

Red Robin[®]

GOURMET BURGERS AND BREWS

NUTRITIONAL GUIDE

Live Date: 1/24/2022

redrobin.com

‡ Assumes choice of American cheese.
* Does not include calories for sides. Nutritional Information is provided separately.
† Dressing not included.

Abbreviations:
Classic Sesame Bun - (CSB)
Gluten Free Bun - (GFB)
American Cheese - (AC)
Bleu Cheese - (BC)
Cheddar Cheese - (CC)
Pepper-Jack Cheese - (PJC)
Provolone Cheese - (PC)
Swiss Cheese - (SC)

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)
Fried Pickle Nickels	740	450	50	8	0.5	65	2830	62	3	14	6
Pretzel Bites	810	360	40	11	0.5	30	1780	95	9	6	16
The O-Ring Shorty®	910	500	56	10	1	45	2130	94	4	27	9
Towering Onion Rings®	1290	520	57	10	1	50	3550	179	7	42	17
Wings Red's Bold Boneless Plain	810	330	37	20	0.5	110	1930	66	14	1	21
Wings Red's Bold Boneless Wings with Buzz Sauce	990	490	55	29	0.5	115	3520	71	15	4	23
Wings Red's Bold Boneless Wings with Whiskey River Sauce	1010	380	42	21	0.5	110	2780	103	15	30	23
Wings Red's Bold Boneless Wings with Island Heat Sauce	960	460	63	21	0.5	110	2180	102	15	34	21
Wings Red's Bold Boneless Wings with Banzai Sauce	920	330	37	20	0.5	110	3080	93	14	24	23
Wings Red's Bold Bone-In Plain	1080	630	70	29	0.5	465	1290	21	6	1	91
Wings Bone-In Bar Wings with Buzz Sauce	1260	790	88	37	0.5	475	2860	26	7	3	93
Wings Bone-In Bar Wings with Whiskey River Sauce	1280	680	76	30	0.5	465	2140	58	7	30	93
Wings Bone-In Bar Wings with Island Heat Sauce	1230	760	96	29	0.5	465	1530	57	7	33	91
Wings Bone-In Bar Wings with Banzai Sauce	1190	630	70	29	0.5	465	2430	48	6	24	93

BOTTOMLESS BEVERAGES™

Nutritional information is per serving.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Barq's® Root Beer Adult	130	0	0	0	0	0	60	38	0	38	0
AHA® Blueberry + Pomegranate Sparkling Water Adult	0	0	0	0	0	0	30	0	0	0	0
AHA® Blueberry + Pomegranate Sparkling Water Kid	0	0	0	0	0	0	15	0	0	0	0
Coca-Cola Classic® Adult	120	0	0	0	0	0	40	33	0	33	0
Coca-Cola® Zero Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Coke® Adult	0	0	0	0	0	0	35	0	0	0	0
Dr Pepper® Adult	130	0	0	0	0	0	50	33	0	32	0
Fresh-Brewed Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Peach Iced Tea	180	0	0	0	0	0	0	47	0	43	0
Raspberry Iced Tea	180	0	0	0	0	0	0	45	0	45	0
Fresh-Brewed Tea, Sugar Free Peach	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Tea, Sugar Free Raspberry	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Sweet Tea	120	0	0	0	0	0	0	32	0	32	0
Fresh-Brewed Sweet Tea, Peach	290	0	0	0	0	0	0	75	0	72	0
Fresh-Brewed Sweet Tea, Raspberry	290	0	0	0	0	0	0	73	0	73	0
Fresh-Brewed Sweet Tea, Sugar Free Peach	110	0	0	0	0	0	0	36	0	29	0
Fresh-Brewed Sweet Tea, Sugar Free Raspberry	110	0	0	0	0	0	0	36	0	29	0
Minute Maid® Lemonade Adult	140	0	0	0	0	0	20	36	0	35	0
Lemonade with Peach Flavor	300	0	0	0	0	0	15	79	0	75	0
Lemonade with Raspberry Flavor	300	0	0	0	0	0	15	78	0	76	0
Lemonade with Sugar Free Peach Flavor	120	0	0	0	0	0	15	38	0	32	0
Lemonade with Sugar Free Raspberry Flavor	120	0	0	0	0	0	15	38	0	32	0
Freckled Lemonade® Adult	150	0	0	0	0	0	10	38	0	37	0
Freckled Lemonade® Kid	110	0	0	0	0	0	10	28	0	27	0
Orange Cream Soda	220	25	3	1.5	0	10	25	47	0	44	0
Raspberry Cream Soda	210	25	3	1.5	0	10	25	46	0	43	0
Poppin' Purple Lemonade	190	0	0	0	0	0	10	47	0	45	0
Root Beer Float Adult	580	130	7	135	0.5	15	160	132	0	110	9
Root Beer Float Kid	190	45	2.5	45	0	0	50	41	0	34	3
Sprite® Adult	130	0	0	0	0	0	30	34	0	30	0
Very Berry Raspberry Limeade	180	0	0	0	0	0	20	46	0	43	0

RED ROBIN'S FINEST BURGERS

All Finest Burgers are served with Bottomless Steak Fries®. 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)
Black & Bleu	870	500	55	17	1.5	130	1190	53	4	12	40
Smoke & Pepper™	800	360	40	17	1.5	145	1480	57	2	17	52
The MadLove Burger	1060	520	57	25	2	175	1410	71	5	27	65
The Master Cheese	790	410	45	19	1.5	140	1560	48	2	10	47
The Southern Charm Burger®	1140	610	67	21	2	160	1270	81	3	43	52

GOURMET BURGERS

Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®.
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)
Bacon Cheeseburger√	990	610	67	22	2	160	1330	47	2	11	49
Banzai	950	540	60	19	2	135	1360	61	3	22	42
Burnin' Love	910	530	61	19	1.5	135	1190	56	4	11	42
Burnin' Love Chicken	740	370	43	12	0.5	130	1720	57	5	12	43
Cheesy Bacon Fondue Burger	1670	970	108	39	3	245	2420	106	7	16	70
Chili Chili™ Cheeseburger	850	420	47	16	1.5	145	1470	58	5	10	50
Guacamole Bacon	920	520	57	19	1.5	150	940	50	4	11	52
Impossible™ Burger√	760	370	41	17	0.5	40	1810	68	8	19	33
Keep It Simple Beef	540	220	24	9	1	90	1190	46	3	10	35
Keep It Simple Veggie	380	80	9	2	0	0	1300	63	10	15	15
Monster Burger√	1220	690	77	31	3	255	2840	60	4	20	73
Red Robin® Gourmet Cheeseburger√ w/out Relish	780	430	47	17	1.5	130	1850	50	3	12	40
Royal Red Robin	1100	690	77	24	2	345	1450	48	2	11	55
Sautéed 'Shroom	770	360	40	17	1.5	120	1050	53	7	10	48
Scorpion Gourmet Burger	950	520	57	18	1.5	130	2080	67	7	15	43
Veggie Burger	750	400	44	12	0.5	40	1240	69	12	14	24
Veggie Vegan Burger w/ Steamed Broccoli	260	90	14	339	0	0	320	16	14	11	7
The Wedgie™ Burger	540	310	34	12	1	120	620	18	5	7	40
Whiskey River® BBQ	1140	670	75	21	2	135	1340	73	4	22	44

TAVERN BURGERS

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)
Haystack Tavern Double™	690	380	42	15	11	120	1280	40	0	9	37
The Big Haystack	920	520	58	19	1.5	130	1470	61	3	16	40
Pig Out Tavern Double	790	450	50	17	12	145	1280	41	0	13	45
The Big Pig Out	1070	630	70	23	2	170	1540	62	2	25	52
Red's Tavern Double®	600	320	35	14	11	120	1230	33	0	7	36
The Big Tavern	730	390	43	17	1.5	130	1370	47	2	12	40

BEER

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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® 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
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
Bud Light® 12 oz.	100	0	0	0	0	0	10	5	0	0	0
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
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
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
Guinness® 12 oz. Bottle	130	0	0	0	0	0	10	0	0	0	1
Guinness® 14.9 oz. Can	160	0	0	0	0	0	10	0	0	0	1
Guinness® 16 oz.	170	0	0	0	0	0	15	0	0	0	1
Guinness® 22 oz.	230	0	0	0	0	0	15	0	0	0	2
Heineken® 12 oz.	140	0	0	0	0	0	10	11	0	2	0
Heineken® 16 oz.	190	0	0	0	0	0	10	15	0	3	1
Heineken® 22 oz.	260	0	0	0	0	0	15	21	0	4	1
Lagunitas IPA® 12 oz.	180	0	0	0	0	0	15	14	0	0	3
Lagunitas IPA® 16 oz.	240	0	0	0	0	0	20	18	0	0	3
Lagunitas IPA® 22 oz.	330	0	0	0	0	0	25	25	0	0	5
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
Miller Lite® 12 oz.	100	0	0	0	0	0	0	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

BEER continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Modelo Especial	12 oz.	140	0	0	0	0	0	20	14	0	0	1
Modelo Especial	16 oz.	190	0	0	0	0	0	25	18	0	0	1
New Belgium® Fat Tire®	12 oz.	140	0	0	0	0	0	0	9	2	0	2
New Belgium® Fat Tire®	16 oz.	190	0	0	0	0	0	5	12	3	0	3
New Belgium® Fat Tire®	22 oz.	260	0	0	0	0	0	10	17	4	0	4
Red Robin 1969 Lager™	16 oz.	180	0	0	0	0	0	0	14	1	0	3
Red Robin 1969 Lager™	22 oz.	250	0	0	0	0	0	0	19	2	0	4
Samuel Adams Boston Lager®	12 oz.	170	0	0	0	0	0	25	19	0	2	2
Samuel Adams Boston Lager®	16 oz.	230	0	0	0	0	0	30	25	1	3	2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	0	40	34	1	4	3
Samuel Adams Cold Snap	12 oz.	170	0	0	0	0	0	20	14	1	0	2
Samuel Adams Cold Snap	16 oz.	230	0	0	0	0	0	25	19	1	0	3
Samuel Adams Cold Snap	22 oz.	310	0	0	0	0	0	35	26	2	0	4
Samuel Adams Fresh as Helles™	12 oz.	180	0	0	0	0	0	25	17	0	0	2
Samuel Adams Fresh as Helles™	16 oz.	240	0	0	0	0	0	30	22	1	1	3
Samuel Adams Fresh as Helles™	22 oz.	330	0	0	0	0	0	40	30	1	1	4
Sam Adams® Hopscape™	12 oz.	170	0	0	0	0	0	20	13	2	0	2
Sam Adams® Hopscape™	16 oz.	220	0	0	0	0	0	25	17	2	0	3
Sam Adams® Hopscape™	22 oz.	300	0	0	0	0	0	35	23	3	0	4
Sam Adams® OctoberFest	12 oz.	180	0	0	0	0	0	20	19	0	0	2
Sam Adams® OctoberFest	16 oz.	240	0	0	0	0	0	25	25	1	1	2
Sam Adams® OctoberFest	22 oz.	330	0	0	0	0	0	35	34	1	1	3
Sam Adams® Summer Ale	12 oz.	170	0	0	0	0	0	15	14	2	0	2
Sam Adams® Summer Ale	16 oz.	220	0	0	0	0	0	20	18	2	0	3
Sam Adams® Summer Ale	22 oz.	300	0	0	0	0	0	30	25	3	0	4
Sam Adams The Wicked Easy	12 oz.	130	0	0	0	0	0	20	2	0	0	1
Sam Adams The Wicked Easy	16 oz.	170	0	0	0	0	0	25	3	0	0	1
Sam Adams The Wicked Easy	22 oz.	240	0	0	0	0	0	35	4	0	0	2
Sam Adams® Winter Lager	12 oz.	180	0	0	0	0	0	20	15	2	0	2
Sam Adams® Winter Lager	16 oz.	240	0	0	0	0	0	25	20	2	0	3
Sam Adams® Winter Lager	22 oz.	330	0	0	0	0	0	35	28	3	0	4
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
Truly® Wild Berry Hard Seltzer™	12 oz. Can	100	0	0	0	0	0	0	2	0	1	0
Voodoo Ranger® Juicy Haze® IPA	12 oz.	220	0	0	0	0	0	0	16	1	1	3
Voodoo Ranger® Juicy Haze® IPA	16 oz.	290	0	0	0	0	0	5	21	1	1	4
Voodoo Ranger® Juicy Haze® IPA	22 oz.	400	0	0	0	0	0	10	29	2	2	6

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)
House Margarita (Rocks and Frozen)		120	0	0	0	0	0	900	18	0	16	0
Long Island Iced Tea		340	0	0	0	0	0	50	38	0	35	0
Red's Signature Margarita (Rocks and Frozen)		140	0	0	0	0	0	910	22	0	14	0
Sand in Your Shorts®		350	0	0.5	0	0	0	10	61	0	50	0
Screaming Red Zombie		330	0	0.5	0	0	0	45	43	1	35	0
Silver Patrón® Margarita (Rocks and Frozen)		190	0	0	0	0	0	910	22	0	14	0
Spiked Freckled Lemonade®		270	0	0	0	0	0	10	41	0	40	3
The Gold Fashioned		170	0	0	0	0	0	0	12	0	8	0
The Metropolitan		230	0	0	0	0	0	5	26	0	24	0
Tito's® Blue Chill		230	25	3	1.5	0	10	60	36	0	35	0
Tropical Mai Tai		300	0	0	0	0	0	25	44	1	39	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)
14 Hands® Merlot	5 oz.	120	0	0	0	0	0	0	4	0	1	0
14 Hands® Merlot	6 oz.	150	0	0	0	0	0	0	5	0	1	0
14 Hands® Merlot	9 oz.	220	0	0	0	0	0	5	8	0	2	0
Cupcake Vineyards® Chardonnay	5 oz.	130	0	0	0	0	0	10	3	0	1	0
Cupcake Vineyards® Chardonnay	6 oz.	160	0	0	0	0	0	10	4	0	1	0
Cupcake Vineyards® Chardonnay	9 oz.	230	0	0	0	0	0	20	5	0	2	0
Dark Horse™ Cabernet Sauvignon	5 oz.	140	0	0	0	0	0	0	4	0	0	0
Dark Horse™ Cabernet Sauvignon	6 oz.	160	0	0	0	0	0	0	5	0	0	0
Dark Horse™ Cabernet Sauvignon	9 oz.	240	0	0	0	0	0	0	8	0	0	0
Ecco Domani® Pinot Grigio	5 oz.	110	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	6 oz.	130	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	200	0	0	0	0	0	0	5	0	1	0
White Spanish Sangria		120	0	0	0	0	0	0	13	0	13	0
Red Spanish Sangria		120	0	0	0	0	0	0	13	0	13	0

ENTRÉES

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Arctic Cod Fish & Chips	Includes Steak Fries	1520	810	89	15	1	135	1920	135	11	10	45
Ensenada Chicken™ Platter		390	130	14	3	0	190	2390	12	4	6	57
Ensenada Chicken™ Platter	One Chicken Breast	210	60	7	1.5	0	95	1330	8	2	4	29
Clucks & Fries®		1330	740	82	15	1	100	1990	104	9	4	26
Clucks & Fries®	Buffalo Style	1630	1010	113	27	1	115	4090	106	11	5	28

SANDWICHES & WRAPS

Wraps and Sandwiches are served with Bottomless Steak Fries®.
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	14	0.5	55	1220	49	5	8	31
Buzzin' Chicken Sandwich		940	550	61	14	0.5	75	2340	67	4	10	35
California Chicken		710	330	36	10	0.5	135	2070	49	6	11	51
Crispy Chicken		930	520	57	11	0.5	80	2210	70	5	11	35
Grilled Turkey		670	370	41	9	0.5	95	1100	46	2	9	29
Simply Grilled Chicken		370	50	6	2	0	90	1580	46	5	10	35
Teriyaki Chicken		780	370	41	12	1	135	1630	61	4	22	43
Whiskey River® BBQ Chicken		960	510	56	14	1	130	1710	74	5	23	43
Whiskey River® BBQ Chicken Wrap*		1030	530	58	19	1	125	2320	81	4	14	43

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†		510	240	26	9	0.5	295	1420	25	9	8	50
Crispy Chicken Tender Salad†		880	450	50	14	0.5	270	1470	60	7	8	38
House Salad†		100	50	5	2.5	0	15	160	9	2	3	5
Red's Chili Chili™	Bowl	430	170	18	6	0.5	70	1480	36	7	7	28
Red's Chili Chili™	Cup	210	80	9	3.5	0.5	35	740	18	4	3	14
Simply Grilled Chicken Salad†		280	70	8	3.5	0	105	870	19	6	7	35
Southwest Salad		910	550	61	19	1	175	1870	46	12	12	50

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)
Bistro Sauce		140	110	13	1.5	0	5	440	6	0	2	0
Buzzard		140	130	15	7	0	0	1390	2	0	0	0
Campfire Mayo		320	250	28	4.5	0.5	20	520	16	0	12	0
Cheesy Bacon Fondue		340	230	26	15	1	85	900	10	0	6	17
Chipotle Aioli		410	390	44	7	0.5	25	390	5	0	2	0
Fresh Salsa		15	0	0	0	0	0	260	3	0	2	0
Island Heat Sauce		130	130	25	0	0	0	230	31	0	29	0
Ranch		260	240	27	5	0.5	20	380	4	0	2	1
Red's Secret Tavern Sauce™		190	160	18	3	0.5	15	440	7	0	6	0
Roasted Garlic Aioli		410	380	42	7	0.5	25	470	8	0	2	1
Smoke & Pepper™ Ketchup		90	0	0	0	0	0	690	23	0	17	1
Sweet & Spicy Ketchup		130	0	0	0	0	0	350	33	0	30	0
Teriyaki Sauce		100	0	0	0	0	0	1130	24	0	20	2
Whiskey River BBQ Sauce		130	0	0.5	0	0	0	800	31	1	28	1

SUBSTITUTIONS & SIDES

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Add Bacon		100	60	7	2	0	20	0	0	0	0	10
Add Bacon Bits		140	90	9	3.5	0	35	430	3	0	3	12
Cucumber Slices (three slices)		0	0	0	0	0	0	0	0	0	0	0
Garlic Fries		430	200	22	7	0.5	20	260	50	5	2	7
Fried Egg		90	60	7	2	0	185	95	0	0	0	6
Mayonnaise	1oz	250	240	26	4.5	0.5	15	170	3	0	0	0
Onion Rings		280	10	1	0	0	5	1020	61	3	11	6
Onion Straws		200	130	14	2.5	0	0	100	16	1	3	2
Pickle Slices		5	0	0	0	0	0	610	2	0	0	0
Red Onion		10	0	0	0	0	0	0	3	0	1	0

SUBSTITUTIONS & SIDES continued

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Red's Pickle Relish	90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms	140	60	7	2.5	0	0	410	13	5	3	7
Sautéed Onions	25	10	1.5	0	0	0	0	2	0	2	0
Bottomless Steak Fries® <i>(per serving)</i>	360	140	16	3	0	0	160	49	5	0	5
Steamed Broccoli	30	0	0.5	0	0	0	30	6	3	2	3
Sweet Potato Fries	460	200	23	21	0	0	750	59	8	21	4
Tomato (two slices)	5	0	0	0	0	0	0	1	0	0	0
Yukon Chips	500	320	35	31	0	0	490	41	8	0	4
Zucchini Fries	260	150	17	9	0	0	410	23	4	1	3

FUN WITH BUNS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Brioche	220	30	3.5	1.5	0	0	370	41	1	7	7
Ciabatta	220	25	3	0.5	0	0	450	39	1	2	9
Classic Sesame Bun	220	40	4.5	1.5	0	0	350	40	2	6	7
Croissant	330	140	15	9	0.5	0	390	41	1	6	7
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4
Lettuce Wrap Your Burger	15	0	0	0	0	0	10	3	1	2	1
Tavern Bun	160	25	2.5	0	10	0	320	28	0	3	6

PICK YOUR PROTEIN

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Ancient-Grain Veggie/Vegan Patty	130	35	4	0.5	0	0	340	17	7	5	7
Crispy Chicken Patty	430	240	26	5	0	65	1070	21	2	0	27
Grilled Chicken Patty	120	15	1.5	0.5	0	90	620	0	1	0	27
Gourmet Burger Patty	290	180	20	8	1	90	80	0	0	0	27
Impossible™ Burger Patty	240	120	14	8	0	0	0	11	5	0	19
Tavern Patty	130	80	9	3.5	0.5	40	40	0	0	0	12
Turkey Patty	230	130	15	4	0	80	550	2	0	0	21

CHEESES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
American <i>(two slices)</i>	110	90	10	6	0.5	30	570	2	0	1	5
Bleu Cheese <i>(crumbles)</i>	150	100	11	7	0.5	35	540	2	1	0	8
Cheddar <i>(one slice)</i>	110	80	9	5	0.5	30	180	0	0	0	7
Pepper-Jack <i>(one slice)</i>	100	80	8	5	0.5	25	190	0	0	0	7
Provolone <i>(one slice)</i>	80	60	6	3.5	0	20	200	0	0	0	6
Swiss <i>(one slice)</i>	110	80	9	6	0.5	30	60	0	0	0	8

KIDS MENU

The kids meal includes an entrée and a side of your choice. 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)
Carrots	15	0	0	0	0	0	30	4	1	2	0
Chocolate Milk	200	20	2.5	1.5	0	10	125	36	1	32	9
Cluck-A-Doodles 3 pieces	540	260	29	5	0	60	1010	38	3	0	15
Lil' Appetites Cluck-A-Doodles 2 pieces	360	180	20	3.5	0	40	720	26	2	0	10
Corn Doggies 9 pieces	530	290	33	8	0	105	1250	43	2	7	16
Lil' Appetites Corn Doggies 6 pieces	350	200	22	5	0	70	830	29	1	5	10
Grilled Chicken Dip'Ns Plain	120	15	1.5	0.5	0	90	620	0	1	0	27
Grilled Chicken Dip'Ns w/ BBQ Sauce	250	15	2	0.5	0	90	1420	32	2	28	28
Grilled Chicken Dip'Ns w/ Ranch	380	250	28	5	0.5	110	1000	5	1	3	29
Grilled Chicken Dip'Ns w/ Teriyaki Sauce	220	15	1.5	0.5	0	90	1750	24	1	21	29
Apple Juice	80	0	0	0	0	0	10	19	0	18	0
Orange Juice	80	0	0.5	0	0	0	0	19	0	16	1
Pineapple Juice	110	0	0	0	0	0	15	26	0	26	0
Mac It Yours	380	180	19	4.5	0.5	15	860	39	0	11	13
Mandarin Oranges	30	0	0	0	0	0	0	8	1	7	0
Milk	140	30	3.5	2	0	15	150	17	0	17	11
Red's Cheeseburger Beef	360	150	17	7	11	60	1100	32	1	5	22

KIDS MENU continued

The kids meal includes an entrée and a side of your choice. 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)
Red's Cheeseburger	Chicken	350	80	9	3.5	10	105	1680	32	2	6	37
Red's Cheeseburger	Turkey	460	200	22	7	10	95	1610	33	1	5	30
Red's Cheeseburger	Veggie	360	100	12	3.5	10	15	1400	49	8	10	16
Red's Burger	Beef	290	100	12	3.5	10	40	360	28	0	3	18
Red's Burger	Chicken	280	35	4	0.5	10	90	940	29	1	4	33
Red's Burger	Turkey	390	150	17	4	10	80	870	30	0	3	27
Red's Burger	Veggie	290	60	7	0.5	10	0	660	45	7	8	13
Side Salad [†]		5	0	0	0	0	0	5	1	0	0	0
Steak Fries		210	90	10	1.5	0	0	160	29	3	0	3
Steamed Broccoli		15	0	0	0	0	0	15	3	1	0	2
Sundae		310	90	7	70	0.5	20	45	58	1	42	6
Yukon Chips		250	160	18	15	0	0	210	20	4	0	2

MILKSHAKES AND MALTS[®]

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Malt (<i>Chocolate Dipped Strawberry</i>)	Monster	1130	400	45	30	1.5	150	410	164	4	143	23
Malt (<i>Chocolate Dipped Strawberry</i>)	Kid	580	210	24	16	0.5	80	210	82	2	72	12
Milkshake (<i>Chocolate Dipped Strawberry</i>)	Monster	1080	390	44	29	1.5	145	360	154	3	136	21
Milkshake (<i>Chocolate Dipped Strawberry</i>)	Kid	560	210	23	15	0.5	80	180	78	2	69	11
Malt (<i>Chocolate</i>)	Monster	1080	350	39	25	1.5	150	430	160	3	135	22
Malt (<i>Chocolate</i>)	Kid	570	190	22	13	0.5	80	220	83	2	71	12
Malt (<i>Strawberry</i>)	Monster	990	350	39	25	1.5	150	400	140	2	124	22
Malt (<i>Strawberry</i>)	Kid	550	190	22	13	0.5	80	200	78	1	70	11
Malt (<i>Vanilla</i>)	Monster	1000	350	39	25	1.5	150	400	143	1	127	20
Malt (<i>Vanilla</i>)	Kid	530	190	22	13	0.5	80	200	75	0	66	11
Milkshake (<i>Chocolate</i>)	Monster	1020	340	38	24	1.5	145	380	150	3	128	21
Milkshake (<i>Chocolate</i>)	Kid	540	190	21	13	0.5	80	200	77	1	66	11
Milkshake (<i>Strawberry</i>)	Monster	930	340	38	24	1.5	145	350	130	2	116	20
Milkshake (<i>Strawberry</i>)	Kid	510	190	21	13	0.5	80	180	72	1	65	10
Milkshake (<i>Vanilla</i>)	Monster	940	340	38	24	1.5	145	350	133	0	119	19
Milkshake (<i>Vanilla</i>)	Kid	500	190	21	13	0.5	80	180	69	0	62	10
Malt (<i>Oreo Cookie Magic</i>)	Monster	1100	400	44	26	1.5	150	530	156	3	126	22
Malt (<i>Oreo Cookie Magic</i>)	Kid	510	190	21	13	0.5	80	220	71	1	60	11
Milkshake (<i>Oreo Cookie Magic</i>)	Monster	1040	390	43	25	1.5	145	480	146	2	118	21
Milkshake (<i>Oreo Cookie Magic</i>)	Kid	480	180	21	13	0.5	80	190	65	0	55	10

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	5	620	129	3	62	10
Mountain High Mudd Pie	1330	530	59	40	1	120	570	189	7	128	18
Goey Chocolate Brownie Cake	880	330	33	78	0.5	80	310	139	2	99	12
Fudge Stuffed Chocolate Chip Cookie (per cookie)	330	130	14	9	0	40	350	50	2	27	3

DONATOS PIZZA

	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)
10" Cauliflower Base (Crust, Sauce, Cheese, Romano Mix)	940	360	40	23	1.5	125	2060	103	8	10	79
10" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1270	360	40	16	1	80	3180	168	11	14	56
12" GF Base (Crust, Sauce, Cheese, Romano Mix)	1340	490	55	27	1.5	115	2960	167	10	28	45
14" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1760	940	68	31	3.5	160	4470	199	16	20	85
Bacon Add 10"	300	180	20	7	0	75	890	6	0	6	25
Bacon Add 12" GF	500	300	33	12	0	125	1500	11	0	10	43
Bacon Add 14"	570	340	38	14	0	145	1710	12	0	11	48
Banana Pepper Add 10"	10	0	0	0	0	0	950	2	0	1	0
Banana Pepper Add 12" GF	15	0	0	0	0	0	1350	3	1	2	0
Banana Pepper Add 14"	25	0	0	0	0	0	1890	5	1	3	0
Chicken Add 10"	130	25	2.5	1	0	65	630	2	0	0	22
Chicken Add 12" GF	190	35	4	1.5	0	100	950	4	0	0	34
Chicken Add 14"	250	50	5	2	0	125	1230	5	0	0	43
Extra Cheese Add 10"	260	180	19	11	1	60	500	4	2	0	18
Extra Cheese Add 12" GF	370	250	27	15	1	85	710	5	3	0	26

DONATOS PIZZA 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)
Extra Cheese Add 14"	510	340	38	21	1.5	115	980	8	4	0	36
Founders Favorite 10" (Cauliflower Crust)	100	45	5	2.5	0	20	310	8	0	0	8
Founders Favorite 10" (Famous Thin Crust)	120	45	5	2	0	15	390	12	0	1	6
Founders Favorite 12" GF	140	70	7	3	0	20	440	12	0	2	6
Founders Favorite 14" (Famous Thin Crust)	160	90	8	3.5	0	25	530	12	1	1	9
Ultimate Grilled Cheese Pizza 10" (Famous Thin Crust)	120	40	4.5	2	0	10	290	13	0	1	6
Ultimate Grilled Cheese Pizza 10" (Cauliflower Crust)	90	40	4.5	2	0	15	210	9	0	1	8
Ultimate Grilled Cheese Pizza 14" (Famous Thin Crust)	150	80	6	3	0	15	370	14	1	2	8
Green Olives Add 10"	130	100	11	3.5	0	0	960	0	0	0	0
Green Olives Add 12" GF	190	150	16	5	0	0	1400	0	0	0	0
Green Olives Add 14"	260	200	22	7	0	0	1920	0	0	0	0
Green Pepper Add 10"	20	0	0	0	0	0	0	4	2	2	0
Green Pepper Add 12" GF	25	0	0	0	0	0	0	6	2	3	1
Green Pepper Add 14"	35	0	0.5	0	0	0	5	8	3	4	2
Ground Beef Add 10"	250	150	17	7	1	80	70	0	0	0	23
Ground Beef Add 12" GF	370	220	25	10	1.5	115	105	0	0	0	34
Ground Beef Add 14"	490	300	33	13	1.5	155	140	0	0	0	45
Ham Add 10"	110	30	3.5	1.5	0	55	1090	3	0	2	18
Ham Add 12" GF	160	45	5	2	0	75	1560	4	0	3	26
Ham Add 14"	220	60	7	2.5	0	105	2130	6	0	4	35
Jalapeno Add 10"	10	0	0	0	0	0	0	2	0	1	0
Jalapeno Add 12" GF	15	0	0	0	0	0	0	3	1	2	0
Jalapeno Add 14"	20	0	0.5	0	0	0	0	4	2	3	0
Mushroom Add 10"	25	0	0.5	0	0	0	5	4	1	2	4
Mushroom Add 12" GF	35	5	0.5	0	0	0	10	5	2	3	5
Mushroom Add 14"	50	5	1	0	0	0	10	7	2	4	7
Onion Add 10"	45	0	0	0	0	0	0	11	2	5	1
Onion Add 12" GF	70	0	0	0	0	0	5	16	3	7	2
Onion Add 14"	90	0	0	0	0	0	10	21	4	10	2
Pepperoni Add 10"	290	220	25	10	0.5	75	560	2	0	0	15
Pepperoni Add 12" GF	430	330	36	14	0.5	110	820	3	0	0	23
Pepperoni Add 14"	580	450	49	19	0.5	150	1110	4	0	0	31
Signature Pepperoni Pizza 10" (Cauliflower Crust)	90	40	4.5	2.5	0	15	190	7	0	0	7
Signature Pepperoni Pizza 10" (Famous Thin Crust)	110	40	4.5	2	0	10	270	12	0	1	5
Signature Pepperoni Pizza 12" GF	130	60	7	3	0	15	270	12	0	2	5
Signature Pepperoni Pizza 14" (Famous Thin Crust)	140	80	7	3	0.5	20	330	12	0	1	7
Signature Pepperoni Pizza 7" (Famous Thin Crust)	60	30	3	1.5	0	10	150	5	0	0	3
Pineapple Add 10"	50	0	0	0	0	0	0	13	0	12	0
Pineapple Add 12" GF	70	0	0	0	0	0	0	18	1	17	1
Pineapple Add 14"	100	0	0	0	0	0	0	24	2	23	2
Roma Tomatoes Add 10"	20	0	0	0	0	0	5	5	1	3	1
Roma Tomatoes Add 12" GF	35	0	0.5	0	0	0	10	7	2	5	2
Roma Tomatoes Add 14"	40	0	0.5	0	0	0	10	9	3	6	2
Sausage Add 10"	270	200	23	8	0	60	680	0	0	0	15
Sausage Add 12" GF	400	300	33	12	0	85	980	1	0	0	22
Sausage Add 14"	530	400	44	16	0	115	1320	2	0	0	30
Serious Cheese 10" (Cauliflower Crust)	90	40	4	2.5	0	15	180	8	0	0	7
Serious Cheese 10" (Famous Thin Crust)	110	40	4.5	2	0	10	260	12	0	0	5
Serious Cheese 12" GF	120	50	6	3	0	15	260	12	0	2	5
Serious Cheese 14" (Famous Thin Crust)	130	80	6	3	0.5	15	320	12	1	1	7
Serious Cheese 7" (Famous Thin Crust)	60	30	3	1.5	0	10	150	6	0	0	3
Serious Meat Pizza 10" (Cauliflower Crust)	110	50	6	3	0	20	260	8	0	1	9
Serious Meat Pizza 10" (Famous Thin Crust)	130	50	6	2.5	0	20	340	12	0	1	7
Serious Meat Pizza 12" GF	150	70	8	3.5	0	25	370	13	0	2	8
Serious Meat Pizza 14" (Famous Thin Crust)	170	100	9	3.5	0.5	30	450	12	0	2	11
Spinach Add 10"	10	0	0	0	0	0	35	2	1	0	1
Spinach Add 12" GF	15	0	0.5	0	0	0	55	2	2	0	2
Spinach Add 14"	20	0	0.5	0	0	0	70	3	2	0	3
The Works 10" (Cauliflower Crust)	100	45	5	2.5	0	15	210	8	0	1	7
The Works 10" (Famous Thin Crust)	120	45	5	2	0	10	290	13	0	1	6
The Works 12" GF	140	60	7	3	0	15	290	13	1	3	6
The Works 14" (Famous Thin Crust)	150	90	8	3	0	20	360	13	1	2	8
Very Vegy Pizza 10" (Cauliflower Crust)	70	30	3	1.5	0	10	170	8	0	1	6

DONATOS PIZZA 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)
Very Vegy Pizza 10" (Famous Thin Crust)	100	30	3	1.5	0	5	260	13	0	1	4
Very Vegy Pizza 12" GF	110	40	4.5	2	0	10	250	13	1	3	4
Very Vegy Pizza 14" (Famous Thin Crust)	110	60	4.5	2	0	10	310	13	1	2	5
Whiskey River BBQ Pizza 10" (Cauliflower Crust) (Chicken)	90	35	4	2	0	10	200	9	0	2	7
Whiskey River BBQ Pizza 10" (Famous Thin Crust) (Chicken)	110	35	4	1.5	0	10	280	14	0	2	5
Whiskey River BBQ Pizza 14" (Famous Thin Crust) (Chicken)	140	70	5	2	0	15	340	15	1	3	7

BOXED LUNCHES

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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	510	160	26	9	0.5	295	1420	25	9	8	50
Beef Burger w/ Yukon Chips (CSB)	860	430	48	30	1	95	1420	70	9	9	37
Beef Burger w/ Side Salad (CSB)	630	270	30	12	1	105	1360	52	5	11	40
Beef Burger w/ Yukon Chips (GFB)	850	430	48	28	1	95	1550	70	10	8	34
Beef Burger w/ Side Salad (GFB)	620	270	30	10	1	105	1490	52	6	11	37
Beef Cheeseburger w/ Yukon Chips (CSB) (AC)	970	520	58	36	1.5	125	1990	72	9	10	42
Beef Cheeseburger w/ Side Salad (CSB) (AC)	740	360	40	18	1.5	135	1930	54	5	13	45
Beef Cheeseburger w/ Yukon Chips (CSB) (BC)	960	430	56	34	1.5	115	1780	72	9	9	43
Beef Cheeseburger w/ Side Salad (CSB) (BC)	730	340	37	17	1.5	130	1720	53	6	11	45
Beef Cheeseburger w/ Yukon Chips (CSB) (CC)	980	520	57	35	1.5	120	1600	71	9	9	44
Beef Cheeseburger w/ Side Salad (CSB) (CC)	750	350	39	17	1.5	135	1540	52	5	11	47
Beef Cheeseburger w/ Yukon Chips (CSB) (PJC)	970	510	56	35	1.5	120	1610	71	9	9	44
Beef Cheeseburger w/ Side Salad (CSB) (PJC)	730	340	38	17	1.5	130	1550	52	5	11	46
Beef Cheeseburger w/ Yukon Chips (CSB) (PC)	940	490	54	33	1.5	110	1620	71	9	9	43
Beef Cheeseburger w/ Side Salad (CSB) (PC)	710	320	36	15	1.5	125	1550	52	5	11	46
Beef Cheeseburger w/ Yukon Chips (CSB) (SC)	970	510	57	35	1.5	120	1480	71	9	9	45
Beef Cheeseburger w/ Side Salad (CSB) (SC)	740	350	39	17	1.5	135	1410	52	5	11	47
BLTA Croissant w/ Yukon Chips	1010	580	64	35	0.5	55	1600	76	10	9	34
BLTA Croissant w/ Side Salad	780	410	46	17	1	70	1390	57	7	11	36
Caesar's Chicken Wrap w/ Yukon Chips	1150	660	73	33	1	90	2260	87	9	3	35
Caesar's Chicken Wrap w/ Side Salad	920	500	55	15	1	100	2200	68	6	5	38
Chicken Burger w/ Yukon Chips (CSB)	690	270	29	23	0	90	1950	71	10	9	38
Chicken Burger w/ Side Salad (CSB)	460	100	11	4.5	0	105	1890	52	6	12	40
Chicken Burger w/ Yukon Chips (GFB)	680	270	29	21	0	90	2090	71	11	9	35
Chicken Burger w/ Side Salad (GFB)	450	100	11	3	0	105	2020	52	7	11	37
Chicken Cheeseburger w/ Yukon Chips (CSB) (AC)	800	350	39	29	0.5	120	2530	73	10	11	43
Chicken Cheeseburger w/ Side Salad (CSB) (AC)	570	190	21	11	0.5	135	2460	55	6	13	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (BC)	790	270	37	27	0.5	115	2320	72	10	9	43
Chicken Cheeseburger w/ Side Salad (CSB) (BC)	560	100	19	9	0.5	125	2250	54	7	12	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (CC)	800	350	39	28	0.5	120	2140	71	10	9	45
Chicken Cheeseburger w/ Side Salad (CSB) (CC)	570	190	21	10	0.5	130	2070	53	6	12	47
Chicken Cheeseburger w/ Yukon Chips (CSB) (PJC)	790	340	38	28	0.5	115	2150	71	10	9	44
Chicken Cheeseburger w/ Side Salad (CSB) (PJC)	560	180	20	10	0.5	130	2080	53	6	12	47
Chicken Cheeseburger w/ Yukon Chips (CSB) (PC)	770	320	36	26	0.5	110	2150	71	10	9	44
Chicken Cheeseburger w/ Side Salad (CSB) (PC)	540	160	18	8	0.5	120	2090	53	6	12	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (SC)	800	340	38	28	0.5	120	2010	71	10	9	45
Chicken Cheeseburger w/ Side Salad (CSB) (SC)	570	180	20	10	0.5	130	1950	53	6	12	48
Beef Cheeseburger w/ Yukon Chips (GFB) (AC)	960	520	58	34	1.5	125	2120	72	10	10	39
Beef Cheeseburger w/ Side Salad (GFB) (AC)	730	360	40	16	1.5	135	2060	54	6	12	42
Beef Cheeseburger w/ Yukon Chips (GFB) (BC)	950	430	56	33	1.5	115	1910	72	11	8	40
Beef Cheeseburger w/ Side Salad (GFB) (BC)	710	270	37	15	1.5	130	1850	53	7	11	42
Beef Cheeseburger w/ Yukon Chips (GFB) (CC)	960	510	57	34	1.5	120	1730	71	10	8	41
Beef Cheeseburger w/ Side Salad (GFB) (CC)	730	350	39	16	1.5	135	1670	52	6	11	44
Beef Cheeseburger w/ Yukon Chips (GFB) (PJC)	950	510	56	33	1.5	120	1740	71	10	8	41
Beef Cheeseburger w/ Side Salad (GFB) (PJC)	720	340	38	16	1.5	135	1680	52	6	11	43
Beef Cheeseburger w/ Yukon Chips (GFB) (PC)	930	490	54	32	1.5	110	1750	71	10	8	40
Beef Cheeseburger w/ Side Salad (GFB) (PC)	700	320	36	14	1.5	125	1680	52	6	11	43
Beef Cheeseburger w/ Yukon Chips (GFB) (SC)	960	510	57	34	1.5	120	1610	71	10	8	42
Beef Cheeseburger w/ Side Salad (GFB) (SC)	730	350	38	16	1.5	135	1550	52	6	11	45
Chicken Cheeseburger w/ Yukon Chips (GFB) (AC)	790	350	39	27	0.5	120	2660	73	11	10	40
Chicken Cheeseburger w/ Side Salad (GFB) (AC)	560	190	21	9	0.5	135	2590	54	7	13	43
Chicken Cheeseburger w/ Yukon Chips (GFB) (BC)	770	270	37	26	0.5	115	2450	72	12	9	40

BOXED LUNCHES continued

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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)
Chicken Cheeseburger w/ Side Salad (GFB) (BC)	460	50	14	5	0.5	115	2480	48	6	10	38
Chicken Cheeseburger w/ Yukon Chips (GFB) (CC)	790	350	39	26	0.5	120	2270	71	11	9	42
Chicken Cheeseburgerw/ Side Salad (GFB) (CC)	560	190	21	9	0.5	130	2200	53	7	11	44
Chicken Cheeseburger w/ Yukon Chips (GFB) (PJC)	780	340	38	26	0.5	115	2280	71	11	9	41
Chicken Cheeseburger w/ Side Salad (GFB) (PJC)	550	180	20	8	0.5	130	2210	53	7	11	44
Chicken Cheeseburger w/ Yukon Chips (GFB) (PC)	760	320	36	25	0.5	110	2280	71	11	9	41
Chicken Cheeseburger w/ Side Salad (GFB) (PC)	530	160	18	7	0.5	120	2220	53	7	11	43
Chicken Cheeseburger w/ Yukon Chips (GFB) (SC)	790	340	38	27	0.5	120	2140	71	11	9	42
Chicken Cheeseburger w/ Side Salad (GFB) (SC)	560	180	20	9	0.5	130	2080	53	7	11	45
Impossible Cheeseburger w/ Yukon Chips (GFB) (AC)	910	470	52	34	0.5	35	2040	83	14	10	32
Impossible Cheeseburger w/ Side Salad (GFB) (AC)	680	300	33	16	0.5	45	1970	64	11	12	34
Impossible Cheeseburger w/ Yukon Chips (GFB) (BC)	900	380	49	33	0.5	25	1830	82	15	9	32
Impossible Cheeseburger w/ Side Salad (GFB) (BC)	660	210	31	15	0.5	40	1760	64	12	11	34
Impossible Cheeseburger w/ Yukon Chips (GFB) (CC)	910	460	51	34	0.5	30	1650	81	14	9	33
Impossible Cheeseburger w/ Side Salad (GFB) (CC)	680	300	33	16	0.5	45	1590	63	11	11	36
Impossible Cheeseburger w/ Yukon Chips (GFB) (PJC)	900	450	50	33	0.5	30	1660	81	14	9	33
Impossible Cheeseburger w/ Side Salad (GFB) (PJC)	670	290	32	16	0.5	40	1590	63	11	11	36
Impossible Cheeseburger w/ Yukon Chips (GFB) (PC)	880	430	48	32	0.5	20	1670	81	14	9	32
Impossible Cheeseburger w/ Side Salad (GFB) (PC)	650	270	30	14	0.5	35	1600	63	11	11	35
Impossible Cheeseburger w/ Yukon Chips (GFB) (SC)	910	460	51	34	0.5	30	1530	81	14	9	34
Impossible Cheeseburger w/ Side Salad (GFB) (SC)	680	290	32	16	0.5	45	1460	63	11	11	37
Turkey Cheeseburger w/ Yukon Chips (GFB) (AC)	900	470	52	31	0.5	115	2590	74	10	10	34
Turkey Cheeseburger w/ Side Salad (GFB) (AC)	670	310	34	13	0.5	125	2520	56	6	12	36
Turkey Cheeseburger w/ Yukon Chips (GFB) (BC)	890	380	50	29	0.5	105	2380	73	11	8	34
Turkey Cheeseburger w/ Side Salad (GFB) (BC)	660	220	32	11	0.5	120	2310	55	7	11	36
Turkey Cheeseburger w/ Yukon Chips (GFB) (CC)	900	470	52	30	0.5	110	2200	72	10	8	35
Turkey Cheeseburger w/ Side Salad (GFB) (CC)	670	300	34	12	0.5	125	2130	54	6	11	38
Turkey Cheeseburger w/ Yukon Chips (GFB) (PJC)	890	460	51	30	0.5	110	2210	72	10	8	35
Turkey Cheeseburger w/ Side Salad (GFB) (PJC)	660	300	33	12	0.5	120	2140	54	6	11	38
Turkey Cheeseburger w/ Yukon Chips (GFB) (PC)	870	440	49	28	0.5	100	2210	72	10	8	34
Turkey Cheeseburger w/ Side Salad (GFB) (PC)	640	280	31	10	0.5	115	2150	54	6	11	37
Turkey Cheeseburger w/ Yukon Chips (GFB) (SC)	900	460	51	30	0.5	110	2080	72	10	8	36
Turkey Cheeseburger w/ Side Salad (GFB) (SC)	670	300	33	12	0.5	120	2010	54	6	11	39
Veggie Cheeseburger w/ Yukon Chips (GFB) (AC)	800	380	42	27	0.5	30	2380	90	16	15	20
Veggie Cheeseburger w/ Side Salad (GFB) (AC)	570	210	24	9	0.5	45	2310	71	13	17	22
Veggie Cheeseburger w/ Yukon Chips (GFB) (BC)	780	290	40	26	0.5	25	2170	89	17	13	20
Veggie Cheeseburger w/ Side Salad (GFB) (BC)	550	130	22	8	0.5	40	2100	71	14	16	22
Veggie Cheeseburger w/ Yukon Chips (GFB) (CC)	800	370	41	26	0.5	30	1990	88	16	13	21
Veggie Cheeseburger w/ Side Salad (GFB) (CC)	570	210	23	9	0.5	40	1920	70	13	16	24
Veggie Cheeseburger w/ Yukon Chips (GFB) (PJC)	790	360	40	26	0.5	25	2000	88	16	13	21
Veggie Cheeseburger w/ Side Salad (GFB) (PJC)	560	200	22	9	0.5	40	1930	70	13	16	24
Veggie Cheeseburger w/ Yukon Chips (GFB) (PC)	760	340	38	25	0.5	20	2000	88	16	13	20
Veggie Cheeseburger w/ Side Salad (GFB) (PC)	530	180	20	7	0.5	30	1940	70	13	16	23
Veggie Cheeseburger w/ Yukon chips (GFB) (SC)	800	370	41	27	0.5	30	1860	88	16	13	22
Veggie Cheeseburger w/ Side Salad (GFB) (SC)	560	200	23	9	0.5	40	1800	70	13	16	25
House Salad Bottomless (Balsamic Dressing)	190	130	15	4.5	0	15	650	14	2	6	5
House Salad Bottomless (Bleu Cheese Dressing)	420	360	40	9	0.5	45	740	9	2	3	7
House Salad Bottomless (Honey Poppy Dressing)	450	330	37	8	0.5	40	680	26	2	18	6
House Salad Bottomless (Ranch Dressing)	360	290	32	7	0.5	35	550	13	2	5	6
Impossible Burger w/ Yukon Chips (CSB)	810	380	42	30	0	0	1340	81	13	9	29
Impossible Burger w/ Side Salad (CSB)	580	220	24	12	0	15	1270	62	10	12	32
Impossible Burger w/ Yukon Chips (GFB)	800	380	42	28	0	0	1470	81	14	9	26
Impossible Burger w/ Side Salad (GFB)	570	210	24	10	0	15	1400	62	11	11	29
Impossible Cheeseburger w/ Yukon Chips (CSB) (AC)	920	470	52	36	0.5	30	1910	83	13	11	35
Impossible Cheeseburger w/ Side Salad (CSB) (AC)	690	300	34	18	0.5	45	1840	65	10	13	37
Impossible Cheeseburger w/ Yukon Chips (CSB) (BC)	910	380	50	34	0.5	25	1700	82	14	9	35
Impossible Cheeseburger w/ Side Salad (CSB) (BC)	680	220	31	17	0.5	40	1630	64	10	12	37
Impossible Cheeseburger w/ Yukon Chips (CSB) (CC)	930	460	51	35	0.5	30	1520	81	13	9	36
Impossible Cheeseburger w/ Side Salad (CSB) (CC)	690	300	33	17	0.5	40	1450	63	10	12	39
Impossible Cheeseburger w/ Yukon Chips (CSB) (PJC)	910	450	50	35	0.5	30	1530	81	13	9	36
Impossible Cheeseburger w/ Side Salad (CSB) (PJC)	680	290	32	17	0.5	40	1460	63	10	12	39
Impossible Cheeseburger w/ Yukon Chips (CSB) (PC)	890	430	48	33	0.5	20	1530	81	13	9	35

BOXED LUNCHES *continued*

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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)
Impossible Cheeseburger w/ Side Salad (CSB) (PC)	660	270	30	15	0.5	30	1470	63	10	12	38
Impossible Cheeseburger w/ Yukon Chips (CSB) (SC)	920	460	51	35	0.5	30	1400	81	13	9	37
Impossible Cheeseburger w/ Side Salad (CSB) (SC)	690	290	32	17	0.5	40	1330	63	10	12	40
Mighty Caesar Salad	760	550	62	11	1	135	1580	20	7	5	36
Turkey Burger w/ Yukon Chips (CSB)	800	380	43	26	0	80	1890	72	9	9	31
Turkey Burger w/ Side Salad (CSB)	570	220	25	8	0	95	1820	53	5	11	34
Turkey Burger w/ Yukon Chips (GFB)	790	380	43	25	0	80	2020	72	10	8	28
Turkey Burger w/ Side Salad (GFB)	560	220	24	7	0	95	1950	53	6	11	31
Turkey Cheeseburger w/ Yukon Chips (CSB) (AC)	920	470	52	32	0.5	110	2460	74	9	10	37
Turkey Cheeseburger w/ Side Salad (CSB) (AC)	690	310	34	14	0.5	125	2390	56	5	13	39
Turkey Cheeseburger w/ Yukon Chips (CSB) (BC)	900	380	50	31	0.5	105	2250	73	9	9	37
Turkey Cheeseburger w/ Side Salad (CSB) (BC)	670	220	32	13	0.5	120	2180	55	6	11	39
Turkey Cheeseburger w/ Yukon Chips (CSB) (CC)	920	470	52	31	0.5	110	2070	72	9	9	38
Turkey Cheeseburger w/ Side Salad (CSB) (CC)	690	310	34	14	0.5	120	2000	54	5	11	41
Turkey Cheeseburger w/ Yukon Chips (CSB) (PJC)	910	460	51	31	0.5	110	2080	72	9	9	38
Turkey Cheeseburger w/ Side Salad (CSB) (PJC)	680	300	33	13	0.5	120	2010	54	5	11	41
Turkey Cheeseburger w/ Yukon Chips (CSB) (PC)	880	440	49	30	0.5	100	2080	72	9	9	37
Turkey Cheeseburger w/ Side Salad (CSB) (PC)	650	280	31	12	0.5	110	2020	54	5	11	40
Turkey Cheeseburger w/ Yukon Chips (CSB) (SC)	910	460	51	32	0.5	110	1940	72	9	9	39
Turkey Cheeseburger w/ Side Salad (CSB) (SC)	680	300	33	14	0.5	120	1880	54	5	11	42
Veggie Burger w/ Yukon Chips (CSB)	700	290	32	23	0	0	1670	88	15	14	17
Veggie Burger w/ Side Salad (CSB)	470	130	14	5	0	15	1610	69	12	16	20
Veggie Burger w/ Yukon Chips (GFB)	680	290	32	21	0	0	1810	88	16	13	14
Veggie Burger w/ Side Salad (GFB)	450	130	14	3.5	0	15	1740	69	13	16	17
Veggie Cheeseburger w/ Yukon Chips (CSB) (AC)	810	380	42	29	0.5	30	2250	90	15	15	23
Veggie Cheeseburger w/ Side Salad (CSB) (AC)	580	210	24	11	0.5	45	2180	71	12	17	25
Veggie Cheeseburger w/ Yukon Chips (CSB) (BC)	790	290	40	27	0.5	25	2040	89	16	14	23
Veggie Cheeseburger w/ Side Salad (CSB) (BC)	560	130	22	10	0.5	35	1970	71	13	16	25
Veggie Cheeseburger w/ Yukon Chips (CSB) (CC)	810	370	41	28	0.5	30	1860	88	15	14	24
Veggie Cheeseburger w/ Side Salad (CSB) (CC)	580	210	23	10	0.5	40	1790	70	12	16	27
Veggie Cheeseburger w/ Yukon Chips (CSB) (PJC)	800	370	41	28	0.5	25	1870	88	15	14	24
Veggie Cheeseburger w/ Side Salad (CSB) (PJC)	570	200	22	10	0.5	40	1800	70	12	16	27
Veggie Cheeseburger w/ Yukon chips (CSB) (PC)	780	350	38	26	0.5	20	1870	88	15	14	23
Veggie Cheeseburger w/ Side Salad (CSB) (PC)	550	180	20	8	0.5	30	1810	70	12	16	26
Veggie Cheeseburger w/ Yukon Chips (CSB) (SC)	800	340	38	28	0.5	120	2010	71	10	9	45
Veggie Cheeseburger w/ Side Salad (CSB) (SC)	570	180	20	10	0.5	130	1950	53	6	12	48
Wedgie Style Beef Burger w/ Yukon Chips	660	390	44	28	1	95	1080	34	8	4	31
Wedgie Style Beef Burger w/ Side Salad	430	230	26	10	1	105	1020	16	5	7	34
Wedgie Style Beef Cheeseburger w/ Yukon Chips (AC)	770	480	53	34	1.5	125	1650	36	8	6	37
Wedgie Style Beef Cheeseburger w/ Side Salad (AC)	540	320	35	16	1.5	135	1590	18	5	8	39
Wedgie Style Beef Cheeseburger w/ Yukon Chips (BC)	750	390	51	33	1.5	115	1440	36	9	4	37
Wedgie Style Beef Cheeseburger w/ Side Salad (BC)	520	230	33	15	1.5	130	1380	17	6	7	39
Wedgie Style Beef Cheeseburger w/ Yukon Chips (CC)	770	480	53	34	1.5	120	1260	35	8	4	38
Wedgie Style Beef Cheeseburger w/ Side Salad (CC)	540	310	35	16	1.5	135	1200	16	5	7	41
Wedgie Style Beef Cheeseburger w/ Yukon Chips (PJC)	760	470	52	33	1.5	120	1270	35	8	4	38
Wedgie Style Beef Cheeseburger w/ Side Salad (PJC)	530	310	34	16	1.5	130	1210	16	5	7	41
Wedgie Style Beef Cheeseburger w/ Yukon Chips (PC)	740	450	50	32	1.5	110	1280	35	8	4	37
Wedgie Style Beef Cheeseburger w/ Side Salad (PC)	510	290	32	14	1.5	125	1220	16	5	7	40
Wedgie Style Beef Cheeseburger w/ Yukon chips (SC)	770	470	52	34	1.5	120	1140	35	8	4	39
Wedgie Style Beef Cheeseburger w/ Side Salad (SC)	540	310	34	16	1.5	135	1080	16	5	7	42
Wedgie Style Chicken Burger w/ Yukon Chips	490	230	25	21	0	90	1620	35	9	5	32
Wedgie Style Chicken Burger w/ Side Salad	260	60	7	3	0	105	1550	16	6	7	35
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (AC)	600	320	35	27	0.5	120	2190	37	9	6	37
Wedgie Style Chicken Cheeseburger w/ Side Salad (AC)	370	150	17	9	0.5	135	2130	18	6	9	40
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (BC)	580	230	33	26	0.5	115	1980	36	10	5	37
Wedgie Style Chicken Cheeseburger w/ Side Salad (BC)	350	60	15	8	0.5	125	1920	18	7	7	40
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (CC)	600	310	35	26	0.5	120	1800	35	9	5	39
Wedgie Style Chicken Cheeseburger w/ Side Salad (CC)	370	150	16	9	0.5	130	1740	17	6	7	42
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (PJC)	590	300	34	26	0.5	115	1810	35	9	5	38
Wedgie Style Chicken Cheeseburger w/ Side Salad (PJC)	360	140	16	8	0.5	130	1750	17	6	7	41
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (PC)	570	280	31	25	0.5	110	1820	35	9	5	38
Wedgie Style Chicken Cheeseburger w/ Side Salad (PC)	340	120	13	7	0.5	120	1750	17	6	7	40

BOXED LUNCHES continued

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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)
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (SC)	600	310	34	27	0.5	120	1680	35	9	5	40
Wedgie Style Chicken Cheeseburger w/ Side Salad (SC)	370	140	16	9	0.5	130	1610	17	6	7	42
Wedgie Style Impossible Burger w/ Yukon Chips	610	340	38	28	0	0	1000	45	13	5	24
Wedgie Style Impossible Burger w/ Side Salad	380	180	20	10	0	15	940	26	9	7	26
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (AC)	720	430	47	34	0.5	30	1570	47	13	6	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (AC)	490	260	29	16	0.5	45	1510	28	9	9	31
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (BC)	700	340	45	33	0.5	25	1360	46	14	5	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (BC)	470	180	27	15	0.5	40	1300	28	10	7	32
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (CC)	720	420	47	34	0.5	30	1180	45	13	5	31
Wedgie Style Impossible Cheeseburger w/ Side Salad (CC)	490	260	29	16	0.5	40	1120	27	9	7	33
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (PJC)	710	420	46	33	0.5	30	1190	45	13	5	30
Wedgie Style Impossible Cheeseburger w/ Side Salad (PJC)	480	250	28	16	0.5	40	1130	27	9	7	33
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (PC)	690	400	44	32	0.5	20	1200	45	13	5	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (PC)	460	230	26	14	0.5	30	1130	27	9	7	32
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (SC)	720	420	46	34	0.5	30	1060	45	13	5	31
Wedgie Style Impossible Cheeseburger w/ Side Salad (SC)	490	260	28	16	0.5	40	1000	27	9	7	34
Wedgie Style Turkey Burger w/ Yukon Chips	600	350	38	25	0	80	1550	36	8	4	26
Wedgie Style Turkey Burger - Side Salad	370	180	20	7	0	95	1490	17	5	7	28
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (AC)	710	430	48	31	0.5	110	2120	38	8	6	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (AC)	480	270	30	13	0.5	125	2060	20	5	8	33
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (BC)	700	410	46	29	0.5	105	1910	37	9	4	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (BC)	460	250	28	11	0.5	120	1850	19	6	7	34
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (CC)	710	430	48	30	0.5	110	1730	36	8	4	33
Wedgie Style Turkey Cheeseburger w/ Side Salad (CC)	480	270	30	12	0.5	120	1670	18	5	7	35
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (PJC)	700	420	47	30	0.5	110	1740	36	8	4	32
Wedgie Style Turkey Cheeseburger w/ Side Salad (PJC)	470	260	29	12	0.5	120	1680	18	5	7	35
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (PC)	680	400	45	28	0.5	100	1750	36	8	4	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (PC)	450	240	26	10	0.5	110	1680	18	5	7	34
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (SC)	710	420	47	30	0.5	110	1610	36	8	4	33
Wedgie Style Turkey Cheeseburger w/ Side Salad (SC)	480	260	29	12	0.5	120	1540	18	5	7	36
Wedgie Style Veggie Burger w/ Yukon Chips	490	250	28	21	0	0	1340	52	15	9	12
Wedgie Style Veggie Burger w/ Side Salad	260	90	10	3.5	0	15	1270	33	12	12	14
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (AC)	610	340	38	27	0.5	30	1910	54	15	11	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (AC)	380	180	20	9	0.5	45	1850	35	12	13	19
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (BC)	590	320	36	26	0.5	25	1700	53	16	9	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (BC)	360	160	18	8	0.5	35	1640	35	12	12	20
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (CC)	610	340	37	27	0.5	30	1520	52	15	9	19
Wedgie Style Veggie Cheeseburger w/ Side Salad (CC)	380	170	19	9	0.5	40	1460	34	12	12	21
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (PJC)	600	330	36	26	0.5	25	1530	52	15	9	18
Wedgie Style Veggie Cheeseburger w/ Side Salad (PJC)	370	160	18	9	0.5	40	1470	34	12	12	21
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (PC)	570	310	34	25	0.5	20	1540	52	15	9	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (PC)	340	140	16	7	0.5	30	1470	34	12	12	20
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (SC)	600	330	37	27	0.5	30	1400	52	15	9	19
Wedgie Style Veggie Cheeseburger w/ Side Salad (SC)	370	170	19	9	0.5	40	1330	34	12	12	22
Whiskey River BBQ Chicken Wrap w/ Yukon Chips	1360	740	82	40	1	125	2690	108	10	14	46
Whiskey River BBQ Chicken Wrap w/ Side Salad	1130	570	64	22	1	140	2630	90	6	17	48

BUNDLES

Nutritionals are for single burger.

	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)
Beef Cheeseburger (CSB) (AC)	630	310	34	15	1.5	125	1000	42	2	8	39
Beef Cheeseburger (CSB) (CC)	630	300	34	14	1.5	120	610	40	2	6	41
Beef Cheeseburger (CSB) (PJC)	620	290	33	14	1.5	120	620	40	2	7	40
Beef Cheeseburger (CSB) (PC)	590	270	30	13	1.5	110	630	40	2	6	39
Beef Cheeseburger (CSB) (SC)	620	300	33	15	1.5	120	490	40	2	6	41
Chicken Cheeseburger (CSB) (AC)	460	140	16	8	0.5	120	1540	42	3	8	39
Chicken Cheeseburger (CSB) (CC)	460	140	15	7	0.5	120	1150	41	3	7	41
Chicken Cheeseburger (CSB) (PJC)	450	130	14	7	0.5	115	1160	41	3	7	41
Chicken Cheeseburger (CSB) (PC)	420	110	12	6	0.5	110	1160	41	3	7	40
Chicken Cheeseburger (CSB) (SC)	450	130	15	7	0.5	115	1030	41	3	7	42
Beef Burger (GFB)	500	220	24	8	1	95	560	39	3	6	31

BUNDLES continued

Nutritionals are for single burger.

	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)
Beef Cheeseburger (GFB) (AC)	610	310	34	14	1.5	125	1130	42	3	7	36
Beef Cheeseburger (GFB) (CC)	610	300	33	13	1.5	120	740	40	3	6	38
Beef Cheeseburger (GFB) (PJC)	600	290	33	13	1.5	120	750	40	3	6	37
Beef Cheeseburger (GFB) (PC)	580	270	30	11	1.5	110	760	40	3	6	37
Beef Cheeseburger (GFB) (SC)	610	300	33	13	1.5	120	620	40	3	6	38
Chicken Burger (GFB)	330	50	6	0.5	0	90	1100	40	4	7	31
Chicken Cheeseburger (GFB) (AC)	440	140	16	7	0.5	120	1670	42	4	8	36
Chicken Cheeseburger (GFB) (CC)	440	140	15	6	0.5	120	1280	41	4	7	38
Chicken Cheeseburger (GFB) (PJC)	430	130	14	6	0.5	115	1290	41	4	7	38
Chicken Cheeseburger (GFB) (PC)	410	110	12	4	0.5	110	1290	40	4	7	37
Chicken Cheeseburger (GFB) (SC)	440	130	14	6	0.5	120	1160	41	4	7	39
Veggie Burger (GFB)	340	80	8	0.5	0	0	820	57	9	11	11
Veggie Cheeseburger (GFB) (AC)	450	160	18	7	0.5	30	1390	59	9	12	16
Veggie Cheeseburger (GFB) (CC)	450	160	18	6	0.5	30	1000	57	9	11	18
Veggie Cheeseburger (GFB) (PJC)	440	150	17	6	0.5	25	1010	57	9	11	18
Veggie Cheeseburger (GFB) (PC)	420	130	15	4	0	20	1020	57	9	11	17
Veggie Cheeseburger (GFB) (SC)	450	150	17	6	0.5	30	880	57	9	11	19
Veggie Burger (CSB)	350	80	8	2	0	0	690	57	8	11	14
Veggie Cheeseburger (CSB) (AC)	460	160	18	8	0.5	30	1260	59	8	13	19
Veggie Cheeseburger (CSB) (CC)	460	160	18	7	0.5	30	870	58	8	11	21
Veggie Cheeseburger (CSB) (PJC)	450	150	17	7	0.5	25	880	58	8	11	20
Veggie Cheeseburger (CSB) (PC)	430	130	15	6	0.5	20	880	57	8	11	20
Veggie Cheeseburger (CSB) (SC)	460	150	17	8	0.5	30	750	58	8	11	22
Wedgie Style Beef Burger	310	180	20	8	1	90	95	3	1	2	28
Wedgie Style Beef Cheeseburger (AC)	420	270	30	14	1.5	125	660	6	1	3	33
Wedgie Style Beef Cheeseburger (CC)	420	260	29	13	1.5	120	270	4	1	2	35
Wedgie Style Beef Cheeseburger (PJC)	410	260	28	13	1.5	120	280	4	1	2	34
Wedgie Style Beef Cheeseburger (PC)	390	240	26	11	1.5	110	290	4	1	2	34
Wedgie Style Beef Cheeseburger (SC)	420	260	29	13	1.5	120	150	4	1	2	36
Wedgie Style Chicken Burger	140	15	1.5	0.5	0	90	630	4	2	3	28
Wedgie Style Chicken Cheeseburger (AC)	250	100	11	7	0.5	120	1200	6	2	4	34
Wedgie Style Chicken Cheeseburger (CC)	250	100	11	6	0.5	120	810	5	2	3	35
Wedgie Style Chicken Cheeseburger (PJC)	240	90	10	6	0.5	115	820	5	2	3	35
Wedgie Style Chicken Cheeseburger (PC)	220	70	8	4	0.5	110	830	4	2	3	34
Wedgie Style Chicken Cheeseburger (SC)	250	90	10	6	0.5	115	690	5	2	3	36
Wedgie Style Veggie Burger	140	40	4	0.5	0	0	350	21	8	7	8
Wedgie Style Veggie Cheeseburger (AC)	260	130	14	7	0.5	30	920	23	8	8	13
Wedgie Style Veggie Cheeseburger (CC)	260	120	14	6	0.5	30	530	21	8	7	15
Wedgie Style Veggie Cheeseburger (PJC)	250	110	13	6	0.5	25	540	21	8	7	15
Wedgie Style Veggie Cheeseburger (PC)	230	90	10	4	0	20	550	21	8	7	14
Wedgie Style Veggie Cheeseburger (SC)	260	120	13	6	0.5	30	410	21	8	7	16

CATERING SALADS

All Salads except for the Mighty Caesar do not include calories for Dressing

	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 w/Chicken Serves 10	150	50	8	3	0	90	430	8	3	2	15
Avo-Cobb-O Salad w/ Chicken Serves 16	100	30	5	2	0	55	270	5	2	2	9
Avo-Cobb-O Salad w/ Chicken Serves 6	250	80	13	4.5	0	150	710	13	4	4	25
Crispy Chicken Tender Salad w/ Tenders Serves 10	260	130	15	4	0	80	440	18	2	3	11
Crispy Chicken Tender Salad w/ Tenders Serves 16	160	80	9	2.5	0	50	280	11	1	2	7
Crispy Chicken Tender Salad w/ Tenders Serves 6	420	220	25	7	0.5	135	710	25	2	2	18
House Salad Serves 10	80	40	4	2	0	10	120	7	2	2	4
House Salad Serves 16	50	25	2.5	1.5	0	5	75	4	1	1	3
House Salad Serves 6	130	60	7	3.5	0	20	200	11	3	4	7
Mighty Caesar Salad w/ Chicken Serves 10	350	280	32	6	0.5	50	650	7	2	2	11
Mighty Caesar Salad w/ Chicken Serves 16	220	180	20	3.5	0.5	30	410	4	1	1	7
Mighty Caesar Salad w/ Chicken Serves 6	590	470	53	10	1	85	1080	12	4	3	19

CATERING DRINKS

Nutritional Information is per 12oz 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)
Freckled Lemonade	250	0	0	0	0	0	15	64	1	63	1
Minute Maid Lemonade	170	0	0	0	0	0	20	43	0	42	0
Peach Lemonade	370	0	0	0	0	0	20	98	0	92	0
Poppin Purple Lemonade	370	0	0	0	0	0	20	92	0	89	0
Raspberry Iced Tea	210	0	0	0	0	0	0	51	0	51	0
Raspberry Lemonade	370	0	0	0	0	0	20	95	0	94	0
Peach Iced Tea	200	0	0	0	0	0	0	53	0	49	0
Iced Tea	0	0	0	0	0	0	0	0	0	0	0
AHA Blueberry Pomegranate Sparkling Water	0	0	0	0	0	0	35	0	0	0	0
Dasani Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Barq's Root Beer Soft Drink	160	0	0	0	0	0	70	45	0	45	0
Coca Cola Soft Drink	140	0	0	0	0	0	45	39	0	39	0
Coke Zero Soft Drink	0	0	0	0	0	0	40	0	0	0	0
Diet Coke Soft Drink	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper Soft Drink	150	0	0	0	0	0	60	40	0	38	0
Sprite Soft Drink	160	0	0	0	0	0	35	40	0	36	0
Sweet Tea	150	0	0	0	0	0	0	38	0	38	0

CATERING WRAPS & SANDWICHES

	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)
Whiskey River BBQ Chicken Wrap Serves 6	1030	530	58	19	1	125	2320	81	4	14	43
BLTA Croissant Serves 6	550	240	27	12	0.5	45	1140	47	5	8	31
Chicken Caesar Wrap Serves 6	820	450	50	12	0.5	90	1890	59	4	2	33

BURGER 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)
Bacon Slice	35	20	2.5	0.5	0	5	0	0	0	0	3
Guacamole	40	30	3.5	0.5	0	0	170	2	1	0	0
Pickles (3 slice)	5	0	0	0	0	0	460	1	0	0	0
Onion, Red Sliced (4 Slice)	10	0	0	0	0	0	0	2	0	1	0
Pineapple Ring (1 Slice)	15	0	0	0	0	0	0	3	0	3	0
Onion Straws	60	40	4.5	1	0	0	30	5	0	0	0
Jalapeno Chips	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, Sauteed	20	10	1	0.5	0	0	55	2	0	0	0
Red Relish	25	0	0	0	0	0	150	7	0	6	0
Shredded Lettuce	0	0	0	0	0	0	0	1	0	0	0
Tomato Slices	0	0	0	0	0	0	0	0	0	0	0
Chipotle Aioli	120	120	13	2	0	10	115	2	0	0	0
Teriyaki Sauce	30	0	0	0	0	0	340	7	0	6	0
Whiskey River BBQ Sauce	40	0	0	0	0	0	240	9	0	8	0
Mustard	20	10	0	0	0	0	330	2	1	0	1
Ketchup	40	0	0	0	0	0	320	10	0	8	0
Red Robin Seasoning	0	0	0	0	0	0	150	0	0	0	0
Mayo	250	240	26	4.5	0.5	15	170	3	0	0	0

WING 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)
Wing Bar - w/ Salt & Pepper	520	300	33	8	0	290	930	0	1	0	56
Buzzard Sauce	90	90	9	4.5	0	0	880	1	0	0	0
Whiskey River BBQ Sauce	80	0	0	0	0	0	480	19	0	17	0
Teriyaki Sauce	60	0	0	0	0	0	680	14	0	12	1
Ranch Dressing	160	140	16	3	0	10	230	2	0	1	0
Bleu Cheese Dressing and Crumbles	190	180	21	4	0.5	20	350	0	0	0	1
Carrot Sticks	0	0	0	0	0	0	10	1	0	0	0

CATERING DRESSINGS

	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 Vinaigrette Dressing Serves 6	120	110	12	2.5	0	0	650	7	0	5	0
Baja Ranch Dressing Serves 6	250	230	25	6	0.5	25	370	5	0	3	1
Bleu Cheese Dressing Serves 6	420	410	45	9	0.5	45	760	0	0	0	3
Honey Mustard Poppyseed Dressing Serves 6	460	370	42	7	0.5	35	680	23	0	21	1
Italian Dressing Serves 6	240	220	24	4	0	0	640	8	0	5	0
Oil & Vinegar Serves 6	400	390	43	7	0.5	0	0	0	0	0	0
Ranch Dressing Serves 6	350	320	36	6	0.5	25	510	6	0	3	2
Thousand Island Dressing Serves 6	260	220	24	4	0.5	15	590	9	0	8	0

CATERING STARTERS, SIDES & BONELESS WINGS

	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)
Crispy Chicken Tenders Serves 6	980	590	66	12	0.5	95	1820	55	4	4	22
Pretzel Bites Serves 6	560	260	29	9	0.5	30	1310	63	6	5	12
Yukon Chips Serves 10	500	320	35	31	0	0	490	41	8	0	4
Corn Dogs Serves 10	410	230	25	6	0	80	970	33	1	6	12
Red's Boneless Wings Banzai Serves 6	460	170	19	10	0	55	1490	47	7	12	11
Red's Boneless Wings Buzzard Serves 6	500	240	27	14	0.5	60	1720	36	8	2	12
Red's Boneless Wings Island Heat Serves 6	480	230	31	10	0	55	1050	51	7	17	11
Red's Boneless Wings Whiskey River BBQ Serves 6	490	180	20	10	0	55	1340	50	8	15	11

CATERING 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)
Bundt Cakes Serves 10	620	230	26	7	0.5	75	290	93	0	63	6
Cinnamon Sugar Doh! Rings Serves 6	770	230	26	15	0.5	5	620	128	3	61	10