Applebee's Nutrition and Calories

Calories and prices for the full menu, taken from the official Applebee's menu checked November 16, 2026. Prices are typical prices and prices vary by location. For full macros, sodium and allergen detail, use the interactive nutrition tool on the official Applebee's website.

Appetizers	Price	Calories
Loaded Mozzarella Sticks	$10.99	950
Mozzarella Sticks	$10.99	860
Boneless Wings	$13.99	660
Classic Bone-In Wings	$14.99	990
Crunchy Onion Rings	$9.99	1330
Brew Pub Pretzels & Beer Cheese Dip	$11.99	1490
Spinach & Artichoke Dip	$11.99	990
Chicken Tenders	$11.99	900
Chicken Quesadilla	$10.99	1360
Chicken Fajita Rollup	$14.99	1500
Fiesta Lime Chicken Queso Dip	$11.99	920
Loaded Potato Soup	$8.99	640
French Onion Soup	$8.99	380
Tomato Basil Soup	$8.99	330

Irresist-A-Bowls	Price	Calories
Sesame Salmon Bowl	$20.99	1100
Southwest Chicken Bowl	$15.99	830
Tex-Mex Shrimp Bowl	$15.99	710

Steaks & Ribs	Price	Calories
12 oz Ribeye	$27.99	870
8 oz Top Sirloin	$21.99	620
6 oz Top Sirloin	$18.99	560
Bourbon Street Steak	$23.99	820
Shrimp 'N Parmesan Sirloin	$25.99	900
Riblets Platter	$17.99	1400
Riblets Plate	$14.99	940
Double-Glazed Baby Back Ribs	$25.99	1260
Half Rack Double-Glazed Baby Back Ribs	$21.99	760

Handcrafted Burgers	Price	Calories
Grilled Cheese Cheeseburger	$15.99	1610
Bourbon Street Mushroom Swiss Burger	$15.99	1560

Handcrafted Burgers	Price	Calories
Quesadilla Burger	$15.99	1580
Whisky Bacon Burger	$15.99	1590
Classic Bacon Cheeseburger	$14.99	1320
Classic Cheeseburger	$13.99	1210
Classic Burger	$12.99	1090

Chicken	Price	Calories
Lemon Parmesan Chicken	$17.49	1030
Bourbon Street Chicken & Shrimp	$19.99	800
Chicken Tenders Platter	$16.99	1400
Chicken Tenders Plate	$13.99	1080
Fiesta Lime Chicken	$17.99	1190
Grilled Chicken Breast	$16.99	550

Pasta	Price	Calories
Chicken Parmesan Fettuccine	$17.99	1410
Bourbon Street Chicken & Andouille Sausage Penne	$17.99	1590
Blackened Shrimp & Andouille Sausage Penne	$18.49	1470
Four-Cheese Mac & Cheese with Honey Pepper Chicken Tenders	$18.79	1360
Three-Cheese Chicken Penne	$17.99	1350
Breadsticks with Alfredo Sauce	$7.99	1510
Blackened Shrimp Alfredo	$18.99	1320
Chicken Alfredo	$17.99	1440

Seafood	Price	Calories
Blackened Cajun Salmon	$21.99	690
Double Crunch Shrimp	$19.99	1120
Hand-Battered Fish & Chips	$20.99	1470
Sesame Salmon Bowl	$20.99	1100

Sandwiches & More	Price	Calories
Spicy Honey Mustard Chicken Sandwich	$15.99	1340
Spicy Honey Mustard Grilled Chicken Sandwich	$15.99	1220
Bacon Ranch Chicken Sandwich	$15.99	1320
Bacon Ranch Grilled Chicken Sandwich	$15.99	1190
The Prime Rib Dipper	$18.99	1440
Clubhouse Grille	$15.99	1460
Chicken Fajita Rollup	$14.99	1500

Salads	Price	Calories
California Grilled Chicken Salad	$16.49	500
Strawberry Balsamic Chicken Salad	$16.99	470
Quesadilla Chicken Salad	$16.99	2230
Crispy Chicken Tender Salad	$15.99	1220
Grilled Chicken Tender Salad	$15.99	1030
Oriental Chicken Salad	$15.49	1390
Grilled Oriental Chicken Salad	$15.49	1200
Blackened Shrimp Caesar Salad	$15.49	830
Grilled Chicken Caesar Salad	$16.49	950
Caesar Side Salad	$6.99	220
House Side Salad	$6.99	140

Skillets	Price	Calories
Cheesy Chicken Skillet	$12.99	1330
Chicken & Shrimp Scampi Skillet	$20.99	840
6 oz Top Sirloin Skillet	$20.99	740
8 oz Top Sirloin Skillet	$23.99	810
Bourbon Street Chicken & Shrimp Skillet	$19.99	800
Bourbon Street Steak Skillet	$23.99	820
Sizzlin' Caramel Apple Pie	$9.49	1030
Sizzlin' Butter Pecan Blondie	$9.49	1020

Desserts	Price	Calories
Sizzlin' Caramel Apple Pie	$9.49	1030
Oreo Cookie Shake	$3.99	840
Triple Chocolate Meltdown	$9.49	910
Sizzlin' Butter Pecan Blondie	$9.49	1020
Brownie Bite	$3.99	330

Kids Menu	Price	Calories
Kids Cheesy Pizza	$7.49	670
Kids Chicken Tenders	$7.49	290
Kids Chicken Quesadilla	$7.49	360
Kids Corn Dog	$7.49	180
Kids Grilled Chicken Alfredo	$7.49	680
Kids Chicken Taco	$7.49	220
Kids Mac & Cheese	$7.49	310
Kids Classic Cheeseburger	$7.49	570

Kids Menu	Price	Calories
Kids Grilled Cheese	$7.49	580

Beverages	Price	Calories
Lemonade	$2.49	150
Brewed Iced Tea	$2.99	5
Brewed Sweet Iced Tea	$2.99	130
Triple Cherry Shirley	$2.99	190
Dragon Fruit Margarita Mocktail	$4.99	220
Graveyard Soda	$5.99	300
Oreo Cookie Shake	$3.99	840

Sides & Soups	Price	Calories
Breadstick (1)	$1.49	180
Basket of Fries	$2.99	640
Basket of Waffle Fries	$3.99	780
Onion Rings	$3.99	560
Garlic Mashed Potatoes	$2.49	260
Loaded Garlic Mashed Potatoes	$3.99	440
4-Cheese Mac & Cheese	$4.99	390
Garlicky Green Beans	$2.49	150
Caesar Side Salad	$6.99	220
House Side Salad	$6.99	140
Chicken Tortilla Soup	$6.99	280
French Onion Soup	$6.99	370
Tomato Basil Soup	$6.99	210
Buttery Fire-Roasted Corn	$2.49	200

Source: official Applebee's menu, applebees.com, checked November 16, 2026. Compiled by ApplebeesMenuu.com, an independent guide with no affiliation with Applebee's or its parent company.