

The Cheesecake Cafe

NUTRITIONAL INFORMATION

Menu item	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Sliders	330	21 g	8 g	1 g	55 mg	520 mg	17 g	16 g
Marvelous Mushrooms	390	29 g	3.5 g	0	10 mg	340 mg	26 g	5 g
Pan Bread	1130	34 g	5 g	0	0 mg	2050 mg	179 g	26 g
Spinach Artichoke Dip	1370	54 g	24 g	0	120 mg	2320 mg	189 g	48 g
Tuscan Bread	360	17 g	6 g	0	15 mg	520 mg	41 g	11 g
Nice Little Salad	110	1 g	0	0	0	80 mg	24 g	3 g
Summer Spinach	150	8 g	.5 g	0	0	180 mg	18 g	6 g
Bistro Salad	400	21 g	8 g	0	25 mg	380 mg	41 g	15 g
Caesar Salad	160	4.5 g	2.5 g	0	10 mg	420 mg	18 g	10 g
Chicken Taco Salad	1550	83 g	23 g	2 g	175 mg	2390 mg	133 g	69 g
Full Cobb	880	55 g	27 g	0	445 mg	2410 mg	17 g	81 g
Salad dressings are not included in breakdown. See bottom of chart.								
French Onion Soup	250	13 g	8 g	0	30 mg	1820 mg	18 g	15 g
Fettuccine Alfredo	640	33 g	20 g	.5 g	105 mg	1060 mg	62 g	21 g
Shrimp Chicken Penne	1090	38 g	15 g	0	190 mg	1060 mg	119 g	61 g
Mediterranean Pasta	810	28 g	6 g	0	15 mg	880 mg	110 g	24 g
Mediterranean Chicken	950	31 g	6 g	0	75 mg	890 mg	112 g	50 g
Pasta Raphael	1220	49 g	27 g	1 g	205 mg	1780 mg	131 g	63 g
Chicken Stir-fry	1300	40 g	3.5 g	0	195 mg	1670 mg	148 g	84 g
Veggie Stir-fry	930	32 g	1.5 g	0	0	1500 mg	148 g	14 g
Honey Garlic Sirloin	440	21 g	8 g	0	115 mg	1200 mg	15 g	45 g
Mushroom Chicken Mushroom	1170	72 g	13 g	0	115 mg	1030 g	76 g	53 g
Mushroom Chicken Mushroom does not include mashed potatoes or seasonal vegetables. See bottom of chart.								
Bacon Cheddar Burger	1230	85 g	33 g	3 g	275 mg	1150 mg	35 g	76 g
BBQ Hamburger	1370	93 g	39 g	3 g	320 mg	2540 mg	41 g	87 g
Veggie Burger	690	43 g	19 g	0	85 mg	1150 mg	44 g	33 g
California Chicken Burger	1120	86 g	24 g	.5 g	165 mg	1480 mg	42 g	46 g
Monte Cristo Sandwich	890	40 g	19 g	0	305 mg	2220 mg	81 g	51 g
Hippie Sandwich	410	24 g	10 g	0	40 mg	950 mg	39 g	16 g
Country Club Sandwich	780	46 g	22 g	0	145 mg	1850 mg	45 g	45 g
Beef Dip Sandwich	760	40 g	24 g	1 g	195 mg	1730 mg	39 g	59 g
Roasted Turkey Wrap	730	76 g	9 g	0	100 mg	1010 mg	71 g	42 g
Fries and fresh fruit are not included in breakdown. See bottom of chart.								
Kids' Meals	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Chicken Fingers	730	27 g	5 g	4 g	50 mg	1210 mg	97 g	26 g
Fettuccine Alfredo	640	33 g	20 g	.5 g	105 mg	1060 mg	62 g	21 g
Fish & Chips	900	55 g	10 g	4 g	45 mg	1330 ,g	83 g	19 g
Grilled Cheese	900	47 g	25 g	.5 g	85 mg	1790 mg	103 g	17 g
Cheeseburger	1460	101 g	36 g	7 g	175 mg	2020 mg	102 g	37 g
Kraft Dinner	240	6 g	2 g	0	10 mg	790 mg	37 g	8 g
Nice Little Salad	110	1 g	0	0	0	80 mg	24 g	3 g
Cheese Pizza	530	16 g	5 g	0	20 mg	530 mg	76 g	18 g
Hawaiian Pizza	610	18 g	6 g	0	35 mg	1260 mg	81 g	28 g
Chicken Quesadilla	540	31 g	13 g	0	105 mg	810 mg	29 g	36 g
Bacon & Eggs	590	35 g	18 g	0	305 mg	860 mg	46 g	22 g
Cinnamon Toast	770	43 g	18 g	.5 g	260 mg	560 mg	85 g	14 g
Sides	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
French fries 8 oz	730	33 g	9 g	0	0	440 mg	98 g	13 g
Fresh fruit	35	0	0	0	0	5 mg	9 g	1 g
Mashed potatoes 8 oz	130	1.5 g	0	0	0	510 mg	27 g	3g
Salad Dressing 1 Tbsp	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Caesar Creamy (Kraft)	60	6g	1g	0	5mg	150mg	1g	.4g
Italian Golden (Kraft)	35	5g	3g	0	0	160mg	1g	0
Italian Light (Kraft)	25	2g	.3g	0	0	150mg	1g	.2g
Peppercorn Ranch (Kraft)	56	6g	.9g	3.4	5mg	150 mg	.7g	.2g
Rancher's Choice (Kraft)	70	8g	1g	0	5mg	135mg	1g	.1g
Raspberry Vinaigrette (Kraft)	30	2g	0.2g	0	0	150mg	3g	0
Sundried Tomato (Kraft)	50	5g	.5g	0	0	170mg	2g	.2g
Cheesecake	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Original	930	67 g	38 g	0	345 mg	710 mg	67 g	18 g
Rolo	1300	89 g	41 g	3 g	350 mg	850 mg	109 g	18 g
Turtle	1560	114 g	44 g	3.5 g	350 mg	880 mg	121 g	20 g
White Chocolate Raspberry	1580	107 g	50 g	2 g	365 ,g	1100 mg	134 g	19 g
Cheesequake	1050	74 g	23 g	1 g	210 mg	370 mg	85 g	18 g
Chantilly Cream (1 oz)	98	10.3 g	6.4 g	0	38 mg	10.5 mg	1.3 g	.6 g
Each cheesecake has about 2 pounds of real Phillidelphia Cream Cheese. Breakdowns are based on the large slice of cheesecake served in our Cafe.								
Desserts	Calories	Total Fat	Saturate Fat	Trans Fat	Cholesterol	Sodium	Carbs	Protein
Classic Carrot Cake	1110	50 g	14 g	.5 g	125 mg	570 mg	156 g	13 g
Gluten-free Silk	640	45 g	25 g	1 g	135 mg	590 mg	43 g	15 g