



Applebee's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Appetizer						
Boneless Wings (Dry)	630	6	1770	54	4	38
Chicken Wonton Tacos	590	5	1510	58	3	30
Classic Bone-in Wings (Dry)	410	5	950	3	2	56
Bowls						
Southwest Chicken Bowl	830	5	1690	90	10	54
Tex-Mex Shrimp Bowl	710	4	1760	91	10	29
Salads (includes 1 breadstick & dressing)						
Strawberry Balsamic Chicken Salad (no dressing)	570	3	1080	54	10	52
~with balsamic vinaigrette	890	8	1620	67	10	52
~with fat free italian	610	3	1840	63	10	52
~with lemon vinaigrette	910	8	1860	69	10	52
Steak & Ribs without sides						
6 oz. USDA Select Sirloin	200	2.5	920	0	0	34
6 oz. Sirloin with sides/ w/ mashed potatoes and broccoli	560	10	1880	43	7	42
Chicken without sides						
Grilled Chicken Breast	190	1	790	0	0	41
Bourbon Street Chicken & Shrimp *ask for garlic butter on the side for calorie & saturated fat savings	540	7	1880	10	3	51
Seafood without sides						
Blackened Cajun Salmon	280	2.5	790	5	2	35
Sandwiches (coleslaw as side)						
Sweet & Spicy Chicken Sandwich (with grilled chicken)	960	8	2690	102	6	51
The Big Cluckin' Chicken Sandwich (with grilled chicken)	850	10	1880	53	4	49

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Kids Menu						
Chicken tenders w/ broccoli	320	3	720	23	4	22
Chicken Taco w/ broccoli	250	2.5	610	25	4	23
Kids Corn Dog w/ broccoli	220	2	430	25	4	11
Sides						
Streamed Broccoli	100	5	240	5	2	3
Garlic Mashed Potatoes	260	2.5	720	37	4	5
Baked Potato (plain)	290	1	n/a	56	4	7
Breadstick	180	1.5	250	25	1	4
Garlicky Green Beans	150	2.5	420	8	3	2
Signature Cole Slaw	140	1.5	190	15	2	0
Side Salads and Soups						
House Salad without Dressing	140	3	230	14	2	6
House Salad with Fat Free Italian Dressing	160	3	610	19	3	6
Side Caesar Salad	220	3.5	440	13	2	5
Chicken Tortilla Soup	280	4	930	26	2	11
Tomato Basil Soup	210	6	1260	22	2	5

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