








# 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.
-  Request a wheat bun for burgers and sandwiches.
-  Select the half portion of any of our Signature Salads.

SHARABLE APPETIZERS - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Cheeseburger Sliders	1240	25	2.5	2260	81
Cheeseburger Sliders add bacon	1310	27	2.5	2500	82
Chicken Quesadilla Grande	1460	37	1.5	4090	90
Cheese Quesadilla Grande	1300	37	1.5	3220	85
Pork Wonton Tacos	940	14	0.0	2430	71
Chicken Wonton Tacos	610	4.5	0.0	2200	58
Mozzarella Sticks	940	20	1.0	2800	84
Crunchy Onion Rings	1230	11	1.0	2160	161
Appetizer Sampler	2440 - 2510	45 - 49	2 - 2.5	5650 - 6660	158 - 183
Spinach & Artichoke Dip	1470 - 1590	23 - 30	1.5	2270 - 2370	121 - 124
Boneless Buffalo Wings, Classic	1170	16	1.0	3790	66
Boneless Buffalo Wings, Hot	1170	16	1.0	3900	67
Boneless Buffalo Wings, Honey BBQ	1240	11	0.5	3070	117
Boneless Buffalo Wings, Southern BBQ	1110	11	0.5	2800	84
Boneless Buffalo Wings, Sweet & spicy sauce	1150	11	0.5	3400	90
Buffalo Chicken Wings, Classic	710	14	0.5	2030	7
Buffalo Chicken Wings, Hot	720	14	0.5	2120	8
Buffalo Chicken Wings, Honey BBQ	790	9	0	1340	59
Buffalo Chicken Wings, Southern BBQ	660	9	0	1070	26
Buffalo Chicken Wings, Sweet & spicy sauce	690	9	0	1670	32
Wings Ranch Dipping Sauce	210	4	0	330	1
Wings Bleu Cheese Dipping Sauce	220	4.5	0	250	1
Chili Cheese Nachos	1680	39	2.5	3850	133
Potato Skins	1380	49	2.0	1860	70
Veggie Patch™ Pizza	950	23	1.0	2310	51
Steak Quesadilla Towers	1190	33	1.0	3500	76
Dynamite Shrimp	730	10	0.5	1490	40
Queso Blanco	1360	28	2.0	2520	115
Queso Blanco with chili	1470	31	2.5	2800	119
Chips & Salsa	990	10	0.0	1260	113
Potato Twisters	840	20	1.5	3150	64

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Cals:	SatFat:	Sod:	Carb:
Calories	Saturated Fat	Sodium	Carbohydrates

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ULTIMATE TRIOS Listed as served unless otherwise indicated	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Trios Dynamite Shrimp	730	10	0.5	1490	40
Trios Cheeseburger Sliders	870	17	2.0	1540	54
Trios Steak Quesadilla Towers	600	14	0.5	1780	37
Trios Mozzarella Sticks	430	9	0.5	1330	39
Trios Boneless Buffalo Wings, Classic	580	8	0	1880	33
Trios Boneless Buffalo Wings, Hot	590	8	0	1920	33
Trios Boneless Buffalo Wings, Honey BBQ	620	5	0	1530	58
Trios Boneless Buffalo Wings, Southern BBQ	560	5	0	1400	42
Trios Boneless Buffalo Wings, Sweet & spicy sauce	570	5	0	1700	45
Trios Buffalo Chicken Wings, Classic	360	7	0	1020	4
Trios Buffalo Chicken Wings, Hot	360	7	0	1070	4
Trios Buffalo Chicken Wings, Honey BBQ	400	4.5	0	670	29
Trios Buffalo Chicken Wings, Southern BBQ	330	4.5	0	540	13
Trios Buffalo Chicken Wings, Sweet & spicy sauce	350	4.5	0	840	16
Trios Wings Ranch Dipping Sauce	210	4	0	330	1
Trios Wings Bleu Cheese Dipping Sauce	220	4.5	0	250	1
Trios Spinach Artichoke Dip	580	10	0.0	950	42

STEAKS & TOPPERS - without sides	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
12 oz. New York Strip	590	18	3.0	550	0
12 oz. Ribeye	590	17	2.0	760	0
9 oz. House Sirloin	310	5	0.0	970	0
7 oz. House Sirloin	240	4	0.0	760	0
Topper - Sautéed Garlic & Mushrooms	130	7	0.0	200	2
Topper - Grilled Onions	60	0.5	0.0	380	7
Topper - Shrimp 'N Parmesan	230	9	0.0	1120	4

SIGNATURE STEAKS without sides unless otherwise indicated	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Steak & Grilled Shrimp Combo	390	6	0.5	1740	2
Steak & Fried Shrimp Combo	630	8	0.5	2030	35
Steak & Honey BBQ Chicken Combo	530	5	0.0	1840	25
Steak & Riblets Combo	880 - 950	19	0.5	2650 - 3370	20 - 38
Asiago Peppercorn Steak w/sides	390	6	0.0	1520	26
Shrimp 'N Parmesan Sirloin	540	14	1.0	2100	5
Bourbon Street Steak w/mushrooms & onions	600	10	1.0	1390	9
Weight Watchers® Steak & Portobellos (includes sides)	330	3	0.0	1610	38
Chop Steak	740	19	3.0	1640	11
Chicken Fried Steak (includes potato, gravy & vegetable)	1290	15	1.0	4420	123

MAKE IT EVEN BETTER SIDES - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Loaded Baked Potato	450	21	1.0	680	28
Baked Potato	380	19	1.0	520	28
Loaded Mashed Potatoes	430	12	0.0	920	30

MAKE IT EVEN BETTER SIDES...continued	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Garlic Mashed Potatoes	330	3.5	0.0	900	38
Seasonal Vegetables	40 - 60	0	0.0	340 - 400	8 - 11
Small House Salad	230	7	0.0	390	12
Small Caesar Salad	90	1.5	0.0	125	10
Add Fried Shrimp	390	4	0.0	1270	35
Add Grilled Shrimp	220	3	0.0	1070	2
Dressing, Bleu Cheese	220	4.5	0	250	1
Dressing, Dijon Honey Mustard	210	2.5	0	460	13
Dressing, Mexi-Ranch	150	2.5	0	480	2
Dressing, Buttermilk Ranch	210	4	0	330	1
French Onion Soup (Bowl)	280	10	0.0	1380	19
Tomato Basil Soup (Bowl)	250	7	0.0	1340	27
Chili (Bowl)	540	15	1.5	1310	24
Broccoli Cheddar Soup (Bowl)	360	16	1.0	1690	18
Clam Chowder (Bowl)	350	14	0.5	1000	22
Baked Potato Soup (Bowl)	420	14	0.0	1230	27
Chicken Tortilla Soup (Bowl)	180	2.5	0.0	1570	18
Chicken Noodle Soup (Bowl)	160	1	0.0	1120	17

RIBS & FAJITAS - includes sides	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Applebee's Riblets Platter	1570 - 1700	29	0.5	4010 - 5650	100 - 130
Applebee's Riblets Basket	1040 - 1110	18	0.0	2640 - 3360	71 - 89
Sizzling Fajitas - Steak	1560	30	1.5	6620	164
Sizzling Fajitas - Chicken	1470	26	1.0	6350	163

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RIBS & FAJITAS...continued	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Sizzling Fajitas - Combo	1520	28	1.0	6480	163
Double-Glazed Baby Back Ribs	1240 - 1460	23 - 24	0.0	2530 - 3650	87 - 129
Double-Glazed Baby Back Ribs - Half Rack	890 - 1000	14	0.0	1730 - 2290	77 - 98

CHICKEN - includes sides	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Grilled Dijon Chicken & Portobellos	450	6	0.0	1810	32
Fiesta Lime Chicken®	1230	16	1.0	4390	97
Chicken Tenders Platter	1300	14	1.0	2740	104
Chicken Tenders Basket	1000	11	0.5	2140	81
Riblet and Chicken Tenders Platter	1700 - 1770	26	1.0	4040 - 4760	113 - 131
Riblet and Chicken Tenders Basket	1220 - 1270	18	0.5	2930 - 3180	87 - 99
Weight Watchers® Garlic Herb Chicken	370	1	0.0	1930	37
Chicken Fried Chicken	1250	12	0.0	3450	114
Chicken Parmesan	1330	20	1.0	3400	114
Margherita Chicken	750	8	0.0	2320	67
Roasted Garlic & Asiago Chicken	810	15	0.5	2830	56

SALADS - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Weight Watchers® Paradise Chicken Salad	340	1	0.0	2060	35
Asian Crunch Salad	490	1	0.0	3170	57
Grilled Chicken Caesar, Regular	820	11	1.0	1640	25
Half	410	6	0.0	820	12
Regular w/o dressing	370	3.5	0.0	900	21
Half w/o dressing	190	2	0.0	450	11
Crispy Shrimp Caesar, Regular	1060	15	1.0	2270	57
Half	530	8	0.5	1140	29
Regular w/o dressing	610	8	0.0	1520	54
Half w/o dressing	300	4	0.0	760	27
Grilled Steak Caesar, Regular	900	15	1.5	1860	25
Half	450	7	0.5	930	13
Regular w/o dressing	450	7	0.5	1120	21
Half w/o dressing	230	3.5	0.0	560	11
Grilled Shrimp 'N Spinach, Regular	1050	11	0.0	2530	68
Half	620	8	0.0	1560	36
Regular w/o dressing	720	8	0.0	1700	25
Half w/o dressing	450	6	0.0	1150	14
Oriental Chicken Salad, Regular	1310	15	2.5	1470	88
Half	660	7	1.5	740	44
Regular w/o dressing	650	6	1.5	1230	53
Half w/o dressing	320	3	1.0	620	27
Oriental Grilled Chicken Salad, Regular	1240	12	2.5	2000	87
Half	690	6	1.0	1340	52
Regular w/o dressing	570	3	1.5	1750	53
Half w/o dressing	360	1.5	1.0	1220	34
Apple Walnut Chicken Salad, Regular	1000	16	1.0	1670	53
Half	610	12	1.0	1130	32
Regular w/o dressing	440	9	0.0	1250	17
Half w/o dressing	330	9	0.0	920	14

SALADS...continued	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Santa Fe Chicken Salad, Regular	1300	25	1.5	3420	57
Half	990	21	1.0	2450	51
Regular w/o dressing	900	18	1.0	2140	51
Half w/o dressing	790	18	1.0	1810	48
Pecan-Crusted Chicken Salad, Regular	1340	17	1.0	2600	108
Half	810	11	0.5	1510	66
Regular w/o dressing	880	12	0.5	1990	70
Half w/o dressing	580	9	0.0	1210	48
Fried Chicken Salad, Regular	1060	21	1.0	2130	49
Half	570	11	0.5	1090	25
Regular w/o dressing	640	16	0.5	1220	23
Half w/o dressing	360	9	0.0	640	12

UNBELIEVABLY GREAT TASTING & UNDER 550 Calories™ - includes sides	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Asiago Peppercorn Steak	390	6	0.0	1520	26
Spicy Shrimp Diavolo	500	3.5	0.0	1910	79
Grilled Dijon Chicken & Portobellos	450	6	0.0	1810	32
Grilled Shrimp & Island Rice	380	1	0.0	2370	59
Asian Crunch Salad	490	1	0.0	3170	57

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PASTA & BOWLS...continued	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Spicy Shrimp Diavolo	500	3.5	0.0	1910	79
Crispy Orange Chicken Bowl	1900	13	1.0	4330	231
Chicken Broccoli Pasta Alfredo	1200	33	1.5	2450	104
Three-Cheese Chicken Penne	1310	34	1.5	2910	120
Cheddar-Jack Mac & Cheese with Chicken	1030	30	1.5	2800	66
Grilled Shrimp Pesto Alfredo Fettuccine	1610	40	2.0	3280	109
Shrimp Fettuccine Alfredo Bowl	1220	34	1.5	3130	105

SEAFOOD - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Grilled Shrimp & Island Rice	380	1	0.0	2370	59
Weight Watchers® Cajun Lime Tilapia	310	1.5	0.0	2160	39
Double Crunch Shrimp	1280	13	0.5	3170	129
Orange Glazed Salmon	790	4.5	0.0	3000	98
Garlic Herb Salmon	750	11	0.5	2640	59
Hand-Battered Fish & Chips	1560	18	1.5	1960	106
New England Fish & Chips	1910	24	1.5	3150	121

APPLEBEE'S REALBURGERS™ without fries unless otherwise indicated	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Philly Burger	1090	25	2.5	2520	70
Southwest Jalapeño Burger	1110	24	3.0	2100	65
Cowboy Burger	1120	23	2.5	2460	74
Fire Pit Bacon Burger	1070	24	2.5	1900	50
Quesadilla Burger	1420	43	3.0	3740	45
Steakhouse Burger with A.1.® Steak Sauce	1190	24	2.5	2070	63
Bacon Cheddar Cheeseburger	940	22	2.5	1610	48
Cheeseburger	850	19	2.5	1290	47
Hamburger	770	15	2.0	1170	47
Veggie Burger	530	4	0.0	1390	61
Crunchy Onion Rings, Side	540	6	0.0	750	62
Fries, Side	400	3.5	0.0	740	51
Small House Salad	230	7	0.0	390	12
Fresh Fruit, Side	70	0	0.0	0	17
Seasonal Vegetables, Side	40 - 60	0	0	340 - 400	8 - 11
The Original Brewtus Burger™	1140	30	3.0	2070	48

SLIDERS without sides unless otherwise indicated	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
BBQ Pulled Pork Sliders	1020	15	0.5	2040	89
Cheeseburger Sliders	1240	25	2.5	2260	81
Cheeseburger Sliders add bacon	1310	27	2.5	2500	82
French Dip Sliders	830	17	1.5	2350	74
Crunchy Onion Rings, Side	540	6	0.0	750	62
Fries, Side	400	3.5	0.0	740	51
Small House Salad	230	7	0.0	390	12

SLIDERS...continued	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Fresh Fruit, Side	70	0	0.0	0	17
Seasonal Vegetables, Side	40 - 60	0	0	340 - 400	8 - 11

SANDWICHES without sides unless otherwise indicated	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Applebee's Reuben	1130	28	4.0	3550	49
Weight Watchers® Italian Chicken & Portobello Sandwich w/fresh fruit	360	3	0.0	850	49
Chicken Fajita Rollup	1040	29	1.0	3280	61
Knife & Fork Grilled Sirloin Sandwich (without fries)	690	15	1.0	1780	49
Knife & Fork Chicken Cordon Bleu Sandwich	730	16	1.0	2470	35
Blackened Tilapia Sandwich	710	8	0.5	1760	52
Bacon Cheese Chicken Grill	720	11	0.0	1810	47
Honey BBQ Chicken Sandwich	900	15	0.5	2380	72
Hand-Battered Fish Sandwich	820	9	0.5	1160	60
Oriental Chicken Rollup	1060	11	1.5	2640	110
Zesty Ranch Chicken Sandwich	1140	22	1.5	2740	74
California Turkey Club	1050	18	1.0	3600	62
Club House Grill	1140	21	0.5	3640	66
Crunchy Onion Rings, Side	540	6	0.0	750	62
Fries, Side	400	3.5	0.0	740	51
Small House Salad	230	7	0.0	390	12
Fresh Fruit, Side	70	0	0.0	0	17
Seasonal Vegetables, Side	40 - 60	0	0	340 - 400	8 - 11

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DESSERTS - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Chocolate Chip Cookie Sundae	1660	51	0.0	950	224
Maple Butter Blondie	990	28	0.5	870	116
Triple Chocolate Meltdown®	810	22	0.0	530	91
Chocolate Mousse Shooter	450	20	0.0	280	44
Hot Fudge Sundae Shooter	340	14	0.0	150	45
Strawberry Cheesecake Shooter	380	16	1.0	270	41
Blue Ribbon Brownie	1290	31	0.5	740	172
Sizzling Apple Pie	900	15	0.5	990	144

PICK N PAIR LUNCH COMBOS - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
French Onion Soup	280	10	0.0	1230	18
Tomato Basil Soup	230	6	0.0	1190	25
Chili	480	13	1.5	1190	21
Baked Potato Soup	380	12	0.0	1110	24
Black Bean Soup	220	5	0.0	990	25
Chicken Noodle Soup	140	1	0.0	990	15
Chicken Tortilla Soup	160	2.5	0.0	1380	17
Broccoli Cheddar Soup	320	14	1.0	1490	17
Clam Chowder	310	12	0.5	890	20
Asian Crunch Salad	220	0.5	0.0	1120	21
Grilled Shrimp 'N Spinach Salad	270	3	0.0	900	21
Oriental Chicken Salad	390	4.5	0.5	560	25
Caesar Salad	220	4	0.0	360	8
Applebee's Reuben	620	15	1.5	1820	25
California Turkey Club	460	8	0.0	1640	30
French Dip Sliders	580	12	1.0	1530	50
Three-Cheese Chicken Penne	690	18	1.0	1670	54
Breadstick	80	0.0	0.0	170	14

DRINKS - as served	Cals (kcal)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)
Pepsi (20 ounces)	100	0	0.0	25	28
Diet Pepsi (20 ounces)	0	0	0.0	25	0
Mountain Dew (20 ounces)	110	0	0.0	35	29
Sierra Mist (20 ounces)	100	0	0.0	20	27
Iced Tea (20 ounces)	0	0	0.0	30	1.0
Coffee (8 ounces)	0	0	0.0	0	0
Dr Pepper (20 ounces)	100	0	0.0	35	27
Tropicana Lemonade (20 ounces)	100	0	0.0	105	27
Wild Cherry Pepsi (20 ounces)	100	0	0.0	20	28
Lipton Brisk Raspberry Iced Tea (20 ounces)	80	0	0.0	25	21
Caffeine Free Diet Pepsi (20 ounces)	0	0	0.0	25	0
Mug Root Beer (20 ounces)	100	0	0.0	15	26

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Calories	Saturated Fat	Sodium	Carbohydrates

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