



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 1/7/19

US-All_0119

redrobin.com

[‡] Assumes choice of American cheese. [†] Dressing not included.
^{*} Does not include calories for Steak Fries
or Freckled Fruit[®] Salad. 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	1530	850	94	29	2	145	2260	121	15	9	51
Classic Wedge Salad	420	330	36	8	0	35	640	17	3	8	8
Creamy Artichoke & Spinach Dip	820	400	44	14	1	35	1320	71	16	7	17
Fried Pickle Nickels	750	470	52	8	1	70	2800	61	2	12	6
Guac, Salsa & Chips	720	320	35	7	0	0	1500	74	21	6	7
NachO.M.G.™	1390	670	74	35	2	170	4750	115	26	18	42
Pretzel Bites	810	360	40	11	0	30	1670	95	9	6	16
Wings Red's Bold Boneless Wings with Buzz Sauce	1130	510	57	16	0.5	180	3560	83	4	2	72
Wings Red's Bold Boneless Wings with Whiskey River Sauce	1130	400	44	8	0	185	2670	111	4	24	71
Wings Red's Bold Boneless Wings with Island Heat Sauce	1100	480	64	7	0	175	2180	116	4	34	70
Wings Red's Bold Boneless Wings with Banzai Sauce	1070	350	39	7	0	175	3080	107	3	25	71
The O-Ring Shorty®	920	520	58	10	1	50	2100	92	4	26	9
Towering Onion Rings®	1310	530	59	10	1	55	3530	178	7	41	17
VooDoo Fries With Fiery Ghost® Pepper Sauce	1060	480	54	17	1	70	3350	121	13	17	25
VooDoo Fries With Ranch Sauce	1220	660	74	21	1	85	3070	116	12	14	25
Jump Starters											
Cheese Sticks	550	270	30	14	1	55	1730	43	2	13	26
Fresh-Fried Zucchini Sticks	470	360	40	7	0	20	1140	25	2	3	4
Fresh-Fried Mushrooms	420	210	23	4	0	5	950	53	2	31	5
Fried Jalapeño Coins	560	370	41	7	0.5	20	1440	38	7	6	5
Fried Pickle Nickels	630	410	45	7	0.5	55	2160	48	2	12	4
Sweet Potato Fries	380	130	15	2.5	0	0	1380	59	5	32	3
Fresh-Fried Cheese Sticks	1050	530	59	29	1.5	115	3210	79	5	21	50
Wings Bone-In Bar Wings with Buzz Sauce	1240	770	85	25	1	475	2930	26	5	3	94
Wings Bone-In Bar Wings with Whiskey River Sauce	1240	650	73	17	0.5	475	2040	53	5	25	93
Wings Bone-In Bar Wings with Island Heat Sauce	1210	740	93	16	0.5	465	1480	59	5	35	92
Wings Bone-In Bar Wings with Banzai Sauce	1180	610	67	16	0.5	465	2450	50	4	26	93
Wings (1/2 Order) Bone-In Bar Wings with Buzz Sauce	750	460	51	14	0.5	240	1710	25	4	2	49
Wings (1/2 Order) Bone-In Bar Wings with Whiskey River Sauce	770	420	46	10	0	240	1200	40	3	13	48
Wings (1/2 Order) Bone-In Bar Wings with Island Heat Sauce	730	430	54	9	0	235	940	42	3	20	47
Wings (1/2 Order) Bone-In Bar Wings with Banzai Sauce	710	370	41	9	0	235	1390	38	3	15	48
Wings (1/2 Order) Red's Bold Boneless Wings with Buzz Sauce	700	330	37	10	0	95	2020	53	4	2	38
Wings (1/2 Order) Red's Bold Boneless Wings with Whiskey River Sauce	710	290	32	6	0	90	1520	68	3	12	37
Wings (1/2 Order) Red's Bold Boneless Wings with Island Heat Sauce	670	310	40	5	0	85	1250	71	3	19	36
Wings (1/2 Order) Red's Bold Boneless Wings with Banzai Sauce	660	240	27	5	0	85	1700	67	3	15	37

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	25	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
Diet Dr Pepper® Adult	0	0	0	0	0	0	50	0	0	0	0
Diet Dr Pepper® Kid	0	0	0	0	0	0	30	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
Fanta® Orange Adult	180	0	0	0	0	0	65	49	0	48	0
Fanta® Orange Kid	80	0	0	0	0	0	30	23	0	22	0
Freckled Lemonade® Adult	150	0	0	0	0	0	10	38	1	37	1
Freckled Lemonade® Kid	90	0	0	0	0	0	5	24	0	23	0
Freckled Lemonade® Light Adult	90	0	0	0	0	0	10	22	1	20	1
Freckled Lemonade® Light Kid	45	0	0	0	0	0	10	11	0	10	0
Mello Yello® Adult	140	0	0	0	0	0	40	39	0	39	0
Mello Yello® Kid	100	0	0	0	0	0	25	27	0	27	0
Orange Cream Soda	210	25	2.5	1.5	0	10	25	47	0	44	1
Raspberry Cream Soda	210	25	2.5	1.5	0	10	25	46	0	43	1
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	40	5	3	0	20	80	36	0	34	2

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)
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

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	20	13	0.5	80	200	83	1	73	10
Malt (Chocolate)	Monster	1100	350	38	24	1.5	150	390	173	1	156	20
Malt (Chocolate)	Classic/Kid	550	180	20	13	0.5	80	210	81	2	69	11
Malt (Peach)	Monster	990	350	38	24	1.5	150	400	147	1	129	20
Malt (Peach)	Classic/Kid	540	180	20	13	0.5	80	200	82	1	72	10
Malt (Raspberry)	Monster	990	350	38	24	1.5	150	400	147	1	128	20
Malt (Raspberry)	Classic/Kid	540	180	20	13	0.5	80	200	82	1	72	10
Malt (Strawberry)	Monster	970	350	38	24	1.5	150	390	138	2	122	21
Malt (Strawberry)	Classic/Kid	530	180	20	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	20	13	0.5	80	200	73	1	64	10
Milkshake (Banana)	Monster	960	340	38	24	1.5	145	350	140	1	125	19
Milkshake (Banana)	Classic/Kid	530	190	21	13	0.5	80	180	79	1	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 (Peach)	Monster	950	340	38	24	1.5	145	360	138	1	123	19
Milkshake (Peach)	Classic/Kid	530	190	21	13	0.5	80	180	77	1	69	10
Milkshake (Raspberry)	Monster	960	340	38	24	1.5	145	350	139	1	123	19
Milkshake (Raspberry)	Classic/Kid	530	190	21	13	0.5	80	180	78	1	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	1	119	19
Milkshake (Vanilla)	Classic/Kid	500	190	21	13	0.5	80	180	69	1	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
Peppermint Swirl		980	350	39	25	1.5	150	400	140	1	116	20
Salted Caramel Milkshake	Monster	1190	350	39	25	1.5	155	1610	192	1	155	20
Salted Caramel Milkshake	Classic/Kid	650	190	21	13	0.5	80	890	105	1	83	10
Silver Spoon Smores	Monster	1260	450	50	31	1.5	145	510	185	3	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	120	90	2	79	3
Freckled Lemonade® Smoothie	360	70	8	4.5	0	30	50	72	1	66	3
Hawaiian Heart Throb® Smoothie	410	20	2.5	2	0	0	30	98	1	88	1

RED ROBIN'S FINEST BURGERS

All Finest Burgers are served with Bottomless Steak Fries®.

	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	970	550	61	20	2.5	165	1470	53	4	13	50
Citrus Harissa Salmon	940	600	67	10	0	15	1430	50	6	7	43
Smoke & Pepper™	880	410	45	19	2	185	2710	58	2	17	59
The MadLove Burger	1140	560	63	27	2.5	220	2090	72	5	27	73
The Master Cheese	880	450	50	21	2.5	180	2100	48	2	9	57
The Southern Charm Burger®	1220	650	72	23	2.5	205	1910	80	3	40	59

FIRE-GRILLED 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)
5 Alarm	850	490	55	18	1.5	130	1250	48	3	11	41
A.1.® Peppercorn	1100	610	68	21	1.5	150	1610	67	4	10	52
Bacon Cheeseburger√	1030	640	71	24	2	170	1730	47	2	10	51
Banzai	960	540	60	19	2	135	1360	63	3	25	42

FIRE-GRILLED BURGERS continued

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)
Bleu Ribbon	1140	670	75	23	2	140	1760	67	4	13	47
Burnin' Love	910	510	59	17	1.5	135	1380	56	5	10	45
Burnin' Love Chicken	750	350	41	10	1	140	1800	59	5	10	43
Chili Chili™ Cheeseburger	860	430	47	16	1.5	150	1450	56	5	10	51
Guacamole Bacon	930	520	58	20	1.5	155	1340	51	4	11	51
Keep It Simple Beef	530	220	24	9	1	90	770	44	3	9	35
Keep It Simple Veggie	370	80	9	2	0	0	870	62	9	14	15
Prime Chophouse	1040	510	57	17	1.5	115	1580	82	7	13	48
Red Robin® Gourmet Cheeseburger/ w/out Relish	770	420	47	17	1.5	130	1420	47	3	10	41
Red Robin® Gourmet Cheeseburger/	810	420	47	17	1.5	130	1610	55	3	18	41
Royal Red Robin	1110	700	78	25	2	350	1850	48	2	11	54
Sautéed 'Shroom	770	360	40	17	1.5	120	1050	53	7	10	48
Turkey Club	960	580	65	17	0.5	140	1680	52	5	10	43
The Wedgie™ Burger	560	320	35	13	1	125	890	22	5	8	40
Veggie Burger	870	520	58	15	0.5	40	1180	68	15	13	28
Veggie Vegan Burger	290	150	17	2.5	0	0	740	29	12	10	10
Whiskey River® BBQ	1130	670	74	21	2	140	1290	71	4	20	43
Monster Burger	1220	690	77	31	3	250	2410	56	3	18	74
Make it a Monster	410	260	29	14	1.5	120	650	1	0	1	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>	120	90	10	6	0	30	570	1	0	1	6
Bleu Cheese <i>(crumbles)</i>	150	110	12	8	0	35	570	1	0	0	9
Cheddar <i>(one slice)</i>	110	80	9	5	0	30	180	1	0	0	7
Pepper-Jack <i>(one slice)</i>	100	80	8	5	0	25	190	1	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	5	0	30	60	1	0	0	8
Xtra Sharp Cheddar Cheese <i>(one slice)</i>	110	80	9	5	0	30	180	1	0	0	7

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	40	4.5	1.5	0	0	350	39	2	6	7
Onion	250	60	6	1	0	0	390	39	2	1	9
Ciabatta Bread	170	20	2	0	0	0	360	31	2	3	8
Jalapeño-Cornmeal Kaiser Roll	230	25	2.5	0	0	0	390	42	2	5	10
Tavern Bun	150	25	3	0.5	0	0	250	27	0	4	4
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4
Croissant	330	140	15	9	0	0	390	41	1	6	7
Multigrain Bun	170	35	4	0.5	0	0	35	32	3	3	9
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)
Ancient-Grain Veggie Patty	130	35	4	0.5	0	0	340	17	7	5	7
Black Beans	90	5	0	0	0	0	130	17	4	1	6
Bottomless Steak Fries® <i>(per serving)</i>	350	140	16	2.5	0	0	210	48	5	1	5
Chili Chili™ Cheese Fries	900	540	60	16	1	85	1400	64	8	7	27
Classic Wedge Salad	420	330	36	8	0	35	640	17	3	8	8
Coleslaw	210	130	15	2.5	0	15	420	17	3	10	2
Freckled Fruit® Salad <i>(per serving)</i>	100	0	0	0	0	0	0	24	1	22	1
Garlic Herbed Fries	430	200	22	7	0	20	310	50	5	2	7
Fresh Jalapeños	5	0	0	0	0	0	0	1	0	1	0
Mac 'n' Cheese	290	150	16	10	0.5	50	610	25	2	4	11
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6
Red's Chili Chili™ Bowl	430	180	20	7	1	80	1430	32	7	6	31
Red's Chili Chili™ Cup	220	90	10	3.5	0	40	710	16	3	3	15
Steamed Broccoli	30	5	0	0	0	0	30	6	3	2	3

SUBSTITUTIONS & SIDES 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)
Sweet Potato Fries	470	220	25	4	0	0	800	58	8	20	5
Yukon Chips	450	270	29	5	0	0	660	42	4	0	5
Add Bacon	70	45	5	1.5	0	20	270	1	0	1	5
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
Green Leaf Lettuce	5	0	0	0	0	0	5	1	0	0	0
Onion Straws	200	130	14	2.5	0	0	100	16	1	3	2
Red Onion (sub)	5	0	0	0	0	0	0	1	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	1
Sautéed Mushrooms	70	30	3.5	1.5	0	0	210	6	3	2	3
Sautéed Onions	50	25	2.5	0	0	0	0	3	2	3	1
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	1	0
Fried Egg	90	60	7	2	0	185	95	0	0	0	6

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)
Buzzard	140	130	15	7	0	0	1390	2	1	1	0
Campfire Mayo	330	270	30	5	0	25	500	14	0	11	1
Chipotle Aioli	410	390	44	7	0.5	25	390	5	0	2	0
Ranch	260	240	27	5	0	20	380	4	0	2	1
Red's Secret Tavern Sauce™	190	160	18	3	0	15	440	7	0	6	0
Roasted Garlic Aioli	410	380	42	7	0.5	25	470	8	1	2	1
Smoke & Pepper™ Ketchup	110	5	0	0	0	0	1130	27	1	20	1
Sweet & Spicy Ketchup	90	0	0	0	0	0	660	24	0	20	0
Sweet Pepper Thai Sauce	110	0	0	0	0	0	710	32	0	28	0
Fiery Ghost® Pepper Sauce	45	5	0	0	0	0	760	11	1	7	1
Fresh Salsa	15	0	0	0	0	0	260	3	1	2	1
Island Heat Sauce	130	130	25	0	0	0	230	31	0	29	0
Bistro Sauce	140	110	13	1.5	0	5	440	6	1	2	1
Teriyaki Sauce	100	0	0	0	0	0	1130	24	0	20	2
Whiskey River BBQ Sauce	120	5	0.5	0	0	10	690	26	1	23	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	680	340	38	9	0.5	130	1690	45	3	8	40
California Chicken	720	340	38	11	0.5	150	1930	52	4	10	46
Crispy Arctic Cod	810	370	41	8	0	65	1410	85	5	12	28
Crispy Chicken	920	520	57	11	0	80	1770	68	4	10	35
Ragin' Cajun Chicken	1020	590	66	21	1	95	3180	67	4	9	41
Simply Grilled Chicken	370	60	6	2	0	100	1040	48	3	9	32
Teriyaki Chicken	790	370	42	12	1	140	1520	67	4	25	41
Whiskey River® BBQ Chicken	970	510	57	14	1	145	1570	75	4	21	41
Grilled Turkey	620	370	41	8	0	95	780	38	4	5	30

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	110	1150	44	1	15	33
The Big Cowboy Ranch	810	410	46	17	1.5	130	1540	57	2	17	41
Fiery Ghost® Tavern Double	570	280	31	13	1.5	110	960	35	2	7	36
The Big Ghost	700	320	35	15	1.5	120	1310	53	4	12	42
Four Cheese Melt	720	380	42	20	1.5	90	1210	51	2	2	34
Haystack Tavern Double™	680	390	43	16	1.5	120	1200	37	1	8	35
The Big Haystack	930	530	58	19	1.5	135	1460	60	3	15	41
Pig Out Tavern Double	790	460	51	18	1.5	145	1480	39	1	14	42
The Big Pig Out	1080	630	70	23	1.5	175	1810	62	2	24	52

TAVERN BURGERS *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)
Pub Mac 'N' Cheese w/ House Salad	1000	490	54	32	2.5	165	2010	91	9	15	40
Pub Mac 'N' Cheese w/ Caesar Salad	1090	620	69	33	2.5	165	2140	85	9	13	37
Red's Tavern Double®	590	320	35	14	1.5	115	1160	31	1	7	35
The Big Tavern	740	390	43	17	1.5	130	1380	46	2	11	40
Smoky Jack Tavern Double	700	390	43	15	1.5	125	1150	41	1	14	36
The Big Smoky Jack	920	530	59	19	1.5	140	1390	56	3	17	41
Taco Tavern Double™	620	330	36	14	1	110	960	35	2	5	36
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	1970	136	11	11	46
Chicken Fajitas	880	290	32	11	0.5	210	2480	84	10	9	64
Clucks & Fries®	1340	730	82	14	0.5	100	2040	104	9	5	47
Clucks & Fries® Buffalo Style	1630	1010	113	27	1	115	4180	105	11	4	49
Clucks & Shrimp	1010	560	62	11	0.5	155	2560	78	6	21	37
Ensenada Chicken™ Platter	490	180	20	5	0	210	2240	27	5	8	54
Ensenada Chicken™ Platter One Chicken Breast	300	110	12	3.5	0	110	1290	19	4	6	29
Prime Rib Dip	860	390	43	17	0	70	2700	59	4	15	56
Reel Thing Fish Tacos	1600	760	85	17	1	210	2320	146	12	15	63
Sear-ious Salmon	470	330	37	7	0	5	780	9	2	3	34
Shrimp & Cod Duo	1110	600	67	11	0.5	165	2520	94	7	24	36
Shrimp & Slaw Platter	720	280	32	5	0	195	2310	79	3	23	30

WRAPS AND SANDWICHES

Wraps and sandwiches are served with Bottomless Steak Fries® or Bottomless Freckled Fruit® Salad. 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	1500	50	5	9	30
Caesar's Chicken Wrap*	820	450	50	12	0.5	90	1890	59	4	2	33
Nacho Chicken Bacon Wrap*	1160	630	70	24	0	135	2740	82	5	6	49
Whiskey River® BBQ Chicken Wrap*	1020	530	58	19	1	130	2280	79	4	12	43
Wrappin' California Club*	1000	580	64	18	1	100	2290	64	6	4	41

SOUPS

Clamdigger's Clam Chowder and French Onion Soup are served with warm garlic toast (one piece), except when ordered as a Souper Sandwich Combo. The nutritional information includes bread.

	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)
Baked Potato Soup Bowl	460	260	29	14	0	70	1260	39	3	9	14
Baked Potato Soup Cup	260	140	15	7	0	40	690	23	2	5	8
Chicken Tortilla Soup Bowl	390	170	19	7	0	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	230	26	15	0.5	90	1330	32	1	10	16
Clamdigger's Clam Chowder Cup	230	120	13	8	0	45	700	19	1	5	8
French Onion Soup Bowl	380	200	22	10	0.5	45	1650	23	4	10	19
French Onion Soup Cup	210	100	11	5	0	25	860	15	2	5	10
Red's Chili Chili™ Bowl	430	180	20	7	1	80	1430	32	7	6	31
Red's Chili Chili™ Cup	220	90	10	3.5	0	40	710	16	3	3	15

Souper Sandwich Combo *Cup of soup and sandwich information provided separately. Please see above for your selections.*

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†	560	250	28	11	0	310	1350	34	8	10	49
Caesar Salad	210	180	20	4	0	15	300	5	2	2	3
Classic Wedge Salad	420	330	36	8	0	35	640	17	3	8	8
Crispy Chicken Tender Salad†	910	450	50	15	0.5	275	1490	66	8	10	55
House Salad†	120	50	6	3	0	15	180	12	2	3	6
Mighty Caesar	670	460	51	10	1	140	1290	24	6	6	33
Simply Grilled Chicken Salad†	320	80	9	4.5	0	115	780	29	6	9	34
Southwest Salad	940	570	64	19	1.5	185	1890	50	12	12	47

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	1	7	0
Bleu Cheese Dressing	2 oz.	320	310	34	7	0	30	570	0	0	0	2
Bleu Cheese Dressing	3 oz.	470	460	51	10	0.5	50	860	1	0	0	3
Caesar Dressing	2 oz.	360	340	38	7	0.5	30	510	3	0	1	2
Caesar Dressing	3 oz.	530	510	57	10	1	40	760	5	1	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	25	510	17	0	16	1
Honey Mustard Poppyseed Dressing	3 oz.	520	420	47	8	0.5	40	770	26	1	24	2
Ranch Dressing	2 oz.	260	240	27	5	0	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	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	15	440	7	0	6	0
Thousand Island Dressing	3 oz.	290	240	27	4.5	0	20	660	10	0	9	1

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)
Haystack Tavern	Beef	570	330	37	10	1	70	930	40	1	11	20
Red's Cheeseburger	Beef	350	150	17	7	0.5	55	710	29	0	5	20
Red's Cheeseburger	Chicken	340	90	10	4	0	110	1180	33	1	6	32
Red's Cheeseburger	Turkey	450	200	22	8	0	95	1220	31	0	5	28
Red's Cheeseburger	Veggie	340	110	12	4	0	15	1010	46	7	10	14
Red's Burger	Beef	280	110	12	4	0	40	290	27	0	4	16
Red's Burger	Chicken	280	45	5	1	0	100	760	31	1	5	28
Red's Burger	Turkey	380	160	18	4.5	0	80	800	29	0	4	25
Red's Burger	Veggie	280	60	7	1	0	0	590	44	7	9	11
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		390	240	27	11	0.5	45	1190	22	1	2	13
Cluck-A-Doodles	3 pieces	540	260	29	5	0	60	1010	38	3	1	30
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	0	40	720	26	2	1	20
M.V.Pizza	Pepperoni	530	220	24	13	0.5	65	1310	53	3	11	25
Grilled Chicken Dip'Ns		130	15	2	0.5	0	100	510	4	1	1	24
Grilled Chicken Dip'Ns w/ BBQ Sauce		250	20	2.5	0.5	0	110	1190	30	1	23	25
Grilled Chicken Dip'Ns w/ Ranch		390	260	29	5	0	115	890	8	1	3	26
Grilled Chicken Dip'Ns w/ Teriyaki Sauce		230	15	2	0.5	0	100	1630	28	1	21	26
Mandarin Oranges		30	0	0	0	0	0	0	8	1	7	1
Side Salad†		5	0	0	0	0	0	5	1	0	1	0
Apples		35	0	0	0	0	0	0	9	1	7	0
Corn		70	5	0.5	0	0	0	0	14	2	1	2
Steamed Broccoli		15	0	0	0	0	0	15	3	1	1	2
Steak Fries		210	90	9	1.5	0	0	125	29	3	0	3
Yukon Chips		450	270	29	5	0	0	660	42	4	0	5
Freckled Fruit® Salad		50	0	0	0	0	0	0	12	1	11	0
Apple Juice		50	0	0	0	0	0	10	12	0	12	0
Cranberry Juice		70	0	0	0	0	0	0	17	0	15	0
Orange Juice		60	0	0	0	0	0	10	14	0	12	1
Pineapple Juice		70	0	0	0	0	0	0	16	0	12	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	1	44	11
Strawberry Smoothie		290	0	0	0	0	0	5	75	0	69	0
Sundae		310	90	10	7	0	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	620	129	3	62	10
Chocolate Fruffles®	830	360	40	31	0	70	300	123	8	101	11
Double Berry Cheesecake	700	360	40	22	1.5	145	430	67	2	57	11
Goopy Chocolate Brownie Cake	950	330	37	15	0.5	100	360	150	1	118	10
Mountain High Mudd Pie	1360	530	59	39	3	115	610	193	7	131	17
Tres Leches	620	280	32	15	0.5	115	490	74	1	57	10
Tres Leches Cake with Caramel	890	300	34	17	1	120	670	135	1	94	11
Tres Leches Cake with Strawberries	700	280	32	15	0.5	115	490	93	2	76	11

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	1	40	3
Skinny Spiked Freckled Lemonade®	120	0	0	0	0	0	10	13	1	11	2
Barefoot Refresh® Moscato Spritzer	6 oz.	110	0	0	0	0	20	13	0	10	0
Barefoot Refresh® Moscato Spritzer	9 oz.	170	0	0	0	0	25	20	0	15	1
Electric Watermelon	380	0	0	0	0	0	20	54	0	38	0
House Margarita (Rocks and Frozen)	220	0	0	0	0	0	890	32	0	29	0
Long Island Iced Tea	420	0	0	0	0	0	10	60	0	57	0
Mojito	160	0	0	0	0	0	25	17	0	15	0
One Great Margarita	Rocks	290	0	0	0	0	890	48	0	38	0
One Great Margarita With Grand Marnier®	Rocks	290	0	0	0	0	890	46	0	38	0
One Great Margarita	Frozen	260	0	0	0	0	890	39	0	31	0
One Great Margarita With Grand Marnier®	Frozen	260	0	0	0	0	890	38	0	31	0
One Great Margarita	Frozen Peach	320	0	0	0	0	10	57	0	49	0
One Great Margarita	Frozen Raspberry	320	0	0	0	0	0	58	0	49	0
One Great Margarita	Frozen Strawberry	290	0	0	0	0	0	46	2	40	1
Red Spanish Sangria	120	0	0	0	0	0	0	13	1	13	0
Citrus Freckled Mojito	160	0	0	0	0	0	25	24	0	21	2
Red's Signature Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Sand in Your Shorts®	370	5	0	0	0	0	0	65	1	55	1
Screaming Red Zombie	400	5	0	0	0	0	15	61	1	52	1
White Spanish Sangria	120	0	0	0	0	0	0	13	0	13	0
Silver Patrón® Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Skinny Stoli® Raspberry Lemonade	80	0	0	0	0	0	10	7	0	2	0
Tropical Mai Tai	310	0	0	0	0	0	15	47	1	41	1
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

ADULTS-ONLY BOOZY SHAKES

	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)
Baileys® Irish Cream Shake	590	220	25	14	1	90	220	75	1	64	12
Blue Moon® Beer Shake	840	350	39	25	1.5	150	260	97	2	78	15
Irish Beer Shake	720	250	27	17	1	105	260	90	1	73	14

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)
Alaskan Amber	12 oz.	180	0	0	0	0	0	16	0	0	3
Alaskan Amber	16 oz.	230	0	0	0	0	0	21	0	0	4
Angry Orchard® Hard Cider	12 oz. Bottle	200	0	0	0	0	10	25	0	20	0
Angry Orchard® Hard Cider	16 oz.	260	0	0	0	0	15	33	1	27	0
Angry Orchard® Hard Cider	22 oz.	360	0	0	0	0	20	45	2	37	0
Angry Orchard® Hard Cider	32 oz.	520	0	0	0	0	30	66	3	54	0
Angry Orchard® Rose Cider	12 oz.	170	0	0	0	0	15	17	1	13	0
Angry Orchard® Rose Cider	16 oz.	230	0	0	0	0	20	23	1	17	0
Angry Orchard® Rose Cider	22 oz.	310	0	0	0	0	25	31	2	24	0
Angry Orchard® Rose Cider	32 oz.	450	0	0	0	0	35	45	3	35	0
Blue Moon® Belgian White	12 oz.	170	0	0	0	0	15	14	0	11	2
Blue Moon® Belgian White	16 oz.	220	0	0	0	0	20	19	0	14	3
Blue Moon® Belgian White	22 oz.	310	0	0	0	0	30	26	0	20	3
Blue Moon® Belgian White	32 oz.	450	0	0	0	0	45	38	0	29	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)
Bud Light®	12 oz.	100	0	0	0	0	0	10	5	0	0	1
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
Budweiser®	12 oz. Bottle	150	0	0	0	0	0	10	11	0	0	1
Budweiser®	12 oz.	150	0	0	0	0	0	10	11	0	0	1
Budweiser®	16 oz.	200	0	0	0	0	0	15	14	0	0	2
Budweiser®	22 oz.	270	0	0	0	0	0	20	19	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
Deschutes™ Mirror Pond Pale Ale®	12 oz.	170	0	0	0	0	0	20	16	0	0	0
Deschutes™ Mirror Pond Pale Ale®	16 oz.	230	0	0	0	0	0	25	21	0	0	0
Guinness®	12 oz. Bottle	120	0	0	0	0	0	0	9	0	1	1
Guinness®	14.9 oz. Can	150	0	0	0	0	0	0	12	0	1	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	1
Heineken®	16 oz.	190	0	0	0	0	0	10	15	0	3	1
Killian's® Irish Red	12 oz. Bottle	170	0	0	0	0	0	10	15	0	11	2
Killian's® Irish Red	16 oz.	220	0	0	0	0	0	15	19	0	14	2
Killian's® Irish Red	22 oz.	310	0	0	0	0	0	20	27	0	20	3
Lagunitas IPA®	4 oz.	60	0	0	0	0	0	0	5	0	0	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
MGD® 64	12 oz.	60	0	0	0	0	0	5	2	0	0	1
MGD® 64	16 oz.	90	0	0	0	0	0	5	3	0	0	1
Michelob® AmberBock	12 oz.	150	0	0	0	0	0	10	12	0	0	1
Michelob® AmberBock	16 oz.	200	0	0	0	0	0	10	16	0	0	2
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® Genuine Draft	12 oz.	140	0	0	0	0	0	5	13	0	0	1
Miller® Genuine Draft	16 oz.	190	0	0	0	0	0	10	17	0	0	1
Miller Lite®	12 oz.	100	0	0	0	0	0	5	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
New Belgium® Fat Tire®	12 oz.	140	0	0	0	0	0	5	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
O'Doul's®	12 oz.	70	0	0	0	0	0	10	13	0	0	1
O'Doul's®	16 oz.	90	0	0	0	0	0	10	18	0	0	1
Rebel® IPA	12 oz. Bottle	200	0	0	0	0	0	15	15	0	0	2
Rebel® IPA	16 oz.	260	0	0	0	0	0	20	20	2	0	3
Samuel Adams Boston Lager®	4 oz.	60	0	0	0	0	0	10	6	0	1	1
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	0	3	2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	0	40	34	0	4	3
Samuel Adams Boston Lager®	32 oz.	460	0	0	0	0	0	60	50	0	6	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
Samuel Adams Cold Snap	12 oz.	170	0	0	0	0	0	20	14	0	0	2
Samuel Adams Cold Snap	16 oz.	230	0	0	0	0	0	25	19	0	0	3
Samuel Adams Cold Snap	22 oz.	310	0	0	0	0	0	35	26	0	0	4
Samuel Adams Cold Snap	32 oz.	450	0	0	0	0	0	55	37	0	0	5
Samuel Adams Fresh as Helles™	12 oz.	180	0	0	0	0	0	25	17	0	1	2
Samuel Adams Fresh as Helles™	16 oz.	240	0	0	0	0	0	30	22	0	1	3
Samuel Adams Fresh as Helles™	22 oz.	330	0	0	0	0	0	40	30	0	1	4
Samuel Adams Fresh as Helles™	32 oz.	480	0	0	0	0	0	60	44	0	2	6
Sam Adams® Hopscape™	12 oz.	170	0	0	0	0	0	20	13	0	0	2
Sam Adams® Hopscape™	16 oz.	220	0	0	0	0	0	25	17	0	0	3
Sam Adams® Hopscape™	22 oz.	300	0	0	0	0	0	35	23	0	0	4
Sam Adams® Hopscape™	32 oz.	440	0	0	0	0	0	50	34	0	0	6
Sam Adams® OctoberFest	12 oz.	180	0	0	0	0	0	20	19	0	1	2
Sam Adams® OctoberFest	16 oz.	240	0	0	0	0	0	25	25	0	1	2
Sam Adams® OctoberFest	22 oz.	330	0	0	0	0	0	35	34	0	1	3
Sam Adams® OctoberFest	32 oz.	480	0	0	0	0	0	50	50	0	2	4

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)
Sam Adams® Summer Ale	12 oz.	170	0	0	0	0	0	15	14	0	0	2
Sam Adams® Summer Ale	16 oz.	220	0	0	0	0	0	20	18	0	0	3
Sam Adams® Summer Ale	22 oz.	300	0	0	0	0	0	30	25	0	0	4
Sam Adams® Winter Lager	12 oz.	180	0	0	0	0	0	20	15	0	0	2
Sam Adams® Winter Lager	16 oz.	240	0	0	0	0	0	25	20	0	0	3
Sam Adams® Winter Lager	22 oz.	330	0	0	0	0	0	35	28	0	0	4
Sam Adams® Winter Lager	32 oz.	480	0	0	0	0	0	50	40	0	0	6
Shiner Bock	12 oz.	140	0	0	0	0	0	0	13	0	0	0
Shiner Bock	16 oz.	190	0	0	0	0	0	0	17	0	0	0
Sierra Nevada® Pale Ale	12 oz.	180	0	0	0	0	0	0	14	0	0	2
Sierra Nevada® Pale Ale	16 oz.	230	0	0	0	0	0	0	19	0	0	2
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
Yuengling® Traditional Lager	12 oz.	140	0	0	0	0	0	20	10	0	0	0
Yuengling® Traditional Lager	16 oz.	190	0	0	0	0	0	25	13	0	0	0
Red Robin 1969 Lager™	4 oz.	45	0	0	0	0	0	0	4	0	0	1
Red Robin 1969 Lager™	16 oz.	180	0	0	0	0	0	0	14	0	0	3
Red Robin 1969 Lager™	22 oz.	250	0	0	0	0	0	0	19	0	0	4
Red Robin 1969 Lager™	32 oz.	360	0	0	0	0	0	0	28	0	0	5

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)
Canyon Road® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	0	7	0	2	0
Canyon Road® Cabernet Sauvignon	9 oz.	250	0	0	0	0	0	0	11	0	3	0
Canyon Road® Chardonnay	6 oz.	160	0	0	0	0	0	0	6	0	3	0
Canyon Road® Chardonnay	9 oz.	230	0	0	0	0	0	0	9	0	4	0
Canyon Road® Merlot	6 oz.	170	0	0	0	0	0	0	7	0	3	0
Canyon Road® Merlot	9 oz.	250	0	0	0	0	0	0	11	0	4	0
Canyon Road® Pinot Grigio	6 oz.	140	0	0	0	0	0	0	5	0	2	0
Canyon Road® Pinot Grigio	9 oz.	220	0	0	0	0	0	0	7	0	3	0
Canyon Road® White Zinfandel	6 oz.	130	0	0	0	0	0	0	10	0	7	0
Canyon Road® White Zinfandel	9 oz.	200	0	0	0	0	0	0	14	0	11	0
Carnivor® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	20	6	0	1	1
Carnivor® Cabernet Sauvignon	9 oz.	260	0	0	0	0	0	25	9	0	2	1
Clos du Bois® Cabernet Sauvignon	6 oz.	130	0	0	0	0	0	0	2	0	2	0
Clos du Bois® Cabernet Sauvignon	9 oz.	190	0	0	0	0	0	0	3	0	3	0
Copper Ridge® Cabernet Sauvignon	6 oz.	140	0	0	0	0	0	0	6	0	2	0
Copper Ridge® Cabernet Sauvignon	9 oz.	220	0	0	0	0	0	0	9	0	3	1
Copper Ridge® Chardonnay	6 oz.	140	0	0	0	0	0	0	6	0	0	0
Copper Ridge® Chardonnay	9 oz.	220	0	0	0	0	0	0	9	0	1	1
Copper Ridge® Merlot	6 oz.	150	0	0	0	0	0	0	7	0	2	0
Copper Ridge® Merlot	9 oz.	220	0	0	0	0	0	0	11	0	3	1
Copper Ridge® White Zinfandel	6 oz.	130	0	0	0	0	0	0	10	0	6	0
Copper Ridge® White Zinfandel	9 oz.	190	0	0	0	0	0	0	14	0	9	1
Cupcake® Sauvignon Blanc	6 oz.	130	0	0	0	0	0	5	4	0	1	1
Cupcake® Sauvignon Blanc	9 oz.	200	0	0	0	0	0	10	5	0	1	2
Ecco Domani® Pinot Grigio	6 oz.	150	0	0	0	0	0	20	4	0	1	0
Ecco Domani® Pinot Grigio	9 oz.	230	0	0	0	0	0	25	5	0	1	1
Hogue® Pinot Grigio	6 oz.	120	0	0	0	0	0	0	6	0	5	0
Hogue® Pinot Grigio	9 oz.	180	0	0	0	0	0	0	8	0	8	0
Jacob's Creek® Chardonnay	6 oz.	130	0	0	0	0	0	0	1	0	1	0
Jacob's Creek® Chardonnay	9 oz.	200	0	0	0	0	0	0	1	0	1	0
Jacob's Creek® Shiraz	6 oz.	130	0	0	0	0	0	0	0	0	0	0
Jacob's Creek® Shiraz	9 oz.	200	0	0	0	0	0	0	1	0	1	0
Kendall-Jackson® Merlot	6 oz.	160	0	0	0	0	0	0	5	0	5	0
Kendall-Jackson® Merlot	9 oz.	230	0	0	0	0	0	0	7	0	7	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
Ruffino "Lumina" Pinot Grigio	6 oz.	110	0	0	0	0	0	0	4	0	4	0
Ruffino "Lumina" Pinot Grigio	9 oz.	170	0	0	0	0	0	0	7	0	6	0
The Naked Grape® Chardonnay	6 oz.	150	0	0	0	0	0	20	5	0	2	0
The Naked Grape® Chardonnay	9 oz.	220	0	0	0	0	0	25	7	0	3	1
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
Trinity Oaks® Pinot Noir	6 oz.	150	0	0	0	0	0	0	6	0	0	1
Trinity Oaks® Pinot Noir	9 oz.	230	0	0	0	0	0	0	9	0	1	2
Woodbridge® Cabernet Sauvignon	6 oz.	120	0	0	0	0	0	0	1	0	0	0
Woodbridge® Cabernet Sauvignon	9 oz.	180	0	0	0	0	0	0	2	0	0	0
Woodbridge® Chardonnay	6 oz.	130	0	0	0	0	0	0	3	0	3	0
Woodbridge® Chardonnay	9 oz.	190	0	0	0	0	0	0	5	0	4	0

WINE 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)
Woodbridge® Merlot	6 oz.	130	0	0	0	0	0	3	0	2	0
Woodbridge® Merlot	9 oz.	190	0	0	0	0	0	5	0	4	0
Woodbridge® White Zinfandel	6 oz.	120	0	0	0	0	0	22	0	21	0
Woodbridge® White Zinfandel	9 oz.	170	0	0	0	0	0	33	0	32	0