



The Cheesecake Factory®

Nutritional Guide



Nutritional Guide

While we're committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided.

The values are derived from standardized recipes and serving sizes.

We will do our best to accommodate special requests to prepare your meal just the way you like it.

Modifications may alter the nutritional values.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ISLAND FAVORITES (HI)											
Blue Hawaiian	240	0	0	0	0	0	10	34	0	31	0
Lava Flow	400	70	8	7	0	0	30	58	3	52	1
Piña Colada	480	60	7	6	0	0	25	73	1	71	1
Big Island Iced Tea	300	0	0	0	0	0	10	34	0	31	0
Mango Eruption	370	35	4	3.5	0	0	25	53	1	51	1
Paradise in a Pineapple	440	40	4.5	4	0	0	20	64	1	62	1
SPECIALTY DRINKS											
Tropical Tiki Punch	300	0	0	0	0	0	15	37	1	33	0
Tropical Tiki Punch (UT)	280	0	0	0	0	0	15	37	1	33	0
Tropical Tiki Punch (PR)	270	0	0	0	0	0	15	38	1	34	0
Tropical Tiki Punch (HI)	290	0	0	0	0	0	15	34	1	31	0
Georgia Peach	350	0	0	0	0	0	10	55	1	53	1
Georgia Peach (UT)	330	0	0	0	0	0	10	55	1	53	1
Pineapple Moscow Mule	320	0	0	0	0	0	20	49	1	46	0
Pineapple Moscow Mule (UT)	280	0	0	0	0	0	20	45	1	42	0
J.W.'s Pink Lemonade™	300	0	0	0	0	0	10	49	1	45	0
J.W.'s Pink Lemonade™ (UT)	290	0	0	0	0	0	10	50	1	47	0
J.W.'s Pink Lemonade™ (PR)	270	0	0	0	0	0	10	45	1	41	0
Pineapple Mezcal	290	0	0	0	0	0	250	36	0	33	0
Pineapple Mezcal (PR)	270	0	0	0	0	0	250	36	0	33	0
Mango Crush (PR)	280	0	0	0	0	0	10	41	0	38	0
Red Sangria	160	0	0	0	0	0	15	23	1	21	0
Red Sangria (PR)	180	0	0	0	0	0	15	26	1	23	0
SkinnyLicious® Red Sangria	120	0	0	0	0	0	20	16	0	15	1
SkinnyLicious® Red Sangria (PR)	120	0	0	0	0	0	20	16	0	16	1
Factory Peach Bellini	250	0	0	0	0	0	10	46	1	44	1
Mai Tai	320	0	0	0	0	0	10	38	0	36	1
Mai Tai (UT)	280	0	0	0	0	0	10	37	0	34	1
Mai Tai (HI)	300	0	0	0	0	0	10	36	0	35	0
Mai Tai (PR)	330	0	0	0	0	0	10	40	0	36	1
Whisky & Ginger	270	0	0	0	0	0	10	37	1	34	0
Whisky & Ginger (UT)	220	0	0	0	0	0	10	31	1	29	0
Whisky & Ginger (PR)	260	0	0	0	0	0	10	37	1	34	0
Whiskey Smash	190	0	0	0	0	0	10	22	0	21	0
Whiskey Smash (PR)	220	0	0	0	0	0	10	31	1	29	0
CHILLED & SERVED UP											
Raspberry Lemon Drop	270	0	0	0	0	0	2	32	1	30	0
Lemon Drop	270	0	0	0	0	0	2	28	0	27	0
Guava Daiquiri	280	0	0	0	0	0	200	44	0	42	0
Guava Daiquiri (PR)	210	0	0	0	0	0	200	28	1	25	0
Strawberry Blossom	260	0	0	0	0	0	10	21	0	21	0
Strawberry Blossom (PR)	240	0	0	0	0	0	10	22	0	21	0
The Well-Mannered Dirty Martini	250	45	6	1	0	5	1000	0	3	0	1
The Well-Mannered Dirty Martini (UT)	140	40	5	1	0	5	830	0	3	0	1
Espresso Martini	250	0	0	0	0	0	2	23	0	22	0
Espresso Martini (PR)	250	0	0	0	0	0	2	23	0	22	0
Espresso Martini (UT)	210	0	0	0	0	0	2	19	0	18	0
Espresso Martini (SUB)	240	0	0	0	0	0	1	21	0	21	0
Cucumber Martini (PR)	260	0	0	0	0	0	10	28	0	24	0
Strawberry Martini	250	0	0	0	0	0	2	14	0	13	0
Strawberry Martini (UT)	200	0	0	0	0	0	2	14	0	13	0
Bourbon & Honey	280	0	0	0	0	0	3	30	0	29	0
Bourbon & Honey (UT)	270	0	0	0	0	0	2	29	0	27	0
Bourbon & Honey (PR)	260	0	0	0	0	0	2	30	0	29	0
MARGARITAS & MOJITOS											
The Ultimate	270	0	0	0	0	0	170	29	0	27	0
Strawberry Infused Margarita	280	0	0	0	0	0	270	28	0	27	0
Strawberry Infused Margarita (PR)	280	0	0	0	0	0	270	28	0	27	0
Passion Fruit Margarita	240	0	0	0	0	0	5	32	0	31	0
Mojito	240	0	0	0	0	0	115	30	2	26	0
Mojito (PR)	260	0	0	0	0	0	15	31	2	26	0
SkinnyLicious® Mojito	150	0	0	0	0	0	210	16	1	8	0
Coconut Mojito	260	35	4	3.5	0	0	30	31	2	28	1
Coconut Mojito (UT)	260	35	4	3.5	0	0	95	33	2	29	1
Coconut Mojito (PR)	290	15	1.5	1.5	0	0	75	40	2	37	1
Passion Fruit Mojito	270	0	0	0	0	0	20	34	1	31	0
Passion Fruit Mojito (PR)	260	0	0	0	0	0	20	34	1	31	0
Cucumber Mojito (PR)	310	0	0	0	0	0	35	38	1	26	0
Pineapple Mojito (PR)	240	0	0	0	0	0	10	32	1	29	1
NON-ALCOHOLIC SPECIALTIES											
Pineapple Cherry Limeade	150	0	0	0	0	0	15	37	0	34	0
Tropical Ginger Cooler	140	0	0	0	0	0	15	36	0	33	0
Passion Mint Fizz	110	0	0	0	0	0	15	26	1	24	1
Guava Sparkler	150	0	0	0	0	0	15	39	0	35	0
BEERS											
Draft Beer (glass)	180	0	0	0	0	0	15	15	0	0	2
Draft Light Beer (glass)	120	0	0	0	0	0	15	7	0	0	1
Bottled Beer (12 oz)	150	0	0	0	0	0	15	13	0	0	2
Bottled Light Beer (12 oz)	100	0	0	0	0	0	15	6	0	0	1
SPARKLING WINE											
Sparkling Wine (5-1/2 oz)	130	0	0	0	0	0	1	4	0	2	0
Sparkling Wine (5 oz) (UT)	120	0	0	0	0	0	1	4	0	2	0

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
LUNCH SOUP AND SALAD											
Lunch Soup and Salad	230-480										
Cup of Soup	260	220	25	2	0	0	250	9	3	5	2
Small Green Salad											
LUNCH SALADS											
Cobb Salad	1010	780	87	17	1	260	1260	22	7	10	39
Santa Fe Salad	1130	680	76	15	0.5	85	1370	76	14	26	42
Chinese Chicken Salad	990	540	60	8	0	65	1900	82	6	44	32
Barbeque Ranch Chicken Salad	1210	670	75	14	0	90	1930	98	16	45	35
Sheila's Chicken and Avocado Salad	1110	670	75	10	0	65	1150	80	13	37	37
LUNCH PIZZA AND SALAD											
Cheese Flatbread	1000	450	50	31	1	125	2530	86	4	3	49
Margherita Flatbread	760	270	30	15	0	55	1770	85	4	4	34
Pepperoni Flatbread	1110	550	61	32	1	150	3180	87	4	3	53
Pepperoni Flatbread with Hot Honey	1140	550	61	32	1	150	3200	96	5	11	53
Fresh Basil, Tomato and Cheese Flatbread	850	340	38	25	0.5	95	2300	84	4	3	42
The Everything Flatbread	1160	570	63	31	1	145	3030	92	5	6	55
The Everything Flatbread with Kalamata Olives	1240	650	72	32	1	145	3450	93	6	6	55
Hawaiian Flatbread (HI)	960	360	40	25	0.5	125	2870	97	4	11	54
Kalua Pig Flatbread (HI)	1100	460	52	29	1	190	2470	95	5	9	65
Small Green Salad	260	220	25	2	0	0	250	9	3	5	2
Small Caesar Salad	440	340	38	8	0	25	570	15	4	5	8
LUNCH PASTA											
Fettuccini Alfredo	1450	850	94	57	3	210	2000	113	5	6	39
Fettuccini Alfredo with Chicken	1540	870	97	57	3	250	2210	113	5	6	56
Four Cheese Pasta	950	370	41	15	0.5	65	3040	111	9	18	35
Four Cheese Pasta with Chicken	1040	390	43	15	0.5	110	3440	111	9	18	52
Pasta Carbonara	1470	860	96	46	2.5	215	2710	112	8	7	38
Pasta Carbonara with Chicken	1560	890	99	47	2.5	260	3120	112	8	7	55
Chicken and Broccoli Pasta	860	350	39	13	0.5	95	4040	83	9	4	47
Pasta da Vinci	1180	540	60	23	1.5	175	1900	106	9	11	54
Spaghetti and Meatballs	1390	640	72	16	1	95	4030	104	14	25	49
Pasta with Shrimp and Sausage (HI)	1310	640	72	21	1	145	4870	117	10	19	51
Louisiana Chicken Pasta	1380	720	80	43	2.5	310	2650	113	7	11	53
Spicy Chicken Chipotle Pasta	1290	610	68	25	1.5	140	2620	123	10	18	48
Evelyn's Favorite Pasta	940	440	49	15	1	40	1920	102	8	7	24
Farfalle with Chicken and Roasted Garlic	1050	460	51	24	1	155	2420	99	8	11	49
Bistro Shrimp Pasta	1530	890	99	47	3	310	2490	120	6	8	40
Shrimp with Angel Hair	1160	550	62	10	0.5	80	3790	112	12	17	40
LUNCH CHICKEN SPECIALS											
Crusted Chicken Romano	1100	490	55	19	1	220	2680	96	9	15	57
Chicken Piccata	1340	740	82	43	2.5	315	2480	85	5	6	66
Orange Chicken	1440	560	62	11	1.5	80	2010	176	4	47	47
LUNCH FAVORITES											
Famous Factory Meatloaf	1400	750	84	41	3	290	3660	105	7	43	52
Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55
Fish & Chips	1680	970	108	21	0.5	155	2690	127	9	31	44
LUNCH SALMON											
Herb Crusted Filet of Salmon	1150	770	86	34	2	235	1140	42	4	4	48
Miso Salmon	1000	430	48	24	1.5	195	1260	96	2	26	46
Fresh Grilled Salmon	840	480	53	17	0.5	160	1280	43	6	5	47
Thai Glazed Salmon (PR)	840	280	31	10	0	100	1240	89	4	18	52
GLAMBURGERS®											
French Fries	530	210	23	4	0	0	1250	76	5	13	6
Green Salad	130	110	12	1	0	0	125	5	1	2	1
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4
Old Fashioned Burger	990	540	60	22	2.5	195	1880	64	3	19	46
Stuffed Cheddar Burger	1140	610	68	31	2	230	2720	72	3	24	59
Classic Burger	1340	780	87	31	3.5	270	2530	69	4	23	66
French Dip Cheeseburger	1620	1050	117	47	3	305	3480	78	5	22	60
Smokehouse B.B.Q. Burger	1580	880	97	39	3.5	280	3070	106	3	42	68
Mushroom Burger	1460	900	100	40	3.5	255	2500	73	5	23	66
Americana Cheeseburger	1400	820	91	37	3	255	3390	81	4	28	60
Macaroni and Cheese Burger	1340	760	85	40	3.5	275	2430	81	4	20	60
Green Chile Cheeseburger (ABQ)	1270	720	80	35	3.5	265	2570	73	4	20	61
Bacon-Bacon Cheeseburger	1680	1050	116	46	3.5	325	3560	77	3	29	78
Impossible® Burger	930	470	53	19	0	0	2090	80	9	14	35
Spicy Crispy Chicken Sandwich - Spicy Buffalo Sauce	1090	590	66	24	0.5	245	2520	62	2	8	62
Spicy Crispy Chicken Sandwich - Chipotle Mayo	1170	670	74	24	0.5	240	1600	62	2	8	60
Factory Turkey Burger	1110	680	76	30	1	245	2260	57	7	14	52
Veggie Burger	1340	750	84	27	1	125	2400	122	10	28	27
B.B.Q. Kalua Pork (HI)	930	410	45	17	0	240	1650	71	3	22	59
Hawaiian Fish Sandwich - Mahi (HI)	750	300	33	11	0	180	1680	71	4	23	41
Hawaiian Fish Sandwich - Ahi (HI)	760	300	33	11	0	130	1690	71	4	23	44
Hawaiian Fish Sandwich - Salmon (HI)	870	430	48	14	0	135	1600	71	4	23	37
Hawaiian Fish Sandwich - Ono (HI)	740	290	33	11	0	120	1670	71	4	23	40
SALADS											
Caesar Salad	1270	1000	112	24	0.5	75	1630	41	9	13	21
Caesar Salad with Chicken	1500	1070	119	25	0.5	205	1850	41	9	13	60
Vegan Cobb Salad	1060	790	89	9	0.5	0	1310	54	19	17	16
Chinese Chicken Salad	1630	910	101	14	1	95	2720	134	11	62	50
Thai Chicken Salad	1210	570	63	10	0	155	2670	93	14	63	73
Sheila's Chicken and Avocado Salad	1810	1100	123	16	0.5	90	1910	134	22	57	56
Luau Salad (HI)	1370	760	85	12	0.5	95	1690	110	10	58	45
Barbeque Ranch Chicken Salad	1980	1120	124	23	0	155	2710	150	22	64	62
Santa Fe Salad	1700	1000	112	25	1	165	2230	107	19	39	74
Cobb Salad	1460	1100	123	24	1.5	370	2200	30	11	13	62
Seared Tuna Tataki Salad (HI)	480	260	29	2.5	0	55	1380	16	5	8	42
SALAD DRESSINGS & CONDIMENTS (PER TBL.)											
Balsamic Vinaigrette	80	70	8	0.5	0	0	75	1	0	1	0
Barbeque Ranch Dressing	80	60	7	1.5	0	5	130	3	0	2	0
Blue Cheese Dressing	60	45	5	1.5	0	10	110	1	0	1	1
Caesar Dressing	80	70	7	1.5	0	5	90	1	0	1	1
Chinese Plum Dressing	60	40	4.5	0	0	0	260	6	0	6	0
Cilantro Dressing	60	50	6	0.5	0	1	60	1	0	1	1
Citrus Honey Dressing	60	40	4.5	0	0	0	50	4	0	3	0
Ketchup	20	0	0	0	0	0	160	5	0	4	0
Ranch Dressing	70	60	7	1.5	0	5	100	1	0	1	0
Shallot Vinaigrette	90	80	9	0.5	0	0	55	1	0	0	0
SkinnyLicious® Mustard Vinaigrette	15	5	1	0	0	0	150	1	0	1	0
SkinnyLicious® Sesame Soy Dressing	20	0	0	0	0	0	250	3	0	2	0
Spicy Peanut Vinaigrette	60	35	4	0.5	0	0	180	4	0	3	1
Thousand Island Dressing	70	60	7	1.5	0	5	110	2	0	2	0
SANDWICHES											
French Fries	530	210	23	4	0	0	1250	76	5	13	6
Green Salad	130	110	12	1	0	0	125	5	1	2	1
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4

EGGS & OMELETTES

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Farm Fresh Eggs	280	220	25	12	0	425	150	1	0	0	13
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	465	220	4	0	3	25
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	505	1770	2	0	1	44
Factory Huevos Rancheros	1080	570	63	27	1	885	2370	72	17	12	57
Brioche Breakfast Sandwich	1030	600	67	28	1	530	1920	59	5	9	48
Factory Create An Omelette											
Plain Omelette	630	530	60	17	1	670	790	2	0	1	22
Bacon	140	110	13	4.5	0	25	230	0	0	1	5
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	12	1	70	380	1	0	0	13
Jack Cheese	210	160	18	11	1	70	380	1	0	0	12
Swiss Cheese	220	150	17	10	1	45	115	0	0	0	17
Fontina Cheese	180	130	14	10	0	45	400	1	0	0	13
Avocado	40	30	3.5	0	0	0	1	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	25	5	1	0	0	0	80	3	1	1	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0
Red Onions	10	0	0	0	0	0	1	3	0	1	0
Green Onions	5	0	0	0	0	0	2	1	0	0	0
California Omelette	1170	890	99	44	3	970	1550	11	3	4	57
Spinach, Mushroom, Bacon and Cheese Omelette	730	530	59	30	1.5	745	1480	7	1	2	41
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81
Breakfast Burrito	2260	1350	151	72	4	960	4620	138	21	20	89

BREAKFAST ACCOMPANIMENTS

Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8
Steamed White Rice (HI)	440	10	1.5	0.5	0	0	80	98	2	0	10
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
White Toast	330	50	5	2.5	0	0	730	64	2	8	10
Wheat Toast	270	35	4	0.5	0	0	560	49	5	8	10
Bagel	360	15	1.5	0	0	0	580	74	2	7	11
English Muffin	190	10	1.5	0	0	0	310	37	2	2	6
Sourdough Baguette	260	10	1	0	0	0	660	55	2	1	9
Wheat Baguette	370	40	4	0.5	0	0	550	72	5	15	12

SATURDAY & SUNDAY BRUNCH

Giant Belgian Waffle	690	370	41	22	1.5	115	680	77	1	50	6
Giant Belgian Waffle with Strawberries, Pecans and Chantilly Cream	950	500	56	27	1.5	135	750	108	5	76	8
Fried Chicken & Waffles	1190	540	61	26	1.5	215	1260	118	1	54	44
Buttermilk Pancakes	1370	600	67	26	1.5	170	2740	171	6	69	23
Buttermilk Pancakes with Wild Blueberries	1460	600	68	26	1.5	170	2740	194	9	89	23
Caramel Apple Pancakes	1950	830	93	41	2.5	240	2900	258	8	144	25
Cinnamon Roll Pancakes	2040	980	110	51	3.5	310	2950	241	3	137	23
Lemon-Ricotta Pancakes	1740	780	88	40	2	315	2760	212	3	121	28
Brunch Combo	1110	690	77	38	2	555	1010	81	2	50	26
Brûléed French Toast	1980	1030	115	64	4	595	1000	205	7	112	33
Brûléed French Toast with Bacon	2180	1170	131	70	4	635	1070	208	7	115	45
Brûléed French Toast with Grilled Ham	2140	1070	120	66	4	670	2620	206	7	113	64
Eggs Benedict with Canadian Bacon and Hollandaise	1290	930	104	57	3	345	1740	50	3	3	38
Bacon And Avocado Benedict	1340	960	107	51	2.5	280	1010	59	7	10	35
Fried Chicken & Waffles Benedict	1670	1150	128	71	3.5	425	1440	96	3	48	33
Green Chilaquiles with Carnitas and Eggs	1640	910	101	33	1	945	2250	97	11	14	85
Green Chilaquiles with Chicken and Eggs	1610	900	100	29	1	990	2730	86	11	17	90
Monte Cristo Sandwich	1960	1080	121	64	3.5	870	2470	145	6	70	74
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44
Kids' Brunch with French Toast	1140	590	65	35	2	320	530	116	4	67	23
Kids' Brunch with Buttermilk Pancakes	680	330	37	16	1	85	930	75	3	40	14

CHEESECAKES

Original	830	530	59	37	2	265	510	63	1	51	12
Fresh Strawberry	1000	620	69	43	2.5	305	550	82	2	66	12
Oreo® Dream Extreme Cheesecake	1510	830	93	51	2.5	290	800	166	7	122	15
Ultimate Red Velvet Cake Cheesecake™	1580	1050	116	62	4	350	630	125	1	104	14
Reese's® Peanut Butter Chocolate Cake Cheesecake	1510	850	95	44	2	245	940	154	8	121	23
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15
Coconut Cream Pie Cheesecake	1370	880	98	64	2.5	335	530	114	5	93	12
Adam's Peanut Butter Cup Fudge Ripple	1250	740	82	43	2	245	750	118	5	94	18
Pineapple Upside-Down Cheesecake	1260	750	83	47	2	310	510	109	1	99	10
Celebration Cheesecake	1380	880	98	58	3.5	370	740	114	1	87	15
Classic Basque Cheesecake	1150	1020	148	88	4.5	830	510	85	4	137	30
Caramel Apple Cheesecake	1110	630	70	42	2	280	640	110	2	84	12
Cinnamon® Cinnamon Swirl Cheesecake	1370	770	85	51	3	275	710	141	2	120	10
Salted Caramel Cheesecake	1240	660	73	43	2.5	300	750	130	2	107	15
Toasted Marshmallow S'mores Galore™	1550	970	108	67	3	350	570	141	6	102	14
Dulce De Leche Caramel Cheesecake	1390	990	110	61	3	385	600	107	2	83	14
White Chocolate Raspberry Truffle®	1220	800	89	57	3	365	550	92	1	78	13
Mango Key Lime Cheesecake	1300	770	85	54	2.5	350	520	123	2	97	13
Fresh Banana Cream Cheesecake	1250	810	90	56	3	405	510	99	3	79	14
Very Cherry Ghirardelli® Chocolate Cheesecake	1160	750	84	51	2.5	295	380	96	4	81	11
Lemon Raspberry Cream Cheesecake	1040	660	73	42	2.5	320	420	87	2	72	10
Chocolate Tuxedo Cream® Cheesecake	1250	810	90	55	2.5	305	400	109	5	87	11

CHEESECAKES AND DESSERTS

Chocolate Caramelicious Cheesecake Made With Snickers®	1370	860	96	50	2.5	340	400	116	6	96	19
Chocolate Mousse Cheesecake	1220	850	94	58	3	385	480	85	4	69	13
Lemon Meringue Cheesecake	1170	660	73	48	2	315	510	117	1	95	13
Hershey's® Chocolate Bar Cheesecake	1320	770	85	49	2.5	275	610	135	7	109	14
30th Anniversary Chocolate Cake Cheesecake	1310	770	85	51	2.5	295	600	127	6	102	16
Low-Licious Cheesecake	570	400	44	26	1	195	460	37	7	5	10
Low-Licious Cheesecake with Strawberries	580	400	44	26	1	195	460	39	8	7	10
Vanilla Bean Cheesecake	1170	790	88	57	2.5	325	480	84	1	68	11
Tiramisu Cheesecake	980	630	70	41	2	310	450	75	1	64	11
Key Lime Cheesecake	1160	780	86	53	3	470	430	92	1	74	13
Caramel Pecan Turtle Cheesecake	1300	790	88	50	2.5	340	450	124	6	102	15
Fresh Pineapple Cheesecake (HI)	1140	650	73	45	2.5	315	520	109	1	91	13
Pumpkin	1040	710	79	48	2.5	330	500	76	2	60	10
Pumpkin Pecan	1270	810	90	46	2.5	355	450	105	4	74	14
A La Mode	400	220	24	16	1	95	110	36	0	34	8
Hot Fudge	280	180	20	13	0	40	20	27	3	19	3

SPECIALTY DESSERTS

Linda's Fudge Cake	1450	590	66	29	1.5	145	1040	233	9	165	13
Carrot Cake	1720	1100	122	57	3.5	300	1060	146	5	116	15
Chocolate Tower Truffle Cake™	1770	1000	111	60	2.5	375	970	192	11	143	20
Tiramisu	1270	850	94	52	3	455	340	91	1	66	13
Warm Apple Crisp	1000	300	33	19	1	105	390	170	3	139	9
Fresh Strawberry Shortcake	1340	690	76	47	1.5	265	1140	143	3	77	25
Bowl of Fresh Strawberries	250	130	15	9	0	55	15	26	5	19	3

ICE CREAM DELIGHTS

Hot Fudge Sundae	1280	770	86	51	2.5	260	220	116	6	97	20
------------------	------	-----	----	----	-----	-----	-----	-----	---	----	----

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Cals per Srv
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32	
Kids' Coke®	60	0	0	0	0	0	5	17	0	17	0	
Kids' Diet Coke®	0	0	0	0	0	0	10	0	0	0	0	
Kids' Coca-Cola® Zero Sugar	0	0	0	0	0	0	5	0	0	0	0	
Kids' Fanta Orange Soda (PR)	60	0	0	0	0	0	10	18	0	17	0	
Kids' Fanta Fruit Punch (HI)	60	0	0	0	0	0	15	17	0	17	0	
Kids' Barq's® Root Beer	70	0	0	0	0	0	10	18	0	18	0	
Kids' Sprite®	60	0	0	0	0	0	20	16	0	16	0	
Kids' Sprite Zero® (PR)	0	0	0	0	0	0	10	0	0	0	0	
Kids' Dr. Pepper®	60	0	0	0	0	0	25	17	0	16	0	
Kids' Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	25	0	0	0	0	
Kids' Milk	200	60	7	4.5	0	30	200	20	0	19	13	
Kids' Chocolate Milk	330	50	5	3.5	0	25	210	60	2	55	12	
Kids' Non-Fat Milk	120	0	0	0	0	5	180	17	0	17	12	
Kids' Apple Juice	170	0	0	0	0	0	20	40	0	37	0	
Kids' Lemonade	190	0	0	0	0	0	10	52	0	48	0	
Kids' Scoop of Ice Cream	320	190	21	13	0.5	80	80	26	0	25	6	
Kids' Mini Hot Fudge Sundae	480	290	32	20	1	100	90	44	2	38	7	
Kids' Strawberries	180	130	14	9	0	55	15	13	2	11	1	
HAPPY HOUR MENU												
"Happy Hour" Burger	1100	610	68	29	3	225	2720	67	2	21	52	
Margarita	210	0	0	0	0	0	125	25	0	23	0	
Margarita (UT)	200	0	0	0	0	0	125	25	0	23	0	
Long Island Iced Tea	240	0	0	0	0	0	10	28	0	26	0	
Long Island Iced Tea (UT)	240	0	0	0	0	0	10	28	0	26	0	
SkinnyLicious® Long Island Iced Tea	110	0	0	0	0	0	20	6	0	5	0	
Selected Well Drinks												
Well Bourbon	80	0	0	0	0	0	0	0	0	0	0	
Well Gin	80	0	0	0	0	0	0	0	0	0	0	
Well Rum	80	0	0	0	0	0	0	0	0	0	0	
Well Scotch	80	0	0	0	0	0	0	0	0	0	0	
Well Tequila	80	0	0	0	0	0	0	0	0	0	0	
Well Vodka	90	0	0	0	0	0	0	2	0	2	0	
Coke®	35	0	0	0	0	0	0	10	0	10	0	
Diet Coke®	0	0	0	0	0	0	3	0	0	0	0	
Coca-Cola® Zero Sugar	0	0	0	0	0	0	1	0	0	0	0	
Fanta Orange Soda (PR)	40	0	0	0	0	0	4	11	0	11	0	
Barq's® Root Beer	40	0	0	0	0	0	5	9	0	9	0	
Sprite®	35	0	0	0	0	0	2	0	0	0	0	
Sprite Zero® (PR)	0	0	0	0	0	0	10	10	0	10	0	
Dr. Pepper®	35	0	0	0	0	0	15	0	0	0	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	10	9	0	9	0	
Ginger Ale	35	0	0	0	0	0	3	11	0	11	0	
Cranberry Juice	45	0	0	0	0	0	0	10	0	8	1	
Orange Juice	40	0	0	0	0	0	1	12	0	11	0	
Pineapple Juice	50	0	0	0	0	0	2	31	0	29	0	
The Cheesecake Factory Signature Lemonade	110	0	0	0	0	0	2	31	0	29	0	
GLUTEN FREE SMALL PLATES & SNACKS												
Beet and Avocado Salad	290	110	12	3	0	5	480	40	9	28	7	
GLUTEN FREE APPETIZERS												
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	335
GLUTEN FREE APPETIZER SALADS												
Tossed Green Salad	35	0	0	0	0	0	25	7	3	3	2	
Tossed Green Salad with Blue Cheese Dressing	370	280	31	11	0	50	690	13	4	7	9	
Tossed Green Salad with French Mustard Vinaigrette	630	560	62	6	0	0	640	13	3	9	3	
Tossed Green Salad with Ranch Dressing	450	360	40	8	0	25	630	14	3	9	3	
Tossed Green Salad with Thousand Island Dressing	470	370	41	8	0	25	690	18	3	14	2	
Caesar Salad	720	590	66	14	0	50	930	19	7	9	12	
Caesar Salad with Chicken	950	660	73	15	0	180	1150	19	7	9	52	
Factory Chopped Salad	840	590	66	13	0.5	80	1310	34	10	18	29	
GLUTEN FREE LUNCH SPECIALS												
Lunch Cobb Salad	1140	890	100	20	1	260	1420	22	7	12	39	
Lunch Four Cheese Pasta	930	420	46	16	0.5	65	2760	106	6	15	24	
Lunch Four Cheese Pasta with Chicken	920	370	41	16	0.5	110	2840	100	6	15	38	
Lunch Pasta with Chicken and Roasted Garlic	1190	540	60	25	1	155	2570	120	6	9	42	
Lunch Pasta Carbonara	1540	950	105	47	2.5	215	2230	120	5	6	27	
Lunch Pasta Carbonara with Chicken	1630	970	108	47	2.5	260	2640	120	5	6	44	
Lunch Evelyn's Favorite Pasta	830	420	47	15	1	40	1330	92	6	5	11	
Lunch Shrimp with Rotini	1000	590	66	10	0.5	80	2250	74	8	16	27	
Lunch Shepherd's Pie	1030	540	60	30	3	220	2670	66	10	12	55	
Lunch Fresh Grilled Salmon with Corn Succotash	1020	550	61	24	1	190	1400	67	6	24	50	
Lunch Fresh Grilled Salmon with Green Beans	850	490	55	21	1	180	1100	42	5	5	46	
Lunch Fresh Grilled Salmon with Sautéed Spinach	880	510	57	22	1	160	1570	45	7	4	49	
GLUTEN FREE GLAMBURGERS®												
French Fries	530	210	23	4	0	0	1250	76	5	13	6	
Green Salad	160	140	16	1.5	0	0	170	5	1	3	1	
Sweet Potato Fries	510	180	20	3.5	0	0	1150	78	11	38	4	
Old Fashioned Burger	840	420	46	15	2	140	1790	64	6	21	43	
Stuffed Cheddar Burger	990	490	55	23	2	180	2640	73	7	27	55	
Mushroom Burger	1300	770	86	32	3	200	2370	73	8	25	61	
Americana Cheeseburger	1250	700	78	29	2.5	205	3310	82	8	30	56	
Bacon-Bacon Cheeseburger	1520	920	103	39	3	275	3470	78	7	32	74	
B.B.Q. Kalua Pork (HI)	770	290	32	9	0	185	1560	72	7	24	55	
Impossible® Burger	790	430	48	17	0	0	2070	67	11	11	29	
Factory Turkey Burger	940	540	60	20	0.5	200	2240	59	9	13	49	
Hawaiian Fish Sandwich - Mahi (HI)	600	170	19	3	0	125	1600	72	8	26	37	
Hawaiian Fish Sandwich - Ahi (HI)	600	170	19	3	0	80	1610	72	8	26	40	
Hawaiian Fish Sandwich - Salmon (HI)	720	310	35	6	0	80	1510	72	8	26	33	
Hawaiian Fish Sandwich - Ono (HI)	590	170	19	3	0	70	1590	72	8	26	36	
GLUTEN FREE SPECIALTIES												
Shepherd's Pie	1460	770	85	42	4.5	320	3300	90	13	16	79	
GLUTEN FREE PASTA												
Four Cheese Pasta	1270	620	69	27	1	115	3800	126	8	20	36	
Four Cheese Pasta with Chicken	1410	650	73	27	1	180	4510	127	9	20	63	
Pasta with Chicken and Roasted Garlic	1910	980	109	49	2	290	3980	164	10	14	68	
Pasta Carbonara	2170	1390	154	70	3.5	320	2990	151	7	9	38	
Pasta Carbonara with Chicken	2300	1420	158	71	3.5	390	3710	152	7	9	65	
Evelyn's Favorite Pasta	1150	650	73	27	1.5	75	1880	112	8	9	14	
Shrimp with Rotini	1390	810	91	14	1	105	3320	107	11	22	37	
GLUTEN FREE FISH & SEAFOOD												
Fresh Grilled Salmon with Fresh Corn	1330	720	80	31	1.5	255	1680	86	8	25	63	
Fresh Grilled Salmon with Green Beans	1150	660	74	28	1.5	245	1380	61	6	6	59	
Fresh Grilled Salmon with Sautéed Spinach	1190	690	76	29	1.5	225	1850	63	8	6	62	
GLUTEN FREE STEAKS & CHOPS												
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76	
Chargrilled New York Steak	1000	480	54	28	2.5	215	1770	65	7	3	63	
Grilled Rib-Eye Steak	1250	720	80	40	4	270	2190	57	7	3	75	

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Filet Mignon	870	350	39	22	1.5	265	1610	56	7	3	74
GLUTEN FREE SIDE DISHES											
French Fries	1060	410	46	8	0	0	2500	152	10	25	11
Green Beans	140	90	10	6	0	0	300	10	4	2	3
Roasted Sweet Potatoes	450	190	21	10	0.5	45	430	63	8	18	5
Fresh Corn	270	120	14	6	0	0	610	28	8	11	8
Mashed Potatoes	450	230	25	15	1	80	820	49	4	2	5
Sauteed Spinach	650	590	67	41	2.5	125	1100	10	5	1	7
Broccoli	260	160	18	3	0	10	710	15	8	2	8
GLUTEN FREE SALADS											
Caesar Salad	1070	890	99	22	0	75	1410	25	9	12	18
Caesar Salad with Chicken	1300	950	106	23	0	205	1630	25	9	12	57
Cobb Salad	1630	1260	140	27	1	370	2420	30	11	15	62
GLUTEN FREE EGGS & OMELETTES											
Breakfast Potatoes	630	340	37	9	0	10	790	66	6	15	8
Sliced Tomatoes	25	0	0	0	0	0	5	5	2	3	1
Farm Fresh Eggs	280	220	25	12	0	425	150	1	0	0	13
Farm Fresh Eggs with Old Smokehouse® Bacon	480	360	40	18	0.5	465	220	4	0	3	25
Farm Fresh Eggs with Grilled Ham	440	260	29	14	0	505	1770	2	0	1	44
Factory Create An Omelette											
Plain Omelette	630	530	60	17	1	670	790	2	0	1	22
Bacon	140	110	13	4.5	0	25	230	0	0	1	5
Ham	60	15	1.5	0.5	0	30	610	0	0	0	12
Cheddar Cheese	230	170	19	12	1	70	380	1	0	0	13
Jack Cheese	210	160	18	11	1	70	380	1	0	0	12
Swiss Cheese	220	150	17	10	1	45	115	0	0	0	17
Fontina Cheese	180	130	14	10	0	45	400	1	0	0	13
Avocado	40	30	3.5	0	0	0	1	2	2	0	0
Roasted Peppers	20	0	0	0	0	0	10	4	1	3	1
Fresh Mushrooms	15	0	0	0	0	0	10	2	1	0	2
Asparagus	25	5	1	0	0	0	80	3	1	1	2
Spinach	5	0	0	0	0	0	20	1	1	0	1
Bell Peppers	15	0	0	0	0	0	1	4	1	2	1
Fresh Tomato	10	0	0	0	0	0	2	2	1	1	0
Red Onions	10	0	0	0	0	0	1	3	0	1	0
Green Onions	5	0	0	0	0	0	2	1	0	0	0
California Omelette	1170	890	99	44	3	970	1550	11	3	4	57
Spinach, Mushroom, Bacon and Cheese Omelette	730	530	59	30	1.5	745	1480	7	1	2	41
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81
GLUTEN FREE SATURDAY & SUNDAY BRUNCH											
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44
GLUTEN FREE DESSERTS											
Godiva® Chocolate Cheesecake	1400	950	105	66	3	380	260	110	8	96	15
Low-Licious Cheesecake	570	400	44	26	1	195	460	37	7	5	10
Low-Licious Cheesecake with Strawberries	580	400	44	26	1	195	460	39	8	7	10
Bowl of Fresh Strawberries	250	130	15	9	0	55	15	26	5	19	3
Hot Fudge Sundae	1280	770	86	51	2.5	260	220	116	6	97	20
Bowl of Vanilla Ice Cream	750	460	51	32	2	195	180	60	0	57	13
GLUTEN FREE SKINNYLICIOUS® SMALL PLATES & APPETIZERS											
Beet and Avocado Salad	290	110	12	3	0	5	480	40	9	28	7
GLUTEN FREE SKINNYLICIOUS® SPECIALTIES											
SkinnyLicious® Chicken Soft Tacos	510	140	15	3.5	0	80	830	63	12	13	32
SkinnyLicious® Shrimp Soft Tacos	510	130	14	3	0	185	940	66	12	13	31
GLUTEN FREE KIDS' MENU											
Kids' Pasta with Butter and Parmesan	460	170	20	11	0.5	45	720	66	1	0	5
Kids' Pasta with Marinara Sauce	540	170	19	1.5	0	0	1680	85	6	14	8
Kids' Pasta with Alfredo Sauce	1020	640	71	44	2.5	205	1140	77	3	5	18
Kids' Grilled Chicken	450	170	19	11	0.5	135	1580	38	5	1	30
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32
Kids' Scoop of Ice Cream	320	190	21	13	0.5	80	80	26	0	25	6
Kids' Mini Hot Fudge Sundae	480	290	32	20	1	100	90	44	2	38	7
Kids' Strawberries	180	130	14	9	0	55	15	13	2	11	1
GLUTEN FREE HAPPY HOUR MENU											
"Happy Hour" Burger	950	490	55	22	2.5	175	2640	68	6	24	49
GLUTEN FREE SPECIAL MENU											
Californian Chopped Salad	1200	990	111	15	0.5	230	1980	25	8	12	24
SkinnyLicious® Spicy Shrimp Pasta	580	190	21	7	0	60	1840	72	6	15	21
SPECIAL MENU											
COCKTAILS											
Paradise Colada	340	15	2	1.5	0	0	10	37	0	36	0
Paradise Colada (PR)	330	15	2	1.5	0	0	10	36	0	35	0
Paradise Colada (UT)	260	15	2	1.5	0	0	10	33	0	32	0
Paradise Colada (NON INFUSED)	330	15	2	1.5	0	0	10	37	0	36	0
Sangria Rosa	270	0	0	0	0	0	5	40	1	37	0
Sangria Rosa (PR)	260	0	0	0	0	0	5	37	1	34	0
Sangria Rosa (UT)	230	0	0	0	0	0	4	32	1	29	0
Strawberry Mule	310	0	0	0	0	0	10	32	1	30	0
Strawberry Mule (PR)	270	0	0	0	0	0	10	32	1	30	0
SMALL PLATES & APPETIZERS											
Street Corn	720	490	55	15	1	40	900	47	5	17	16
Asparagus Fries	790	530	60	12	1	20	710	47	6	4	13
Spicy Tuna	480	200	22	4	0	45	1610	49	2	18	21
Ahi Poke Nachos	1030	600	67	11	0	55	2340	77	7	21	30
FLATBREAD PIZZAS											
Cacio e Pepe Flatbread	1010	490	54	34	1.5	155	2140	87	4	3	42
Bee Sting Flatbread	1140	540	60	29	1	140	3210	96	5	7	54
SALADS											
Californian Chopped Salad	1200	990	111	15	0.5	230	1980	25	8	12	24
Harvest Chicken Salad	1170	800	89	11	0.5	95	1480	52	9	20	44
PASTA											
Cacio e Pepe Pasta	1970	1220	136	75	4.5	375	3390	145	10	11	43
Cacio e Pepe Pasta with Chicken	2250	1330	148	77	4.5	500	4210	145	10	11	87
Spicy Rigatoni Vodka	1640	960	107	40	2	190	4520	131	13	27	36
FISH											
Seared Ahi Tuna	990	340	38	4.5	0	50	2730	121	9	33	45
SKINNYLICIOUS®											
SkinnyLicious® Lemon-Herb parmesan Chicken	590	290	32	13	0.5	240	2730	17	3	3	53
SkinnyLicious® Spicy Shrimp Pasta	590	180	20	7	0	60	2410	69	8	16	27

