

Cheesecake Factory Nutrition Menu: Calories & Macros

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This guide covers calories across the Cheesecake Factory menu: appetizers, entrees, salads, sides, breakfast, desserts, and drinks, plus dedicated breakdowns for SkinnyLicious (under 590 calories) and Gluten Free items. Figures come from Cheesecake Factory's published nutrition data as compiled by independent nutrition trackers. Because recipes are prepared to order, exact calories can shift slightly by location and over time — for the precise, real-time figure on any dish, use Cheesecake Factory's own nutrition calculator.

Calories by Category

Category	Typical calorie range
Small Plates & Snacks	240-1,670
Salads (full-size)	490-2,150
Salad Add-Ons	90-270
Burgers & Sandwiches	740-1,960
Pasta	1,110-2,480
Fish & Seafood	880-1,920
Flatbread Pizzas	760-1,280
Side Dishes	130-1,550
Breakfast & Brunch	360-2,180
Cheesecakes (slice)	610-1,720
Other Desserts	250-1,770
Cocktails, Beer & Wine	80-630
Kids' Menu	0-1,210
SkinnyLicious Menu	100-620

Lightest Items on the Menu

Item	Calories	Category
Edamame	100	Small Plates
SkinnyLicious Mexican Chicken Lettuce Wrap Tacos	220	SkinnyLicious
SkinnyLicious Little House Salad	260	SkinnyLicious
Beet and Avocado Salad	290	Small Plates
Seared Tuna Tataki Salad	490	Salads
French Country Appetizer Salad	500	Appetizer Salads
Bowl of Fresh Strawberries	250	Desserts

Item	Calories	Category
Green Salad (for burger/sandwich)	130	Sides
Well Bourbon, Gin, Rum, Scotch, Tequila	80	Cocktails

Heaviest Items on the Menu

Item	Calories	Category
Bruleed French Toast with Bacon	2,180	Breakfast
Pasta Napoletana	2,480	Pasta
Barbeque Ranch Chicken Salad	2,150	Salads
Fettuccini Alfredo with Chicken	2,310	Pasta
Pasta Carbonara with Chicken	2,340	Pasta
Louisiana Chicken Pasta	2,120	Pasta
Fried Shrimp Platter	1,920	Fish & Seafood
Shrimp Scampi and Steak Diane	1,780	Factory Combinations
Chicken Parmesan Sandwich	1,960	Burgers & Sandwiches
Godiva Chocolate Brownie Sundae	1,750	Desserts

Appetizers & Small Plates

Item	Calories
Avocado Eggrolls	930
Buffalo Blasts	1,670
Buffalo Wings	1,120
Buffalo Chicken Strips	1,090
Cheeseburger Spring Rolls	850
Chicken Pot Stickers	420
Chicken Samosas	480
Chicken Taquitos	390
Crispy Brussels Sprouts	630
Crispy Crab Bites	410
Crispy Fish Mini Tacos	530
Crispy Fried Cheese	1,080
Dynamite Shrimp	570
Edamame	100
Burrata with Fresh Tomato	470

Item	Calories
Ahi Carpaccio	250
Ahi Poke	430
Ahi Tartare	240
Beet and Avocado Salad	290

Salads

Item	Calories
Seared Tuna Tataki Salad	490
Caesar Salad	1,270
Caesar Salad with Chicken	1,500
Caesar Kale Salad	1,790
Caesar Kale Salad with Chicken	2,010
Chinese Chicken Salad	1,740
Cobb Salad	1,540
Impossible Taco Salad	1,500
Luau Salad	1,360
Santa Fe Salad	1,730
Sheila's Chicken and Avocado Salad	1,830
Thai Chicken Salad	1,210
Barbeque Ranch Chicken Salad	2,150
Salad add-on: Avocado	160
Salad add-on: Grilled Chicken	220
Salad add-on: Grilled Salmon	220
Salad add-on: Grilled Shrimp	90
Salad add-on: Chargrilled Steak	200

Burgers & Sandwiches

Item	Calories
Old Fashioned Burger	990
Classic Burger	1,340
Impossible Burger	1,010
Turkey Burger	1,110
Veggie Burger	1,160

Item	Calories
Green Chile Cheeseburger	1,270
Americana Cheeseburger	1,400
Bacon-Bacon Cheeseburger	1,590
Smokehouse B.B.Q. Burger	1,580
Mushroom Burger	1,470
Stuffed Cheddar Burger	1,180
Macaroni and Cheese Burger	1,340
Hawaiian Fish Sandwich	740-870
Grilled Chicken and Avocado Club	1,080
The Club	1,210
Cuban Sandwich	1,190
California Cheesesteak	1,470
Crispy Fried Chicken Sandwich	1,720
Spicy Crispy Chicken Sandwich	1,010-1,090
Southwest Chicken Sandwich	1,160
Chicken Parmesan Sandwich	1,960

Pasta

Item	Calories
Tomato Basil Pasta	1,110
Cajun Jambalaya Pasta	1,560
Chicken and Broccoli Pasta	1,360
Lasagna Verde	1,400
Four Cheese Pasta	1,280
Pasta Pomodoro	1,380
Spaghetti and Meatballs	1,920
Evelyn's Favorite Pasta	1,690
Pasta da Vinci	1,560
Shrimp with Angel Hair	1,390
Pasta with Shrimp and Sausage	1,780
Bistro Shrimp Pasta	2,010
Farfalle with Chicken and Roasted Garlic	2,060
Fettuccini Alfredo	2,040

Item	Calories
Fettuccini Alfredo with Chicken	2,310
Louisiana Chicken Pasta	2,120
Pasta Carbonara	2,070
Pasta Carbonara with Chicken	2,340
Pasta Napoletana	2,480
Spicy Chicken Chipotle Pasta	1,760

Fish & Seafood

Item	Calories
Pan Seared Branzino with Lemon Butter	880
Seared Ahi Tuna	1,090
Thai Glazed Salmon	1,040
Fresh Grilled Salmon	1,240
Miso Salmon	1,340
Herb Crusted Filet of Salmon	1,310
Macadamia Crusted Mahi	1,340
Macadamia Crusted Ono	1,410
Macadamia Crusted Ahi	1,420
Macadamia Crusted Salmon	1,660
Sesame Crusted Mahi	1,470
Sesame Crusted Ahi	1,490
Sesame Crusted Salmon	1,720
Jamaican Black Pepper Shrimp	1,260
Jamaican Black Pepper Chicken and Shrimp	1,300
Jamaican Black Pepper Chicken	1,350
Shrimp Scampi	1,350
Shrimp and Chicken Gumbo	1,450
Fried Shrimp Platter	1,920

Flatbread Pizzas

Item	Calories
Margherita Flatbread Pizza	760
Fresh Basil, Tomato and Cheese Flatbread	850

Item	Calories
Hawaiian Flatbread Pizza	950
Cheese Flatbread Pizza	1,000
Kalua Pig Flatbread Pizza	1,090
Pepperoni Flatbread Pizza	1,110
Spinach and Mushroom Flatbread Pizza	1,160
The Everything Flatbread Pizza	1,160
Molto Meat Flatbread Pizza	1,270

Side Dishes

Item	Calories
Grilled Asparagus	130
Green Beans	150
Sauteed Spinach	250
Broccoli	280
Corn Succotash	300
Rice and Beans	390
Steamed White Rice	440
Mashed Potatoes	450
Black Beans	340
Plantains	630
Sweet Potato Fries	1,010
French Fries	1,060
Macaroni & Cheese	1,550

Breakfast & Brunch

Item	Calories
English Muffin	190
Wheat Toast	270
Sourdough Baguette	260
Bagel	360
Plain Omelette	610
Huevos Rancheros	1,020
Giant Belgian Waffle	690

Item	Calories
Brioche Breakfast Sandwich	1,000
Fried Chicken & Waffles	1,190
Buttermilk Pancakes	1,370
Eggs Benedict with Canadian Bacon and Hollandaise	1,230
Green Chilaquiles with Chicken and Eggs	1,610
Jambalaya Hash & Eggs	1,480
Breakfast Tacos	1,480
Lemon-Ricotta Pancakes	1,680
Monte Cristo Sandwich	1,880
Breakfast Burrito	1,950
Bruleed French Toast	1,980
Bruleed French Toast with Bacon	2,180

Desserts & Cheesecakes

Item	Calories
Low Carb Cheesecake	610
Original Cheesecake	830
Fresh Strawberry Cheesecake	950
Tiramisu Cheesecake	960
Key Lime Cheesecake	1,160
Lemon Raspberry Cream Cheesecake	1,060
Chocolate Mousse Cheesecake	1,220
Salted Caramel Cheesecake	1,240
Godiva Chocolate Cheesecake	1,400
Chocolate Chip Cookie-Dough Cheesecake	1,420
Ultimate Red Velvet Cake Cheesecake	1,580
Oreo Dream Extreme Cheesecake	1,620
Bowl of Fresh Strawberries	250
Bowl of Vanilla Ice Cream	750
Hot Fudge Sundae	1,280
Tiramisu	1,270
Vanilla Milkshake	1,210
Carrot Cake	1,720

Item	Calories
Godiva Chocolate Brownie Sundae	1,750

Drinks: Cocktails, Beer, Wine & Non-Alcoholic

Category	Calorie range
Well spirits (bourbon, gin, rum, scotch, tequila, vodka)	80-90 per pour
Bottled/draft light beer	100-120
Standard bottled/draft beer	150-180
SkinnyLicious cocktails	110-150
Standard specialty cocktails	200-440
Non-alcoholic cocktails	110-220
Soft drinks, coffee, iced tea	0-140
Smoothies and blended drinks	320-560

SkinnyLicious Menu (Under 590 Calories)

Item	Calories
SkinnyLicious Edamame	100
SkinnyLicious Mexican Chicken Lettuce Wrap Tacos	220
SkinnyLicious Ahi Tartare	240
SkinnyLicious Little House Salad	260
SkinnyLicious Beet and Avocado Salad	290
SkinnyLicious Chicken Taquitos	390
SkinnyLicious Chicken Pot Stickers	420
SkinnyLicious Asian Chicken Lettuce Wrap Tacos	450
SkinnyLicious Grilled Artichoke	450
SkinnyLicious Chicken Samosas	480
SkinnyLicious Crispy Crab Bites	410
SkinnyLicious Burrata with Fresh Tomato	470
SkinnyLicious Caesar Salad	570
SkinnyLicious Chopped Salad	530
SkinnyLicious French Country Salad	500
SkinnyLicious Asian Chicken Salad	590
SkinnyLicious Mexican Tortilla Salad	570
SkinnyLicious Seared Tuna Tataki Salad	490

Item	Calories
SkinnyLicious Hamburger	570
SkinnyLicious Grilled Turkey Burger	560
SkinnyLicious Veggie Burger	580
SkinnyLicious Turkey & Avocado Sandwich	550
SkinnyLicious Chicken Soft Tacos	510
SkinnyLicious Shrimp Soft Tacos	510
SkinnyLicious Grilled Salmon	570
SkinnyLicious Lemon-Garlic Shrimp	520
SkinnyLicious Grilled Steak Medallions	440
SkinnyLicious Chicken Pasta	590
SkinnyLicious Chicken Pot Pie	590
SkinnyLicious Tuscan Chicken	590
SkinnyLicious White Chicken Chili	590

Gluten Free Menu

Category	Examples & calories
Appetizers	Sweet Corn Tamale Cakes 1,340, Burrata with Fresh Tomato 470, Guacamole and Chips 1,420
Appetizer Salads	Caesar 720, Caesar with Chicken 950, French Country 560
Burgers & Sandwiches	Old Fashioned Burger 840, Happy Hour Burger 970, Turkey Burger 950, Stuffed Cheddar Burger 1,030
Breakfast	California Omelette 1,140, Farm Fresh Eggs 260, Loco Moco 1,750
Pasta	Four Cheese Pasta 1,270, Impossible Pasta Bolognese 1,570, Shrimp with Rotini 1,220
Salads	Green Salad 160, Caesar Salad 1,070, Cobb Salad 1,710
Side Dishes	Green Beans 150, Broccoli 280, Mashed Potatoes 450, French Fries 1,060
Steaks & Chops	Filet Mignon 860, Chargrilled Bone-In New York Steak 980, Grilled Rib-Eye Steak 1,230
Desserts	Bowl of Fresh Strawberries 250, Godiva Chocolate Cheesecake 1,400
Kids' Menu	Grilled Chicken 380, Grilled Salmon 620, Pasta with Marinara 540

Conclusion

Cheesecake Factory's menu spans an unusually wide calorie range for one restaurant, from 100-calorie edamame to pasta dishes north of 2,000 calories on a single plate. SkinnyLicious and Gluten Free give real, structured ways to eat lighter or manage a dietary need without leaving the restaurant's usual flavors behind. The official nutrition calculator remains the best source for the exact figure on whatever you're about to order, especially if you're managing an allergy or a specific health goal.

This is an independent, unofficial guide and is not affiliated with or endorsed by The Cheesecake Factory. Menu items and nutrition figures are subject to change — always confirm with the official nutrition calculator before ordering if precision matters. [cheesecakefactorymenus.us](https://www.cheesecakefactory.com/nutrition)