

Red Robin



Limited Time SMOKEHOUSE BRISKET BURGER

A fire-grilled beef burger topped with Whiskey River® BBQ Sauce, chopped smoked brisket, black-peppered bacon, Provolone cheese, roasted jalapeños, dill pickle planks, onion straws and chipotle aioli on a toasted brioche bun. Served with Bottomless Steak Fries®. 14.99 cal 1680

Limited Time SMOTHERED BBQ BRISKET CHIPS

Yukon Chips topped with beer cheese sauce, chopped smoked brisket, hardwood-smoked bacon, diced red onions, dill pickles and drizzled with Whiskey River® BBQ Sauce. 9.99 cal 1020

Limited Time PINEAPPLE UPSIDE-DOWN CAKE MILKSHAKE

Creamy vanilla soft serve blended with pineapple juice and cake flavor. Topped with whipped cream, pineapple, caramel sauce and a maraschino cherry. 5.89 cal 940
Make it boozy! Add a shot of Captain Morgan® Spiced Rum 2.00 cal 80

WHISKEY RIVER BACKYARD BBQ

Take One Down. Pass It Around. SHAREABLE APPS

WINGS

Served on a bed of Yukon kettle chips. Bone-In Bar Wings 11.49 cal 1080
Red's Bold All-White Meat Boneless Wings 9.99 cal 810

Pick your sauce (cal 120–200):

BUZZ

topped with Bleu cheese crumbles and carrot sticks.

BANZAI

with grilled pineapple.

ISLAND HEAT

with grilled pineapple and fresh jalapeño.

WHISKEY RIVER® BBQ

with crispy onion straws.

TOWERING ONION RINGS®

13 crispy onion rings with Campfire Mayo and ranch. 9.69 cal 1290
The O-Ring Shorty® (6 rings) 5.69 cal 910

PRETZEL BITES

Bear claw pretzel bites and New Belgium® Fat Tire® beer cheese. 5.69 cal 810

FRIED PICKLE NICKELS

Golden-fried dill slices served with Campfire Mayo. 5.69 cal 740

DONATOS® PIZZA

Try any 10" Donatos® pizza as an appetizer. Available in Signature, Classic and Create Your Own. See Pizza section for toppings, pricing and calories.
Try it with a cauliflower crust.

MOZZARELLA STICKS

Lightly battered Mozzarella cheese, fried to perfection and served with marinara sauce. 7.69 cal 1240



DONATOS®
APPETIZER
PIZZA

DONATOS® PIZZA

SEE BACK PAGE FOR FULL
DONATOS® PIZZA MENU

Try one of our Finest Burgers!



SMOKE & PEPPER™

FIRE-GRILLED BURGERS

ALL BURGERS ARE CUSTOMIZABLE AND SERVED WITH A CHOICE OF SIDE.

Chef-Inspired. Highly Desired. FINEST BURGERS

MADE FRESH TO ORDER.

THE MASTER CHEESE

Cheddar and Provolone cheeses, Bistro sauce, dill pickle planks, lettuce and tomato on a toasted brioche bun. 12.99 cal 790

THE MADLOVE BURGER

A Cheddar-and-Parmesan crisp, Provolone, Swiss, jalapeño relish, candied bacon, avocado, citrus-marinated tomatoes and red onions with lettuce on a toasted brioche bun. 13.99 cal 1060

SMOKE & PEPPER™

Black-peppered bacon, Cheddar, lettuce, dill pickle planks and Smoke & Pepper™ ketchup on a toasted brioche bun. 13.49 cal 800

THE SOUTHERN CHARM BURGER®

Brown sugar glaze, candied bacon, Whiskey River® BBQ Sauce, Cheddar, caramelized onions, lettuce and mayo on a toasted brioche bun. 13.99 cal 1140

BLACK & BLEU

Sautéed and blackened portobello mushrooms, caramelized onions, creamy cheese sauce, Bleu cheese crumbles, lettuce and roasted garlic aioli on a toasted brioche bun. 13.99 cal 870



The Burgers That Made Us Famous.

GOURMET BURGERS

MADE FRESH TO ORDER.

RED ROBIN GOURMET CHEESEBURGER

Red's Pickle Relish, red onions, pickles, lettuce, tomatoes, mayo and your choice of cheese. 11.99 cal 780–840

BACON CHEESEBURGER

Hardwood-smoked bacon, lettuce, tomatoes, mayo and choice of cheese. 13.29 cal 950–1020

THE IMPOSSIBLE™ CHEESEBURGER

A delicious, fire-grilled patty made from plants. Red's Pickle Relish, red onions, pickles, lettuce, tomatoes, mayo and your choice of cheese. 14.89 cal 730–790 **Sub the Impossible™ Patty on any burger.** 3.50 cal 240

BANZAI

Teriyaki-glazed patty, grilled pineapple, Cheddar, lettuce, tomatoes and mayo. 12.29 cal 950

WHISKEY RIVER® BBQ

Whiskey River® BBQ Sauce, crispy onion straws, Cheddar, lettuce, tomatoes and mayo. 12.89 cal 1140

GUACAMOLE BACON

House-made guac, hardwood-smoked bacon, Swiss, red onions, lettuce, tomatoes and mayo. 13.29 cal 920

BURNIN' LOVE BURGER®

Fried jalapeño coins, house-made salsa, Pepper-Jack, lettuce, tomatoes and chipotle aioli. 13.29 cal 910
Also available with grilled chicken. cal 740

SAUTÉED 'SHROOM

Garlic-and-Parmesan-sautéed mushrooms with Swiss. 12.59 cal 770

MONSTER BURGER

Two Gourmet patties, your choice of cheese, red onions, Red's Pickle Relish, pickles, lettuce, tomatoes and mayo. 14.99 cal 1150–1280

KEEP IT SIMPLE

Beef or a custom-blended, ancient-grain-and-quinoa veggie patty, pickles, red onions, lettuce and tomatoes. 11.79 cal 540/380

VEGGIE BURGER

Ancient-grain-and-quinoa veggie patty with Swiss cheese, house-made salsa, fresh avocado slices, roasted garlic aioli and lettuce. 12.49 cal 750
Want it basic? Try it on the Keep It Simple build.
Make it Vegan! Lose the cheese, garlic aioli and choose a lettuce bun. Served with Bottomless steamed broccoli. cal 260

THE WEDGIE™ BURGER

Hardwood-smoked bacon, house-made guac, tomatoes and red onions in a lettuce bun. Served with a Bottomless side salad. 13.29 cal 540

CHILI CHILI™ CHEESEBURGER

Red's Chili Chili™, Cheddar, chipotle aioli and red onions. Served open-face. 12.99 cal 850

SCORPION GOURMET BURGER

Fire-grilled beef burger topped with Scorpion Pepper Sauce, Pepper-Jack, fried jalapeño coins, lettuce, tomatoes, pickles, red onions and jalapeños roasted in Scorpion sauce and roasted garlic aioli on a sesame seed bun. 14.49 cal 950

ROYAL RED ROBIN BURGER®

Hardwood-smoked bacon, egg, American cheese, lettuce, tomatoes and mayo. 13.49 cal 1100



ROYAL
RED ROBIN
BURGER®

Big Flavor. Smaller Size.

TAVERN BURGERS

MADE FRESH TO ORDER WITH TWO TAVERN-SIZED PATTIES.

RED'S TAVERN DOUBLE®

Red's Secret Tavern Sauce™, American cheese, lettuce and tomato. 8.49 cal 600
The Big Tavern 10.49 cal 730

HAYSTACK TAVERN DOUBLE™

American cheese, Campfire Mayo and onion straws. 8.49 cal 690 **The Big Haystack** 10.49 cal 920

PIG OUT TAVERN DOUBLE

Brown-sugar-glazed patties topped with hardwood-smoked bacon, lettuce, tomato, bacon crumbles, American cheese and mayo. 10.49 cal 790
The Big Pig Out 12.49 cal 1070



MAKE IT A BIG TAVERN Swap two tavern-sized patties for one Gourmet beef patty.

*EGGS SERVED SUNNYSIDE UP MAY BE UNDERCOOKED. NOTICE: CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request. All calorie counts are for the burger/entrée only and do not include a side unless otherwise noted in the description.

Impossible™ is a trademark of Impossible Foods Inc. Used under license.

DONATOS^{PIZZA}

FRESHLY BAKED PIZZA

SIGNATURE PIZZAS

FAMOUS THIN
Small 10"
12.99 100–130 cal/slice*

Large 14"
17.99 110–170 cal/slice*

CAULIFLOWER
Small 10"
14.99 70–110 cal/slice*

GLUTEN FREE[†]
12"
17.99 110–150 cal/slice*

WHISKEY RIVER[®] BBQ

Classic Red sauce, sliced chicken breast, smoked Provolone, smoked bacon, shredded Cheddar, onion straws and topped with Whiskey River[®] BBQ Sauce. *Not available in Gluten Free 12".*

VERY VEGY[™]

Freshly cut Roma tomatoes, green peppers and yellow onions, fresh mushrooms and baby spinach, green olives.

FOUNDER'S FAVORITE[®]

Heritage pepperoni, family recipe sausage, shaved ham, banana peppers.

SERIOUS MEAT[™]

Hardwood-smoked bacon, heritage pepperoni, family recipe sausage, shaved ham, ground beef.

THE WORKS[™]

Heritage pepperoni, family recipe sausage, freshly cut green peppers and yellow onions, fresh mushrooms.



WHISKEY RIVER[®] BBQ CHICKEN PIZZA

CLASSIC PIZZAS

FAMOUS THIN
Small 10"
9.79 110 cal/slice*

Large 14"
14.99 130/140 cal/slice*

CAULIFLOWER
Small 10"
11.79 90 cal/slice*

GLUTEN FREE[†]
12"
14.99 120/130 cal/slice*

SIGNATURE PEPPERONI[™]

Loaded Edge to Edge[®] with crispy heritage pepperoni and smoked Provolone cheese.

SERIOUS CHEESE[™]

Loaded Edge to Edge[®] with aged smoked Provolone cheese.

CREATE YOUR OWN PIZZA

CHOOSE YOUR CRUST AND ONE OR MORE TOPPINGS.

FAMOUS THIN
Small 10" 9.79 1270 cal**

Large 14" 14.99 1760 cal**

CAULIFLOWER
Small 10" 11.79 960 cal**

GLUTEN FREE[†]
12" 14.99 1340 cal**

ADDITIONAL TOPPINGS cal 10–570**

Small 10" 1.69 | Large 14" 2.09 | Gluten Free[†] 12" 1.89

MEATS Pepperoni | Shaved Ham | Hardwood-Smoked Bacon
Ground Beef | Sausage | Sliced Chicken Breast

CHEESES Smoked Provolone

VEGGIES, ETC. Mushrooms | Roma Tomatoes | Green Peppers
Yellow Onion | Baby Spinach | Banana Peppers | Green Olives
Jalapeños | Pineapple

*14" pizza has 17 rectangular slices. 12" and 10" pizzas have 14 rectangular slices.

**Calories account for crust, sauce and cheese.

**Calorie ranges given for a one-topping pizza. Calories per topping may decrease as the number of toppings per pizza increases.

[†]Gluten free. ^{**}Prepared in a common kitchen alongside items containing gluten.

RED ROBIN FAVORITE

✓ **LIGHTEN IT UP** Salads, Burgers and Entrées—Under 600 Cals

SANDWICHES & WRAPS

Pick a
BOTTOMLESS SIDE

WHISKEY RIVER[®] BBQ CHICKEN

Whiskey River[®] BBQ Sauce, crispy onion straws, Cheddar, lettuce, tomatoes and mayo on a sesame bun. 12.99 cal 960

TERIYAKI CHICKEN

Teriyaki, grilled pineapple, Swiss, lettuce, tomatoes and mayo on a sesame bun. 12.49 cal 780

CALIFORNIA CHICKEN

House-made guac, hardwood-smoked bacon, Provolone, pickles, lettuce, tomatoes and mayo on a sesame bun. 13.49 cal 710

CRISPY CHICKEN

Pickles, red onions, lettuce, tomatoes and mayo on a sesame bun. 12.99 cal 930

SIMPLY GRILLED CHICKEN

Pickles, lettuce, tomatoes and red onions on the side on a sesame bun. 11.99 cal 370

GRILLED TURKEY

Seasoned turkey patty, lettuce, tomatoes and chipotle aioli on a sesame bun. 12.49 cal 670

BLTA CROISSANT

Sliced turkey breast, hardwood-smoked bacon, avocado, lettuce, tomatoes and mayo on a croissant. 12.49 cal 680

WHISKEY RIVER[®] BBQ CHICKEN WRAP

Sliced chicken breast, Whiskey River[®] BBQ Sauce, Cheddar, lettuce, tortilla strips and ranch in a spinach tortilla. 12.49 cal 1030



CRISPY CHICKEN SANDWICH

BUZZIN' CHICKEN SANDWICH

Crispy chicken breast tossed in Buzz Sauce, topped with fresh jalapeño slices, lettuce, tomato and chipotle aioli on a sesame seed bun. 13.19 cal 940

Pick a
BOTTOMLESS SIDE

ENTRÉES

ENSENADA CHICKEN[™] PLATTER

Two ancho-grilled chicken breasts, house-made salsa and salsa-ranch dressing. Served with choice of Bottomless side. 13.99 cal 400

Lighten it up. Get it with one chicken breast. 11.59 cal 210

ARCTIC COD FISH & CHIPS

Hand-battered, golden-fried cod fillets with Dill'd & Pickl'd Tartar Sauce served with Bottomless Steak Fries[®]. 14.89 cal 1520

CLUCKS & FRIES[®]

Chicken tenders and Bottomless Steak Fries[®] with ranch. 12.29 cal 1330

Get it Buzz-style with Bleu cheese. cal 1630

SALADS

SOUTHWEST SALAD

Ancho-grilled chicken breast, black beans, avocado, fried jalapeño coins, tomatoes, red onions, corn, shredded Cheddar cheese, lime and tortilla strips on mixed greens. Served with salsa-ranch dressing on the side. 12.79 cal 910

AVO-COBB-O

Grilled chicken breast, hardwood-smoked bacon, Bleu cheese crumbles, hard-boiled eggs, tomatoes, croutons and avocado on mixed greens. Served with choice of dressing. 13.79 cal 510[†]

CRISPY CHICKEN TENDER SALAD

Chicken tenders, hard-boiled eggs, hardwood-smoked bacon, tomatoes, croutons and Cheddar on mixed greens. Served with choice of dressing. 13.69 cal 880[†]

SIMPLY GRILLED CHICKEN SALAD

Grilled chicken breast, Cheddar, tomatoes, croutons and cucumbers on mixed greens. Served with choice of dressing. 11.79 cal 280[†]

BOTTOMLESS SIDE HOUSE SALAD

5.49 cal 100[†]

SIDES

UNLIMITED FREE REFILLS ON ALL OF OUR BOTTOMLESS SIDES

Pick a
BOTTOMLESS SIDE

STEAK FRIES
w/Meal* Free
Add a side 2.99 cal 360

YUKON CHIPS
w/Meal* Free
Add a side 1.49 cal 500

STEAMED BROCCOLI
w/Meal* Free
Add a side 1.49 cal 30

SIDE SALAD
w/Meal* Free
Add a side 1.99 cal 100[†]

SWEET POTATO FRIES
w/Meal* 1.49
Add a side 2.99 cal 460

GARLIC FRIES
w/Meal* 1.49
Add a side 2.99 cal 430

NOT BOTTOMLESS, BUT STILL DELICIOUS.

ONION RINGS w/Meal* 1.49 cal 280

✓ **RED'S CHILI CHILI[™]**

w/Meal* 1.89 Cup 4.49 cal 210 Bowl 6.49 cal 430



CHEESY BACON FONDUE

Melted 5-cheese sauce with hardwood-smoked bacon for dipping sides, apps and even burgers. 1.99 cal 340

DESSERTS

New FRECKLED LEMONADE CAKE

Light and refreshing lemon cake layered with white chocolate-flecked lemon mousse and topped with lemon curd and strawberry puree. 7.99 cal 1060

CINNAMON SUGAR DOH! RINGS[®]

Eight cinnamon and sugar croissant donut rings served with caramel and fudge. 10.29 cal 1550

Cinnamon Sugar Doh! Ring Shorty[®] (Four rings) 8.29 cal 770

FUDGE-FILLED CHOCOLATE CHIP COOKIES

Five chocolate chip cookies with a soft, fudge-filled center. 7.49 cal 330 per cookie

GOOEY CHOCOLATE BROWNIE CAKE

Chocolate brownie cake with hot fudge and strawberry puree, served à la mode. 6.99 cal 880



New FRECKLED LEMONADE CAKE

CINNAMON SUGAR DOH! RINGS[®]



Before placing your order, please inform your server if a person in your party has a food allergy. If you are interested, we have information specific to Red Robin's Top 9 Allergens on our interactive allergen menu.

Scan code to the left or visit <https://www.redrobin.com/pages/allergens/menu/>.

Fried items may be prepared in the same frying oil as menu items containing animal ingredients. We cannot guarantee that cross-contact with animal ingredients will not occur.

2,000 calories a day is used for general nutrition advice, but calorie needs vary. All calorie counts are for the burger/entrée only and do not include a side unless otherwise noted in the description.

© Red Robin International, Inc., 2022. RED ROBIN, the RED ROBIN[®] logo and RED ROBIN[®] GOURMET BURGERS and BREWS are trademarks of Red Robin International, Inc. The graphics, layout and other creative content on this menu are the copyrighted property of Red Robin International, Inc. All rights reserved. All other trademarks, product names and company names and logos appearing on this menu are the property of their respective owners.

*Burger, Sandwich or Entrée. [†]Does not include calories for dressing. 2 oz. (cal 90–360) served with House Salad and Side Salad. 3 oz. (cal 140–530) served with all other Entrée Salads.

OREO is a registered trademark of Mondelez International group, used under license.

LAM_RRGB-T3-DONTST_0322

SHARE A TOAST WITH WHO MATTERS MOST.

Nonstop Refreshment. **BOTTOMLESS BEVERAGES**



FRECKLED LEMONADE®

Limited Time
SUNSET LEMONADE



FRECKLED LEMONADE®

Our famous blend of Minute Maid® Lemonade and strawberries. 4.99 cal 150

Limited Time **SUNSET LEMONADE**

Minute Maid® Lemonade, citrus juice, pineapple juice and desert pear flavor. 4.79 cal 350

VERY BERRY RASPBERRY LIMEADE

Raspberry and lime flavors with Sprite®. 4.99 cal 180

POPPIN' PURPLE LEMONADE

Tart and sweet prickly pear lemonade. 4.99 cal 190

ROOT BEER FLOAT

Bottomless Barq's® and soft serve. 4.99 cal 580

CREAM SODAS

Orange or Raspberry Cream flavors mixed with Sprite® and topped with whipped cream. 3.99 cal 220/210

TEA AND LEMONADE

Fresh-brewed regular or sweetened Gold Peak® Tea or Minute Maid® Lemonade. 2.99 cal 0-140

With Peach or Raspberry 2.99 cal 180

Ask for sugar-free Peach or Raspberry 2.99 cal 0

SOFT DRINKS 2.99 cal 0-130



Sweeten the Meal.

MILKSHAKES & MALTS

Served with a refill tin. Make it a malt for FREE.

Limited Time

PINEAPPLE UPSIDE-DOWN CAKE MILKSHAKE

Creamy vanilla soft serve blended with pineapple juice and cake flavor. Topped with whipped cream, pineapple, caramel sauce and a maraschino cherry. 5.89 cal 940/990

Make it boozy! Add a shot of Captain Morgan® Spiced Rum 2.00 cal 80

OREO® COOKIE MAGIC MILKSHAKE

Chocolate and OREO® cookies. 5.39 cal 1040/1100

CHOCOLATE MILKSHAKE 5.39 cal 1020/1080

VANILLA MILKSHAKE 5.39 cal 940/1000

STRAWBERRY MILKSHAKE 5.39 cal 930/990

FLIP FOR ADULT BEVERAGES.



glass.full

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

Before placing your order, please inform your server if a person in your party has a food allergy. If you are interested, we have information specific to Red Robin's Top 9 Allergens on our interactive allergen menu. Scan code to the left or visit <https://www.redrobin.com/pages/allergens/menu/>.

OREO is a registered trademark of Mondelēz International group, used under license. ©2022 The Coca-Cola Company

© Red Robin International, Inc., 2022. RED ROBIN, the RED ROBIN® logo and RED ROBIN® GOURMET BURGERS and BREWS are trademarks of Red Robin International, Inc. The graphics, layout and other creative content on this menu are the copyrighted property of Red Robin International, Inc. All rights reserved. All other trademarks, product names and company names and logos appearing on this menu are the property of their respective owners.

BEV_RRGB-T3-69_0522



COLD BREWS

ASK YOUR SERVER ABOUT OUR REGIONAL BEERS

12–22 oz, cal 100–400

1969 LAGER

HEINEKEN®

BUD LIGHT®

BLUE MOON®

STELLA ARTOIS®

MICHELOB ULTRA®

BELGIAN WHITE

LAGUNITAS IPA®

CORONA EXTRA®

SAMUEL ADAMS®

GUINNESS®

MODELO ESPECIAL®

BOSTON LAGER®

MILLER LITE®

**ANGRY ORCHARD®
HARD CIDER**

**SAMUEL ADAMS®
SEASONAL**

COORS LIGHT®

**NEW BELGIUM®
FAT TIRE®**

**TRULY® HARD
SELTZER**

Featured

VOODOO RANGER® JUICY HAZE® IPA

CRAFT COCKTAILS

RUM

TROPICAL MAI TAI

Myers's® Dark and Bacardi® Black rums, orange curaçao, fruit juice, grenadine and all-natural sweet and sour. 7.79 cal 300

SCREAMING RED ZOMBIE

Rum, all-natural sweet and sour, orange juice and grenadine topped with Bacardi® Black and Myers's® Dark rum floats. 7.99 cal 330

New PARADISE PUNCH

Bacardi® Superior Rum, orange juice, pineapple juice, coconut syrup, and grenadine. Garnished with an orange wedge and cherry. 7.79 cal 370



**TITO'S®
BLUE CHILL**

BOURBON

THE GOLD FASHIONED

Jim Beam® Bourbon, Grand Marnier®, simple syrup and bitters. Garnished with an orange wedge and cherry. 7.99 cal 170

VODKA

TITO'S® BLUE CHILL

Tito's® Handmade Vodka, blue curaçao, club soda, all-natural sweet and sour, and pineapple juice. Topped with whipped cream and a cherry. 4.99 cal 230

SPIKED FRECKLED LEMONADE®

Smirnoff® Citrus vodka, strawberries and lemonade. 7.99 cal 270

SAND IN YOUR SHORTS®

Midori®, vodka, peach schnapps, triple sec, orange juice, raspberry syrup, cranberry juice and all-natural sweet and sour. 7.99 cal 350

LONG ISLAND ICED TEA

Vodka, gin, rum, triple sec, all-natural sweet and sour and Coca-Cola®. 7.99 cal 340

THE METROPOLITAN

Grey Goose® Vodka, triple sec, raspberry lime flavor and all-natural sweet and sour. 8.99 cal 230



THE METROPOLITAN

TEQUILA

RED'S SIGNATURE MARGARITA

Espolòn® Reposado tequila, Cointreau® and all-natural margarita mix on the rocks or frozen. 8.49 cal 140

HOUSE MARGARITA

Jose Cuervo® Blue Agave tequila and all-natural margarita mix on the rocks. 5.50 cal 120

SILVER PATRÓN® MARGARITA

Patrón® Silver 100% Blue Agave tequila, Cointreau® and all-natural margarita mix. 8.99 cal 190

Limited Time TEQUILA SUNSET

Espolòn® Reposado tequila, Grand Marnier®, pineapple juice and all-natural margarita mix with desert pear flavor. Served with an orange wedge. 6.99 cal 360



WINE LIST

WHITE Cupcake® Vineyards Chardonnay | Ecco Domani® Pinot Grigio
6 oz. 6.99 9 oz. 9.49 cal 130–230

RED 14 Hands® Merlot | Dark Horse® Cabernet Sauvignon
6 oz. 6.99 9 oz. 9.49 cal 150–240

SANGRIA Beso Del Sol® Red | Beso Del Sol® White 6.00 cal 120

RED ROBIN FAVORITE **PUNCH COCKTAIL**

Drink Responsibly.
Drive Responsibly.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

BEV_RRGB-T3-69_0522