



Restaurant Guide to

# The Cheesecake Factory

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## OVERVIEW

The Cheesecake Factory has a wonderful atmosphere full of delicious dishes. With fresh and scratch made items, you'll be eating Healthi here with so many choices!

## THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT THE CHEESECAKE FACTORY

- Choose the SkinnyLicious Menu
- Ask for dressings on the side
- Choose leaner proteins and fresh veggie sides

### FRIENDLY MENU ITEM'S AT THE CHEESECAKE FACTORY

Here at the Cheesecake Factory, you'll want to mainly focus on the SkinnyLicious menu. It has the best calories and macros compared to the majority of other menu items.

#### **APPETIZERS**

The appetizers on the SkinnyLicious Menu are not only delicious, but also filling! Some of these can actually be eaten as a meal itself.

The SkinnyLicious Little House Salad is a simple yet tasty side salad with tomato and cucumber, tossed in their homemade vinaigrette.

The Chicken Taquitos are crispy corn tortillas with grilled chicken, green chili, corn, onion, cilantro and cheese. YUM! And only 390 calories.

Their Beet and Avocado Salad has wonderful glazed beets, avocado, fresh orange, arugula and honey glazed yogurt sauce. So tasty!

If you love flavor, the Asian Chicken Lettuce Wrap Tacos are sure to deliver. Butter lettuce leaves with grilled chicken, carrots, bean sprouts, cucumber, cilantro and rice noodles with spicy peanut sauce is very tasty.

Appetizers	Calories	Fat (g)	Carbs (g)	Protein (g)
Little House Salad	260	25g	10g	2g
Chicken Taquitos	390	22g	31g	16g
Beet and Avocado Salad	290	12g	40g	7g
Asian Chicken Lettuce Wrap Tacos	450	15g	49g	29g

## SKINNYLICIOUS SALADS

These SkinnyLicious Salads are a sure way to get all the flavors you love, without all the calories.

The Tossed Green Salad is a simple yet tasty one. With mixed greens, assorted veggies, tomato and croutons, you'll definitely maximize on veggies.

The SkinnyLicious Factory Chopped Salad is a blend of romaine, grilled chicken, tomato, avocado, corn, bacon, blue cheese and apples. Try it with the SkinnyLicious Vinaigrette!

The Mexican Tortilla Salad is the perfect blend of Tex-Mex flavor. It comes with crispy corn, topped with grilled chicken, black beans, mixed greens, fresh corn, green onion and cilantro. Delicious!

SkinnyLicious Salads	Calories	Fat (g)	Carbs (g)	Protein (g)
Tossed Green Salad	110	6g	13g	4g
Factory Chopped Salad	530	30g	34g	35g
Mexican Tortilla Salad	570	24g	59g	30g

  

Salad Dressings	Calories	Fat (g)	Carbs (g)	Protein (g)
SkinnyLicious Mustard Vinaigrette	15	1g	1g	0g
SkinnyLicious Sesame Soy Dressing	20	0g	3g	0g

## SKINNYLICIOUS SPECIALTIES

The items in this part of the menu all come in at 590 calories or less! What?! You'll be sure to find your favorite Healthi dish here.

Think burgers are off limits? No way. The SkinnyLicious Hamburger comes with lettuce, tomato, onion, pickles and mayo on a toasted bun. It's served with a green salad.

Their SkinnyLicious Grilled Turkey Burger is another great option. It's combined with fresh mushrooms, garlic and spices served with grilled onions, lettuce, tomato, mayo and a green salad.

The SkinnyLicious Turkey & Avocado Sandwich is another great try.

Feeling more of those Tex-Mex vibes? The SkinnyLicious Chicken Soft Tacos are a great choice. It comes with three corn tortillas with spicy chicken avocado, tomato, onions, cilantro and crema. It is served with Escabeche Vegetable Salad.

If you love salmon, the SkinnyLicious Grilled Salmon is a delicious choice served with assorted fresh vegetables.

Lastly, the Grilled Steak Medallions are served with fresh asparagus, shiitake mushrooms, sautéed cherry tomatoes, crusted croutons, mashed potatoes and Madeira Wine Sauce. Talk about all the veggies!

SkinnyLicious Specialties	Calories	Fat (g)	Carbs (g)	Protein (g)
Hamburger with green salad	570	30g	41g	35g
Grilled Turkey Burger	560	30g	45g	29g
Turkey & Avocado Sandwich	550	26g	43g	38g
Chicken Soft Tacos	510	15g	63g	32g
Grilled Salmon	590	36g	22g	45g
Grilled Steak Medallions	440	19g	24g	45g