



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 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

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
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
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
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
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
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 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
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 Grilled Chicken	370	45	5	2	0	90	1610	49	4	11	35
Keep It Simple Veggie	380	70	8	2	0	0	1330	65	10	15	15
Monster Burger√	1220	680	76	31	3	255	2860	62	3	21	73
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
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)
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)
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

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)
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	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	9	2	0	0	2
New Belgium® Fat Tire®	16 oz.	190	0	0	0	0	5	12	3	0	0	3
New Belgium® Fat Tire®	22 oz.	260	0	0	0	0	10	17	4	0	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
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 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
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
Silver Patrón® Margarita (Rocks and Frozen)		190	0	0	0	0	0	910	22	0	14	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
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

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

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
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
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

	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
Crispy Chicken Tender Salad†	850	420	47	13	0.5	260	1420	58	7	8	36
House Salad†	80	40	4.5	2	0	10	140	8	2	2	4
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	2
Bleu Cheese	3 oz.	470	460	51	10	0.5	50	860	0	0	3
Ranch	2 oz.	260	240	27	5	0.5	20	380	4	0	1
Ranch	3 oz.	390	360	40	7	0.5	30	580	6	0	2
Thousand Island	2 oz.	190	160	18	3	0.5	15	440	7	0	0
Thousand Island	3 oz.	290	240	27	4.5	0.5	20	660	10	0	0
Caesar	2 oz.	360	340	38	7	0.5	30	510	3	0	2
Caesar	3 oz.	530	510	57	10	1	40	760	5	0	3
Salsa Ranch	2 oz.	190	170	19	4	0.5	20	280	4	0	1
Salsa Ranch	3 oz.	280	260	28	6	0.5	30	420	6	0	2
Italian	2 oz.	180	160	18	3	0	0	480	6	0	0
Italian	3 oz.	270	240	27	4.5	0	0	720	9	0	0
Poppyseed-Honey Mustard	2 oz.	350	280	31	5	0.5	25	510	17	0	16
Poppyseed-Honey Mustard	3 oz.	520	420	47	8	0.5	40	770	26	0	24
Balsamic Vinaigrette	2 oz.	90	80	9	2	0	0	490	6	0	0
Balsamic Vinaigrette	3 oz.	140	130	14	3	0	0	730	8	0	0
French Dressing (Select Locations Only)	2 oz.	90	70	7	1.5	0	0	260	6	0	5
French Dressing (Select Locations Only)	3 oz.	140	100	11	2	0	0	390	9	0	8
French Honey Dressing (Select Locations Only)	2 oz.	270	190	21	3.5	0	0	430	19	0	19
French Honey Dressing (Select Locations Only)	3 oz.	480	320	36	6	0	0	750	33	0	33

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® (<i>per serving</i>)	360	140	16	3	0	0	160	49	5	0	5
Bottomless Steak Fries® (<i>8oz</i>)	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
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
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
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>)	50	35	4	2.5	0	10	180	0	0	0	3
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
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

DIPPING SAUCES 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 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

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
Coleslaw	30	20	2	0.5	0	0	115	3	0	2	0	
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	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
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	
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

MILKSHAKES AND MALTS® 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)
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

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" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1260	360	40	16	1	80	3180	169	11	14	56
12" GF Base (Cauliflower Crust, Sauce, Cheese, Romano Mix)	960	370	41	24	1.5	130	2120	104	8	10	80
14" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1750	940	68	31	3.5	160	4450	199	16	20	85
Bacon Add 10"	300	180	20	7	0	75	890	6	0	6	25
Bacon Add 12" GF (Cauliflower Crust)	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 (Cauliflower Crust)	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	15	1.5	0.5	0	95	650	0	1	0	29
Chicken Add 12" GF (Cauliflower Crust)	200	20	2	1	0	145	990	0	2	0	44
Chicken Add 14"	250	25	3	1	0	185	1280	1	2	1	57
Extra Cheese Add 10"	260	180	19	11	1	60	500	4	2	0	18
Extra Cheese Add 12" GF (Cauliflower Crust)	370	250	27	15	1	85	710	5	3	0	26
Extra Cheese Add 14"	510	340	38	21	1.5	115	980	8	4	0	36
Founders Favorite 10" (Famous Thin Crust)	120	45	5	2	0	15	390	12	0	1	6
Founders Favorite 12" GF (Cauliflower Crust)	120	60	6	3	0	20	380	8	0	1	9
Founders Favorite 14" (Famous Thin Crust)	160	90	8	3.5	0	25	520	12	1	1	9
Green Olives Add 10"	130	100	11	3.5	0	0	960	0	0	0	0
Green Olives Add 12" GF (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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" (Famous Thin Crust)	110	40	4.5	2	0	10	270	12	0	1	5

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)
Signature Pepperoni Pizza 12" GF (Cauliflower Crust)	110	60	6	3	0	20	240	8	0	0	8
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
10" Signature Pepperoni Pizza (whole pie) (\$10 Combo)	1560	590	65	26	1.5	155	3730	170	11	14	72
10" Signature Pepperoni Pizza (whole pie) (\$10 Combo) - w/ sides	2130	810	90	30	1.5	155	3900	249	19	16	80
Pineapple Add 10"	50	0	0	0	0	0	0	13	0	12	0
Pineapple Add 12" GF (Cauliflower Crust)	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 (Cauliflower Crust)	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 (Cauliflower Crust)	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" (Famous Thin Crust)	110	40	4.5	2	0	10	260	12	0	0	5
Serious Cheese 12" GF (Cauliflower Crust)	110	50	6	3	0	15	230	8	0	0	8
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
10" Serious Cheese Pizza (whole pie) (\$10 Combo)	1530	540	60	27	1.5	140	3680	172	13	14	75
10" Serious Cheese Pizza (whole pie) (\$10 Combo) - w/ sides	2100	770	85	31	2	140	3850	251	21	15	82
Serious Meat Pizza 10" (Famous Thin Crust)	150	60	7	2.5	0	20	390	13	0	1	9
Serious Meat Pizza 12" GF (Cauliflower Crust)	130	60	7	3	0	25	310	8	0	1	10
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 (Cauliflower Crust)	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" (Famous Thin Crust)	120	45	5	2	0	10	290	13	0	1	6
The Works 12" GF (Cauliflower Crust)	110	60	6	3	0	20	240	9	0	1	8
The Works 14" (Famous Thin Crust)	150	90	8	3	0	20	360	13	1	2	8
Very Vegy Pizza 10" (Famous Thin Crust)	100	30	3	1.5	0	5	250	13	0	1	4
Very Vegy Pizza 12" GF (Cauliflower Crust)	80	30	3.5	2	0	10	190	8	0	1	6
Very Vegy Pizza 14" (Famous Thin Crust)	110	60	4.5	2	0	10	310	13	1	2	5
Whiskey River BBQ Pizza 10" (Famous Thin Crust) (Chicken)	120	40	4.5	2	0	10	270	13	0	1	6
Whiskey River BBQ Pizza 12" GF (Cauliflower Crust) (Chicken)	110	45	5	2.5	0	20	210	8	0	1	9
Whiskey River BBQ Pizza 14" (Famous Thin Crust) (Chicken)	140	80	6	2.5	0.5	25	310	12	0	2	9