

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)
<b>APPETIZERS</b>											
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
<b>½ LB. 100% AMERICAN ANGUS BURGERS</b>											
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
¼ lb. Smashburger	790	500	56	16	1.5	90	1660	51	1	14	23
<b>SANDWICHES</b>											
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
Grouper Sandwich (no side)	990	540	61	10	0	75	2080	71	2	15	39
Southern-Fried Chicken Wrap (no side)	1350	720	80	22	0	180	3740	89	4	13	58
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

# 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>SANDWICHES CONT.</b>											
Ultimate Chicken Sandwich, Grilled, Buffalo (no side)	730	400	45	7	0	100	3060	48	1	7	36
<b>ENTRÉE SALADS</b>											
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	1570	990	110	26	0	435	2440	53	5	18	83
Southern Pecan Chicken Tender Salad	1550	950	106	18	0	110	1630	95	10	53	50
<b>SALAD DRESSINGS</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
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

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>SOUTHERN COMFORTS</b>											
Buttermilk Fried Shrimp Dinner (no side)	740	440	49	8	0	185	1680	56	4	10	25
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	1460	820	91	15	0	155	2080	85	6	10	67
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
<b>O’CHARLEY’S FAMOUS CHICKEN TENDERS</b>											
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 with Honey Mustard (no sides)	1040	550	61	10	0	180	1650	41	2	6	65
<b>CHICKEN TENDER SAUCES</b>											
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
<b>PASTAS</b>											
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

# 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>SEAFOOD</b>											
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
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	1220	740	82	13	0	195	2680	80	5	19	44
<b>STEAKS, RIBS, &amp; COMBOS</b>											
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
<b>STEAK TOPPERS</b>											
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

# 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>SIDES</b>											
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
Cheesy Grits	420	220	24	10	0	25	810	41	2	0	10
Chicken Tortilla Soup, Bowl	290	130	14	0	0	15	850	32	2	0	12
Coleslaw, 1 Portion	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	420	210	24	7	8	15	3510	44	1	5	9
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
<b>DESSERTS</b>											
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 Goopy Caramel Pie, Slice	640	350	39	19	2.5	115	230	76	1	66	7
Ooey Goopy 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

# 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>KIDS</b>											
2 Chicken Tenders with Honey Mustard (no side)	570	360	40	6	0	80	790	21	1	6	26
2 Chicken Tenders with Ranch (no side)	480	270	31	6	0	80	850	16	1	1	28
3 Chicken Tenders with Honey Mustard (no side)	720	420	47	8	0	115	1080	28	1	6	39
3 Chicken Tenders with Ranch (no side)	630	340	38	7	0	115	1140	23	1	1	41
Alfredo Pasta	360	130	15	8	0	35	910	43	2	2	12
Cheese Quesadilla (no side)	640	350	40	18	0	55	1230	51	2	2	22
Corn Dogs with Honey Mustard (no side)	740	560	62	13	0	50	1060	34	2	13	11
Corn Dogs with Ranch (no side)	650	480	53	13	0	50	1120	30	2	9	12
Linguini & Meatball	830	290	32	9	0	60	2300	101	6	15	33
Mac & Cheese (no side)	310	110	12	5	0	10	570	40	2	4	9
Smashburger (no side)	590	310	35	11	1.5	75	810	43	1	7	25
Smash Cheeseburger (no side)	650	360	41	15	2	95	1110	44	1	7	28
<b>KIDS SIDES</b>											
Applesauce, 1 Portion	50	0	0	0	0	0	0	13	1	11	0
Broccoli, 2.5 oz. Portion	55	3.5	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
<b>KIDS DESSERT</b>											
Mini Sundae	420	230	26	15	0	115	85	47	1	42	5

### DAILY DINNER DEALS 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)
Chicken Carbonara	1400	680	76	32	0	290	3170	109	4	13	69
Chipotle Pork Loin (no sides)	510	140	16	5	0	160	2370	28	0	20	55
Salisbury Steak (no sides)	870	610	68	22	3.5	160	1790	28	3	6	37
Shrimp Scampi	1380	850	97	27	0.5	175	3200	89	6	5	46
Teriyaki Chicken (no sides)	700	170	19	3.5	0	160	2590	72	1	42	61

### LTO 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)
Backyard BBQ Combo (no sides)	1310	650	74	19	0	230	6120	86	1	43	73
Banana Puddin'	250	60	7	2.5	0	5	230	46	1	32	2
Blackened Redfish (no sides)	850	450	51	11	1.5	90	3410	48	9	7	55
Buttered Corn Side	150	50	6	1	0	0	360	19	4	9	3
Crispy Calamari	660	420	48	10	0	125	3450	40	5	2	19
Grilled BBQ Chicken (no sides)	400	45	5	1	0	80	3630	59	0	41	27
Grilled BBQ Pork Chops (no sides)	640	190	21	7	0	160	3350	57	0	40	49

FAMILY-STYLE MEALS											
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>ENTREES</b>											
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
<b>SIDES</b>											
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

### PARTY PLATTERS

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)
BBQ Sauce, 8 oz.	480	0	0	0	0	0	4000	112	0	80	0
Bleu Cheese Dressing, 8 oz.	1190	1120	125	16	2	85	2080	7	1	5	9
Buffalo Sauce, 8 oz.	160	140	16	0	0	0	7730	16	0	0	0
California Chicken Salad	3830	2180	243	48	0	400	4320	276	33	214	153
Chicken Tenders, 36 each, no sauce	5620	2280	253	47	0	1190	10260	243	14	0	470
Chipotle Sauce, 8 oz.	560	0	0	0	0	0	2320	128	0	112	0
Club Sandwich	5160	3290	368	79	0	570	10220	267	7	64	168
Combination Appetizer	7610	4940	549	190	0	1240	13210	297	18	45	324
Dip Sampler	3080	1440	160	63	0	270	8100	326	28	33	78
Honey Mustard Dressing, 8 oz.	1360	1220	136	20	0	80	1200	40	0	32	0
Ranch Dressing, 8 oz.	880	790	88	16	0	80	1520	16	0	8	8
Ribs & Tenders, no dressing or sauce	6230	2640	293	76	1	1275	15990	352	15	152	448
Ribs	4200	1680	187	67	1.5	720	17730	397	8	308	202
Smokey Honey BBQ Sauce, 8 oz.	1140	920	102	15	0	60	1900	58	0	44	0
Southern Pecan Chicken Tender Salad	5970	3590	398	69	0	435	6470	374	46	203	202
Southern-Fried Chicken Salad	5430	3420	380	99	0	1580	8380	192	27	78	286
Spinach & Artichoke Dip	2960	1450	162	58	0	215	5490	302	32	13	68

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.