

## **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. THAT'S JUST THE WAY OUR KITCHEN IS SET UP. 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 12/1/09**

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. That's just the way our kitchen is set up. Red Robin cannot guarantee that any menu item will be prepared completely free of the allergen in question.

<b>Appetizers: None Available</b>	
<b>Soups: None Available</b>	
<b>Sandwiches &amp; Wraps: None Available</b>	
<b>Salads</b>	
<b>*Dressings not included – see list of acceptable salad dressings</b>	
<b>Apple Harvest Chicken Salad</b> <ul style="list-style-type: none"> <li>No dijon vinaigrette</li> <li>No candied walnuts</li> <li>No bleu cheese crumbles or other cheese</li> </ul>	<b>Cobb Salad</b> <ul style="list-style-type: none"> <li>No bleu cheese crumbles</li> <li>No black olives</li> <li>No garlic bread</li> <li></li> </ul>
<b>Crispy Chicken Tender Salad</b> <ul style="list-style-type: none"> <li>No fried chicken tenders. Grilled chicken breast may be used as a substitute.</li> <li>No garlic bread</li> </ul>	<b>Mighty Caesar Salad</b> <ul style="list-style-type: none"> <li>No blackened chicken (grilled chicken and salmon are available options)</li> <li>No croutons</li> </ul>
<b>Side Caesar Salad</b> <ul style="list-style-type: none"> <li>No croutons</li> <li>No garlic bread</li> </ul>	<b>Dinner Salad</b> <ul style="list-style-type: none"> <li>No tortilla strips</li> </ul>
<b>Salad Dressings<sup>1</sup></b>	
<b>Please verify with the Manager since dressing may vary from restaurant location and geographic area.</b>	
<ul style="list-style-type: none"> <li>Balsamic Vinaigrette</li> <li>Bleu Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Creamy Caesar</li> <li>Honey-Mustard Poppyseed</li> </ul>
<sup>1</sup> 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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### Classic Gourmet Burgers

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

#### Monster Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No Red Robin Seasoning on beef patties

#### RR Gourmet Cheeseburger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No Red Robin Seasoning on beef patty

#### Guacamole Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No Red Robin Seasoning on beef patty

#### RR Bacon Cheeseburger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No Red Robin Seasoning on beef patty

#### Royal Red Robin Burger

- No bun. May make protein-style by substituting a lettuce wedge for a bun.
- No Red Robin Seasoning on beef patty

### Chicken Burgers

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

#### California Chicken Burger

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

### Other Favorite Burgers

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

#### Grilled Salmon Burger

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

#### Grilled Turkey Burger

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

#### Lettuce Wrap Your Burger

- No Red Robin Seasoning on beef patty

### Insanely Delicious Burgers

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

#### Bruschetta Chicken Burger

- 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.

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## WHEAT/GLUTEN Allergy suggestions (cont.)

**THIS INFORMATION NOT VALID AFTER 12/1/09**

<b>Entrées</b>	
<b>Ensenada Chicken Platter</b> <ul style="list-style-type: none"> <li>• No Baja Ranch Dressing</li> <li>• No Ancho marinade on chicken breasts</li> <li>• No tortilla strips</li> <li>• No tortilla cups</li> </ul>	
<b>Available Sides (Adult &amp; Kids)</b>	
<ul style="list-style-type: none"> <li style="width: 50%;">• White rice</li> <li style="width: 50%;">• Celery sticks</li> <li style="width: 50%;">• Melon wedges</li> <li style="width: 50%;">• Dinner salad (no tortilla strips)</li> <li style="width: 50%;">• Mandarin oranges</li> <li style="width: 50%;">• Steamed veggies</li> <li style="width: 50%;">• Salsa</li> <li style="width: 50%;">• Guacamole</li> <li style="width: 100%;">• Plain Red Robin Steak Fries (without Red Robin Seasoning or garlic-parmesan seasoning) do not contain any allergens; however, there is a risk they might be fried in a common fryer with the allergens you want to avoid.</li> </ul>	
<b>Desserts: None Available</b>	
<b>Kid's Menu</b>	
<p><b>*Refer to sides for available side options</b></p> <p><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></p>	
<b>Rad Burger</b> <b>...with beef patty</b> <ul style="list-style-type: none"> <li>• No bun. May make protein-style by substituting a lettuce wedge for a bun.</li> <li>• No Red Robin Seasoning on beef patty</li> </ul> <b>...with turkey patty</b> <ul style="list-style-type: none"> <li>• No bun. May make protein-style by substituting a lettuce wedge for a bun.</li> </ul>	<b>Chick-on-a-Stick</b> (available without changes) <ul style="list-style-type: none"> <li>• No teriyaki sauce</li> <li>• No ranch dressing</li> </ul>

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