

	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 Cheese Sandwich (Queens/ Philly)	450	250	28	14	1	85	620	35	2	3	15	
Kids' Fried Chicken Strips	460	250	28	5	0	65	550	28	4	4	24	
Kids' French Fries	300	100	11	2	0	0	870	45	0	12	3	
Kids' French Fries (Queens/ Philly)	240	100	11	2	0	0	390	30	0	0	3	
Kids' Fresh Fruit	50	0	0	0	0	0	0	13	0	10	1	
Kids' Pasta with Butter and Parmesan	460	170	19	11	0.5	45	950	60	2	2	13	
Kids' Pasta with Marinara Sauce	470	120	13	1	0	0	1600	73	0	11	15	
Kids' Pasta with Alfredo Sauce	910	540	60	37	2	170	1370	69	6	6	25	
Kids' Spaghetti with Meatball	680	280	31	8	0.5	60	2180	72	7	14	29	
Kids' Spaghetti with Meatball (Queens/Philly)	680	280	31	8	0.5	60	2180	72	7	14	29	
Kids' Macaroni and Cheese	1160	710	79	48	3	235	2040	84	5	9	29	
Kids' Cheese Flatbread Pizza	1000	450	50	31	1	125	2530	86	4	3	47	
Kids' Pepperoni Flatbread Pizza	990	450	50	29	1	125	2720	86	4	2	49	
Kids' Cheese Flatbread Pizza (Queens/Philly)	830	340	38	22	0.5	90	2230	82	4	3	39	
Kids' Pepperoni Pizza (Queens/Philly)	840	340	38	21	0.5	90	2280	84	4	2	38	
Kids' Quesadilla	820	480	54	34	1	115	1440	48	2	0	40	
Kids' Quesadilla with Chicken	940	520	58	35	1	180	1670	48	2	0	59	
Kids' Grilled Chicken	460	180	19	11	0.5	145	1600	38	5	1	33	
Kids' Grilled Salmon	540	250	28	13	0.5	125	910	40	5	1	32	
Kids' Brunch with French Toast	1200	890	99	51	3	445	300	59	2	42	19	
Kids' Brunch with Buttermilk Pancakes	680	330	37	16	1	85	930	75	4	40	14	
Kids' Coke®	60	0	0	0	0	0	5	17	0	0	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	
Kids' Strawberry Shortcake	450	230	25	16	0	90	380	48	1	26	8	
<b>HAPPY HOUR MENU</b>												
*Happy Hour* Burger	1140	630	70	31	3	230	3180	72	3	26	54	
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	
<b>SELECTED WELL DRINKS</b>												
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	1	11	0	10	0	
Barq's® Root Beer	40	0	0	0	0	0	4	11	0	11	0	
Sprite®	35	0	0	0	0	0	5	9	0	9	0	
Sprite Zero® (PR)	0	0	0	0	0	0	2	0	0	0	0	
Dr. Pepper®	35	0	0	0	0	0	10	10	0	10	0	
Diet Dr. Pepper® (TX & OK)	0	0	0	0	0	0	15	0	0	0	0	
Ginger Ale	35	0	0	0	0	0	10	9	0	9	0	
Cranberry Juice	45	0	0	0	0	0	3	11	0	11	0	
Orange Juice	40	0	0	0	0	0	0	10	0	8	1	
Pineapple Juice	50	0	0	0	0	0	1	12	0	11	0	
The Cheesecake Factory Signature Lemonade	110	0	0	0	0	0	2	31	0	29	0	
<b>GLUTEN FREE SMALL PLATES &amp; SNACKS</b>												
Grilled Asparagus	360	270	30	15	0.5	70	720	13	5	3	10	
Honey Roasted Carrots	420	230	26	11	0.5	50	1010	43	6	31	4	
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7	
<b>GLUTEN FREE APPETIZERS</b>												
Ahi Tuna & Shrimp Ceviche* - Serves 2-4	570	330	36	6	0	60	1090	38	8	5	26	140
Sweet Corn Tamale Cakes - Serves 2-4	1340	790	88	44	2.5	210	1710	119	19	42	16	340
<b>GLUTEN FREE APPETIZER SALADS</b>												
Tossed Green Salad	35	0	0	0	0	0	25	7	3	4	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	41	8	0	25	630	15	3	10	3	
Tossed Green Salad with Thousand Island Dressing	470	370	41	8	0	25	690	19	3	14	3	
Caesar Salad	720	590	66	14	0	50	930	19	7	9	12	
Caesar Salad with Chicken	950	640	71	15	0	175	1470	19	7	9	56	
Factory Chopped Salad	870	600	67	13	0.5	85	1470	34	10	18	34	
<b>GLUTEN FREE LUNCH SPECIALS</b>												
Lunch Cobb Salad	1160	900	100	20	1	265	1590	22	7	12	43	
Lunch Four Cheese Pasta	930	420	46	16	0.5	65	2760	106	6	15	24	
Lunch Four Cheese Pasta with Chicken	950	370	41	16	0.5	130	2860	99	6	15	46	
Lunch Pasta with Chicken and Roasted Garlic	1180	540	60	25	1	150	2550	120	6	9	41	
Lunch Pasta Carbonara	1500	910	101	46	2.5	205	2160	119	5	6	26	
Lunch Pasta Carbonara with Chicken	1610	930	103	46	2.5	270	2390	119	5	6	50	
Italian Sausage and Fresh Mushroom Rigatoni	1590	1080	120	58	3	285	2310	96	7	9	32	
Lunch Evelyn's Favorite Pasta	830	420	47	15	1	40	1330	92	6	5	11	
Lunch Spicy Chicken Chipotle Pasta	1270	660	74	25	1.5	140	2340	118	8	16	37	
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 Grilled Salmon with Corn Succotash	1020	550	61	24	1	190	1400	67	6	24	50	
Lunch Grilled Salmon with Green Beans	850	490	55	21	1	180	1100	42	5	5	46	
Lunch Grilled Salmon with Sauteed Spinach	880	510	57	22	1	160	1570	45	7	4	49	
Lunch Miso Salmon	990	430	48	24	1.5	195	1260	94	2	25	45	
Cajun Salmon	1250	820	92	38	2.5	265	1540	59	6	16	46	
<b>GLUTEN FREE GLAMBURGERS®</b>												
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	
Double Smash Cheeseburger	1460	710	79	28	2.5	180	3860	133	11	29	56	
Old Fashioned Burger	840	420	46	15	2	140	1790	64	6	21	43	
Bistro Burger	1250	700	78	25	2.5	165	2790	89	7	42	49	
Mushroom Burger	1300	770	86	32	3	200	2370	73	8	25	61	
Americana Cheeseburger	1230	690	76	29	2.5	205	3330	83	8	31	56	
Bacon-Bacon Cheeseburger	1460	860	96	37	3	260	3440	79	7	33	71	

	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)
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
<b>GLUTEN FREE SPECIALTIES</b>											
Green Chile Chicken Enchiladas	1420	600	67	27	1.5	180	2760	143	21	11	65
Thai Stir Fried Noodles	1460	480	54	14	0.5	245	3170	222	7	90	23
Thai Stir Fried Noodles with Shrimp	1640	610	69	23	1	330	3370	223	7	90	36
Shepherd's Pie	1400	730	81	40	4	300	3290	90	13	16	74
<b>GLUTEN FREE PASTA</b>											
Four Cheese Pasta	1270	620	69	27	1	115	3800	126	8	20	36
Four Cheese Pasta with Chicken	1460	650	72	28	1	220	4580	126	8	20	77
Pasta with Chicken and Roasted Garlic	1900	980	109	49	2	290	3970	164	10	14	67
Pasta Carbonara	2120	1350	150	69	3.5	315	2910	151	7	9	37
Pasta Carbonara with Chicken	2310	1380	154	70	3.5	420	3300	151	7	9	77
Evelyn's Favorite Pasta	1150	650	73	27	1.5	75	1880	112	8	9	14
Italian Sausage and Fresh Mushroom Rigatoni	2190	1450	161	79	4	390	3510	140	9	12	45
Spicy Chicken Chipotle Pasta	1750	980	110	37	2	215	2910	140	10	22	54
Shrimp with Rotini	1390	810	91	14	1	105	3320	107	11	22	37
<b>GLUTEN FREE FISH &amp; SEAFOOD</b>											
Grilled Branzino	1360	820	91	38	2.5	285	1840	60	7	5	71
Grilled Salmon with Fresh Corn	1330	720	80	31	1.5	255	1680	86	8	25	63
Grilled Salmon with Green Beans	1150	660	74	28	1.5	245	1380	61	6	6	59
Grilled Salmon with Sautéed Spinach	1190	690	76	29	1.5	225	1850	63	8	6	62
Miso Salmon	1330	610	67	31	1.5	240	1430	119	5	27	64
Cajun Salmon	1570	1020	114	49	3	340	2030	77	7	17	59
<b>GLUTEN FREE STEAKS &amp; CHOPS</b>											
Steak Frites	1490	790	88	32	3	125	2810	121	9	15	55
Steak Diane	1150	580	65	27	2	260	2750	67	6	14	76
Grilled Rib-Eye Steak	1250	720	80	40	4	270	2310	57	7	3	75
Filet Mignon	840	340	38	21	1.5	245	1680	56	7	3	67
<b>GLUTEN FREE SIDE DISHES</b>											
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
Sautéed 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
<b>GLUTEN FREE SALADS</b>											
Caesar Salad	1070	890	99	22	0	75	1410	25	9	12	18
Caesar Salad with Chicken	1300	950	106	23	0	205	1880	25	9	12	57
Cobb Salad	1650	1270	141	27	1	365	2680	30	11	15	65
<b>GLUTEN FREE EGGS &amp; OMELETTES</b>											
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
<b>FACTORY CREATE AN OMELETTE</b>											
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	1090	810	91	42	2.5	810	1570	13	4	4	55
Spinach, Mushroom, Bacon and Cheese Omelette	950	720	80	40	2	795	1460	12	3	4	46
Grilled Steak & Eggs	660	490	55	26	0	520	1100	2	0	1	45
Loco Moco (HI)	1750	960	108	34	3.5	595	1960	112	4	5	81
<b>GLUTEN FREE SATURDAY &amp; SUNDAY BRUNCH</b>											
Jambalaya Hash & Eggs	1750	1150	128	68	3.5	750	2370	106	8	15	44
<b>GLUTEN FREE DESSERTS</b>											
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
<b>GLUTEN FREE SKINNYLICIOUS® SMALL PLATES &amp; APPETIZERS</b>											
Beet and Avocado Salad	290	110	12	3	0	5	480	41	8	29	7
<b>GLUTEN FREE SKINNYLICIOUS® SPECIALTIES</b>											
SkinnyLicious® Chicken Soft Tacos	520	140	16	3.5	0	80	1050	64	13	14	32
SkinnyLicious® Shrimp Soft Tacos	520	130	15	3	0	185	1010	67	13	14	31
SkinnyLicious® Spicy Shrimp Pasta	580	190	21	7	0	60	1840	72	6	15	21
SkinnyLicious® Grilled Branzino	530	260	29	12	0.5	105	1250	30	5	5	36
<b>GLUTEN FREE KIDS' MENU</b>											
Kids' Pasta with Butter and Parmesan	460	170	20	11	0.5	45	720	66	1	0	5
Kids' Pasta with Marinara Sauce	460	120	13	1.5	0	0	1360	79	4	9	7
Kids' Pasta with Alfredo Sauce	910	540	60	37	2	170	1130	75	3	4	17
Kids' Grilled Chicken	460	180	19	11	0.5	145	1600	38	5	1	33
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
<b>GLUTEN FREE HAPPY HOUR MENU</b>											
"Happy Hour" Burger	980	510	56	24	2.5	180	3090	72	6	28	50