



## Applebee's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Appetizer</b>						
Boneless Wings (dry)	640	6	1520	47	3	40
Chicken Wonton Tacos	610	6	1560	50	3	36
<b>Soup</b>						
Portsmouth Clam Chowder	210	7	710	24	2	7
Chicken Tortilla Soup	190	2	1100	18	2	9
<b>Salads (includes 1 breadstick &amp; dressing)</b>						
Strawberry Balsamic Chicken Salad	870	8	1940	59	10	53
Tuscan Garden Chicken Salad	870	8	2190	53	14	59
Tuscan Garden Shrimp Salad	750	7	2150	54	14	34
<b>Steaks &amp; Ribs (no sides)</b>						
6 oz. USDA Select Sirloin	200	3	950	1	1	34
8 oz. USDA Select Sirloin	270	4.5	1070	1	1	45
<b>Chicken (with sides unless noted)</b>						
Grilled Chicken Breast- No Sides	190	1	860	0	0	40
Bourbon Street Chicken & Shrimp <i>*Ask for garlic butter on the side for calorie &amp; saturated fat savings</i>	740	11	2370	43	3	54
Sweet & Savory Chicken	560	4	1550	41	4	44
<b>Seafood (includes fixed sides)</b>						
Blackened Cajun Salmon	240	1.5	830	5	1	35
Shrimp Wonton Stir Fry	640	3	2440	93	6	29
<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	120	2.5	200	12	2	6
Steamed Broccoli	100	4	280	6	3	3
Fire - Grilled Veggies	150	4.5	410	9	3	2
Signature Coleslaw	130	1	190	16	2	0
Garlic Mashed Potatoes	250	2.5	650	32	0	4





Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Kids Menu</b>						
Crispy Shrimp	200	2	700	20	1	10
Chicken Tenders	290	3	670	20	1	19
Kraft Mac & Cheese	310	2.5	830	44	2	11
<b>Kids Sides</b>						
Applesauce	60	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>						
Honey Balsamic Dressing	170	2	230	13	0	0
Lemon Oil Vinaigrette	150	2	370	1	0	0