









# 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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change. Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

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

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's NUTRITIONAL INFORMATION

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

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	82	25	3.0	2310	82	4	51
Cheeseburger Sliders with Applewood Smoked Bacon	1340	87	27	3.0	2550	82	4	56
Chicken Quesadilla Grande	1440	88	36	1.5	3950	88	7	125
Cheese Quesadilla Grande	1280	85	35	1.5	3120	86	6	42
Grilled Chicken Wonton Tacos	590	24	4.5	0.0	2150	59	4	36
Mozzarella Sticks	930	48	21	1.0	2640	84	2	43
Crunchy Onion Rings	1290	56	10	0.5	3620	181	9	16
<b>Appetizer Sampler</b>	<b>2370 - 2530</b>	<b>150 - 167</b>	<b>43 - 48</b>	<b>2.0 - 2.5</b>	<b>5480 - 6180</b>	<b>159 - 184</b>	<b>15</b>	<b>91 - 92</b>
Spinach & Artichoke Dip	1510 - 1620	99 - 110	24 - 30	1.0 - 1.5	2620 - 2740	125 - 129	18	36 - 37
Boneless Wings, Classic Buffalo	1170	69	16	1.0	3780	66	8	70
Boneless Wings, Hot Buffalo	1170	70	16	1.0	3900	67	8	71
Boneless Wings, Honey BBQ	1250	55	11	0.5	3060	116	8	71
Boneless Wings, Southern BBQ	1110	55	11	0.5	2780	83	8	70
Boneless Wings, Sweet & spicy sauce	1150	55	11	0.5	3390	90	8	71
Classic Wings, Classic Buffalo	710	49	14	0.5	2060	8	2	61
Classic Wings, Hot Buffalo	720	49	14	0.5	2170	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	1060	25	2	61
Classic Wings, Sweet & spicy sauce	690	35	9	0.0	1670	32	2	62
Wings Ranch Dipping Sauce	200	21	3.5	0.0	310	1	0	<1
Wings Bleu Cheese Dipping Sauce	240	26	5	0.0	260	<1	0	2
Chili Cheese Nachos	1670	107	40	2.5	3980	132	17	48
Spicy Chili Cheese Nachos	1570	98	34	2.5	3120	126	16	46
Potato Skins	1340	94	46	2.0	1850	69	10	58
Veggie Patch™ Pizza	950	69	22	1.0	2260	51	6	33
Steak Quesadilla Towers	1250	76	35	1.5	3880	81	5	63
Queso Blanco	1290	77	24	1.5	2460	117	12	32
Queso Blanco with chili	1400	85	27	2.0	2740	120	14	40
Chips and Spicy Chipotle Lime Salsa	960	53	10	0.5	890	107	11	14
Potato Twisters	920	56	18	1.5	2750	82	8	24

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 Cheeseburger Sliders	890	59	18	2.0	1580	54	2	34
Trios Cheese Quesadilla Grande	650	44	16	0.5	1720	43	3	20
Trios Chicken Quesadilla Grande	730	46	16	0.5	2130	44	4	62
Trios Steak Quesadilla Towers	630	39	16	0.5	1930	38	2	31
Trios Mozzarella Sticks	420	21	9	0.5	1270	39	1	19
Trios Boneless Wings, Classic Buffalo	580	35	8	0.0	1900	33	4	35
Trios Boneless Wings, Hot Buffalo	590	35	8	0.0	1950	34	4	35
Trios Boneless Wings, Honey BBQ	620	28	5	0.0	1530	58	4	35
Trios Boneless Wings, Southern BBQ	550	28	5	0.0	1390	42	4	35
Trios Boneless Wings, Sweet & spicy sauce	570	28	5	0.0	1700	45	4	36

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's **NUTRITIONAL INFORMATION**

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

ULTIMATE TRIOS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Trios Classic Wings, Classic Buffalo	360	25	7	0.0	1010	5	1	30
Trios Classic Wings, Hot Buffalo	360	25	7	0.0	1090	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	530	13	1	30
Trios Classic Wings, Sweet & spicy sauce	350	18	4.5	0.0	830	16	1	31
Trios Wings Ranch Dipping Sauce	200	21	3.5	0.0	310	1	0	<1
Trios Wings Bleu Cheese Dipping Sauce	240	26	5	0.0	260	<1	0	2
Trios Spinach Artichoke Dip	580	41	10	0.0	940	43	7	15
Trios Grilled Chicken Wonton Tacos	430	18	3.5	0.0	1520	43	3	25
Trios Spicy Queso Blanco	500	31	11	1.0	1100	42	4	14

WEIGHT WATCHERS® AND 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	380	14	6	0.0	1520	25	5	44
Signature Sirloin with Garlic Herb Shrimp	500	20	7	0.5	2440	31	6	51
Grilled Dijon Chicken & Portobellos	470	16	7	0.0	1820	30	5	55
Roasted Garlic Sirloin	450	18	7	0.5	1910	33	5	42
Sizzling Asian Shrimp & Broccoli	470	9	2	0.0	3180	84	8	28
Sizzling Chili Lime Chicken	470	10	3	0.0	1970	56	8	52
Weight Watchers® Cabernet Mushroom Sirloin	460	15	5	0.5	1980	39	8	47
Weight Watchers® Creamy Parmesan Chicken	470	13	6	0	1510	35	3	55
Weight Watchers® Grilled Jalapeno-Lime Shrimp	300	6	1	0	2950	43	4	22

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	480	24	10	1.5	1120	<1	0	65
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	540	36	9	1.0	1960	2	<1	51
Steak & Fried Shrimp Combo	650	34	9	1.0	2220	37	2	50
Steak & Honey BBQ Chicken Combo	600	15	6	0.5	2160	37	<1	78
Steak & Riblets Combo	910 - 1040	49 - 50	20	0.5 - 1.0	2860 - 3470	23 - 56	0 - 1	93 - 94
Shrimp 'N Parmesan Sirloin	670	42	16	1.0	2260	5	0	67
Chicken Fried Steak (includes mashed potato, gravy & vegetable)	1200	59	16	2.0	3920	112	10	57
Topper - Sautéed Garlic Mushrooms	130	12	4	0.0	180	4	<1	2
Topper - Grilled Onions	45	2.5	0.5	0.0	280	5	<1	<1
Topper - Shrimp 'N Parmesan	230	16	9	0.0	1180	4	0	19

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's **NUTRITIONAL INFORMATION**

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

STEAKS & TOPPERS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Baked Potato	330	18	11	0	170	41	3	6
Garlic Mashed Potatoes	250	15	4.5	1.0	870	26	3	4
Fried Red Potatoes	150	5	1	0.0	680	22	3	4
Seasonal Vegetables	35 - 50	0	0	0.0	260 - 340	7 - 10	2 - 3	1 - 3

EXTRAS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Red Beans & Rice	250	6	2.5	0.0	750	40	4	9
Loaded Baked Potato	400	23	13	0	330	41	3	10
Baked Potato	330	18	11	0	170	41	3	6
Loaded Mashed Potatoes	460	33	15	1.5	1230	29	3	14
Garlic Mashed Potatoes	250	15	4.5	1.0	870	26	3	4
Small Caesar Salad (with dressing)	310	27	5	0.0	550	12	3	6
Soup of the Day	150 - 460	4 - 32	1 - 18	0.5 - 1.5	650 - 1820	14 - 29	1 - 7	5 - 27
Add Fried Shrimp	390	21	4	0.0	1270	35	2	14
Add Grilled Shrimp	160	9	1.5	0.0	920	2	0	17
Applebee's House Salad (without dressing)	230	15	7	0.0	400	12	3	13
Dressing, Bleu Cheese	240	26	5	0.0	260	<1	0	2
Dressing, Dijon Honey Mustard	220	18	3.0	0.0	520	13	<1	<1
Dressing, Mexi-Ranch	140	14	2.5	0.0	490	2	0	<1
Dressing, Buttermilk Ranch	200	21	3.5	0.0	310	1	0	<1
Toasted Garlic Bread Basket	1120	78	23	1.5	1320	89	6	19
Fiesta Corn Chowder (Bowl)	370	29	16	0.5	820	28	2	6
Tuscan Bean with Chicken & Sausage (Bowl)	180	7	2.5	0.0	790	14	<1	17
French Onion Soup (Bowl)	260	15	9	0.0	1280	15	1	15
Tomato Basil Soup (Bowl)	260	16	7	0.0	1450	27	3	5
Chili (Bowl)	410	27	13	1.5	1010	14	6	27
Broccoli Cheddar Soup (Bowl)	380	29	18	1.0	1820	18	3	14
Clam Chowder (Bowl)	370	26	15	0.5	1050	22	1	14
Baked Potato Soup (Bowl)	460	32	15	1.0	650	28	2	13
Chicken Tortilla Soup (Bowl)	160	8	2.5	0.0	1110	14	1	8
Chicken Noodle Soup (Bowl)	150	4	1	0.0	1160	16	1	14

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	1590 - 1820	86 - 87	29	0.5	4170 - 5630	107 - 162	8 - 9	98 - 100
Applebee's Riblets Basket	1050 - 1180	55	19	0.0	2720 - 3330	76 - 109	5 - 6	62 - 63
Double-Glazed Baby Back Ribs	1230 - 1460	71 - 74	23 - 24	0.5	2490 - 3620	88 - 130	7	60 - 69
Double-Glazed Baby Back Ribs - Half Rack	880 - 990	49 - 50	14	0.0	1700 - 2270	78 - 99	7	33 - 37

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's **NUTRITIONAL INFORMATION**

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

SIZZLING ENTREES - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Sizzling Cajun Steak & Shrimp	830	42	13	1.0	3780	56	8	57
Bourbon Street Chicken & Shrimp	750	45	10	0.5	2560	31	4	57
Sizzling Steak & Cheese	1000	64	23	2.0	3260	39	6	67
Bourbon Street Steak	740	44	11	1.0	2380	31	5	54
Sizzling Skillet Fajitas - Steak	1400	54	25	1.5	5460	151	11	78
Sizzling Skillet Fajitas - Chicken	1370	52	24	1.0	4700	148	11	78
Sizzling Skillet Fajitas - Shrimp	1390	64	26	1.5	5080	150	11	53
Sizzling Skillet Fajitas - Combo	1390 - 1460	53 - 66	25 - 27	1.0 - 1.5	4970 - 5350	149 - 151	11	65 - 78
Add Guacamole	70	6	1.0	0.0	140	3	2	<1
Sizzling N'Awlins Skillet	860	43	11	0.5	3880	70	6	51
Sizzling Chicken Fundido	670	32	14	0.5	4110	38	6	62
Sizzling Double Barrel Whisky Sirloin	670	37	12	1.5	2460	38	6	47

CHICKEN - includes sides	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Bruschetta Chicken	850	43	14	0.5	2760	56	9	61
Chicken Parmesan Stack	1690	95	42	2.5	4110	130	10	82
Crispy Orange Chicken	1510	54	10	0.5	2500	208	11	64
Fiesta Lime Chicken®	1200	66	16	1.0	3030	93	8	59
Chicken Tenders Platter	1390	79	14	1.0	3240	118	10	53
Chicken Tenders Basket	1070	61	11	0.5	2530	93	7	38
Riblet and Chicken Tenders Platter	1780 - 1910	102	27	1.0	4470 - 5080	126 - 159	9 - 10	90 - 91
Riblet and Chicken Tenders Basket	1290 - 1380	73 - 74	18	0.5 - 1.0	3260 - 3450	97 - 120	6 - 7	60
Chicken Fried Chicken	1160	57	13	1.5	3410	104	11	59
Margherita Chicken	740	28	12	1.0	2510	59	6	59
Smothered Grilled Chicken	800	40	16	1.0	2950	51	9	62

SALADS - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Bruschetta Chicken Salad, Regular	1110	66	18	1.0	3120	67	8	65
Half	740	44	14	1.0	2090	45	5	41
Regular w/o dressing	790	36	13	1.0	2500	56	8	65
Half w/o dressing	580	30	12	0.5	1780	40	5	41
Fiesta Chicken Chopped Salad, Regular	850	42	11	1.0	1830	79	12	40
Regular w/o dressing	690	32	9	1.0	1460	65	11	39
Grilled Chicken Caesar, Regular	820	57	11	0.5	1740	25	6	54
Half	410	29	6	0.0	870	12	3	27
Regular w/o dressing	370	10	3.5	0.0	970	21	5	52
Half w/o dressing	190	5	2	0.0	490	10	3	26
Grilled Steak Caesar, Regular	910	68	15	1.0	1900	25	6	53
Half	460	34	8	0.5	950	13	3	26
Regular w/o dressing	470	21	8	0.0	1140	22	5	51
Half w/o dressing	230	10	4	0.0	570	11	3	25

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's **NUTRITIONAL INFORMATION**

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

SALADS...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Grilled Shrimp 'N Spinach Salad, Regular	960	65	10	0.0	2500	63	11	46
Half	570	39	8	0.0	1540	33	6	29
Regular w/o dressing	630	46	7	0.0	1660	20	10	45
Half w/o dressing	400	30	6	0.0	1120	12	5	28
Oriental Chicken Salad, Regular	1380	99	15	1.5	1430	91	11	40
Half	690	49	7	1.0	720	45	5	20
Regular w/o dressing	720	41	6	0.5	1200	57	11	39
Half w/o dressing	360	21	3	0.0	600	28	5	20
Oriental Grilled Chicken Salad, Regular	1290	79	12	2.5	2290	92	10	54
Half	680	40	6	1.0	1640	55	5	28
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 Pecan Chicken Salad, Regular	1030	67	16	1.0	1700	54	5	55
Half	630	43	12	0.5	1160	33	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	1280	92	24	1.5	3360	58	11	60
Half	980	72	21	1.0	2380	52	9	36
Regular w/o dressing	910	55	18	1.0	2060	52	10	57
Half w/o dressing	810	54	18	1.0	1830	50	9	35
Pecan-Crusted Chicken Salad, Regular	1360	80	17	1.0	2640	117	13	46
Half	830	48	11	0.0	1550	75	8	27
Regular w/o dressing	900	46	12	0.5	2030	79	13	46
Half w/o dressing	600	31	9	0.0	1250	56	8	27
Fried Chicken Salad, Regular	1120	78	22	1.5	2510	57	7	49
Half	600	42	12	0.5	1290	29	4	28
Regular w/o dressing	680	41	16	0.5	1470	30	6	47
Half w/o dressing	380	23	9	0.0	760	16	3	27

PASTA - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Chicken Fettuccine Carbonara	1440	82	35	2.0	3440	107	10	71
Blackened Steak Penne	1430	76	35	2.0	3860	116	9	75
Blackened Chicken Penne	1310	67	32	1.5	3350	114	9	66
Cajun Shrimp Pasta	1210	72	28	1.5	3250	96	8	44
Provolone-Stuffed Meatballs with Fettuccine	1510	89	42	2.5	4000	117	8	62
Chicken Broccoli Pasta Alfredo	1350	71	35	1.5	2760	111	9	68
Three-Cheese Chicken Penne	1460	74	36	2.0	2140	128	8	71
Shrimp Fettuccine Alfredo	1420	81	40	2.0	3610	113	9	64

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's **NUTRITIONAL INFORMATION**

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

SEAFOOD - as served	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Blackened Tilapia	410	15	4	0.0	1880	37	6	34
Double Crunch Shrimp	1280	69	13	1.0	3270	133	10	33
Orange Glazed Salmon	720	17	3.5	0.0	1810	99	5	46
Garlic Herb Salmon	680	29	8	0.0	1450	62	5	46
Hand-Battered Fish & Chips	1570	106	18	1.5	2000	108	10	46
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	1100	68	27	3.0	2610	65	5	60
Southwest Jalapeño Burger	1220	77	28	2.5	2330	73	3	60
Cowboy Burger	1180	70	25	2.5	2720	77	5	61
Fire Pit Bacon Burger	1130	75	25	2.5	1980	53	3	60
Quesadilla Burger	1410	102	43	3.0	3260	44	5	78
Hamburger	790	46	15	2.0	1220	50	3	46
Cheeseburger	940	58	22	2.5	1700	51	3	54
Bacon Cheddar Cheeseburger	970	59	22	2.5	1680	52	3	57
Veggie Burger	550	22	4.5	0.0	1560	60	7	29
Chili Cheese Fries, Side	590	32	11	1.0	1510	59	7	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	390	18	3.5	0.0	720	53	4	5
Applebee's House Salad	230	15	7	0.0	400	12	3	13
Fresh Fruit, Side	90	0	0	0.0	0	24	3	<1
Seasonal Vegetables, Side	35 - 50	0	0	0.0	260 - 340	7 - 10	2 - 3	1 - 3
Bourbon Black and Bleu Burger	1670	103	34	3.0	3170	111	9	72

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	880	53	17	1.5	3620	50	6	46
Chicken Fajita Rollup	1040	58	26	1.5	3060	60	5	119
Blackened Tilapia Sandwich	740	42	8	0.5	1800	54	4	37
Bacon Cheese Chicken Grill	750	33	11	0.0	1840	51	3	62
French Dip Sandwich	1450	86	28	1.5	3150	113	7	54
Fried Green Tomato & Turkey Club	1210	68	19	1.0	3980	94	7	55
Honey BBQ Chicken Sandwich	1000	41	16	0.5	2650	88	4	70
Hand-Battered Fish Sandwich	860	58	10	1.0	1210	63	4	22
Roast Beef, Bacon & Mushroom Melt	950	47	18	0.5	2570	73	4	55
Philly Cheese Steak	980	60	21	1.5	2500	67	4	43
Oriental Chicken Rollup	1190	61	11	1.5	3340	126	6	34
Zesty Ranch Chicken Sandwich	1150	73	21	1.0	2760	76	6	46
California Turkey Club	970	55	18	0.0	3300	60	3	58

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's NUTRITIONAL INFORMATION

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

SANDWICHES...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Classic Club House Grill	1160	66	21	1.0	3480	81	3	58
Stuffed Meatball Sandwich	1070	59	28	2.0	3650	85	5	52
Chili Cheese Fries, Side	590	32	11	1.0	1510	59	7	17
Crunchy Onion Rings, Side	530	28	5	0.0	1320	63	4	7
Fries, Side	390	18	3.5	0.0	720	53	4	5
Applebee's House Salad	230	15	7	0.0	400	12	3	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
Seasonal Vegetables, Side	35 - 50	0	0	0.0	260 - 340	7 - 10	2 - 3	1 - 3

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	1550	74	46	1.5	900	210	7	20
Maple Butter Pecan Blondie	1020	55	29	0.5	640	120	2	13
Triple Chocolate Meltdown®	830	48	30	0.0	430	97	4	10
Chocolate Mousse Shooter	460	32	18	1.0	260	42	2	3
Hot Fudge Sundae Shooter	350	18	13	0.0	125	43	<1	4
Strawberry Cheesecake Shooter	380	23	14	1.0	230	37	2	6
Blue Ribbon Brownie	1310	63	32	1.0	730	176	6	17
Sizzling Apple Pie	930	35	17	0.0	980	149	4	10
Brownie Bite	360	17	9	0.0	200	49	2	4

PICK 'N PAIR & LUNCH COMBOS	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
French Onion Soup	250	15	9	0.0	1120	14	1	14
Tomato Basil Soup	220	14	6	0.0	1230	23	2	5
Chili	360	25	12	1.5	870	10	5	25
Baked Potato Soup	400	29	14	0.5	550	22	2	12
Black Bean Soup	220	10	5	0.0	990	23	6	10
Chicken Noodle Soup	120	3.5	1	0.0	970	12	1	12
Chicken Tortilla Soup	130	7	2	0.0	930	11	1	7
Broccoli Cheddar Soup	320	25	16	1.0	1560	14	2	12
Clam Chowder	310	22	13	0.5	880	17	1	12
Fiesta Corn Chowder	330	25	14	0.5	690	25	2	5
Tuscan Bean Soup with Chicken & Sausage	160	6	2.5	0.0	700	12	0	16
Fiesta Chicken Chopped Salad	350	17	4	0.0	1020	25	4	27
Fried Chicken Salad	410	27	6	0.0	950	24	3	19
Chicken Fajita Rollup	660	38	15	1.0	2010	43	4	62
Fried Green Tomato & Turkey Club	670	41	11	0.5	2050	47	4	28
Grilled Chicken Wonton Tacos	430	18	3.5	0.0	1520	43	3	25
Roast Beef, Bacon & Mushroom Melt	540	30	10	0.0	1340	36	2	27
Breadstick	280	19	6	0.0	330	22	1	5
Grilled Shrimp 'N Spinach Salad	250	14	2.5	0.0	900	20	2	12

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.





# Applebee's NUTRITIONAL INFORMATION

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

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)
Three-Cheese Chicken Penne	940	49	22	1.0	1980	77	5	50
Oriental Chicken Salad	440	30	4.5	0.0	620	28	3	17
Oriental Grilled Chicken Salad	430	21	3	0.0	1400	36	2	25
Caesar Salad	220	19	4	0.0	400	8	2	5
Chicken Caesar Salad	310	20	4	0.0	720	8	2	26
Santa Fe Chicken Salad	540	36	10	0.0	1510	28	5	28
Spinach Salad	230	15	3	0.0	500	19	2	7
House Salad	120	7	2.5	0.0	200	9	2	6
Dressing, Bleu Cheese	160	17	3.5	0.0	170	<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	40	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
Flavored Lemonades and Iced Teas (20 ounces)	30-150	0	0	0.0	35-110	7-40	0	0
Decadent Shakes (20 ounces)	890 - 940	44 - 50	25 - 27	0.0	330 - 490	92 - 127	0 - 2	15 - 16
Applebee's Limeades (20 ounces)	230	0	0	0.0	15	59	0	0
Frozen Lemonades (20 ounces)	250 - 260	0	0	0.0	0 - 5	63 - 65	0 - <1	0

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	620	24	<1	17
Kids Mini Cheeseburgers - 2	740	46	16	2.0	1130	47	1	33
Kids Mini Hamburger - 1	390	27	7	1.0	500	23	<1	15
Kids Mini Hamburger - 2	660	40	12	1.5	890	46	1	29
Kids Chicken Tenders	270	15	3	0.0	770	16	1	20
Kids Cheese Pizza	550	31	13	0.5	1280	44	2	21
Kids Corn Dog	260	14	4	0.0	440	28	<1	6

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.



# Applebee's NUTRITIONAL INFORMATION

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

KID'S MENU...continued	Cals (kcal)	Tot Fat (g)	Sat Fat (g)	Trans Fat (g)	Sod (mg)	Carb (g)	Fiber (g)	Prot (g)
Kids Hot Dog	310	17	7	1.0	760	28	<1	12
Kids Grilled Cheese (sourdough bread)	620	36	13	1.0	1430	53	2	22
Kids Grilled Cheese (Hawaiian bread)	650	37	15	1.0	1220	59	2	20
Kids Grilled Chicken Sandwich	230	5	1.5	0.0	560	23	<1	24
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	1070	60	4	15
Kids 4oz Sirloin Steak	140	7	2.5	0.0	410	0	0	20
Kids OREO® Cookie Sundae	360	19	12	0.5	170	43	<1	4
Kids Vanilla Sundae	230	14	9	0.0	65	24	0	3
Kids Vanilla Sundae with Hershey's Syrup	330	14	9	0.0	90	49	0	4
Kids Strawberry Sundae	260	14	9	0.0	65	31	<1	3
Kids Hot Fudge Sundae	350	18	13	0.0	125	45	<1	4
Kids OREO® Cookie Milkshake	780	41	26	1.0	420	97	1	12
Kids Chocolate Milk (1% 8oz)	150 - 270	2.5 - 6	1.5 - 3	0.0	170 - 210	26 - 45	0	8 - 11
Kids Milk (1% or 2% 8 oz)	110 - 150	2.5 - 6	1.5 - 3	0.0	130 - 140	13 - 15	0	8 - 10
Kids Soda (12 oz)	0 - 70	0	0	0.0	10 - 65	0 - 19	0	0
Kids Apple Juice (6.75 oz)	100	0	0	0.0	10	24	0	0
Kids Grape Juice (6.75 oz)	100	0	0	0.0	0	24	0	0
Kids Tropicana Fruit Punch (12 oz)	70	0	0	0.0	15	19	0	0
Kids Orange-Tangerine Juice (6.75 oz)	110	0	0	0.0	5	25	0	0
Fries, Side	390	18	3.5	0.0	720	53	4	5
Kids Celery side with Dressing	220	22	3.5	0.0	420	5	2	2
Kids Applesauce side	110	0	0	0.0	0	27	1	0
Kids Steamed Broccoli Side	25	0	0	0.0	25	4	3	3

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.

**Items may vary by restaurant, may not be available at all locations, and are subject to change.  
Applicable only to the U.S.A. Menu items, ingredients and preparation may differ outside of U.S.A.**

**THIS INFORMATION IS GOOD THROUGH 7.1.2012**

**Applebee's Guest Relations 888-59APPLE (888-592-7753)**

WEIGHT WATCHERS for services is the registered trademark of Weight Watchers International, Inc.  
KRAFT and OREO are registered trademarks of Kraft Foods.