



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 01/27/20

RRGB-CORP_0120

redrobin.com

[‡] Assumes choice of American cheese. [†] Dressing not included.
^{*} Does not include calories for sides. Nutritional Information is provided separately.

APPETIZERS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chili Chili™ Cheese Fries	1540	850	95	29	2	145	2160	122	15	9	50
Classic Wedge Salad	420	330	36	8	0.5	35	630	17	3	8	8
Creamy Artichoke & Spinach Dip	820	400	45	12	0.5	25	1150	74	17	8	13
Fried Pickle Nickels	740	450	50	8	0.5	65	2830	62	3	14	6
Guac, Salsa & Chips	710	320	35	7	0	0	1500	74	21	6	7
NachO.M.G.™	1390	670	75	36	2	170	4740	115	26	18	41
Pretzel Bites	810	360	40	11	0.5	30	1780	95	9	6	16
The O-Ring Shorty®	910	500	56	10	1	45	2130	94	4	27	9
Towering Onion Rings®	1290	520	57	10	1	50	3550	179	7	42	17
Wings Red's Bold Boneless Wings with Buzz Sauce	990	490	55	29	0.5	115	3520	71	15	4	23
Wings Red's Bold Boneless Wings with Whiskey River Sauce	1010	380	42	21	0.5	110	2780	103	15	30	23
Wings Red's Bold Boneless Wings with Island Heat Sauce	960	460	63	21	0.5	110	2180	103	15	35	22
Wings Red's Bold Boneless Wings with Banzai Sauce	930	330	37	20	0.5	110	3080	95	14	26	23
Wings (1/2 Order) Red's Bold Boneless Wings with Buzz Sauce	640	340	37	23	0.5	60	1980	47	10	3	13
Wings (1/2 Order) Red's Bold Boneless Wings with Whiskey River Sauce	660	290	32	19	0	55	1570	64	10	16	13
Wings (1/2 Order) Red's Bold Boneless Wings with Island Heat Sauce	610	310	40	18	0	55	1250	64	10	20	12
Wings (1/2 Order) Red's Bold Boneless Wings with Banzai Sauce	600	250	27	18	0	55	1700	60	9	15	12
Wings Bone-In Bar Wings with Buzz Sauce	1110	650	72	30	0.5	470	1420	24	7	2	92
Wings Bone-In Bar Wings with Whiskey River Sauce	1280	680	76	30	0.5	465	2140	58	7	30	93
Wings Bone-In Bar Wings with Island Heat Sauce	1230	760	96	29	0.5	465	1530	58	7	35	91
Wings Bone-In Bar Wings with Banzai Sauce	1200	630	70	29	0.5	465	2430	50	6	26	93
Wings (1/2 Order) Bone-In Bar Wings with Buzz Sauce	770	480	54	27	0.5	240	1650	25	6	2	48
Wings (1/2 Order) Bone-In Bar Wings with Whiskey River Sauce	800	440	49	23	0	235	1250	42	6	16	48
Wings (1/2 Order) Bone-In Bar Wings with Island Heat Sauce	750	460	57	22	0	235	930	42	6	20	47
Wings (1/2 Order) Bone-In Bar Wings with Banzai Sauce	730	400	44	22	0	235	1380	37	5	15	47
Jump Starters											
Cheese Sticks	550	270	30	14	1	55	1730	43	2	13	26
Fresh-Fried Zucchini Sticks	520	390	43	14	0.5	20	1380	28	4	4	4
Fried Jalapeño Coins	560	370	41	7	0.5	20	1440	38	7	6	5
Sweet Potato Fries	410	120	14	12	0	0	1030	68	5	43	3

BOTTOMLESS BEVERAGES™

Nutritional information is per serving.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Barq's® Root Beer Adult	130	0	0	0	0	0	60	38	0	38	0
Barq's® Root Beer Kid	80	0	0	0	0	0	35	23	0	23	0
Coca-Cola Classic® Adult	120	0	0	0	0	0	40	33	0	33	0
Coca-Cola Classic® Kid	70	0	0	0	0	0	25	20	0	20	0
Coca Cola® Zero Adult	0	0	0	0	0	0	35	0	0	0	0
Coca Cola® Zero Kid	0	0	0	0	0	0	20	0	0	0	0
Diet Coke® Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Coke® Kid	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper® Adult	130	0	0	0	0	0	50	33	0	32	0
Dr Pepper® Kid	80	0	0	0	0	0	30	20	0	19	0
Fresh-Brewed Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Peach Iced Tea	180	0	0	0	0	0	0	47	0	43	0
Raspberry Iced Tea	180	0	0	0	0	0	0	45	0	45	0
Fresh-Brewed Tea, Sugar Free Peach	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Tea, Sugar Free Raspberry	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Sweet Tea	120	0	0	0	0	0	0	32	0	32	0
Fresh-Brewed Sweet Tea, Peach	290	0	0	0	0	0	0	75	0	72	0
Fresh-Brewed Sweet Tea, Raspberry	290	0	0	0	0	0	0	73	0	73	0
Fresh-Brewed Sweet Tea, Sugar Free Peach	110	0	0	0	0	0	0	36	0	29	0
Fresh-Brewed Sweet Tea, Sugar Free Raspberry	110	0	0	0	0	0	0	36	0	29	0
Minute Maid® Lemonade Adult	140	0	0	0	0	0	20	36	0	35	0
Minute Maid® Lemonade Kid	80	0	0	0	0	0	10	22	0	21	0
Lemonade with Peach Flavor	240	0	0	0	0	0	15	64	0	60	0
Lemonade with Raspberry Flavor	240	0	0	0	0	0	15	63	0	61	0
Lemonade with Sugar Free Peach Flavor	120	0	0	0	0	0	15	38	0	32	0
Lemonade with Sugar Free Raspberry Flavor	120	0	0	0	0	0	15	38	0	32	0
Freckled Lemonade® Adult	150	0	0	0	0	0	10	38	0	37	0
Freckled Lemonade® Kid	90	0	0	0	0	0	5	24	0	23	0
Orange Cream Soda	210	25	2.5	1.5	0	10	25	47	0	44	0
Raspberry Cream Soda	210	25	2.5	1.5	0	10	25	46	0	43	0

BOTTOMLESS BEVERAGES™ continued

Nutritional information is per serving.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Poppin' Purple Lemonade		190	0	0	0	0	0	10	47	0	45	0
Root Beer Float	Adult	580	130	15	9	0.5	55	250	116	0	110	7
Root Beer Float	Kid	190	45	5	3	0	20	80	36	0	34	2
Sprite®	Adult	130	0	0	0	0	0	30	34	0	30	0
Sprite®	Kid	80	0	0	0	0	0	20	20	0	18	0
Very Berry Raspberry Limeade		180	0	0	0	0	0	20	46	0	43	0
Dasani Sparkling Berry	Adult	0	0	0	0	0	0	15	0	0	0	0
Dasani Sparkling Berry	Kid	0	0	0	0	0	0	10	0	0	0	0
Sparkling Berry Twist	Adult	100	0	0	0	0	0	15	24	0	22	0
Sparkling Berry Twist	Kid	45	0	0	0	0	0	10	11	0	11	0

MILKSHAKES AND MALTS®

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Malt (Banana)	Monster	1000	350	38	24	1.5	150	400	148	1	130	20
Malt (Banana)	Classic/Kid	550	180	21	13	0.5	80	200	83	0	73	10
Malt (Chocolate)	Monster	1100	350	38	24	1.5	150	390	173	1	156	20
Malt (Chocolate)	Classic/Kid	550	180	21	13	0.5	80	210	81	2	69	11
Malt (Raspberry)	Monster	990	350	38	24	1.5	150	400	147	1	128	20
Malt (Raspberry)	Classic/Kid	540	180	21	13	0.5	80	200	82	0	72	10
Malt (Strawberry)	Monster	970	350	38	24	1.5	150	390	138	2	122	21
Malt (Strawberry)	Classic/Kid	530	180	21	13	0.5	80	200	76	1	67	11
Malt (Vanilla)	Monster	980	350	38	24	1.5	150	390	141	1	125	20
Malt (Vanilla)	Classic/Kid	510	180	21	13	0.5	80	200	73	0	64	10
Milkshake (Banana)	Monster	960	340	38	24	1.5	145	350	140	0	125	19
Milkshake (Banana)	Classic/Kid	530	190	21	13	0.5	80	180	79	0	70	10
Milkshake (Chocolate)	Monster	1020	340	38	24	1.5	145	380	150	3	128	21
Milkshake (Chocolate)	Classic/Kid	530	190	21	13	0.5	80	190	77	2	66	11
Milkshake (Raspberry)	Monster	960	340	38	24	1.5	145	350	139	0	123	19
Milkshake (Raspberry)	Classic/Kid	530	190	21	13	0.5	80	180	78	0	69	10
Milkshake (Strawberry)	Monster	930	340	38	24	1.5	145	350	130	2	116	20
Milkshake (Strawberry)	Classic/Kid	510	190	21	13	0.5	80	180	72	1	65	10
Milkshake (Vanilla)	Monster	940	340	38	24	1.5	145	350	133	0	119	19
Milkshake (Vanilla)	Classic/Kid	500	190	21	13	0.5	80	180	69	0	62	10
Chocolate Hazelnut Bliss	Monster	1290	570	63	40	1.5	150	530	158	8	129	26
Oreo Cookie Magic	Monster	1040	390	43	25	1.5	145	480	146	2	118	21
Oreo Cookie Magic	Classic/Kid	580	220	24	14	0.5	80	270	80	1	63	11
Salted Caramel Milkshake	Monster	1190	350	39	25	1.5	155	1610	192	0	155	20
Salted Caramel Milkshake	Classic/Kid	650	190	21	13	0.5	80	890	105	0	83	10
Silver Spoon Smores	Monster	1260	450	50	31	1.5	145	510	185	4	144	22

SMOOTHIES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Coconut Pineapple Smoothie	520	140	16	13	0	25	125	91	3	82	3
Freckled Lemonade® Smoothie	360	70	8	4.5	0.5	30	50	71	0	65	3
Hawaiian Heart Throb® Smoothie	410	20	2.5	2	0	0	30	99	0	89	0

RED ROBIN'S FINEST BURGERS

All Finest Burgers are served with Bottomless Steak Fries®. Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Black & Bleu	870	490	54	17	1.5	130	1420	54	5	13	40
Smoke & Pepper™	760	360	40	17	1.5	145	1100	49	2	11	49
The MadLove Burger	1050	520	58	25	2	180	2070	72	5	27	63
The Master Cheese	790	410	45	19	1.5	140	2070	49	3	10	48
The Southern Charm Burger®	1140	610	67	21	1.5	165	1930	82	3	42	50
Tuscan Salmon	880	560	63	10	0.5	15	1660	44	3	8	43

GOURMET BURGERS

Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®.
The nutritional information is provided separately for sides.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
A.1.® Peppercorn	1100	610	68	21	1.5	150	1610	67	4	10	52
Bacon Cheeseburger√	990	610	68	22	2	165	1730	49	2	11	47
Bacon Curry Burger	830	440	48	17	2	120	1440	58	3	12	41
Banzai	960	540	60	19	2	135	1360	63	3	25	42
Bleu Ribbon	1140	670	74	22	2	140	1730	69	5	13	46
Burnin' Love	910	510	59	17	1.5	135	1380	56	5	10	45
Burnin' Love Chicken	740	340	40	10	0.5	130	1900	56	6	10	45
Chili Chili™ Cheeseburger	860	430	48	16	2	150	1440	56	5	10	51
Guacamole Bacon	930	520	58	20	1.5	155	1340	51	4	11	51
Impossible™ Burger√	730	360	40	17	0.5	40	1720	65	5	19	31
Keep It Simple <small>Beef</small>	530	220	24	9	1	90	760	44	3	9	34
Keep It Simple <small>Veggie</small>	370	80	9	2	0	0	870	62	9	14	15
Monster Burger√	1210	690	77	31	3	255	2410	59	3	20	72
Red Robin® Gourmet Cheeseburger√	800	420	47	17	1.5	130	1610	56	3	18	40
Royal Red Robin	1110	700	78	25	2	350	1850	49	2	11	54
Sautéed 'Shroom	770	360	40	17	1.5	120	1050	53	7	10	48
The Wedgie™ Burger	540	320	35	13	1	125	880	19	5	7	39
Veggie Burger	760	460	51	12	0.5	40	1060	63	13	12	26
Veggie Vegan Burger w/ Steamed Broccoli	320	160	17	2.5	0	0	770	35	14	12	13
Whiskey River® BBQ	1130	670	74	21	2	135	1340	73	4	22	43

PICK YOUR PROTEIN

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Turkey Patty	230	130	15	4	0	80	550	2	0	0	21
Grilled Chicken Patty	120	10	1.5	0.5	0	90	600	0	1	0	27
Gourmet Burger Patty	290	180	20	8	1	90	80	0	0	0	27
Crispy Chicken Patty	430	240	26	5	0	65	1070	21	2	0	27
Tavern Patty	130	80	9	3.5	0.5	40	40	0	0	0	12
Impossible™ Burger Patty	220	110	12	7	0	0	340	8	2	1	18
Ancient-Grain Veggie/Vegan Patty	130	35	4	0.5	0	0	340	17	7	5	7
Sub a Salmon Fillet	280	170	19	4.5	0	0	480	2	0	0	33

CHEESES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
American <i>(two slices)</i>	110	90	10	6	0.5	30	570	2	0	1	5
Bleu Cheese <i>(crumbles)</i>	150	100	11	7	0.5	35	540	2	1	0	8
Cheddar <i>(one slice)</i>	110	80	9	5	0.5	30	180	0	0	0	7
Pepper-Jack <i>(one slice)</i>	100	80	8	5	0.5	25	190	0	0	0	7
Provolone <i>(one slice)</i>	80	60	6	3.5	0	20	200	0	0	0	6
Swiss <i>(one slice)</i>	110	80	9	6	0.5	30	60	0	0	0	8

FUN WITH BUNS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Brioche	220	30	3.5	1.5	0	0	370	41	1	7	7
Onion	250	60	6	1	0	0	390	39	2	1	9
Ciabatta	170	20	2	0	0	0	360	31	2	3	8
Jalapeño-Cornmeal Kaiser Roll	230	25	3	0.5	0	0	390	42	2	5	10
Tavern Bun	150	25	3	0.5	0	0	250	27	0	4	7
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4
Croissant	330	140	15	9	0.5	0	390	41	1	6	7
Multigrain Bun	170	35	4	0.5	0	0	35	32	3	3	9
Classic Sesame Bun	220	40	4.5	1.5	0	0	350	40	2	6	7
Lettuce Wrap Your Burger	15	0	0	0	0	0	10	3	1	2	1

SUBSTITUTIONS & SIDES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bottomless Steak Fries® (<i>per serving</i>)	360	140	16	3	0	0	160	49	5	0	5
Chili Chili™ Cheese Fries	900	540	60	16	1	85	1350	64	8	7	27
Classic Wedge Salad	420	330	36	8	0.5	35	630	17	3	8	8
Garlic Herbed Fries	430	200	22	7	0.5	20	260	50	5	2	7
Zucchini Fries	260	150	17	9	0	0	410	23	4	1	3
Fresh Jalapeños	0	0	0	0	0	0	0	0	0	0	0
Mac 'n' Cheese	290	150	16	9	0.5	50	630	26	2	3	11
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6
Steamed Broccoli	30	0	0.5	0	0	0	30	6	3	2	3
Side Salad* (<i>add-on</i>)	100	50	5	2.5	0	15	170	9	2	2	5
Traditional Side Caesar	230	190	21	4	0.5	15	360	8	2	1	4
Sweet Potato Fries	460	200	23	21	0	0	750	59	8	21	4
Yukon Chips	490	320	35	31	0	0	470	41	8	0	4
Add Bacon	110	70	8	2.5	0	25	400	2	0	1	8
Add Bacon Bits	140	90	9	3.5	0	35	430	3	0	3	12
Add Sliced Turkey	80	10	1.5	0.5	0	35	590	0	0	0	16
Green Chile side (New Mexico Only)	10	0	0	0	0	0	0	2	0	0	0
Onion Straws	200	130	14	2.5	0	0	100	16	1	3	2
Red Onion (sub)	10	0	0	0	0	0	0	3	0	1	0
Pickle Slices	0	0	0	0	0	0	180	0	0	0	0
Red's Pickle Relish	90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms	140	60	7	2.5	0	0	410	13	5	3	7
Sautéed Onions	25	10	1.5	0	0	0	0	2	0	2	0
Cucumber Slices (x3)	0	0	0	0	0	0	0	0	0	0	0
Tomato (Slice X 2)	5	0	0	0	0	0	0	1	0	0	0
Fried Egg	90	60	7	2	0	185	95	0	0	0	6
Make it a Monster Burger✓	410	260	30	14	1.5	125	650	2	0	1	32
Cup of Soup or Chili Chili™ (<i>See below for nutritional information</i>).											

DIPPING SAUCES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bistro Sauce	140	110	13	1.5	0	5	440	6	0	2	0
Buzzard	140	130	15	7	0	0	1390	2	0	0	0
Campfire Mayo	320	250	28	4.5	0.5	20	520	16	0	12	0
Chipotle Aioli	410	390	44	7	0.5	25	390	5	0	2	0
Fresh Salsa	15	0	0	0	0	0	260	3	0	2	0
Ranch	260	240	27	5	0.5	20	380	4	0	2	1
Island Heat Sauce	130	130	25	0	0	0	230	31	0	29	0
Jalapeño Ranch	210	190	21	3.5	0.5	15	300	4	0	2	1
Red's Secret Tavern Sauce™	190	160	18	3	0.5	15	440	7	0	6	0
Roasted Garlic Aioli	410	380	42	7	0.5	25	470	8	0	2	1
Smoke & Pepper™ Ketchup	90	0	0	0	0	0	690	23	0	17	1
Sweet & Spicy Ketchup	130	0	0	0	0	0	350	33	0	30	0
Teriyaki Sauce	100	0	0	0	0	0	1130	24	0	20	2
Whiskey River BBQ Sauce	130	0	0.5	0	0	0	800	31	1	28	1

OTHER FUN ON A BUN

Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®.
The nutritional information for sides is provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bruschetta Chicken	670	340	38	8	0.5	120	1780	42	4	8	42
California Chicken	710	340	37	11	0.5	140	2030	48	5	10	48
Crispy Chicken	920	520	57	11	0.5	80	1770	68	4	10	35
Simply Grilled Chicken	360	50	6	2	0	90	1130	45	4	10	34
Teriyaki Chicken	780	370	41	12	0.5	130	1610	64	4	25	43
Whiskey River® BBQ Chicken	960	500	56	14	1	130	1710	74	5	23	43
Grilled Turkey	620	370	41	8	0.5	95	780	38	4	5	30
Zen Chicken	820	400	45	13	0.5	155	2390	60	6	16	51

TAVERN BURGERS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cowboy Ranch Tavern Double	660	340	38	13	1	105	1190	47	1	17	35
The Big Cowboy Ranch	810	410	46	17	1.5	130	1580	60	3	20	40
Haystack Tavern Double™	680	380	43	16	1.5	120	1210	39	0	10	37
The Big Haystack	930	520	58	19	1.5	130	1480	62	3	17	41
Pig Out Tavern Double	780	460	51	18	1.5	150	1470	40	0	14	44
The Big Pig Out	1080	630	70	23	2	175	1810	63	2	26	51
Red's Tavern Double®	590	320	36	14	1.5	120	1160	32	0	8	37
The Big Tavern	730	390	43	17	1.5	130	1370	47	2	12	40
Smoky Jack Tavern Double	710	390	43	15	1.5	120	1190	43	0	16	39
The Big Smoky Jack	930	530	59	19	2	135	1430	58	3	20	41
Taco Tavern Double™	620	330	36	14	1	110	960	35	2	5	39
The Big Taco Tavern	800	410	46	16	1.5	120	1350	55	6	8	43

ENTRÉES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	
Arctic Cod Fish & Chips	Includes Steak Fries	1520	810	89	15	1	135	1920	135	11	10	45
Clucks & Fries®		1330	740	82	15	1	100	1990	104	9	4	26
Clucks & Fries®	Buffalo Style	1630	1010	113	27	1	115	4090	106	11	5	28
Clucks & Shrimp		1330	700	78	25	0.5	165	2640	118	15	17	30
Ensenada Chicken™ Platter		470	170	18	4.5	0.5	190	2430	20	6	8	59
Ensenada Chicken™ Platter	One Chicken Breast	280	100	12	3	0	100	1390	16	4	6	31
Pub Mac 'N' Cheese w/ House Salad		910	470	52	30	2	155	1870	76	9	12	36
Pub Mac 'N' Cheese w/ Caesar Salad		1040	610	68	32	2.5	160	2080	76	9	11	35
Sear-ious Salmon		520	360	40	7	0	0	1090	13	4	5	37
Shrimp & Cod Duo		1420	740	82	25	1	170	2600	133	16	20	39

WRAPS AND SANDWICHES

Wraps and Sandwiches are served with Bottomless Steak Fries®. Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	
BLTA Croissant*		680	370	41	15	0.5	60	1490	50	5	9	30
Caesar's Chicken Wrap*		820	450	50	12	0.5	90	1890	59	4	2	33
Four Cheese Melt		730	380	43	20	1.5	90	1300	49	2	0	37
Whiskey River® BBQ Chicken Wrap*		1030	530	58	19	1	125	2320	81	4	14	43

SOUPS

Cup of soup and sandwich information provided separately. Please see above and below for your selections.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	
Chicken Tortilla Soup	Bowl	390	170	19	7	0.5	55	1720	37	6	8	20
Chicken Tortilla Soup	Cup	200	80	9	3.5	0	30	860	19	3	4	10
Clamdigger's Clam Chowder	Bowl	420	280	31	19	1	115	1270	25	0	8	11
Clamdigger's Clam Chowder	Cup	210	140	15	10	0.5	60	640	12	0	4	6
French Onion Soup	Bowl	340	200	22	9	0.5	40	1630	16	3	8	17
French Onion Soup	Cup	170	100	11	4.5	0.5	20	820	8	2	4	9
Red's Chili Chili™	Bowl	400	170	18	7	1	80	1400	28	6	6	30
Red's Chili Chili™	Cup	220	90	10	3.5	0.5	40	710	16	3	3	15

SALADS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	
Avo-Cobb-O Salad†		510	240	26	9	0.5	295	1420	26	9	8	50
Crispy Chicken Tender Salad†		880	450	50	14	0.5	270	1470	60	7	8	39
Mighty Caesar		750	550	61	11	1	135	1570	20	6	4	35
Simply Grilled Chicken Salad†		270	70	8	3	0	105	870	20	6	7	35
Southwest Salad		900	570	63	19	1	175	1950	41	11	12	48
Caesar Salad		230	190	21	4	0.5	15	360	8	2	1	4
House Salad†		100	50	5	2.5	0	15	170	9	2	2	5

Soup & Salad Combo† (House Salad and Bowl of Soup info above.)

DRESSINGS

2 oz. served with House Salad and Side Salad.
3 oz. served with all other Entrée Salads.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinegar Dressing	2 oz.	100	80	9	1.5	0	0	490	6	0	4	0
Balsamic Vinegar Dressing	3 oz.	160	120	14	2	0	0	740	9	0	7	0
Bleu Cheese Dressing	2 oz.	320	310	34	7	0.5	30	570	0	0	0	2
Bleu Cheese Dressing	3 oz.	470	460	51	10	0.5	50	860	0	0	0	3
Caesar Dressing	2 oz.	360	340	38	7	0.5	30	510	3	0	0	2
Caesar Dressing	3 oz.	530	510	57	10	1	40	760	5	0	1	3
Italian Dressing	2 oz.	220	200	22	3	0	0	580	6	0	4	0
Italian Dressing	3 oz.	330	300	33	4.5	0	0	870	9	0	6	0
Honey Mustard Poppyseed Dressing	2 oz.	350	280	31	5	0.5	25	510	17	0	16	1
Honey Mustard Poppyseed Dressing	3 oz.	520	420	47	8	0.5	40	770	26	0	24	2
Ranch Dressing	2 oz.	260	240	27	5	0.5	20	380	4	0	2	1
Ranch Dressing	3 oz.	390	360	40	7	0.5	30	580	6	0	3	2
Salsa-Ranch Dressing	2 oz.	190	170	19	4	0.5	20	280	4	0	2	1
Salsa-Ranch Dressing	3 oz.	280	260	28	6	0.5	30	420	6	0	3	2
Thousand Island Dressing	2 oz.	190	160	18	3	0.5	15	440	7	0	6	0
Thousand Island Dressing	3 oz.	290	240	27	4.5	0.5	20	660	10	0	9	0
French Dressing	2 oz.	240	0	20	3.5	0	20	510	11	0	11	0
French Dressing	3 oz.	390	0	33	6	0	30	840	18	0	18	0

KIDS MENU

The kids meal includes an entrée and a side of your choice. Nutrition facts for sides are listed separately.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Red's Cheeseburger	Beef	350	150	17	7	0.5	60	710	30	0	6	22
Red's Cheeseburger	Chicken	340	80	9	4	0	105	1290	30	2	6	37
Red's Cheeseburger	Turkey	450	200	22	8	0	95	1220	31	0	6	31
Red's Cheeseburger	Veggie	340	110	12	4	0	15	1010	47	7	11	17
Red's Burger	Beef	280	110	12	4	0.5	40	290	27	0	4	19
Red's Burger	Chicken	270	40	4.5	1	0	90	870	28	1	5	34
Red's Burger	Turkey	380	160	18	4.5	0	80	800	29	0	4	28
Red's Burger	Veggie	280	60	7	1	0	0	590	44	7	9	14
Mac It Yours		380	180	19	4.5	0.5	15	860	39	0	11	13
Corn Doggies	9 pieces	530	290	33	8	0	105	1250	43	2	7	16
Lil' Appetites Corn Doggies	6 pieces	350	200	22	5	0	70	830	29	1	5	10
Swirly Twirly Pasta		370	25	2.5	1	0	0	550	71	7	12	15
Grilled Cheesy		380	240	27	11	0.5	45	1190	24	0	3	12
Cluck-A-Doodles	3 pieces	540	260	29	5	0	60	1010	38	3	0	15
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	0	40	720	26	2	0	10
M.V. Pizza	Pepperoni	530	220	24	13	0.5	65	1310	53	3	11	25
M.V. Pizza	Cheese	450	150	17	11	0.5	50	1060	53	3	11	22
Grilled Chicken Dip'Ns		120	10	1.5	0.5	0	90	600	0	1	0	27
Grilled Chicken Dip'Ns w/ BBQ Sauce		250	15	1.5	0.5	0	90	1400	32	2	28	28
Grilled Chicken Dip'Ns w/ Ranch		380	250	28	5	0.5	105	990	5	1	3	28
Grilled Chicken Dip'Ns w/ Teriyaki Sauce		220	15	1.5	0.5	0	90	1730	24	1	21	28
Mandarin Oranges		30	0	0	0	0	0	0	8	1	7	0
Side Salad [†]		5	0	0	0	0	0	5	1	0	0	0
Apples		35	0	0	0	0	0	0	9	1	7	0
Steamed Broccoli		15	0	0	0	0	0	15	3	1	0	2
Steak Fries		210	90	10	1.5	0	0	160	29	3	0	3
Yukon Chips		490	320	35	31	0	0	470	41	8	0	4
Carrots		15	0	0	0	0	0	30	4	1	2	0
Milk		140	30	3.5	2	0	15	150	17	0	17	11
Chocolate Milk		270	25	2.5	1.5	0	15	140	50	2	44	11
Apple Juice		50	0	0	0	0	0	10	12	0	12	0
Orange Juice		60	0	0.5	0	0	0	0	13	0	10	0
Pineapple Juice		70	0	0	0	0	0	10	18	0	17	0
Strawberry Smoothie		290	0	0	0	0	0	5	75	0	69	0
Sundae		310	90	10	7	0.5	40	90	50	1	42	5

DESSERTS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Sugar Doh! Rings™	1550	460	51	31	0.5	10	1230	259	6	124	19
Cinnamon Sugar Doh! Ring Shorty®	770	230	26	15	0.5	5	620	129	3	62	10
Mountain High Mudd Pie	1360	530	59	39	3.5	115	610	193	7	131	17
Chocolate Fruffles®	830	360	40	31	0.5	70	300	123	8	101	11
Goey Chocolate Brownie Cake	950	330	37	15	0.5	100	360	150	1	118	10

FROM THE BAR

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Spiked Freckled Lemonade®	270	0	0	0	0	0	10	41	0	40	3
House Margarita (Rocks and Frozen)	170	0	0	0	0	0	890	31	0	29	0
Long Island Iced Tea	420	0	0	0	0	0	10	60	0	56	0
Red Spanish Sangria	120	0	0	0	0	0	0	11	0	11	0
Red's Signature Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Sand in Your Shorts®	360	0	0.5	0	0	0	0	63	0	53	0
Screaming Red Zombie	390	0	0.5	0	0	0	15	59	0	50	0
Silver Patrón® Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Tropical Mai Tai	310	0	0	0	0	0	15	46	0	41	0
Customize it - Candied Orange	90	0	0	0	0	0	0	23	0	23	0
Customize it - Strawberry	50	0	0	0	0	0	0	12	0	12	0
Customize it - Raspberry	120	0	0	0	0	0	0	30	0	30	0
White Spanish Sangria	120	0	0	0	0	0	0	11	0	11	0

BEER

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Angry Orchard® Hard Cider 12 oz. Bottle	200	0	0	0	0	0	10	25	0	20	0
Angry Orchard® Hard Cider 16 oz.	260	0	0	0	0	0	15	33	0	27	0
Angry Orchard® Hard Cider 22 oz.	360	0	0	0	0	0	20	45	0	37	0
Angry Orchard® Hard Cider 32 oz.	520	0	0	0	0	0	30	66	0	54	0
Angry Orchard® Rose Cider 12 oz.	170	0	0	0	0	0	15	17	1	13	0
Angry Orchard® Rose Cider 16 oz.	230	0	0	0	0	0	20	23	1	17	0
Angry Orchard® Rose Cider 22 oz.	310	0	0	0	0	0	25	31	2	24	0
Angry Orchard® Rose Cider 32 oz.	450	0	0	0	0	0	35	45	3	35	0
Blue Moon® Belgian White 12 oz.	170	0	0	0	0	0	15	14	0	11	2
Blue Moon® Belgian White 16 oz.	220	0	0	0	0	0	20	19	0	14	3
Blue Moon® Belgian White 22 oz.	310	0	0	0	0	0	30	26	0	20	3
Blue Moon® Belgian White 32 oz.	450	0	0	0	0	0	45	38	0	29	5
Bud Light® 12 oz.	100	0	0	0	0	0	10	5	0	0	0
Bud Light® 16 oz.	140	0	0	0	0	0	15	6	0	0	1
Bud Light® 22 oz.	190	0	0	0	0	0	20	8	0	0	2
Bud Light® 32 oz.	270	0	0	0	0	0	30	12	0	0	2
Coors Light® 12 oz.	100	0	0	0	0	0	10	5	0	0	1
Coors Light® 16 oz.	140	0	0	0	0	0	15	7	0	0	1
Coors Light® 22 oz.	190	0	0	0	0	0	20	9	0	0	2
Coors Light® 32 oz.	270	0	0	0	0	0	30	13	0	0	3
Corona Extra® 12 oz.	150	0	0	0	0	0	0	14	0	0	1
Corona Extra® 16 oz.	200	0	0	0	0	0	0	19	0	0	2
Guinness® 12 oz. Bottle	120	0	0	0	0	0	0	9	0	0	1
Guinness® 14.9 oz. Can	150	0	0	0	0	0	0	12	0	0	1
Guinness® 16 oz.	160	0	0	0	0	0	0	13	0	1	1
Guinness® 22 oz.	220	0	0	0	0	0	0	17	0	1	2
Guinness® 32 oz.	330	0	0	0	0	0	0	25	0	2	3
Heineken® 12 oz.	140	0	0	0	0	0	10	11	0	2	0
Heineken® 16 oz.	190	0	0	0	0	0	10	15	0	3	1
Lagunitas IPA® 12 oz.	180	0	0	0	0	0	15	14	0	0	3
Lagunitas IPA® 16 oz.	240	0	0	0	0	0	20	18	0	0	3
Lagunitas IPA® 22 oz.	330	0	0	0	0	0	25	25	0	0	5
Michelob Ultra® 12 oz.	100	0	0	0	0	0	15	3	0	0	1
Michelob Ultra® 16 oz.	130	0	0	0	0	0	20	4	0	0	1
Michelob Ultra® 22 oz.	170	0	0	0	0	0	30	6	0	0	2
Michelob Ultra® 32 oz.	250	0	0	0	0	0	40	8	0	0	3
Miller Lite® 12 oz.	100	0	0	0	0	0	0	3	0	0	1
Miller Lite® 16 oz.	130	0	0	0	0	0	5	4	0	0	1
Miller Lite® 22 oz.	180	0	0	0	0	0	10	6	0	0	2
Miller Lite® 32 oz.	260	0	0	0	0	0	15	9	0	0	3
Modelo Especial 12 oz.	140	0	0	0	0	0	20	14	0	0	1
Modelo Especial 32 oz.	380	0	0	0	0	0	55	37	0	0	3
New Belgium® Fat Tire® 12 oz.	140	0	0	0	0	0	0	9	2	0	2
New Belgium® Fat Tire® 16 oz.	190	0	0	0	0	0	5	12	3	0	3
New Belgium® Fat Tire® 22 oz.	260	0	0	0	0	0	10	17	4	0	4
New Belgium® Fat Tire® 32 oz.	370	0	0	0	0	0	15	24	5	0	5

BEER continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Red Robin 1969 Lager™	16 oz.	180	0	0	0	0	0	0	14	1	0	3
Red Robin 1969 Lager™	22 oz.	250	0	0	0	0	0	0	19	2	0	4
Red Robin 1969 Lager™	32 oz.	360	0	0	0	0	0	0	28	3	0	5
Samuel Adams Boston Lager®	12 oz.	170	0	0	0	0	0	25	19	0	2	2
Samuel Adams Boston Lager®	16 oz.	230	0	0	0	0	0	30	25	1	3	2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	0	40	34	1	4	3
Samuel Adams Boston Lager®	32 oz.	460	0	0	0	0	0	60	50	2	6	4
Samuel Adams Cold Snap	12 oz.	170	0	0	0	0	0	20	14	1	0	2
Samuel Adams Cold Snap	16 oz.	230	0	0	0	0	0	25	19	1	0	3
Samuel Adams Cold Snap	22 oz.	310	0	0	0	0	0	35	26	2	0	4
Samuel Adams Cold Snap	32 oz.	450	0	0	0	0	0	55	37	3	0	5
Samuel Adams Fresh as Helles™	12 oz.	180	0	0	0	0	0	25	17	0	0	2
Samuel Adams Fresh as Helles™	16 oz.	240	0	0	0	0	0	30	22	1	1	3
Samuel Adams Fresh as Helles™	22 oz.	330	0	0	0	0	0	40	30	1	1	4
Samuel Adams Fresh as Helles™	32 oz.	480	0	0	0	0	0	60	44	2	2	6
Sam Adams® Hopscape™	12 oz.	170	0	0	0	0	0	20	13	2	0	2
Sam Adams® Hopscape™	16 oz.	220	0	0	0	0	0	25	17	2	0	3
Sam Adams® Hopscape™	22 oz.	300	0	0	0	0	0	35	23	3	0	4
Sam Adams® Hopscape™	32 oz.	440	0	0	0	0	0	50	34	4	0	6
Sam Adams® OctoberFest	12 oz.	180	0	0	0	0	0	20	19	0	0	2
Sam Adams® OctoberFest	16 oz.	240	0	0	0	0	0	25	25	1	1	2
Sam Adams® OctoberFest	22 oz.	330	0	0	0	0	0	35	34	1	1	3
Sam Adams® OctoberFest	32 oz.	480	0	0	0	0	0	50	50	2	2	4
Samuel Adams Sam '76	12 oz.	130	0	0	0	0	0	20	2	0	0	1
Samuel Adams Sam '76	16 oz.	170	0	0	0	0	0	25	3	0	0	1
Samuel Adams Sam '76	22 oz.	240	0	0	0	0	0	35	4	0	0	2
Samuel Adams Sam '76	32 oz.	350	0	0	0	0	0	55	5	0	0	3
Sam Adams® Summer Ale	12 oz.	170	0	0	0	0	0	15	14	2	0	2
Sam Adams® Summer Ale	16 oz.	220	0	0	0	0	0	20	18	2	0	3
Sam Adams® Summer Ale	22 oz.	300	0	0	0	0	0	30	25	3	0	4
Sam Adams® Winter Lager	12 oz.	180	0	0	0	0	0	20	15	2	0	2
Sam Adams® Winter Lager	16 oz.	240	0	0	0	0	0	25	20	2	0	3
Sam Adams® Winter Lager	22 oz.	330	0	0	0	0	0	35	28	3	0	4
Sam Adams® Winter Lager	32 oz.	480	0	0	0	0	0	50	40	4	0	6
Stella Artois®	12 oz.	150	0	0	0	0	0	45	12	0	2	1
Stella Artois®	16 oz.	190	0	0	0	0	0	60	16	0	3	1
Stella Artois®	22 oz.	270	0	0	0	0	0	85	22	0	4	2
Stella Artois®	32 oz.	390	0	0	0	0	0	120	32	0	5	3
Truly® Wild Berry Hard Seltzer™	12 oz. Can	100	0	0	0	0	0	0	2	0	1	0
Truly® Lime Hard Seltzer	12 oz. Can	100	0	0	0	0	0	10	2	0	1	0

WINE

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Carnivor® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	20	6	0	1	0
Carnivor® Cabernet Sauvignon	9 oz.	260	0	0	0	0	0	25	9	0	2	1
Ecco Domani® Pinot Grigio	6 oz.	150	0	0	0	0	0	20	4	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	230	0	0	0	0	0	25	5	0	1	0
Kendall-Jackson® V.R. Chardonnay	6 oz.	140	0	0	0	0	0	0	5	0	5	0
Kendall-Jackson® V.R. Chardonnay	9 oz.	220	0	0	0	0	0	0	7	0	7	0
The Naked Grape® Chardonnay	6 oz.	150	0	0	0	0	0	20	5	0	2	0
The Naked Grape® Chardonnay	9 oz.	230	0	0	0	0	0	25	7	0	3	0
The Naked Grape® Merlot	6 oz.	140	0	0	0	0	0	0	0	0	0	0
The Naked Grape® Merlot	9 oz.	210	0	0	0	0	0	0	0	0	0	0
Barefoot Refresh® Moscato Spritzer	6 oz.	110	0	0	0	0	0	20	13	0	10	0
Barefoot Refresh® Moscato Spritzer	9 oz.	170	0	0	0	0	0	25	20	0	15	0
Ava Grace Rosé	6 oz.	130	0	0	0	0	0	0	5	0	0	0
Ava Grace Rosé	9 oz.	200	0	0	0	0	0	0	7	0	0	0