

Cheddar's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Entrée Salad						
Caesar Salad	290	7	810	9	2	8
Grilled Chicken Pecan Salad	620	13	1190	20	9	55
House Salad	140	4	210	9	3	7
Grilled Shrimp (add on)	80	1	390	1	0	13
Blackened Salmon (add on)	260	3	620	1	0	26
Salad Dressings						
Balsamic Vinaigrette	110	1	340	8	0	0
Strawberry Vinaigrette	110	1	260	15	0	0
Chicken						
Key West Chicken & Shrimp	550	4	2460	65	3	49
Lemon Pepper Chicken	520	4.5	2340	35	<1g	68
Steaks						
6oz. Top Sirloin Steak	250	7	480	0	0	22
Seafood						
Grilled Whitefish – Lemon Pepper	490	5	1650	34	0	52
8oz. Grilled Salmon	590	7	1260	33	0	44
Combinations						
6 oz. Top Sirloin Steak w/ Grilled Shrimp	560	10	1770	49	1	38



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	140	4	210	9	3	7
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
*With Southern Green beans & Sweet Baby Carrots	705	8	2035	61	7	40

Winter 2024