



Food & Beverage Nutrition Guide

Printed information is valid December 2018 through March 2019

Cheddar's Scratch Kitchen has made an effort to provide complete and current nutrition information. Due to the handcrafted nature of our menu items and changes in recipes, ingredients, and kitchen procedures, variations between the nutrition reported here and what is actually served may occur. Sides and sauces are included unless otherwise noted under menu item. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

If you have any questions about this information, please contact one of our Guest Relations Representatives at 1-888-642-7336.

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
APPETIZERS											
Kickin' Tenders - Buffalo (4)	950	580	64	12	0.5	175	58	1710	35	2	6
Kickin' Tenders - Buffalo (6)	1470	910	101	19	1	270	87	2640	53	3	9
Kickin' Tenders - Honey Hot (4)	980	520	58	9	0	175	58	1810	57	2	24
Kickin' Tenders - Honey Hot (6)	1510	830	92	15	0.5	270	87	2800	85	3	36
Santa Fe Spinach Dip	1320	780	87	41	2	185	42	2460	99	13	17
Chips & Homemade Queso	1030	550	62	25	1	110	30	2080	84	9	9
Chips & Homemade Queso w/ Beef	1040	560	62	25	1	115	33	2140	85	9	9
Honey Butter Croissants (4)	870	510	56	24	4.5	0	14	500	79	4	19
Cheddar's Trio Sampler	2220	1280	142	51	2.5	365	101	4050	134	14	27
Cheddar's Cheese Fries	2740	1570	174	51	2.5	190	73	6430	220	29	6
Wisconsin Cheese Bites	1250	820	91	38	1.5	180	53	3510	56	6	5
Homemade Onion Rings	2790	1930	215	64	1	60	32	3070	184	15	19
Texas Nachos - Chicken	2180	1060	118	45	2	335	99	4980	179	18	46
Texas Nachos - Beef	2160	1130	126	48	2.5	250	76	5020	179	19	45
Crab Dip (where available)	1100	610	68	29	1.5	200	40	1620	87	8	7
HOMEMADE SOUPS											
Baked Potato Soup - Bowl	570	350	38	20	1	70	14	2250	42	3	5
Baked Potato Soup - Cup	330	200	22	11	0	40	9	1280	23	2	3
Crispy Chicken Tender Noodle Soup - Bowl	320	130	15	4.5	0	55	19	1370	27	2	5
Crispy Chicken Tender Noodle Soup - Cup	160	70	7	2	0	25	10	690	13	1	3
ENTREE SALADS											
Blackened Salmon Salad	830	470	52	11	0	95	46	1560	47	10	31
Grilled Chicken Pecan Salad	630	340	38	13	0.5	160	56	1200	21	9	7
Crispy Chicken Tender Salad	1130	690	77	20	1	195	61	1530	53	8	24
Chicken Caesar Pasta Salad	860	470	52	12	0	160	51	2240	49	6	8
House Salad (Dressing not included)	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
Grilled Shrimp (add on)	80	20	2.5	1	0	95	13	390	1	0	0
Salmon Blackened (add on)	260	140	15	3	0	75	26	620	1	0	0
DRESSINGS											
Ranch Dressing - 1.75 fl. oz.	220	210	23	3.5	0	20	1	470	2	0	2
Honey Mustard Dressing - 1.75 fl. oz.	210	170	19	3	0	15	1	310	12	less than 1 g	10
Chunky Blue Cheese Dressing- 1.75 fl. oz.	280	260	29	6	0	30	3	430	2	0	1
Balsamic Vinaigrette - 1.75 fl. oz.	110	80	8	1	0	0	0	340	8	0	8
Honey Lime Dressing - 1.75 fl. oz.	260	210	23	3.5	0	20	less than 1 g	240	16	0	15
Pomegranate Vinaigrette - 1.75 fl. oz.	110	60	6	1	0	0	0	250	14	0	14
LIGHTER SIDE											
Lighter Side Grilled Whitefish - Lemon Pepper	340	90	10	3.5	0	95	28	1200	33	less than 1 g	1
Lighter Side Grilled Whitefish - Blackened	350	90	10	3.5	0	95	28	1470	35	1	1
Grilled Tilapia and Shrimp w/ Mango Salsa	490	110	12	5	0	170	51	1920	45	2	8
Lighter Side Grilled Salmon	440	180	20	5	0	75	29	1060	33	less than 1 g	less than 1 g

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Lighter Side Grilled Salmon - Blackened	450	180	21	5	0	75	29	1370	34	1	1
Lighter Side Grilled Salmon - Bourbon Glazed	560	190	21	5	0	75	29	1510	60	1	27
Lemon Pepper Chicken	520	110	12	4.5	0	220	68	2340	35	less than 1 g	2
SCRATCH BURGERS											
Bacon Cheeseburger	1360	870	96	33	2.5	225	67	2940	55	3	15
Smokehouse Burger	1180	580	64	24	2	165	57	2960	90	3	39
The Original Burger	1010	610	68	20	2	145	45	1960	53	3	14
The Original Burger w/ Cheddar Cheese	1100	680	75	25	2	170	51	2100	54	3	14
CHICKEN											
Chicken Tender Parmesan	1780	720	80	31	2	215	115	3950	162	11	26
Grilled Chicken Alfredo	1370	710	79	43	2	290	63	2460	108	8	16
Dijon Chicken & Mushrooms	1110	580	64	18	0.5	245	72	4250	62	3	28
Chicken Tender Platter - Classic	1690	890	99	16	0.5	225	79	2560	122	12	26
Chicken Tender Platter - Buffalo	1810	1020	114	21	1	230	79	3340	118	12	20
Chicken Tender Platter - Honey Hot	1850	940	104	17	1	230	79	3500	150	12	47
Key West Chicken & Shrimp	550	90	10	4	0	205	49	2330	63	2	34
COMFORT FOOD											
Better Than Mom's Meatloaf	1230	470	53	21	2	270	57	3520	131	9	65
Homemade Chicken Pot Pie	940	460	51	30	0.5	140	60	2250	59	4	10
New Orleans Pasta	1480	730	81	37	1.5	345	77	4490	112	8	19
Country Fried Steak	1250	640	71	17	0	90	51	2590	103	9	11
Country Fried Chicken - Lunch	830	370	41	12	0	100	43	2330	71	6	11
Country Fried Chicken - Dinner	1250	570	64	16	0.5	190	78	3570	90	7	11
SANDWICHES											
Monte Cristo	1460	760	85	19	0	95	44	3090	132	8	46
Philly Cheesesteak	1010	600	67	29	2.5	115	35	3680	61	4	9
Cheddar's Club	1040	570	63	20	0.5	145	49	3120	69	3	11
Maple Bacon Chicken Sandwich	930	410	46	17	0.5	170	58	2290	63	3	24
Buffalo Chicken Wrapper - Grilled	1520	830	92	26	1	315	91	5090	83	5	9
Buffalo Chicken Wrapper - Fried	1830	1080	120	29	1	255	83	4300	109	6	9
COMBINATIONS											
Chicken Tenders & Grilled Shrimp	1240	570	63	12	0.5	270	74	2590	96	4	39
Chicken Tenders & Fried Shrimp	1330	700	78	13	0.5	255	71	2840	86	6	24
6 oz. Top Sirloin Steak w/ Grilled Shrimp	720	310	35	11	1	185	39	1810	62	2	29
6 oz. Top Sirloin Steak w/ Fried Shrimp	870	460	51	13	1	170	38	2350	63	5	18
6 oz. Top Sirloin Steak & Ribs	1110	670	75	25	1	265	73	2340	34	2	19
6 oz. Top Sirloin & Chicken Tenders	1140	690	77	17	1	220	67	1470	47	3	15
Half Rack of Ribs & Grilled Shrimp	1010	460	51	19	0.5	270	64	3110	69	2	43
Half Rack of Ribs & Fried Shrimp	1150	610	67	20	0.5	255	63	3650	70	4	32
Half Rack of Ribs & Chicken Tenders	1430	840	93	24	0.5	310	92	2770	54	3	29
STEAKS											
6 oz. Top Sirloin Steak w/ Onion Straws	410	260	29	9	1	90	24	520	13	1	2
8 oz. Top Sirloin Steak w/ Onion Straws	490	310	35	11	1	115	31	670	14	1	3
14 oz. Ribeye Steak	890	550	61	23	2	240	78	1000	6	0	0
Sautéed Mushrooms	130	100	11	5	0	0	2	590	4	0	1
HOUSE SMOKED BABY BACK RIBS											
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze - Half Rack	1330	720	80	22	0.5	190	56	3020	95	10	30
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze - Full Rack	2030	1130	125	38	1	365	105	4840	116	11	46
SEAFOOD											
Blackened Salmon & Grilled Shrimp	930	320	36	10	0	235	63	3020	86	3	35
Blackened Salmon & Fried Shrimp	1140	510	57	12	0	220	62	3710	93	6	22
Grilled Salmon	590	270	30	7	0	120	44	1260	33	less than 1 g	1
Grilled Salmon - Blackened	600	270	30	8	0	120	44	1740	35	1	1

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Grilled Salmon - Bourbon Glazed	750	270	31	8	0	120	45	1850	70	1	35
Grilled Whitefish - Lemon Pepper	490	130	15	5	0	190	52	1650	34	less than 1 g	1
Grilled Whitefish - Blackened	510	130	15	5	0	190	53	2190	36	2	1
Cornmeal Whitefish - Lunch	1460	910	101	16	0.5	100	33	2730	113	12	16
Cornmeal Whitefish - Dinner	1810	1120	124	20	1	140	50	3530	136	13	17
Hand-Breaded Fried Shrimp	1450	700	78	13	0.5	175	34	4220	154	16	27
LUNCH COMBINATIONS											
Half Monte Cristo	800	380	42	10	0	45	22	1550	83	4	32
Half Cheddar's Club	520	280	31	10	0	75	24	1560	34	1	5
Half Chicken Caesar Pasta Salad	450	250	27	7	0	85	27	1190	25	3	4
Half Buffalo Chicken Wrapper - Grilled	900	540	60	16	0.5	170	46	2960	45	3	7
Half Buffalo Chicken Wrapper - Fried	1060	670	74	18	0.5	135	42	2560	57	3	7
Half Blackened Shrimp Alfredo	760	400	44	23	1	185	30	1350	62	5	8
MADE FROM SCRATCH SIDES											
Broccoli Cheese Casserole	220	120	14	8	0	40	9	640	16	2	2
Loaded Baked Potato	430	200	22	11	0	35	10	720	51	5	4
Idaho Mashed Potatoes	160	70	8	3.5	0	0	3	360	19	2	2
Gravy for Mashed Potatoes	30	15	1.5	1	0	0	less than 1 g	110	3	0	1
French Fries	460	190	22	3.5	0	0	6	1000	61	8	less than 1 g
Southern Green Beans	60	25	3	1	0	less than 5 mg	less than 1 g	190	8	2	4
Buttered Off-The-Cob Corn	110	20	2.5	0.5	0	0	4	80	22	2	8
Fresh Steamed Broccoli	100	70	8	3.5	0	0	3	105	6	3	2
Sweet Baby Carrots	35	0	0	0	0	0	less than 1 g	75	9	3	6
Seasoned Rice	150	35	4	2	0	0	2	600	26	less than 1 g	less than 1 g
Freshly Made Coleslaw	170	120	13	2	0	10	less than 1 g	200	14	1	12
Mac & Cheese	270	110	12	6	0	25	10	820	28	1	2
House Salad <i>(Dressing not included)</i>	140	80	9	4	0	75	7	210	9	3	3
Caesar Salad	290	230	26	7	0	30	8	810	9	2	3
KIDS MEALS											
Kid's Chicken Tenders	630	380	42	7	0	135	44	1050	18	less than 1 g	2
Kid's Grilled Cheese	420	220	24	12	0	35	13	990	35	1	4
Kid's Junior Burger	450	230	26	10	1	65	23	980	29	less than 1 g	4
Kid's Penne Pasta Marinara	420	130	14	3.5	0	less than 5 mg	12	980	63	4	10
Kid's Grilled Chicken	280	60	6	2.5	0	110	34	1250	21	less than 1 g	less than 1 g
Kid's Grilled Chicken w/ BBQ Sauce	390	60	7	2.5	0	110	34	1920	48	less than 1 g	25
Kid's Mac & Cheese	680	290	32	15	0.5	55	22	1880	71	3	6
DESSERTS											
Hot Fudge Cake Sundae	2510	1050	116	56	2.5	240	23	2000	351	12	275
Apple Crisp A La Mode	1310	480	53	27	1	85	12	620	199	7	138
Chocolate Raspberry Mini Cake	600	280	31	14	0.5	80	6	550	77	3	54
Cheddar's Painkiller Mini Cake	480	200	22	12	0	50	4	380	64	1	47
Cheddar's Legendary Monster Cookie	1390	690	77	42	1.5	160	16	760	157	6	115
NON-ALC BEVERAGE											
Hand-Crafted Lemonade - Traditional	120	0	0	0	0	0	1	25	30	0	28
Hand-Crafted Lemonade - Raspberry	160	0	0	0	0	0	1	25	39	0	37
Hand-Crafted Lemonade - Strawberry	180	0	0	0	0	0	1	25	44	less than 1 g	41
Iced Tea - Sweet	140	0	0	0	0	0	0	10	36	0	35
Iced Tea - Peach	200	0	0	0	0	0	0	30	51	0	49
Iced Tea - Raspberry	200	0	0	0	0	0	0	25	50	0	48
Iced Tea - Strawberry	200	0	0	0	0	0	0	25	51	0	49
Iced Tea - Mango	200	0	0	0	0	0	0	15	51	0	49
Coca-Cola - 12 fl. oz.	140	0	0	0	0	0	0	45	39	0	39
Coke Zero Sugar - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Diet Coke - 12 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Dr. Pepper - 12 fl. oz.	150	0	0	0	0	0	0	60	40	0	38
Diet Dr. Pepper - 12 fl. oz.	0	0	0	0	0	0	0	60	0	0	0
Barq's Root Beer - 12 fl. oz.	160	0	0	0	0	0	0	70	45	0	45
Fanta Orange - 12 fl. oz.	160	0	0	0	0	0	0	60	45	0	44
Sprite - 12 fl. oz.	140	0	0	0	0	0	0	65	38	0	38
Coffee	0	0	0	0	0	0	0	0	0	0	0
Kid's Milk, 2% - 8 fl. oz.	120	45	5	3	0	20	8	115	12	0	12
Kid's Apple Juice - 8 fl. oz.	110	0	0	0	0	0	0	35	28	0	28
Kid's Coca-Cola - 8 fl. oz.	90	0	0	0	0	0	0	30	26	0	26
Kid's Coke Zero Sugar - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Diet Coke - 8 fl. oz.	0	0	0	0	0	0	0	25	0	0	0
Kid's Dr. Pepper - 8 fl. oz.	100	0	0	0	0	0	0	40	26	0	26
Kid's Diet Dr. Pepper - 8 fl. oz.	0	0	0	0	0	0	0	40	0	0	0
Kid's Barq's Root Beer - 8 fl. oz.	110	0	0	0	0	0	0	45	30	0	30
Kid's Fanta Orange - 8 fl. oz.	110	0	0	0	0	0	0	40	30	0	29
Kid's Sprite - 8 fl. oz.	90	0	0	0	0	0	0	45	25	0	25
MARGARITAS, COCKTAILS, SPIKED TEAS & PUNCH											
El Patron	230	0	0	0	0	0	0	5	21	0	20
Grande Top Shelf - Rocks	470	0	0	0	0	0	0	20	79	0	73
Grande Top Shelf - Frozen	490	0	0	0	0	0	0	30	67	0	62
Grande Top Shelf - Frozen Sangria Swirl	480	0	0	0	0	0	0	30	65	0	56
Grande Top Shelf - Rocks Sangria Swirl	450	0	0	0	0	0	0	20	70	0	60
Grande Top Shelf - Frozen Strawberry Swirl	540	0	0	0	0	0	0	50	85	0	79
Grande Top Shelf - Rocks Strawberry Swirl	510	0	0	0	0	0	0	45	89	0	82
Maui Margarita	470	0	0	0	0	0	0	55	79	0	74
Texas Frozen Swirl - Strawberry	420	0	0	0	0	0	0	35	62	0	58
Texas Frozen Swirl - Sangria	390	0	0	0	0	0	0	25	53	0	47
Texas Margarita - Rocks	340	0	0	0	0	0	0	15	51	0	48
Texas Margarita - Frozen	400	0	0	0	0	0	0	25	53	0	50
Shaker Margarita	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Patron Silver	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Cabo Wabo Resposado	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Patron Anejo	280	0	0	0	0	0	0	10	41	0	38
Top Shelf Shaker - Sauza Conmemorativo Anejo	280	0	0	0	0	0	0	10	41	0	38
Cheddar's Painkiller	350	40	4.5	4	0	0	2	45	49	2	43
Island Tiki	230	0	0	0	0	0	0	10	35	0	32
Spiked Cherry Limeade	200	0	0	0	0	0	0	20	31	0	29
Presidente Sangria	170	0	0	0	0	0	0	10	28	less than 1 g	17
Cheddar's Pina Colada	370	50	5	5	0	0	1	45	53	2	47
Spicy Mango Mojito	230	0	0	0	0	0	0	15	47	0	44
Top Shelf Long Island Iced Tea	230	0	0	0	0	0	0	10	30	0	28
Texas Sweet Tea	230	0	0	0	0	0	0	15	32	0	31
Passion Punch	200	0	0	0	0	0	0	10	26	0	24
Cheddar's Long Island Iced Tea	230	0	0	0	0	0	0	10	30	0	28
WINE											
Sweet White / Blush, 6 oz.	150	0	0	0	0	0	less than 1 g	10	7	0	7
Sweet White / Blush, Bottle	640	0	0	0	0	0	3	40	29	0	29
Sparkling, Split	160	0	0	0	0	0	less than 1 g	10	10	0	10
White, 6 oz.	150	0	0	0	0	0	0	10	4	0	2
White, Bottle	630	0	0	0	0	0	less than 1 g	35	16	0	7
Red, 6 oz.	160	0	0	0	0	0	0	0	5	0	1

Menu Item	Calories	Calories from Fat	Total Fat (Grams)	Saturated Fat (Grams)	Trans Fat (Grams)	Cholesterol (Milligrams)	Protein (Grams)	Sodium (Milligrams)	Total Carbs (Grams)	Dietary Fiber (Grams)	Sugars (Grams)
Red, Bottle	660	0	0	0	0	0	less than 1 g	0	21	0	5
BEER											
Beer, Light - 12 fl. oz.	100	0	0	0	0	0	less than 1 g	15	6	0	0
Beer, Light - 16 fl. oz.	140	0	0	0	0	0	1	20	8	0	0
Beer, Light - 23 fl. oz.	200	0	0	0	0	0	2	25	11	0	less than 1 g
Beer, Regular - 12 fl. oz.	150	0	0	0	0	0	2	15	13	0	0
Beer, Regular - 16 fl. oz.	200	0	0	0	0	0	2	20	17	0	0
Beer, Regular - 23 fl. oz.	290	0	0	0	0	0	3	25	24	0	0
Hard Cider - 12 fl. oz.	200	0	0	0	0	0	0	15	21	0	21