

Menu Item	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Carbohydrate	Total Dietary Fiber	Total Sugar	Sodium	Protein
<b>APPETIZERS</b>												
Chips & Homemade Queso no beef		1040	620	69	23	0	80	85	13	12	3500	25
Chips & Homemade Queso with beef		1070	630	70	23	0	85	86	13	12	3520	30
Santa Fe Spinach Dip		1140	670	74	27	3	30	98	19	16	2950	22
Cheddar's Cheese Fries Small		1580	910	101	36	1	85	118	11	1	3280	50
Cheddar's Cheese Fries Regular		2080	1220	136	46	2	115	149	13	2	4340	63
Loaded Russet Potato Skins		900	410	45	22	2	80	92	7	4	1700	31
Chicken Fajita Quesadilla		1150	630	70	39	3	205	59	4	7	3780	80
Ultimate Nachos Beef		1390	790	88	51	1	230	68	9	4	3830	91
Ultimate Nachos Chicken		1280	670	74	43	0	275	71	10	9	4420	93
Stacked Nachos Beef		1850	1060	118	48	0	205	127	23	8	4150	77
Homemade Onion Rings		1330	1000	111	22	0	25	72	5	13	2370	12
Wisconsin Cheese Bites		1250	830	92	45	3	145	51	1	4	2470	54
Triple Treat Sampler		1630	900	100	39	2	210	111	6	18	3150	72
Chicken Tender Sampler Original 4 PC	4 pc	730	410	46	7	0	115	37	3	4	1520	41
Chicken Tender Sampler Buffalo 4 PC	4 pc	790	460	51	9	2	115	40	3	6	2910	41
Chicken Tender Sampler Honey Hot 4 PC	4 pc	810	410	46	7	0	115	56	3	23	2230	41
Chicken Tender Sampler Original 6 PC	6 pc	1130	660	73	12	0	170	56	4	6	2350	62
Chicken Tender Sampler Buffalo 6 PC	6 pc	1220	730	81	14	2	170	60	4	9	4440	62
Chicken Tender Sampler Honey Hot 6 PC	6 pc	1250	660	73	12	0	170	84	4	34	3410	62
Chicken Tender Sampler Original 8 PC	8 pc	1400	770	86	14	0	225	73	5	8	2850	82
Chicken Tender Sampler Buffalo 8 PC	8 pc	1520	870	97	17	3	225	78	5	12	5630	82
Chicken Tender Sampler Honey Hot 8 PC	8 pc	1550	770	86	14	0	225	111	5	45	4260	82
Crescent City Shrimp & Crab Dip		1180	680	75	29	0	155	84	12	9	1760	42
BBQ Chicken Nachos		2290	1280	142	47	1	240	172	25	43	6340	89
Honey Butter Croissants		720	400	44	24	0	0	68	4	12	440	16
Cheddar's Trio Sampler		1770	1090	121	39	2	175	119	18	21	3810	60
<b>HOMEMADE SOUPS</b>												
Homemade Chicken Tortilla Soup Bowl		260	140	15	7	0	60	13	2	4	2010	15
Homemade Chicken Tortilla Soup Cup		200	120	13	6	0	45	7	1	3	1260	14
Homemade Baked Potato Soup Bowl		560	360	40	19	0	95	39	1	3	2010	17
Homemade Baked Potato Soup Cup		440	280	31	14	0	75	31	1	2	1430	15
<b>SALADS</b>												
Chicken Caesar Pasta Salad w/ dressing		830	440	49	11	0	95	53	8	6	2430	47
Grilled Chicken Pecan Salad		710	370	41	15	0	100	45	6	35	1320	45
Crispy Chicken Salad w/ dressing		1020	590	66	18	0	165	57	6	19	1680	51
Signature Shrimp & Chicken Salad w/ dressing		1130	670	74	23	0	145	74	9	58	1910	51
House Salad (Dressing not included)		120	50	6	4	0	15	11	2	3	210	7
Shrimp (add on)		80	20	2	0.5	0	65	0	0	0	400	15
Salmon Grilled (add on)		260	200	22	5	0	25	8	3	3	820	6
Salmon Blackened (add on)		250	250	126	5	0	50	0	0	0	940	34
<b>DRESSINGS</b>												
Caesar 1.75 oz	1.75 oz	220	200	22	4	0	15	3	0	2	680	2
Homemade Ranch 1.75 oz	1.75 oz	190	180	20	3	0	10	2	0	1	470	1
Honey Mustard 1.75 oz	1.75 oz	200	150	17	2	0	15	10	0	8	280	0
Chunky Blue Cheese 1.75 oz	1.75 oz	270	250	28	6	0	25	2	0	2	450	2
Tomato Herb Vinaigrette 1.75 oz	1.75 oz	30	10	1	0	0	0	3	0	2	120	0
Balsamic Vinaigrette 1.75 oz	1.75 oz	100	70	8	1	0	0	7	0	7	310	0
Thousand Island 1.75 oz	1.75 oz	230	200	22	3	0	25	7	0	5	430	0
Strawberry Vinaigrette 1.75 oz	1.75 oz	180	120	13	2	0	10	16	0	13	150	0
Honey Lime 1.75 oz	1.75 oz	230	180	20	3	0	15	15	0	13	230	0
Vermont Honey French 1.75 oz	1.75 oz	220	180	20	3	0	0	12	0	10	350	0
Lite Italian 1.75 oz	1.75 oz	70	50	6	1	0	0	3	0	3	450	0
Sweet Vinaigrette 1.75 oz	1.75 oz	160	110	12	2.5	0	10	14	0	13	135	0
<b>LUNCH COMBINATIONS</b>												
Half Cheddar's Club		470	220	24	7	0	70	35	1	7	1640	26
Half Monte Cristo		670	300	33	8	0	40	77	3	36	2620	17
Half Signature Shrimp Salad		310	160	18	7	1	110	47	5	36	1010	11
Half Chicken Caesar Pasta Salad		430	240	27	6	0	50	23	3	3	1380	24
Half Blackened Shrimp Alfredo		770	410	45	22	2	145	60	6	10	1640	31
Half Buffalo Chicken Wrapper Fried		930	560	62	14	1	90	61	5	9	3480	33
Half Buffalo Chicken Wrapper Grilled		840	490	54	13	1	95	47	5	8	3870	42
Half Strawberry Salad		470	290	32	9	0	40	40	5	32	560	9
<b>COMBINATIONS</b>												

Chicken Tenders & Shrimp Grilled Shrimp		830	310	34	6	1	170	81	2	23	2270	52
Chicken Tenders & Shrimp Fried Shrimp		960	470	52	10	0	240	79	4	24	2000	46
Top Sirloin Steak* & Chicken Tenders		1070	560	62	14	1	175	55	3	16	1380	72
Top Sirloin Steak* & Ribs		1190	620	69	26	2	185	31	2	11	1360	114
Half Rack of Ribs & Shrimp Grilled Shrimp		970	410	45	18	2	175	54	1	26	2230	92
Half Rack of Ribs & Shrimp Fried Shrimp		1100	570	63	22	1	245	52	3	16	1960	86
BBQ Chicken & Half Rack of Ribs		980	520	58	22	1	210	14	1	11	1490	103
Top Sirloin Steak* & Shrimp Grilled Shrimp		950	310	35	11	2	175	85	1	27	2160	76
Top Sirloin Steak* & Shrimp Fried Shrimp		1000	470	52	14	1.5	175	67	3	17	1560	67
Half Rack of Ribs & Chicken Tenders		1160	620	69	22	1	180	43	3	21	1800	93
<b>FAVORITES</b>												
Chicken Fried Steak		760	330	37	10	9	165	98	5	9	1860	27
New Orleans Pasta		1620	850	94	35	4	230	130	11	14	6980	63
Key West Chicken & Shrimp		520	70	8	2	1	115	65	2	29	2390	50
Gigi's Baked Spasagna Marinara Sauce		980	310	34	17	1	45	123	16	10	2130	46
Gigi's Baked Spasagna Meat Sauce		1300	510	57	27	3	160	136	6	6	2680	62
Bourbon Glazed Pork Chop		770	250	28	7	2	195	62	2	42	2660	66
Chicken Tender Parmesan		1630	660	73	29	2	160	156	11	27	3530	97
<b>SCRATCH BURGERS</b>												
The Original Regular		910	550	61	19	2	110	56	4	19	890	65
The Original Cheeseburger		990	610	68	23	2	135	56	4	19	1020	70
Bacon Cheeseburger		1220	770	85	30	2	195	58	4	19	1780	89
Smokehouse Burger		1130	590	65	24	2	125	93	4	43	1740	77
Sauteed Mushrooms		240	180	20	6	0	20	8	2	2	1180	5
<b>SANDWICHES</b>												
Maple Bacon Chicken Sandwich		710	270	30	11	1	80	64	4	27	1920	49
Buffalo Chicken Wrapper Fried		1620	900	100	24	1	175	118	11	15	5280	64
Buffalo Chicken Wrapper Grilled		1430	750	83	22	1	180	88	10	13	6050	82
Cheddar's Club		930	440	49	14	0	140	70	3	14	3280	52
Monte Cristo		1250	590	66	16	1	85	130	6	49	2620	35
Philly Cheesesteak		600	230	25	11	2	75	59	6	5	2090	36
Blackened Redfish Sandwich		710	400	44	10	6	105	27	2	5	1720	52
<b>STEAKS</b>												
6 oz. Top Sirloin Steaks		540	260	29	9	1	95	23	1	6	480	47
6 oz. USDA Choice Top Sirloin Steak*		540	260	29	9	1	95	23	1	6	480	47
6 oz. USDA Choice Top Sirloin Steak* with Chicken Tenders		1070	560	62	14	1	175	55	3	16	1380	72
6 oz. USDA Choice Top Sirloin Steak* with Grilled Shrimp		840	300	33	10	1.5	160	69	1	27	1740	69
6 oz. USDA Choice Top Sirloin Steak* with Fried Shrimp		920	420	47	13	1.5	160	63	3	18	1490	63
8 oz. Top Sirloin Steaks		650	300	33	11	1	125	24	1	6	630	63
8 oz. USDA Choice Top Sirloin Steak*		650	300	33	11	1	125	24	1	6	630	63
8 oz. USDA Choice Top Sirloin Steak* with Chicken Tenders		1180	600	66	16	1	205	56	3	16	1530	88
8 oz. USDA Choice Top Sirloin Steak* with Grilled Shrimp		950	330	37	12	1.5	190	70	1	27	1880	85
8 oz. USDA Choice Top Sirloin Steak* with Fried Shrimp		1030	460	51	15	1.5	190	64	3	18	1630	79
12 oz. Ribeye Steak	12 oz	910	590	66	31	4	325	1	0	0	910	82
12 oz. Ribeye*		910	590	66	31	4	325	1	0	0	910	82
12 oz. Ribeye* with Chicken Tenders		1440	890	99	36	4	325	33	2	10	1810	107
12 oz. Ribeye* with Grilled Shrimp		1210	630	70	32	4.5	410	47	0	21	2160	104
12 oz. Ribeye* with Fried Shrimp		1290	760	84	35	4.5	390	41	2	12	1910	98
20 oz. Bone-in Ribeye	20 oz	1510	990	110	51	7	545	2	0	0	1510	137
Saut�ed Mushrooms	6 oz wt	240	180	20	6	0	20	8	2	2	1180	5
Bourbon Glaze	1.75 oz wt	110	0	0	0	0	0	24	0	24	430	1
Savory Crab Sauce	2 oz	130	100	11	6	1	50	2	0	1	210	4
<b>HOUSE SMOKED BABY BACK RIBS</b>												
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze -	8 oz	1300	680	75	24	1	105	84	9	19	2020	73
Hickory Smoked Baby Back Ribs w/ Honey BBQ Glaze -	16 oz	1950	1040	115	41	2	295	92	10	24	2900	139
Hickory Smoked Baby Back Ribs - Half Rack		1110	680	75	24	1	155	81	9	17	2020	73
Hickory Smoked Baby Back Ribs - Full Rack		1560	1040	115	41	2	295	87	10	20	2900	139
<b>CHICKEN</b>												
Chicken Tender Platter Original		1370	660	73	13	0	145	124	10	24	2450	52
Chicken Tender Platter Buffalo		1610	940	104	18	2	140	113	10	15	4790	52
Chicken Tender Platter Honey Hot		1630	850	94	16	0	140	141	10	43	4020	52
BBQ Chicken Platter		1310	630	70	17	0	250	88	8	25	2350	79
Homemade Chicken Pot Pie		690	340	38	12	0	80	52	5	9	1310	39
Dijon Chicken & Mushrooms		1020	510	57	13	0	145	67	3	23	4380	68
Lemon Pepper Chicken		490	80	9	3	0	95	45	2	2	2450	62
Grilled Chicken Alfredo		1350	610	68	32	1	205	120	11	16	2860	61
Country Fried Chicken Lunch		710	340	38	10	1	55	86	11	16	1580	25

Country Fried Chicken Dinner		950	450	50	13	1	100	102	12	16	2070	42
Chicken Tender Parmesan		1630	660	73	29	2	160	156	11	27	3530	97
<b>FISH</b>												
Blackened Redfish w/ Crab Sauce		940	270	30	10	2	190	91	1	32	3350	87
Grilled Salmon Lunch		470	160	18	6	1	85	41	0	0	940	44
Grilled Salmon Dinner		630	230	26	9	1	170	41	0	0	1040	68
Grilled Salmon Blackened Lunch		460	150	17	6	1	50	41	0	0	1750	42
Grilled Salmon Blackened Dinner		620	230	26	9	1	110	41	0	0	2050	63
Grilled Salmon Bourbon Glazed Lunch		490	130	14	5	1	50	63	0	21	1280	34
Grilled Salmon Bourbon Glazed Dinner		650	180	20	7	1	80	76	0	34	1570	49
Cornmeal Whitefish Lunch	6 oz	1350	770	86	18	0	175	113	8	16	1910	30
Cornmeal Whitefish Dinner	10 oz	1640	920	102	21	0	270	135	8	16	2220	45
Grilled Whitefish Lemon Pepper Lunch		370	60	7	2	1	120	41	0	0	1920	41
Grilled Whitefish Lemon Pepper Dinner		590	170	19	6	2	245	43	0	0	3420	68
Grilled Whitefish Blackened Grilled Lunch		390	90	10	4	1	120	41	0	0	2240	40
Grilled Whitefish Blackened Grilled Dinner		580	160	18	6	2	245	41	0	0	3680	70
Grilled Tilapia and Shrimp with Mango Salsa		540	110	12	4	2	265	54	1	11	2040	60
Blackened Salmon & Shrimp		1080	430	48	14	1	260	90	3	22	3070	81
Beer-Battered Fried Shrimp		1320	620	69	15	0	170	138	11	26	2550	37
Fish and Chips		1320	720	80	17	0	210	108	7	4	1810	36
<b>LIGHTER SIDE</b>												
Lemon Pepper Whitefish		400	80	9	3	2	80	41	2	5	1920	40
Grilled Baja Chicken		490	60	7	2	0	85	67	8	3	2280	42
Grilled Tilapia and Shrimp w/ Mango Salsa		540	110	12	4	2	265	54	1	11	2040	60
Sweet Heat Chicken & Shrimp		560	70	8	2	1	165	70	4	29	2720	53
Blackened Salmon with Mango Salsa		550	170	18	6	0.5	50	61	2	15	1970	44
<b>MADE-FROM-SCRATCH SIDES</b>												
Steamed Fresh Broccoli	4.5 oz wt	100	70	8	3	0	10	6	3	2	80	4
Buttered Off-The-Cob Corn	3.2 oz wt	90	35	4	1	1	0	14	1	5	370	2
Freshly Made Coleslaw	4 oz wt	180	130	14	2	0	10	16	2	13	260	1
French Fries	6 oz wt	470	190	21	5	0	0	60	6	0	880	6
Idaho Mashed Potatoes	4 oz wt	100	50	6	1	2	0	10	1	1	280	1
Loaded Baked Potato	12 oz wt	430	150	17	9	2	60	59	5	4	270	11
Homemade Black Beans	4 oz wt	170	20	2	0	0	0	29	7	2	690	7
Mac & Cheese	4 oz wt	220	110	12	6	1	25	19	2	4	570	8
Seasoned Rice	5 oz wt	210	25	3	1	0	0	41	0	0	810	9
Broccoli Cheese Casserole	4.6 oz wt	200	120	13	6	1	35	14	7	1	670	8
Southern Green Beans	2.82 oz wt	80	40	4.5	2	0	5	9	2	6	350	1
House Salad w/ dressing	1 salad	120	50	6	4	0	15	11	2	3	210	7
Caesar Salad w/o dressing	1 salad	260	200	22	5	0	25	8	3	3	820	6
Honey Butter Croissant	1 each	180	100	11	6	0	0	17	1	3	110	4
Baked Sweet Potato		460	140	15	3	4	0	78	11	30	230	7
Sweet Baby Carrots		35	0	0	0	0	0	9	3	6	75	1
Buttered Off-The-Cob Corn		110	20	2.5	0.5	0	0	22	2	8	80	4
Fresh Steamed Broccoli		100	70	8	3.5	0	0	6	3	2	105	3
Freshly Made Coleslaw		180	130	14	2	0	10	16	2	13	260	1
French Fries		470	190	21	5	0	0	60	6	0	880	6
<b>KIDS MEALS</b>												
Grilled Cheese		380	160	18	9	1	30	40	1	1	830	14
Chicken Tenders		520	330	37	6	0	70	21	1	3	1100	24
Junior Burger		470	270	30	10	4	50	29	0	4	760	21
Mac & Cheese		480	240	27	11	1	35	44	3	8	1130	16
Penne Pasta Marinara		440	140	15	4	0	5	63	5	8	960	14
Grilled Chicken BBQ		270	45	5	1	0	50	26	1	1	1310	32
Grilled Chicken Grilled		350	45	5	1	0	50	47	1	20	1830	32
<b>DESSERTS</b>												
Dessert Minis Chocolate Trifle		190	140	16	10	0	65	14	0	10	190	1
Dessert Minis Key Lime Pie Mini Dessert		200	80	9	5	0	85	27	0	23	95	4
Dessert Minis Strawberry Cheesecake		110	50	6	3	0	30	11	0	7	85	2
Hot Fudge Cake Sundae		1900	920	102	46	1	230	254	10	210	1230	15
Cheddar's Legendary Monster Cookie		1220	610	68	32	1	135	148	4	106	760	13
Apple Crisp A La Mode		920	360	40	17	4	70	88	4	93	440	10
Peach Crisp A La Mode		940	350	39	16	4	70	138	3	97	450	11
Mini - Raspberry Chocolate Cake		600	280	31	14	0.5	80	77	3	54	550	6
Mini - Coconut Rum Cake		570	270	30	15	0.5	50	69	1	52	430	4
<b>DRINKS</b>												
Hand-Crafted Lemonade Raspberry	370.5	180	0	0	0	0	0	44	0	42	15	2



Beringer White Zinfandel	176.4	130.08	0	0	0	0	0	8.88	10.92	0	0	0.12
Beringer White Zinfandel	264.6	195.12	0	0	0	0	0	13.32	16.38	0	0	0.18
Korbel Brut Sparkling	176.4	146.41	0	0	0	0	0	0	3.63	0	0	0.12
Korbel Brut Sparkling	264.6	219.62	0	0	0	0	0	0	5.45	0	0	0.19
Cavit Moscato	180	147.6	0	0	0	0	0	**	9.41	0	0	0.13
Cavit Moscato	270	221.4	0	0	0	0	0	**	14.12	0	0	0.19
Ecco Domani Pinot Grigio	176.4	146.41	0	0	0	0	0	0	3.63	0	0	0.12
Ecco Domani Pinot Grigio	264.6	219.62	0	0	0	0	0	0	5.45	0	0	0.19
Yellow Tail Chardonnay	176.4	148.18	0	0	0	0	0	8.82	3.81	0	1.69	0.12
Yellow Tail Chardonnay	264	222.26	0	0	0	0	0	13.23	5.72	0	2.54	0.19
KJ Chardonnay	176.4	148.18	0	0	0	0	0	8.82	3.81	0	1.69	0.12
KJ Chardonnay	264	222.26	0	0	0	0	0	13.23	5.72	0	2.54	0.19
Mark West Pinot Noir	176.4	144.65	0	0	0	0	0	0	4.07	0	0	0.12
Mark West Pinot Noir	264.6	216.97	0	0	0	0	0	0	6.11	0	0	0.19
Fetzer Valley Merlot	176.4	146.41	0	0	0	0	0	7.06	4.43	0	1.09	0.12
Fetzer Valley Merlot	264.6	219.62	0	0	0	0	0	10.58	6.64	0	1.64	0.19
Sterling Vintner's Merlot	176.4	146.41	0	0	0	0	0	7.06	4.43	0	1.09	0.12
Sterling Vintner's Merlot	264.6	219.62	0	0	0	0	0	10.58	6.64	0	1.64	0.19
Barefoot Cabernet Sauvignon	176.4	146.41	0	0	0	0	0	0	4.59	0	0	0.12
Barefoot Cabernet Sauvignon	264.6	219.62	0	0	0	0	0	0	6.88	0	0	0.19
Beringer Cabernet Sauvignon	176.4	146.41	0	0	0	0	0	0	4.59	0	0	0.12
Beringer Cabernet Sauvignon	264.6	219.62	0	0	0	0	0	0	6.88	0	0	0.19
<b>Beer</b>												
Bud Light - Pint	413	119.77	0	0	0	0	0	12.39	5.37	0	**	1.03
Bud Light - Pilsner	590	171.1	0	0	0	0	0	17.7	7.67	0	**	1.47
Blue Moon - Pint	411.72	222.83	0	0	0	0	0	7	21.35	0	12.54	3.15
Blue Moon - Pilsner	588.17	318.33	0	0	0	0	0	10	30.5	0	17.92	4.5
Budweiser	357	146.37	0	0	0	0	0	10.71	10.6	0	**	1.29
Bud Light	354	102.66	0	0	0	0	0	10.62	4.6	0	**	0.88
Miller Light	355.5	96	0	0	0	0	0	5	3.2	0	**	0.7
Coors Light	352.9	105	0	0	0	0	0	11	5	0	**	0.7
Michelob Light	358	95	0	0	0	0	0	9	11.7	0	**	1.1
Angry Orchard	356.4	216	0	0	0	0	0	12	31.2	0	24	1.68
Corona Extra	356	153	0	0	0	0	0	14	12.64	0	0	0
Corona Light	250	97.61	0	0	0	0	0	0	4.93	0	0	0
Dos Equis	356	153	0	0	0	0	0	14	12.64	0	0	0
Heineken	356	153	0	0	0	0	0	14	12.64	0	0	0
Heineken Light	356	153	0	0	0	0	0	14	12.64	0	0	0
Modelo Especial	356	153	0	0	0	0	0	14	12.64	0	0	0
New Belgium Fat Tire	356	153	0	0	0	0	0	14	12.64	0	0	0
Newcastle	356	153	0	0	0	0	0	14	12.64	0	0	0
Samuel Adams	356	153	0	0	0	0	0	14	12.64	0	0	0
Sierra Nevada	356	153	0	0	0	0	0	14	12.64	0	0	0
Stella Artois	356	153	0	0	0	0	0	14	12.64	0	0	0
**USDA - nutrient data from USDA databse - generic imported beer.												
Milk, 2% - 8 fl. oz.		120	45	5	3	0	20	12	0	12	115	8
Apple Juice - 8 fl. oz.		110	0	0	0	0	0	28	0	28	35	0