

Cheesecake Factory Salads Menu: Prices & Calories

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This guide lists every salad on The Cheesecake Factory menu, including entree salads, SkinnyLicious salads, and Gluten Free options, with prices and calories, plus the full dressing list by calories per tablespoon. Prices and calories vary by location.

Entree Salads

Item	Price	Calories
Tossed Green Salad	\$11.95	~280 (dressed)
Caesar Salad	\$14.95-\$15.50	~720-860
Factory Chopped Salad	\$16.95-\$18.50	~780-840
Barbeque Ranch Chicken Salad	\$18.95-\$19.95	~1,000-1,300
Chinese Chicken Salad	\$18.95-\$19.95	~1,400-1,630
Thai Chicken Salad	\$18.95-\$19.95	~1,000-1,210
Fried Chicken Club Salad	\$18.50-\$19.95	~1,400-1,560
Vegan Cobb Salad	\$18.95-\$19.95	~1,060-1,110
Sheila's Chicken and Avocado Salad	\$18.95-\$19.95	~900-1,000
Seared Tuna Tataki Salad	\$24.95	~490-600

SkinnyLicious Salads

Item	Price	Calories
SkinnyLicious Factory Chopped Salad	\$14.95-\$16.95	590 or under
SkinnyLicious Mexican Tortilla Salad	\$15.95-\$17.95	590 or under
SkinnyLicious Salmon Salad	\$18.95-\$20.95	590 or under

Gluten Free Salads

Salad	Approx. calories
Tossed Green Salad, no dressing	35
Tossed Green Salad with Ranch	450
Tossed Green Salad with Blue Cheese	370
Tossed Green Salad with Thousand Island	470
Caesar Salad	720

Salad	Approx. calories
Caesar Salad with Chicken	950
Beet and Avocado Salad	290

Salad Dressings (per tablespoon)

Dressing	Calories
Balsamic Vinaigrette	80
Barbeque Ranch Dressing	80
Blue Cheese Dressing	60
Caesar Dressing	80
Chinese Plum Dressing	60
Cilantro Dressing	60
Citrus Honey Dressing	60
Ranch Dressing	70
Shallot Vinaigrette	90
SkinnyLicious Caesar Dressing	50
SkinnyLicious Mustard Vinaigrette	15
SkinnyLicious Sesame Soy Dressing	20
Spicy Peanut Vinaigrette	60
Thousand Island Dressing	70

Protein Add-Ons

Add-on	Price
Grilled or crispy chicken breast	\$5-\$7
Grilled shrimp	\$6-\$8
Grilled salmon	\$8-\$10
Steak medallions	\$9-\$11

Conclusion

The Cheesecake Factory's salad menu ranges from an \$11.95 tossed green option to a \$24.95 seared tuna plate built for lean protein. The biggest calorie swings come from dressing volume and fried toppings rather than the greens themselves, so asking for dressing on the side is the fastest way to lighten any order.

This is an independent, unofficial guide and is not affiliated with or endorsed by The Cheesecake Factory. Prices and menu items are subject to change and vary by location. cheesecakefactorymenus.us