Louisiana Chicken Pasta	2270	1180	132	67	4	555	4660	176	10	17	98
Farfalle with Chicken and Roasted Garlic	1810	880	98	48	2	290	4050	153	13	17	79
Spicy Chicken Chipotle Pasta	1770	920	103	37	2	215	3230	146	13	24	67
Italian Sausage and Fresh Mushroom Rigatoni	2100	1350	151	78	4	395	3970	132	13	14	56
Bistro Shrimp Pasta	2170	1320	147	69	4	480	3240	155	10	12	58
Pasta with Shrimp and Sausage (HI)	1780	870	97	30	1	205	7020	158	14	29	69
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	2940	134	9	31	53
Shrimp and Chicken Gumbo	1440	730	81	37	2	440	2260	93	2	12	84
Fried Shrimp Platter	1940	940	105	21	1	275	3150	193	13	38	51
Shrimp Scampi	1260	690	76	37	2	335	2340	105	7	7	41
Thai Glazed Salmon (PR)	1040	280	31	11	0	130	1470	121	6	19	70
Jamaican Black Pepper Shrimp	1290	250	27	7	0	360	1940	195	16	70	67
Jamaican Black Pepper Chicken	1390	260	29	7	0	225	1710	192	13	69	90
Jamaican Black Pepper Chicken and Shrimp	1340	270	30	8	0	275	1720	195	17	69	72
Fresh Grilled Salmon	1230	700	78	25	1	230	1870	66	10	7	62
Cajun Salmon	1570	1020	114	49	3	340	2030	77	7	17	59
Herb Crusted Filet of Salmon	1350	830	93	43	2.5	290	1620	65	5	4	64
Miso Salmon	1340	610	67	31	1.5	240	1430	120	5	27	64
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	1570	890	99	36	2.5	345	2860	79	8	21	89
Steak Diane and Herb Crusted Salmon	1730	1100	123	49	3.5	355	2320	75	7	15	82
Chicken Madeira and Herb Crusted Salmon	1480	900	100	51	3	375	2180	73	7	14	72
Chicken Madeira and Shrimp Scampi	1530	930	104	55	3	485	2200	85	7	16	62
Shrimp Scampi and Herb Crusted Salmon	1690	1150	127	68	4	495	1670	81	6	9	56
STEAKS & CHOPS											
Carne Asada Steak	1290	550	61	24	2	190	1350	132	8	20	57
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Grilled Rib-Eye Steak	1250	720	80	40	4	270	2310	57	7	3	75
Petite Filet Mignon	730	320	36	20	1.5	190	1530	56	7	3	47
Filet Mignon	840	340	38	21	1.5	245	1680	56	7	3	67
SIDE DISHES											
French Fries	1060	410	46	8	0	0	2500	152	10	25	11

	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)
Green Beans	140	90	10	6	0	0	300	10	4	2	3
Sweet Potato Fries	1010	470	52	9	0	10	1800	125	14	58	7
Fresh Corn	270	120	14	6	0	0	610	28	8	11	8
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5
Sauteed Spinach	650	590	67	41	2.5	125	1100	10	5	1	7
Macaroni & Cheese	1550	980	109	67	4.5	345	2690	92	5	9	50
Broccoli	260	160	18	3	0	10	710	15	8	2	8
Steamed White Rice (PR)	440	10	1.5	0.5	0	0	80	98	2	0	10
Black Beans (PR)	340	25	2.5	0	0	0	940	59	20	5	20
Plantains (PR)	630	80	9	1.5	0	0	810	134	12	97	6
Rice and Beans (PR)	510	120	14	8	0	30	830	82	9	2	14
Grilled Asparagus	120	70	8	4.5	0	0	450	8	3	0	5
EGGS & OMELETTES											
Farm Fresh Eggs	280	220	25	12	0	425	150	1	0	0	13
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	465	220	4	0	3	25
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	505	1770	2	0	1	44
Brioche Breakfast Sandwich	1030	600	67	28	1	530	1920	59	5	9	48
Factory Create An Omelette											
Plain Omelette	630	530	60	17	1	670	790	2	0	1	22
Bacon	140	110	13	4.5	0	25	230	0	0	1	5
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	12	1	70	380	1	0	0	13
Jack Cheese	210	160	18	11	1	70	380	1	0	0	12
Swiss Cheese	220	150	17	10	1	45	115	0	0	0	17
Fontina Cheese	180	130	14	10	0	45	400	1	0	0	13
Avocado	40	30	3.5	0	0	0	1	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	25	5	1	0	0	0	80	3	1	1	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0
Red Onions	10	0	0	0	0	0	1	3	0	1	0
Green Onions	5	0	0	0	0	0	2	1	0	0	0
California Omelette	1110	820	92	42	2.5	810	1620	16	5	7	56
Spinach, Mushroom, Bacon and Cheese Omelette	1050	810	90	46	2	820	1570	14	3	4	48
Loaded Mashed Potato Omelette	1200	850	95	40	2	800	1790	38	4	7	45
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81
BREAKFAST ACCOMPANIMENTS											
Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
White Toast	330	50	5	2.5	0	0	730	64	2	8	10
Wheat Toast	270	35	4	0.5	0	0	560	49	5	8	10
Bagel	360	15	1.5	0	0	0	580	74	2	7	11
English Muffin	190	10	1.5	0	0	0	310	37	2	2	6
Sourdough Baguette	260	10	1	0	0	0	660	55	2	1	9
Wheat Baguette	370	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
Cinnamon Roll Pancakes	2040	980	110	51	3.5	310	2950	241	3	137	23
Lemon-Ricotta Pancakes	1740	780	88	40	2	315	2760	212	3	121	28
Brûléed French Toast	2110	1630	182	96	5	845	530	90	2	62	25
Brûléed French Toast with Bacon	2310	1770	198	101	6	890	600	94	2	65	37
Brûléed French Toast with Grilled Ham	2270	1670	186	97	5	925	2160	91	2	63	56
Brunch Combo	1110	690	77	38	2	555	1010	81	2	50	26
Brunch Flatbread	1320	720	80	43	1.5	540	2350	96	5	7	54
Eggs Benedict with Canadian Bacon and Hollandaise	1290	930	104	57	3	345	1740	50	3	3	38
Bacon And Avocado Benedict	1520	1120	125	62	3	350	1070	62	7	10	36
Fried Chicken & Waffles Benedict	1670	1150	128	71	3.5	425	1440	96	3	48	33
Breakfast Kimchi Fried Rice & Eggs	1290	740	82	26	0.5	475	2410	98	8	19	40
Green Chilaquiles with Carnitas and Eggs	1650	910	102	33	1	945	2560	100	12	15	85
Green Chilaquiles with Chicken and Eggs	1620	900	100	29	1	990	3040	88	11	18	90
Tacos Dorados & Eggs	1540	920	103	34	2.5	545	3510	100	22	15	58
Monte Cristo Sandwich	1960	1080	121	64	3.5	870	2470	145	6	70	74
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44
Breakfast Burrito	2080	1250	139	69	3.5	950	4580	121	20	19	88
CHEESECAKES											
Original	830	530	59	37	2	265	510	63	1	51	12
Fresh Strawberry	1000	620	69	43	2.5	305	550	82	2	66	12
Oreo® Dream Extreme Cheesecake	1510	830	93	51	2.5	290	800	166	7	122	15
Ultimate Red Velvet Cake Cheesecake™	1580	1050	116	62	4	350	630	125	1	104	14
Reese's® Peanut Butter Chocolate Cake Cheesecake	1510	850	95	44	2	245	940	154	8	121	23
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15
Coconut Cream Pie Cheesecake	1370	880	98	64	2.5	335	530	114	5	93	12
Adam's Peanut Butter Cup Fudge Ripple	1250	740	82	43	2	245	750	118	5	94	18
Triple Berry Bliss	1300	780	86	50	2.5	305	580	122	2	94	11
Cookie Dough Lover's Cheesecake with Pecans	1550	950	105	62	3	375	650	145	5	110	15
Pineapple Upside-Down Cheesecake	1260	750	83	47	2	310	510	109	1	99	10
Celebration Cheesecake	1380	880	98	58	3.5	370	740	114	1	87	15
Classic Basque Cheesecake	1100	730	82	49	2.5	420	500	83	3	76	14
Cinnabon® Cinnamon Swirl Cheesecake	1370	770	85	51	3	275	710	141	2	120	10
Salted Caramel Cheesecake	1240	660	73	43	2.5	300	750	130	2	107	15
Toasted Marshmallow S'mores Galore™	1550	970	108	67	3	350	570	141	6	102	14
Dulce De Leche Caramel Cheesecake	1390	990	110	61	3	385	600	107	2	83	14
White Chocolate Raspberry Truffle®	1220	800	89	57	3	365	550	92	1	78	13
Mango Key Lime Cheesecake	1300	770	85	54	2.5	350	520	123	2	97	13
Fresh Banana Cream Cheesecake	1250	810	90	56	3	405	510	99	3	79	14
Very Cherry Ghirardelli® Chocolate Cheesecake	1160	750	84	51	2.5	295	380	96	4	81	11
Lemon Raspberry Cream Cheesecake	1040	660	73	42	2.5	320	420	87	2	72	10
CHEESECAKES AND DESSERTS											
Chocolate Tuxedo Cream® Cheesecake	1250	810	90	55	2.5	305	400	109	5	87	11
Chocolate Caramelicious Cheesecake Made With Snickers®	1370	860	96	50	2.5	340	400	116	6	96	19
Chocolate Mousse Cheesecake	1220	850	94	58	3	385	480	85	4	69	13
Lemon Meringue Cheesecake	1170	660	73	48	2	315	510	117	1	95	13
Hershey's® Chocolate Bar Cheesecake	1320	770	85	49	2.5	275	610	135	7	109	14
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	980	630	70	41	2	310	450	75	1	64	11
Key Lime Cheesecake	1160	780	86	53	3	470	430	92	1	74	13
Caramel Pecan Turtle Cheesecake	1300	790	88	50	2.5	340	450	124	6	102	15
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

	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
Pumpkin Pecan	1270	810	90	46	2.5	355	450	105	4	74	14	
A La Mode	400	220	24	16	1	95	110	36	0	34	8	
Hot Fudge	280	180	20	13	0	40	20	27	3	19	3	
SPECIALTY DESSERTS												
Linda's Fudge Cake	1450	590	66	29	1.5	145	1040	233	9	165	13	
Carrot Cake	1720	1100	122	57	3.5	300	1060	146	5	116	15	
Chocolate Tower Truffle Cake™	1770	1000	111	60	2.5	375	970	192	11	143	20	
Tiramisu	1270	850	94	52	3	455	340	91	1	66	13	
Warm Apple Crisp	1000	300	33	19	1	105	390	170	3	139	9	
Fresh Strawberry Shortcake	1340	690	76	47	1.5	265	1140	143	3	77	25	
Bowl of Fresh Strawberries	250	130	15	9	0	55	15	26	5	19	3	
ICE CREAM DELIGHTS												
Hot Fudge Sundae	1280	770	86	51	2.5	260	220	116	6	97	20	
Godiva® Chocolate Brownie Sundae - Serves 2-4	1750	1060	118	71	2	330	420	168	10	134	25	440
Bowl of Vanilla Ice Cream	750	460	51	32	2	195	180	60	0	57	13	
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	350	25	3	2.5	0	0	20	82	4	69	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	
Cafe Latte	140	40	4.5	2.5	0	20	160	16	0	14	10	
Cafe 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	
BEVERAGES												
Freshly Brewed Black, Green or Tropical Iced Teas	0	0	0	0	0	0	10	0	0	0	0	
Our Signature Sweet Iced Tea	110	0	0	0	0	0	10	28	0	28	0	
The Cheesecake Factory Signature Lemonade	310	0	0	0	0	0	15	84	0	78	1	
Strawberry Lemonade	330	0	0	0	0	0	15	87	1	81	1	
Cucumber Lemonade	340	0	0	0	0	0	45	90	1	75	1	
Peach Lemonade	330	0	0	0	0	0	15	83	4	78	1	
Arnold Palmer	160	0	0	0	0	0	15	42	0	40	0	
Coke®	100	0	0	0	0	0	10	27	0	27	0	
Diet Coke®	0	0	0	0	0	0	20	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	15	0	0	0	0	
Fanta Orange Soda (PR)	100	0	0	0	0	0	15	30	0	27	0	
Fanta Fruit Punch (HI)	100	0	0	0	0	0	20	28	0	28	0	
Barq's® Root Beer	110	0	0	0	0	0	20	29	0	29	0	
Sprite®	100	0	0	0	0	0	30	26	0	26	0	
Sprite Zero® (PR)	0	0	0	0	0	0	15	0	0	0	0	
Dr. Pepper®	100	0	0	0	0	0	40	27	0	26	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	45	0	0	0	0	
Canada Dry® Ginger Ale	110	0	0	0	0	0	40	30	0	29	0	
Fiji Natural Artesian Water	0	0	0	0	0	0	0	0	0	0	0	
San Pellegrino Water	0	0	0	0	0	0	50	0	0	0	0	
Fresh Orange Juice	170	5	0.5	0	0	0	3	39	1	31	3	
Apple Juice	190	0	0	0	0	0	25	44	0	41	0	
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	150	0	0	0	0	0	125	17	0	12	0	
SkinnyLicious® Mojito	150	0	0	0	0	0	210	16	1	8	0	
SkinnyLicious® Cosmopolitan	110	0	0	0	0	0	15	9	0	7	0	
SKINNYLICIOUS® SMALL PLATES & APPETIZERS												
Little House Salad	260	220	25	2	0	0	250	10	3	5	2	
SkinnyLicious® Avocado Tacos	590	390	43	8	0	10	1110	48	12	11	6	
Chicken Taquitos	400	200	23	7	0	50	1150	33	5	6	16	
Stuffed Mushrooms	510	380	42	22	1.5	105	500	19	4	5	15	
Crispy Brussels Sprouts	570	420	46	13	0.5	30	410	30	8	15	8	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	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	
Crab Wontons	550	300	34	11	1	70	1050	48	2	18	14	
Chicken Pot Stickers	380	110	12	2.5	0	90	2550	38	1	13	27	
Spicy Tuna*	460	200	22	4	0	40	1490	46	2	15	20	
Ahi Tartare (HI)	240	130	14	2	0	25	680	17	4	3	14	
SKINNYLICIOUS® SALADS												
Tossed Green Salad	190	100	11	2.5	0	5	230	19	3	4	6	
Tossed Green Salad with SK Mustard Vinaigrette	280	140	16	3	0	5	1130	28	4	8	6	
Tossed Green Salad with SK Sesame Soy Dressing	300	120	13	2.5	0	5	1710	39	5	18	8	
SkinnyLicious® Factory Chopped Salad	530	260	29	9	0	85	1660	36	11	16	34	
SkinnyLicious® Asian Chicken Salad	570	220	25	3	0	65	2810	54	11	25	37	
Mexican Tortilla Salad	550	210	23	4.5	0	60	2080	59	12	19	29	
Seared Tuna Tataki Salad (HI)	450	260	29	2.5	0	45	1280	16	5	8	34	
SKINNYLICIOUS® SPECIALTIES												
SkinnyLicious® Hamburger	570	270	30	11	1.5	105	1180	41	3	9	35	
Impossible® Burger	560	240	27	10	0	5	1520	51	8	9	30	
SkinnyLicious® Crispy Chicken Sandwich	560	240	27	6	0	55	1330	57	3	10	25	
SkinnyLicious® Spicy Crispy Chicken Sandwich	580	250	28	6	0	55	1420	58	3	11	25	
SkinnyLicious® Grilled Turkey Burger	560	270	30	11	0.5	105	1030	45	5	12	29	
SkinnyLicious® Turkey & Avocado Sandwich	550	240	26	8	0	80	1650	43	4	10	38	
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	1050	64	13	14	32	
SkinnyLicious® Shrimp Soft Tacos	520	130	15	3	0	185	1010	67	13	14	31	
SkinnyLicious® White Chicken Chili	530	140	15	2.5	0	130	2280	45	7	5	53	
SkinnyLicious® Chicken Pasta	590	130	15	1.5	0	65	1830	75	7	10	41	
SkinnyLicious® Lemon-Herb Parmesan Chicken	590	290	32	13	0.5	240	3100	17	3	3	53	
SkinnyLicious® Sesame Ginger Chicken	590	200	23	3	0	100	2320	55	9	30	46	
Tuscan Chicken	590	190	21	3.5	0	235	1560	19	5	5	81	
Lemon-Garlic Shrimp	550	190	21	11	0.5	200	3160	52	5	3	33	
SkinnyLicious® Spicy Shrimp Pasta	590	180	20	7	0	60	2410	69	8	16	27	

	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® Grilled Salmon	590	320	36	7	0	105	1020	22	7	12	45	
Grilled Steak Medallions	440	170	19	10	0.5	140	1320	24	4	6	45	
KIDS' MENU												
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	460	250	28	5	0	65	550	28	2	4	24	
Kids' French Fries	300	100	11	2	0	0	870	45	3	12	3	
Kids' French Fries (Queens/ Philly)	240	100	11	2	0	0	390	30	3	0	3	
Kids' Fresh Fruit	50	0	0	0	0	0	0	13	1	10	1	
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' Spaghetti with Meatball (Queens/Philly)	680	280	31	8	0.5	60	2180	72	7	14	29	
Kids' Macaroni and Cheese	1160	710	79	48	3	235	2040	84	5	9	29	
Kids' Cheese Flatbread Pizza	1000	450	50	31	1	125	2530	86	4	3	49	
Kids' Pepperoni Flatbread Pizza	990	450	50	29	1	125	2720	86	4	2	47	
Kids' Cheese Flatbread Pizza (Queens/Philly)	830	340	38	22	0.5	90	2230	82	4	3	39	
Kids' Pepperoni Pizza (Queens/Philly)	840	340	38	21	0.5	90	2280	84	4	2	38	
Kids' Quesadilla	810	470	52	31	1.5	110	1440	48	2	0	39	
Kids' Quesadilla with Chicken	920	500	56	32	1.5	180	1670	48	2	0	59	
Kids' Grilled Chicken	460	180	19	11	0.5	145	1600	38	5	1	33	
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32	
Kids' Brunch with French Toast	1200	890	99	51	3	445	300	59	2	42	19	
Kids' Brunch with Buttermilk Pancakes	680	330	37	16	1	85	930	75	3	40	14	
Kids' Coke®	60	0	0	0	0	0	5	17	0	17	0	
Kids' Diet Coke®	0	0	0	0	0	0	10	0	0	0	0	
Kids' Coca-Cola® Zero Sugar	0	0	0	0	0	0	5	0	0	0	0	
Kids' Fanta Orange Soda (PR)	60	0	0	0	0	0	10	18	0	17	0	
Kids' Fanta Fruit Punch (HI)	60	0	0	0	0	0	15	17	0	17	0	
Kids' Barq's® Root Beer	70	0	0	0	0	0	10	18	0	18	0	
Kids' Sprite®	60	0	0	0	0	0	20	16	0	16	0	
Kids' Sprite Zero® (PR)	0	0	0	0	0	0	10	0	0	0	0	
Kids' Dr. Pepper®	60	0	0	0	0	0	25	17	0	16	0	
Kids' Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	25	0	0	0	0	
Kids' Milk	200	60	7	4.5	0	30	200	20	0	19	13	
Kids' Chocolate Milk	330	50	5	3.5	0	25	210	60	2	55	12	
Kids' Non-Fat Milk	120	0	0	0	0	5	180	17	0	17	12	
Kids' Apple Juice	170	0	0	0	0	0	20	40	0	37	0	
Kids' Lemonade	190	0	0	0	0	0	10	52	0	48	0	
Kids' Scoop of Ice Cream	320	190	21	13	0.5	80	80	26	0	25	6	
Kids' Mini Hot Fudge Sundae	480	290	32	20	1	100	90	44	2	38	7	
Kids' Strawberries	180	130	14	9	0	55	15	13	2	11	1	
HAPPY HOUR MENU												
"Happy Hour" Burger	1090	600	67	29	3	225	2770	68	3	22	52	
Margarita	210	0	0	0	0	0	125	25	0	23	0	
Margarita (UT)	200	0	0	0	0	0	125	25	0	23	0	
Long Island Iced Tea	240	0	0	0	0	0	10	28	0	26	0	
Long Island Iced Tea (UT)	240	0	0	0	0	0	10	28	0	26	0	
SkinnYLicious® Long Island Iced Tea	110	0	0	0	0	0	20	6	0	5	0	
Selected Well Drinks												
Well Bourbon	80	0	0	0	0	0	0	0	0	0	0	
Well Gin	80	0	0	0	0	0	0	0	0	0	0	
Well Rum	80	0	0	0	0	0	0	0	0	0	0	
Well Scotch	80	0	0	0	0	0	0	0	0	0	0	
Well Tequila	80	0	0	0	0	0	0	0	0	0	0	
Well Vodka	90	0	0	0	0	0	0	2	0	2	0	
Coke®	35	0	0	0	0	0	0	10	0	10	0	
Diet Coke®	0	0	0	0	0	0	3	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	1	0	0	0	0	
Fanta Orange Soda (PR)	40	0	0	0	0	0	1	11	0	10	0	
Barq's® Root Beer	40	0	0	0	0	0	4	11	0	11	0	
Sprite®	35	0	0	0	0	0	5	9	0	9	0	
Sprite Zero® (PR)	0	0	0	0	0	0	2	0	0	0	0	
Dr. Pepper®	35	0	0	0	0	0	10	10	0	10	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	15	0	0	0	0	
Ginger Ale	35	0	0	0	0	0	10	9	0	9	0	
Cranberry Juice	45	0	0	0	0	0	3	11	0	11	0	
Orange Juice	40	0	0	0	0	0	0	10	0	8	1	
Pineapple Juice	50	0	0	0	0	0	1	12	0	11	0	
The Cheesecake Factory Signature Lemonade	110	0	0	0	0	0	2	31	0	29	0	
GLUTEN FREE SMALL PLATES & SNACKS												
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
GLUTEN FREE APPETIZERS												
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	340
GLUTEN FREE APPETIZER SALADS												
Tossed Green Salad	35	0	0	0	0	0	25	7	3	4	2	
Tossed Green Salad with Blue Cheese Dressing	370	280	31	11	0	50	690	13	4	7	9	
Tossed Green Salad with French Mustard Vinaigrette	630	560	62	6	0	0	640	13	3	9	3	
Tossed Green Salad with Ranch Dressing	450	360	41	8	0	25	630	15	3	10	3	
Tossed Green Salad with Thousand Island Dressing	470	370	41	8	0	25	690	19	3	14	3	
Caesar Salad	720	590	66	14	0	50	930	19	7	9	12	
Caesar Salad with Chicken	950	640	71	15	0	175	1470	19	7	9	56	
Factory Chopped Salad	870	600	67	13	0.5	85	1470	34	10	18	34	
Mexicali Salad	890	510	57	12	0	30	3040	74	21	27	22	
GLUTEN FREE LUNCH SPECIALS												
Lunch Cobb Salad	1160	900	100	20	1	265	1590	22	7	12	43	
Lunch Four Cheese Pasta	930	420	46	16	0.5	65	2760	106	6	15	24	
Lunch Four Cheese Pasta with Chicken	910	370	41	16	0.5	105	2820	100	6	15	37	
Lunch Pasta with Chicken and Roasted Garlic	1180	540	60	25	1	150	2550	120	6	9	41	
Lunch Pasta Carbonara	1500	910	101	46	2.5	205	2160	119	5	6	26	
Lunch Pasta Carbonara with Chicken	1580	930	104	46	2.5	245	2540	120	5	6	41	
Italian Sausage and Fresh Mushroom Rigatoni	1590	1080	120	58	3	285	2310	96	7	9	32	
Lunch Evelyn's Favorite Pasta	830	420	47	15	1	40	1330	92	6	5	11	
Lunch Spicy Chicken Chipotle Pasta	1270	660	74	25	1.5	140	2340	118	8	16	37	
Lunch Shrimp with Rotini	1000	590	66	10	0.5	80	2250	74	8	16	27	
Lunch Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55	
Lunch Fresh Grilled Salmon with Corn Succotash	1020	550	61	24	1	190	1400	67	6	24	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	
Lunch Miso Salmon	990	430	48	24	1.5	195	1260	94	2	25	45	
Cajun Salmon	1250	820	92	38	2.5	265	1540	59	6	16	46	
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	

	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)
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4
Old Fashioned Burger	840	420	46	15	2	140	1790	64	6	21	43
Bistro Burger	1250	700	78	25	2.5	165	2790	89	7	42	49
Mushroom Burger	1300	770	86	32	3	200	2370	73	8	25	61
Americana Cheeseburger	1240	690	77	29	2.5	205	3350	82	8	30	56
Bacon-Bacon Cheeseburger	1460	870	97	37	3	265	3470	78	7	32	71
B.B.Q. Kalua Pork (HI)	770	290	32	9	0	185	1560	72	7	24	55
Impossible® Burger	790	430	48	17	0	0	2070	67	11	11	29
Factory Turkey Burger	940	540	60	20	0.5	200	2240	59	9	13	49
Hawaiian Fish Sandwich - Mahi (HI)	600	170	19	3	0	125	1600	72	8	26	37
Hawaiian Fish Sandwich - Ahi (HI)	600	170	19	3	0	80	1610	72	8	26	40
Hawaiian Fish Sandwich - Salmon (HI)	720	310	35	6	0	80	1510	72	8	26	33
Hawaiian Fish Sandwich - Ono (HI)	590	170	19	3	0	70	1590	72	8	26	36
GLUTEN FREE SPECIALTIES											
Green Chile Chicken Enchiladas	1420	600	67	27	1.5	180	2760	143	21	11	65
Shepherd's Pie	1400	730	81	40	4	300	3290	90	13	16	74
GLUTEN FREE PASTA											
Four Cheese Pasta	1270	620	69	27	1	115	3800	126	8	20	36
Four Cheese Pasta with Chicken	1400	650	73	27	1	175	4490	127	9	20	61
Pasta with Chicken and Roasted Garlic	1900	980	109	49	2	290	3970	164	10	14	67
Pasta Carbonara	2120	1350	150	69	3.5	315	2910	151	7	9	37
Pasta Carbonara with Chicken	2250	1380	154	69	3.5	375	3610	151	7	9	62
Evelyn's Favorite Pasta	1150	650	73	27	1.5	75	1880	112	8	9	14
Italian Sausage and Fresh Mushroom Rigatoni	2190	1450	161	79	4	390	3510	140	9	12	45
Spicy Chicken Chipotle Pasta	1750	980	110	37	2	215	2910	140	10	22	54
Shrimp with Rotini	1390	810	91	14	1	105	3320	107	11	22	37
GLUTEN FREE FISH & SEAFOOD											
Fresh Grilled Salmon with Fresh Corn	1330	720	80	31	1.5	255	1680	86	8	25	63
Fresh Grilled Salmon with Green Beans	1150	660	74	28	1.5	245	1380	61	6	6	59
Fresh Grilled Salmon with Sauteed Spinach	1190	690	76	29	1.5	225	1850	63	8	6	62
Miso Salmon	1330	610	67	31	1.5	240	1430	119	5	27	64
Cajun Salmon	1570	1020	114	49	3	340	2030	77	7	17	59
GLUTEN FREE STEAKS & CHOPS											
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Grilled Rib-Eye Steak	1250	720	80	40	4	270	2310	57	7	3	75
Petite Filet Mignon	730	320	36	20	1.5	190	1530	56	7	3	47
Filet Mignon	840	340	38	21	1.5	245	1680	56	7	3	67
GLUTEN FREE SIDE DISHES											
French Fries	1060	410	46	8	0	0	2500	152	10	25	11
Green Beans	140	90	10	6	0	0	300	10	4	2	3
Roasted Sweet Potatoes	450	190	21	10	0.5	45	430	63	8	18	5
Fresh Corn	270	120	14	6	0	0	610	28	8	11	8
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5
Sauteed Spinach	650	590	67	41	2.5	125	1100	10	5	1	7
Broccoli	260	160	18	3	0	10	710	15	8	2	8
GLUTEN FREE SALADS											
Caesar Salad	1070	890	99	22	0	75	1410	25	9	12	18
Caesar Salad with Chicken	1300	950	106	23	0	205	1880	25	9	12	57
Cobb Salad	1650	1270	141	27	1	365	2680	30	11	15	65
GLUTEN FREE EGGS & OMELETTES											
Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
Farm Fresh Eggs	280	220	25	12	0	42.5	150	1	0	0	13
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	46.5	220	4	0	3	25
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	50.5	1770	2	0	1	44
Factory Create An Omelette											
Plain Omelette	630	530	60	17	1	670	790	2	0	1	22
Bacon	140	110	13	4.5	0	25	230	0	0	1	5
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	12	1	70	380	1	0	0	13
Jack Cheese	210	160	18	11	1	70	380	1	0	0	12
Swiss Cheese	220	150	17	10	1	45	115	0	0	0	17
Fontina Cheese	180	130	14	10	0	45	400	1	0	0	13
Avocado	40	30	3.5	0	0	0	1	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	25	5	1	0	0	0	80	3	1	1	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0
Red Onions	10	0	0	0	0	0	1	3	0	1	0
Green Onions	5	0	0	0	0	0	2	1	0	0	0
California Omelette	1110	820	92	42	2.5	810	1620	16	5	7	56
Spinach, Mushroom, Bacon and Cheese Omelette	950	720	80	40	2	795	1460	12	3	4	46
Loaded Mashed Potato Omelette	1200	850	95	40	2	800	1790	38	4	7	45
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81
GLUTEN FREE SATURDAY & SUNDAY BRUNCH											
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44
GLUTEN FREE DESSERTS											
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15
Low-Licious Cheesecake	570	400	44	26	1	195	460	37	7	5	10
Low-Licious Cheesecake with Strawberries	580	400	44	26	1	195	460	39	8	7	10
Bowl of Fresh Strawberries	250	130	15	9	0	55	15	26	5	19	3
Hot Fudge Sundae	1280	770	86	51	2.5	260	220	116	6	97	20
Bowl of Vanilla Ice Cream	750	460	51	32	2	195	180	60	0	57	13
GLUTEN FREE SKINNYLICIOUS® SMALL PLATES & APPETIZERS											
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7
GLUTEN FREE SKINNYLICIOUS® SPECIALTIES											
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	1050	64	13	14	32
SkinnyLicious® Shrimp Soft Tacos	520	130	15	3	0	185	1010	67	13	14	31
SkinnyLicious® Spicy Shrimp Pasta	580	190	21	7	0	60	1840	72	6	15	21
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	460	180	19	11	0.5	145	1600	38	5	1	33
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32
Kids' Scoop of Ice Cream	320	190	21	13	0.5	80	80	26	0	25	6
Kids' Mini Hot Fudge Sundae	480	290	32	20	1	100	90	44	2	38	7
Kids' Strawberries	180	130	14	9	0	55	15	13	2	11	1
GLUTEN FREE HAPPY HOUR MENU											
"Happy Hour" Burger	940	480	53	22	2.5	175	2680	69	6	25	49

