

Cheddar's

Items	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	630	13	1200	21	9	56
-without cheese*	530	8	1035	21	9	49
Kale Salad	560	11	1355	31	9	22
Kale Salad – No Parmesan	410	5	775	30	9	9
Grilled Shrimp (add on)	80	1	390	1	0	13
Blackened Salmon (add on)	260	3	620	1	0	35
Grilled Chicken (add on)	145	1	882	0	0	28
Salad Dressings						
Balsamic Vinaigrette	110	1	340	8	0	0
Pomegranate Vinaigrette	110	1	250	14	0	0
Chicken						
Key West Chicken & Shrimp	550	4	2330	63	2	49
Steaks						
6 oz. Top Sirloin Steak w/ Onion Straws	410	9	520	13	1	24
Seafood						
Grilled Whitefish - Lemon Pepper	490	5	1650	34	0	52
Grilled Salmon	590	7	1260	33	0	44
Combinations						
6 oz. Top Sirloin Steak w/ Grilled Shrimp	720	11	1810	62	2	39
Sandwiches						
Maple Bacon Chicken Sandwich	900	15	2260	61	3	54
-OMIT cheese & bacon*	700	9	1195	63	3	42



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Lighter Side						
Lighter Side Grilled Salmon	440	5	1060	33	0	29
Lighter Side Grilled Salmon - Blackened	450	5	1370	34	1	29
Lighter Side Grilled Salmon -Bourbon Glazed	560	5	1510	60	1	29
Lighter Side Whitefish -Lemon Pepper	340	3.5	1200	33	0	28
Lighter Side Whitefish -Blackened	350	3.5	1470	35	1	28
Grilled Tilapia & Shrimp -with Mango Salsa	490	5	1920	45	2	51
Lemon Pepper Chicken	520	4.5	2340	35	0	68
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
Kids Penne Pasta Marinara	420	3.5	980	63	4	12

