



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 5/7/18

US-All_0518

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 | 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 | |
| Jump Starters | | | | | | | | | | | | |
| 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 Beef | 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† | 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 |