



**Red Robin**<sup>®</sup>  
**GOURMET BURGERS AND BREWS**  
**NUTRITIONAL GUIDE**

Live Date: 5/7/18

US-All\_0518

[redrobin.com](http://redrobin.com)

<sup>‡</sup> Assumes choice of American cheese.      <sup>†</sup> Dressing not included.  
<sup>\*</sup> Does not include calories for Steak Fries  
or Freckled Fruit<sup>®</sup> 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	95	29	2	150	2260	121	15	9	51	
Classic Wedge Salad	420	330	36	8	0	35	640	17	3	8	8	
Fried Pickle Nickels	750	470	52	8	1	70	2810	61	3	12	6	
Pretzel Bites	810	360	40	11	0	25	1670	95	9	6	16	
The O-Ring Shorty®	920	520	58	10	1	50	2110	93	4	26	9	
Bar Wings 'n' Yukon Chips	Large With Banzai Sauce	1180	610	67	16	0.5	465	2450	50	4	26	93
Bar Wings 'n' Yukon Chips	Large With Buzz Sauce	1240	770	85	25	1	475	2930	26	5	3	94
Bar Wings 'n' Yukon Chips	Large With Honey Dijon Sauce	1280	630	70	17	1	470	2260	71	4	49	92
Bar Wings 'n' Yukon Chips	Large With Whiskey River® BBQ Sauce	1240	660	73	17	0.5	475	2040	54	5	25	93
Cheddar Bacon Skins	1020	660	73	34	2	185	1820	43	5	5	48	
Creamy Artichoke & Spinach Dip	820	400	44	14	1	35	1320	71	17	7	17	
Fresh-Fried Cheese Sticks	600	290	32	12	0	65	1590	53	6	7	25	
Fresh-Fried Jalapeño Coins	750	520	57	10	0	20	2390	46	11	4	6	
Fresh-Fried Mushrooms	410	200	23	4	0	0	870	48	2	27	5	
Guac, Salsa & Chips	720	320	35	7	0	0	1500	74	21	6	7	
Sweet Potato Fries	380	130	15	2.5	0	0	1380	59	5	32	3	
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
Zucchini Sticks	810	550	61	11	0.5	25	800	56	6	5	9	
Clamstrips	690	470	53	9	0	40	1500	44	2	4	11	
Just-In-Quesadilla®	1020	490	54	27	0	170	2640	70	10	7	60	
NachO.M.G.™	1390	670	74	35	2	170	4750	115	26	19	42	
Red's Bold Boneless Wings	Large With Banzai Sauce	1070	350	39	7	0	175	3080	107	3	25	71
Red's Bold Boneless Wings	Large With Buzz Sauce	1130	510	57	16	0.5	180	3560	83	4	2	72
Red's Bold Boneless Wings	Large With Honey Dijon Sauce	1170	380	42	8	0	175	2890	128	3	48	70
Red's Bold Boneless Wings	Large With Whiskey River® BBQ Sauce	1130	400	44	8	0	185	2670	111	4	24	71
Towering Onion Rings®	1310	530	59	10	1	55	3530	179	7	41	17	
<b>Jump Starters</b>												
Cheese Sticks	550	270	30	14	1	55	1730	43	2	13	26	
Clamstrips	710	480	53	9	0	20	1350	49	3	7	10	
Fresh-Fried Zucchini Sticks	500	380	42	7	0.5	20	570	27	3	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	
Wisconsin Cheese Curds	730	560	62	23	1	110	1240	11	1	2	27	

# 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	60	38	0	38	0
Barq's® Root Beer	Kid	90	0	0	0	0	40	26	0	26	0
Coca-Cola Classic®	Adult	120	0	0	0	0	40	33	0	33	0
Coca-Cola Classic®	Kid	80	0	0	0	0	25	23	0	23	0
Diet Coke®	Adult	0	0	0	0	0	35	0	0	0	0
Diet Coke®	Kid	0	0	0	0	0	25	0	0	0	0
Diet Dr Pepper®	Adult	0	0	0	0	0	50	0	0	0	0
Diet Dr Pepper®	Kid	0	0	0	0	0	35	0	0	0	0
Dr Pepper®	Adult	130	0	0	0	0	50	33	0	32	0
Dr Pepper®	Kid	90	0	0	0	0	35	23	0	22	0
Fanta® Orange	Adult	180	0	0	0	0	65	49	0	48	0
Fanta® Orange	Kid	90	0	0	0	0	35	26	0	26	0
Freckled Lemonade®	Adult	150	0	0	0	0	10	38	1	37	1
Freckled Lemonade®	Kid	90	0	0	0	0	5	24	0	23	0
Freckled Lemonade® Light	Adult	90	0	0	0	0	10	22	1	20	1
Freckled Lemonade® Light	Kid	45	0	0	0	0	10	11	0	10	0
Fresh-Brewed Gold Peak® Tea		0	0	0	0	0	0	0	0	0	0
Fresh-Brewed Gold Peak® Tea	Peach	180	0	0	0	0	0	47	0	43	0
Fresh-Brewed Gold Peak® Tea	Pomegranate	170	0	0	0	0	0	40	0	40	0
Fresh-Brewed Gold Peak® Tea	Raspberry	180	0	0	0	0	0	45	0	45	0
Fresh-Brewed Iced Tea		0	0	0	0	0	0	0	0	0	0
Peach Iced Tea		180	0	0	0	0	0	47	0	43	0
Pomegranate Iced Tea		170	0	0	0	0	0	40	0	40	0
Raspberry Iced Tea		180	0	0	0	0	0	45	0	45	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)
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
Minute Maid® Lemonade	Adult	140	0	0	0	0	0	20	36	0	35	0
Minute Maid® Lemonade	Kid	100	0	0	0	0	0	15	25	0	25	0
Minute Maid® Light™ Lemonade	Adult	20	0	0	0	0	0	20	5	0	3	0
Minute Maid® Light™ Lemonade	Kid	15	0	0	0	0	0	15	3	0	4	0
Orange Cream Soda		210	25	2.5	1.5	0	10	25	47	0	44	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	45	5	3	0	20	80	36	0	34	2
Raspberry Cream Soda		210	25	2.5	1.5	0	10	25	46	0	43	1
Strawberry Basil Lemonade		220	0	0	0	0	0	5	57	0	53	0
Sweet Tea		120	0	0	0	0	0	0	32	0	32	0
Sweet Tea	Peach	290	0	0	0	0	0	0	75	0	72	0
Sweet Tea	Pomegranate	280	0	0	0	0	0	0	68	0	68	0
Sweet Tea	Raspberry	290	0	0	0	0	0	0	73	0	73	0
Sprite®	Adult	130	0	0	0	0	0	30	34	0	30	0
Sprite®	Kid	90	0	0	0	0	0	20	23	0	21	0
Under 15 Calories Peach Iced Tea		0	0	0	0	0	0	0	8	0	0	0
Under 15 Calories Peach Lemonade		15	0	0	0	0	0	15	10	0	2	0
Under 15 Calories Raspberry Iced Tea		0	0	0	0	0	0	0	8	0	0	0
Under 15 Calories Raspberry Lemonade		15	0	0	0	0	0	15	10	0	2	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)
Chocolate Hazelnut Bliss	Monster	1290	570	63	40	1.5	150	530	158	8	129	26
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
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	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	4	145	510	183	1	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)
Chillin' Mango Smoothie	250	5	0	0	0	0	10	65	1	58	1
Coconut Pineapple Smoothie	520	140	16	13	0	25	120	90	2	79	3
Dreamy Orange Smoothie	380	70	8	5	0	30	85	74	1	69	6
Freckled Lemonade® Smoothie	360	70	8	4.5	0	30	50	72	1	66	3
Mayan Mango Smoothie	580	100	11	9	0	20	105	121	2	109	3

## SMOOTHIES 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)
Mocha Smoothie	440	110	12	7	0	55	170	73	1	50	11
Very Berried OJ Frostie	250	5	0	0	0	0	0	61	2	56	2
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	920	500	55	19	2	155	1620	51	4	13	49
Citrus Harissa Salmon	1000	620	69	12	0	15	1540	61	6	7	43
Smoke & Pepper™	950	490	54	21	2	185	2630	57	2	18	59
The MadLove Burger	1110	560	62	27	2.5	220	1960	66	5	22	73
The Marco Pollo™	860	390	44	13	1	190	2130	53	3	7	58
The Southern Charm Burger®	1210	610	68	24	2.5	195	2050	88	3	49	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)
A.1.® Peppercorn	1170	660	73	23	1.5	150	1680	73	5	10	53
Bacon Cheeseburger√	1070	690	77	24	1.5	165	1760	47	2	10	48
Banzai	1040	620	69	21	2	135	1400	63	3	25	42
Bleu Ribbon	1130	640	71	23	1.5	135	1870	74	5	13	47
Burnin' Love	900	470	55	18	1.5	125	1500	59	6	11	46
Burnin' Love Chicken	740	310	37	11	0.5	130	1930	63	6	11	44
Chili Chili™ Cheeseburger	880	450	50	18	1.5	145	1510	56	5	10	51
Grilled Turkey	660	320	36	9	0	90	1220	53	3	7	29
Guacamole Bacon	1010	600	67	23	1.5	155	1380	51	4	11	51
Keep It Simple <span style="float:right">Beef</span>	610	300	33	12	1	90	810	44	3	9	35
Lone Star	1010	650	72	22	1.5	135	1660	49	4	10	42
Ooey Goey Cheeseburger	760	460	52	18	1.5	130	1330	36	1	10	37
Prime Chophouse	1160	600	67	20	1.5	120	1790	88	8	11	49
Red Robin® Gourmet Cheeseburger√ Optional Relish	850	500	56	20	1.5	130	1460	47	3	10	41
Red Robin® Gourmet Cheeseburger√	880	500	56	20	1.5	130	1650	55	3	18	41
Royal Red Robin	1190	780	86	27	2	350	1890	48	2	11	54
Sautéed 'Shroom	840	440	49	20	1.5	120	1090	53	7	10	48
Turkey Club	960	580	64	17	0.5	140	1680	51	5	10	43
Veggie Burger	1010	590	66	17	0.5	45	1320	81	15	14	27
The Wedgie™ Burger	500	270	30	10	1	110	750	23	8	13	37
Whiskey River® BBQ	1210	750	83	24	2	140	1330	72	4	20	43
Wild West Buffalo	930	430	48	16	0	105	1900	81	5	21	46
5 Alarm	810	460	51	18	1.5	125	1340	48	3	11	41

## 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 (two slices)	120	90	10	6	0	30	570	1	0	1	6
Bleu Cheese (crumbles)	150	110	12	8	0	35	570	1	0	0	9
Cheddar (one slice)	110	80	9	5	0	30	180	1	0	0	7
Pepper-Jack (one slice)	100	80	8	5	0	25	190	1	0	0	7
Provolone (one slice)	80	60	6	3.5	0	20	200	0	0	0	6
Swiss (one slice)	110	80	9	5	0	30	60	1	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)
Classic Sesame	220	40	4.5	1.5	0	0	350	39	2	6	7
Whole Grain	240	30	3.5	0.5	0	0	380	47	2	5	8
Brioche	220	40	4.5	1.5	0	0	350	39	2	6	7
Onion	270	60	6	1	0	0	410	45	3	2	9
Ciabatta Bread	170	20	2	0	0	0	360	31	2	3	8
Telera	230	35	4	2	0	0	480	42	2	4	8

## FUN WITH BUNS 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)
Jalapeño-Cornmeal Kaiser Roll	250	25	3	0.5	0	0	420	45	2	6	11
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4
Tavern Bun	150	25	3	0.5	0	0	250	27	0	4	4

## 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)
Add Bacon	70	45	5	1.5	0	20	270	1	0	1	5
Add Turkey	80	10	1.5	0.5	0	35	590	0	0	0	16
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® (per serving)	350	140	16	2.5	0	0	210	48	5	1	5
Chili Chili™ Cheese Fries	900	540	60	16	1	85	1410	64	8	7	27
Classic Wedge Salad	420	330	36	8	0	35	640	17	3	8	8
Coleslaw	240	150	17	2.5	0	20	650	19	3	13	2
Freckled Fruit® Salad (per serving)	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	15	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
Make Any Burger a Monster-Beef Patty	290	180	20	8	1	90	80	0	0	0	27
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6
Red's Chili Chili™	430	180	20	7	1	80	1430	32	7	6	31
Red's Chili Chili™	220	90	10	3.5	0	40	710	16	3	3	15
Side Salad†	20	0	0	0	0	0	15	4	2	2	1
Steamed Broccoli	30	5	0	0	0	0	30	6	3	2	3
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

## 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	330	270	30	5	0	25	500	15	0	11	1
Chipotle	190	160	18	3	0	15	490	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	410	380	42	7	0.5	25	470	8	1	2	1
Smoke & Pepper™ Ketchup	100	0	0	0	0	0	850	25	1	21	2
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	0	0	0	0
Country Dijon	150	120	13	2	0	10	730	5	0	2	0

## 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)
Blackened Chicken	650	300	33	11	0.5	130	2490	53	4	10	39
Bruschetta Chicken	740	420	47	11	0.5	130	1490	43	3	6	40
California Chicken	800	420	47	14	0.5	150	1970	52	4	10	46
Chicken Caprese	790	380	43	17	0	195	1630	40	3	6	49
Crispy Arctic Cod	890	450	50	10	0	65	1450	85	5	12	28
Crispy Chicken	1000	590	66	13	0	80	1810	68	4	10	35
Ragin' Cajun Chicken	1040	610	68	22	0.5	95	3240	67	5	9	41
Simply Grilled Chicken	800	280	31	7	0	100	1290	96	8	10	37
Simply Grilled Chicken	550	140	15	4.5	0	100	1080	72	5	31	33
Teriyaki Chicken	870	450	50	14	1	140	1550	67	4	25	41
Whiskey River® BBQ Chicken	1040	590	65	17	1	145	1610	75	4	21	41

## 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)
Fiery Ghost® Tavern Double	620	330	37	15	1.5	110	980	35	2	7	36
The Big Ghost	780	390	44	17	1.5	120	1350	53	4	12	42
Four Cheese Melt	720	380	42	20	1.5	90	1210	51	2	2	34
Pig Out Tavern Double	840	510	57	20	1.5	145	1500	39	1	14	42
The Big Pig Out	1200	710	79	25	1.5	175	1860	70	5	30	54
Pub Mac 'N' Cheese w/ House Salad	900	440	49	29	2	150	1850	83	9	14	35
Pub Mac 'N' Cheese w/ Caesar Salad	1090	620	69	33	2.5	165	2140	85	9	13	37
Red's Tavern Double®	640	370	41	16	1.5	115	1190	31	1	7	35
The Big Tavern	810	470	52	19	1.5	130	1420	46	2	11	40
Sir Acha Tavern Double™	710	410	46	17	1.5	115	1400	36	1	7	36
The Big Sir Acha	980	550	62	21	1.5	130	1750	65	6	17	43
Smoky Jack Tavern Double	750	440	49	17	1.5	125	1180	42	1	14	36
The Big Smoky Jack	1000	610	68	21	1.5	140	1430	57	3	18	42
Cowboy Ranch Tavern Double	720	400	44	14	1.5	115	1240	46	1	15	33
The Big Cowboy Ranch	940	510	57	19	1.5	135	1670	65	3	19	42
Taco Tavern Double™	620	330	36	14	1	110	1030	35	2	5	37
The Big Taco Tavern	850	420	47	16	1	120	1580	63	6	9	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	1520	810	89	15	1	135	1970	136	11	11	46
Includes Steak Fries											
Chicken Fajitas	880	290	32	11	0.5	210	2480	84	10	9	64
Clamstrips	1600	930	103	18	0	55	3460	142	8	17	28
Clucks & Fries®	1340	730	82	14	0.5	100	2040	104	9	5	47
Clucks & Fries®	1630	1010	113	27	1	115	4180	105	11	4	49
Buffalo Style											
Clucks & Shrimp	1020	560	63	11	0.5	155	2610	79	6	21	37
Ensenada Chicken™ Platter	480	160	18	5	0	210	2250	27	5	8	54
Ensenada Chicken™ Platter	290	100	11	3	0	110	1290	19	4	6	29
One Chicken Breast											
Pasta Alfredo	1420	740	83	49	3.5	230	1650	128	7	9	41
Chicken Pasta Alfredo	1550	760	85	50	3.5	325	2160	132	8	9	66
Prime Rib Dip	600	220	25	11	0.5	85	2300	57	4	13	37
Reel Thing Fish Tacos	590	250	28	6	0	55	650	69	8	9	18
Sear-ious Salmon	480	330	37	7	0	5	830	9	2	4	34
Shrimp & Cod Duo	1120	600	67	12	1	165	2580	94	7	24	36
Shrimp & Slaw Platter	730	290	32	6	0	200	2420	80	6	24	30
Southwest Chicken Pasta	1290	470	52	23	1.5	215	2200	146	8	17	65

## 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	360	40	15	0.5	60	1500	50	5	9	30
Caesar's Chicken Wrap*	840	450	50	12	0.5	90	1710	61	4	2	37
Nacho Chicken Bacon Wrap*	1130	600	67	23	0	135	2750	82	5	6	49
Philly Cheesesteak Sandwich*	910	540	61	18	1	105	2700	53	3	8	41
Sub a Salmon Fillet	410	290	32	6	0	0	670	2	0	0	33
Whiskey River® BBQ Chicken Wrap*	1050	530	59	19	1	130	2100	81	4	12	47
Wrappin' California Club*	990	570	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	460	260	29	14	0	70	1260	39	3	9	14
Baked Potato Soup	260	140	15	7	0	40	690	23	2	5	8
Chicken Tortilla Soup	400	170	19	7	0	55	1640	38	6	7	22
Chicken Tortilla Soup	200	90	10	3.5	0	30	820	19	3	4	11
Clamdigger's Clam Chowder	420	230	26	15	0.5	90	1330	32	1	10	16
Clamdigger's Clam Chowder	230	120	13	8	0	45	700	19	1	5	8
French Onion Soup	380	200	22	10	0.5	45	1650	23	4	10	19
French Onion Soup	210	100	11	5	0	25	860	15	2	5	10

## SOUPS continued

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)
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 <i>Cup of soup and sandwich information provided separately. Please see above for your selections.</i>												

## 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†	550	240	27	11	0	310	1350	34	8	10	49	
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	
Grilled Chicken Alla Caprese	930	590	66	20	0.5	220	2130	26	5	8	49	
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	890	530	59	19	1	180	1910	49	11	12	47	
Soup & Salad Combo† <i>(House Salad and Bowl of Soup info above.)</i>												
Caesar Salad	210	180	20	4	0	15	300	5	2	2	3	

## 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	490	6	0	4	0
Balsamic Vinegar Dressing	3 oz.	160	120	14	2	0	740	9	1	7	0
Bleu Cheese Dressing	2 oz.	320	310	34	7	0	30	570	0	0	2
Bleu Cheese Dressing	3 oz.	470	460	51	10	0.5	50	860	1	0	3
Caesar Dressing	2 oz.	360	340	38	7	0.5	30	510	3	0	2
Caesar Dressing	3 oz.	530	510	57	10	1	40	760	5	1	3
Dijon Vinaigrette Dressing	2 oz.	270	200	22	3.5	0	25	820	16	0	15
Dijon Vinaigrette Dressing	3 oz.	410	300	33	5	0	35	1230	24	0	23
Italian Dressing	2 oz.	220	200	22	3	0	0	580	6	0	4
Italian Dressing	3 oz.	330	300	33	4.5	0	0	870	9	0	6
Honey Mustard Poppyseed Dressing	2 oz.	350	280	31	5	0	25	510	17	0	16
Honey Mustard Poppyseed Dressing	3 oz.	520	420	47	8	0.5	40	770	26	1	24
Ranch Dressing	2 oz.	260	240	27	5	0	20	380	4	0	2
Ranch Dressing	3 oz.	390	360	40	7	0.5	30	580	6	0	3
Salsa-Ranch Dressing	2 oz.	160	150	16	4	0	20	290	4	0	2
Salsa-Ranch Dressing	3 oz.	240	220	24	6	0	25	430	6	0	3
Thousand Island Dressing	2 oz.	190	160	18	3	0	15	440	7	0	6
Thousand Island Dressing	3 oz.	290	240	27	4.5	0	20	660	10	0	9

## 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)
Apple Juice	50	0	0	0	0	0	10	12	0	12	0
Apples	35	0	0	0	0	0	0	9	1	7	0
Chocolate Milk	190	25	2.5	1.5	0	15	140	50	1	44	11
Cluck-A-Doodles	3 pieces	540	260	29	5	0	60	1010	38	3	30
Cod Crunchers	710	460	51	9	0.5	65	1070	44	3	5	20
Corn	70	5	0.5	0	0	0	0	14	2	1	2
Corn Doggies	9 pieces	530	290	33	8	0	105	1250	43	2	16
Cranberry Juice	70	0	0	0	0	0	0	17	0	15	0
Freckled Fruit® Salad	50	0	0	0	0	0	0	12	1	11	0
Grilled Cheesy	390	240	27	11	0.5	45	1190	22	1	2	13
Grilled Chicken Stickens	130	15	2	0.5	0	100	510	4	1	1	24
Grilled Chicken Stickens w/ BBQ Sauce	250	20	2.5	0.5	0	110	1200	31	2	24	26
Grilled Chicken Stickens w/ Ranch	390	260	29	5	0	115	890	8	1	3	26
Grilled Chicken Stickens w/ Teriyaki Sauce	230	15	2	0.5	0	100	1630	28	1	21	26
Hi-C® Fruit Punch	90	0	0	0	0	0	15	26	0	26	0
Lil' Appetites Cluck-A-Doodles	360	180	20	3.5	0	40	720	26	2	1	20
Lil' Appetites Corn Doggies	350	200	22	5	0	70	830	29	1	5	10
Lil' Appetites Meatballs on a Stick	330	200	22	7	0	45	630	18	2	2	16

## KIDS MENU continued

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)
Lil' Appetites Meatballs on a Stick w/ Cheese Sauce	450	290	32	13	0	80	1000	22	2	4	20
Lil' Appetites Meatballs on a Stick w/ Marinara	370	200	22	7	0	45	880	26	3	8	17
Lil' Appetites Meatballs on a Stick w/ Teriyaki	430	200	22	7	0	45	1750	41	2	23	17
Mac It Yours	380	180	19	4.5	0	15	860	39	1	11	13
Mac It Yours Broccoli	390	180	20	4.5	0	15	860	40	1	11	13
Mac It Yours Tomatoes	390	180	20	4.5	0	15	860	40	1	12	13
Mandarin Oranges	20	0	0	0	0	0	0	5	1	5	0
Meatballs on a Stick 9 pieces	490	290	33	11	0	70	940	26	3	4	23
Meatballs on a Stick w/ Cheese Sauce 9 pieces	620	390	43	17	0	100	1310	30	3	6	28
Meatballs on a Stick w/ Marinara 9 pieces	540	300	33	11	0	70	1190	34	4	9	25
Meatballs on a Stick w/ Teriyaki 9 pieces	590	290	33	11	0	70	2070	50	3	24	25
Milk	140	30	3.5	2	0	15	150	17	0	17	11
M.V.Pizza Pepperoni	530	220	24	13	0.5	65	1310	53	3	12	25
M.V.Pizza Cheese	450	160	17	11	0.5	50	1070	53	3	12	22
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
Red's Burger Beef	340	160	18	6	0	40	390	27	0	4	16
Red's Burger Chicken	330	100	11	3	0	100	780	31	1	5	28
Red's Burger Turkey	440	210	23	6	0	80	820	29	0	4	25
Red's Burger Veggie	330	120	13	2.5	0	0	610	44	7	9	11
Side Salad <sup>†</sup>	5	0	0	0	0	0	5	1	0	1	0
Steak Fries	210	90	9	1.5	0	0	125	29	3	0	3
Steamed Broccoli	15	0	0	0	0	0	15	3	1	1	2
Strawberry Smoothie	290	0	0	0	0	0	5	75	0	69	0
Swirly Twirly Pasta	370	25	2.5	1	0	0	550	71	7	12	15
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
Mountain High Mudd Pie	1360	530	59	39	3	115	610	193	7	131	17
Chocolate Fruffles®	830	360	40	31	0	70	300	123	8	101	11
Goopy Chocolate Brownie Cake	950	330	37	15	0.5	100	360	150	1	118	10
Double Berry Cheesecake	700	360	40	22	1.5	145	430	67	2	57	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)
Absolut® Lemonade	200	0	0	0	0	0	10	31	0	20	0
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	0	20	13	0	10	0
Barefoot Refresh® Moscato Spritzer 9 oz.	170	0	0	0	0	0	25	20	0	15	1
Cherry Lime Flip	280	0	0	0	0	0	25	53	1	46	0
Electric Watermelon	380	0	0	0	0	0	20	54	0	38	0
Flat On Your Beak	410	5	0	0	0	0	15	54	1	44	1
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	150	0	0	0	0	0	25	15	0	12	0
One Great Margarita Rocks	290	0	0	0	0	0	890	48	0	38	0
One Great Margarita With Grand Marnier® Rocks	290	0	0	0	0	0	890	46	0	38	0
Piña Colada (Rocks and Frozen)	580	140	16	13	0	25	130	97	2	79	3
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	1	13	0
Silver Patrón® Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Skinny Margarita (Rocks and Frozen)	120	0	0	0	0	0	870	12	0	8	0



## FROM THE BAR 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)
Skinny Margarita ( <i>Rocks and Frozen</i> )	Strawberries	170	0	0	0	0	0	0	23	1	19	0
Skinny Stoli® Raspberry Lemonade		80	0	0	0	0	0	10	7	0	2	0
Strawberry Basil Margarita		330	0	0	0	0	0	0	55	0	50	0
Tropical Mai Tai		310	0	0	0	0	0	15	47	1	41	1

## 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
Can-Crafted® Cocktail	Blue Moon®	200	0	0	0	0	0	10	28	1	16	1
Irish Beer Shake		720	250	27	17	1	105	260	90	1	73	14
Root Brewski Float™		460	70	7	4.5	0	30	70	69	0	17	3

## BEER

Draft beers are based on a 16-ounce serving.  
Bottled beers are based on a 12-ounce bottle.

		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	0	16	0	0	3
Alaskan Amber	16 oz.	230	0	0	0	0	0	0	21	0	0	4
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	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®	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®	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
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

## BEER continued

Draft beers are based on a 16-ounce serving.  
Bottled beers are based on a 12-ounce bottle.

		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)
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
Not Your Father's Root Beer®	12 oz.	300	0	0	0	0	0	0	48	0	0	0
Not Your Father's Root Beer®	16 oz.	400	0	0	0	0	0	0	65	0	0	0
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
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	2	0	2
Rebel® IPA	16 oz.	260	0	0	0	0	0	20	20	2	0	3
Samuel Adams Boston Lager®	12 oz.	170	0	0	0	0	0	25	19	1	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
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	12 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® Lager	12 oz.	140	0	0	0	0	0	15	12	0	0	1
Yuengling®	16 oz.	190	0	0	0	0	0	20	16	0	0	1
Yuengling® Traditional Lager	16 oz.	190	0	0	0	0	0	25	13	0	0	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)
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® Merlot	6 oz.	160	0	0	0	0	0	5	6	0	1	1
Cupcake® Merlot	9 oz.	230	0	0	0	0	0	10	9	0	2	2
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
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

## 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)
The Naked Grape® Harvest Red Blend	6 oz.	160	0	0	0	0	0	20	7	0	2	0
The Naked Grape® Harvest Red Blend	9 oz.	230	0	0	0	0	0	25	11	0	3	1
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
Woodbridge® Merlot	6 oz.	130	0	0	0	0	0	0	3	0	2	0
Woodbridge® Merlot	9 oz.	190	0	0	0	0	0	0	5	0	4	0
Woodbridge® White Zinfandel	6 oz.	120	0	0	0	0	0	0	22	0	21	0
Woodbridge® White Zinfandel	9 oz.	170	0	0	0	0	0	0	33	0	32	0