

Applebee's Nutrition & Allergen Guide

Calories, macros, sodium, sugar and the major allergens by item

Reference data checked September 8, 2026 · applebees-menus.us

Appetizers

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
Boneless Wings – Classic Hot Buffalo	1,080	40g	58g	76g	4,720mg	2g	Milk, Wheat, Soy
Boneless Wings – Garlic Parmesan / Bleu Cheese	1,260	42g	60g	94g	2,710mg	2g	Milk, Eggs, Wheat, Soy
Brew Pub Pretzels & Beer Cheese Dip	1,160	34g	146g	49g	3,540mg	17g	Milk, Wheat, Soy
Spinach & Artichoke Dip	990	21g	89g	61g	2,340mg	7g	Milk, Wheat, Soy
Mozzarella Sticks	860	41g	76g	44g	2,440mg	12g	Milk, Wheat, Soy
Chicken Quesadilla	1,170	49g	77g	74g	2,590mg	9g	Milk, Wheat, Soy

Salads & Soups

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
House Salad (Fat Free Italian)	160	6g	19g	7g	610mg	7g	None of the major allergens
Tomato Basil Soup	210	5g	22g	12g	1,260mg	8g	Milk
French Onion Soup	370	16g	26g	21g	1,250mg	9g	Milk, Wheat, Soy
Grilled Chicken Caesar Salad	950	57g	56g	57g	2,200mg	10g	Milk, Eggs, Wheat, Fish
Oriental Chicken Salad (Crispy)	1,560	40g	118g	105g	1,650mg	45g	Wheat, Soy, Tree Nuts

Steaks, Ribs & Chicken

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
6 oz. Top Sirloin	760	43g	45g	47g	2,180mg	6g	Milk, Soy
Double-Glazed Baby Back Ribs (Half Rack)	760	44g	53g	42g	1,300mg	0g	Soy

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
8 oz. Top Sirloin	830	55g	45g	49g	2,310mg	7g	Milk, Soy
Bourbon Street Chicken & Shrimp	1,010	57g	49g	66g	2,910mg	8g	Milk, Soy, Shellfish
Fiesta Lime Chicken	1,190	61g	98g	62g	3,630mg	9g	Milk, Wheat, Soy
Bourbon Street Steak	1,430	71g	88g	88g	3,430mg	12g	Milk, Soy

Seafood & Pasta

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
Blackened Cajun Salmon	850	44g	49g	55g	2,050mg	7g	Fish, Milk, Soy
Three-Cheese Chicken Penne	1,350	77g	102g	71g	2,720mg	12g	Milk, Wheat, Soy
Four-Cheese Mac & Cheese with Honey Pepper Tenders	1,360	55g	160g	55g	3,300mg	44g	Milk, Wheat, Soy
Hand-Battered Fish & Chips	1,680	43g	117g	117g	3,500mg	22g	Fish, Wheat, Soy, Milk

Burgers & Sandwiches

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
Impossible Cheeseburger	1,090	39g	102g	59g	2,910mg	9g	Milk, Wheat, Soy
Classic Cheeseburger	1,220	50g	95g	72g	2,640mg	9g	Milk, Wheat, Soy
Bacon Ranch Chicken Sandwich (Grilled)	1,400	64g	94g	86g	3,490mg	10g	Milk, Eggs, Wheat, Soy
Whisky Bacon Burger	1,590	63g	119g	97g	3,050mg	20g	Milk, Wheat, Soy

Sides & Desserts

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
Steamed Broccoli	100	3g	7g	8g	200mg	2g	None of the major allergens
Garlicky Green Beans	150	2g	10g	12g	550mg	2g	None of the major allergens
Brownie Bite	330	4g	48g	15g	190mg	34g	Milk, Eggs, Wheat, Soy
Classic Fries (Side)	400	4g	50g	20g	800mg	0g	Soy
Triple Chocolate Meltdown	910	12g	116g	48g	640mg	87g	Milk, Eggs, Wheat, Soy

Item	Calories	Protein	Carbs	Fat	Sodium	Sugar	Allergens
Kids Applesauce	90	—	—	—	—	—	None of the major allergens
Kids Grilled Chicken	180	—	—	—	—	—	None of the major allergens
Kids Chicken Tenders	420	—	—	—	—	—	None of the major allergens
Kids Macaroni & Cheese	510	—	—	—	—	—	None of the major allergens
Miller Lite (16 oz draft)	130	—	—	—	—	—	None of the major allergens
Blue Moon (16 oz draft)	220	—	—	—	—	—	None of the major allergens
Mucho Margarita (frozen)	650	—	—	—	—	—	None of the major allergens
Oreo Cookie Shake	840	—	—	—	—	—	None of the major allergens

Before you order with an allergy

Applebee's kitchens share grills, fryers and prep surfaces. "No wheat in the recipe" is not the same as safe for celiac disease. Tell your server why you're asking, and confirm with the kitchen.