



Applebee's® **NUTRITIONAL INFORMATION**

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

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

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

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

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

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APPETIZERS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Cheeseburger Sliders	1270	81	25	3.0	2270	82	3	51
Cheeseburger Sliders with Applewood Smoked Bacon	1330	87	27	3.0	2510	82	3	56
Chicken Quesadilla Grande	1270	92	37	0.5	3840	89	5	65
Cheese Quesadilla Grande	1120	87	36	0.5	3130	84	4	44
Pork Wonton Tacos	820	41	12	0.0	2240	68	4	43
Grilled Chicken Wonton Tacos	590	24	4.5	0.0	2150	58	4	36
Mozzarella Sticks	940	46	20	1.0	2830	85	6	45
Crunchy Onion Rings	1290	56	10	0.5	3620	181	9	16
Appetizer Sampler	2410 - 2590	155 - 173	44 - 54	2.0 - 2.5	5620 - 6830	157 - 182	15 - 16	90 - 100
Spinach & Artichoke Dip	1470 - 1590	96 - 107	23 - 30	1.0	2440 - 2560	122 - 125	16	33 - 35
Boneless Wings, Classic Buffalo	1160	69	16	1.0	3730	66	8	70
Boneless Wings, Hot Buffalo	1170	69	16	1.0	3840	67	8	71
Boneless Wings, Honey BBQ	1240	55	11	0.5	3070	117	8	71
Boneless Wings, Southern BBQ	1110	55	11	0.5	2800	84	8	70
Boneless Wings, Sweet & spicy sauce	1150	55	11	0.5	3400	90	8	71
Classic Wings, Classic Buffalo	710	49	14	0.5	2000	8	2	61
Classic Wings, Hot Buffalo	720	49	14	0.5	2120	9	3	61
Classic Wings, Honey BBQ	790	35	9	0.0	1340	59	3	61
Classic Wings, Southern BBQ	660	35	9	0.0	1070	26	2	61
Classic Wings, Sweet & spicy sauce	690	35	9	0.0	1670	32	2	62
Wings Ranch Dipping Sauce	210	23	4	0.0	330	1	0	<1
Wings Bleu Cheese Dipping Sauce	240	25	4.5	0.0	250	<1	0	1
Chili Cheese Nachos	1680	108	40	2.5	4280	134	17	48
Spicy Chili Cheese Nachos	1610	103	36	3.0	3240	125	16	48
Potato Skins	1090	103	50	0.0	1910	66	7	64
Veggie Patch™ Pizza	930	67	22	1.0	2270	50	5	31
Steak Quesadilla Towers	1110	73	32	1.0	3710	78	4	59
Dynamite Shrimp	730	54	10	0.5	1490	40	3	22
Queso Blanco	1330	82	27	2.0	2400	114	12	34
Queso Blanco with chili	1440	89	30	2.5	2680	118	14	42
Chips and Spicy Chipotle Lime Salsa	950	53	10	0.5	760	105	10	14
Potato Twisters	970	60	20	1.0	3520	82	8	26

ULTIMATE TRIOS - listed as served unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Trios Dynamite Shrimp	730	54	10	0.5	1490	40	3	22
Trios Cheeseburger Sliders	880	59	18	2.0	1550	54	2	34
Trios Cheese Quesadilla Grande	510	44	16	0.0	1530	31	2	20
Trios Chicken Quesadilla Grande	580	46	16	0	1880	33	2	30
Trios Steak Quesadilla Towers	600	38	14	0.5	1860	37	2	28
Trios Mozzarella Sticks	430	21	9	0.5	1350	40	3	20

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ULTIMATE TRIOS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Trios Boneless Wings, Classic Buffalo	580	35	8	0.0	1880	33	4	35
Trios Boneless Wings, Hot Buffalo	590	35	8	0.0	1920	33	4	35
Trios Boneless Wings, Honey BBQ	620	28	5	0.0	1530	58	4	35
Trios Boneless Wings, Southern BBQ	560	28	5	0.0	1400	42	4	35
Trios Boneless Wings, Sweet & spicy sauce	570	28	5	0.0	1700	45	4	36
Trios Classic Wings, Classic Buffalo	360	24	7	0.0	1010	4	1	30
Trios Classic Wings, Hot Buffalo	360	25	7	0.0	1060	4	1	30
Trios Classic Wings, Honey BBQ	400	17	4.5	0.0	670	29	1	31
Trios Classic Wings, Southern BBQ	330	17	4.5	0.0	540	13	1	30
Trios Classic Wings, Sweet & spicy sauce	350	18	4.5	0.0	840	16	<1	31
Trios Wings Ranch Dipping Sauce	210	23	4	0.0	330	1	0	<1
Trios Wings Bleu Cheese Dipping Sauce	240	25	4.5	0.0	250	<1	0	1
Trios Spinach Artichoke Dip	570	39	10	0.0	910	41	6	14
Trios Pork Wonton Tacos	560	28	8	0.0	1460	48	3	27
Trios Grilled Chicken Wonton Tacos	430	18	3.5	0.0	1520	43	3	25
Trios Spicy Queso Blanco	520	33	12	1.0	1090	40	4	16

UNBELIEVABLY GREAT TASTING & UNDER 550 Calories™ - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Asiago Peppercorn Steak	390	14	6	0.0	1520	26	5	43
Signature Sirloin with Garlic Herb Shrimp	500	21	8	0.5	2440	31	6	51
Grilled Dijon Chicken & Portobellos	450	15	6	0.0	1790	30	6	54
Teriyaki Shrimp Pasta	440	8	2	0.0	3410	74	10	30
Teriyaki Chicken Pasta	450	8	2	0.0	2900	73	10	34
Grilled Shrimp & Island Rice	370	4.5	1	0.0	1990	56	5	29

STEAKS & TOPPERS - without sides unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
12 oz. New York Strip	590	39	18	3.0	550	0	0	60
12 oz. Ribeye	670	47	21	5.0	950	3	0	57
9 oz. House Sirloin	310	13	5	0.0	970	0	0	48
7 oz. House Sirloin	250	12	5	0.5	860	0	0	35
Steak & Grilled Shrimp Combo	530	35	9	1.0	1950	2	0	51
Steak & Fried Shrimp Combo	650	34	9	1.0	2220	37	2	50
Steak & Honey BBQ Chicken Combo	600	15	6	0.5	2170	37	<1	78
Steak & Riblets Combo	910 - 1040	49 - 50	20	0.5 - 1.0	2870 - 3470	24 - 57	0 - 1	93 - 94
Asiago Peppercorn Steak w/sides	390	14	6	0.0	1520	26	5	43
Shrimp 'N Parmesan Sirloin	660	42	16	1.0	2200	4	0	65
Signature Sirloin with Garlic Herb Shrimp	500	21	8	0.5	2440	31	6	51

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STEAKS & TOPPERS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Chicken Fried Steak (includes mashed potato, gravy & vegetable)	1260	61	15	1.0	3840	118	10	59
Topper - Sautéed Garlic Mushrooms	140	15	5	0.0	220	1	0	1
Topper - Grilled Onions	45	2.5	0.5	0.0	280	5	<1	<1
Topper - Shrimp 'N Parmesan	220	15	9	0.0	1120	4	0	17
Baked Potato	380	29	19	1.0	520	28	2	5
Garlic Mashed Potatoes	330	18	3.5	0.0	900	38	4	6
Fried Red Potatoes	150	5	1	0.0	680	22	3	4
Seasonal Vegetables	35 - 50	0	0	0.0	260 - 340	7 - 9	2 - 3	1 - 3

MAKE IT EVEN BETTER SIDES - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Loaded Baked Potato	440	35	20	0.5	780	28	2	10
Loaded Mashed Potatoes	550	42	17	0.0	1340	41	4	18
Small Caesar Salad (with dressing)	300	27	4.5	0.0	490	12	3	5
Add Fried Shrimp	390	21	4	0.0	1270	35	2	14
Add Grilled Shrimp	230	17	3	0.0	1070	2	0	16
Applebee's House Salad (without dressing)	230	15	7	0.0	390	12	2	13
Dressing, Bleu Cheese	240	25	4.5	0.0	250	<1	0	1
Dressing, Dijon Honey Mustard	210	18	2.5	0.0	460	13	0	<1
Dressing, Mexi-Ranch	150	15	2.5	0.0	480	2	0	<1
Dressing, Buttermilk Ranch	210	23	4	0.0	330	1	0	<1
Toasted Garlic Bread Basket	1190	93	28	1.5	1560	75	3	16
French Onion Soup (Bowl)	270	16	10	0.0	1340	17	2	15
Tomato Basil Soup (Bowl)	250	14	7	0.0	1350	27	3	5
Chili (Bowl)	370	28	14	1.5	1040	15	5	28
Broccoli Cheddar Soup (Bowl)	360	26	16	1.0	1690	18	2	13
Clam Chowder (Bowl)	350	24	14	0.5	1000	22	1	13
Baked Potato Soup (Bowl)	440	31	14	0.0	1270	27	2	18
Chicken Tortilla Soup (Bowl)	180	8	2.5	0.0	1570	18	2	10
Chicken Noodle Soup (Bowl)	160	4	1	0.0	1120	17	1	13

RIBS - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Applebee's Riblets Platter	1600 - 1820	87 - 88	29	0.5	4190 - 5630	106 - 161	7 - 8	98 - 100
Applebee's Riblets Basket	1060 - 1190	56 - 57	18 - 19	0.0	2740 - 3340	75 - 108	5 - 6	63 - 64
Double-Glazed Baby Back Ribs	1240 - 1460	73 - 75	23 - 24	0.0 - 0.5	2500 - 3620	87 - 129	7	61 - 70
Double-Glazed Baby Back Ribs - Half Rack	890 - 1000	50 - 52	14	0.0	1710 - 2270	77 - 98	7	34 - 38

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SIZZLING ENTREES - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Bourbon Street Chicken & Shrimp	760	46	10	0.5	2580	30	4	57
Sizzling Asian Shrimp	850	33	7	0.0	3500	118	7	30
Sizzling Steak & Cheese	1040	65	22	1.0	3190	48	6	66
Sizzling Chicken with Spicy Queso Blanco	570	22	8	0.0	2530	39	6	54
Bourbon Street Steak	750	43	11	1.0	2450	35	5	55
Sizzling Skillet Fajitas - Steak	1410	55	25	1.0	5690	152	11	78
Sizzling Skillet Fajitas - Chicken	1370	52	24	1.0	4920	149	11	78
Sizzling Skillet Fajitas - Shrimp	1400	65	26	1.0	5310	151	11	53
Sizzling Skillet Fajitas - Combo	1390 - 1470	54 - 67	25 - 27	1.0 - 1.5	5200 - 5580	150 - 152	11	65 - 78
Add Guacamole	50	5	0.5	0.0	150	3	2	<1

CHICKEN - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Grilled Dijon Chicken & Portobellos	450	15	6	0.0	1790	30	6	54
Crispy Orange Chicken	1510	52	10	0.5	2500	207	11	64
Fiesta Lime Chicken®	1140	66	16	1.0	3120	93	7	60
Chicken Tenders Platter	1320	79	14	1.0	2760	105	10	49
Chicken Tenders Basket	1020	61	11	0.5	2170	83	7	36
Riblet and Chicken Tenders Platter	1740 - 1870	102	26	1.0	4180 - 4780	118 - 151	9 - 10	89 - 90
Riblet and Chicken Tenders Basket	1260 - 1350	74	18	0.5	3030 - 3210	90 - 113	6 - 7	59
Weight Watchers® Chipotle Lime Chicken	490	12	2	0.0	4990	51	7	49
Chicken Fried Chicken	1230	59	12	0.0	3400	112	11	61
Chicken Parmesan	1400	63	20	1.0	3660	124	13	84
Margherita Chicken	710	25	7	0.0	2350	65	7	54
Smothered Grilled Chicken	860	41	14	0.0	2950	61	10	63

SALADS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Weight Watchers® Paradise Chicken Salad	340	4	1	0.0	2060	35	6	45
Weight Watchers® Steak & Potato Salad	380	12	4	0.0	1860	32	6	35
Grilled Chicken Caesar, Regular	800	56	10	1.0	1610	25	6	52
Half	400	28	5	0.0	810	12	3	26
Regular w/o dressing	350	9	2.5	0.0	870	21	5	50
Half w/o dressing	180	4.5	1.5	0.0	430	10	3	25
Crispy Shrimp Caesar, Regular	1030	77	14	1.0	2240	57	7	31
Half	520	39	7	0.5	1120	29	4	16
Regular w/o dressing	590	30	7	0.0	1500	53	7	29
Half w/o dressing	290	15	3.5	0.0	750	27	3	15
Grilled Steak Caesar, Regular	890	67	14	1.0	1780	25	6	50
Half	450	33	7	0.5	890	13	3	25

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SALADS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Regular w/o dressing	450	20	7	0.5	1040	21	5	49
Half w/o dressing	220	10	3.5	0.0	520	11	3	24
Grilled Shrimp 'N Spinach Salad, Regular	940	62	11	0.0	2650	62	10	47
Half	590	41	9	0.0	1690	33	6	31
Regular w/o dressing	610	44	8	0.0	1820	20	10	46
Half w/o dressing	420	31	7	0.0	1280	11	5	30
Oriental Chicken Salad, Regular	1310	95	15	1.5	1210	85	11	36
Half	660	48	7	1.0	610	42	5	18
Regular w/o dressing	650	37	6	0.5	970	50	10	36
Half w/o dressing	320	19	3	0.0	480	25	5	18
Oriental Grilled Chicken Salad, Regular	1250	76	11	2.5	2290	92	9	53
Half	670	38	6	1.0	1640	55	5	27
Regular w/o dressing	590	19	3	1.5	2060	58	9	53
Half w/o dressing	340	9	1.5	1.0	1520	38	5	27
Apple Walnut Chicken Salad, Regular	1000	66	16	1.0	1680	51	5	55
Half	620	42	12	0.5	1150	31	4	33
Regular w/o dressing	470	22	9	0.0	1280	18	5	55
Half w/o dressing	350	20	9	0.0	950	15	3	33
Santa Fe Chicken Salad, Regular	1220	92	24	1.0	3380	57	10	60
Half	930	72	21	1.0	2420	51	8	37
Regular w/o dressing	860	55	19	0.5	2130	51	9	58
Half w/o dressing	740	53	18	0.5	1800	48	8	36
Pecan-Crusted Chicken Salad, Regular	1310	81	17	1.0	2590	104	13	46
Half	800	49	12	0.5	1510	65	8	27
Regular w/o dressing	880	48	12	0.5	2000	71	13	45
Half w/o dressing	580	32	9	0.0	1210	49	8	26
Fried Chicken Salad, Regular	1060	77	22	1.0	2130	49	6	47
Half	550	39	11	0.5	1040	24	3	26
Regular w/o dressing	640	41	17	0.5	1220	23	5	45
Half w/o dressing	360	23	9	0.0	640	12	3	26

PASTA - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Cajun Shrimp Pasta	1190	73	28	1.5	3120	91	7	41
Florentine Ravioli with Chicken	1320	88	42	2.5	3570	71	6	65
Provolone-Stuffed Meatballs with Fettuccine	1530	93	44	2.5	3820	113	10	59
Teriyaki Shrimp Pasta	440	8	2	0.0	3410	74	10	30
Teriyaki Chicken Pasta	450	8	2	0.0	2900	73	10	34
Chicken Broccoli Pasta Alfredo	1360	76	37	2.0	2500	107	9	67
Three-Cheese Chicken Penne	1470	79	37	2.0	3030	124	8	69
Shrimp Fettuccine Alfredo	1440	85	41	2.0	3320	110	9	63

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SEAFOOD - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Grilled Shrimp & Island Rice	370	4.5	1	0.0	1990	56	5	29
Weight Watchers® Cajun Lime Tilapia	350	5	1.5	0.0	1640	43	7	36
Weight Watchers® Spicy Pineapple Glazed Shrimp & Spinach	310	5	1	0.0	1690	48	5	22
Double Crunch Shrimp	1290	71	13	0.5	3270	131	10	34
Orange Glazed Salmon	730	17	3.5	0.0	1840	98	6	46
Garlic Herb Salmon	700	32	8	0.0	1500	58	4	45
Hand-Battered Fish & Chips	1580	107	18	1.5	1980	107	10	47
New England Fish & Chips	1930	138	24	1.5	3180	121	12	51

APPLEBEE'S REALBURGERS™ without fries unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Philly Burger	1110	66	26	2.5	2540	69	5	60
Southwest Jalapeño Burger	1140	72	25	3.0	2130	68	3	54
Cowboy Burger	1170	69	24	2.5	2650	77	5	60
Fire Pit Bacon Burger	1100	73	24	2.5	1920	53	3	57
Quesadilla Burger	1240	103	43	2.5	3550	44	4	78
Steakhouse Burger with A.1.® Steak Sauce	1220	82	25	2.5	2210	68	5	53
Hamburger	790	46	15	2.0	1180	50	3	46
Cheeseburger	930	58	22	2.5	1660	50	3	54
Bacon Cheddar Cheeseburger	970	60	22	2.5	1630	50	3	57
Veggie Burger	550	21	4	0.0	1410	64	10	28
Chili Cheese Fries, Side	600	34	11	0.5	1520	57	7	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	400	19	3.5	0.0	720	51	4	5
Applebee's House Salad	230	15	7	0.0	390	12	2	13
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1

SLIDERS without sides unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
BBQ Pulled Pork Sliders	1020	48	15	0.5	2040	89	3	55
Cheeseburger Sliders add bacon	1330	87	27	3.0	2510	82	3	56
Cheeseburger Sliders	1270	81	25	3.0	2270	82	3	51
French Dip Sliders	840	50	18	1.5	2450	75	2	38
Chili Cheese Fries, Side	600	34	11	0.5	1520	57	7	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	400	19	3.5	0.0	720	51	4	5
Applebee's House Salad	230	15	7	0.0	390	12	2	13
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1

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SANDWICHES without sides unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Applebee's Reuben	1150	82	28	3.0	3560	49	7	54
Chicken Fajita Rollup	840	64	28	0.5	3150	63	3	59
Blackened Tilapia Sandwich	740	42	8	0.5	1790	54	4	37
Bacon Cheese Chicken Grill	740	33	11	0.0	1830	50	3	62
Honey BBQ Chicken Sandwich	970	39	15	0.5	2620	87	4	68
Hand-Battered Fish Sandwich	860	58	10	1.0	1190	63	4	22
Oriental Chicken Rollup	1140	59	11	1.5	3170	122	6	32
Zesty Ranch Chicken Sandwich	1160	75	22	1.5	2750	77	6	46
California Turkey Club	920	50	16	0.5	3280	61	4	55
Classic Club House Grill	1130	65	21	1.0	3460	77	3	56
Slow Simmered Tender Beef Sandwich	980	50	13	0.5	2200	101	8	35
Spicy Shrimp Rollup	860	37	8	0.5	2620	109	5	23
Stuffed Meatball Sandwich	1090	58	27	1.5	3630	89	7	51
Chili Cheese Fries, Side	600	34	11	0.5	1520	57	7	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	400	19	3.5	0.0	720	51	4	5
Applebee's House Salad	230	15	7	0.0	390	12	2	13
Cole Slaw	140	9	1.5	0.0	190	15	2	1
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1

DESSERTS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Chocolate Chip Cookie Sundae	1580	76	46	1.0	940	218	7	18
Maple Butter Blondie	1100	64	33	0.5	800	116	2	13
Triple Chocolate Meltdown®	840	48	30	0.0	430	101	4	9
Chocolate Mousse Shooter	470	32	19	0.5	260	44	2	4
Hot Fudge Sundae Shooter	380	20	14	0.0	135	49	0	4
Strawberry Cheesecake Shooter	390	24	14	1.0	250	37	1	6
Blue Ribbon Brownie	1310	64	32	0.5	760	176	6	16
Sizzling Apple Pie	910	34	16	0.0	990	145	3	9
Brownie Bite	370	17	9	0.0	200	51	2	4

PICK N PAIR & LUNCH COMBOS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
French Onion Soup	260	15	9	0.0	1200	16	2	15
Tomato Basil Soup	220	13	6	0.0	1190	22	2	4
Chili	310	26	13	1.0	860	10	4	25
Baked Potato Soup	360	28	13	0.0	1050	20	2	16
Black Bean Soup	190	9	5	0.0	900	21	6	9
Chicken Noodle Soup	110	3	1	0.0	900	11	<1	11
Chicken Tortilla Soup	140	7	2	0.0	1290	12	1	8

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PICK N PAIR & LUNCH COMBOS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Broccoli Cheddar Soup	280	23	14	0.5	1400	12	2	11
Clam Chowder	290	20	12	0.5	800	16	1	11
Fried Chicken Salad	370	25	6	0.0	770	20	3	17
Chicken Fajita Rollup	560	41	16	0.0	2100	45	3	32
French Dip Sliders	590	37	12	1.0	1630	50	1	22
Spicy Shrimp Rollup	490	20	5	0.0	1460	65	3	13
Wonton Tacos	430 - 560	18 - 28	3.5 - 8	0.0	1460 - 1520	43 - 48	3	25 - 27
Applebee's Reuben	640	48	16	1.5	1840	25	4	27
Breadstick	300	23	7	0.0	390	19	1	4
Grilled Shrimp 'N Spinach Salad	250	14	3	0.0	940	20	2	13
Three-Cheese Chicken Penne	960	53	23	1.0	2040	73	5	48
Oriental Chicken Salad	410	28	4.5	0.0	500	25	3	15
Oriental Grilled Chicken Salad	420	20	3	0.0	1400	36	2	25
Caesar Salad	210	18	3.5	0.0	340	8	2	4
Chicken Caesar Salad	300	19	4	0.0	670	8	2	25
Santa Fe Chicken Salad	520	36	10	0.0	1500	28	5	28
Spinach Salad	220	14	3	0.0	500	19	2	7
House Salad	120	8	3	0.0	240	9	2	7
Dressing, Bleu Cheese	160	17	3	0.0	160	<1	0	<1
Dressing, Dijon Honey Mustard	150	12	2	0.0	350	9	0	<1
Dressing, Mexi-Ranch	90	9	1.5	0.0	320	2	0	<1
Dressing, Buttermilk Ranch	130	14	2.5	0.0	210	<1	0	0

DRINKS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Pepsi (20 ounces)	100	0	0	0.0	25	28	0	0
Diet Pepsi (20 ounces)	0	0	0	0.0	25	0	0	0
Mountain Dew (20 ounces)	110	0	0	0.0	35	29	0	0
Sierra Mist (20 ounces)	100	0	0	0.0	20	27	0	0
Iced Tea (20 ounces)	0	0	0	0.0	30	1	0	0
Coffee (8 ounces)	0	0	0	0.0	0	0	0	0
Dr Pepper (20 ounces)	100	0	0	0.0	35	27	0	0
Tropicana Lemonade (20 ounces)	100	0	0	0.0	105	27	0	0
Wild Cherry Pepsi (20 ounces)	100	0	0	0.0	20	28	0	0
Lipton Brisk Raspberry Iced Tea (20 ounces)	80	0	0	0.0	25	21	0	0
Diet Mountain Dew (20 ounces)	0	0	0	0.0	50	0	0	0
Caffeine Free Diet Pepsi (20 ounces)	0	0	0	0.0	25	0	0	0
Mug Root Beer (20 ounces)	100	0	0	0.0	15	26	0	0

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KID'S MENU - without sides or drinks unless otherwise indicated	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Kids Mini Cheeseburger – 1	430	30	9	1.0	610	23	<1	17
Kids Mini Cheeseburgers – 2	730	46	16	2.0	1110	46	1	33
Kids Mini Hamburger – 1	390	27	7	1.0	490	23	<1	15
Kids Mini Hamburger – 2	660	40	12	1.5	870	46	1	29
Kids Chicken Fingers	240	14	3	0.0	600	11	1	18
Kids Cheese Pizza	550	31	13	0.5	1310	44	2	21
Kids Corn Dog	250	13	4	0.0	860	28	1	6
Kids Hot Dog	330	18	7	0.0	750	31	<1	11
Kids Grilled Cheese (sourdough bread)	620	35	13	1.0	1440	51	2	23
Kids Grilled Cheese (Hawaiian bread)	610	36	15	1.0	1160	51	2	19
Kids Kraft Macaroni and Cheese	300	9	2.5	0.0	570	45	2	11
Kids Fried Shrimp	230	14	2.5	0.0	540	16	<1	9
Kids Pasta with Marinara Sauce	360	7	2	0.0	1060	60	5	14
Kids OREO® Cookie Sundae	380	21	12	0.0	180	46	<1	4
Kids Vanilla Sundae	250	15	9	0.0	80	26	0	3
Kids Vanilla Sundae with Hershey's Syrup	350	15	9	0.0	105	51	0	2
Kids Strawberry Sundae	280	15	9	0.0	80	33	<1	3
Kids Hot Fudge Sundae	380	20	14	0.0	135	49	0	4
Kids OREO® Cookie Milkshake	790	42	26	0.0	450	98	1	12
Kids Chocolate Milk (12 oz)	270	6	4	0.0	160	45	0	12
Kids Milk (12 oz)	150	6	4	0.0	125	14	0	10
Kids Soda (12 oz)	0 - 70	0	0	0.0	10 - 20	0 - 18	0	0
Kids Cranberry Juice (12 oz)	90	0	0	0.0	15	22	0	0
Kids Apple Juice (12 oz)	80	0	0	0.0	0	18	0	0
Kids Grape Juice (12 oz)	80	0	0	0.0	5.0	20	0	0
Kids Tropicana Fruit Punch (12 oz)	70	0	0	0.0	15	19	0	0
Kids Orange Juice (12 oz)	70	0	0	0.0	0	16	0	1
Kids Red Grapefruit Juice 12 oz	60	0	0	0.0	0	14	0	1
Fries, Side	400	19	3.5	0.0	720	51	4	5
Kids Celery side with Dressing	240	23	4	0.0	440	5	2	2
Kids Applesauce side	50	0	0	0.0	0	12	<1	0
Kids Steamed Broccoli Side	25	0	0	0.0	25	4	3	3

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