

Columbia Missouri Chain Restaurants: Nutritional Information Guide

■ = Exceptional Info
 ■ = Good Info
 ■ = Partial info
 ■ = No info
 ■ = Pseudo/misleading info

Last Updated 12/14/07

Restaurant	Website	Notes
Applebees	www.applebees.com	Info only on Weight Watcher's menu items
Arby's	www.arbys.com	Easy to use nutrition calculator
Back Yard Burger	www.backyardburger.com	Info is available elsewhere, but not on their website.
Bennigan's	www.bennigans.com	
Bob Evans	www.bobevans.com	It's there but you have to look--click "Our Restaurants"
Buffalo Wild Wings	www.buffalowildwings.com	
Burger King	www.burgerking.com	Many nutrition guides and options
Captain D's	www.captains.com	
Chevy's Fresh Mex	www.chevys.com	Only lists a few items and alternatives
Chili's	www.chilis.com	This is new, kudos to them for coughing up!
Chipotle	www.chipotle.com	I've heard it's here so I'm giving it a yellow, but I can't find it.
Chuck E. Cheese	www.chuckecheese.com	
Cici's Pizza	www.cicispizza.com	
Cracker Barrel	www.crackerbarrel.com	
Culvers	www.culvers.com	Easy to use nutrition calculator and meal planner
Dairy Queen	www.dairyqueen.com	Not just a nutrition calculator, but dieticians available to answer questions
Domino's Pizza	www.dominos.com	
Fazoli's	www.fazolis.com	
Fuddruckers	www.fuddruckers.com	
Golden Corral	www.goldencorral.com	
Hardee's	www.hardees.com	Nutrition calculator and allergen info easily found
Houlihan's	www.houlihans.com	The website is a triumph of design over useability
Hu Hot	www.huhot.com	Sauces only
IHOP	www.ihop.com	A few menu items listed vaguely as "under 600 calories," but no real nutrition info.
Jimmy Johns	www.jimmyjohns.com	Nutrition calculator and meal planner
Joey's Seafood & Grill	www.joeysseafood.com	
KFC (Ky Fried Chicken)	www.kfc.com	An exchange list for diabetics, information on balanced eating, allergen info
Lion's Choice	www.lionschoice.com	
Little Ceasar's Pizza	www.littlecaesars.com	
Lone Star Steakhouse	www.lonestarsteakhouse.com	They used to have some items listed, including the famous 900 calorie chopped steak. Now you have to email.
Long John Silvers	www.longjohnsilvers.com	An exchange list for diabetics, information on balanced eating, allergen info
LongHorn Steakhouse	www.longhornsteakhouse.com	
Macaroni Grill	www.macaronigrill.com	
McAlister's Deli	www.mcalistersdeli.com	
McDonalds	www.mcdonalds.com	Tips for health professionals, a special section on kids, bag-a-meal, etc.
Olive Garden	www.olivegarden.com	

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Restaurant	Website	Notes
Outback	www.outback.com	Boo, hiss! Has a link to "Nutritional Information" that just gives menu suggestions with NO calories or nutritional information actually in it. I'm giving this a big fat red flag because I think it's deceptive advertising.
Panera Bread	www.panera.com	Gives half and full portions, seasonal items are added very quickly
Papa John's Pizza	www.papajohns.com	
Papa Murphy's Pizza	www.papamurphys.com	Nutrition is there, but servings are given in grams. There's a note that the serving is equivalent to 1/10th of a large pizza, but that will be very confusing if you, say, order a medium.
Pizza Hut	www.pizzahut.com	Add an ingredient at a time and see the results.
Quizno's	www.quiznos.com	Nutrition is there, but somewhat difficult to find. Click on a main category then scroll to the tiny print at the bottom.
Red Lobster	www.redlobster.com	Only selected items shown
Roly Poly	www.rolypoly.com	Calculations based on small size sandwiches only
Ruby Tuesday	www.rubytuesday.com	All menu items listed, plus RT has a very nice light menu
Sonic	www.sonicdrivein.com	
Starbucks	www.starbucks.com	
Steak N Shake	www.steaknshake.com	Great nutrition calculator plus other menu options such as gluten free, etc.
Subway	www.subway.com	Lots of variants of info including a weekly reader and weight management section
Taco Bell	www.tacobell.com	Same parent company as KFC and Long John Silvers, and the same comprehensive, easy to find nutrition info.
Waffle House	www.wafflehouse.com	
Wendy's	www.wendys.com	
W.G. Grinders	www.wggrinders.com	Info on some items only

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This information is based on a review of official company websites. In some cases, the nutritional information may be buried somewhere on the website where I can't find it, or it may be listed by outside entities such as My Food Diary (www.myfooddiary.com) or Calorie King (www.calorieking.com). The chart is intended as a helpful guide, and may or may not be comprehensive or even totally accurate. Corrections and updates are welcome. They can be mailed to robinjn@gmail.com