

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

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fats	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)								(g)	
PINEAPPLE CHERRY LIMEADE	220	0	0	0	0	57	39	31	1	0	40
TROPICAL GINGER COOLER	210	0	0	0	0	52	46	36	1	0	55
ITALIAN ORANGE SODA	190	0	0	0	0	46	40	32	3	1	30
COCONUT LIMEADE	200	4.5	4	0	0	42	39	19	1	1	40
LEMON MINT COOLER	360	0	0	0	0	91	89	89	1	0	20
BERRY SPRITZER	220	3	0	0	0	56	46	39	4	1	45
CITRUS SPLASH	190	0	0	0	0	48	43	29	4	2	35
ISLAND COOLER	270	0.5	0	0	0	67	54	37	3	1	65
STRAWBERRY DAIQUIRI	220	0	0	0	0	56	49	23	3	1	0
PINA COLADA	290	9	8	0	0	54	47	5	2	2	35
FROZEN ICED MANGO	420	8	3.5	0	0	90	54	23	3	3	35
TROPICAL FRUIT SMOOTHIE	560	8	6	0	0	125	93	31	5	3	85
STRAWBERRY FRUIT SMOOTHIE	320	5	4	0	0	72	58	0	6	3	25
COCONUT MOJITO	140	4.5	4	0	0	26	23	10	1	1	45
MOJITO	150	0	0	0	0	37	19	19	1	0	40
STRAWBERRY MOJITO	160	0	0	0	0	42	27	15	2	1	40
PASSION FRUIT MOJITO	220	0	0	0	0	58	36	15	3	1	85
CUCUMBER MOJITO	110	0	0	0	0	27	24	24	1	1	45
LITTLE HOUSE SALAD	90	1	0	0	0	18	12	0	3	3	610
STREET CORN	1340	54	11	1	15	210	46	1	24	42	1570
STUFFED MUSHROOMS	440	33	21	0.5	55	24	12	2	2	15	530
LOADED BAKED POTATO TOTS	780	62	20	0	75	42	6	1	2	14	870
BEET AND AVOCADO SALAD	220	11	1.5	0	0	30	16	1	8	6	410
CHEESEBURGER SPRING ROLLS	1120	84	28	0	160	34	14	0	1	34	1540
KOREAN FRIED CAULIFLOWER	1050	51	8	0	15	138	47	31	7	12	2630
AVOCADO TACOS	630	43	8	0	20	59	8	4	13	8	1520

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.

Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates	Total Sugar	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)				(g)				(g)	
CHICKEN TAQUITOS	380	21	6	0	50	34	8	0	4	16	1040
FRIED ZUCCHIN	1010	65	16	1.5	25	84	9	1	4	29	1760
CRISPY CRAB BITES	420	25	3	0	40	46	2	1	1	2	560
CRISPY FRIED CHEESE	910	70	27	1	105	34	4	1	2	35	2740
CRAB WONTONS	480	18	6	0	20	73	12	9	0	8	850
ROADSIDE SLIDERS	1080	27	8	0	100	154	29	10	8	46	1040
HUMMUS	900	55	10	0	10	73	2	7	5	31	1700
	1020	45	6	0	0	139	39	34	15	14	1300
QUESADILLA	1030	68	35	1	155	63	5	0	7	41	1060
QUESADILLA WITH CHICKEN	1280	78	41	1	235	73	6	0	9	69	1280
THAI CHILI SHRIMP	660	34	5	0	115	58	4	2	1	32	1550
CRABCAKES	1140	63	7	0	70	133	8	2	3	11	1330
FRIED MACARONI AND CHEESE	1450	96	58	1	105	107	25	3	7	38	2410
WARM CRAB DIP	850	61	21	0	45	67	5	1	2	9	1100
BEEF BELLY SLIDERS	2010	68	16	0	185	267	77	28	12	85	3230
HOUSEMADE MEATBALLS	410	23	9	0	85	26	15	5	4	26	1000
SOUTHERN FRIED CHICKEN SLIDERS	1290	52	11	0	100	163	26	11	8	49	2170
HOT SPINACH AND CHEESE DIP	2090	101	42	0.5	55	261	9	0	22	44	2520
TEX MEX EGGROLLS	910	49	13	0	100	79	12	0	7	40	2210
BUFFALO BLASTS	1590	78	29	0	270	113	3	0	4	108	5180
EGGROLL SAMPLER	1360	77	17	0	100	125	49	37	8	35	2790
THAI LETTUCE WRAPS (CHICKEN)	900	47	7	0	100	126	88	71	6	52	3310
THAI LETTUCE WRAPS (CHICKEN) (SMALL)	540	25	4	0	50	80	60	49	4	27	2050
THAI LETTUCE WRAPS (AVOCADO)	980	65	10	0	0	129	82	71	16	16	2900
THAI LETTUCE WRAPS (AVOCADO) (SMALL)	620	40	6	0	0	80	52	45	11	9	1760
SOUP OF THE DAY - BAKED POTATO (CUP)	530	40	25	0	30	33	11	0	4	8	1150
SOUP OF THE DAY - RUSTIC LENTIL (CUP)	210	1	0	0	5	42	6	0	6	13	690
SOUP OF THE DAY - CHICKEN TORTILLA (CUP)	490	28	6	0	55	42	9	1	3	18	2210
SOUP OF THE DAY- BAKED POTATO (BOWL)	750	57	36	0	60	44	16	0	5	13	1630
SOUP OF THE DAY - RUSTIC LENTIL (BOWL)	270	1.5	0	0	5	56	8	0	8	17	920
SOUP OF THE DAY - CHICKEN TORTILLA (BOWL)	760	45	9	0	80	64	13	1	5	26	3000

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fat (g)	Trans Fatty Acids (g)	Cholesterol	Carbohydrates	Total Sugar	Added Sugar (g)	Fiber (g)	Protein	Sodium (mg)
		(g)			(mg)	(g)	(g)			(g)	
FACTORY NACHOS	3060	225	71	0	230	200	35	0	19	51	2860
FACTORY NACHOS WITH SPICY CHICKEN	3220	227	71	0	295	214	40	0	21	78	4030
BUFFALO WINGS	1510	87	12	0	35	106	4	0	16	103	3720
BUFFALO CHICKEN STRIPS	1030	54	14	0	175	71	3	0	3	67	2980
TOSSED GREEN SALAD	320	21	5	0	25	26	16	1	5	7	890
CHEESE FLATBREAD PIZZA	890	37	21	0	65	101	5	0	4	44	1140
PEPPERONI FLATBREAD PIZZA	1010	40	23	0	75	117	6	0	4	52	1250
MARGHERITA FLATBREAD PIZZA	760	28	15	0.5	70	100	6	0	4	34	620
FRESH, BASIL, TOMATO AND CHEESE FLAT-BREAD PIZZA	800	28	16	1	70	108	11	6	5	37	830
THE EVERYTHING FLATBREAD PIZZA	900	30	16	0	55	118	7	0	6	46	1100
BEE STING FLATBREAD PIZZA	1020	36	20	1	65	129	11	2	6	54	1510
WITH FRENCH FRIES	520	29	3.5	0	0	65	1	0	9	6	310
WITH TOSSED GREEN SALAD	250	19	3.5	0	20	16	10	1	2	4	890
WITH SWEET POTATO FRIES	500	28	4	0	0	70	19	0	6	2	570
OLD FASHIONED BURGER	1060	48	18	0	200	71	30	11	3	39	1370
CLASSIC BURGER	1550	89	32	0	300	79	33	12	4	60	2980
BISTRO BURGER	1820	75	24	0	185	187	28	13	7	65	2300
FRENCH DIP CHEESEBURGER	1830	110	43	0	260	117	27	1	7	60	2760
SMOKEHOUSE BBQ BURGER	1200	55	23	0	260	68	29	2	3	52	2340
MUSHROOM BURGER	1320	149	32	0	265	74	28	4	4	57	2260
AMERICANA CHEESEBURGER	1490	85	34	0	285	85	36	12	5	51	3080
MACARONI AND CHEESEBURGER	1570	87	42	0	255	97	37	11	5	50	2000
BACON-BACON CHEESEBURGER	1640	83	35	0	350	83	46	14	4	75	4090
VEGGIE BURGER	1020	50	14	0.5	40	92	28	10	10	21	2240
SPICY CRISPY CHICKEN SANDWICH - BUFFALO SAUCE	1190	63	21	0.5	200	104	12	2	4	52	1690
SPICY CRISPY CHICKEN SANDWICH - CHIPOTLE MAYO	1270	71	22	0	195	106	13	3	5	50	1690
CHICKEN SALAD SANDWICH	780	43	10	0	115	71	14	2	5	31	1640
THE CLUB	880	53	10	0	155	48	12	1	5	54	1820
GRILLED CHICKEN AND AVOCADO CLUB	890	212	17	0	190	43	9	1	9	73	2290
CHICKEN PARMESAN SANDWICH	2530	128	78	2	365	220	7	2	8	115	1730
CALIFORNIA CHEESESTEAK	1050	47	25	0	215	98	19	0	5	60	1760
CAESAR SALAD	560	46	13	1	45	23	8	1	9	17	600

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol	Carbohydrates	Total Sugar	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)			(mg)	(g)	(g)			(g)	
CAESAR SALAD WITH CHICKEN	730	48	13	1	135	25	8	1	9	53	1170
FACTORY CHOPPED SALAD	620	26	8	0	90	63	28	1	14	39	1990
MEXICALI SALAD	1390	90	17	0	40	137	21	1	33	38	3490
FRIED CHICKEN CLUB SALAD	1320	97	26	0.5	335	62	21	5	7	52	3020
VEGAN COBB SALAD	780	50	7	0	0	77	22	0	23	19	1570
THAI CHICKEN SALAD	1260	74	12	0	100	134	86	59	17	72	3780
SHEILA'S CHICKEN & AVOCADO SALAD	1880	112	13	0	90	174	71	25	27	67	3100
CHINESE CHICKEN SALAD	1240	38	5	0	90	158	45	3	10	57	4210
LUAU SALAD	880	27	4	0	95	110	58	30	9	49	2820
BARBEQUE RANCH CHICKEN SALAD	1420	64	10	0	125	171	54	3	33	66	3620
COBB SALAD	860	44	15	0.5	370	48	29	0	10	68	3420
CALIFORNIA GUCAMOLE SALAD	860	58	9	0	15	80	13	2	19	17	1220
ADD AVOCADO	240	22	3	0	0	12	0	0	10	3	10
ADD GRILLED CHICKEN	240	2.5	0	0	90	18	0	0	0	36	580
ADD GRILLED SHRIMP	80	1	0	0	55	1	0	0	0	16	390
ADD GRILLED SALMON	250	14	2.5	0	90	0	0	0	0	30	160
ADD CHARGRILLED STEAK	270	8	0	0	0	2	0	0	0	49	250
RENEE'S SPECIAL – ROASTED TURKEY SANDWICH	600	30	7	0	85	54	17	1	5	31	1210
RENEE'S SPECIAL – CHICKEN ALMOND SALAD SANDWICH	740	56	15	0	110	37	6	2	4	23	1100
LUNCH - COBB SALAD	570	29	3	0	265	35	22	0	7	46	2510
LUNCH - SHEILA'S CHICKEN & AVOCADO SALAD	1030	60	7	0	55	98	41	9	16	39	1580
LUNCH - CHINESE CHICKEN SALAD	660	22	3	0	45	84	31	2	6	28	2380
LUNCH – BARBEQUE RANCH CHICKEN SALAD	1190	67	10	0	80	126	37	3	26	44	2550
LUNCH - LUAU SALAD	650	28	4	0	95	58	36	19	6	43	1810
LUNCH - SANTA FE SALAD	1070	50	9	0.5	80	119	34	9	19	53	2140
LUNCH - FAMOUS FACTORY MEATLOAF	1670	87	45	1	290	128	46	11	12	58	2180
LUNCH - SHEPHERD'S PIE	1180	83	43	1	230	56	13	0	8	54	1610
LUNCH - FISH & CHIPS	1710	94	16	0	95	145	44	28	13	42	2410
LUNCH - FETTUCCINI ALFREDO	1360	87	11	1	15	113	7	0	6	39	580
LUNCH - FOUR CHEESE PASTA	990	32	17	0	30	147	26	9	14	40	1480
LUNCH - SPAGHETTI AND MEATBALLS	1000	26	10	0	80	164	26	7	15	43	1320
LUNCH - PASTA CARBONARA	1230	61	38	0	55	140	14	3	11	42	510
LUNCH – SPICY RIGATON	1020	48	27	0.5	65	132	25	11	13	27	1570
LUNCH - EVELYN'S FAVORITE PASTA	1040	50	30	1	95	132	14	1	17	28	1240

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Product Name	Nutrition Information										
	Energy (Calo- ries)	Total Fats (g)	Satu- rated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohy- drates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
LUNCH - PASTA DA VINCI	1030	36	22	0	70	136	31	5	10	48	1310
LUNCH - LOUISIANA CHICKEN PASTA	1610	91	50	1	195	153	13	0	12	58	1430
LUNCH - SPICY CHICKEN CHIPOTLE PASTA	1360	66	30	0	70	149	22	6	14	53	2360
LUNCH - CRUSTED CHICKEN ROMANO	930	27	10	1	155	125	9	1	9	56	1110
LUNCH - ITALIAN SAUSAGE & FRESH MUSH- ROOM RIGATONI	1310	75	46	0	40	127	14	0	11	43	1080
LUNCH - CHICKEN PICATTA	1450	94	57	1.5	270	101	8	1	8	57	1390
LUNCH - ORANGE CHICKEN	1540	39	4.5	0	135	223	47	37	3	69	3080
LUNCH - HERB CRUSTED FILET OF SALMON	1100	82	44	1	260	37	6	0	5	54	600
LUNCH - MISO SALMON	1540	84	45	1.5	305	138	53	43	4	57	2160
LUNCH - FRESH GRILLED SALMON	940	61	25	0	195	45	7	0	9	55	940
LUNCH - CAJUN SALMON	1260	90	41	1	240	58	11	1	7	60	780
GREEN CHILE CHICKEN ENCHILADA	1420	61	24	0	175	173	12	1	29	67	3550
THAI COCONUT-LIME CHICKEN	1750	106	44	1	270	176	37	10	5	85	2640
CRISPY PINEAPPLE CHICKEN AND SHRIMP	1750	24	4.5	0	110	323	89	70	5	57	3450
KOREAN FRIED CHICKEN	1680	25	3.5	0	130	286	79	60	7	71	4740
CHICKEN PARMESAN "PIZZA STYLE"	2120	138	62	2	400	129	15	4	10	102	2350
TRUFFLE-HONEY CHICKEN	1580	94	43	1	255	116	17	0	9	75	2460
HARISSA CHICKEN	1620	61	24	0.5	275	165	21	3	14	112	3800
CHICKEN LITTLE\$	2050	92	43	1	310	209	37	1	14	107	4090
SHEPHERD'S PIE	1660	117	59	1	335	75	18	0	11	77	1910
BAJA CHICKEN TACO	1380	59	21	0	195	172	11	6	18	70	2440
FISH TACOS - GRILLED	970	28	11	0	85	173	11	6	19	40	2400
FISH TACOS - CRISPY TEMPURA	1200	44	14	0	90	193	11	6	19	42	3060
GRILLED STEAK TACOS	1410	60	20	0	80	172	10	6	17	81	2230
TRUFFLE-HONEY CHICKEN	1580	94	43	1	255	116	17	0	9	75	2460
FAMOUS FACTORY MEATLOAF	2330	124	65	1.5	430	162	63	17	14	82	3080
CHICKEN MADEIRA	1330	66	41	1	425	111	27	9	9	79	1940
CHICKEN BELLAGIO	1670	72	25	1	310	171	11	1	12	92	2460
CRUSTED CHICKEN ROMANO	1640	66	27	2	210	184	30	9	15	94	2260

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fats	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol	Carbohydrates	Total Sugar	Added Sugar (g)	Fiber (g)	Protein	Sodium (mg)
		(g)					(g)			(g)	
ORANGE CHICKEN	2050	52	6	0	170	300	77	63	4	88	4550
PARMESAN-HERB CRUSTED CHICKEN	1550	96	62	2.5	435	66	14	0	8	104	1110
CRISPY CHICKEN COSTOLETTI	1650	98	59	2	500	107	10	1	7	87	2140
CHICKEN PICCATI	1540	95	57	1.5	315	102	9	1	8	75	1520
MEDITERRANEAN GRILLED BEEF KEBOB	990	44	16	0	280	94	8	1	6	51	1860
SPICY CASHEW CHICKEN	1820	45	7	0	135	268	48	18	8	85	4420
BANG-BANG CHICKEN AND SHRIMP	1290	382	22	0	140	161	26	13	7	72	3570
TOMATO BASIL PASTA	1120	35	14	0	125	147	23	5	13	64	1610
FETTUCCINI ALFREDO	1750	118	14	1.5	25	133	8	0	7	48	1060
FETTUCCINI ALFREDO WITH CHICKEN	1930	122	15	1.5	100	135	8	0	7	80	1710
PASTA CARBONARA	1660	86	53	0.5	85	180	22	6	14	57	880
PASTA CARBONARA WITH CHICKEN	1810	87	53	0.5	165	180	22	6	14	87	1900
FOUR CHEESE PASTA	1190	45	24	0	55	158	30	10	15	52	2170
FOUR CHEESE PASTA WITH CHICKEN	1330	47	25	0	130	158	30	10	15	82	2810
SPAGHETTI AND MEATBALLS	1400	41	17	1	140	211	42	10	20	63	2160
EVELYN'S FAVORITE PASTA	1450	82	47	1.5	155	159	20	2	20	36	1850
LOUISIANA CHICKEN PASTA	2250	125	70	1.5	310	206	24	6	15	91	1530
PASTA DA VINCI	1430	58	36	0	110	171	48	9	12	67	2020
FARFALLE WITH CHICKEN AND ROASTED GARLIC	1570	68	35	0.5	115	169	20	1	15	84	2000
SPICY CHICKEN CHIPOTLE PASTA	1950	111	43	0	115	181	29	8	17	75	3180
ITALIAN SAUSAGE & FRESH MUSHROOM RIGATONI	1900	105	65	1	60	191	21	0	16	63	1140
BISTRO SHRIMP PASTA	2290	135	88	2.5	385	215	16	2	14	66	2700
CAJUN JAMBALAYA PASTA	1240	32	19	0.5	210	166	13	0	9	76	1890
SPICY RIGATONI PASTA	1460	66	36	0.5	95	194	34	14	20	42	2190
FISH & CHIPS	1910	106	17	0	115	157	44	28	14	53	2730
FRIED SHRIMP PLATTER	1730	74	12	0	135	174	52	28	15	49	3240
SHRIMP AND CHICKEN GUMBO	1240	54	29	0.5	245	116	21	12	4	68	2310
SHRIMP SCAMPI	1290	66	42	1	220	136	14	7	9	48	1450
JAMAICAN BLACK PEPPER CHICKEN	1300	21	10	0	200	207	59	20	15	85	3150
JAMAICAN BLACK PEPPER SHRIMP	1210	20	9	0	200	207	59	20	15	69	2950
JAMAICAN BLACK PEPPER SHRIMP AND CHICKEN COMBO	1230	20	9	0	175	211	59	20	15	69	2950

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fats	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol	Carbohydrates	Total Sugars	Added Sugar (g)	Fiber (g)	Protein	Sodium (mg)
		(g)			(mg)	(g)	(g)			(g)	
FRESH GRILLED SALMON	1360	91	36	0.5	260	64	10	1	13	72	1440
CAJUN SALMON	1410	99	51	1	265	72	13	1	8	62	920
HERB CRUSTED FILET OF SALMON	1470	110	58	1.5	340	47	8	1	7	70	820
MISO SALMON	1960	108	56	2	380	173	64	52	5	73	2590
SHRIMP SCAMPI AND STEAK DIANE	1620	97	59	1.5	210	109	40	13	7	82	2220
CHICKEN MADEIRA AND STEAK DIANE	1500	66	38	1	265	127	58	15	8	104	3320
STEAK DIANE AND HERB CRUSTED SALMON	1620	104	57	1.5	260	77	33	7	7	96	2370
CARNE ASADA STEAK	1490	53	27	1	90	177	18	2	9	81	1280
CHARGRILLED NEW YORK STEAK	1300	86	48	0.5	210	93	10	0	7	42	2030
STEAK DIANE	1220	54	25	0.5	70	74	31	6	6	113	2310
GRILLED RIB-EYE STEAK	1200	63	35	0.5	310	49	9	0	7	111	2310
PETITE FILET	800	49	30	0.5	175	48	8	0	7	44	510
FILET MIGNON	970	57	33	0.5	240	49	9	0	7	70	2380
SIDE FRENCH FRIES	1520	62	8	0	0	163	22	0	21	14	1220
SIDE CHEESE FRIES	1970	97	39	0	155	157	42	0	19	33	2340
SIDE FRESH GREEN BEANS	140	10	7	0	30	11	5	0	4	3	320
SIDE FRESH CORN	280	10	5	0	15	49	11	1	5	8	390
SIDE SWEET POTATO FRIES	1130	61	9	0	10	133	40	0	11	4	1630
SIDE FRESH SAUTEED SPINACH	470	47	33	1	135	8	1	0	5	7	190
SIDE OVEN ROASTED BROCCOLI	210	13	6	0	20	22	4	0	8	7	680
SIDE GRILLED ASPARAGUS	140	10	6	0	25	11	3	0	5	6	620
SIDE MACARONI & CHEESE	1670	117	73	0.5	175	107	33	0	7	34	1180
SIDE MASHED POTATOES	450	32	21	0	55	38	4	0	4	5	50
EGGS ANY STYLE	1370	74	35	1	535	112	28	0	10	31	1430
EGGS ANY STYLE w/ BEEF BACON	1510	81	37	1	605	107	24	0	8	55	1720
EGGS ANY STYLE w/ TURKEY HAM	1630	85	38	1	575	137	28	0	9	48	1970
BRIOCHE BREAKFAST SANDWICH	1700	93	39	0.5	640	126	28	0	7	49	2340
FACTORY CREATE AN OMELETTI	1610	111	38	1	870	117	29	0	10	54	1990
BEEF BACON	70	2.5	1	0	30	0	0	0	0	12	360
TURKEY HAM	100	4.5	1.5	0	15	10	1	0	0	6	350
CHEDDAR CHEESE	230	19	10	0	60	2	15	0	0	0	370
JACK CHEESE	230	19	10	0	50	0	0	0	0	15	310
SWISS CHEESE	220	179	11	0	55	3	0	0	0	16	135

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fats	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)								(g)	
FONTINA CHEESE	200	16	9	0.5	50	1	0	0	0	13	350
AVOCADO	100	9	1	0	0	5	0	0	4	1	0
ROASTED PEPPERS	20	0	0	0	0	5	2	0	1	1	0
FRESH MUSHROOMS	15	0	0	0	0	2	1	0	1	2	0
ASPARAGUS	20	0	0	0	0	4	1	0	2	2	160
SPINACH	100	10	7	0	25	2	0	0	1	1	35
BELL PEPPERS	15	0	0	0	0	4	1	0	1	1	0
FRESH TOMATO	10	0	0	0	0	2	1	0	1	1	0
RED ONION	10	0	0	0	0	0	0	0	0	0	0
GREEN ONION	20	0	0	0	0	4	1	0	2	1	10
CALIFORNIA OMELETTE	880	150	35	0	860	11	11	0	4	45	1340
SPINACH, MUSHROOM, CHEESE, AND BACON OMELETTE	760	60	31	0.5	850	7	6	0	2	46	1270
BREAKFAST BURRITO	2090	141	61	0.5	875	147	31	2	26	71	4250
GIANT BELGIAN WAFFLE	850	43	26	1	160	111	36	33	2	10	1300
GIANT BELGIAN WAFFLE, STRAWBERRIES, PECAN AND CHANTILLY CREAM	1090	57	27	1	160	142	60	48	6	13	1340
BUTTERMILK PANCAKES	1120	46	26	1	205	167	41	40	4	18	2450
BUTTERMILK PANCAKES W/BLEUBERRIES	1210	46	26	1	205	192	60	52	6	19	2450
CINNAMON ROLL PANCAKES	1660	80	50	1.5	295	228	105	90	4	18	2360
LEMON-RICOTTA PANCAKES	1480	59	35	1	260	220	113	104	5	23	2020
BREAKFAST COMBO	1360	63	36	1	440	136	46	35	3	32	2410
BRULÉED FRENCH TOAST	2840	197	122	1	995	222	169	146	2	43	440
BRULÉED FRENCH TOAST WITH BACON	3090	209	128	1	1100	229	174	151	2	71	1240
BRULÉED FRENCH TOAST WITH TURKEY HAM	3160	212	128	1	1055	252	177	151	3	58	1400
BRUNCH FLATBREAD PIZZA	1550	101	55	2	590	108	8	1	5	55	1130
EGGS BENEDICT WITH TURKEY HAM	1980	177	87	4.5	925	59	4	1	2	34	1230
BACON AND AVOCADO BENEDICT	2110	187	82	4	940	51	7	7	7	50	1790
FRIED CHICKEN & WAFFLES	1230	46	26	1	230	163	41	33	4	44	2430
FRIED CHICKEN & WAFFLES BENEDICT	2340	158	87	4.5	675	185	40	33	7	48	3440
BREAKFAST KIMCHI FRIED RICE AND EGGS	1210	62	31	1	585	107	26	11	4	53	2050
GREEN CHILAQUILES WITH SPICY CHICKEN AND EGGS	1810	100	24	0	745	118	25	0	11	82	4390
MONTE CRISTO SANDWICH	2430	211	65	1	770	211	61	28	7	73	2790

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrate (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
		(g)									
JAMBALAYA HASH & EGGS	1750	99	47	0.5	640	158	20	0	8	57	1940
ORIGINAL CHEESECAKE	740	49	26	1	185	63	51	0	1	11	490
FRESH STRAWBERRY CHEESECAKE	810	50	24	1	165	79	64	2	2	11	530
GODIVA® CHOCOLATE CHEESECAKE	1240	86	45	2	290	103	89	0	1	14	280
OREO DREAM EXTREME CHEESECAKE	1560	91	18	1.5	165	180	94	0	8	14	720
ULTIMATE RED VELVET CHEESECAKE	1490	106	48	2	295	123	101	0	1	13	650
REESE'S PEANUT BUTTER CHOCOLATE CHEESECAKE	1310	68	25	1.5	110	184	126	0	11	19	980
COOKIE DOUGH LOVER'S CHEESECAKE WITH PECANS	1410	86	42	1.5	245	148	110	76	4	13	680
COCONUT CREAM PIE CHEESECAKE	1180	79	43	1.5	210	112	89	68	5	15	530
PINEAPPLE UPSIDE-DOWN CHEESECAKE	980	59	27	1	185	105	94	2	1	9	510
CLASSIC BASQUE CHEESECAKE	750	50	28	1	300	66	56	43	2	11	430
ADAMS' PEANUT BUTTER CUP FUDGE RIPPLE	1240	77	34	1.5	180	127	99	0	4	20	770
VERY CHERRY CHOCOLATE CHEESECAKE	1070	67	33	0	175	109	89	0	5	11	430
CINNABON CINNAMON SWIRL CHEESECAKE	1240	78	42	0	200	127	107	13	2	10	760
SALTED CARAMEL CHEESECAKE	1230	77	41	2.5	260	123	104	7	6	15	500
DULCE DE LECHE CARAMEL CHEESECAKE	1200	85	44	2	270	98	84	0	2	12	500
WHITE CHOCOLATE RASPBERRY TRUFFLE	1020	69	38	1.5	225	89	59	0	1	11	450
MANGO KEY LIME CHEESECAKE	1150	66	35	1	260	125	109	0	1	14	390
FRESH BANANA CREAM CHEESECAKE	1110	70	36	2	280	112	83	0	5	14	530
CHOCOLATE MOUSSE CHEESECAKE	1030	75	38	2	260	81	65	0	4	13	500
CHOCOLATE CARAMELICIOUS CHEESECAKE MADE WITH SNICKERS®	1280	82	33	1.5	220	121	100	82	4	19	450
CHOCOLATE TUXEDO CREAM CHEESECAKE	1040	69	35	1.5	180	104	81	0	5	11	410
HERSHEY'S® CHOCOLATE BAR CHEESECAKE	1260	75	39	2	195	145	35	0	99	7	570
KEY LIME CHEESECAKE	970	66	33	1.5	400	82	67	0	1	12	440
LOW-LICIOUS CHEESECAKE	540	43	25	1	160	36	6	0	6	10	450
LOW-LICIOUS CHEESECAKE WITH STRAWBERRIES	560	43	25	1	160	39	8	1	7	10	450
CARAMEL PECAN TURTLE CHEESECAKE	1230	79	41	2.5	275	130	103	0	6	16	510
WITH ICE CREAM	370	25	15	1.5	0	29	29	0	0	6	90
WITH HOT FUDGE	280	20	13	0	20	23	22	16	0	2	20

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol	Carbohydrates	Total Sugars	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)			(mg)		(g)			(g)	
BOWL OF FRESH STRAWBERRIES	220	9	0	0	0	37	28	8	6	3	35
LINDA'S FUDGE CAKE	1360	55	17	1	85	212	160	0	9	14	840
CHOCOLATE TOWER TRUFFLE CAKE	1610	94	43	1.5	265	200	140	0	11	19	1000
CARROT CAKE	1330	55	18	1	75	235	159	0	9	13	1030
HOT FUDGE SUNDAE	1220	87	40	2.5	30	95	88	23	2	17	230
GODIVA® CHOCOLATE BROWNIE SUNDAE	2040	135	74	3.5	240	191	151	12	11	26	500
COOKIE BUTTER MILKSHAKE	1010	57	34	0.5	315	105	83	16	0	19	300
OREO MILKSHAKE	1230	66	33	0.5	315	138	78	12	0	21	590
CHOCOLATE MILKSHAKE	1060	55	33	0.5	315	124	102	6	2	18	290
VANILLA MILKSHAKE	1000	55	32	0	270	109	87	14	0	19	240
STRAWBERRY MILKSHAKE	1100	54	33	0.5	315	141	117	6	3	19	260
CAFÉ LATTE	100	2.5	0	0	0	162	0	0	0	58	0
CARAMEL ROYALE MACCHIATO	300	16	4.5	0	10	184	24	13	0	57	70
CINNAMON VANILLA LATTE	210	2	0	0	0	193	31	0	1	57	0
COOKIE BUTTER LATTE	400	19	2.5	0	0	199	34	28	0	58	95
CAFÉ MOCHA	300	19	7	0	10	176	16	8	0	58	40
CAPPUCCINO	70	2	0	0	0	160	0	0	0	56	0
CAFÉ AMERICANA	0	0	0	0	0	151	0	0	0	50	15
FLAT WHITE	50	1	0	0	0	157	0	0	0	54	0
DOUBLE ESPRESSO	0	0	0	0	0	151	0	0	0	50	0
FACTORY HOT CHOCOLATE	520	33	16	0	25	47	38	23	0	8	75
CERTIFIED ORGANIC BLACK/HERB TEAS	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	15
CLASSIC LEMONADE	240	0	0	0	0	60	60	60	0	0	15
STRAWBERRY LEMONADE	250	0	0	0	0	63	62	51	1	0	15
RASPBERRY LEMONADE	250	2.5	0	0	0	63	55	55	1	0	15
CUCUMBER LEMONADE	180	0	0	0	0	44	43	43	1	0	20
CRANBERRY JUICE	160	0	0	0	0	41	41	0	0	0	20
FRESH ORANGE JUICE	170	0	0	0	0	42	33	0	9	3	0
EVIAN WATER	0	0	0	0	0	0	0	0	0	0	0
SAN PELLEGRINO WATER	0	0	0	0	0	0	0	0	0	0	60
NON-ALCOHOLIC BEER											
BIERE DES ARMIS	70	0	0	0	0	17	5	0	0	0	260
PERONI	80	0	0	0	0	18	3	0	0	1	10

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fats	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)								(g)	
SOFT DRINKS											
COCA-COLA	120	0	105	0	0	29	29	0	0	0	40
COKE ZERO	0	0	0	0	0	0	0	0	0	0	115
SPRITE	110	0	0	0	0	28	28	28	0	0	55
FANTA ORANGE	130	0	0	0	0	36	36	0	0	0	40
SKINNYLICIOUS™ AVOCADO TACOS	450	29	4.5	0	5	47	9	4	12	6	1090
ASIAN CHICKEN LETTUCE WRAP TACOS	490	28	4.5	0	50	68	45	36	4	28	1690
CRISPY BRUSSELS SPROUTS	260	14	7	0	35	27	11	6	7	9	300
SKINNYLICIOUS™ FACTORY CHOPPED SALAD	560	26	2.5	0	90	55	19	1	14	39	1660
SKINNYLICIOUS™ ASIAN CHICKEN SALAD	470	11	1.5	0	75	55	20	0	10	39	3180
MEXICAN TORTILLA SALAD	460	20	9	0	95	44	15	1	11	31	2180
SKINNYLICIOUS™ HAMBURGER	680	34	12	0	110	55	15	12	3	37	570
SKINNYLICIOUS™ TURKEY & AVOCADO SANDWICH	620	23	5	0	120	53	10	6	5	52	1090
SKINNYLICIOUS™ FRIED CHICKEN SANDWICH - RANCH	480	13	3.5	0	45	65	13	11	3	27	1030
SKINNYLICIOUS™ SPICY FRIED CHICKEN SANDWICH - SRIRACHA	490	15	3.5	0	50	66	13	11	3	26	1160
SKINNYLICIOUS™ SOFT TACOS - CHICKEN	700	36	3	0	80	65	10	2	11	37	1390
SKINNYLICIOUS™ SOFT TACOS - SHRIMP	700	36	2.5	0	80	71	12	2	12	31	2280
SKINNYLICIOUS™ CHICKEN PASTA	590	6	0.5	0	85	91	13	3	9	49	1530
SESAME GINGER CHICKEN	480	8	1.5	0	90	55	27	7	9	46	2060
LEMON HERB PARMESAN CHICKEN	610	28	14	0.5	280	20	5	1	4	68	1850
TUSCAN CHICKEN	560	10	2	0	210	27	7	0	6	87	1090
SPICY SHRIMP PASTA	590	13	6	0	70	93	14	2	10	34	1110
LEMON-GARLIC SHRIMP	530	27	14	0	55	64	7	2	7	14	1900
SKINNYLICIOUS™ GRILLED SALMON	620	36	9	0	155	22	8	1	6	51	930
GRILLED STEAK MEDALLIONS	540	22	10	0	30	32	18	4	3	57	920
KIDS' ROADSIDE SLIDERS	530	17	5	0	50	74	12	5	4	23	470
KIDS' SOUTHERN FRIED CHICKEN SLIDERS	580	18	3.5	0	45	81	13	5	4	25	960
KIDS' MINI CORN HOTDOGS	160	5	1	0	20	24	2	2	1	5	810
KIDS' PASTA BUTTER AND PARMESAN	670	25	12	0	50	103	4	0	8	18	180
KIDS' PASTA MARINARA SAUCE	650	11	0	0	0	126	20	8	12	22	1240
KIDS' PASTA ALFREDO SAUCE	1030	61	35	0	5	109	9	0	8	21	180
KIDS' SPAGHETTI WITH MEATBALLS	660	14	3	0	40	115	22	8	11	29	1410
KIDS' MACARONI AND CHEESE	1210	82	51	0	60	95	18	0	7	23	820

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Product Name	Nutrition Information										
	Energy (Calories)	Total Fat	Saturated Fat (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohydrates (g)	Total Sugars	Added Sugars (g)	Fiber (g)	Protein	Sodium (mg)
		(g)					(g)			(g)	
KIDS' FRIED CHICKEN STRIPS	450	17	4	0	70	45	1	1	2	32	1720
KIDS' FLATBREAD PIZZA - CHEESE	950	43	25	0	75	98	5	0	4	50	1230
KIDS' FLATBREAD PIZZA - PEPPERONI	1030	46	27	0	80	106	6	0	4	54	1340
KIDS' QUESADILLA	810	51	28	1	115	52	0	0	2	37	720
KIDS' QUESADILLA WITH CHICKEN	900	52	28	1	165	52	0	0	2	56	760
KIDS' GRILLED CHEESE SANDWICH	910	59	27	0	170	75	6	0	2	23	1650
KIDS' GRILLED CHICKEN	440	24	15	0	85	35	7	0	5	23	1260
KIDS' GRILLED SALMON	740	45	24	0	145	47	8	0	6	36	870
KIDS' BREAKFAST PANCAKES	740	38	18	0.5	140	84	27	19	4	21	1360
KIDS' BUTTERMILK PANCAKES WITH CHOCOLATE CHIPS	720	36	19	0	90	97	40	19	4	10	1000
KIDS' BUTTERMILK PANCAKES WITH STRAWBERRIES	620	27	13	0	90	90	34	26	4	9	1000
KIDS' BREAKFAST FRENCH TOAST	1020	67	19	0.5	290	81	56	46	3	23	520
KIDS' SCOOP OF ICE CREAM	280	19	10	1	0	21	21	0	0	4	70
KIDS' MINI HOT FUDGE SUNDAE	440	29	17	1	10	40	37	10	0	5	85
KIDS' STRAWBERRIES	130	8	0	0	0	14	12	2	2	1	30
WITH FRENCH FRIES	370	13	2	0	0	37	7	0	5	3	350
WITH FRESH FRUIT	60	0	0	0	0	15	9	0	3	1	0
LEMONADE	160	0	0	0	0	41	41	41	0	0	10
APPLE JUICE	160	0	0	0	0	42	42	0	0	0	20
BOWL OF VANILLA ICE CREAM	370	25	15	1.5	0	29	29	0	0	6	90

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The Cheesecake Factory KSA – Nutrition Information

QSD: 284
Issue No.:03
Issue Date: 28.04.2025

Product Name	Nutrition Information										
	Energy (Calories)	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 (mg)
PINEAPPLE CHERRY LIMEADE	220	0	0	0	0	57	39	31	1	0	40
TROPICAL GINGER COOLER	210	0	0	0	0	52	46	36	1	0	55
ITALIAN ORANGE SODA	190	0	0	0	0	46	40	32	3	1	30
COCONUT LIMEADE	200	4.5	4	0	0	42	39	19	1	1	40
LEMON MINT COOLER	360	0	0	0	0	91	89	89	1	0	20
BERRY SPRITZER	220	3	0	0	0	56	46	39	4	1	45
CITRUS SPLASH	190	0	0	0	0	48	43	29	4	2	35
ISLAND COOLER	270	0.5	0	0	0	67	54	37	3	1	65
STRAWBERRY DAIQUIRI	220	0	0	0	0	56	49	23	3	1	0
PINA COLADA	290	9	8	0	0	54	47	5	2	2	35
FROZEN ICED MANGO	420	8	3.5	0	0	90	54	23	3	3	35
TROPICAL FRUIT SMOOTHIE	560	8	6	0	0	125	93	31	5	3	85
STRAWBERRY FRUIT SMOOTHIE	320	5	4	0	0	72	58	0	6	3	25
COCONUT MOJITO	140	4.5	4	0	0	26	23	10	1	1	45
MOJITO	150	0	0	0	0	37	19	19	1	0	40
STRAWBERRY MOJITO	160	0	0	0	0	42	27	15	2	1	40
PASSION FRUIT MOJITO	220	0	0	0	0	58	36	15	3	1	85
CUCUMBER MOJITO	110	0	0	0	0	27	24	24	1	1	45
LITTLE HOUSE SALAD	90	1	0	0	0	18	12	0	3	3	610
STREET CORN	1340	54	11	1	15	210	46	1	24	42	1570
STUFFED MUSHROOMS	440	33	21	0.5	55	24	12	2	2	15	530
LOADED BAKED POTATO TOTS	780	62	20	0	75	42	6	1	2	14	870
BEET AND AVOCADO SALAD	220	11	1.5	0	0	30	16	1	8	6	410
CHEESEBURGER SPRING ROLLS	1120	84	28	0	160	34	14	0	1	34	1540
KOREAN FRIED CAULIFLOWER	1050	51	8	0	15	138	47	31	7	12	2630
AVOCADO TACOS	630	43	8	0	20	59	8	4	13	8	1520

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