



# Applebee's Low Carb Menu Options

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<b>Appetizers</b>	<b>Total Carbs</b>	<b>Protein</b>
Double Crunch Bone-in Wings	11	64
Blue Cheese Dipping Sauce	0	1
Ranch Dipping Sauce	3	0
Classic Hot Buffalo Dipping Sauce	2	0

<b>Kids Menu</b>	<b>Total Carbs</b>	<b>Protein</b>
Applesauce	14	0
Chicken Quesadilla	34	16
Chicken Taco	19	20
Chicken Tenders	20	19

<b>Soups &amp; Salads</b>	<b>Total Carbs</b>	<b>Protein</b>
Chicken Tortilla Soup	25	12
French Onion Soup	26	17
Tomato Basil Soup	23	6
Caesar Salad (dressing included)	13	5
House Salad (dressing not included)	15	6

<b>Salad Dressings</b>	<b>Total Carbs</b>	<b>Protein</b>
Blue Cheese	0	1
Lemon Olive Oil Vinaigrette	1	0
Caesar	2	0
Mexi-Ranch	3	0
Ranch	3	0
Fat Free Italian	5	0
Thousand Island	7	0
Dijon Honey Mustard	13	0

<b>Steaks &amp; Ribs &amp; Entrée Meats</b>	<b>Total Carbs</b>	<b>Protein</b>
6oz Top Sirloin	0	34
8oz Top Sirloin	0	45
12oz Ribeye	0	60
Double Glazed Baby Back Ribs*	2	80
Double Glazed Baby Back Ribs - Half Rack*	1	40
Shrimp N' Parmesan Sirloin	5	59
Blackened Cajun Salmon	5	35

\* The sauce comes on the side and is an extra 19 carbs

At Applebee's you can order a full meal as it comes - normally with a meat and two sides, one of the sides likely being mashed potatoes - but this won't work for many because of the potatoes, so it's best to choose your meat and sides a la carte.

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Sides & Extras	Total Carbs	Protein
Steamed Broccoli	6	3
Fire Grilled Veggies	9	2
Cheesy Broccoli	9	10
Garlicky Green Beans	10	2
Signature Cole Slaw	14	0

Drinks	Total Carbs
Hot Tea	0
Coffee	0
Diet Coke	0
Diet Pepsi	0
Coke Zero	0
Diet Mountain Dew	0
Diet Sierra Mist	0
Diet Root Beer	0
Unsweetened Iced Tea	0
Sobe Life Water, Yumberry Pomegranate	0
Sugar Free Lemonade	0
Tropicana Light Lemonade	0
Minute Maid Lemonade Light	1
Lipton Half & Half	11
Kids 1% Milk	12
Lipton Peach Iced Tea	12
Kiwi Iced Tea*	12
Pomegranate Iced Tea*	12
Brisk Raspberry Iced Tea	13
Lipton Green Tea w/ Citrus	13
Blackberry Iced Tea*	13
Raspberry Iced Tea*	13
Strawberry Iced Tea*	13
Mango Iced Tea*	14
Peach Iced Tea*	14

\*carbs increase in to-go sizes