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AppleBee's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Appetizer						
Chicken Wonton Tacos	560	5	1500	45	3	35
Soup						
Portsmouth Clam Chowder	160	5	530	18	2	5
Chicken Tortilla Soup	160	2	830	15	1	7
Salads						
Thai Shrimp Salad	380	2.5	1510	30	8	25
Grilled Chicken Caesar Salad (Blackened Shrimp)	660	10	1930	27	7	25
Grilled Chicken Caesar Salad (Grilled Chicken)	780	11	1950	26	7	49
Steaks & Ribs (no sides)						
6 oz. USDA Select Sirloin	200	3	970	1	1	33
8 oz. USDA Select Sirloin	270	4	1090	1	1	45
Chicken (with sides unless noted)						
Grilled Chicken Breast - No sides	190	1	980	1	1	39
Bourbon Street Chicken & Shrimp*	610	7	2000	42	7	52
*Request NO GARLIC BUTTER	500	1	n/a	42	7	38
Cedar Grilled Lemon Chicken	600	4.5	2590	51	5	44
Seafood						
Cedar Salmon w/ Maple Mustard Glaze	370	2	1530	27	2	38
Blackened Tilapia	500	10	1550	43	8	32
Shrimp Wonton Stir Fry	680	3	2670	105	7	28



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Burgers						
Black Bean Burger (patty only)	190	1	540	22	8	17
Turkey Burger (patty only)	300	8	740	0	0	24
Veggie Burger (patty only)	170	0	310	21	5	7
Sandwiches						
Zesty Chicken Sandwich	880	11	2460	68	4	33
Sides						
House Salad without dressing	120	2.5	190	12	2	6
Mixed Green Salad without dressing	70	0	100	11	2	2
Steamed Broccoli	100	4.5	210	6	2	3
Fire - Grilled Veggies	150	4.5	410	9	3	2
Garlic Mashed Potatoes	250	2.5	650	35	3	4
Kids Menu						
Crispy Shrimp	170	1.5	560	16	1	9
Chicken Tenders	300	3	720	21	1	19
Kraft Mac & Cheese	300	2.5	650	44	2	10
Salad Dressing & Sauces						
Italian Dressing (fat free)	20	0	360	5	0	0
Chili Lime Vinaigrette	120	1	470	14	1	0
Honey Balsamic Dressing	150	2	200	12	0	0