



Applebee's Nutrition FAQ

Applebee's is committed to being as transparent as possible with our nutrition, ingredient, and allergen information. You've got questions, we've got answers! We've compiled a list of the most frequently asked questions from our guests. Please look to see if yours is answered here.

Q: Where can I find nutrition, allergen, and ingredient information for your menu items?

- The nutrition, allergen, and ingredient information for our regular menu items can be found [here](#). Our [Interactive Nutrition Menu](#) provides information regarding nutrition and allergen information, as well as customizable search options that meet specific dietary requirements and/or allergen restrictions. This is accessible by using the Lifestyle and Allergen filter at the top of the Interactive Nutrition Menu, next to the Search bar.

Clicking on any specific menu item from the Interactive Nutrition Menu will present our [Nutrition Calculator](#), which allows for the ability to customize menu items and view further nutrition and allergen information. The calculator will provide updated information based on your selections and customizations, reflecting the changes instantly. Please see example below.

1. To get started, select the menu category followed by the menu item you would like to view. In this example, we will review the House Salad (no dressing). Click on **Customize** ▶ to present the Nutrition Calculator where we can customize our selections and view more details.

Applebee's **INTERACTIVE NUTRITION MENU**

Q Search Lifestyle & Allergen Filter OFF

Limited Time Offers 35 items	>
Appetizers 13 items	>
Side Salads 2 items	▼
Caesar Salad	Customize ▶
House Salad (no dressing)	Customize ▶
Soups 3 items	>

2. Make selections for any additional items if required. In this case there is a choice of salad dressing and Honey Dijon Mustard dressing has been selected. The nutrition and allergen information will be provided based on your selections:



House Salad (no dressing) Add to Meal

BUILD

Select Salad Dressing

Honey Dijon Mustard

CUSTOMIZE

- Croutons 60 cal
- Cucumbers 0 cal
- Diced Tomatoes 10 cal
- Salad Mix 15 cal
- Shredded Cheese 50 cal
- Honey Dijon Mustard 200 cal

Your Basket
0
calorie

Nutrition Facts

1 Serving

Amount Per Serving
Calories 340

% Daily Value*

Total Fat 25g	32%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	21%
Total Carbohydrates 25g	9%
Dietary Fiber 2g	7%
Total Sugars 14g	
Protein 7g	

INGREDIENTS Click to expand

ALLERGEN INFO

- Gluten
- Eggs
- Shellfish
- Milk
- Fish
- Tree Nuts

- Under the 'Customize' column, click on the > icon of the respective item to view more nutrition and allergen information for that specific item. Click on the Remove icon to remove that item from the calculator. All information will auto-populate to reflect the changes.

House Salad (no dressing) Add to Meal

BUILD

Select Salad Dressing
Honey Dijon Mustard

CUSTOMIZE

Croutons 60 cal
Cucumbers 0 cal
Diced Tomatoes 10 cal
Salad Mix 15 cal
Shredded Cheese 60 cal
Honey Dijon Mustard 200 cal

Shredded Cheese

Nutrition Info
Calories: 50
Total Fat: 4.5g
Saturated Fat: 2.5g
Cholesterol: 15mg
Sodium: 90mg
Total Carbohydrates: 0g
Dietary Fiber: 0g
Total Sugars: 0g
Protein: 3g

Allergen Info

- Gluten
- Milk
- Eggs
- Fish
- Shellfish
- Tree Nuts
- Peanuts
- Wheat
- Soy
- Sulfites
- Sesame

● Does not contain allergen
● Contains allergen

Your Basket
0 calorie

Nutrition Facts

1 Serving

Amount Per Serving
Calories 340

% Daily Value*

Total Fat 25g **32%**
Saturated Fat 6g **30%**
Trans Fat 0g

Cholesterol 35mg **12%**
Sodium 480mg **21%**
Total Carbohydrates 25g **9%**
Dietary Fiber 2g **7%**
Total Sugars 14g

Protein 7g

INGREDIENTS > Click to expand

ALLERGEN INFO

- Gluten
- Eggs
- Shellfish
- Milk
- Fish
- Tree Nuts

4. In the example below the Shredded Cheese was removed, and the information was updated accordingly:

House Salad (no dressing) Add to Meal

BUILD

Select Salad Dressing
Honey Dijon Mustard

CUSTOMIZE

Croutons 60 cal
Cucumbers 0 cal
Diced Tomatoes 10 cal
Salad Mix 15 cal
Honey Dijon Mustard 200 cal

Your Basket
0 calorie

Nutrition Facts

1 Serving

Amount Per Serving
Calories 280

% Daily Value*

Total Fat 20g **26%**
Saturated Fat 3g **15%**
Trans Fat 0g

Cholesterol 20mg **7%**
Sodium 390mg **17%**
Total Carbohydrates 24g **9%**
Dietary Fiber 2g **7%**
Total Sugars 14g

Protein 4g

INGREDIENTS > Click to expand

ALLERGEN INFO

- Gluten
- Eggs
- Shellfish
- Milk
- Fish
- Tree Nuts

5. For detailed information about the ingredients in our menu items, use our [Ingredient Statement Search](#) tool. Here, you can review search results listed by Ingredient or Recipe using the filter. See below for an example when searching for Honey Dijon Mustard.



Ingredient Statement Search


Search X List By: Ingredient Recipe

Honey Dijon Mustard
Soybean Oil, High Fructose Corn Syrup, Distilled Vinegar, Water, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spice), Honey, Sugar, Egg Yolk, Contains Less Than 2% Of Salt, Mustard Flour, Xanthan Gum, Spice, Oleoresin Paprika (Color), Calcium Disodium EDTA (To Protect Flavor), Yellow 5, Corn Syrup, Natural Flavor

Q: How can I view nutrition, allergen and ingredient information for a meal or combination of menu items?

- The nutrition, allergen, and ingredient information for a meal or combination of menu items can be viewed using our Basket tool within the [Interactive Nutrition Menu](#).

Clicking on any specific menu item from the Interactive Nutrition Menu will present the option to add the menu item to your Basket. The Basket calculator will provide updated information based on your selections and customizations, reflecting the changes instantly. Please see example below where we will add both the House Salad (with Honey Dijon Mustard dressing) and Three-Cheese Chicken Penne to our meal in the Basket:

- When viewing the Nutrition Calculator for the House Salad, click on the  button in the top right-hand corner. You will notice the salad's calories added to the Basket.

House Salad (no dressing) Add to Meal

BUILD

Select Salad Dressing
Honey Dijon Mustard

CUSTOMIZE

- Croutons 60 cal
- Cucumbers 0 cal
- Diced Tomatoes 10 cal
- Salad Mix 15 cal
- Shredded Cheese 50 cal
- Honey Dijon Mustard 200 cal

Nutrition Facts
1 Serving
Amount Per Serving
Calories 340
% Daily Value*
Total Fat 25g 32%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 480mg 21%
Total Carbohydrates 25g 9%
Dietary Fiber 2g 7%
Total Sugars 14g
Protein 7g

INGREDIENTS > Click to expand

ALLERGEN INFO

- Gluten
- Eggs
- Shellfish
- Milk
- Fish
- Tree Nuts

Your Basket
340 calories

- Next, we will repeat and add the Three-Cheese Chicken Penne to the Basket:

Three-Cheese Chicken Penne

Add to Meal

CUSTOMIZE

Alfredo Sauce	610 cal >
Bruschetta	25 cal >
Golden Brown Signature Breadstick	180 cal >
Grilled Chicken Breast	190 cal >
Parmesan Cheese	20 cal >
Penne Pasta	320 cal >
Seasoning	0 cal >

Nutrition Facts

1	Serving
Amount Per Serving	
Calories	1350
<small>% Daily Value*</small>	
Total Fat 71g	91%
Saturated Fat 40g	200%
Trans Fat 2g	
Cholesterol 315mg	105%
Sodium 2730mg	118%
Total Carbohydrates 102g	37%
Dietary Fiber 7g	25%
Total Sugars 12g	
Protein 77g	

INGREDIENTS > Click to expand

ALLERGEN INFO

! Gluten	! Milk
● Eggs	● Fish
● Shellfish	● Tree Nuts
● Dairy	! Wheat

Your Basket
1690
calories

3. Click on the red, round Basket icon. Details of the Basket's contents will then appear on the left-hand side of the screen:



Your Basket 🔄 ✕

House Salad (no dressing) 📄 ✎ ✕

Three-Cheese Chicken Penne 📄 ✎ ✕

Nutrition Facts	
Serving Size	Multiple Items
Amount Per Serving	
Calories	1690
% Daily Value*	
Total Fat 96g	123%
Saturated Fat 45g	228%
Trans Fat 2g	
Cholesterol 350mg	117%
Sodium 3200mg	138%
Total Carbohydrates 127g	48%
Dietary Fiber 9g	32%
Total Sugars 26g	
Protein 84g	

ALLERGEN INFO

! Gluten	! Milk
! Eggs	● Fish
● Shellfish	● Tree Nuts
● Peanuts	! Wheat
! Soy	● Meat
! Sulfites	● Sesame

● = Does not contain allergen
! = Contains allergen

Applebee's MENU OFFERS LOCATIONS CATERING GIFT CARDS CAREERS

INTERACTIVE NUTRITION MENU

with the information they need to make confident menu choices with each visit. Explore the features of the interactive menu and discover esse menu options.

Applebee's, we provide allergen information for our guests with dietary restrictions and food allergies. Guests can review our allergen inform of our commitment to you, we provide the most current allergen information available from our food suppliers on nine common allergenic fo tion, we identify menu items with sulfites and gluten-containing ingredients.

Accurately plan your next meal at Applebee's with our easy to use interactive nutrition calculator. Choose items from our delicious menu of r each of Applebee's menu item for nutrients such as calories, fat, cholesterol, sodium, and protein. Dine with confidence today!

Search Lifestyle & Allergen Filter OFF

- Limited Time Offers**
124 items
- Appetizers**
13 items
- Side Salads & Soups**
5 items
- Steaks & Ribs**
9 items
- Chicken**
6 items

1690
calories

4. To make further customizations to either of the menu items, click on the respective icon, to reveal the Nutrition Calculator. The Basket calculator will provide updated information based on your selections and customizations in the Nutrition Calculator, reflecting the changes instantly.

Q: Do you offer gluten free menu items?

- Applebee's is proud to offer gluten sensitive menu items. We do not claim our menu items are "gluten free" because we cannot confirm that they meet the FDA's definition of "gluten free" (<20 parts per million of gluten). Our gluten sensitive offerings can be found by selecting the 'Avoid Gluten' Lifestyle & Allergen filter on the [Interactive Nutrition Menu](#). See below. Please review our allergen notice prior to making menu selections.



INTERACTIVE NUTRITION MENU

Q Search Lifestyle & Allergen Filter ON Avoid Gluten x

The following menu items do NOT contain Gluten

Limited Time Offers 24 items	>
Appetizers 4 items	>
Soups 1 item	>
Steaks & Ribs 8 items	>
Chicken 3 items	>
Seafood 1 item	>

Q: Can you accommodate dietary restrictions?

- We are happy to make any modifications or substitutions per guest request. Our nutrition calculator does allow for some modifications which will update the nutrition, allergen, and ingredient information. However, this information may not be available for all modifications.

Q: Is the nutrition information in the restaurants or online the most up to date?

- While we strive to ensure all information is up to date, our website is the most accurate as the online platform allows for real time updates.

Q: For some menu items containing soybean oil, why is soy not marked as an allergen?

- The FDA exempts highly refined soybean oil from being labeled as an allergen.

Q: Which cheeses are vegetarian?

- The American Cheese, Cheddar Cheese, Swiss Cheese, and Pepper Jack Cheese are vegetarian as they are produced using microbial or plant-based enzymes. For more information on our vegetarian offerings, check out the [Vegetarian and Vegan Menu Guide](#).


Q: Does the nutrition and allergen information provided for the entrees include the sides?

- Yes, the information provided includes the sides listed on the menu for each item.


Q: Are the Bone-In Wings gluten sensitive?

- Yes! The Bone-In Wings are gluten sensitive because the batter contains rice flour and does not include gluten-containing ingredients. Please note some of our wing sauce options do contain gluten.

Q: Where can I find nutrition information for your cocktails?

- 
- The nutrition information for our regular cocktails can be found [here](#). Please note some cocktail offerings may not be listed as restaurants are able to customize their beverage menu.

Q: I don't consume pork. How do I know a menu item contains it?

- Some menu items containing pork will be indicated in the menu name and description. For example, our Whisky Bacon Burger. For items that do not specifically call out a pork product in this manner, the  icon designates the item contains pork.

Q: Do any of your menu items contain added monosodium glutamate (MSG)?

- Please reach out to Guest Relations at 888-592-7753 or [complete this form](#) for questions regarding added MSG in our menu items.

Q: Where can I find information regarding ingredients containing artificial flavors, artificial dyes, or preservatives?

- Ingredient lists for our menu items can be found using our [Ingredient Statement Search](#) tool on our website.

Still have questions? Please contact Guest Relations at 888-592-7753 or [complete this form](#).