

PLEASE READ:

Note: This page must accompany any and all allergen information provided by Red robin.

RED ROBIN RELIED ON OUR SUPPLIERS' STATEMENTS OF INGREDIENTS IN DECIDING WHICH PRODUCTS DID NOT CONTAIN CERTAIN ALLERGENS. SUPPLIERS MAY CHANGE THE INGREDIENTS IN THEIR PRODUCTS OR THE WAY THEY PREPARE THEIR PRODUCTS, SO PLEASE CHECK THIS LIST TO MAKE SURE THAT THE MENU ITEM YOU LIKE STILL MEETS YOUR DIETARY REQUIREMENTS.

FROM TIME TO TIME WE MAY SUBSTITUTE PRODUCTS DUE TO INVENTORY SHORTAGES. WE CAN'T BE SURE THAT THE SUBSTITUTE PRODUCTS WILL BE FREE OF THE ALLERGEN YOU WISH TO AVOID.

AS WE COOK, PREPARE, AND SERVE YOUR MEAL, THE LISTED MENU OPTION MAY COME IN CONTACT WITH THE ALLERGEN YOU WANT TO AVOID. FOR EXAMPLE, WE MIGHT COOK THE LISTED MENU OPTION ON THE SAME BROILER AS A MENU ITEM THAT CONTAINS THE ALLERGEN YOU WANT TO AVOID. RED ROBIN CANNOT GUARANTEE THAT ANY MENU ITEM WILL BE PREPARED COMPLETELY FREE OF THE ALLERGEN IN QUESTION.



Recommended Menu Items for Guests with WHEAT/GLUTEN Allergies

Listed below are item options if you have a wheat/gluten allergy/intolerance.

THIS INFORMATION NOT VALID AFTER 3/1/12

Red Robin relied on our suppliers' statements of ingredients in deciding which products did not contain certain allergens. Suppliers may change the ingredients in their products or the way they prepare their products, so please check this list to make sure that the menu item you like still meets your dietary requirements.

From time to time we may substitute products due to inventory shortages. We can't be sure that the substitute products will be free of the allergen you wish to avoid.

As we cook, prepare, and serve your meal, the listed menu option may come in contact with the allergen you want to avoid. For example, we might cook the listed menu option on the same broiler as a menu item that contains the allergen you want to avoid. Red Robin cannot guarantee that any menu item will be prepared completely free of the allergen in question.

Appetizers: None Available												
Soups: None Available												
Sandwiches & Wraps: None Available												
Salads												
*Dressings not included – see list of acceptable salad dressings												
<table border="0"> <tr> <td>Apple Harvest Chicken Salad</td> <td>Avo-Cobb-O</td> </tr> <tr> <td> <ul style="list-style-type: none"> No dijon vinaigrette No candied walnuts No bleu cheese crumbles or other cheese No garlic bread </td> <td> <ul style="list-style-type: none"> No bleu cheese crumbles No garlic bread </td> </tr> <tr> <td>Crispy Chicken Tender Salad</td> <td>Side Caesar Salad</td> </tr> <tr> <td> <ul style="list-style-type: none"> No fried chicken tenders. Grilled chicken breast may be used as a substitute. No garlic bread </td> <td> <ul style="list-style-type: none"> No croutons No garlic bread </td> </tr> <tr> <td>Simply Grilled Chicken Salad</td> <td>House Salad</td> </tr> <tr> <td> <ul style="list-style-type: none"> No croutons No garlic bread </td> <td> <ul style="list-style-type: none"> No croutons </td> </tr> </table>	Apple Harvest Chicken Salad	Avo-Cobb-O	<ul style="list-style-type: none"> No dijon vinaigrette No candied walnuts No bleu cheese crumbles or other cheese No garlic bread 	<ul style="list-style-type: none"> No bleu cheese crumbles No garlic bread 	Crispy Chicken Tender Salad	Side Caesar Salad	<ul style="list-style-type: none"> No fried chicken tenders. Grilled chicken breast may be used as a substitute. No garlic bread 	<ul style="list-style-type: none"> No croutons No garlic bread 	Simply Grilled Chicken Salad	House Salad	<ul style="list-style-type: none"> No croutons No garlic bread 	<ul style="list-style-type: none"> No croutons
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Salad Dressings¹												
Please verify with the Manager since dressing may vary from restaurant location and geographic area.												
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¹ Red Robin Balsamic Vinaigrette, Blue Cheese, Creamy Caesar and Honey-Mustard may contain one or any of the following: distilled vinegar, white vinegar, red and white wine vinegar, corn sugar vinegar, and/or Balsamic vinegar. These dressings do not contain malt vinegar.												

Note: Bleu cheese crumbles may not be used as a cheese option for any burgers and/or entrées.

WHEAT/GLUTEN Allergy suggestions (cont.)

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Gourmet Burgers

***Refer to sides for available side options**

Keep it Simple Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

RR Gourmet Cheeseburger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Guacamole Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

RR Bacon Cheeseburger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Royal Red Robin Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Chicken Sandwiches & Other Favorites

***Refer to sides for available side options**

California Chicken Sandwich

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Simply Grilled Chicken Sandwich

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Bruschetta Chicken Sandwich

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No tomato-bruschetta salsa. Plain salsa may be used as a substitute.

Grilled Turkey Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No chipotle mayo

Chicken Caprese Sandwich

- No bun. May make protein-style by substituting a lettuce wedge for a bun.

Lettuce Wrap Your Burger

Entrées

Ensenada Chicken Platter

- No Baja Ranch Dressing
- No Ancho marinade on chicken breasts
- No tortilla strips
- No tortilla cups

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WHEAT/GLUTEN Allergy suggestions (cont.)

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Available Sides (Adult & Kids)	
<ul style="list-style-type: none"> • Melon wedges • Mandarin oranges • Salsa • Celery sticks • Seasoned Red Robin Steak Fries do not contain any wheat/gluten allergens; however, there is a risk they might be fried in a common fryer with the allergens you want to avoid. 	<ul style="list-style-type: none"> • House Salad (no croutons) • Steamed veggies • Guacamole
Desserts: None Available	
Kid's Menu	
*Refer to sides for available side options	
<i>Kids may also select from any items listed on the Wheat/Gluten menu as a whole (adult items) to custom-design a wheat/gluten free meal for your child.</i>	
Rad Burger ...with beef patty <ul style="list-style-type: none"> • No bun. May make protein-style by substituting a lettuce wedge for a bun. ...with turkey patty <ul style="list-style-type: none"> • No bun. May make protein-style by substituting a lettuce wedge for a bun. 	Chick-on-a-Stick (available without changes) <ul style="list-style-type: none"> • No teriyaki sauce • No ranch dressing

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