

NUTRITIONAL
GUIDE

The
Cheesecake Factory®

Nutritional Guide

While we're committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided.

The values are derived from standardized recipes and serving sizes.

We will do our best to accommodate special requests to prepare your meal just the way you like it.

Modifications may alter the nutritional values.

	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
ISLAND FAVORITES (HI)											
Blue Hawaiian	230	0	0	0	0	0	10	35	0	33	0
Lava Flow	400	70	8	7	0	0	30	58	3	52	1
Piña Colada	530	120	13	11	0	0	40	73	2	71	1
Big Island Iced Tea	300	0	0	0	0	0	10	34	0	31	0
Mango Eruption	370	35	4	3.5	0	0	25	53	1	51	1
Paradise in a Pineapple	440	40	4.5	4	0	0	20	64	1	62	1
SPECIALTY DRINKS											
Tropical Tiki Punch	320	0	0	0	0	0	80	42	1	38	1
Tropical Tiki Punch (PR)	290	0	0	0	0	0	50	46	1	41	1
Georgia Peach	330	0	0	0	0	0	10	52	1	49	1
Georgia Peach (UT)	330	0	0	0	0	0	10	54	1	51	1
Pineapple Moscow Mule	320	0	0	0	0	0	20	47	1	44	0
Pineapple Moscow Mule (UT)	280	0	0	0	0	0	20	47	1	44	0
Red Raspberry	250	0	0	0	0	0	10	36	2	32	0
J.W.'s Pink Lemonade™	300	0	0	0	0	0	10	50	1	47	0
J.W.'s Pink Lemonade™ (UT)	290	0	0	0	0	0	10	50	1	47	0
J.W.'s Pink Lemonade™ (PR)	280	0	0	0	0	0	10	46	1	42	0
Pineapple Mezcal	270	0	0	0	0	0	210	37	1	33	0
Pineapple Mezcal (PR)	260	0	0	0	0	0	210	37	1	33	0
Blood Orange Aperol Spritz	260	0	0	0	0	0	15	38	1	37	1
Mango Crush (PR)	280	0	0	0	0	0	10	41	0	38	0
Red Sangria	160	0	0	0	0	0	15	23	1	21	0
Red Sangria (PR)	180	0	0	0	0	0	15	26	1	23	0
SkinnyLicious® Red Sangria	120	0	0	0	0	0	20	16	0	15	1
SkinnyLicious® Red Sangria (PR)	120	0	0	0	0	0	20	16	0	16	1
Factory Peach Bellini	250	0	0	0	0	0	10	46	1	42	1
Mai Tai	350	0	0	0	0	0	10	40	0	37	1
Mai Tai (UT)	290	0	0	0	0	0	10	38	0	35	1
Mai Tai (HI)	330	0	0	0	0	0	10	38	0	36	0
Mai Tai (PR)	330	0	0	0	0	0	10	40	0	36	1
Whisky & Ginger	270	0	0	0	0	0	10	38	1	34	0
Whisky & Ginger (UT)	220	0	0	0	0	0	10	33	1	29	0
Whisky & Ginger (PR)	260	0	0	0	0	0	10	38	1	34	0
Whiskey Smash	190	0	0	0	0	0	10	22	0	21	0
Whiskey Smash (PR)	220	0	0	0	0	0	10	31	1	29	0
CHILLED & SERVED UP											
Raspberry Lemon Drop	240	0	0	0	0	0	2	34	2	31	0
Lemon Drop	260	0	0	0	0	0	2	30	0	28	0
Key Lime Martini	250	0	0	0	0	0	140	36	1	32	0
Key Lime Martini (PR)	240	0	0	0	0	0	140	35	1	31	0
Grapefruit Cosmopolitan	280	0	0	0	0	0	5	33	1	30	0
Grapefruit Cosmopolitan (UT)	220	0	0	0	0	0	4	28	1	26	0
Grapefruit Cosmopolitan (PR)	280	0	0	0	0	0	5	33	1	30	0
Strawberry Blossom	180	0	0	0	0	0	15	25	1	22	0
Strawberry Blossom (PR)	180	0	0	0	0	0	15	25	1	22	1
Guava Daiquiri	290	0	0	0	0	0	200	43	1	39	0
Guava Daiquiri (PR)	220	0	0	0	0	0	200	28	1	24	0
The Well-Mannered Dirty Martini	250	45	6	1	0	5	1000	0	3	0	1
The Well-Mannered Dirty Martini (UT)	140	40	5	1	0	5	830	0	3	0	1
Cucumber Martini (PR)	260	0	0	0	0	0	10	28	0	24	0
Strawberry Martini	250	0	0	0	0	0	2	14	0	13	0
Strawberry Martini (UT)	200	0	0	0	0	0	2	14	0	13	0
Bourbon & Honey	280	0	0	0	0	0	3	30	0	29	0
Bourbon & Honey (UT)	270	0	0	0	0	0	2	29	0	27	0
Bourbon & Honey (PR)	260	0	0	0	0	0	2	30	0	29	0
MARGARITAS & MOJITOS											
Margarita	200	0	0	0	0	0	125	27	0	24	0
SkinnyLicious® Margarita	140	0	0	0	0	0	125	16	1	9	0
The Ultimate	280	0	0	0	0	0	170	30	1	27	0
Strawberry Infused Margarita	230	0	0	0	0	0	270	31	1	27	1
Strawberry Infused Margarita (PR)	230	0	0	0	0	0	270	31	1	28	1
Blood Orange Margarita	310	0	0	0	0	0	10	36	2	34	1
Blood Orange Margarita (PR)	290	0	0	0	0	0	10	37	2	35	1
Passion Fruit Margarita	240	0	0	0	0	0	5	32	0	31	0
Mojito	240	0	0	0	0	0	115	30	2	26	0
Mojito (PR)	260	0	0	0	0	0	15	31	2	26	0
SkinnyLicious® Mojito	150	0	0	0	0	0	210	16	1	8	0
Coconut Mojito	260	35	4	3.5	0	0	30	32	2	28	1
Coconut Mojito (UT)	180	35	4	3.5	0	0	95	26	2	22	1
Coconut Mojito (PR)	290	15	1.5	1.5	0	0	75	40	2	37	1
Pineapple Mojito	260	0	0	0	0	0	10	32	1	29	1
Pineapple Mojito (PR)	240	0	0	0	0	0	10	32	1	29	1
Passion Fruit Mojito	270	0	0	0	0	0	20	34	1	31	0
Passion Fruit Mojito (PR)	260	0	0	0	0	0	20	34	1	31	0
Cucumber Mojito (PR)	310	0	0	0	0	0	35	38	1	26	0
NON-ALCOHOLIC SPECIALTIES											
Pineapple Cherry Limeade	140	0	0	0	0	0	15	34	0	32	0
Tropical Ginger Cooler	140	0	0	0	0	0	15	37	1	33	1
Orange Coconut Cream Soda	220	45	5	4.5	0	0	25	42	2	39	1
Passion Mint Fizz	110	0	0	0	0	0	15	27	1	24	1
Guava Blood Orange Sparkler	150	0	0	0	0	0	15	37	1	32	1
BEERS											
Draft Beer (glass)	180	0	0	0	0	0	15	15	0	0	2
Draft Light Beer (glass)	120	0	0	0	0	0	15	7	0	0	1
Bottled Beer (12 oz)	150	0	0	0	0	0	15	13	0	0	2
Bottled Light Beer (12 oz)	100	0	0	0	0	0	15	6	0	0	1

