



Houlihan's cooks from scratch using superior quality ingredients, including local delivery of fresh produce every morning. Real food—without all the preservatives and ingredients you can't pronounce—is what you can and should expect from our kitchen. Sounds like a given? You'd be surprised at the number of pre-cooked ingredients most restaurants use in preparing their dishes. We think real cooking, with pure, quality ingredients is a big part of maintaining a balanced diet and healthy lifestyle. Our menu offers dishes both indulgent, sharable, and on the lighter side for those looking for fare lower in calories.

Please note that menu items do vary by location and the availability of produce and other ingredients. You can view any specific restaurant's menu via the drop-down box within the 'Eats' section of our website.

☆ = Designates lighter fare that's lower in calories

Table with 8 columns: Item Name, Calories, Total Fat (g), Saturated Fat (g), Total Carbs (g), Dietary Fiber (g), Protein (g), Sodium (mg). It is divided into two sections: APPETIZERS and HOMEMADE SOUPS AND SIDE SALADS.

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DINNER ENTREES		Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Stuffed Chicken Breast ¹		1081	60	26	74	10	57	2572
Asian Noodle Bowl - Chicken	☆	754	11	2	101	7	59	2131
Asian Noodle Bowl - Shrimp	☆	748	14	2	101	7	49	1912
Grilled Rosemary Chicken		718	37	17	39	8	54	1781
Chicken Parmesan		1384	52	18	149	8	74	2035
Seared Scallops w/ Asparagus Risotto	☆	600	29	7	31	3	44	365
Chicken Fettuccine Alfredo		1413	68	36	110	5	80	1693
Meatloaf #9		1141	71	38	70	9	48	2811
Herb Grilled Chicken	☆	489	18	5	27	3	51	791
Down Home Pot Roast		925	53	29	45	7	61	2961
Almond Crusted Tilapia		944	57	22	40	7	59	1673
Wild Mushroom Enchiladas		1214	68	32	100	13	47	2576
Prime 10oz Top Sirloin ²		1371	75	35	93	13	79	2503
Prime 9oz Top Sirloin ²		1311	71	33	93	13	73	2489
Prime 5oz Top Sirloin ²		1054	53	25	93	13	49	2516
add 4 Jumbo Fried Shrimp +		246	7	2	19	1	25	451
add cocktail sauce +		60	0	0	15	0	1	690
Filet Mignon ²		1331	79	33	93	13	55	2983
New York Strip ²		1491	80	33	93	13	91	3323
Atlantic Salmon - Mustard Encrusted		1158	85	31	36	3	47	1513
Atlantic Salmon - Wood Grilled ¹		782	48	18	37	8	46	1749
Atlantic Salmon - Simply Prepared ³	☆	554	29	6	25	3	44	760
Huge Panko Battered Shrimp ⁴		961	43	7	94	7	49	2061
add cocktail sauce +		60	0	0	15	0	1	690
Chipotle Smoked Chicken Enchiladas		1211	67	31	94	12	56	2492
3 Way Mixed Grill		1371	58	25	116	5	93	5110
5oz Petite Sirloin ³	☆	519	31	12	25	3	35	602
Chicken Finger Platter ⁴		1241	53	9	101	9	83	2227
add honey mustard sauce +		280	24	4	12	0	0	220
Sizzling Fajitas - Chicken		1330	62	23	115	13	74	2976
Sizzling Fajitas - Steak		1446	74	28	118	13	73	2979
Sizzling Fajitas - Combo		1262	54	23	117	13	74	3060
Stir Fry - Chicken		1056	29	5	151	7	45	2127
Stir Fry - Shrimp		1058	30	5	152	7	45	2240
Stir Fry - Vegetable		977	28	5	159	10	22	2149
Tuscany Lemon Chicken Pasta		1608	83	40	112	6	77	1834
Shrimp Scampi		1205	69	32	94	5	44	1390
Jumbo Grilled Shrimp ³	☆	556	26	4	32	5	48	1239
Low Carb Shrimp w/ Cauliflower Mashed		621	40	16	30	12	34	1411
Suggestions For Lightening Up Your Meal	☆							
Sub Mashed Potatoes with Mediterranean Orzo		-158	-13	-12	-8	-3	-1	-241
Sub Loaded Baker with Mediterranean Orzo		-465	-17	-12	-63	-8	-13	-802
Sub French Fries with Tortilla Chips and Salsa		-106	-9	-3	-7	-1	0	-59

See nutritional information for all side items in Sandwiches section

¹ with french green beans & mashed potatoes

² with french green beans & loaded baked potato

³ with panzanella bread salad & grilled asparagus

⁴ with french fries and peanut ginger slaw

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SANDWICHES	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Brentwood Chicken Sandwich	789	44	13	32	2	62	1492
French Dip	962	38	14	67	2	89	2926
So. Cal Fish Tacos	876	39	9	90	6	40	1688
Southwest Grilled Chicken Wrap	880	60	15	47	5	36	1506
Tillamook Roast Beef Sandwich	698	34	9	47	3	50	1412
Whole Grain Club Club	588	29	9	43	2	37	1980
Tillamook Burger	1213	79	32	54	2	65	1480
Veggie Club Sandwich	570	28	11	56	11	25	894
Honey Dijon Chicken Salad Sandwich	818	50	7	52	8	39	745
Gorgonzola Chicken Sandwich	776	34	12	59	3	51	1324
Rueben	1081	69	24	66	7	44	3368
Buffalo Chicken Sandwich	762	25	6	83	4	49	1311
BBQ Veggie Melt	707	38	13	63	8	26	1194
Low Carb Burger with Cauli Mash & Veg	846	58	27	20	8	57	1782
Build Your Own Burger	933	56	20	54	2	51	930
<i>add Tillamook cheese +</i>	180	14	9	0	0	10	250
<i>add gouda cheese +</i>	154	12	8	1	0	10	369
<i>add provolone +</i>	150	12	8	0	0	11	480
<i>add gorgonzola cheese +</i>	75	6	4	0	0	5	210
<i>add bacon strips +</i>	100	9	3	0	0	4	300
Side Choices – add one of the following to above except Tandoori Wrap and Low Carb Burger							
<i>French Fries +</i>	270	12	3	35	3	3	373
<i>Tortilla Chips with Salsa +</i> ☆	164	3	0	28	2	3	314
<i>Mediterranean Orzo +</i> ☆	157	7	1	20	1	4	705
<i>Peanut Ginger Slaw +</i>	200	18	2	7	2	3	209
<i>Loaded Baked Potato +</i>	622	24	13	83	9	17	1507
<i>Mashed Potato +</i>	315	20	13	28	4	5	946
<i>French Green Beans +</i> ☆	116	8	1	9	4	2	292

DESSERTS	Calories	Total	Saturated	Total	Dietary	Protein	Sodium
		Fat (g)	Fat (g)	Carbs (g)	Fiber (g)	(g)	(mg)
Caramel Nut Crunch Pie	523	28	14	61	1	7	258
Cappuccino Cake	613	26	11	88	1	6	455
Crème Brulee	343	22	13	27	0	3	27
White Chocolate Banana Cream Pie	510	27	17	56	1	5	192
Bourbon Pecan Pie	954	57	26	98	3	9	441
Italian Style Donuts	1137	34	18	188	3	18	992
Smores	985	26	13	180	2	6	382

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ENTRÉE SALADS	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Chicken Caesar	1020	98	20	22	6	13	786
Seared Ahi Tuna Salad	1074	67	17	77	8	36	1092
Fire Grilled BBQ Salmon Salad	1182	61	9	103	12	53	1719
Heartland Chicken Salad - Grilled	1014	77	19	27	7	55	1535
Heartland Chicken Salad - Fried	1337	87	21	79	10	61	2266
Buffalo Bleu Salad	1435	103	27	63	11	64	3069
Chicken Asian Chop Chop	999	51	8	99	10	33	2297
Prime Steak & Wedge Salad	1370	114	36	35	7	53	2628
Mandarin Chicken Salad	1015	39	6	114	8	48	2089
Large House Salad with cheddar cheese, no dressing	392	22	11	34	4	15	591
Large House Salad with bleu cheese, no dressing	384	22	10	33	4	14	685
Dressings – Dressing nutritional values are already included in the entrée salads except for the Large House Salad.							
Bleu Cheese Dressing (3 fl oz)	533	56	11	6	0	5	730
Creamy Garlic Ranch Dressing (2 fl oz)	335	35	6	6	0	1	411
Creamy Mango Dressing (2 fl oz)	261	24	4	10	0	0	464
Napa Dressing (1.5 fl oz)	246	24	3	6	0	1	220
Rice Wine Vinaigrette (2 fl oz)	277	28	4	6	0	0	326

BRUNCH - Select Locations Only	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Half Dozen Donuts	371	4	1	78	2	6	549
Full Dozen Donuts	742	8	2	156	4	12	1099
Smoked Salmon Starter	212	12	4	12	3	13	722
Southwest Frittata	1238	52	17	123	14	59	3004
Pot Roast Frittata	1126	52	16	98	8	57	2594
Wild Mushroom & Brie Omelette	1237	61	22	100	8	57	2671
Cobb Omelette	1063	46	12	99	9	50	2702
Ham & Cheese Omelette	1016	42	11	99	8	48	2419
French Toast	1280	40	11	177	7	45	2191
Sweet Potato Pancakes	908	26	7	145	7	17	1377
Side Choices – add one to the following to the French Toast and the Pancakes only							
Bacon +	105	9	3	2	0	5	375
Chicken Sausage +	94	6	1	0	0	9	338
Smoked Salmon & Pretzel Bread	874	37	13	97	6	35	2544
BBLT	798	39	6	82	6	22	1671
Ala Carte Side Choices							
Potato Griddle Cakes	254	12	3	22	3	9	665
Fruit Salad	32	0	0	7	0	0	5
Toast	320	2	0	64	4	12	480
Bacon	105	9	3	2	0	5	375
Chicken Sausage	94	6	3	2	0	5	375
Maple Syrup	200	0	0	53	0	0	5

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LUNCH COMBOS	Calories	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)	Sodium (mg)
Fish Tacos Combo	438	20	4	45	3	20	844
Whole Grain Club Sandwich Combo	394	20	5	26	3	21	1055
Tillamook Roast Beef Combo	349	17	5	24	2	25	706
Chicken Salad Sandwich Combo	414	25	4	26	4	19	372
Veggie Club Combo	285	14	6	28	6	12	447
French Dip Sandwich Combo	435	13	6	34	1	45	1745
Tandoori Chicken Wrap Combo ☆	226	6	2	28	4	15	519
Mini Burgers (2)	761	45	18	58	3	30	981
Southwest Grilled Chicken Wrap Combo	440	30	7	24	2	18	753
Side Choices - add one of the following to all items above							
French Fries	270	12	3	35	3	3	373
Tortilla Chips with Salsa	164	3	0	28	2	3	314
Chipotle Smoked Chicken Enchiladas Combo	1078	59	27	85	11	47	2359
Chicken Fingers Combo with fries and slaw	940	42	11	85	7	63	1887
add honey mustard sauce +	280	24	4	12	0	0	220
Fried Shrimp Combo with fries and slaw	670	34	6	54	5	36	996
add cocktail sauce +	60	0	0	15	0	1	690
Grilled Shrimp Combo with asparagus and pasta ☆	438	20	3	31	5	33	1094
Down Home Pot Roast Combo	462	26	14	23	3	31	1481
Grilled Vegetable Pizza	744	40	16	65	6	32	1354
BBQ Salmon Salad – Small	651	34	5	58	6	28	973
Asian Tuna Salad – Small	626	40	8	45	3	22	814
Buffalo Bleu Salad – Small	1037	60	17	70	7	43	2282
Heartland Chicken Salad – Grilled – Small	687	43	12	40	5	37	1123
Heartland Chicken Salad – Fried – Small	895	49	13	65	6	50	1630
Grilled Chicken Caesar Salad – Small	745	58	14	21	4	32	805
Soup and Salad - add one of the following to all items above							
French Onion Soup with Provolone & Croutons	248	15	8	15	1	13	1823
Original Baked Potato Soup	371	26	15	21	3	10	1284
Chicken Tortilla Soup ☆	173	7	2	13	2	13	2108
Signature Tuscan Salad	321	20	5	28	6	9	497
House Chop Salad with cheddar cheese	196	11	5	17	2	7	295
House Chop Salad with bleu cheese	192	11	5	17	2	7	343
add ranch dressing +	168	17	3	3	0	0	206
add balsamic vinaigrette dressing + ☆	140	14	2	3	0	0	76
Caesar Salad	515	49	10	12	3	7	395

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