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Cheddar's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Entrée Salad					
Caesar Salad	290	7	810	9	8
Grilled Chicken Pecan Salad	630	13	1200	21	56
-without cheese*	530	8	1035	21	49
Kale Salad	560	11	1355	31	22
Kale Salad – No Parmesan	410	5	775	30	9
Grilled Shrimp (add on)	80	1	390	0	13
Grilled Salmon (add on)	265	5	135	0	35
Grilled Chicken (add on)	145	1	882	0	28
Salad Dressings					
Balsamic Vinaigrette	110	1	340	8	0
Pomegranate Vinaigrette	110	1	250	14	0
Chicken					
Key West Chicken & Shrimp	550	4	2330	63	49
Steaks					
6 oz. Top Sirloin Steak w/ Onion Straws	410	9	520	13	24
Seafood					
Grilled Whitefish - Lemon Pepper	490	5	1650	34	52
Grilled Salmon	590	7	1260	33	44
Combinations					
6 oz. Top Sirloin Steak w/ Grilled Shrimp	720	11	1810	62	39



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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Lighter Side					
Lighter Side Grilled Salmon	440	5	1060	33	29
Lighter Side Grilled Salmon - Blackened	450	5	1370	34	29
Lighter Side Grilled Salmon -Bourbon Glazed	560	5	1510	60	29
Lighter Side Whitefish -Lemon Pepper	340	4	1200	33	28
Lighter Side Whitefish -Blackened	350	4	1470	35	28
Grilled Tilapia & Shrimp -with Mango Salsa	490	5	1920	45	51
Lemon Pepper Chicken	520	5	2340	35	68
Sandwiches					
Maple Bacon Chicken Sandwich	930	17	2260	63	58
OMIT cheese & bacon*	700	9	1195	63	42
Made From Scratch Sides (Veggie Plate)					
Buttered Off-The-Cob Corn	110	1	80	22	4
Fresh Steamed Broccoli	100	4	105	6	3
Sweet Baby Carrots	35	0	75	9	0
Southern Green Beans	60	1	190	8	0
Freshly Made Coleslaw	170	3	200	14	0
House Salad	140	4	210	9	7
Kids					
Kids Chicken Tenders	630	7	1050	18	44
Kids Grilled Chicken	280	3	1250	21	34
Kids Penne Pasta Marinara	420	4	980	63	12