

Cheesecake Factory Gluten-Free Menu: Prices & Calories

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This guide lists every gluten-free appetizer, salad, burger, pasta, entree, side, dessert, and drink at The Cheesecake Factory with prices and calories. The Cheesecake Factory does not operate a dedicated gluten-free kitchen, so shared fryers and prep surfaces mean cross-contact is possible even on items listed here. For celiac-level precautions, confirm current preparation with a manager before ordering.

Appetizers

Item	Price	Calories
Sweet Corn Tamale Cakes	\$14.95	1,340
Stuffed Mushrooms	\$11.95	510
Beet and Avocado Salad	\$12.95	290
Buffalo Wings	\$18.95	1,120

Salads

Item	Price	Calories
Santa Fe Salad	\$20.95	1,670

Burgers

Item	Price	Calories
Any Glamburger or SkinnyLicious Burger, GF Bun	\$16.95-\$19.95	varies by burger

Pasta

Item	Price	Calories
Four Cheese Pasta, Gluten-Free Fusilli	\$18.95-\$23.50	950-1,280
Pasta Carbonara, Gluten-Free Fusilli	\$18.95-\$23.50	1,430-2,030

Steaks, Chicken & Seafood

Item	Price	Calories
Grilled Salmon	\$27.95	1,270
Filet Mignon	\$47.95	840
Grilled Rib-Eye Steak	\$41.95	1,250

Side Dishes

Item	Price	Calories
Steamed White Rice or Brown Rice	\$2.50-\$2.95	340-440
Grilled Asparagus	\$8.50	120
French Fries	\$6.95	1,060

Cheesecake & Desserts

Item	Price	Calories
Godiva Chocolate Cheesecake	\$11.50	1,400
Low-Licious Cheesecake	\$9.95	570
Low-Licious Cheesecake with Strawberries	\$11.50	580

Drinks & Milkshakes

Item	Price	Calories
Creamy Milkshakes (Chocolate, Vanilla, Strawberry)	\$9.95	approx. 1,210
Fruit Smoothies	\$8.95	330-380

Breakfast & Brunch

Item	Price	Calories
Farm Fresh Eggs	\$13.50	280
Jambalaya Hash and Eggs	\$19.50	1,750

Conclusion

The Cheesecake Factory offers gluten-free options across nearly every menu category, from a dedicated gluten-free pasta to three cheesecake flavors without a graham cracker crust. None of it happens in a dedicated gluten-free kitchen, so for celiac disease, lean on grilled proteins, steamed sides, and a direct conversation with your server or a manager before you order.

This is an independent, unofficial guide and is not affiliated with or endorsed by The Cheesecake Factory. Prices, menu items, and gluten-free preparation are subject to change — always confirm with restaurant staff before ordering. cheesecakefactorymenus.us