

Cheesecake Factory Seafood Menu: Prices & Calories

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This guide lists every dish in The Cheesecake Factory's Fish & Seafood section, plus lighter seafood options found elsewhere on the menu (SkinnyLicious, appetizers, salads), with prices and calories. Prices vary by location.

Fish & Seafood Section

Dish	Calories	Est. price
Fresh Grilled Salmon	1,240	\$20-\$28
Herb Crusted Filet of Salmon	1,310	\$20-\$28
Miso Salmon	1,340	\$20-\$28
Thai Glazed Salmon	1,040	\$19-\$26
Macadamia Crusted Salmon	1,660	\$26-\$31
Macadamia Crusted Mahi	1,340	\$25-\$29
Macadamia Crusted Ono	1,410	\$26-\$30
Macadamia Crusted Ahi	1,420	\$26-\$30
Sesame Crusted Salmon	1,720	\$26-\$31
Sesame Crusted Mahi	1,470	\$25-\$29
Sesame Crusted Fresh Ahi	1,490	\$26-\$30
Seared Ahi Tuna	1,090	\$23-\$28
Pan Seared Branzino with Lemon Butter	880	\$24-\$28
Shrimp Scampi	1,350	\$20-\$28
Fried Shrimp Platter	1,920	\$24-\$28
Shrimp and Chicken Gumbo	1,450	\$18-\$26
Jamaican Black Pepper Shrimp	1,260	\$19-\$28
Jamaican Black Pepper Chicken and Shrimp	1,300	\$24-\$27
Fish & Chips	not published	\$22-\$26

Lighter Seafood Elsewhere on the Menu

Item	Calories	Est. price
SkinnyLicious Lemon-Garlic Shrimp	520	\$16-\$19
SkinnyLicious Grilled Salmon	570	\$17-\$20
SkinnyLicious Grilled Branzino with Mediterranean Salsa	540	\$17-\$20

Conclusion

For the classic, richer experience, Herb Crusted Filet of Salmon or Miso Salmon are the most recommended dishes in this section. For calories, SkinnyLicious Grilled Salmon or Grilled Branzino are the better picks. Most Fish & Seafood entrees are also available in a lower-priced lunch portion on weekdays before roughly 4 to 5 PM.

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