Cheesecake Factory Salads Menu: Prices, Calories, and Every Option

Salads and dressings with calories

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

Gluten Free salads

Salad	Approx. calories (with standard dressing)
Tossed Green Salad, no dressing	35
Tossed Green Salad with Ranch	450
Tossed Green Salad with Blue Cheese	370
Tossed Green Salad with Thousand Island	470
Caesar Salad	720
Caesar Salad with Chicken	950
Beet and Avocado Salad	290

Salad dressings

Dressing	Calories (per tbsp)
Balsamic Vinaigrette	80
Barbeque Ranch Dressing	80
Blue Cheese Dressing	60
Caesar Dressing	80
Chinese Plum Dressing	60
Cilantro Dressing	60
Citrus Honey Dressing	60
Ranch Dressing	70
Shallot Vinaigrette	90
SkinnyLicious Caesar Dressing	50
SkinnyLicious Mustard Vinaigrette	15
SkinnyLicious Sesame Soy Dressing	20

Dressing	Calories (per tbsp)
Spicy Peanut Vinaigrette	60
Thousand Island Dressing	70

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