

CORE MENU

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)
APPETIZERS											
Bavarian Pretzel	620	280	31	11	0	120	2290	48	1	38	34
Chicken Bacon Ranch Quesadilla	1240	750	84	26	0	200	2750	60	2	7	60
Chips & Spicy White Queso	520	340	38	17	0	80	1590	31	1	8	16
Crispy Pickle Chips	690	430	47	8	0	0	2430	56	3	7	8
Fried Okra	340	150	17	3	0	0	1940	41	4	0	6
Loaded Potato Skins	1400	990	109	41	0	235	2180	44	6	4	62
Spicy Jack Cheese Wedges	720	440	48	33	0	120	1960	44	0	1	24
Spinach & Artichoke Dip	710	300	34	12	0	45	1250	77	9	3	18
Top Shelf Combination Appetizer	1880	1190	132	48	0	310	3300	74	4	9	88
½ LB. 100% AMERICAN ANGUS BURGERS											
Bacon Cheddar Burger (no side)	1060	680	76	28	2.5	180	1900	46	2	9	48
BBQ Onion Burger (no side)	1330	830	92	30	2.5	170	2520	79	3	24	46
Classic Cheeseburger (with American, no side)	950	590	66	25	3	160	1910	47	2	9	41
The Smashburger (no side)	1120	760	85	27	2.5	160	2330	52	1	15	37
SANDWICHES											
BLT (no side)	770	450	50	10	0	60	1370	56	2	8	19
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
French Dip (no side)	830	240	27	13	0	120	3240	80	3	2	55
Ultimate Chicken Sandwich, Fried (no side)	960	550	61	10	0	100	1720	60	2	7	39
Ultimate Chicken Sandwich, Fried, Buffalo (no side)	1000	580	65	10	0	100	3650	64	2	7	39
Ultimate Chicken Sandwich, Grilled (no side)	690	370	41	7	0	100	1130	44	1	7	36
Ultimate Chicken Sandwich, Grilled, Buffalo (no side)	730	400	45	7	0	100	3060	48	1	7	36

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ENTRÉE SALADS											
California Salad, without dressing	450	210	23	6	0	20	430	51	8	38	11
California Salad, Chicken, without dressing	610	250	28	7	0	100	970	54	8	39	38
California Salad, Salmon, without dressing	920	460	51	12	0	165	720	52	8	38	61
California Salad, Sirloin, without dressing	790	420	46	15	0	145	1960	52	8	38	43
Caesar Salad	470	360	40	9	0	40	1040	19	4	2	11
Caesar Salad, Chicken	710	490	55	11	0	120	1580	22	4	3	38
Caesar Salad, Salmon	970	670	74	15	0	170	1310	20	4	2	56
Caesar Salad, Sirloin	890	650	72	19	0	165	2570	20	4	3	43
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
SALAD DRESSINGS											
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
Bleu Cheese Dressing, 2 oz.	300	290	32	4	0	20	520	2	0	2	2
Bleu Cheese Dressing, 3 oz.	450	430	48	6	0	30	780	3	0	3	3
Honey Mustard Dressing, 2 oz.	340	310	34	5	0	20	300	10	0	8	0
Honey Mustard Dressing, 3 oz.	510	460	51	7	0	30	450	15	0	12	0
Light Ranch Dressing, 2 oz.	70	45	5	1	0	10	520	4	0	4	2
Light Ranch Dressing, 3 oz.	100	70	7	1.5	0	15	780	6	0	6	3
Ranch Dressing, 2 oz.	220	200	22	4	0	20	380	4	0	2	2
Ranch Dressing, 3 oz.	330	300	33	6	0	30	570	6	0	3	3
Thousand Island Dressing, 2 oz.	240	200	22	4	0	20	440	6	0	6	2
Thousand Island Dressing, 3 oz.	360	300	33	6	0	30	660	9	0	9	3
SOUTHERN COMFORTS											
Buttermilk Fried Shrimp Dinner (no side)	740	440	49	8	0	185	1680	56	4	10	25

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SOUTHERN COMFORTS CONT.											
Country Fried Steak (no side)	520	270	30	8	0	55	1570	38	1	0	20
Grilled Chicken Dinner (no side)	330	90	10	2	0	160	1080	5	0	2	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
Honey-Drizzled Southern Fried Chicken	430	230	25	5	0	80	980	18	1	1	30
Meatloaf Dinner (no side)	530	270	30	13	0	140	1560	31	3	15	29
Shrimp and Grits	720	400	44	15	3.5	115	1790	54	6	5	26
O'CHARLEY'S FAMOUS CHICKEN TENDERS											
O'Charley's Chicken Tenders & Fries with Honey Mustard	1430	760	85	14	0	180	1960	81	6	6	69
O'Charley's Chicken Tender Dinner (no side)	1100	590	65	11	0	200	1490	37	2	6	72
CHICKEN TENDER SAUCES											
Tender Sauce, Buffalo	40	35	4	0	0	0	1930	4	0	0	0
Tender Sauce, Chipotle	140	0	0	0	0	0	580	32	0	28	0
Tender Sauce, Honey Boom Boom	320	310	34	5	0	30	540	6	0	4	0
Tender Sauce, Smokey Honey BBQ	290	230	26	4	0	15	480	15	0	11	0
PASTAS											
Chicken Parmesan	1170	450	50	13	0	145	3190	118	6	8	66
Garlic Steak Pasta	1780	1210	137	46	0	200	4960	89	7	7	54
New Orleans Cajun Chicken Pasta	1150	550	61	21	3.5	155	2790	100	7	9	50
New Orleans Cajun Shrimp Pasta	1050	510	56	20	3.5	145	2600	98	7	8	36
SEAFOOD											
Cedar-Planked Salmon (no side)	420	220	25	5	0	125	390	2	0	1	45
Atlantic Salmon (no side)	450	250	28	6	0	125	270	2	1	0	45

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SEAFOOD											
Atlantic Salmon, Blackened (no side)	450	250	28	6	0	125	480	3	1	1	45
Atlantic Salmon, Chipotle (no side)	550	250	28	6	0	125	710	26	1	21	45
Seafood Combo Platter	1950	1090	121	22	0	265	2970	141	9	27	71
STEAKS, RIBS, & COMBOS											
Create Your Combo, Chicken Tenders with Honey Mustard, 3 ea.	720	420	47	8	0	115	1080	28	1	6	39
Create Your Combo, Fried Shrimp with Cocktail Sauce, 5 ea.	370	140	16	2.5	0	120	1300	39	2	11	20
Create Your Combo, Grilled Chicken, 5 oz.	160	45	5	1	0	80	540	3	0	1	27
Create Your Combo, Half Rack Ribs	620	280	31	11	0	120	2290	48	1	38	34
Create Your Combo, Salmon, 8 oz.	450	250	28	6	0	125	270	2	1	0	45
Create Your Combo, Sirloin, 6 oz.	270	160	18	7	0	100	850	0	0	0	25
Grilled Top Sirloin, 6 oz. (no side)	270	160	18	7	0	100	850	0	0	0	25
Grilled Top Sirloin, 12 oz. (no side)	530	320	36	14	0	195	1690	1	0	0	50
Hand-Cut Ribeye Steak, 12 oz. (no side)	850	590	66	27	4	215	2630	2	0	0	64
Louisiana Sirloin (no side)	600	380	43	16	1.5	200	1710	3	1	0	50
O'Charley's Baby Back Ribs (no side)	1240	560	62	22	0.5	240	4580	95	3	76	67
Prime Rib Dinner, 12 oz. (no side)	1150	860	95	33	0	245	1070	3	0	1	61
STEAK TOPPERS											
Steak Topper, Bleu Cheese	80	60	7	4	0	15	320	1	0	0	5
Steak Topper, Cajun Mushrooms	35	25	3	0.5	0	0	280	2	1	1	2
Steak Topper, Caramelized Onions	50	20	2.5	0	0	0	270	7	1	3	1
SIDES											
Baked Potato, 1 Each	200	10	1	0	0	0	730	50	6	6	8

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SIDES CONT.											
Broccoli, 5 oz.	110	70	8	2.5	0	0	450	6	3	0	3
Cheesy Grits	420	220	24	10	0	25	810	41	2	0	10
Coleslaw, 1 Por.	200	130	15	4	0	25	220	12	1	8	2
French Fries, 6 oz.	400	220	24	4	0	0	310	40	4	0	4
Fried Okra (side)	340	150	17	3	0	0	1940	41	4	0	6
Green Beans, 1 Portion	60	0	0	0	0	0	800	11	5	3	2
Grilled Asparagus, 1 Portion	60	45	5	2	0	0	290	3	2	1	2
House Caesar	290	210	23	6	0	25	660	15	2	1	9
House Salad (no dressing)	150	60	7	2.5	0	15	250	19	3	4	7
Loaded Baked Potato, 1 Portion	490	240	27	13	0	50	1080	53	6	7	17
Loaded Potato Soup, Bowl	360	220	24	5	0	15	1310	29	1	4	4
Mac & Cheese	450	200	22	9	3.5	35	200	47	2	3	15
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
Smashed Potatoes	350	140	16	3.5	0	15	860	44	4	4	8
Sweet Potato Waffle Fries	400	260	29	5	0	0	210	30	2	0	2
Unsliceably Soft Yeast Roll	130	20	2	0	0	0	105	25	1	8	4
DESSERTS											
Apple Pie	670	340	38	16	0	10	720	81	4	37	4
Brownie Lovers' Brownie Sundae	1650	690	77	45	0	260	1420	227	9	154	24
Chocolate Chip Cookie Skillet	1080	450	50	25	0	120	540	153	5	99	13
Ooey Goey Caramel Pie, Slice	640	350	39	19	2.5	115	230	76	1	66	7
Ooey Goey Caramel Pie, Whole	4320	1960	217	109	19	640	1780	588	10	513	58
Strawberry Cheesecake	710	420	46	26	1.5	190	530	71	2	59	9
KIDS											
Jr. Alfredo Pasta	530	160	17	8	0	35	850	74	3	3	16
Jr. Cheeseburger (no side)	560	300	34	12	1.5	80	1200	42	2	8	23
Jr. Chicken Tenders (no side, no sauce)	340	140	16	3	0	75	510	12	1	0	29

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KIDS CONT.											
Jr. Chicken Tenders (no side, Honey Mustard)	570	360	40	6	0	80	790	21	1	6	26
Jr. Chicken Tenders (no side, Ranch)	480	270	31	6	0	80	850	16	1	1	28
Jr. Chicken Tenders, Large (no side, Honey Mustard)	720	420	47	8	0	115	1080	28	1	6	39
Jr. Chicken Tenders, Large (no side, Ranch)	630	340	38	7	0	115	1140	23	1	1	41
Jr. Grilled Cheese (no side)	540	230	26	9	0	40	790	52	1	4	20
Jr. Hamburger (no cheese, no side)	490	250	28	9	1	60	900	41	2	8	20
Mac & Cheese (no side)	310	110	12	5	0	10	570	40	2	4	9
Mac & Cheese Chicken Tender Bowl (no side)	610	250	27	8	0	80	1160	47	2	4	35
Mini Corn Dogs, Kids (no side, Honey Mustard)	740	560	62	13	0	50	1060	34	2	13	11
Mini Corn Dogs, Kids (no side, Ranch)	650	480	53	13	0	50	1120	30	2	9	12
KIDS SIDES											
Applesauce, 1 Portion	50	0	0	0	0	0	0	13	1	11	0
Broccoli, 2.5 oz. Portion	55	3.5	4	1.5	0	0	225	3	2.5	0	2
French Fries, Kids	230	130	14	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	15	2.5	0	0	550	24	2	0	3
Tater Tots	500	320	35	6	0	0	730	38	2	0	4

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BRUNCH MENU											
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)
A la Carte, Bacon, 2 Slices	90	60	7	2.5	0	20	340	1	0	1	4
A la Carte, Biscuit, 1 each	220	90	10	7	0	25	640	26	1	3	5
A la Carte, Biscuits & Gravy	590	250	27	17	0	55	2110	71	2	6	10
A la Carte, O'C Potatoes	340	190	22	10	0	40	890	24	3	3	13
A la Carte, Sausage, 2 Patties	460	410	46	16	0	80	780	0	0	0	12
A la Carte, Scrambled Eggs	210	130	15	4.5	0	490	390	2	0	2	16
A la Carte, Texas Toast	360	110	12	2	0	0	590	52	1	4	10
A la Carte, Waffle	880	300	33	10	0	110	1380	132	1	51	10
Biscuit Stack	1210	540	60	28	0	180	3390	100	6	10	53
Brunch Quesadilla	1090	650	73	31	0	610	2180	54	2	5	52
BYOB, High Calorie (eggs with sausage and biscuit)	890	640	71	27	0	595	1810	28	1	5	33
BYOB, Low Calorie (eggs with bacon, toast, butter blend)	510	280	31	9	0	510	1050	29	1	5	25
French Toast	580	140	16	3.5	0	115	570	97	2	58	10
French Toast, Double	1020	280	31	7	0	190	1110	162	3	86	19
French Toast, Jr.	450	140	16	3.5	0	95	550	68	1	32	9
Fruit Cup	110	0	0	0	0	0	10	27	2	24	1
Honey Drizzled Chicken Biscuit	940	370	41	14	0	110	2580	100	5	29	38
Steak & Scrambled Eggs	940	500	56	22	0	640	3090	53	4	7	56
Waffle Entree	1000	300	33	10	0	110	1390	160	3	77	12

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FAMILY-STYLE MEALS

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ENTREES											
Bacon Cheeseburger & Tenders, no sides	6450	3540	395	133	10	990	10700	376	17	77	317
Cajun Chicken Pasta with Rolls, no salad	4620	2190	244	86	13	625	11150	401	29	35	202
Chicken Alfredo Pasta, no salad	3100	1090	121	58	0	640	8810	297	13	10	194
Chicken Tenders, no sauces or sides	3910	1580	176	32	0	825	7120	169	10	0	326
Grilled Chicken, no sauces or sides	920	170	19	4	0	560	3370	4	1	0	173
Honey Drizzled Southern Fried Chicken, no sides	2930	1350	150	29	0	495	5910	197	6	94	183
Meatballs & Penne, no salad	4130	1950	216	62	0	430	12480	373	25	33	178
Ribs & Chicken Tenders, no sides	4180	2240	249	53	0.5	695	9270	217	8	108	224
Seafood Combo, no sides	4570	2670	297	49	0	780	9950	280	15	69	198
Sirloin Steaks	1150	730	81	30	0	390	3390	2	0	0	100
Steaks & Chicken Tenders, no sauces or sides	3020	1490	166	45	0	785	6810	83	5	0	257
SIDES											
Broccoli	460	290	33	10	0	5	1880	39	18	8	13
Caesar Salad	910	720	80	17	0	85	2060	32	5	3	20
Cole Slaw	810	540	59	17	0	100	890	49	4	34	9
Green Beans	220	0	0	0	0	0	2980	39	17	11	6
House Salad, no dressing	300	120	14	6	0	25	480	35	5	8	15
Mac & Cheese	1670	590	66	27	0	65	3020	210	9	20	50
Mashed Sweet Potatoes	710	120	13	5	0	25	1070	140	16	70	11
Rice Pilaf	640	150	17	2.5	0	0	2240	108	2	13	13
Rolls, 6 ea. with butter blend	970	330	37	9	0	5	810	138	6	42	18
Smashed Potatoes	840	330	37	8	0	25	2050	115	10	10	16

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