

## CHEESECAKE FACTORY

### Appetizers

All of Our Appetizers are Perfect for Sharing

#### HOT SPINACH AND CHEESE DIP **NO!**

Spinach, Artichoke Hearts, Shallots, Garlic and **A MIXTURE OF CHEESES SERVED BUBBLY HOT WITH TORTILLA CHIPS** and Salsa. Enough for Two

#### TEX MEX EGGROLLS **NO!**

Spicy Chicken, Corn, Black Beans, Peppers, Onions and **MELTED CHEESE. SERVED WITH AVOCADO CREAM**

#### SOUTHERN FRIED CHICKEN SLIDERS **NO!**

**CRISPY FRIED CHICKEN** Breast on Mini-Buns Served with Lettuce, Tomato and Pickles

#### BUFFALO BLASTS® **NO!**

Chicken Breast, **CHEESE AND OUR SPICY BUFFALO SAUCE ALL STUFFED IN A SPICED WRAPPER AND FRIED UNTIL CRISP.** Served with Celery Sticks and **BLUE CHEESE DRESSING**

#### FIRE-ROASTED FRESH ARTICHOKE **YES!**

Fresh Artichoke Fire-Roasted and Served with a Spicy Vinaigrette and Garlic Dip (Seasonal)

#### THAI LETTUCE WRAPS **YES! NICE AND HEALTHY FRESH**

Create Your Own Thai Lettuce Rolls! Satay Chicken Strips, Carrots, Bean Sprouts, Coconut Curry Noodles and Lettuce Leaves with Three Delicious Spicy Thai Sauces – Peanut, Sweet Red Chili and Tamarind-Cashew

#### SOUP OF THE DAY **YES! BUT ASK YOUR SERVER FOR THE PREPERATION.**

#### ~~GUACAMOLE MADE TO ORDER~~ **NO! BENEFICIAL FAT SURE. BUT STILL FAT**

**RIPE AVOCADO**, Onion, Tomato, Chiles, Cilantro and Fresh Lime. Served with **TORTILLA CHIPS**, Salsa and **SOUR CREAM**

#### ~~SWEET CORN TAMALES~~ **CAKES NO!**

Topped with **SOUR CREAM**, Salsa, **AVOCADO** and Salsa Verde

#### ~~FACTORY NACHOS~~ **NO!**

**CRISP TORTILLA CHIPS COVERED WITH MELTED CHEESES, GUACAMOLE, SOUR CREAM** and Salsa

#### ~~CRISPY CRAB WONTONS~~ **NO!**

**CRABMEAT BLENDED WITH CREAM CHEESE**, Green Onion, Water Chestnuts and Sweet Chili Sauce **FRIED** Crisp in Wonton Wrappers

#### ~~CRISPY TAQUITOS~~ **NO!**

Spicy Chicken and Cheese Rolled in Fresh Corn Tortillas and **FRIED CRISP. SERVED WITH GUACAMOLE, SOUR CREAM AND SALSA**

#### ~~FIRECRACKER SALMON~~ **YES!**

Spiced Fresh Salmon Rolled in Spinach and Fried in a Crisp Wrapper. Served with a Sweet Hot Chili Sauce

#### ~~BUFFALO WINGS~~ **NO!**

Fried Wings Covered in Hot Sauce and **SERVED WITH BLUE CHEESE DRESSING AND CELERY STICKS** BUFFALO CHICKEN STRIPS

#### ~~VIETNAMESE SHRIMP SUMMER ROLLS~~ **YES! NICE LIGHT TREAT.**

Delicate Rice Paper Rolled Around Asparagus, Shiitake Mushrooms, Carrots, Rice Noodles, Green Onion, Cilantro and Shrimp – Served Chilled

#### ~~POPCORN SHRIMP~~ **NO!**

Shrimp **DEEP-FRIED** in a Spiced Batter. Served with **COCKTAIL SAUCE AND AIOLI**

#### ~~GRABCAKES~~ **NO!**

**SERVED WITH MUSTARD AND TARTAR SAUCE**

## Appetizer Salads

### TOSSED GREEN SALAD **YES!**

Choice of Dressing

### BOSTON HOUSE SALAD **NO!**

Boston Lettuce Tossed with Chopped **BACON, EGG, BLUE CHEESE, CROUTONS AND RANCH DRESSING**

### B.L.T. SALAD **NO!**

Crisp Iceberg Lettuce Covered with Fresh Tomato, **BACON, CHOPPED EGG AND BLUE CHEESE. SERVED WITH OUR BACON DRESSING**

### FRENCH COUNTRY SALAD **YES!**

Mixed Greens, Grilled Asparagus, Fresh Beets, Goat Cheese, Candied Pecans and Vinaigrette

## Pizza

### ROASTED VEGETABLES AND GOAT CHEESE PIZZA **NO!**

Roasted Eggplant, Red and Yellow Peppers, Grilled Onion, Artichokes, Kalamata Olives, Tomato and **MOZZARELLA**

### CHICKEN AND MUSHROOM **YES! JUST LEAVE OFF THE CHEESE.**

Grilled Onions, Roasted Garlic, Mozzarella and Parmesan

### SPICY MEAT PIZZA **NO!**

**ITALIAN SAUSAGE, PROSCIUTTO, PEPPERONI, SPICY SALAMI,** Caramelized Onions and Tomato

### FOUR SEASONS PIZZA **NO!**

A Pizza with Four Sections Artichoke and Roasted Tomato, Prosciutto, Wild Mushroom, Fresh **MOZZARELLA** and Tomato

### FRESH VEGETABLE SALAD **YES! GREAT SALAD OFFERING**

Asparagus, Green Beans, Tomato, Cucumber, Roasted Beets, Apple, Edamame, Radicchio, Romaine and White Cheddar All Chopped with Pomegranate Vinaigrette with Chicken

### FACTORY CHOPPED SALAD **NO!**

A Delicious Blend of Chopped Romaine, Grilled Chicken, Tomato, **AVOCADO,** Corn, **BACON, BLUE CHEESE** and Apple with Our Vinaigrette

### CAESAR SALAD **NO!**

The Almost Traditional Recipe with **CROUTONS, PARMESAN CHEESE AND OUR SPECIAL CAESAR DRESSING** Also Available with Chicken

### THE EVERYTHING PIZZA **NO!**

**PEPPERONI, SAUSAGE,** Peppers, Onions, Mushrooms, **MOZZARELLA** and Tomato Kalamata Olives on Request

### CHEESE PIZZA TOMATO, BASIL AND CHEESE **NO!**

Fresh Tomato, **MOZZARELLA, FONTINA AND PARMESAN**

### WHITE PIZZA **NO!**

**MOZZARELLA, FONTINA, PARMESAN AND RICOTTA CHEESES** with Spinach and Garlic

### PEPPERONI PIZZA B.B.Q. CHICKEN PIZZA **NO!**

**SMOKED GOUDA,** Red Onion and Cilantro

### HAWAIIAN PIZZA **NO!**

**CANADIAN BACON, HAM,** Fresh Pineapple, Red Onion, Tomato and **MOZZARELLA**

## Small Plates & Snacks

### ARUGULA SALAD **YES!**

Marcona Almonds, Golden Raisins, Parmesan, Lemon and Olive Oil

### BEETS WITH GOAT CHEESE **NO!**

Fresh Beets, Apples, Baby Arugula and Pecans

### STUFFED MUSHROOMS **NO!**

**CHEESE,** Garlic, Herbs and a Wine Sauce

### HAND BATTERED ONION RINGS **NO!**

**SERVED WITH RANCH DRESSING**

### CRISPY FRIED CHEESE **NO!**

**MOZZARELLA AND FONTINA CHEESES WITH MARINARA SAUCE**

### AHI TARTARE **YES!**

Raw Tuna with avocado and Soy-Ginger Sesame Sauce

### GREEK SALAD **YES! LEAVE THE FETA OUT.**

Feta Cheese, Tomato, Cucumber, Kalamata Olives and Red Onion

### FRIED ZUCCHINI **NO!**

**LIGHTLY BREADED AND SERVED WITH RANCH DRESSING**

### SWEET CORN FRITTERS **NO!**

**FRESH CORN IN A LIGHT CRISPY BATTER**

### CRISPY ARTICHOKE HEARTS **NO!**

**SERVED WITH LEMON-GARLIC AIOLI**

### MINI CORN DOGS **NO! NO HOT DOGS.**

**FOUR ALL BEEF MINI HOT DOGS**

### SHRIMP SCAMPI CROSTINI **NO!**

White Wine, Tomatoes, Garlic and **LEMON-BUTTER SAUCE**

## Specialties

*We use the Finest U.S.D.A. Kobe or Premium Certified Angus Beef for all of Our Burgers All Served with French Fries or Green Salad*

### ~~OLD FASHIONED HAMBURGER~~ **NO!**

Charbroiled on a Toasted Brioche Bun with Lettuce, Tomato, Onion, Pickles and **MAYONNAISE**

### ~~THE FACTORY BURGER~~ **NO!**

Charbroiled with **CHEDDAR CHEESE**, Tomato and Grilled Onions on Sourdough French or Wheat Loaf

### ~~THE CLASSIC BURGER~~ **YES! COOKED AT LEAST MEDIUM TO LOWER FAT.**

A Gigantic Chop House Hamburger. Served with a Slice of Grilled Red Onion, Lettuce and Tomato

### ~~KOBE BURGER~~ **NO!**

American Kobe Beef with Sautéed Mushrooms and Onions on a **TOASTED BRIOCHE BUN**

### ~~SPICY CRISPY CHICKEN SANDWICH~~ **NO!**

Crispy Coated Chicken Breast Covered with **MELTED CHEESE** and Either Spicy Buffalo or Chipotle Mayo. Served on a **BRIOCHE BUN**

### ~~B.B.Q. PULLED PORK SANDWICH~~ **NO! NO PORK**

Slow Roasted **PORK** Covered with Our B.B.Q. Sauce on a Brioche Bun. Served with **COLE SLAW**

### ~~THE INCREDIBLE GRILLED EGGPLANT SANDWICH~~ **NO!**

Grilled Japanese Eggplant, Roasted Red Peppers, Red Onion, **MELTED MOZZARELLA AND GARLIC AIOLI** on Our Toasted Bun

### ~~GRILLED PORTABELLA ON A BUN~~ **YES!**

A Giant Portabella Mushroom Served on a Bun with Lettuce, Tomato, Grilled Red Onion, Melted Cheese and Spicy Mayonnaise

### ~~GRILLED TURKEY BURGER~~ **YES! NICELY LEAN PROTEIN.**

Combined with Fresh Mushrooms, Garlic and Spices. Served with Grilled Onions, Lettuce and Tomato

### ~~WHITE CHICKEN CHILI~~ **NO!**

A Generous Bowl of Chicken, White Beans, Roasted Green Chiles, Onions and Garlic, Spices and a Touch of **CREAM**. Garnished with Steamed White Rice and Fresh Salsa

### ~~FAMOUS FACTORY MEATLOAF~~ **NO!**

Served with **MASHED POTATOES, GRAVY**, Grilled Onions and Corn Succotash

### ~~STUFFED CHICKEN TORTILLAS~~ **NO!**

Corn Tortillas Stuffed with Spicy Chicken, Covered with **MELTED CHEESE**, Green Onion, Tomatillo Sauce and Cilantro. Served with **GRILLED CORN CAKES**, Black Beans, Salsa and **SOUR CREAM**

### ~~CAJUN CHICKEN "LITTLES"~~ **NO!**

Boneless Breast of Chicken Pieces, Spiced, **BREADED AND FRIED CRISP**. Served with **MASHED POTATOES** and Fresh Corn Succotash

### ~~SHEPHERD'S PIE~~ **NO!**

**GROUND BEEF**, Mushrooms, Carrots, Peas, Zucchini and Onions in a Delicious Sauce Covered with a **MASHED POTATO-PARMESAN CHEESE CRUST**

### ~~BAJA CHICKEN TACOS~~ **NO!**

Three Soft Corn Tortillas Filled with Spicy Chicken, Onions, **CHEESE, AVOCADO CREAM**, Tomato and Cilantro. Served with Black Beans, Rice and **GUACAMOLE**

### ~~FRESH FISH TACOS~~ **YES! WITH A BIT OF EDITING**

Three Soft Corn Tortillas Filled with Fresh Grilled Fish, Spicy Avocado Cream, Onions, Cheese, Tomato and Cilantro. Served with Black Beans, Rice and Guacamole

### ~~FACTORY BURRITO GRANDE~~ **NO!**

A Monster Burrito with Chicken, **CHEESE**, Cilantro Rice, Onions and Peppers. Served with **GUACAMOLE, SOUR CREAM**, Salsa and Black Beans

### ~~CRISPY SPICY BEEF~~ **NO!**

**CRISPY FRIED SLICES OF STEAK** Sautéed with Green Beans, Shiitake Mushrooms, Onions, Carrots and Sesame Seeds in a Sweet-Spicy Sauce. Served with White Rice

### ~~BEER BATTERED FISH & CHIPS~~ **NO!**

**HAND BATTERED AND FRIED CRISP**. Served with **COLE SLAW, FRENCH FRIES AND TARTAR SAUCE**

### ~~CHICKEN MADEIRA~~ **NO!**

Our most popular chicken dish! Sautéed Chicken Breast Topped with Fresh Asparagus and **MELTED MOZZARELLA CHEESE**. Covered with Fresh Mushroom Madeira Sauce and Served with **MASHED POTATOES**

### ~~CRUSTED CHICKEN ROMANO~~ **NO!**

Breast of Chicken Coated with a **ROMANO-PARMESAN CHEESE CRUST**. Served with Pasta in a Light Tomato Sauce

### ~~WEIGHT MANAGEMENT GRILLED CHICKEN~~ **YES! THE NAME SAYS EVERYTHING**

Lightly Pounded Chicken Breast Charbroiled and Topped with a Tomato and Arugula Salad. Garnished with Steamed White Rice and Asparagus. Under 590 Calories

**Specialties (continued)**

~~ORANGE CHICKEN **NO!**~~

~~DEEP FRIED PIECES OF CHICKEN BREAST~~ Covered in a Sweet and Spicy Orange Sauce. Served with White Rice and Vegetables

~~SPICY CASHEW CHICKEN **YES!**~~

~~A Very Spicy Mandarin-Style Dish with Green Onions and Roasted Cashews. Served over Rice~~

~~CHICKEN PICCATA **YES!**~~

~~Sauteed Chicken Breast with Lemon Sauce, Mushrooms and Capers. Served with Angel Hair Pasta~~

~~CRISPY CHICKEN COSTOLETTA **NO!**~~

~~Chicken Breast LIGHTLY BREADED AND SAUTEED TO A CRISP GOLDEN BROWN.~~ Served with Lemon Sauce, MASHED POTATOES and Fresh Asparagus

**Pastas**

~~FETTUCCHINI WITH CHICKEN AND SUN-DRIED TOMATOES **NO!**~~

~~In a Sun-Dried Tomato Sauce with Garlic, CREAM AND PARMESAN CHEESE~~

~~LOUISIANA CHICKEN PASTA **NO!**~~

~~PARMESAN CRUSTED CHICKEN~~ Served Over Pasta with Mushrooms, Peppers and Onions in a Spicy New Orleans Sauce

~~PASTA DA VINCI **YES!**~~

~~Sauteed Chicken, Mushrooms and Onions in a Delicious Madeira Wine Sauce Tossed with Penne Pasta and Parmesan~~

~~FOUR CHEESE PASTA **NO! NOT EVEN ONE CHEESE**~~

~~MOZZARELLA, RICOTTA, ROMANO, PARMESAN,~~ Marinara Sauce and Fresh Basil Also Available with Chicken

~~FETTUCCHINI ALFREDO **NO!**~~

~~A RICH PARMESAN CREAM SAUCE~~ Also Available with Chicken

~~EVELYN'S FAVORITE PASTA **YES! OURS TOO**~~

~~Penne Tossed with Broccoli, Oven-Dried Tomato, Roasted Eggplant, Peppers, Artichoke, Kalamata Olives, Garlic, Pine Nuts and Parmesan~~

~~LEMON-HERB ROASTED CHICKEN **YES! GET A BAKED POTATO**~~

~~Served with Mashed Potatoes, Carrots and Watercress Topped with a Light Lemon Garlic-Herb Sauce~~

~~GRILLED CHICKEN MEDALLIONS **YES! ANOTHER CHOICE.**~~

~~Marinated in Balsamic with Sauteed Snow Peas, Green Beans, Asparagus, Roasted Peppers, Tomatoes and Garlic. Served with White Rice~~

~~TERIYAKI CHICKEN **YES!**~~

~~Chicken Breast Charbroiled with Teriyaki Sauce, Served with Steamed Rice~~

~~PASTA CARBONARA **NO!**~~

~~Spaghettini with SMOKED BACON, GREEN PEAS AND A GARLIC-PARMESAN CREAM Sauce~~ Also Available with Chicken

~~PASTA MARINARA **YES!**~~

~~Spaghettini with Tomato Sauce and Fresh Basil~~

~~PASTA WITH MEAT SAUCE **NO! A FEW TOO MANY CALORIES FROM FAT.**~~

~~A Rich MEAT SAUCE Slowly Simmered with Garlic and Herbs~~

~~GARLIC NOODLES **YES! ADD CHICKEN OR SHRIMP**~~

~~Spaghettini, Fresh Asparagus, Shiitake Mushrooms, Oven-Roasted Tomatoes and Parmesan in a Delicious Garlic Sauce~~ Also Available with Chicken Also Available with Shrimp

~~FARFALLE WITH CHICKEN AND ROASTED GARLIC **NO!**~~

~~Bow-Tie Pasta, Chicken, Mushrooms, Tomato, PANCETTA, Peas and Caramelized Onions in a Roasted GARLIC-PARMESAN CREAM SAUCE~~

~~CHICKEN AND BISCUITS **NO!**~~

~~Breast of Chicken Served over MASHED POTATOES WITH SHORTCAKE BISCUITS,~~ Mushrooms, Peas and Carrots. COVERED WITH COUNTRY GRAVY

~~CHICKEN MARSALA AND MUSHROOMS **YES!**~~

~~Chicken Breast Sauteed with Fresh Mushrooms in a Rich Marsala Wine Sauce. Served over Bow Tie Pasta~~

~~BANG-BANG CHICKEN AND SHRIMP **YES! SPICE UP YOUR LIFE**~~

~~A Spicy Thai Dish with the Flavors of Curry, Peanut, Chile and Coconut. Sauteed with Vegetables and Served over Steamed White Rice~~

~~SPICY CHICKEN CHIPOTLE PASTA **NO!**~~

~~Honey Glazed Chicken, Asparagus, Red and Yellow Peppers, Peas, Garlic and Onion in a Spicy CHIPOTLE PARMESAN CREAM SAUCE~~

~~THAI CHICKEN PASTA **NO!**~~

~~Linguini with Sauteed Chicken, Julienne Carrots, Green Onion and a SPICY PEANUT SAUCE.~~ Topped with Fresh Bean Sprouts

~~BISTRO SHRIMP PASTA **NO!**~~

~~BATTERED SHRIMP, Fresh Mushrooms, Tomato and Arugula Tossed with Spaghettini and a Basil-Garlic-LEMON CREAM SAUCE~~

~~SHRIMP WITH ANGEL HAIR **YES!**~~

~~Large Shrimp Sauteed with Herbs, Lemon and Garlic Combined with Angel Hair Pasta, Tomato and Fresh Basil~~

~~CAJUN JAMBALAYA PASTA **YES! ONE OF OUR FAVORITES AS WELL.**~~

~~Our most popular pasta dish! Shrimp and Chicken Sauteed with Onions, Tomato and Peppers in a Very Spicy Cajun Sauce. All on Top of Fresh Linguin~~

## Side Dishes

French Fries **NO!**

Mashed Potatoes **NO!**

Fresh Broccoli **YES!**

Green Beans **YES!**

Corn Succotash **YES!**

Sauteed Spinach **YES!**

Fresh Asparagus **YES!**

Macaroni & Cheese **NO!**

## Fish & Seafood

SHRIMP SCAMPI **YES! THIS SECTION IS KEY**

Paris Bistro-Style! Sauteed with Whole Cloves of Garlic, White Wine, Fresh Basil and Tomato. Served with Angel Hair Pasta

~~SHRIMP AND CHICKEN GUMBO~~ **NO!**

Shrimp, Chicken, Tomatoes, Peppers, Onions and Garlic Simmered in a Spicy Cajun Style Broth with **CREAM**. Topped with Steamed White Rice

JAMAICAN BLACK PEPPER SHRIMP **YES!**

Sauteed Shrimp with a Very Spicy Jamaican Black Pepper Sauce. Served with Rice, Black Beans, Plantains and Cool Mango Salsa Also Available with Chicken Also Available with Chicken and Shrimp

HERB CRUSTED FILET OF SALMON **YES! A PERFECT LUNCH OR DINNER.**

Fresh Salmon with a Delicious Lemon Sauce, Asparagus and Mashed Potatoes

## Steaks & Chops

~~GRILLED PORK CHOPS~~ **NO!**

Center-Cut Chops Served with Housemade Apple Sauce, Mashed Potatoes and Fresh Spinach

~~BEEF RIBS~~ **NO!**

Certified Angus **BEEF RIBS** Slow Roasted until almost falling off the Bone, then Grilled and Glazed with Our B.B.Q. Sauce. **SERVED WITH FRENCH FRIES AND ONION STRINGS**

CHARBROILED FLAT IRON STEAK **YES!**

Flavorful Flat Iron Steak, Topped with Steak Butter. Served with French Fries and Crispy Onion Strings

CARNE ASADA SKIRT STEAK **YES!**

Chargrilled with Ranchero Sauce, Beans, Rice, Guacamole, Salsa and Warm Tortillas

MISO SALMON **YES!**

Fresh Miso Marinated Salmon Served with Snow Peas, White Rice and a Delicious Miso Sauce

MAHI MAHI MEDITERRANEAN **YES! ANOTHER NEAR PERFECT OFFERING**

Crumb Crusted Fresh Mahi with Tomatoes, Artichokes, Capers, Fresh Basil and Balsamic Vinaigrette. Served over Mashed Potatoes

FRESH GRILLED SALMON **YES!**

Served with Potato and Vegetable

WASABI CRUSTED AHI TUNA\* **YES! ANOTHER GREAT OFFERING**

Fresh Rare Ahi Topped with a Spicy Wasabi Crust. Served with Julienne Vegetables, Miso Sauce and Rice

STEAK DIANE **YES!**

Medallions of Certified Angus Beef Steak Covered with Black Peppercorns and a Rich Mushroom Wine Sauce. Served with Mashed Potatoes and Grilled Onions

HIBACHI STEAK **YES! NICELY LEAN.**

Certified Angus Hanger Steak with Shiitake Mushrooms, Onions, Bean Sprouts, Wasabi Mashed Potatoes and Tempura Asparagus

~~GRILLED RIB-EYE STEAK~~ **NO!**

**SERVED WITH FRENCH FRIES AND ONION STRINGS.** Also Available Cajun Style - Marinated for 36 Hours in Spices and Herbs

PETITE FILET **YES!**

A Smaller Version of Our Filet Mignon. Served with French Fries and Onion Strings

FILET MIGNON **YES! GET THE BIGGER ONE**

Our Most Tender Steak. Served with French Fries and Onion Strings

## Weight Management Salads

*These salads are under 590 calories each*

### Weight Management ASIAN CHICKEN SALAD **YES!**

Grilled Chicken, Romaine, Snow Peas, Carrots, Bean Sprouts, Green Onions, Crispy Noodles, Almonds and Sesame Seeds Served with a Low-Cal Sesame-Soy Dressing

### Weight Management SPICY CHICKEN SALAD **YES!**

Grilled Chicken, Roasted Poblano, Red and Yellow Peppers, Fresh Corn, Black Beans, Onions, Rice and Cilantro Served with Mixed Greens and Low-Cal Spicy Vinaigrette

### Weight Management PEAR AND ENDIVE SALAD **YES!**

**LEAVE THE BLUE CHEESE ON THIS TIME**

Grilled Chicken, Endive, Radicchio, Arugula, Butter Lettuce, Roasted Pear, Blue Cheese, Candied Pecans and Tomato Served with a Low-Cal Vinaigrette

## Sandwiches

*All Served with French Fries or Green Salad*

### RENEE'S SPECIAL **NO!**

One-Half of a Fresh Turkey or CHICKEN SALAD SANDWICH, A CUP OF OUR SOUP and a Small Green Salad Also Available with a Small Caesar Salad Also Available with FRENCH FRIES

### CHICKEN SALAD SANDWICH **NO!**

Housemade with Roasted Almonds, Lettuce, Tomato and MAYONNAISE. Served on Grilled Brioche Bread

### THE CLUB **NO!**

Freshly Roasted Turkey Breast, BACON, Lettuce, Tomato and MAYONNAISE on White Toast

## Salads

### CAESAR SALAD **NO! NEVER A CAESER.**

The Almost Traditional Recipe with CROUTONS, PARMESAN CHEESE AND OUR SPECIAL CAESAR DRESSING Also Available with Chicken

### CHINESE CHICKEN SALAD **YES!**

Sliced Chicken Breast, Rice Noodles, Lettuce, Green Onions, Almonds, Crisp Wontons, Bean Sprouts, Orange and Sesame Seeds. Tossed in Our Special Chinese Plum Dressing

### LUAU SALAD **YES! LOSE THE WONTONS AND YOU HAVE A WINNING SALAD**

Grilled Chicken Breast Layered with Mixed Greens, Cucumbers, Green Onions, Red and Yellow Peppers, Green Beans, Carrots, Mango and Crisp Wontons with Macadamia Nuts and Sesame Seeds. Tossed in Our Vinaigrette

### BARBEQUE RANCH CHICKEN SALAD **NO!**

Avocado, Tomato, Grilled Corn, Black Beans, Cucumber and Romaine all Tossed with Our BARBEQUE RANCH DRESSING. TOPPED WITH LOTS OF CRISPY FRIED ONION STRINGS FOR CRUNCH

### GRILLED CHICKEN AND AVOCADO CLUB **NO!**

Grilled Chicken Breast with AVOCADO, BACON, Tomato, MELTED SWISS AND HERB MAYONNAISE

### THE NAVAJO **YES! YOUR ONLY CHOICE FOR A SANDWICH**

Warm Fry-Bread Stuffed with Grilled Chicken, Avocado, Lettuce, Tomato, Red Onion and Mayonnaise

### CUBAN SANDWICH **NO!**

SLOW ROASTED PORK, HAM, SWISS CHEESE, Pickles, Mustard and MAYONNAISE on a Grilled and Pressed Cuban-Style Roll

### CHICKEN PARMESAN SANDWICH **NO!**

Tender Chicken Lightly COATED IN PARMESAN BREADCRUMBS, Roasted Peppers, Tomato Sauce and Melted Cheese on a Freshly Grilled French Roll

### GRILLED CHICKEN TOSTADA SALAD **NO!**

Crisp Corn Tortillas Topped with Grilled Marinated Chicken Breast and Black Beans Piled High with Mixed Greens, Fresh Corn, Green Onions and Cilantro All Tossed in Our Vinaigrette and Garnished with AVOCADO CREAM, Salsa and SOUR CREAM

### HERB-CRUSTED SALMON SALAD **YES!**

Our Wonderful Fresh Herb-Crusted Salmon Served Chilled on Top of Baby Lettuces, Tomato and Vegetables. Tossed in Our Balsamic Vinaigrette

### SEARED TUNA TATAKI SALAD **YES!**

Pacific Albacore Tuna Lightly Seared and Served Rare with Avocado, Tomato and Mixed Greens Tossed with Wasabi Vinaigrette

### BLACKENED CHICKEN SANDWICH **NO!**

Grilled with MELTED FONTINA CHEESE, Lettuce, Tomato, Red Onion and SPICY MAYONNAISE

### CALIFORNIA CHEESESTEAK **NO!**

Thinly Sliced Grilled Steak Covered with Sauteed Mushrooms, Onions, Peppers and CHEESE on Our Toasted Sourdough Loaf

### GRILLED SHRIMP & BACON CLUB **NO!**

Charbroiled Shrimp, BACON, Lettuce and Tomato with Our SPECIAL DRESSING

### CRABCAKE SANDWICH **NO!**

With Lettuce, Tomato and TARTAR SAUCE on Our Brioche Bun

### GRILLED CHEESE **NO!**

Served on EGG BREAD WITH YOUR CHOICE OF CHEESE

## Eggs & Omelets

### FARM FRESH EGGS **NO!**

Two Farm Fresh Grade A Eggs Served with Potatoes or Tomatoes, Toast, Bagel or English Muffin with **OLD SMOKEHOUSE BACON OR GRILLED HAM**

### BRIOCHE BREAKFAST SANDWICH **NO!**

**SCRAMBLED EGG, SMOKED BACON, HAM**, Grilled Tomato, **MELTED CHEDDAR CHEESE AND MAYONNAISE** on Grilled Brioche Bread. Served with Potatoes

### FACTORY CREATE AN OMELETTE **YES! USE EGG WHITES AND ASK FOR CHICKEN**

Select Any Four of the Following: Bacon, Ham, Sausage, Cheddar, Jack, Swiss, Fontina, Goat Cheese, Avocado, Roasted Peppers, Fresh Mushrooms, Asparagus, Spinach, Bell Peppers, Fresh Tomato, Red or Green Onions

### CALIFORNIA OMELETTE **NO!**

**AVOCADO**, Mushrooms, Green Onion, Tomato, Garlic and Shallots, **SOUR CREAM, JACK, CHEDDAR AND SWISS CHEESE**

### SPINACH, MUSHROOM, CHEESE AND BACON OMELETTE **NO!**

Fresh Spinach, Sauteed Mushrooms, **SMOKED BACON**, Green Onions and **MELTED CHEESE**

### FACTORY HUEVOS RANCHEROS **NO!**

Black Beans Topped with **CHEESE QUESADILLAS, SUNNY SIDE UP EGGS**, Spicy Ranchero Sauce, Salsa, **SOUR CREAM AND AVOCADO**

### SUNRISE FIESTA BURRITO **NO!**

Stuffed with Scrambled Eggs, Chicken Chorizo, Potatoes, Peppers and Onions. Topped with Melted Cheese, Salsa, Cilantro, Tomatillo and Avocado Cream Sauce. Served with Black Beans

### MORNING QUESADILLA **NO!**

A Flour Tortilla Stuffed with Scrambled Eggs, Bacon, Peppers, Onions, Black Beans, Cilantro, **CHEDDAR AND JACK CHEESE AND TOMATILLO CREAM SAUCE. SERVED WITH GUACAMOLE, SOUR CREAM** and Salsa

### ENERGY BREAKFAST **YES! GREAT WAY TO START A DAY.**

Scrambled Egg Whites Served with Grilled Chicken Breast, Tomato, Mushrooms and Spinach

## Sunday Brunch

Served Until 2:00 p.m. Our Entire Menu Is Also Available

### GIANT BELGIAN WAFFLE **NO!**

with Strawberries, Pecans and **CHANTILLY CREAM**

### EGGS BENEDICT **NO!**

with **HAM AND HOLLANDAISE** with Fresh Spinach, **BACON** and Grilled Tomato

### FRENCH TOAST **NO!**

**OUR THICK BRIOCHE BREAD GRILLED GOLDEN BROWN WITH BACON OR GRILLED HAM**

### BAJA CHICKEN HASH **NO!**

Two Crisp Tortillas Topped with Chicken Chorizo, Poblano Chiles, Potatoes, Corn, Peppers, Onions and **CHEESE**. Topped with Eggs and **HOLLANDAISE SAUCE**

### FRENCH TOAST NAPOLEON **NO!**

**THREE SLICES OF FRENCH TOAST STACKED WITH STRAWBERRIES, PECANS AND CHANTILLY CREAM**

### CRAB HASH **NO! STAY AWAY FROM CRAB.**

A Delicious Blend of Sauteed CRAB, Red, Yellow and Green Peppers, Onions and Potatoes. Topped with **POACHED EGGS AND HOLLANDAISE SAUCE**

### MONTE-CRISTO SANDWICH **NO!**

**CRUNCHY FRENCH TOAST STUFFED WITH BACON, GRILLED HAM, SCRAMBLED EGGS AND MELTED SWISS CHEESE DUSTED WITH POWDERED SUGAR AND SERVED WITH STRAWBERRY PRESERVES**

### SMOKED SALMON PLATTER **YES!**

Smoked Salmon, Cream Cheese, Tomato, Red Onion and a Bagel

### STEAK AND EGGS **YES! POWER PROTEIN**

Certified Angus Beef Hanger Steak Charbroiled and Served with Eggs, Breakfast Potatoes and Toast

### KID'S BRUNCH **NO! DON'T DO IT.**

A Small Order of **FRENCH TOAST, BACON** and Strawberries

## Cheesecakes

~~THIS COULDN'T BE EASIER TO SAY. NO CHEESECAKE~~

### ~~ORIGINAL **NO!**~~

~~THE ONE THAT STARTED IT ALL! OUR FAMOUS CREAMY CHEESECAKE WITH A GRAHAM CRACKER CRUST AND SOUR CREAM TOPPING~~

### ~~FRESH STRAWBERRY **NO!**~~

~~THE ORIGINAL TOPPED WITH GLAZED FRESH STRAWBERRIES. OUR MOST POPULAR FLAVOR FOR 30 YEARS!~~

### ~~30th ANNIVERSARY CHOCOLATE CAKE CHEESECAKE **NO!**~~

~~LAYERS OF OUR ORIGINAL CHEESECAKE, FUDGE CAKE AND CHOCOLATE TRUFFLE CREAM~~

### ~~WHITE CHOCOLATE RASPBERRY TRUFFLE® **NO!**~~

~~CREAMY CHEESECAKE SWIRLED WITH WHITE CHOCOLATE AND RASPBERRY~~

### ~~STEFANIE'S ULTIMATE RED VELVET CAKE CHEESECAKE **NO!**~~

~~LAYERS OF RED VELVET CAKE AND CHEESECAKE COVERED IN CREAM CHEESE FROSTING. FINISHED WITH WHITE CHOCOLATE~~

### ~~GODIVA® CHOCOLATE CHEESECAKE **NO!**~~

~~LAYERS OF FLOURLESS GODIVA CHOCOLATE CAKE, GODIVA CHOCOLATE CHEESECAKE AND CHOCOLATE MOUSSE~~

### ~~FRESH BANANA CREAM CHEESECAKE **NO!**~~

~~BANANA CREAM CHEESECAKE TOPPED WITH BAVARIAN CREAM AND FRESH SLICED BANANAS~~

### ~~ADAM'S PEANUT BUTTER CUP FUDGE RIPPLE **NO!**~~

~~CREAMY CHEESECAKE SWIRLED WITH CARAMEL, PEANUT BUTTER, BUTTERFINGERS® AND REESE'S PEANUT BUTTER Cups®~~

### ~~WHITE CHOCOLATE CARAMEL MACADAMIA NUT CHEESECAKE **NO!**~~

~~WHITE CHOCOLATE CHUNK CHEESECAKE SWIRLED WITH MACADAMIA NUTS AND CARAMEL ON A BLOND BROWNIE CRUST~~

### ~~LEMON RASPBERRY CREAM CHEESECAKE **NO!**~~

~~RASPBERRY-VANILLA CAKE, CREAMY LEMON CHEESECAKE, RASPBERRY LADY FINGERS AND LEMON MOUSSE~~

### ~~DULCE DE LECHE CARAMEL CHEESECAKE **NO!**~~

~~CARAMEL CHEESECAKE TOPPED WITH CARAMEL MOUSSE ON A VANILLA CRUST~~

### ~~CHOCOLATE COCONUT CREAM CHEESECAKE **NO!**~~

~~COCONUT CHEESECAKE TOPPED WITH COCONUT CREAM CUSTARD, ALL ON A CHOCOLATE MACARON CRUST~~

### ~~TIRAMISU CHEESECAKE **NO!**~~

~~OUR WONDERFUL CHEESECAKE AND TIRAMISU COMBINED INTO ONE AMAZING DESSERT!~~

### ~~CHOCOLATE MOUSSE CHEESECAKE **NO!**~~

~~SILKY CHOCOLATE CHEESECAKE TOPPED WITH A LAYER OF BELGIAN CHOCOLATE MOUSSE~~

### ~~VANILLA BEAN CHEESECAKE **NO!**~~

~~LAYERS OF CREAMY VANILLA BEAN CHEESECAKE, VANILLA MOUSSE AND WHIPPED CREAM~~

### ~~CHOCOLATE TUXEDO CREAM CHEESECAKE **NO!**~~

~~LAYERS OF OUR FUDGE CAKE, CHOCOLATE CHEESECAKE, VANILLA MASCARPONE MOUSSE AND CHOCOLATE~~

### ~~CHOCOLATE RASPBERRY TRUFFLE® **NO!**~~

~~LAYERS OF CHOCOLATE CAKE, CHOCOLATE-RASPBERRY SWIRL CHEESECAKE, CHOCOLATE MOUSSE AND CHOCOLATE GANACHE~~

### ~~KAHLUA® COCOA COFFEE CHEESECAKE **NO!**~~

~~LAYERS OF RICH BROWNIE, KAHLUA CHEESECAKE, CREAMY CHOCOLATE MOUSSE AND CHOCOLATE GANACHE~~

### ~~DUTCH APPLE CARAMEL STREUSEL **NO!**~~

~~OUR ORIGINAL CHEESECAKE, BAKED APPLES, CARAMEL AND BROWN SUGAR CINNAMON WALNUT STREUSEL~~

### ~~CHOCOLATE CHIP COOKIE DOUGH CHEESECAKE **NO!**~~

~~CREAMY CHEESECAKE LOADED WITH OUR CHOCOLATE CHIP COOKIE-DOUGH AND TOPPED WITH WALNUTS~~

### ~~BLUEBERRY WHITE CHOCOLATE CHEESECAKE **NO!**~~

~~ORIGINAL CHEESECAKE SWIRLED WITH WILD BLUEBERRIES. TOPPED WITH WHITE CHOCOLATE MOUSSE~~

### ~~LOW CARB CHEESECAKE **NO!**~~

~~SMOOTH AND CREAMY WITH A GRAHAM-WALNUT CRUST~~

### ~~LOW CARB CHEESECAKE WITH STRAWBERRIES **NO!**~~

~~GRAHAM-WALNUT CRUST WITH FRESH STRAWBERRIES AND WHIPPED CREAM~~

### ~~KEY LIME CHEESECAKE **NO!**~~

~~KEY LIME PIE IN A CHEESECAKE! DELICIOUSLY TART AND CREAMY ON A VANILLA CRUMB CRUST~~

### ~~CARAMEL PECAN TURTLE CHEESECAKE **NO!**~~

~~PECAN BROWNIE AND CARAMEL-FUDGE SWIRL CHEESECAKE, TOPPED WITH CARAMEL TURTLE PECANS AND CHOCOLATE~~

### ~~BROWNIE SUNDAE CHEESECAKE **NO!**~~

~~WALNUT-BROWNIE CHEESECAKE AND WHITE CHOCOLATE MOUSSE COVERED WITH HOT FUDGE AND ALMONDS~~

### ~~SNICKERS® BAR CHUNKS AND CHEESECAKE **NO!**~~

~~SNICKERS BAR BAKED RIGHT INTO OUR CREAMY CHEESECAKE AND TOPPED WITH FUDGE AND CARAMEL~~



## Cheesecakes (continued)

### GRAIG'S CRAZY CARROT CAKE CHEESECAKE **NO!**

CARROT CAKE AND CHEESECAKE SWIRLED TOGETHER, TOPPED WITH CREAM CHEESE ICING AND ROASTED ALMONDS

### CHERRY CHEESECAKE **NO!**

A CLASSIC! THE ORIGINAL TOPPED WITH CHERRY PRESERVES PUMPKIN & PUMPKIN PECAN WORLD FAMOUS! AVAILABLE FROM MID-OCTOBER

## Specialty Deserts

### LINDA'S FUDGE CAKE **NO!**

LAYERS OF RICH CHOCOLATE CAKE AND FUDGE FROSTING

### CARROT CAKE **NO!**

DELICIOUSLY MOIST LAYERS OF CARROT CAKE AND OUR FAMOUS CREAM CHEESE ICING

### BLACK-OUT CAKE **NO!**

OUR DEEPEST, RICHEST CHOCOLATE CAKE WITH CHOCOLATE CHIPS, FINISHED WITH ALMONDS

### WARM APPLE CRISP **NO!** TOO MUCH SUGAR EVERYWHERE

OUR DELICIOUS CRISPY NUTTY TOPPING AND VANILLA ICE CREAM

### CHOCOLATE TOWER TRUFFLE CAKE **NO!**

LAYERS AND LAYERS OF FUDGE CAKE WITH CHOCOLATE TRUFFLE CREAM AND CHOCOLATE MOUSSE

### LEMONCELLO CREAM TORTE **NO!**

LAYERS OF VANILLA CAKE AND LEMON MASCARPONE CREAM TOPPED WITH STREUSEL AND SERVED WITH Strawberries and Whipped Cream

### TIRAMISU **NO!**

ITALIAN CUSTARD MADE WITH MASCARPONE, WHIPPED CREAM, LADY FINGERS, MARSALA AND COFFEE LIQUEUR. TOPPED WITH WHIPPED CREAM AND GROUND CHOCOLATE

### FRESH STRAWBERRY SHORTCAKE **NO!**

OUR OWN SHORTCAKE TOPPED WITH VANILLA ICE CREAM, FRESH STRAWBERRIES AND WHIPPED CREAM

### CHRIS' OUTRAGEOUS CHOCOLATE CAKE **NO!**

A CHEESECAKE FACTORY ORIGINAL - LAYERS OF MOIST CHOCOLATE CAKE, CHEWY BROWNIE, TOASTED COCONUT-PECAN FROSTING AND CREAMY CHOCOLATE CHIP COCONUT CHEESECAKE

### DISH OF FRESH STRAWBERRIES **YES! FINALLY** DESSERT

### ICE CREAM DELIGHTS **NO!**

OUR VANILLA ICE CREAM IS MADE EXCLUSIVELY FOR THE CHEESECAKE FACTORY

### HOT FUDGE SUNDAE **NO!**

THE BEST HOT FUDGE ANYWHERE. TOPPED WITH WHIPPED CREAM AND ALMONDS

### GODIVA CHOCOLATE BROWNIE SUNDAE **NO!**

OUR OWN FABULOUS GODIVA CHOCOLATE BROWNIE, VANILLA ICE CREAM, HOT FUDGE, WHIPPED CREAM AND TOASTED ALMONDS

### FACTORY MUD-PIE **NO!**

OUR UNBELIEVABLY RICH CHOCOLATE CAKE WITH VANILLA AND COFFEE ICE CREAMS, HOT FUDGE, WHIPPED CREAM AND NUTS

### BOWL OF ICE-CREAM **NO!**



## Hot Drinks & Espresso

**CAFE LATTE YES! NON FAT MILK PLEASE.**

Double Espresso, Extra Steamed Milk

**CAFE MOCHA NO!**

Espresso, CHOCOLATE, STEAMED MILK, WHIPPED CREAM

**CAPPUCCINO YES! NON-FAT MILK**

**DOUBLE ESPRESSO CARAMEL ROYALE**

**MACCHIATO NO!**

Double Espresso and Foamy Steamed Milk Double Espresso,  
HOT CARAMEL, VANILLA and Steamed Milk

**HOT CARAMEL APPLE CIDER NO!**

FACTORY HOT CHOCOLATE NO!

**ICED & FROZEN DRINKS BLACK, GREEN OR  
TROPICAL ICED TEAS YES!**

**STRAWBERRY FRUIT SMOOTHIE NO!**

Strawberries, Orange and Pineapple Juices, Coconut and  
Banana All Blended with Ice

**PEACH SMOOTHIE NO!**

Crushed Peaches and Juice All Blended with Ice and SWIRLED  
WITH RASPBERRY

**TROPICAL SMOOTHIE NO!**

Mango, Passion Fruit, Pineapple and Coconut All Blended with  
Ice

**FROZEN ICED MANGO NO!**

Mango, Tropical Juices and a Hint of Coconut Blended with Ice  
and SWIRLED WITH RASPBERRY PUREE

**CERTIFIED ORGANIC COFFEE YES!**

Our Blend of Artisan Batch Roasted Organic Fair Trade  
Shade-Grown Coffee

**CERTIFIED ORGANIC BLACK AND HERB TEAS  
YES!**

**FIJI NATURAL ARTESIAN WATER YES!**

**SAN PELLEGRINO WATER YES!**

ATHlean-XX™  
FOR WOMEN

### ATHLEAN AT A GLANCE

The Cheesecake Factory is indeed famous for their cheesecakes and a constant source of temptation for many throughout the nation. They are divine, but there is no way you should even look at their offerings. The cheesecake is the exact meal which we are trying to avoid. The portions are huge here and its important to pack up what you know you shouldn't be eating in one sitting. The seafood section of this expansive menu offers seven great selections that require no editing when ordering. Enjoy.

For more of these great Ez Eating Out Cheat-ah Sheets please visit [www.athleanxxforwomen.com/ez-app](http://www.athleanxxforwomen.com/ez-app) for over 50 of the top chain restaurants.

**INSTRUCTIONS FOR USE:** These sheets feature the best options available at the time of printing for the country's top 50 chain restaurants. It's always a risk when you find yourself outside of your own kitchen as you lose control over what exactly is going into your meal. These sheets are not to serve as a permanent eating guide but rather to help you make the best choices available given where you may find yourself when out with family and friends.