

# Red Robin<sup>®</sup>

## GOURMET BURGERS AND BREWS

### NUTRITIONAL GUIDE

Live Date: 10/3/2022

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

<sup>‡</sup> 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
Mozzarella Sticks	1250	630	71	33	1.5	140	3140	98	6	21	50
Pretzel Bites	780	350	39	10	0.5	30	1750	91	9	5	15
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	1950	66	14	1	21
Wings Red's Bold Boneless Wings with Buzz Sauce	1010	510	57	30	0.5	120	3790	70	15	3	24
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	1310	21	6	1	91
Wings Bone-In Bar Wings with Buzz Sauce	1280	810	90	38	0.5	480	3140	25	7	3	94
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
<b>Jump Starters</b>											
Cheese Sticks	630	310	35	17	1	70	1600	51	3	11	25
Fried Jalapeño Coins	670	430	47	9	0.5	20	390	55	3	6	7
Fried Pickle Nickels	620	390	44	7	0.5	50	2180	49	2	14	4
Sweet Potato Fries	410	120	14	12	0	0	1030	68	5	43	3

# 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
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
Diet Dr Pepper® Adult	0	0	0	0	0	0	50	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
Fanta® Orange Adult	130	0	0	0	0	0	50	38	0	37	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
Mello Yello® Adult	140	0	0	0	0	0	40	39	0	39	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
Sunset Lemonade	200	0	0	0	0	0	30	49	0	46	0
Very Berry Raspberry Limeade	180	0	0	0	0	0	20	46	0	43	0
Topo Chico	0	0	0	0	0	0	15	0	0	0	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	980	560	62	21	2	145	1460	56	6	15	44
Cheesy Bacon Fondue Burger/ w/Steak Fries	1670	970	108	39	3	245	2420	106	7	16	70
Cheesy Bacon Fondue Burger/ (No Fries)	1320	830	92	1	15	245	2250	57	2	16	65
Smoke & Pepper™	800	360	40	17	1.5	145	1480	57	2	17	52
Savory Steakhouse Burger	1220	700	78	24	2	155	1610	72	5	15	56
The MadLove Burger	1060	520	57	25	2	175	1410	71	5	27	65
The Master Cheese	800	410	46	19	1.5	140	1570	49	2	10	47
The Southern Charm Burger®	1190	630	69	21	2	160	1270	85	4	46	53
Tuscan Salmon	870	520	58	12	0.5	15	1460	55	3	13	41

# 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	48	2	11	49
Banzai	950	540	60	19	2	135	1360	61	3	22	42
Bleu Ribbon	1060	610	68	20	1.5	130	1500	68	4	18	41
Burnin' Love	920	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
Chili Chili™ Cheeseburger	880	440	49	17	1.5	150	1390	58	6	11	51
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	4	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	21	73
Pretzel Bacon Beer Cheese Burger & Fondue	1730	970	107	39	2.5	235	2600	118	10	16	70
Pretzel Bacon Beer Cheese Burger & Fondue (No Fries)	1370	820	92	2.5	36	235	2440	70	4	15	65
Red Robin® Gourmet Cheeseburger/ w/out Relish	780	430	47	17	1.5	130	1850	50	4	12	40
Red Robin® Gourmet Cheeseburger/	810	430	47	17	1.5	130	2040	58	4	19	41
Royal Red Robin	1100	690	77	24	2	345	1450	48	2	11	55
Sautéed 'Shroom	750	350	39	17	1.5	120	1000	51	6	9	47
Scorpion Gourmet Burger	960	520	58	18	1.5	130	2080	68	7	16	44
Veggie Burger	740	400	44	12	0.5	40	1120	67	12	14	24
Veggie Vegan Burger w/ Steamed Broccoli	260	100	11	1.5	0	0	530	35	15	11	14
The Wedgie™ Burger	520	300	33	12	1	115	590	17	5	7	39
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)
Cowboy Ranch Tavern Double	670	340	37	12	11	105	1260	48	1	16	35
The Big Cowboy Ranch	810	410	46	17	1.5	130	1580	60	3	20	40
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	840	480	53	18	12	155	1420	42	0	14	49
The Big Pig Out	1150	670	74	24	2	190	1750	64	3	27	58
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	1380	48	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)
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® 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

# BEER continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bud Light®	12 oz.	100	0	0	0	0	0	10	5	0	0	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
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
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	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
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
Kronenbourg 1664 Blanc	16 oz.	190	0	0	0	0	0	0	0	0	4	24
Kronenbourg 1664 Blanc	22 oz.	260	0	0	0	0	0	0	0	0	5	32
Lagunitas IPA®	12 oz.	180	0	0	0	0	0	15	14	0	0	3
Lagunitas IPA®	16 oz.	240	0	0	0	0	0	20	18	0	0	3
Lagunitas IPA®	22 oz.	330	0	0	0	0	0	25	25	0	0	5
MGD® 64	12 oz.	60	0	0	0	0	0	0	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
Miller® Genuine Draft	12 oz.	140	0	0	0	0	0	5	13	0	0	1
Miller® Genuine Draft	16 oz.	190	0	0	0	0	0	10	17	0	0	1
Miller Lite®	12 oz.	100	0	0	0	0	0	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
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
O'Doul's®	12 oz.	70	0	0	0	0	0	10	13	0	0	0
O'Doul's®	16 oz.	90	0	0	0	0	0	10	18	0	0	0
Pyramid Breweries®	12 oz. Bottle	170	0	0	0	0	0	0	13	0	0	3
Pyramid Breweries®	16 oz.	230	0	0	0	0	0	0	18	0	0	4
Pyramid Breweries®	22 oz.	310	0	0	0	0	0	0	25	0	0	5
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

## BEER continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sam Adams Rebel Juiced IPA	16 oz.	280	0	0	0	0	0	35	24	3	0	3
Sam Adams Rebel Juiced IPA	22 oz.	390	0	0	0	0	0	45	33	4	0	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	16 oz.	230	0	0	0	0	0	0	19	0	0	2
Stella Artois®	12 oz.	150	0	0	0	0	0	45	12	0	2	1
Stella Artois®	16 oz.	190	0	0	0	0	0	60	16	0	3	1
Stella Artois®	22 oz.	270	0	0	0	0	0	85	22	0	4	2
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
Yuengling® Traditional Lager	12 oz.	140	0	0	0	0	0	20	10	0	0	0
Yuengling® Traditional Lager	16 oz.	190	0	0	0	0	0	25	13	0	0	0

## 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 Mule (Tequila)		140	0	0	0	0	0	10	26	0	23	0
Red's Mule (Tito's)		190	0	0	0	0	0	10	26	0	23	0
Red's Mule (Whiskey)		190	0	0	0	0	0	10	26	0	23	0
Paradise Punch		370	0	0.5	0	0	0	35	57	1	51	1
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	30	0	29	0
Tropical Mai Tai		320	0	0	0	0	0	25	47	1	42	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
Ava Grace Rosé	5 oz.	110	0	0	0	0	0	0	4	0	0	0
Ava Grace Rosé	6 oz.	130	0	0	0	0	0	0	5	0	0	0
Ava Grace Rosé	9 oz.	200	0	0	0	0	0	0	7	0	0	0
Barefoot Refresh® Moscato Spritzer	5 oz.	100	0	0	0	0	0	15	11	0	8	0
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	0
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	5 oz.	140	0	0	0	0	0	15	5	0	0	0
Carnivor® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	20	6	0	1	0
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	0
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	0	0
Copper Ridge® Merlot	6 oz.	150	0	0	0	0	0	0	7	0	2	0
Copper Ridge® Merlot	9 oz.	230	0	0	0	0	0	0	11	0	3	0
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	0

## WINE continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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
Cupcake® Sauvignon Blanc	6 oz.	190	0	0	0	0	0	10	5	0	0	0
Cupcake® Sauvignon Blanc	9 oz.	280	0	0	0	0	0	15	8	0	1	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
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	0	0	0	0
Jacob's Creek® Chardonnay	9 oz.	200	0	0	0	0	0	0	0	0	0	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	0	0	0	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	5 oz.	120	0	0	0	0	0	0	4	0	4	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
Leese-Fitch Chardonnay	5 oz.	120	0	0	0	0	0	5	3	0	1	0
Leese-Fitch Pinot Noir	5 oz.	120	0	0	0	0	0	0	3	0	0	0
The Naked Grape® Chardonnay	5 oz.	130	0	0	0	0	0	15	4	0	2	0
The Naked Grape® Chardonnay	6 oz.	150	0	0	0	0	0	20	5	0	2	0
The Naked Grape® Chardonnay	9 oz.	230	0	0	0	0	0	25	7	0	3	0
The Naked Grape® Merlot	5 oz.	110	0	0	0	0	0	0	0	0	0	0
The Naked Grape® Merlot	6 oz.	140	0	0	0	0	0	0	0	0	0	0
The Naked Grape® Merlot	9 oz.	210	0	0	0	0	0	0	0	0	0	0
Pepperwood Grove Pinot Grigio	5 oz.	120	0	0	0	0	0	5	4	0	0	0
Ruffino "Lumina" Pinot Grigio	6 oz.	110	0	0	0	0	0	0	4	0	4	0
Ruffino "Lumina" Pinot Grigio	9 oz.	170	0	0	0	0	0	0	7	0	6	0
The Crusher Cabernet Sauvignon	5 oz.	120	0	0	0	0	0	0	4	0	0	0
Trinity Oaks® Pinot Noir	6 oz.	150	0	0	0	0	0	0	6	0	0	1
Trinity Oaks® Pinot Noir	9 oz.	230	0	0	0	0	0	0	9	0	0	2
Woodbridge® Cabernet Sauvignon	5 oz.	100	0	0	0	0	0	0	0	0	0	0
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	5 oz.	110	0	0	0	0	0	0	3	0	2	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	5 oz.	110	0	0	0	0	0	0	3	0	2	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	5 oz.	100	0	0	0	0	0	0	18	0	18	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
Vina Borgia Rosé	5 oz.	110	0	0	0	0	0	0	2	0	0	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	90	15	1	135	2510	135	11	11	45
Ensenada Chicken™ Platter		400	130	14	3.5	0	190	2360	13	5	6	57
Ensenada Chicken™ Platter	One Chicken Breast	210	60	7	1.5	0	95	1310	8	3	4	29
Clucks & Fries®		1330	740	82	15	1	100	1990	104	9	4	26
Clucks & Fries®	Buffalo Style	1610	1010	112	27	1	115	4360	103	10	4	28
Sear-ious Salmon		440	300	34	7	0	0	840	8	1	4	33

## 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	2430	67	4	10	35
Caesar's Chicken Wrap*	820	450	50	12	0.5	85	1880	59	4	2	33
California Chicken	720	330	36	10	0.5	135	2080	49	6	11	51
Crispy Chicken	930	520	57	11	0.5	80	2210	70	5	11	35

## SANDWICHES & WRAPS continued

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)
Grilled Turkey	670	370	41	9	0.5	95	1100	46	2	9	29
Ragin' Cajun Chicken	1010	590	66	21	1	95	3350	65	4	9	41
Simply Grilled Chicken	370	50	6	2	0	90	1580	47	5	10	35
Teriyaki Chicken	780	370	41	12	1	135	1630	61	4	22	44
Whiskey River® BBQ Chicken	970	510	56	14	1	135	1730	74	5	23	44
Whiskey River® BBQ Chicken Wrap*	880	420	47	13	0.5	90	2100	79	4	14	34

## SALADS & SOUPS

	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†	500	230	26	9	0.5	295	1410	24	9	7	49	
Caesar Salad	230	190	21	4	0.5	15	360	8	2	2	4	
Chicken Tortilla Soup (Select Locations Only)	Bowl	340	150	16	6	0.5	60	1190	27	4	4	20
Chicken Tortilla Soup (Select Locations Only)	Cup	170	70	8	3	0	30	590	14	2	2	10
Crispy Chicken Tender Salad†	850	420	47	13	0.5	260	1420	58	7	8	36	
French Onion Soup	Bowl	250	140	16	8	0.5	40	550	14	2	6	15
French Onion Soup	Cup	130	70	8	4	0.5	20	280	7	1	3	7
House Salad†	80	40	4.5	2	0	10	140	8	2	2	4	
Mighty Caesar	760	550	62	11	1	135	1580	20	7	5	36	
Red's Chili Chili (Select Locations Only)	Bowl	450	190	21	8	0.5	65	1260	39	8	8	28
Red's Chili Chili (Select Locations Only)	Cup	250	110	12	5	0.5	40	660	20	4	4	15
Simply Grilled Chicken Salad†	300	90	10	4.5	0.5	110	910	18	5	6	37	
Southwest Salad	790	460	51	13	1	140	1630	47	12	12	42	

## 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	140	16	7	0	0	1640	0	0	0	0
Campfire Mayo	320	250	28	4.5	0.5	20	520	16	0	12	0
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	0	0	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	70	40	4.5	1.5	0	20	210	1	0	1	6
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
Green Chile side (New Mexico Only)	10	0	0	0	0	0	0	2	0	0	0
Mayonnaise	1oz	250	240	26	4.5	0.5	15	170	3	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
Red's Pickle Relish	90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms	120	50	6	2.5	0	0	360	11	5	3	6
Sautéed Onions	25	10	1.5	0	0	0	0	2	0	2	0
Bottomless Steak Fries® (per serving)	360	140	16	3	0	0	160	49	5	0	5
Bottomless Steak Fries® (8oz)	570	230	25	4.5	0	0	170	78	8	1	8
Steamed Broccoli	30	0	0.5	0	0	0	30	6	3	2	3

## SUBSTITUTIONS & SIDES continued

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Sweet Potato Fries	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

## 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
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
Pretzel Bun	310	60	6	3	0	5	740	54	4	7	10
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
Salmon Fillet	280	170	19	4.5	0	0	480	2	0	0	33
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 (two slices)	110	90	10	6	0.5	30	570	2	0	1	5
Bleu Cheese (crumbles)	100	70	8	4.5	0	25	360	2	0	0	5
Cheddar (one slice)	110	80	9	5	0.5	30	180	0	0	0	7
Pepper-Jack (one slice)	100	80	8	5	0.5	25	190	0	0	0	7
Provolone (one slice)	80	60	6	3.5	0	20	200	0	0	0	6
Swiss (one slice)	110	80	9	6	0.5	30	60	0	0	0	8
Beer Cheese Fondue 5oz	300	210	23	14	0.5	70	1110	12	0	7	12
Cheesy Bacon Fondue	340	230	26	1	15	85	900	10	0	6	17

## 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
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	0	40	720	26	2	0
Corn Doggies	9 pieces	530	290	33	8	0	105	1250	43	2	7
Lil' Appetites Corn Doggies	6 pieces	350	200	22	5	0	70	830	29	1	5
Grilled Cheesy	340	240	27	11	0.5	45	1110	17	0	4	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
Horizon Chocolate Milk	Available only for the School Lunch Program	370	50	6	3.5	0	35	440	56	0	54
Horizon Milk	Available only for the School Lunch Program	270	50	6	3.5	0	25	320	10	0	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	25	0	0	0	0	0	0	7	0	6	0
Milk	140	30	3.5	2	0	15	150	17	0	17	11
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6



## 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	Beef	360	150	17	7	11	60	1100	31	0	5	22
Red's Cheeseburger	Chicken	350	80	9	3.5	10	105	1680	32	2	5	37
Red's Cheeseburger	Turkey	460	200	22	7	10	95	1610	33	0	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 <sup>†</sup>		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
Sweet Potato Fries		270	120	14	12	0	0	390	35	5	12	3
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<sup>®</sup>

		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 (Chocolate)	Monster	1080	350	39	25	1.5	150	430	160	3	135	22
Malt (Chocolate)	Kid	570	190	22	13	0.5	80	220	83	2	71	12
Milkshake (Chocolate)	Monster	1020	340	38	24	1.5	145	380	150	3	128	21
Milkshake (Chocolate)	Kid	540	190	21	13	0.5	80	200	77	1	66	11
Malt (Oreo Cookie Magic)	Monster	1100	400	44	26	1.5	150	530	156	3	126	22
Malt (Oreo Cookie Magic)	Kid	630	230	26	14	0.5	80	320	89	2	70	12
Milkshake (Oreo Cookie Magic)	Monster	1040	390	43	25	1.5	145	480	146	2	118	21
Milkshake (Oreo Cookie Magic)	Kid	600	230	25	14	0.5	80	290	83	1	65	11
Malt (Peppermint Oreo)	Monster	1210	430	30	321	1.5	50	360	215	2	135	28
Malt (Peppermint Oreo)	Kid	680	240	18	162	1	30	220	119	1	75	14
Milkshake (Peppermint Oreo)	Monster	1150	420	29	320	1.5	50	310	205	2	128	26
Milkshake (Peppermint Oreo)	Kid	570	210	14	161	0.5	30	130	100	0	64	13
Malt (Strawberry)	Monster	990	350	39	25	1.5	150	400	140	2	124	22
Malt (Strawberry)	Kid	550	190	22	13	0.5	80	200	78	1	70	11
Milkshake (Strawberry)	Monster	930	340	38	24	1.5	145	350	130	2	116	20
Milkshake (Strawberry)	Kid	510	190	21	13	0.5	80	180	72	1	65	10
Malt (Vanilla)	Monster	1000	350	39	25	1.5	150	400	143	1	127	20
Malt (Vanilla)	Kid	530	190	22	13	0.5	80	200	75	0	66	11
Milkshake (Vanilla)	Monster	940	340	38	24	1.5	145	350	133	0	119	19
Milkshake (Vanilla)	Kid	500	190	21	13	0.5	80	180	69	0	62	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	1340	530	59	40	1	120	570	188	7	129	18
Goey Chocolate Brownie Cake	880	330	33	78	0.5	80	310	139	2	99	12
Freckled Lemonade Cake	1060	410	46	30	1	255	430	152	2	126	11
Fudge Stuffed Chocolate Chip Cookie (per cookie)	330	130	14	9	0	40	350	50	2	27	3