

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 (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
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	49	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
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
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
BEET AND AVOCADO SALAD	220	57	11	1.5	0	0	30	16	1	8	6	410
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

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FRIED ZUCCHINI	1010	262	65	16	1.5	25	84	9	1	4	29	1760
CHICKEN TAQUITOS	380	99	21	6	0	50	34	8	0	4	16	1040
FRIED ZUCCHINI	1010	262	65	16	1.5	25	84	9	1	4	29	1760
CRISPY CRAB BITES	420	109	25	3	0	40	46	2	1	1	2	560
CRISPY FRIED CHEESE ▲	1220	317	83	37	1	95	69	8	3	3	55	4640
CRAB WONTONS	480	125	18	6	0	20	73	12	9	0	8	850
ROADSIDE SLIDERS	1080	281	27	8	0	100	154	29	10	8	46	1040
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	1030	268	68	35	1	155	63	5	0	7	41	1060
QUESADILLA WITH CHICKEN	1280	332	78	41	1	235	73	6	0	9	69	1280
THAI CHILI SHRIMP	660	171	34	5	0	115	58	4	2	1	32	1550
CRABCAKES	1140	296	63	7	0	70	133	8	2	3	11	1330
FRIED MACARONI AND CHEESE ▲	1450	377	96	58	1	105	107	25	3	7	38	2410
WARM CRAB DIP	850	221	61	21	0	45	67	5	1	2	9	1100
BEEF BELLY SLIDERS ▲	2010	522	68	16	0	185	267	77	28	12	85	3230
HOUSEMADE MEATBALLS	410	106	23	9	0	85	26	15	5	4	26	1000
SOUTHERN FRIED CHICKEN SLIDER ▲	1290	335	52	11	0	100	163	26	11	8	49	2170
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	0	7	40	2210
BUFFALO BLASTS ▲	1590	413	78	29	0	270	113	3	0	4	108	5180
EGGROLL SAMPLER ▲	1360	353	77	17	0	100	125	49	37	8	35	2790
THAI LETTUCE WRAPS (CHICKEN) ▲	900	263	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
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

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	Energy (Calories)	Burnout Rate (minutes)	Total Fats (g)	Saturated Fats (g)	Trans Fatty Acids (g)	Cholesterol (mg)	Carbohy- drates (g)	Total Sugars (g)	Added Sugars (g)	Fiber (g)	Protein (g)	Sodium (mg)
FACTORY NACHOS ▲	3060	795	225	71	0	230	200	35	0	19	51	2860
FACTORY NACHOS WITH SPICY CHICKEN ▲	3220	836	227	71	0	295	214	40	0	21	78	4030
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	1010	262	40	23	0	75	117	6	0	4	52	1250
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
THE EVERYTHING FLATBREAD PIZZA	900	234	30	16	0	55	118	7	0	6	46	1100
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
BISTRO BURGER ▲	1820	473	75	24	0	185	187	28	13	7	65	2300
FRENCH DIP CHEESEBURGER ▲	1830	475	110	43	0	260	117	27	1	7	60	2760
SMOKEHOUSE BBQ BURGER ▲	1200	312	55	23	0	260	68	29	2	3	52	2340
MUSHROOM BURGER ▲	1320	343	149	32	0	265	74	28	4	4	57	2260
AMERICANA CHEESEBURGER ▲	1490	387	85	34	0	285	85	36	12	5	51	3080
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	4090
VEGGIE BURGER ▲	1020	265	50	14	0.5	40	92	28	10	10	21	2240
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 SALAD SANDWICH	780	203	43	10	0	115	71	14	2	5	31	1640
THE CLUB	880	229	53	10	0	155	48	12	1	5	54	1820
GRILLED CHICKEN AND AVOCADO CLUB ▲	890	231	212	17	0	190	43	9	1	9	73	2290
CHICKEN PARMESAN SANDWICH	2530	657	128	78	2	365	220	7	2	8	115	1730
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

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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	137	21	1	33	38	3490
FRIED CHICKEN CLUB SALAD ▲	1320	343	97	26	0.5	335	62	21	5	7	52	3020
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 ▲	1420	369	64	10	0	125	171	54	3	33	66	3620
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	740	192	56	15	0	110	37	6	2	4	23	1100
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 ▲	1190	309	67	10	0	80	126	37	3	26	44	2550
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	1360	353	87	11	1	15	113	7	0	6	39	580

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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 - ITALIAN SAUSAGE & FRESH MUSHROOM RIGATONI	1310	340	75	46	0	40	127	14	0	11	43	1080
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 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 🍲	1680	436	24	3.5	0	130	286	79	60	7	71	4740
CHICKEN PARMESAN "PIZZA STYLE" 🍲	2120	551	138	62	2	400	129	15	4	10	102	2350
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 LITTLES 🍲	2050	532	92	43	1	310	209	37	1	14	107	4090
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
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
PARMESAN-HERB CRUSTED CHICKEN	1550	403	96	62	2.5	435	66	14	0	8	104	1110

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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
FETTUCCINI ALFREDO	1750	455	118	14	1.5	25	133	8	0	7	48	1060
FETTUCCINI ALFREDO WITH CHICKEN	1930	501	122	15	1.5	100	135	8	0	7	80	1710
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
ITALIAN SAUSAGE & FRESH MUSHROOM RIGATONI	1900	494	105	65	1	60	191	21	0	16	63	1140
BISTRO SHRIMP PASTA ▲	2290	595	135	88	2.5	385	215	16	2	14	66	2700
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
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
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
SHRIMP SCAMPI AND STEAK DIANE ▲	1620	421	97	59	1.5	210	109	40	13	7	82	2220
CHICKEN MADEIRA AND STEAK DIANE ▲	1500	390	66	38	1	265	127	58	15	8	104	3320
STEAK DIANE AND HERB CRUSTED SALMON ▲	1620	421	104	57	1.5	260	77	33	7	7	96	2370

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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 (mg)
CARNE ASADA STEAK	1490	387	53	27	1	90	177	18	2	9	81	1280
CHARGILLED NEW YORK STEAK ▲	1300	338	86	48	0.5	210	93	10	0	7	42	2030
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
PETITE FILET	800	208	49	30	0.5	175	48	8	0	7	44	510
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	1370	356	74	35	1	535	112	28	0	10	31	1430
EGGS ANY STYLE w/ BEEF BACON	1510	392	81	37	1	605	107	24	0	8	55	1720
EGGS ANY STYLE w/ TURKEY HAM	1630	423	85	38	1	575	137	28	0	9	48	1970
BRIOCHE BREAKFAST SANDWICH ▲	1700	442	93	39	0.5	640	126	28	0	7	49	2340
FACTORY CREATE AN OMELETTE	1610	418	111	38	1	870	117	29	0	10	54	1990
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
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

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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	880	229	150	35	0	860	11	11	0	4	45	1340
SPINACH, MUSHROOM, CHEESE, AND BACON OMELETTE	760	197	60	31	0.5	850	7	6	0	2	46	1270
BREAKFAST BURRITO 	2090	543	141	61	0.5	875	147	31	2	26	71	4250
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	2840	738	197	122	1	995	222	169	146	2	43	440
BRULÉED FRENCH TOAST WITH BACON	3090	803	209	128	1	1100	229	174	151	2	71	1240
BRULÉED FRENCH TOAST WITH TURKEY HAM	3160	821	212	128	1	1055	252	177	151	3	58	1400
BRUNCH FLATBREAD PIZZA	1550	403	101	55	2	590	108	8	1	5	55	1130
EGGS BENEDICT WITH TURKEY HAM	1980	514	177	87	4.5	925	59	4	1	2	34	1230
BACON AND AVOCADO BENEDICT	2110	548	187	82	4	940	51	7	7	7	50	1790
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
BREAKFAST KIMCHI FRIED RICE AND EGGS 	1210	314	62	31	1	585	107	26	11	4	53	2050
GREEN CHILAQUILES WITH SPICY CHICKEN AND EGGS 	1810	470	100	24	0	745	118	25	0	11	82	4390
MONTE CRISTO SANDWICH 	2430	631	211	65	1	770	211	61	28	7	73	2790
JAMBALAYA HASH & EGGS	1750	455	99	47	0.5	640	158	20	0	8	57	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
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

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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
VERY CHERRY CHOCOLATE CHEESECAKE	1070	278	67	33	0	175	109	89	0	5	11	430
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
COOKIE BUTTER MILKSHAKE	1010	262	57	34	0.5	315	105	83	16	0	19	300
OREO MILKSHAKE	1230	319	66	33	0.5	315	138	78	12	0	21	590
CHOCOLATE MILKSHAKE	1060	275	55	33	0.5	315	124	102	6	2	18	290
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

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CAFÉ LATTE	100	26	2.5	0	0	0	162	0	0	0	58	0
CARAMEL ROYALE MACCHIATO	300	78	16	4.5	0	10	184	24	13	0	57	70
CINNAMON VANILLA LATTE	210	55	2	0	0	0	193	31	0	1	57	0
COOKIE BUTTER LATTE	400	104	19	2.5	0	0	199	34	28	0	58	95
CAFÉ MOCHA	300	78	19	7	0	10	176	16	8	0	58	40
CAPPUCCINO	70	18	2	0	0	0	160	0	0	0	56	0
CAFÉ AMERICANO	0	0	0	0	0	0	151	0	0	0	50	15
FLAT WHITE	50	13	1	0	0	0	157	0	0	0	54	0
DOUBLE ESPRESSO	0	0	0	0	0	0	151	0	0	0	50	0
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
BREAKFAST BLEND	0	0	0	0	0	0	0	0	0	0	0	10
PURE GREEN	0	0	0	0	0	0	0	0	0	0	0	10
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
ARNOLD PALMER	110	29	0	0	0	0	26	26	26	0	0	15
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
COKE ZERO	0	0	0	0	0	0	0	0	0	0	0	115
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
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

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SOFT DRINKS												
COCA-COLA	120	31	0	105	0	0	29	29	0	0	0	40
COKE ZERO	0	0	0	0	0	0	0	0	0	0	0	115
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
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	1030
SKINNYLICIOUS™ SPICY FRIED CHICKEN SANDWICH - SRIRACHA	490	127	15	3.5	0	50	66	13	11	3	26	1160
SKINNYLICIOUS™ SOFT TACOS - CHICKEN	700	182	36	3	0	80	65	10	2	11	37	1390
SKINNYLICIOUS™ SOFT TACOS – SHRIMP ▲	700	182	36	2.5	0	80	71	12	2	12	31	2280
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
LEMON HERB PARMESAN CHICKEN	610	158	28	14	0.5	280	20	5	1	4	68	1850
TUSCAN CHICKEN	560	145	10	2	0	210	27	7	0	6	87	1090
SPICY SHRIMP PASTA	590	153	13	6	0	70	93	14	2	10	34	1110
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
GRILLED STEAK MEDALLIONS	540	140	22	10	0	30	32	18	4	3	57	920
KIDS' ROADSIDE SLIDERS	530	138	17	5	0	50	74	12	5	4	23	470
KIDS' SOUTHERN FRIED CHICKEN SLIDERS	580	151	18	3.5	0	45	81	13	5	4	25	960
KIDS' MINI CORN HOTDOGS	160	42	5	1	0	20	24	2	2	1	5	810
KIDS' PASTA BUTTER AND PARMESAN	670	174	25	12	0	50	103	4	0	8	18	180
KIDS' PASTA MARINARA SAUCE	650	169	11	0	0	0	126	20	8	12	22	1240
KIDS' PASTA ALFREDO SAUCE	1030	268	61	35	0	5	109	9	0	8	21	180

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KIDS' SPAGHETTI WITH MEATBALLS	660	171	14	3	0	40	115	22	8	11	29	1410
KIDS' MACARONI AND CHEESE	1210	314	82	51	0	60	95	18	0	7	23	820
KIDS' FRIED CHICKEN STRIPS	450	117	17	4	0	70	45	1	1	2	32	1720
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	1020	265	67	19	0.5	290	81	56	46	3	23	520
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
KIDS' COKE ZERO	0	0	0	0	0	0	0	0	0	0	0	85
KIDS' SPRITE	90	23	0	0	0	0	22	22	22	0	0	40
KIDS' FANTA ORANGE	100	23	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.