



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 2/20/2023

redrobin.com

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

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)
Cheesy Bacon Fondue & Fries		910	460	51	19	1	85	1080	88	9	7	25
Cheesy Bacon Truffle Fries		1170	640	71	18	1	70	1160	110	11	7	23
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
Red's Bold Boneless Wings	Plain	810	330	37	20	0.5	110	1950	66	14	1	21
Red's Bold Boneless Wings	Buzzard Sauce	1010	510	57	30	0.5	120	3790	70	15	3	24
Red's Bold Boneless Wings	Whiskey BBQ Sauce	1010	380	42	21	0.5	110	2780	103	15	30	23
Red's Bold Boneless Wings	Island Heat Sauce	960	340	37	21	0.5	110	2180	102	15	34	21
Red's Bold Boneless Wings	Banzai Sauce	920	330	37	20	0.5	110	3080	93	14	24	23
Bar Wing's 'N' Yukon Chips	Plain	1080	630	70	29	0.5	465	1310	21	6	1	91
Bar Wing's 'N' Yukon Chips	Buzzard Sauce	1280	810	90	38	0.5	480	3140	25	7	3	94
Bar Wing's 'N' Yukon Chips	Whiskey BBQ Sauce	1280	680	76	30	0.5	465	2140	58	7	30	93
Bar Wing's 'N' Yukon Chips	Island Heat Sauce	1230	640	71	29	0.5	465	1530	57	7	33	91
Bar Wing's 'N' Yukon Chips	Banzai Sauce	1190	630	70	29	0.5	465	2430	48	6	24	93
Buzzard Sauce with Bleu Cheese Crumbles		200	170	19	9	0.5	15	1840	4	1	2	3
Whiskey River Sauce with Onion Straws		200	45	5	1	0	0	840	37	2	29	2
Island Heat Sauce with Pineapple Jalapeno		150	0	0.5	0	0	0	230	36	1	32	0
Banzai Sauce with Pineapple Ring		120	0	0	0	0	0	1130	27	0	23	2
Jump Starters (Select Locations Only)												
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	46	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	76	0	72	0
Fresh-Brewed Sweet Tea, Raspberry		290	0	0	0	0	0	0	74	0	74	0
Fresh-Brewed Sweet Tea, Sugar Free Peach		110	0	0	0	0	0	0	37	0	29	0
Fresh-Brewed Sweet Tea, Sugar Free Raspberry		110	0	0	0	0	0	0	37	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 (Select Locations Only)	Adult	130	0	0	0	0	0	50	38	0	37	0
Freckled Lemonade®	Adult	200	0	0	0	0	0	15	52	1	51	0
Freckled Lemonade®	Kid	110	0	0	0	0	0	10	28	0	27	0
Mello Yello® (Select Locations Only)	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
Orange Cream Soda	Kid	200	25	3	1.5	0	10	20	44	0	42	0
Poppin' Purple Lemonade		190	0	0	0	0	0	10	47	0	45	0
Poppin' Purple Lemonade	Kid	180	0	0	0	0	0	10	46	0	44	0
Raspberry Cream Soda		210	25	3	1.5	0	10	25	46	0	43	0
Raspberry Cream Soda	Kid	200	25	3	1.5	0	10	20	42	0	40	0

BOTTOMLESS BEVERAGES™ continued

Nutritional information is per serving.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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	Adult	200	0	0	0	0	0	30	49	0	46	0
Sunset Lemonade	Kid	110	0	0	0	0	0	20	28	0	26	0
Topo Chico		0	0	0	0	0	0	15	0	0	0	0
Very Berry Raspberry Limeade		180	0	0	0	0	0	20	46	0	43	0

OUR SIGNATURES

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)
Banzai	950	530	59	19	2	135	1390	63	2	23	42
Bleu Ribbon	1060	610	67	20	1.5	130	1530	70	4	18	41
Royal Red Robin	1110	690	76	24	2	345	1480	50	2	12	55
Scorpion Gourmet Burger	960	510	57	18	1.5	130	2100	70	7	17	44
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	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
The Tycoon Burger	870	450	50	18	1.5	130	1640	61	4	18	44
The Tycoon Burger w/Steak Fries	1230	590	66	20	2	130	1800	109	9	18	49
Whiskey River® BBQ	1140	660	74	21	2	135	1360	75	4	23	44

THE CLASSICS

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	600	66	22	2	160	1350	50	2	11	49	
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	430	48	17	1.5	150	1410	60	5	12	51	
Guacamole Bacon	920	510	56	19	1.5	150	970	52	4	12	52	
Keep It Simple	Beef	540	210	23	9	1	90	1220	48	3	11	35
Keep It Simple	Veggie	380	70	8	2	0	1330	65	10	15	15	
Keep It Simple	Chicken	370	45	5	2	0	90	1610	49	4	11	35
Monster Burger√	1220	680	76	31	3	255	2860	62	3	21	73	
Red Robin® Gourmet Cheeseburger√ w/out Relish (Select Locations Only)	780	420	46	17	1.5	130	1880	52	3	12	40	
Red Robin® Gourmet Cheeseburger√	810	420	46	17	1.5	130	2060	60	3	20	41	
Sautéed 'Shroom	750	340	38	17	1.5	120	1030	53	6	10	47	

VEGGIE, WEDGIE, & MORE

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	360	40	9	0.5	95	1120	48	2	10	29
Impossible™ Burger√	760	360	40	17	0.5	40	1830	70	8	20	33
The Wedgie™ Burger	520	300	33	12	1	115	590	17	5	7	39
Tuscan Salmon	870	520	58	12	0.5	15	1460	55	3	13	41
Veggie Burger	740	390	43	12	0.5	40	1150	69	11	15	24
Veggie Vegan Burger w/ Steamed Broccoli	260	100	11	1.5	0	0	530	35	15	11	14

RED'S THROWBACK DOUBLES

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 Double	670	340	37	12	11	105	1260	48	1	16	35
Haystack Double™	690	380	42	15	11	120	1280	40	0	9	37
Pig Out Double	840	480	53	18	12	155	1420	42	0	14	49
Red's Double™	600	320	35	14	11	120	1230	33	0	7	36

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
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
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® 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	5	3	0	0	1
Miller Lite®	16 oz.	130	0	0	0	0	0	5	4	0	0	1
Miller Lite®	22 oz.	180	0	0	0	0	0	10	6	0	0	2
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
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)
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
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
House Margarita (Watermelon)		200	0	0	0	0	0	20	25	0	23	0
Long Island Iced Tea		340	0	0	0	0	0	50	38	0	35	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® (Select Locations Only)		350	0	0.5	0	0	0	10	61	0	50	0
Silver Patrón® Margarita (Rocks and Frozen)		190	0	0	0	0	0	910	22	0	14	0
Screaming Red Zombie		330	0	0.5	0	0	0	45	43	1	35	0
Spiked Freckled Lemonade®		280	0	0	0	0	0	10	43	0	42	3
Tequila Sunset		210	0	0	0	0	0	25	36	0	30	0
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® 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
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
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
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
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
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 (Select Locations Only)	5 oz.	120	0	0	0	0	0	5	3	0	1	0
Leese-Fitch Pinot Noir (Select Locations Only)	5 oz.	120	0	0	0	0	0	0	3	0	0	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)
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
Pepperwood Grove Pinot Grigio (Select Locations Only)	5 oz.	120	0	0	0	0	0	5	4	0	0	0
The Crusher Cabernet Sauvignon (Select Locations Only)	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
Vina Borgia Rosé (Select Locations Only)	5 oz.	110	0	0	0	0	0	0	2	0	0	0
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

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	1560	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 (Select Locations Only)		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)
Arctic Cod Fish Sandwich		910	410	46	9	0.5	70	1580	92	5	16	28
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* (Select Locations Only)		820	440	49	11	0.5	115	1810	58	4	2	38
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
Crispy Chicken Wrap		1100	580	65	16	1	95	1930	86	5	6	31
Ragin' Cajun Chicken (Select Locations Only)		1010	590	66	21	1	95	3350	65	4	9	41
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	410	46	12	0.5	120	2020	78	5	14	40

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†		560	280	32	10	0.5	295	1410	27	11	8	50
Caesar Salad (Select Locations Only)		230	190	21	4	0.5	15	360	8	2	2	4
Chicken Tortilla Soup (Select Locations Only)	Bowl	340	140	16	6	0.5	70	1190	27	5	4	22
Chicken Tortilla Soup (Select Locations Only)	Cup	170	70	8	3	0	35	600	13	2	2	11
Crispy Chicken Tender Salad†		850	420	47	13	0.5	260	1420	58	7	8	36
French Onion Soup (Select Locations Only)	Bowl	250	140	16	8	0.5	40	550	14	2	6	15
French Onion Soup (Select Locations Only)	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 (Select Locations Only)		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	1930	47	12	12	42

SALAD 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)
Bleu Cheese	2 oz.	320	310	34	7	0.5	30	570	0	0	0	2
Bleu Cheese	3 oz.	470	460	51	10	0.5	50	860	0	0	0	3
Ranch	2 oz.	260	240	27	5	0.5	20	380	4	0	2	1
Ranch	3 oz.	390	360	40	7	0.5	30	580	6	0	3	2
Thousand Island	2 oz.	190	160	18	3	0.5	15	440	7	0	6	0
Thousand Island	3 oz.	290	240	27	4.5	0.5	20	660	10	0	9	0
Caesar	2 oz.	360	340	38	7	0.5	30	510	3	0	0	2
Caesar	3 oz.	530	510	57	10	1	40	760	5	0	1	3
Salsa Ranch	2 oz.	190	170	19	4	0.5	20	280	4	0	2	1
Salsa Ranch	3 oz.	280	260	28	6	0.5	30	420	6	0	3	2
Italian	2 oz.	180	160	18	3	0	0	480	6	0	4	0
Italian	3 oz.	270	240	27	4.5	0	0	720	9	0	6	0
Poppyseed-Honey Mustard	2 oz.	350	280	31	5	0.5	25	510	17	0	16	1
Poppyseed-Honey Mustard	3 oz.	520	420	47	8	0.5	40	770	26	0	24	2
Balsamic Vinaigrette	2 oz.	90	80	9	2	0	0	490	6	0	4	0
Balsamic Vinaigrette	3 oz.	140	130	14	3	0	0	730	8	0	6	0
French Dressing (Select Locations Only)	2 oz.	90	70	7	1.5	0	0	260	6	0	5	0
French Dressing (Select Locations Only)	3 oz.	140	100	11	2	0	0	390	9	0	8	0
French Honey Dressing (Select Locations Only)	2 oz.	270	190	21	3.5	0	0	430	19	0	19	0
French Honey Dressing (Select Locations Only)	3 oz.	480	320	36	6	0	0	750	33	0	33	0

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
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
Coleslaw		60	35	4	0.5	0	0	230	6	1	3	0
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
Fresh Jalapeño Slices		0	0	0	0	0	0	0	0	0	0	0
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	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
Steak Fries (Bundle) Serves 6		1150	640	71	19	1	95	2550	86	5	6	31
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

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
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

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	370	11	5	0	19

PICK YOUR PROTEIN 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)
Tavern Patty	130	80	9	3.5	0.5	40	40	0	0	0	12
Salmon Fillet (Select Locations Only)	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)	50	35	4	2.5	0	10	180	0	0	0	3
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
Cheesy Bacon Fondue	340	230	26	15	1	85	900	10	0	6	17

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 (Select Locations Only)	140	110	13	1.5	0	5	440	6	0	2	0
Buzzard-Spicy Wing Sauce	140	140	16	7	0	0	1640	0	0	0	0
Campfire Mayo - Creamy BBQ	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
House-Made 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
Truffle Porcini Aioli	310	280	31	5	0.5	20	440	9	0	2	0
Heinz 57 2oz	80	0	0	0	0	0	720	16	0	16	0

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	60	1010	38	3	0	15	
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	40	720	26	2	0	10	
Coleslaw	30	20	2	0.5	0	0	115	3	0	2	0	
Corn Doggies	9 pieces	530	290	33	8	105	1250	43	2	7	16	
Lil' Appetites Corn Doggies	6 pieces	350	200	22	5	70	830	29	1	5	10	
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	20
Horizon Milk	Available only for the School Lunch Program	270	50	6	3.5	0	25	320	10	0	29	20
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	
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

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 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
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
Sunset Lemonade		110	0	0	0	0	0	20	28	0	26	0
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 (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 (Pineapple Upside Down Cake)	Monster	1010	340	38	24	1.5	145	400	150	2	130	19
Malt (Pineapple Upside Down Cake)	Kid	560	190	21	13	0.5	80	210	85	1	73	10
Milkshake (Pineapple Upside Down Cake)	Monster	960	330	37	23	1.5	145	350	142	2	124	17
Milkshake (Pineapple Upside Down Cake)	Kid	530	180	20	13	0.5	80	190	81	1	70	9
Make it boozy! Add a shot of Captain Morgan® Spiced Rum		80	0	0	0	0	0	0	0	0	0	0
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™ Tower	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