



### Applebee's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Appetizer</b>						
Boneless Wings (dry)	630	6	1550	50	4	40
Chicken Wonton Tacos	600	5	1530	58	3	32
<b>Bowls</b>						
Southwest Chicken Bowl	830	5	2210	90	10	54
Tex-Mex Shrimp Bowl	710	4.5	2070	91	10	30
<b>Salads (includes 1 breadstick &amp; dressing)</b>						
Strawberry Balsamic Chicken Salad	850	8	1790	56	10	52
<b>Steaks &amp; Ribs (includes sides)</b>						
6 oz. USDA Select Sirloin	200	3	950	1	1	34
6 oz Sirloin with sides	550	9	1860	43	6	44
<b>Chicken (with sides unless noted)</b>						
Grilled Chicken Breast	550	8	1730	43	6	48
Bourbon Street Chicken & Shrimp <i>*Ask for garlic butter on the side for calorie &amp; saturated fat savings</i>	790	9	2510	47	6	55
<b>Seafood (includes fixed sides)</b>						
Blackened Cajun Salmon	600	9	1790	47	7	43
<b>Sandwiches</b>						
Chicken Breast Patty on Bun with lettuce & tomato-no fries	535	4.5	1310	39	1	47
<b>Sides</b>						
House Salad without dressing	130	2.5	220	14	2	6
Steamed Broccoli	100	5	240	5	2	3
Garlic Mashed Potatoes	260	2.5	720	37	4	5
Chicken Tortilla Soup	280	4	930	26	2	11



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Kids Menu</b>						
Chicken Tenders	290	3	660	20	1	18
Kraft Mac & Cheese	310	2.5	830	44	2	11
<b>Kids Sides</b>						
Applesauce	50	0	0	14	1	0
Broccoli	30	0	30	6	3	3
Sliced Strawberries w/ yogurt	100	1	55	18	<1	4
<b>Salad Dressing &amp; Sauces</b>						
Fat Free Italian	20	0	380	5	0	0

Winter 2024