



Cheddar's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salads						
Caesar Salad	290	7	810	9	2	8
Grilled Chicken Pecan Salad	620	13	1190	20	9	55
House Salad (dressing not included)	140	4	210	9	3	7
Caesar Pasta Salad - Chicken	860	12	2240	49	6	51
Caesar Pasta Salad - Salmon	940	14	1690	51	6	43
(4) Grilled Shrimp	80	1	390	1	0	13
Blackened Salmon (add on)	260	3	620	1	0	26
Dressings and Dipping Sauces						
Balsamic Vinaigrette	110	1	340	8	0	0
Strawberry Vinaigrette	110	1	260	15	0	0
BBQ Sauce	110	0	670	27	0	0
Country Gravy	50	1.5	200	5	0	1
Brown Gravy	80	1.5	380	2	0	0
Honey Hot Sauce	110	0	550	28	0	0
Chicken						
Key West Chicken and Shrimp (includes bed of seasoned rice)	550	4	2460	65	3	49
Lemon Pepper Chicken (includes bed of seasoned rice)	520	4.5	2340	35	0	68
Chicken Tender - Classic	1050	10	1350	48	3	72
Baja Chicken	470	3	2720	54	8	43

Fall 2025

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Steaks and Ribs						
6oz. Top Sirloin Steak	250	7	480	0	0	22
8oz Top Sirloin Steak	330	9	640	0	0	30
Seafood						
Grilled Whitefish - Lemon Pepper (includes bed of seasoned rice)	490	5	1650	34	0	52
Grilled Whitefish - Blackened (includes bed of seasoned rice)	510	5	2190	36	2	53
8oz. Grilled Salmon (includes bed of seasoned rice)	590	7	1260	33	0	44
Grilled Mahi Mahi	350	2.5	1400	37	1	34
5oz Grilled Salmon (includes bed of seasoned rice)	440	5	1060	33	0	
5oz Grilled Salmon - Blackened (includes bed of seasoned rice)	450	5	1370	34	1	29
5oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	560	5	1510	60	1	29
8oz Grilled Salmon - Blackened (includes bed of rice)	600	8	1740	35	1	44
8oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	750	8	1850	70	1	25
5oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	600	6	2230	55	1	42
8oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	750	8	2420	55	1	57
Combinations						
6oz Top Sirloin Steak with Grilled Shrimp	560	10	1770	49	1	38
Chicken Tenders and Grilled Shrimp	1240	12	2590	96	4	74

Fall 2025*



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Made From Scratch Sides (Veggie Plate)						
Buttered Off-The-Cob Corn	110	0.5	80	22	2	4
Fresh Steamed Broccoli	100	3.5	105	6	3	3
Sweet Baby Carrots	35	0	75	9	3	0
Southern Green Beans	60	1	190	8	2	0
Freshly Made Coleslaw	170	2	200	14	1	0
House Salad (dressing not included)	140	4	210	9	3	7
Caesar Salad	290	7	810	9	2	8
Fried Plantains	260	0	40	56	3	2
Kids						
Kids Chicken Tenders	630	7	1050	18	0	44
Kids Grilled Chicken	280	2.5	1250	21	0	34
Comfort Food						
Country Fried Chicken Single (no gravy)	610	7	1770	44	2	40
Country Fried Chicken Single with Southern Green beans and sweet baby carrots	705	8	2035	61	7	40

Fall 2025

