Cheesecake Factory Nutrition Menu: Calories, Macros & Allergens

Calories for every dish, checked against the official Summer 2026 nutrition guide

This PDF mirrors the page on cheesecakefactorymenus.us, with the same prices and calories, in one free, printable file.

Lightest items on the menu

Item	Calories	Category
Edamame	100	Small Plates
SkinnyLicious Mexican Chicken Lettuce Wrap Tacos	220	SkinnyLicious
SkinnyLicious Little House Salad	260	SkinnyLicious
Beet and Avocado Salad	290	Small Plates
Seared Tuna Tataki Salad	450	Salads
French Country Appetizer Salad	500	Appetizer Salads
Bowl of Fresh Strawberries	250	Desserts
Green Salad (for burger/sandwich)	130	Sides
Well Bourbon, Gin, Rum, Scotch, Tequila	80	Cocktails

Heaviest items on the menu

Item	Calories	Category
Bruleed French Toast with Bacon	2,180	Breakfast
Pasta Napoletana	2,480	Pasta
Barbeque Ranch Chicken Salad	1,950	Salads
Fettuccini Alfredo with Chicken	2,120	Pasta
Pasta Carbonara with Chicken	2,220	Pasta
Louisiana Chicken Pasta	2,270	Pasta
Shrimp Scampi and Steak Diane	1,780	Factory Combinations
Chicken Parmesan Sandwich	1,830	Burgers & Sandwiches
Godiva Chocolate Brownie Sundae	1,750	Desserts

Appetizers & small plates

Item	Calories	Notes
Avocado Eggrolls	930	Most-ordered appetizer on the menu
Buffalo Blasts	1,670	One of the richest fried appetizers
Buffalo Wings	1,120	Full order
Buffalo Chicken Strips	1,090	Full order
Cheeseburger Spring Rolls	980	
Chicken Pot Stickers	380	One of the lighter fried options
Chicken Samosas	480	
Chicken Taquitos	470	
Crispy Brussels Sprouts	570	
Crispy Crab Bites	410	
Crispy Fish Mini Tacos	530	
Crispy Fried Cheese	1,070	
Dynamite Shrimp	570	
Edamame	100	Lightest item in this category
Burrata with Fresh Tomato	470	
Ahi Carpaccio	250	
Ahi Poke	470	
Ahi Tartare	240	
Beet and Avocado Salad	290	

Salads

Item	Calories
Seared Tuna Tataki Salad	450
Caesar Salad	860
Caesar Salad with Chicken	1,090
Caesar Kale Salad	1,790
Caesar Kale Salad with Chicken	2,010
Chinese Chicken Salad	1,630

Item	Calories
Cobb Salad	1,480
Impossible Taco Salad	1,500
Luau Salad	1,370
Santa Fe Salad	1,670
Sheila's Chicken and Avocado Salad	1,820
Thai Chicken Salad	1,210
Barbeque Ranch Chicken Salad	1,950

Burgers & sandwiches

Item	Calories
Old Fashioned Burger	990
Classic Burger	1,280
Impossible Burger	1,010
Turkey Burger	1,060
Veggie Burger	1,040
Green Chile Cheeseburger	1,270
Americana Cheeseburger	1,390
Bacon-Bacon Cheeseburger	1,610
Smokehouse B.B.Q. Burger	1,580
Mushroom Burger	1,470
Stuffed Cheddar Burger	1,180
Macaroni and Cheese Burger	1,340
Hawaiian Fish Sandwich	740–870
Grilled Chicken and Avocado Club	1,180
The Club	1,290
Cuban Sandwich	1,170
California Cheesesteak	1,470
Crispy Fried Chicken Sandwich	1,720
Spicy Crispy Chicken Sandwich	1,010–1,090
Southwest Chicken Sandwich	1,160

Item	Calories
Chicken Parmesan Sandwich	1,830

Pasta

Item	Calories
Tomato Basil Pasta	1,720
Cajun Jambalaya Pasta	1,270
Chicken and Broccoli Pasta	1,360
Lasagna Verde	1,400
Four Cheese Pasta	1,280
Pasta Pomodoro	1,380
Spaghetti and Meatballs	1,920
Evelyn's Favorite Pasta	1,270
Pasta da Vinci	1,540
Shrimp with Angel Hair	1,390
Pasta with Shrimp and Sausage	1,780
Bistro Shrimp Pasta	2,010
Farfalle with Chicken and Roasted Garlic	1,870
Fettuccini Alfredo	1,930
Fettuccini Alfredo with Chicken	2,120
Louisiana Chicken Pasta	2,270
Pasta Carbonara	2,030
Pasta Carbonara with Chicken	2,220
Pasta Napoletana	2,480
Spicy Chicken Chipotle Pasta	1,770

Fish & seafood

Item	Calories
Grilled Branzino	1,410
Thai Glazed Salmon	1,040
Grilled Salmon	1,270
Miso Salmon	1,340

Item	Calories
Herb Crusted Filet of Salmon	1,350
Macadamia Crusted Mahi	1,340
Macadamia Crusted Ono	1,410
Macadamia Crusted Ahi	1,420
Macadamia Crusted Salmon	1,660
Sesame Crusted Mahi	1,470
Sesame Crusted Ahi	1,490
Sesame Crusted Salmon	1,720
Jamaican Black Pepper Shrimp	1,290
Jamaican Black Pepper Chicken and Shrimp	1,340
Jamaican Black Pepper Chicken	1,390
Shrimp Scampi	1,260
Shrimp and Chicken Gumbo	1,450

Flatbread pizzas

Item	Calories
Margherita Flatbread Pizza	760
Fresh Basil, Tomato and Cheese Flatbread	850
Hawaiian Flatbread Pizza	970
Cheese Flatbread Pizza	1,000
Kalua Pig Flatbread Pizza	1,100
Pepperoni Flatbread Pizza	1,170
Spinach and Mushroom Flatbread Pizza	1,160
The Everything Flatbread Pizza	1,160
Molto Meat Flatbread Pizza	1,270

Side dishes

Item	Calories
Grilled Asparagus	120
Green Beans	140
Sauteed Spinach	650

Item	Calories
Broccoli	260
Corn Succotash	300
Rice and Beans	510
Steamed White Rice	440
Mashed Potatoes	450
Black Beans	340
Plantains	630
Sweet Potato Fries	1,010
French Fries	1,060
Macaroni & Cheese	1,550

Breakfast & brunch

Item	Calories
English Muffin	190
Wheat Toast	270
Sourdough Baguette	260
Bagel	360
Plain Omelette	630
Huevos Rancheros	1,020
Giant Belgian Waffle	690
Brioche Breakfast Sandwich	1,030
Fried Chicken & Waffles	1,190
Buttermilk Pancakes	1,670
Eggs Benedict with Canadian Bacon and Hollandaise	1,350
Green Chilaquiles with Chicken and Eggs	1,620
Jambalaya Hash & Eggs	1,750
Breakfast Tacos	1,480
Lemon-Ricotta Pancakes	2,110
Monte Cristo Sandwich	1,960
Breakfast Burrito	2,080

Item	Calories
Bruleed French Toast	1,980
Bruleed French Toast with Bacon	2,180

Desserts & cheesecakes

Item	Calories
Low Carb Cheesecake	610
Original Cheesecake	830
Fresh Strawberry Cheesecake	1,000
Tiramisu Cheesecake	980
Key Lime Cheesecake	1,160
Lemon Raspberry Cream Cheesecake	1,040
Chocolate Mousse Cheesecake	1,220
Salted Caramel Cheesecake	1,240
Godiva Chocolate Cheesecake	1,400
Chocolate Chip Cookie-Dough Cheesecake	1,420
Ultimate Red Velvet Cake Cheesecake	1,580
Oreo Dream Extreme Cheesecake	1,510
Bowl of Fresh Strawberries	250
Bowl of Vanilla Ice Cream	750
Hot Fudge Sundae	1,280
Tiramisu	1,270
Vanilla Milkshake	1,210
Carrot Cake	1,720
Godiva Chocolate Brownie Sundae	1,750

SkinnyLicious menu: every dish at 590 calories or less

Item	Calories
SkinnyLicious Edamame	100
SkinnyLicious Mexican Chicken Lettuce Wrap Tacos	220
SkinnyLicious Ahi Tartare	240
SkinnyLicious Little House Salad	260

Item	Calories
SkinnyLicious Beet and Avocado Salad	290
SkinnyLicious Chicken Taquitos	470
SkinnyLicious Chicken Pot Stickers	380
SkinnyLicious Asian Chicken Lettuce Wrap Tacos	450
SkinnyLicious Grilled Artichoke	450
SkinnyLicious Chicken Samosas	480
SkinnyLicious Crispy Crab Bites	410
SkinnyLicious Burrata with Fresh Tomato	470
SkinnyLicious Caesar Salad	570
SkinnyLicious Chopped Salad	530
SkinnyLicious French Country Salad	500
SkinnyLicious Asian Chicken Salad	570
SkinnyLicious Mexican Tortilla Salad	550
SkinnyLicious Seared Tuna Tataki Salad	450
SkinnyLicious Hamburger	570
SkinnyLicious Grilled Turkey Burger	560
SkinnyLicious Veggie Burger	580
SkinnyLicious Turkey & Avocado Sandwich	550
SkinnyLicious Chicken Soft Tacos	520
SkinnyLicious Shrimp Soft Tacos	510
SkinnyLicious Grilled Salmon	590
SkinnyLicious Lemon-Garlic Shrimp	550
SkinnyLicious Grilled Steak Medallions	440
SkinnyLicious Chicken Pasta	590
SkinnyLicious Chicken Pot Pie	590
SkinnyLicious Tuscan Chicken	590
SkinnyLicious White Chicken Chili	590

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