



# NUTRITION INFORMATION

MENU ITEM	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>APPETIZERS</b>											
Chips & Spicy White Queso	520	340	38	17	0	80	1590	31	1	8	16
O'Charley's Chicken Tender Appetizer, Chipotle	1160	360	40	8	0	185	2230	107	13	47	80
O'Charley's Chicken Tenders Appetizer, Buffalo	1080	570	64	11	0	200	3310	34	3	2	74
O'Charley's Famous Chicken Tenders Appetizer, Original	1100	590	65	11	0	200	1490	37	2	6	72
Loaded Potato Skins	1400	990	109	41	0	235	2180	44	6	4	62
Spinach & Artichoke Dip	710	300	34	12	0	45	1250	77	9	3	18
Spicy Jack Cheese Wedges	720	440	48	33	0	120	1960	44	0	1	24
Top Shelf Combination Appetizer	1880	1190	132	48	0	310	3300	74	4	9	88
Crispy Pickle Chips	690	430	47	8	0	0	2430	56	3	7	8
Shrimp & Stuffed Crab	890	590	65	11	0	75	2460	57	2	13	19
Meatball Crostini	980	420	47	15	0	105	2410	93	5	6	43
Chicken Tender Nachos	1300	660	73	26	0	170	2480	100	10	15	56
<b>CLASSIC COMBOS</b>											
Ribs & Chicken Tenders, BBQ (no sides)	950	330	37	10	0	160	3410	84	2	51	55
Ribs & Chicken Tenders, Chipotle (no sides)	1030	330	37	10	0	160	2410	108	14	59	63
Steak & Chicken Tenders, 6-oz. (no sides)	1030	610	67	15	0	225	1830	26	1	6	68
Steak & Grilled Atlantic Salmon, 6-oz. (no sides)	750	300	33	8	1	180	1740	5	1	1	73
Steak, 6 oz. & Baby Back Ribs (No Side)	890	440	49	18	0	220	3750	48	2	38	59
Steak 6-oz, 1/3 Ribs, Chicken Tenders (No Sides)	1520	890	99	25	0	290	4030	59	2	31	87
BBQ Pork Chop & Baby Back Ribs (No Side)	1490	700	77	23	.5	400	2980	65	1	45	122

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<b>CHICKEN &amp; PASTA</b>											
Chicken Tenders & Fries	1410	760	85	14	0	180	1660	74	6	6	68
Country Style Tenders	960	420	47	10	0	165	2700	50	4	5	69
Balsamic Glazed Chicken	560	360	41	10	0	95	1050	16	2	1	33
O'Charley's Chicken Tender Dinner (No Side)	1100	590	65	11	0	200	1490	37	2	6	72
O'Charley's Chicken Tender Dinner, Buffalo (No Side)	1070	570	64	11	0	200	3250	31	2	1	74
O'Charley's Chicken Tender Dinner, Chipotle (No Side)	1040	360	40	8	0	185	1860	77	9	29	77
Honey-Drizzled Southern Fried Chicken Breast	430	230	25	5	0	80	980	18	1	1	30
New Orleans Cajun Chicken Pasta	1170	550	61	21	4	150	3080	99	8	8	53
Bayou Shrimp Pasta	1060	510	56	20	4	145	2250	100	7	9	37
<b>STEAKS, RIBS &amp; CHOPS</b>											
Filet Mignon with Garlic Butter (No Side)	580	420	47	17	0	170	1530	1	0	0	38
Grilled Top Sirloin, 12 oz. (No Side)	530	320	36	14	0	195	1690	1	0	0	50
Grilled Top Sirloin, 6 oz. (No Side)	270	160	18	7	0	100	850	0	0	0	25
Louisiana Sirloin (No Side)	600	380	43	16	1.5	200	1710	3	1	0	50
Bone-In Ribeye Steak 14 oz. (No Side)	1060	760	85	34	4.5	250	1600	1	0	0	74
Bone-In Pork Chops (No Side)	1070	590	66	17	0	320	780	12	1	0	100
O'Charley's Baby Back Ribs, (No Side)	1220	560	62	22	.5	240	4580	95	3	76	67

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<b>SEAFOOD FAVORITES</b>											
Buttermilk Fried Shrimp Dinner (No Side)	740	440	49	8	0	185	1680	56	4	10	25
Cedar-Planked Salmon (No Side)	470	250	28	6	0	145	410	2	0	1	50
Fresh Atlantic Grilled Salmon Blackened, 6 oz. (No Side)	340	190	21	4	0	95	610	3	1	1	34
Fresh Atlantic Grilled Salmon Blackened, 9 oz. (No Side)	500	280	31	6	0	145	670	3	1	1	51
Fresh Atlantic Grilled Salmon Chipotle, 6 oz. (No Side)	460	190	21	4	0	95	630	32	5	18	37
Fresh Atlantic Grilled Salmon Chipotle, 9 oz. (No Side)	620	280	31	6	0	145	690	32	5	18	54
Hand Battered Fish n' Chips	1420	830	92	15	0	170	2080	85	6	10	57
Hand-Breaded Catfish Dinner w/Fries & Coleslaw	1720	1110	124	24	0	150	2660	103	7	22	43
Seafood Platter	1950	1090	121	22	0	265	2970	141	9	27	71
Bayou Salmon 6-oz. (No Side)	960	570	63	17	3.5	185	1880	41	3	8	53
Bayou Salmon 9-oz. (No Side)	1130	660	74	19	3.5	240	1930	41	3	8	71
Southern Surf & Turf	2050	1290	143	25	0	385	3500	88	5	25	92
Basil Butter Mahi ~ LTO	390	200	22	7	0	170	890	2	1	1	42
Cornmeal Breaded Catfish w/ Fries & Coleslaw	1770	1140	127	23	0	185	2610	103	7	22	47
<b>SIDES</b>											
Smashed Potatoes	350	140	16	3.5	0	15	860	44	4	4	8
Loaded Smashed Potatoes	520	330	37	15	0	55	910	34	3	4	13
Baked Potato, 1 Each	200	10	1	0	0	0	730	50	6	6	8
Broccoli, 5 oz.	110	70	8	2.5	0	0	450	6	3	0	3
French Fries, 6 oz.	400	220	24	4	0	0	310	40	4	0	4
Grilled Asparagus, 1 Portion	60	45	5	2	0	0	290	3	2	1	2
Loaded Baked Potato, 1 Portion	490	240	27	13	0	50	1080	53	6	7	17
Mac & Cheese	450	200	22	9	3.5	35	200	47	2	3	15
Loaded Mac & Cheese	650	270	30	14	0	50	1280	68	3	6	23
Mashed Sweet Potatoes	180	30	3.5	1.5	0	5	270	35	4	18	3
Seasoned Rice Pilaf, 1 Portion	160	40	4	0.5	0.5	0	620	27	1	3	3
Coleslaw, 1 Por.	200	130	15	4	0	25	220	12	1	8	2
Side Salad (No Dressing)	60	30	3	1.5	0	5	100	7	1	2	3
Side Caesar	240	190	21	6	0	25	570	7	1	1	7
House Salad (No Dressing)	150	60	7	2.5	0	15	250	19	3	4	7
House Caesar	290	210	23	6	0	25	660	15	2	1	9
Unsliceably Soft Yeast Roll	130	20	2	0	0	0	105	25	1	8	4

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<b>SALADS</b>											
California Chicken Salad	1020	600	67	13	0	100	1110	71	7	56	38
California Salmon Salad	1210	750	83	16	0	125	810	68	7	55	48
California Sirloin Salad	1200	770	85	21	0	145	2090	68	7	55	48
California Chicken Salad, Platter	4120	2410	268	52	0	400	4450	291	32	228	152
Southern Fried Chicken Salad	1550	990	110	26	0	440	2210	48	5	18	82
Southern Pecan Chicken Tender Salad	1550	950	106	18	0	110	1630	95	10	53	50
Salmon Caesar Salad	760	650	73	15	0	140	1270	18	3	2	44
<b>SALAD DRESSINGS/ADD-ONS</b>											
Balsamic Vinaigrette, 2 oz.	280	230	26	4	0	0	90	12	0	12	0
Balsamic Vinaigrette, 3 oz.	420	350	39	6	0	0	135	18	0	18	0
Dressing, Bleu Cheese, 2 oz.	300	290	32	4	0	20	520	2	0	2	2
Dressing, Bleu Cheese, 3 oz.	450	430	48	6	0	30	780	3	0	3	3
Dressing, Honey Mustard, 2 oz.	340	310	34	5	0	20	300	10	0	8	0
Dressing, Honey Mustard, 3 oz.	510	460	51	7	0	30	450	15	0	12	0
Dressing, Light Ranch, 2 oz.	70	45	5	1	0	10	520	4	0	4	2
Dressing, Light Ranch, 3 oz.	100	70	7	1.5	0	15	780	6	0	6	3
Dressing, Ranch, 2 oz.	220	200	22	4	0	20	380	4	0	2	2
Dressing, Ranch, 3 oz.	330	300	33	6	0	30	570	6	0	3	3
Dressing, Thousand Island, 2 oz.	240	200	22	4	0	20	440	6	0	6	2
Dressing, Thousand Island, 3 oz.	360	300	33	6	0	30	660	9	0	9	3
<b>SIGNATURE SOUPS</b>											
Chicken Tortilla Soup, Cup	110	40	4	0	0	10	440	12	1	0	7
Chicken Tortilla Soup, Bowl	170	60	7	0	0	15	790	18	2	0	12
Loaded Potato Soup, Cup	200	120	13	3	0	10	720	16	1	2	2
Loaded Potato Soup, Bowl	360	220	24	5	0	15	1310	29	1	4	4
<b>Southern Comforts</b>											
Chicken Tenders & Fries	1410	760	85	14	0	180	1660	74	6	6	68
Honey-Drizzled Southern Fried Chicken	430	230	25	5	0	80	980	18	1	1	30
Hand Battered Fish n' Chips	1420	830	92	15	0	170	2080	85	6	10	57
Santa Fe Tilapia (w/Rice Pilaf)	430	120	14	3	1.5	90	1190	33	2	6	46
<b>BURGERS</b>											
Bacon Cheddar Burger (No Side)	1000	610	68	26	1.5	160	2490	49	3	9	46
Chicken Breast, Burger Substitute	160	45	5	1	0	80	540	3	0	1	27
Classic Cheeseburger (No Side)	930	550	61	23	1.5	145	2250	47	2	9	42

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<b>SANDWICHES</b>											
Cajun Catfish Po'Boy	1420	720	80	14	1	105	2380	126	9	3	42
Chicken Sandwich (with Fries)	1360	760	85	15	0	100	2030	100	6	7	43
Chicken Sandwich, Buffalo (with Fries)	1400	800	89	15	0	100	3960	104	6	7	43
Club Sandwich (No Side)	950	760	85	19	2	135	2850	91	6	12	46
Club Sandwich, Half (no soup or salad)	800	500	55	11	1	75	1540	49	3	9	23
Chicken Bacon Ranch Sandwich (No Side)	1140	550	62	21	0	175	2760	81	3	4	56
<b>DESSERTS</b>											
Brownie Lover's Brownie	1650	690	77	45	0	260	1420	227	9	154	24
Brownie Bites	1640	630	70	41	0	225	1480	245	9	167	23
Strawberry Cheesecake	710	420	46	26	1.5	190	530	71	2	59	9
Ooey Goopy Caramel Pie, Slice	640	350	39	19	2.5	115	230	76	1	66	7
Apple Cobbler, Double Scoop	870	250	28	12	0	20	970	154	0	89	7
Apple Cobbler, Double Scoop w/ Ice Cream	940	290	32	15	0	40	990	161	0	96	9
Apple Cobbler, Single Scoop	440	130	14	6	0	10	490	77	0	44	4
Apple Cobbler, Single Scoop w/ Ice Cream	510	160	18	9	0	30	500	84	0	51	5
Blackberry Cobbler, Double Scoop	1010	250	28	12	0	20	900	191	0	99	7
Blackberry Cobbler, Double Scoop Ice Cream	1080	290	32	15	0	40	920	188	0	106	9
Blackberry Cobbler, Single Scoop	500	130	14	6	0	10	450	91	0	50	4
Blackberry Cobbler, Single Scoop Ice Cream	580	160	18	9	0	30	470	98	0	56	5
Peach Cobbler, Double Scoop	1010	280	31	12	0	20	870	181	0	106	7
Peach Cobbler, Double Scoop w/ Ice Cream	1080	320	35	15	0	40	890	188	0	113	9
Peach Cobbler, Single Scoop	500	140	16	6	0	10	430	91	0	53	4
Peach Cobbler, Single Scoop w/ Ice Cream	580	180	20	9	0	30	450	98	0	60	5
Tiramisu	570	320	36	24	0	90	290	57	0	42	6
<b>WHOLE PIES</b>											
Ooey Goopy Caramel Pie, Whole	4320	1960	217	109	19	640	1780	588	10	513	58

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<b>KIDS MENU</b>											
Cheeseburger, Kids (No Side)	560	300	34	12	1.5	80	1200	42	2	8	23
Hamburger, Kids (No Cheese, No Side)	490	250	28	9	1	60	900	41	2	8	20
Chicken Tenders, Kids (No Side, No Sauce)	340	140	16	3	0	75	510	12	1	0	29
Chicken Tenders, Kids (No Side, Honey Mustard)	570	360	40	6	0	80	790	21	1	6	26
Chicken Tenders, Kids (No Side, Ranch)	480	270	31	6	0	80	850	16	1	1	28
Large Chicken Tenders, Kids (No Side, Honey)	720	420	47	8	0	115	1080	28	1	6	39
Large Chicken Tenders, Kids (No Side, Ranch)	630	340	38	7	0	115	1140	23	1	1	41
Mini Corn Dogs, Kids (No Sides, Honey Mustard)	740	560	62	13	0	50	1060	34	2	13	11
Mini Corn Dogs, Kids (No Sides, Honey Ranch)	650	480	53	13	0	50	1120	30	2	9	12
Mac & Cheese Tender Bowl (No Side)	1390	520	58	20	0	110	2580	146	7	13	58
Chicken Tender Sliders, Kids (No Side, Honey)	880	440	48	10	0	100	1420	68	3	20	35
Chicken Tender Sliders, Kids (No Side, Ranch)	790	350	39	9	0	100	1480	63	3	16	37
Mashed Potato & Chicken Tender Bowl	590	290	32	11	0	95	1430	33	2	1	36

<b>KIDS SIDES</b>											
Applesauce, 1 Portion	50	0	0	0	0	0	0	13	1	11	0
Broccoli, 2.5 oz. Portion	55	3	4	1.5	0	0	225	3	2	0	2
French Fries, Kids	230	130	1	2.5	0	0	260	23	2	0	2
Mandarin Orange Slices	60	0	0	0	0	0	10	15	1	14	1
Smashed Potatoes	160	140	1	2.5	0	0	550	24	2	0	3
Tater Tots	500	320	35	6	0	0	730	38	2	0	4

O'Charley's has made every effort to ensure that the nutrition information provided is accurate. However, because of the handcrafted nature of our menu items, the variety of procedures used in our kitchens and our reliance on our suppliers, we can make no guarantees of its accuracy and disclaim liability for the use of this information. If you have any questions about this information, please ask to speak with a manager.