

Nutritional Information Booklet

Introduction

This guidance document has been prepared by Alshaya Group to provide general nutritional information about the food products that are served in its restaurants in the Kingdom of Saudi Arabia.

In this booklet you will find information about calories, fats, cholesterol, sugars, fiber, protein and sodium in the foods and beverages we serve.

This nutritional information is derived from a number of sources:

- 1. Nutritional values provided by the franchisors.** Alshaya is a franchise operator who partners with international brand owners to bring their brands to local markets. As part of our goal of authentically replicating each brand, we source ingredients and prepare meals based on our partners' specifications – we use their nutritional values for imported products.
- 2. Official sources.** This includes the Food & Drug Administration (FDA) in the United States of America and the Food Standards Agency (FSA) in the United Kingdom.
- 3. Analysis of products through specialist software.** We use internationally certified software to calculate the nutritional information for recipe items that we serve. We draw from over 280,000 foods listed in major nutritional databases following the standards approved by the FDA, the EU and Food Standards Australia New Zealand (FSANZ). This allows us to reach results that are stated in this document.
- 4. Laboratory Analysis.** Results of tests carried out in food testing laboratories in the Kingdom of Saudi Arabia in compliance with the standards set by the Saudi Food & Drug Authority (SFDA).

The nutritional information we are offering is given as general guidance for our customers. We have made every effort to be accurate but preparation methods, customer preferences and differences in locally sourced ingredients available in the local markets we operate in may all affect the nutritional content of the food we serve.

As a store operating manual, with information that constantly changes, this document is not intended for general distribution but is available for view in the restaurant on request.

CONFIDENTIALITY:

Information regarding Foods, Beverages & Nutritional information provided in this document is the sole property of Alshaya Group and its brand partners. As such, this document and the information contained are protected by copyright infringement laws.

The Cheesecake Factory KSA – Nutrition Information

Product Name	Nutrition Information												
	Energy (Calories)	Burnout Rate (minutes)	Total Fats (g)	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein (g)	Sodium (g)	Caffeine (mg)
PINEAPPLE CHERRY LIMEADE	220	57	0	0	0	0	57	39	31	1	0	40	
TROPICAL GINGER COOLER	210	55	0	0	0	0	52	46	36	1	0	55	
ITALIAN ORANGE SODA	190	49	0	0	0	0	46	40	32	3	1	30	
COCONUT LIMEADE	200	52	4.5	4	0	0	42	39	19	1	1	40	
LEMON MINT COOLER	360	94	0	0	0	0	91	89	89	1	0	20	
BERRY SPRITZER	220	57	3	0	0	0	56	46	39	4	1	45	
CITRUS SPLASH	190	49	0	0	0	0	48	43	29	4	2	35	
ISLAND COOLER	270	70	0.5	0	0	0	67	54	37	3	1	65	
SUNRISE ORANGE ICED TEA	310	81	0	0	0	0	78	67	49	4	1	45	0.4
PINEAPPLE PARADISE TEA	180	47	0	0	0	0	46	40	18	2	0	50	0.4
SPANISH ICED TEA	120	31	0	0	0	0	32	28	18	1	0	35	0.4
HIBISCUS CITRUS ICED TEA	150	39	0	0	0	0	37	37	36	0	0	25	0.4
HIBISCUS MINT FIZZ	80	21	0	0	0	0	21	19	18	1	0	35	
WHITE SANGRIA	150	39	0	0	0	0	37	30	23	2	0	20	
RED SANGRIA	150	39	0	0	0	0	38	32	12	2	0	35	
STRAWBERRY DAIQUIRI	220	57	0	0	0	0	56	49	23	3	1	0	
PINA COLADA	290	75	9	8	0	0	54	47	5	2	2	35	
FROZEN ICED MANGO	420	109	8	3.5	0	0	90	54	23	3	3	35	
TROPICAL FRUIT SMOOTHIE	560	145	8	6	0	0	125	93	31	5	3	85	
STRAWBERRY FRUIT SMOOTHIE	320	83	5	4	0	0	72	58	0	6	3	25	
COCONUT MOJITO	140	36	4.5	4	0	0	26	23	10	1	1	45	
MOJITO	150	39	0	0	0	0	37	19	19	1	0	40	
STRAWBERRY MOJITO	160	42	0	0	0	0	42	27	15	2	1	40	
PASSION FRUIT MOJITO	220	57	0	0	0	0	58	36	15	3	1	85	
CUCUMBER MOJITO	110	29	0	0	0	0	27	24	24	1	1	45	
MATCHA MILK TEA	320	83	19	11	0	0	30	23	16	0	7	10	210
STRAWBERRY MATCHA	250	65	13	5	0	0	26	16	5	0	8	5	212
BLUEBERRY MATCHA	260	68	10	3.5	0	0	38	27	5	1	7	15	209
LIME CRUSH	130	34	0	0	0	0	34	31	31	0	0	45	
PASSION FRUIT MARTINI	200	52	0	0	0	0	53	36	12	2	0	55	
BLOOD ORANGE MARGARITA	120	31	0	0	0	0	29	20	21	0	0	10	
ESPRESSO MARTINI	100	26	0	0	0	0	26	25	25	0	0	0	47
LITTLE HOUSE SALAD	90	23	1	0	0	0	18	12	0	3	3	610	

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Individual needs of calories might differ from one person to another.*

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STREET CORN	1340	348	54	11	1	15	210	46	1	24	42	1570	
STUFFED MUSHROOMS	440	114	33	21	0.5	55	24	12	2	2	15	530	
LOADED BAKED POTATO TOTS	780	203	62	20	0	75	42	6	1	2	14	870	
CRISPY FRIED CHEESE ▲	1300	338	90	38	1	90	72	10	4	4	55	4640	
BEET AND AVOCADO SALAD	220	57	11	1.5	0	0	30	16	1	8	6	410	
LITTLE HOUSE SALAD	90	23	1	0	0	0	18	12	0	3	3	610	
STREET CORN	1340	348	54	11	1	15	210	46	1	24	42	1570	
CHEESEBURGER SPRING ROLLS	1120	291	84	28	0	160	34	14	0	1	34	1540	
KOREAN FRIED CAULIFLOWER ▲	1050	273	51	8	0	15	138	47	31	7	12	2630	
AVOCADO TACOS	630	164	43	8	0	20	59	8	4	13	8	1520	
CHICKEN TAQUITOS	380	99	21	6	0	50	34	8	0	4	16	1040	
ASIAN CUCUMBER SALAD	500	130	42	6	0	0	31	26	16	1	2	1210	
FRIED ZUCCHINI ▲	1040	270	67	18	0.5	15	82	7	1	4	31	2080	
ROADSIDE SLIDERS	1340	348	41	19	0	225	177	38	14	10	53	950	
HUMMUS	900	234	55	10	0	10	73	2	7	5	31	1700	
AVOCADO EGGROLLS	1020	265	45	6	0	0	139	39	34	15	14	1300	
QUESADILLA	1090	283	73	38	1	150	59	5	0	7	48	1570	
QUESADILLA WITH CHICKEN	1350	351	84	44	1.5	230	68	5	0	8	77	1860	
THAI CHILI SHRIMP	660	171	34	5	0	115	58	4	2	1	32	1550	
FRIED MACARONI AND CHEESE ▲	1450	377	96	58	1	105	107	25	3	7	38	2410	
BEEF BELLY SLIDERS ▲	1850	481	71	25	0	270	230	75	28	11	73	3230	
SOUTHERN FRIED CHICKEN SLIDER ▲	1710	444	24	11	0	280	199	36	15	11	60	2300	
HOT SPINACH AND CHEESE DIP ▲	2090	543	101	42	0.5	55	261	9	0	22	44	2520	
TEX MEX EGGROLLS ▲	910	236	49	13	0	100	79	12	1	7	40	2200	
BUFFALO BLASTS ▲	1590	413	78	29	0	270	113	3	0	4	108	5180	
EGGROLL SAMPLER ▲	1380	358	75	17	0	95	129	53	39	8	35	2810	
THAI LETTUCE WRAPS (CHICKEN) ▲	900	234	47	7	0	100	126	88	71	6	52	3310	
THAI LETTUCE WRAPS (CHICKEN) (SMALL) ▲	540	140	25	4	0	50	80	60	49	4	27	2050	
THAI LETTUCE WRAPS (AVOCADO) ▲	980	255	65	10	0	0	129	82	71	16	16	2900	
THAI LETTUCE WRAPS (AVOCADO) (SMALL)	620	161	40	6	0	0	80	52	45	11	9	1760	
SOUP OF THE DAY - BAKED POTATO (CUP)	530	138	40	25	0	30	33	11	0	4	8	1150	
SOUP OF THE DAY - RUSTIC LENTIL (CUP)	210	55	1	0	0	5	42	6	0	6	13	690	
SOUP OF THE DAY - CHICKEN TORTILLA (CUP) ▲	490	127	28	6	0	55	42	9	1	3	18	2210	

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SOUP OF THE DAY - BAKED POTATO (BOWL)	750	195	57	36	0	60	44	16	0	5	13	1630	
SOUP OF THE DAY - RUSTIC LENTIL (BOWL)	270	70	1.5	0	0	5	56	8	0	8	17	920	
SOUP OF THE DAY - CHICKEN TORTILLA (BOWL) ▲	760	197	45	9	0	80	64	13	1	5	26	3000	
FACTORY NACHOS ▲	3060	795	225	71	0	230	200	35	0	19	51	2850	
FACTORY NACHOS WITH SPICY CHICKEN ▲	3230	839	228	71	0	295	214	40	0	21	78	4010	
BUFFALO WINGS ▲	1510	392	87	12	0	35	106	4	0	16	103	3720	
BUFFALO CHICKEN STRIPS ▲	1030	268	54	14	0	175	71	3	0	3	67	2980	
CHEESE FLATBREAD PIZZA	890	231	37	21	0	65	101	5	0	4	44	1140	
PEPPERONI FLATBREAD PIZZA	1100	286	44	25	0	85	127	7	0	5	57	1500	
MARGHERITA FLATBREAD PIZZA	760	197	28	15	0.5	70	100	6	0	4	34	620	
FRESH, BASIL, TOMATO AND CHEESE FLATBREAD PIZZA	800	208	28	16	1	70	108	11	6	5	37	830	
BEE STING FLATBREAD PIZZA	1020	265	36	20	1	65	129	11	2	6	54	1510	
WITH FRENCH FRIES	520	135	29	3.5	0	0	65	1	0	9	6	310	
WITH TOSSED GREEN SALAD	250	65	19	3.5	0	20	16	10	1	2	4	890	
WITH SWEET POTATO FRIES	500	130	28	4	0	0	70	19	0	6	2	570	
OLD FASHIONED BURGER	1060	275	48	18	0	200	71	30	11	3	39	1370	
CLASSIC BURGER ▲	1550	403	89	32	0	300	79	33	12	4	60	2980	
DOUBLE SMASH CHEESEBURGER ▲	1300	338	85	35	0	270	72	29	14	3	47	2460	
BISTRO BURGER	1470	382	87	26	0	185	97	29	13	4	50	1950	
FRENCH DIP CHEESEBURGER ▲	1880	488	116	43	0.5	260	118	28	2	7	60	2700	
SMOKEHOUSE BBQ BURGER ▲	1200	312	56	23	0	260	69	29	2	3	52	2330	
AMERICANA CHEESEBURGER ▲	1540	400	90	35	0	285	85	36	12	5	51	3060	
MACARONI AND CHEESEBURGER ▲	1570	408	87	42	0	255	97	37	11	5	50	2000	
BACON-BACON CHEESEBURGER ▲	1640	426	83	35	0	350	83	46	14	4	75	4080	
VEGGIE BURGER MELT ▲	1260	327	50	16	0	65	138	36	10	13	35	2760	
SPICY CRISPY CHICKEN SANDWICH - BUFFALO SAUCE	1190	309	63	21	0.5	200	104	12	2	4	52	1690	
SPICY CRISPY CHICKEN SANDWICH - CHIPOTLE MAYO	1270	330	71	22	0	195	106	13	3	5	50	1690	
CHICKEN SHAWARMA ▲	1040	270	54	8	0	130	87	13	4	7	54	2110	

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CHICKEN SALAD SANDWICH	840	218	44	12	0.5	100	82	19	6	6	32	1740	
THE CLUB	830	216	45	8	0	155	54	13	7	4	52	1780	
GRILLED CHICKEN AND AVOCADO CLUB 	860	223	206	16	0	190	47	10	4	8	72	2310	
CHICKEN PARMESAN SANDWICH	2590	673	135	79	2	370	221	7	3	8	115	1810	
CALIFORNIA CHEESESTEAK	1050	273	47	25	0	215	98	19	0	5	60	1760	
TOSSED GREEN SALAD	320	83	21	5	0	25	26	16	1	5	7	890	
CAESAR SALAD	560	145	46	13	1	45	23	8	1	9	17	600	
CAESAR SALAD WITH CHICKEN	730	190	48	13	1	135	25	8	1	9	53	1170	
FACTORY CHOPPED SALAD	620	161	26	8	0	90	63	28	1	14	39	1990	
MEXICALI SALAD 	1390	361	90	17	0	40	139	23	0	33	38	3510	
FRIED CHICKEN CLUB SALAD 	1330	345	98	26	0	335	62	21	6	7	52	2930	
VEGAN COBB SALAD	780	203	50	7	0	0	77	22	0	23	19	1570	
THAI CHICKEN SALAD 	1260	327	74	12	0	100	134	86	59	17	72	3780	
SHEILA'S CHICKEN & AVOCADO SALAD 	1880	488	112	13	0	90	174	71	25	27	67	3100	
CHINESE CHICKEN SALAD 	1240	322	38	5	0	90	158	45	3	10	57	4210	
LUAU SALAD 	880	229	27	4	0	95	110	58	30	9	49	2820	
BARBEQUE RANCH CHICKEN SALAD 	1400	364	65	10	0	120	168	53	3	33	65	3460	
SANTA FE SALAD 	1600	416	76	16	1	145	170	51	17	27	84	3420	
COBB SALAD 	860	223	44	15	0.5	370	48	29	0	10	68	3420	
CALIFORNIA GUCAMOLE SALAD	860	223	58	9	0	15	80	13	2	19	17	1220	
ADD AVOCADO	240	62	22	3	0	0	12	0	0	10	3	10	
ADD GRILLED CHICKEN	240	62	2.5	0	0	90	18	0	0	0	36	580	
ADD GRILLED SHRIMP	80	21	1	0	0	55	1	0	0	0	16	390	
ADD GRILLED SALMON	250	65	14	2.5	0	90	0	0	0	0	30	160	
ADD CHARGRILLED STEAK	270	70	8	0	0	0	2	0	0	0	49	250	
RENEE'S SPECIAL – ROASTED TURKEY SANDWICH	600	156	30	7	0	85	54	17	1	5	31	1210	
RENEE'S SPECIAL – CHICKEN ALMOND SALAD SANDWICH	760	197	57	16	0.5	110	42	9	4	4	23	1210	
LUNCH - COBB SALAD 	570	148	29	3	0	265	35	22	0	7	46	2510	
LUNCH - SHEILA'S CHICKEN & AVOCADO SALAD	1030	268	60	7	0	55	98	41	9	16	39	1580	
LUNCH – CHINESE CHICKEN SALAD 	660	171	22	3	0	45	84	31	2	6	28	2380	
LUNCH – BARBEQUE RANCH CHICKEN SALAD 	1200	312	68	10	0	75	127	37	3	26	44	2470	

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LUNCH - LUAU SALAD	650	169	28	4	0	95	58	36	19	6	43	1810	
LUNCH - SANTA FE SALAD ▲	1070	278	50	9	0.5	80	119	34	9	19	53	2140	
LUNCH - FAMOUS FACTORY MEATLOAF ▲	1670	434	87	45	1	290	128	46	11	12	58	2180	
LUNCH - SHEPHERD'S PIE	1180	306	83	43	1	230	56	13	0	8	54	1610	
LUNCH - FISH & CHIPS ▲	1710	444	94	16	0	95	145	44	28	13	42	2410	
LUNCH - FETTUCCINI ALFREDO	1270	330	81	11	0	10	102	5	0	5	37	850	
LUNCH - FOUR CHEESE PASTA	990	257	32	17	0	30	147	26	9	14	40	1480	
LUNCH - SPAGHETTI AND MEATBALLS	1000	260	26	10	0	80	164	26	7	15	43	1320	
LUNCH - PASTA CARBONARA	1230	319	61	38	0	55	140	14	3	11	42	510	
LUNCH - SPICY RIGATONI	1020	265	48	27	0.5	65	132	25	11	13	27	1570	
LUNCH - EVELYN'S FAVORITE PASTA	1040	270	50	30	1	95	132	14	1	17	28	1240	
LUNCH - PASTA DA VINCI	1030	268	36	22	0	70	136	31	5	10	48	1310	
LUNCH - LOUISIANA CHICKEN PASTA	1340	348	67	36	1	105	144	12	0	12	53	1860	
LUNCH - SPICY CHICKEN CHIPOTLE PASTA ▲	1360	353	66	30	0	70	149	22	6	14	53	2360	
LUNCH - CRUSTED CHICKEN ROMANO	930	242	27	10	1	155	125	9	1	9	56	1110	
LUNCH - CHICKEN PICATTA	1450	377	94	57	1.5	270	101	8	1	8	57	1390	
LUNCH - ORANGE CHICKEN ▲	1540	400	39	4.5	0	135	223	47	37	3	69	3080	
LUNCH - HERB CRUSTED FILET OF SALMON	1100	286	82	44	1	260	37	6	0	5	54	600	
LUNCH - MISO SALMON ▲	1540	400	84	45	1.5	305	138	53	43	4	57	2160	
LUNCH - FRESH GRILLED SALMON	940	244	61	25	0	195	45	7	0	9	55	940	
LUNCH - CAJUN SALMON	1260	327	90	41	1	240	58	11	1	7	60	780	
GREEN CHILE CHICKEN ENCHILADAS ▲	1420	369	61	24	0	175	173	12	1	29	67	3550	
THAI STIR FRIED NOODLES	2250	584	64	15	0.5	240	397	178	173	6	29	1450	
THAI STIR FRIED NOODLES W SHRIMP	2310	600	65	15	0.5	290	397	178	173	6	43	1680	
THAI COCONUT-LIME CHICKEN ▲	1750	455	106	44	1	270	176	37	10	5	85	2640	
CRISPY PINEAPPLE CHICKEN AND SHRIMP ▲	1750	455	24	4.5	0	110	323	89	70	5	57	3450	
KOREAN FRIED CHICKEN ▲	1890	491	48	5	0	120	293	79	60	8	70	4710	
CHICKEN PARMESAN "PIZZA STYLE" ▲	2230	579	149	63	2	395	133	17	5	10	103	2360	
TRUFFLE-HONEY CHICKEN ▲	1580	410	94	43	1	255	116	17	0	9	75	2460	
HARISSA CHICKEN ▲	1620	421	61	24	0.5	275	165	21	3	14	112	3800	
CHICKEN TENDERS ▲	1880	488	86	43	1	255	198	36	1	13	87	4770	
SHEPHERD'S PIE	1660	431	117	59	1	335	75	18	0	11	77	1910	
BAJA CHICKEN TACOS ▲	1380	358	59	21	0	195	172	11	6	18	70	2440	

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FISH TACOS – GRILLED ▲	970	252	28	11	0	85	173	11	6	19	40	2400	
FISH TACOS - CRISPY TEMPURA ▲	1200	312	44	14	0	90	193	11	6	19	42	3060	
GRILLED STEAK TACOS ▲	1410	366	60	20	0	80	172	10	6	17	81	2230	
FAMOUS FACTORY MEATLOAF ▲	2330	605	124	65	1.5	430	162	63	17	14	82	3080	
CHICKEN MADEIRA	1330	345	66	41	1	425	111	27	9	9	79	1940	
CHICKEN BELLAGIO ▲	1670	434	72	25	1	310	171	11	1	12	92	2460	
CRUSTED CHICKEN ROMANO ▲	1640	426	66	27	2	210	184	30	9	15	94	2260	
ORANGE CHICKEN ▲	2050	532	52	6	0	170	300	77	63	4	88	4550	
ORANGE CAULIFLOWER	1250	325	17	2.5	0	0	252	60	0	8	22	1940	
PARMESAN-HERB CRUSTED CHICKEN	1570	408	97	63	2	430	67	14	1	9	106	1290	
CRISPY CHICKEN COSTOLETTA ▲	1650	429	98	59	2	500	107	10	1	7	87	2140	
CHICKEN PICCATA	1540	400	95	57	1.5	315	102	9	1	8	75	1520	
MEDITERRANEAN GRILLED BEEF KEBABS	990	257	44	16	0	280	94	8	1	6	51	1860	
BANG-BANG CHICKEN AND SHRIMP ▲	1290	335	382	22	0	140	161	26	13	7	72	3570	
TOMATO BASIL PASTA	1120	291	35	14	0	125	147	23	5	13	64	1610	
FETTUCINI ALFREDO	970	252	35	20	0	15	123	6	0	7	47	1540	
FETTUCINI ALFREDO WITH CHICKEN ▲	1080	281	34	19	0	90	122	6	0	7	74	2000	
PASTA CARBONARA	1660	431	86	53	0.5	85	180	22	6	14	57	880	
PASTA CARBONARA WITH CHICKEN	1810	470	87	53	0.5	165	180	22	6	14	87	1900	
FOUR CHEESE PASTA ▲	1190	309	45	24	0	55	158	30	10	15	52	2170	
FOUR CHEESE PASTA WITH CHICKEN ▲	1330	345	47	25	0	130	158	30	10	15	82	2810	
SPAGHETTI AND MEATBALLS ▲	1400	364	41	17	1	140	211	42	10	20	63	2160	
EVELYN'S FAVORITE PASTA	1450	377	82	47	1.5	155	159	20	2	20	36	1850	
LOUISIANA CHICKEN PASTA	1900	494	94	52	1.5	175	193	16	0	15	85	1530	
PASTA DA VINCI ▲	1430	371	58	36	0	110	171	48	9	12	67	2020	
FARFALLE WITH CHICKEN AND ROASTED GARLIC ▲	1570	408	68	35	0.5	115	169	20	1	15	84	2000	
SPICY CHICKEN CHIPOTLE PASTA ▲	1950	506	111	43	0	115	181	29	8	17	75	3180	
CAJUN JAMBALAYA PASTA	1240	322	32	19	0.5	210	166	13	0	9	76	1890	
SPICY RIGATONI PASTA ▲	1460	379	66	36	0.5	95	194	34	14	20	42	2190	
FISH & CHIPS ▲	1910	496	106	17	0	115	157	44	28	14	53	2730	
FRIED SHRIMP PLATTER ▲	1730	449	74	12	0	135	174	52	28	15	49	3240	
SHRIMP AND CHICKEN GUMBO ▲	1240	322	54	29	0.5	245	116	21	12	4	68	2310	
SHRIMP SCAMPI	1290	335	66	42	1	220	136	14	7	9	48	1450	
JAMAICAN BLACK PEPPER CHICKEN ▲	1300	338	21	10	0	200	207	59	20	15	85	3150	
JAMAICAN BLACK PEPPER SHRIMP ▲	1210	314	20	9	0	200	207	59	20	15	69	2950	
JAMAICAN BLACK PEPPER SHRIMP AND CHICKEN COMBO ▲	1230	319	20	9	0	175	211	59	20	15	69	2950	

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FRESH GRILLED SALMON	1360	353	91	36	0.5	260	64	10	1	13	72	1440	
CAJUN SALMON	1410	366	99	51	1	265	72	13	1	8	62	920	
GRILLED BRANZINO	1100	286	76	49	1.5	150	53	10	0	7	54	700	
HERB CRUSTED FILET OF SALMON	1470	382	110	58	1.5	340	47	8	1	7	70	820	
MISO SALMON 	1960	509	108	56	2	380	173	64	52	5	73	2590	
CARNE ASADA STEAK	1490	387	53	27	1	90	177	18	2	9	81	1280	
CHARGRILLED NEW YORK STEAK 	1300	338	86	48	0.5	210	93	10	0	7	42	2030	
GRILLED LAMB CHOPS 	2130	553	133	23	0.5	175	165	20	3	13	83	3310	
STEAK FRITES	2080	540	108	31	1	185	170	16	1	22	73	1850	
STEAK DIANE 	1220	317	54	25	0.5	70	74	31	6	6	113	2310	
GRILLED RIB-EYE STEAK 	1200	312	63	35	0.5	310	49	9	0	7	111	2310	
FILET MIGNON 	970	252	57	33	0.5	240	49	9	0	7	70	2380	
SIDE FRENCH FRIES	1520	395	62	8	0	0	163	22	0	21	14	1220	
SIDE CHEESE FRIES 	1970	512	97	39	0	155	157	42	0	19	33	2340	
SIDE FRESH GREEN BEANS	140	36	10	7	0	30	11	5	0	4	3	320	
SIDE FRESH CORN	280	73	10	5	0	15	49	11	1	5	8	390	
SIDE SWEET POTATO FRIES	1130	294	61	9	0	10	133	40	0	11	4	1630	
SIDE FRESH SAUTEED SPINACH	470	122	47	33	1	135	8	1	0	5	7	190	
SIDE OVEN ROASTED BROCCOLI	210	55	13	6	0	20	22	4	0	8	7	680	
SIDE GRILLED ASPARAGUS	140	36	10	6	0	25	11	3	0	5	6	620	
SIDE MACARONI & CHEESE	1670	434	117	73	0.5	175	107	33	0	7	34	1180	
SIDE MASHED POTATOES	450	117	32	21	0	55	38	4	0	4	5	50	
EGGS ANY STYLE	1330	345	69	34	1	535	117	29	4	9	29	1500	
EGGS ANY STYLE w/ BEEF BACON	1480	384	76	36	1	605	111	25	4	7	54	1750	
EGGS ANY STYLE w/ TURKEY HAM 	1600	416	80	37	1	575	142	29	4	8	47	2000	
BRIOCHE BREAKFAST SANDWICH 	1780	462	95	40	1.5	615	142	35	7	8	50	2310	
FACTORY CREATE AN OMELETTE 	1580	410	105	37	1	870	121	30	4	9	53	2030	
BEEF BACON	70	18	2.5	1	0	30	0	0	0	0	12	360	
TURKEY HAM	100	26	4.5	1.5	0	15	10	1	0	0	6	350	
CHEDDAR CHEESE	230	60	19	10	0	60	2	15	0	0	0	370	
JACK CHEESE	230	60	19	10	0	50	0	0	0	0	15	310	
SWISS CHEESE	220	57	179	11	0	55	3	0	0	0	16	135	
FONTINA CHEESE	200	52	16	9	0.5	50	1	0	0	0	13	350	

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AVOCADO	100	26	9	1	0	0	5	0	0	4	1	0	
ROASTED PEPPERS	20	5	0	0	0	0	5	2	0	1	1	0	
FRESH MUSHROOMS	15	4	0	0	0	0	2	1	0	1	2	0	
ASPARAGUS	20	5	0	0	0	0	4	1	0	2	2	160	
SPINACH	100	26	10	7	0	25	2	0	0	1	1	35	
BELL PEPPERS	15	4	0	0	0	0	4	1	0	1	1	0	
FRESH TOMATO	10	3	0	0	0	0	2	1	0	1	1	0	
RED ONION	10	3	0	0	0	0	0	0	0	0	0	0	
GREEN ONION	20	5	0	0	0	0	4	1	0	2	1	10	
CALIFORNIA OMELETTE 	1850	481	189	40	0.5	870	126	31	4	12	66	2660	
SPINACH, MUSHROOM, CHEESE, AND BACON OMELETTE 	1690	439	92	44	1	885	120	32	4	4	63	2360	
BREAKFAST BURRITO 	2090	543	141	61	0.5	875	146	31	2	26	71	4220	
GRILLED STEAK & EGGS	1820	473	118	59	2	1125	101	15	4	7	92	1560	
GIANT BELGIAN WAFFLE	850	221	43	26	1	160	111	36	33	2	10	1300	
GIANT BELGIAN WAFFLE, STRAWBERRIES, PECAN AND CHANTILLY CREAM	1090	283	57	27	1	160	142	60	48	6	13	1340	
BUTTERMILK PANCAKES 	1120	291	46	26	1	205	167	41	40	4	18	2450	
BUTTERMILK PANCAKES W/BLEUBERRIES 	1210	314	46	26	1	205	192	60	52	6	19	2450	
CINNAMON ROLL PANCAKES 	1660	431	80	50	1.5	295	228	105	90	4	18	2360	
LEMON-RICOTTA PANCAKES 	1480	384	59	35	1	260	220	113	104	5	23	2020	
BREAKFAST COMBO 	1360	353	63	36	1	440	136	46	35	3	32	2410	
BRULÉED FRENCH TOAST	1770	460	129	74	1	515	135	96	80	2	20	350	
BRULÉED FRENCH TOAST WITH BACON	3080	800	205	124	1	1065	238	169	147	2	72	1530	
BRULÉED FRENCH TOAST WITH TURKEY HAM	3090	803	283	121	1	990	257	165	140	3	69	1750	
EGGS BENEDICT WITH TURKEY HAM	1980	514	177	87	4.5	925	59	4	1	2	34	1230	
BACON AND AVOCADO BENEDICT 	2890	751	271	132	7	1305	53	8	7	7	52	2070	
FRIED CHICKEN & WAFFLES 	1230	319	46	26	1	230	163	41	33	4	44	2430	
FRIED CHICKEN & WAFFLES BENEDICT 	2340	608	158	87	4.5	675	185	40	33	7	48	3440	
GREEN CHILAQUILES WITH SPICY CHICKEN AND EGGS 	1620	421	87	24	0	745	100	26	0	10	80	4470	
MONTE CRISTO SANDWICH 	2510	652	212	67	1.5	745	227	69	34	8	74	2780	
JAMBALAYA HASH & EGGS	1710	444	94	47	0.5	640	162	21	4	7	56	1940	
ORIGINAL CHEESECAKE	740	192	49	26	1	185	63	51	0	1	11	490	
FRESH STRAWBERRY CHEESECAKE	810	210	50	24	1	165	79	64	2	2	11	530	
GODIVA® CHOCOLATE CHEESECAKE	1240	322	86	45	2	290	103	89	0	1	14	280	
OREO DREAM EXTREME CHEESECAKE	1560	405	91	18	1.5	165	180	94	0	8	14	720	

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PEACH PERFECT WITH RASPBERRY DRIZZLE	1230	319	80	42	1.5	230	122	99	81	2	13	560	
ULTIMATE RED VELVET CHEESECAKE	1490	387	106	48	2	295	123	101	0	1	13	650	
REESE'S PEANUT BUTTER CHOCOLATE CHEESECAKE	1310	340	68	25	1.5	110	184	126	0	11	19	980	
COOKIE DOUGH LOVER'S CHEESECAKE WITH PECANS	1410	366	86	42	1.5	245	148	110	76	4	13	680	
COCONUT CREAM PIE CHEESECAKE	1180	306	79	43	1.5	210	112	89	68	5	15	530	
PINEAPPLE UPSIDE-DOWN CHEESECAKE	980	255	59	27	1	185	105	94	2	1	9	510	
CLASSIC BASQUE CHEESECAKE	750	195	50	28	1	300	66	56	43	2	11	430	
ADAMS' PEANUT BUTTER CUP FUDGE RIPPLE	1240	322	77	34	1.5	180	127	99	0	4	20	770	
CINNABON CINNAMON SWIRL CHEESECAKE	1240	322	78	42	0	200	127	107	13	2	10	760	
SALTED CARAMEL CHEESECAKE	1230	319	77	41	2.5	260	123	104	7	6	15	500	
DULCE DE LECHE CARAMEL CHEESECAKE	1200	312	85	44	2	270	98	84	0	2	12	500	
WHITE CHOCOLATE RASPBERRY TRUFFLE	1020	265	69	38	1.5	225	89	59	0	1	11	450	
MANGO KEY LIME CHEESECAKE	1150	299	66	35	1	260	125	109	0	1	14	390	
FRESH BANANA CREAM CHEESECAKE	1110	288	70	36	2	280	112	83	0	5	14	530	
CHOCOLATE MOUSSE CHEESECAKE	1030	268	75	38	2	260	81	65	0	4	13	500	
CHOCOLATE CARAMELICIOUS CHEESECAKE MADE WITH SNICKERS®	1280	332	82	33	1.5	220	121	100	82	4	19	450	
CHOCOLATE TUXEDO CREAM CHEESECAKE	1040	270	69	35	1.5	180	104	81	0	5	11	410	
HERSHEY'S® CHOCOLATE BAR CHEESECAKE	1260	327	75	39	2	195	145	35	0	99	7	570	
KEY LIME CHEESECAKE	970	252	66	33	1.5	400	82	67	0	1	12	440	
LOW-LICIOUS CHEESECAKE	540	140	43	25	1	160	36	6	0	6	10	450	
LOW-LICIOUS CHEESECAKE WITH STRAWBERRIES	560	145	43	25	1	160	39	8	1	7	10	450	
CARAMEL PECAN TURTLE CHEESECAKE	1230	319	79	41	2.5	275	130	103	0	6	16	510	
WITH ICE CREAM	370	96	25	15	1.5	0	29	29	0	0	6	90	
WITH HOT FUDGE	280	73	20	13	0	20	23	22	16	0	2	20	
BOWL OF FRESH STRAWBERRIES	220	57	9	0	0	0	37	28	8	6	3	35	
BOWL OF VANILLA ICE CREAM	650	169	45	23	2	0	50	49	0	0	10	170	
LINDA'S FUDGE CAKE	1360	353	55	17	1	85	212	160	0	9	14	840	
CHOCOLATE TOWER TRUFFLE CAKE	1610	418	94	43	1.5	265	200	140	0	11	19	1000	
CARROT CAKE	1330	345	55	18	1	75	235	159	0	9	13	1030	
HOT FUDGE SUNDAE	1220	317	87	40	2.5	30	95	88	23	2	17	230	
GODIVA® CHOCOLATE BROWNIE SUNDAE	2040	530	135	74	3.5	240	191	151	12	11	26	500	
OREO MILKSHAKE	1230	319	66	33	0.5	315	138	78	12	0	21	590	
PISTACHIO CHOCOLATE MILKSHAKE	1310	340	75	35	0.5	315	130	98	6	1	28	280	
CHOCOLATE MILKSHAKE	1060	275	55	33	0.5	315	124	102	6	2	18	290	

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VANILLA MILKSHAKE	1000	260	55	32	0	270	109	87	14	0	19	240	
STRAWBERRY MILKSHAKE	1100	286	54	33	0.5	315	141	117	6	3	19	260	
CAFÉ LATTE	100	26	2.5	0	0	0	11	0	0	0	7	0	50
CARAMEL ROYALE MACCHIATO	300	78	16	4.5	0	10	33	24	13	0	7	70	50
CINNAMON VANILLA LATTE	210	55	2	0	0	0	42	31	0	1	6	0	50
CAFÉ MOCHA	300	78	19	7	0	10	25	16	8	0	7	40	50
CAPPUCCINO	70	18	2	0	0	0	9	0	0	0	6	0	50
CAFÉ AMERICANO	0	0	0	0	0	0	0	0	0	0	0	15	50
FLAT WHITE	45	12	1	0	0	0	6	0	0	0	4	0	50
DOUBLE ESPRESSO	0	0	0	0	0	0	0	0	0	0	0	0	50
MATCHA LATTE	200	52	3	0	0	0	35	23	7	0	9	0	279
FACTORY HOT CHOCOLATE	520	135	33	16	0	25	47	38	23	0	8	75	
ORGANIC BLACK/HERB TEAS													
EARL GREY	0	0	0	0	0	0	0	0	0	0	0	10	0.7
BREAKFAST BLEND	0	0	0	0	0	0	0	0	0	0	0	10	0.7
PURE GREEN	0	0	0	0	0	0	0	0	0	0	0	10	0.7
CHAMOMILE	0	0	0	0	0	0	0	0	0	0	0	10	
SIMPLY MINT	0	0	0	0	0	0	0	0	0	0	0	10	
SPICE	0	0	0	0	0	0	0	0	0	0	0	10	
FRESH BREWED BLACK ICED TEA	0	0	0	0	0	0	0	0	0	0	0	15	0.6
ARNOLD PALMER	110	29	0	0	0	0	26	26	26	0	0	15	0.4
CLASSIC LEMONADE	240	62	0	0	0	0	60	60	60	0	0	15	
STRAWBERRY LEMONADE	250	65	0	0	0	0	63	62	51	1	0	15	
RASPBERRY LEMONADE	250	65	2.5	0	0	0	63	55	55	1	0	15	
CUCUMBER LEMONADE	180	47	0	0	0	0	44	43	43	1	0	20	
CRANBERRY JUICE	160	42	0	0	0	0	41	41	0	0	0	20	
FRESH ORANGE JUICE	170	44	0	0	0	0	42	33	0	9	3	0	
EVIAN WATER	0	0	0	0	0	0	0	0	0	0	0	0	
SAN PELLEGRINO WATER	0	0	0	0	0	0	0	0	0	0	0	60	
NON-ALCOHOLIC BEER													
BIERE DES AMIS	70	18	0	0	0	0	17	5	0	0	0	260	
PERONI	80	21	0	0	0	0	18	3	0	0	1	10	
SOFT DRINKS													
COCA-COLA	120	31	0	105	0	0	29	29	0	0	0	40	27
COKE ZERO	0	0	0	0	0	0	0	0	0	0	0	115	25
SPRITE	110	29	0	0	0	0	28	28	28	0	0	55	
FANTA ORANGE	130	34	0	0	0	0	36	36	0	0	0	40	

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SKINNYLICIOUS™ AVOCADO TACOS	450	117	29	4.5	0	5	47	9	4	12	6	1090	
ASIAN CHICKEN LETTUCE WRAP TACOS	490	127	28	4.5	0	50	68	45	36	4	28	1690	
SKINNYLICIOUS™ FACTORY CHOPPED SALAD	560	145	26	2.5	0	90	55	19	1	14	39	1660	
SKINNYLICIOUS™ ASIAN CHICKEN SALAD ▲	470	122	11	1.5	0	75	55	20	0	10	39	3180	
MEXICAN TORTILLA SALAD ▲	460	119	20	9	0	95	44	15	1	11	31	2180	
SKINNYLICIOUS™ HAMBURGER	680	177	34	12	0	110	55	15	12	3	37	570	
SKINNYLICIOUS™ TURKEY & AVOCADO SANDWICH	620	161	23	5	0	120	53	10	6	5	52	1090	
SKINNYLICIOUS™ FRIED CHICKEN SANDWICH - RANCH	480	125	13	3.5	0	45	65	13	11	3	27	1010	
SKINNYLICIOUS™ SPICY FRIED CHICKEN SANDWICH - SRIRACHA	500	130	15	3.5	0	50	66	13	11	3	26	1140	
SKINNYLICIOUS™ SOFT TACOS - CHICKEN	700	182	36	3	0	80	63	10	2	11	36	1270	
SKINNYLICIOUS™ SOFT TACOS – SHRIMP ▲	690	179	36	2.5	0	80	69	11	3	11	30	2080	
SKINNYLICIOUS™ CHICKEN PASTA	590	153	6	0.5	0	85	91	13	3	9	49	1530	
SESAME GINGER CHICKEN ▲	480	125	8	1.5	0	90	55	27	7	9	46	2060	
TUSCAN CHICKEN	560	145	10	2	0	210	27	7	0	6	87	1090	
LEMON-GARLIC SHRIMP	530	138	27	14	0	55	64	7	2	7	14	1900	
SKINNYLICIOUS™ GRILLED SALMON	620	161	36	9	0	155	22	8	1	6	51	930	
SKINNYLICIOUS™ GRILLED BRANZINO	430	112	24	14	0	40	29	8	0	6	27	450	
GRILLED STEAK MEDALLIONS	540	140	22	10	0	30	32	18	4	3	57	920	
ASIAN CHICKEN NACHOS	550	143	31	12	0	75	39	25	22	1	30	1690	
SPICY JAMBALAYA ARANCINI	700	182	51	15	0	50	48	6	0	4	15	1270	
BAKED BRIE WITH TRUFFLE-HONEY BUTTER	1080	281	54	20	0	110	104	1	1	3	38	710	
MEATBALL SLIDERS	540	140	25	10	0	90	52	6	2	3	30	840	
NEW ORLEANS CAJUN SHRIMP	350	91	21	12	0	80	24	3	0	1	19	640	
PARMESAN TRUFFLE FRIES	1550	403	106	12	0	10	113	12	1	15	10	1300	
CHICKEN KATSU	1490	387	59	7	0	100	175	18	7	6	61	800	
BAJA BOWL WITH GRILLED CHICKEN	970	252	21	4	0	120	150	8	2	18	62	1850	
BAJA BOWL WITH CHIPOTLE-HONEY SHRIMP ▲	1330	345	74	11	0	40	156	12	7	18	28	5780	
TERIYAKI SALMON	910	236	16	3	0	90	138	22	12	3	44	560	
ASIAN TENDERLOIN	1060	275	30	7	0	70	157	32	18	14	51	1510	
KIDS' ROADSIDE SLIDERS	660	171	25	11	0	115	84	16	7	4	26	400	
KIDS' SOUTHERN FRIED CHICKEN SLIDERS	750	195	28	9	0	105	99	18	8	5	30	1130	
KIDS' MINI CORN HOTDOGS	160	42	5	1	0	20	24	2	2	1	5	810	
KIDS' PASTA BUTTER AND PARMESAN	620	161	19	8	0	35	103	4	0	8	18	250	

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	Nutrition Information												
	Energy (Calories)	Burnout Rate (minutes)	Total Fats (g)	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein (g)	Sodium (g)	Caffeine (mg)
KIDS' PASTA MARINARA SAUCE	570	148	21	1.5	0	0	89	14	5	9	16	860	
KIDS' PASTA ALFREDO SAUCE	770	200	47	27	0	0	78	7	0	6	16	200	
KIDS' SPAGHETTI WITH MEATBALLS	670	174	26	4.5	0	40	94	16	6	9	25	1060	
KIDS' MACARONI AND CHEESE	1210	314	82	51	0	60	95	18	0	7	23	820	
KIDS' FRIED CHICKEN STRIPS	360	94	16	3	0	70	25	1	1	1	29	1180	
KIDS' FLATBREAD PIZZA - CHEESE	950	247	43	25	0	75	98	5	0	4	50	1230	
KIDS' FLATBREAD PIZZA - PEPPERONI	1030	268	46	27	0	80	106	6	0	4	54	1340	
KIDS' QUESADILLA	810	210	51	28	1	115	52	0	0	2	37	720	
KIDS' QUESADILLA WITH CHICKEN	900	234	52	28	1	165	52	0	0	2	56	760	
KIDS' GRILLED CHEESE SANDWICH	910	236	59	27	0	170	75	6	0	2	23	1650	
KIDS' GRILLED CHICKEN	440	114	24	15	0	85	35	7	0	5	23	1260	
KIDS' GRILLED SALMON	740	192	45	24	0	145	47	8	0	6	36	870	
KIDS' BREAKFAST PANCAKES	740	192	38	18	0.5	140	84	27	19	4	21	1360	
KIDS' BUTTERMILK PANCAKES WITH CHOCOLATE CHIPS	720	187	36	19	0	90	97	40	19	4	10	1000	
KIDS' BUTTERMILK PANCAKES WITH STRAWBERRIES	620	161	27	13	0	90	90	34	26	4	9	1000	
KIDS' BREAKFAST FRENCH TOAST	1010	262	68	38	0.5	290	78	53	40	3	24	500	
KIDS' SCOOP OF ICE CREAM	280	73	19	10	1	0	21	21	0	0	4	70	
KIDS' MINI HOT FUDGE SUNDAE	440	114	29	17	1	10	40	37	10	0	5	85	
KIDS' STRAWBERRIES	130	34	8	0	0	0	14	12	2	2	1	30	
WITH FRENCH FRIES	370	96	13	2	0	0	37	7	0	5	3	350	
WITH FRESH FRUIT	60	16	0	0	0	0	15	9	0	3	1	0	
KIDS' LEMONADE	160	42	0	0	0	0	41	41	41	0	0	10	
KIDS' APPLE JUICE	160	42	0	0	0	0	42	42	0	0	0	20	
KIDS' COKE	90	23	0	82	0	0	23	23	0	0	0	30	21
KIDS' COKE ZERO	0	0	0	0	0	0	0	0	0	0	0	85	20
KIDS' SPRITE	90	23	0	0	0	0	22	22	22	0	0	40	
KIDS' FANTA ORANGE	100	26	0	0	0	0	28	28	0	0	0	30	
KIDS' MILK	210	55	11	0	0	0	17	0	0	0	11	0	

* Adults need an average of 2000 calories per day. Children aged 4-13 need an average 1200-1500 calories per day.
Individual needs of calories might differ from one person to another.