



## EZ Eating Out Equation

Sample Menu: Applebee's Neighborhood Grill and Bar



### Applebee's Neighborhood Grill and Bar Menu

#### ***Appetizing Starters***

##### **MOZZARELLA STICKS – NO!**

Served with a tasty marinara sauce, this golden **FRIED** favorite is simply delicious!

##### **POTATO SKINS – NO!**

Spud excellence!

Munch on crispy potato skins **COVERED IN CHEDDAR**

**AND BACON** and served with a side of sour cream.

##### **VEGGIE PATCH PIZZA – YES!** (Minus the creamy spinach)

Topped with mushrooms, ~~creamy spinach~~, artichoke hearts, fresh tomatoes and the perfect blend of Italian cheeses and herbs.

##### **ONION PEELS – NO!**

Golden **FRIED** onion peels served with a **CREAMY** horseradish dipping sauce.

##### **SPINACH & ARTICHOKE DIP – NO!**

**CREAMY SPINACH** and tender artichokes served warm

with salsa, **SOUR CREAM** and **TORTILLA CHIPS**.

##### **BONELESS BUFFALO WINGS – NO!** (33 grams of fat!)

**BREADED CHICKEN** breast tossed in classic or HOT Buffalo wing sauce, with celery sticks and **RANCH DRESSING**.

##### **FRENCH ONION SOUP – YES!** (Minus the Swiss Cheese and Croutons)

Sliced onion and flavorful garlic caramelized and simmered in a hearty combination of roasted beef stock and sweet sherry wine. Topped with a ~~crouton~~ and ~~Swiss cheese~~.

##### **GRILLED SHRIMP DIPPERS - YES!** (Minus the avocado-ranch dressing)

Juicy, grilled shrimp skewers served with three delicious dipping sauces: grilled pineapple salsa, spicy cocktail sauce and ~~avocado-ranch dressing~~.

The perfect setting for a dip!

##### **CRAB CAKES – NO!**

Two delectable crab cakes served with black bean corn salsa and a side of tangy **REMOULADE** sauce.

#### EZ Eating Out Equation

Cover

Introduction

The Equation

Step 1: Lean Protein ( LP )

Step 2: How Its Prepared ( HIP )

Step 3: Swap Out Sides ( SOS )

Step 4: Divide Your Portions ( /2 )

Step 5: Putting It All Together ( SUCCESS )

Sample Menu:  
Applebee's Neighborhood Grill and Bar

Applebee's Menu Wrap-Up

Restaurant 'Quick Hitters'

AthLEAN 'To-Go' Please

#### ~~APPETIZER SAMPLER – NO!~~

A sampler platter of **MOZZARELLA STICKS**, Spinach & Artichoke **DIP**, our **CHEESE** Quesadilla Grande and Boneless Buffalo **WINGS**. Contains **BACON**.

#### ~~BUFFALO CHICKEN WINGS – NO! (Fried)~~

To taste them is to love them!

Served with your choice of classic or HOT Buffalo wing sauce, celery sticks and **BLEU CHEESE DRESSING**.

#### **CHICKEN QUESADILLA GRANDE - YES!** (Minus the bacon)

Grilled chipotle chicken quesadillas with onion, tomato, bacon, jalapenos and a hint of chipotle pepper.

#### ~~NACHOS NUEVOS – NO! (Fried Chips!)~~

Corn tortilla chips covered with spicy ground beef, black beans, cheese, sour cream, lettuce, fresh tomato and jalapeños.

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## ***Salad Selections***

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#### **APPLE WALNUT CHICKEN SALAD - YES!** (Dressing on the side! No cheese)

A masterwork of flavors.

Grilled, marinated chicken breast crowns this fresh mix of delectable greens, crisp Granny Smith apples, ~~rich crumbled bleu cheese~~ and sweet candied walnuts.

Tossed in our tangy **balsamic vinaigrette (on the side)**

#### ~~STACKED TOSTADA CHICKEN SALAD – NO!~~

Stacked with flavor!

Fresh salad greens, **CRISPY TORTILLA STRIPS**, shredded pepper-Jack

**CHEESE**, black bean and corn salsa, all tossed in a cilantro honey-lime vinaigrette.

Layered with a TOSTADA SHELL and topped with melted pepper-Jack

**CHEESE** and grilled chipotle-rubbed chicken.

#### ~~GRILLED ITALIAN CHICKEN CAESAR SALAD – NO!~~

Grilled Italian chicken served on romaine,

with **PARMESAN**, garlic **CROUTONS** and **CAESAR DRESSING**.

#### ~~ORIENTAL CHICKEN SALAD – NO!~~

Golden **FRIED CHICKEN** tops crisp Asian greens, almonds

and rice noodles tossed with our Oriental vinaigrette.

#### ~~SANTA FE CHICKEN SALAD – NO!~~ (Too much wrong with this!)

Grilled marinated chicken on greens plus CHEESE, pico de gallo

and **TORTILLA STRIPS**. With **GUACAMOLE**, **SOUR CREAM**

and **Mexi-Ranch DRESSING**.

#### ~~FRIED CHICKEN SALAD – NO!~~ (Need I go beyond the name?!?)

**CHICKEN FINGERS** on salad greens mixed with **CHEDDAR**, diced tomatoes and eggs with **HONEY MUSTARD DRESSING**.

#### **GRILLED SHRIMP 'N SPINACH SALAD – YES!** (Sub out this dressing!)

Fresh spinach tossed with tomatoes, red peppers, onions,

almonds and topped with grilled shrimp.

Served with ~~bacon vinaigrette~~.

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## ***Sizzlin' Steaks***

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**APPLEBEE'S HOUSE SIRLOIN - YES!** (Best Meat Here! Ditch the Mashed!)

A 9 oz. steak grilled to perfection and served with

~~garlic-mashed potatoes~~, seasonal vegetables and ~~garlic-toast~~. **(sub in rice!)**

~~SIZZLIN' RIBEYE~~ – **NO!** (Twice the fat of the sirloin!)

Seasoned 12 oz. Ribeye brushed in **GARLIC BUTTER**, grilled and then served up in a hot skillet alongside sauteed onions and mushrooms, **GARLIC MASHED POTATOES AND GARLIC TOAST**

~~LOADED MASHED POTATOES~~ – **NO! NO! NO!**

**SHRIMP 'N PARMESAN SIRLOIN - YES!** (No cheese or very little!)

Our House Sirloin topped with grilled garlic shrimp and ~~Italian-cheeses & herbs~~.

**ADD ~~FRIED SHRIMP~~ OR GRILLED SHRIMP SKEWERS - YES!** (As long as you choose the sirloin for your steak and grilled for your shrimp)  
Add ~~fried shrimp~~ or grilled shrimp skewers to your favorite steak.

**BOURBON STREET STEAK - YES!** (Sub out the Mashed and Toast!)

A 10 oz. Cajun-spiced steak served with sauteed onions, mushrooms, ~~garlic-mashed potatoes~~ and ~~garlic-toast~~.

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## Steak Combos

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**HOUSE SIRLOIN & GRILLED SHRIMP SKEWERS – YES!**

Two of our garlic pepper seasoned shrimp skewers.

~~HOUSE SIRLOIN & CRAB CAKES~~ – **NO!** (Better choices available)

A grilled 7oz. sirloin paired with our delicious

**CRAB CAKES** and tangy **REMOULADE** sauce.

**HOUSE SIRLOIN & ROASTED GARLIC & ASIAGO CHICKEN – YES!**

(Without the Asiago Cheese Sauce!)

Our juicy House Sirloin paired with our grilled seasoned chicken breast topped with a savory ~~roasted garlic Asiago cheese sauce~~, fresh tomatoes and basil.

**HOUSE SIRLOIN & HONEY GRILLED SALMON - YES!**

A grilled 7oz sirloin perfectly paired with a delicious flame-grilled Atlantic salmon glazed with Applebee's Honey Pepper Sauce.

~~HOUSE SIRLOIN & RIBLETS~~ – **NO!** (You'd have to skip the riblets and then...what's the point of getting this vs. the regular sirloin?!?)

A juicy sirloin paired with our world-famous **RIBLETS** basted with your choice of Applebee's Signature Barbecue Sauce or Applebee's Honey Barbecue Sauce.

~~HOUSE SIRLOIN & CRISPY BUTTERMILK SHRIMP - NO!~~ (same as above)

Seven ounces of sizzling sirloin paired with succulent shrimp,

**LIGHTLY BREADED** and **GOLDEN FRIED** to perfection.

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## Hot Off the Grill

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**FIESTA LIME CHICKEN - YES!** (No Mexi-ranch cheese sauce)

Grilled boneless chicken breast marinated in lime juice and tequila and topped with a ~~Mexi-ranch and Jack cheddar sauce~~.

**HONEY GRILLED SALMON - YES!** (Except for the toast!)

Flame-grilled Atlantic salmon glazed with Applebee's Honey Pepper Sauce, served with almond rice pilaf, seasonal vegetables and ~~garlic toast~~.

~~APPLEBEE'S RIBLETS – NO!~~ (Too fatty!)

Our famous **RIBLETS** basted with your choice of Applebee's Signature Barbecue Sauce or Applebee's Honey Barbecue Sauce.

**PARMESAN TILAPIA - YES!** (No toast! Parmesan crumb topping on side)

Tender, grilled tilapia sprinkled with a garlic Parmesan crumb topping and served with almond rice pilaf, fresh seasonal vegetables and ~~toasted side bread~~.

~~CRISPY BRICK CHICKEN WITH WARM SPINACH SALAD – NO!~~

A split tender petite chicken (**too much fatty dark meat!**) is pressed flat directly against a red-hot grill. The light marinade of rosemary and olive oil gets seared directly into the skin- it's so crisp it crackles with flavor.

The dish is complemented with a fresh spinach salad tossed with warm **BACON DRESSING** and topped with diced hard-boiled eggs, caramelized onions and shaved **PARMESAN CHEESE**.

~~HONEY BBQ BABY BACKS – NO!~~

Baby back **RIBS (too fatty!)** basted in Honey Barbecue Sauce. Served with **FRIES and COLE SLAW**.

**SIZZLING FAJITAS – YES!** (Skip the Sour Cream, Cheese and Bean Dips)

Tender grilled fajita steak or spicy marinated chicken, with sauteed onions and peppers. Southwest rice, tortillas and toppings on the side.

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## Neighborhood Favorites

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~~CHICKEN FINGERS PLATTER – NO!~~

This popular platter is served with **COLE SLAW, FRIES and HONEY MUSTARD**.

~~CHICKEN FRIED CHICKEN – NO!~~

Boneless chicken breast, lightly breaded and **CHICKEN FRIED**. With garlic **MASHED POTATOES, GRAVY** and vegetables.

~~CRISPY BUTTERMILK SHRIMP – NO!~~

A heaping platter of succulent shrimp, lightly breaded and **FRIED** to perfection. Served with **FRIES, COLE SLAW** and cocktail sauce.

~~CHICKEN PARMESAN – NO!~~

Lightly **BREADED** chicken breast topped with marinara sauce, **MOZZARELLA, PROVOLONE** and **PARMESAN CHEESES**.

**CHICKEN BROCCOLI PASTA ALFREDO BOWL – YES!** (Without the Alfredo Sauce!)

Grilled Italian or blackened chicken on a warm bed of fettuccine tossed with fresh broccoli and a ~~creamy alfredo sauce~~.

~~THREE CHEESE CHICKEN PENNE PASTA - NO!~~ (too much cheese!)

~~PENNE ROSA WITH SWEET ITALIAN SAUSAGE - NO!~~ (in cream sauce!)

This classic penne pasta is tossed in traditional spicy Italian tomato **CREAM SAUCE** mixed with ripe tomatoes and green peas and topped with hearty, sweet Italian **SAUSAGE** and freshly shaved Parmesan **CHEESE**. Served with a sundried tomato focaccia breadstick to soak up the flavors.

~~CRISPY ORANGE CHICKEN BOWL – NO!~~ (Chicken is Deep Fried!)

Boneless **BREADED** chicken breasts are mildly spiced and covered in a **SWEET-AND-SPICY ORANGE GLAZE (high in sugar!)**

~~HAND-BREADED FISH & CHIPS – NO!~~ (Fried and Too fatty!)

White cod filets **GOLDEN FRIED** with a cracker meal coating.

Served with **FRIES** and a **SPICY TARTAR SAUCE**.

## ***Rollups, Sandwiches & Burgers***

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~~100% ANGUS BACON CHEESEBURGER – NO!~~ (63 Grams of fat!)

Mmmm...**BACON**. Not to mention a mouth-watering burger and two slices of **AMERICAN CHEESE**.

~~COWBOY BURGER – NO!~~ (1120 Calories!!!!)

Say howdy to a bold burger topped with onion peels, Applebee's Signature Barbecue Sauce, **JACK** and **CHEDDAR CHEESES** and **BACON**.

**CHICKEN FAJITA ROLLUP – YES!** (Hold the Cheese!)

Large flour tortilla rolled up with chipotle chicken, ~~melted Monterey Jack and cheddar~~, shredded lettuce and pico de gallo.

**HONEY BBQ CHICKEN SANDWICH - YES!** (Hold the Cheese and Bacon!)

Boneless, marinated grilled chicken breast basted with Honey Barbecue Sauce. Topped with ~~Monterey Jack, cheddar and bacon~~.

~~ZESTY RANCH CHICKEN SANDWICH – NO!~~ (1140 Calories!!!!)

**Tender BREADED** chicken tossed in Applebee's Buffalo sauce covered with **MELTED SWISS CHEESE**, on a sesame seed bun.

~~ORIENTAL CHICKEN ROLLUP - NO!~~ (51 GRAMS OF FAT!!!!)

**Golden FRIED CHICKEN**, Asian greens, carrots and almonds in our Oriental teriyaki sauce, rolled up in a flour tortilla.

~~BISTRO SIRLOIN SANDWICH – NO!~~ (48 GRAMS OF FAT!!!)

Juicy grilled sirloin with spicy seasonings, sliced and **PILED HIGH** on a toasted rosemary ciabatta roll, topped with roasted garlic **ASIAGO CHEESE SAUCE** and grilled red onions. Served with a side of roasted garlic **ASIAGO CHEESE SAUCE** and **FRIES**.

**TUSCAN PESTO CHICKEN CIABATTA - YES!** (No cheese!)

Grilled seasoned chicken breast, topped with ~~melted provolone, mozzarella and Parmesan cheeses~~, crisp lettuce, tomato and red onion. Served on a soft ciabatta roll spread with pesto.

~~BACON CHEESE CHICKEN GRILL – NO!~~

(Skip it...you'd have to get it without the bacon and cheese... which is just a plain grilled chicken breast!)

Our boneless, marinated chicken breast is grilled, then smothered with Applewood **SMOKED BACON** and **CHEDDAR CHEESE**.

Served on a toasted bun.

~~GRILLED CHEESE BLT – NO!~~ (No lean protein and way too fatty!)

Double-decker classic with melted Jack, cheddar & Swiss **CHEESES**, crispy Applewood smoked **BACON**, lettuce, sliced tomato and chipotle **MAYONNAISE** on toasted marbled wheat bread.

~~STEAK CAESAR SANDWICH – NO!~~ (75 GRAMS OF FAT!!!!)

Marinated sirloin steak strips grilled with caramelized onions and topped

with sliced tomato, Swiss & Parmesan **CHEESES** and our **CAESAR SPREAD**.

Served on hearty grilled sourdough bread.

It's a sandwich fit for an emperor! **(and for a future heart patient!)**

**BRUSCHETTA BURGER - YES!** (No mozzarella or fries = Just 10 grams of fat)

This 100% Angus burger is juicy, robust- and like no other.

It's crowned with a zesty pesto sauce and fresh bruschetta mix,  
and set on thick wedges of mozzarella.

Served between grilled focaccia bread for a delicious crunch and crispy  
garlic fries sprinkled with shaved Parmesan complete this new classic.

~~**100% ANGUS BIG APPLE BURGER- NO!**~~ (90 GRAMS OF FAT!!!!)

Two grilled half-pound patties covered with

**DOUBLE THE CHEDDAR AND MONTEREY JACK CHEESE** then topped  
with **FOUR SLICES OF BACON** and a **CREAMY** horseradish sauce.

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## Weight Watchers

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**TORTILLA CHICKEN MELT - YES!** (483 calories and 43 g of protein!)

Reduced-fat cheese quesadillas with chipotle roasted chicken and vegetables,  
~~non-fat ranch~~ and roasted tomato salsa. **(even better without the ranch!)**

**ONION SOUP AU GRATIN - YES!** (Better minus the croutons)

A classic beef broth loaded with caramelized onions.

Topped with a ~~crouton~~ and reduced-fat cheese.

**CAJUN LIME TILAPIA - YES!**(One of the best on the menu!)

Grilled Cajun-seasoned tilapia fillet flavored with lime juice  
and topped with a black bean & corn salsa.

**SOUTHWEST COBB SALAD- YES!** (perfect minus the cheese!)

Grilled chipotle chicken, ~~shredded cheese~~, broccoli, diced tomatoes,  
shredded carrots, corn and black beans served on a bed of mixed greens.

**ITALIAN CHICKEN & PORTOBELLO SANDWICH - YES!** (2nd best on menu!)

Grilled, marinated chicken breast is topped with sliced portobello mushrooms,  
a slice of tomato, and chunky marinara sauce on a whole-wheat bun.

**TERIYAKI STEAK 'N SHRIMP SKEWERS - YES!** (Tied for 2nd best on menu!)

A skewer of steak paired with a skewer of shrimp,

both grilled and brushed with teriyaki sauce.

Served with rice pilaf and fresh steamed vegetables.

**GRILLED SHRIMP SKEWER SALAD - YES!** (Another great choice!)

Marinated shrimp skewers on a bed of mixed greens.

Tossed with lemon herb vinaigrette, sugar snap peas, tomatoes and red onions.

~~**CONFETTI CHICKEN - NO!**~~ (compared to the other choices here...not good)

This grilled, seasoned chicken breast topped with a salsa **RANCH SAUCE**,  
**MOZZARELLA** and **CHEDDAR CHEESES**, and black bean & corn salsa is a  
party on your plate.

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## Kids Menu

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~~**CHICKEN FINGERS\***~~ - **NO!** (Fried)

~~**CHEESEBURGER\***~~ - **NO!** (Too fatty!)

~~MACARONI & CHEESE~~ - **NO!** (Too fatty and no protein)

**GRILLED CHICKEN SANDWICH\*** - **NO!** (choose the broccoli and applesauce)

~~OREO COOKIE SHAKE~~ - **Do you have to ask?**

~~OREO COOKIE SUNDAE~~ - **Do you have to ask?**

\*Includes your choice of steamed broccoli, celery with ranch dressing, applesauce or fries.

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## Drinks

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**MARGARITAS** – **Try their skinny version at just 100 calories**

They're a mini-vacation in a salt-rimmed glass!

**MARTINIS** – **Use good judgment (limit to 1)**

From playful to sophisticated, there's a martini for every mood.

**WINE** – **Use good judgment (limit to 1)**

Passion by the glass!

**BEER** – **Use good judgment (limit to 1)**

Suds, cervezas, cold ones, brewskis - foreign and domestic.

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## Non-Alcoholic Drinks

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Adult Lemonade - **YES! (unsweetened)**

Adult Lemonade SUN ORCHARD base - **YES! (unsweetened)**

Brewed Fresh Ground Coffee & Decaf Coffee - **YES!**

Brewed Iced Tea - **YES! (unsweetened)**

Hot Tea - **YES!**

Lipton BRISK Raspberry Iced Tea - **YES!**

Oreo Cookie Milkshake – **NO!**

**Pepsi**, Diet Pepsi, **Sierra Mist**, **Mountain Dew** – **Only Diet Pepsi!**

Poland Springs Bottled Water - **YES!**

Premium Bottled Root Beer – **NO!**

Sparkling Mineral Water - **YES!**

Tropicana Twister Orange Soda – **NO!**