



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 6/12/2023

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 Mozzarella Twists		980	450	49	17	0.5	65	2700	83	5	9	33
Crispy Fried Pickles		740	460	51	8	0.5	60	2890	60	3	13	6
Pretzel Bites		780	350	39	10	0.5	30	1750	91	9	5	15
The O-Ring Shorty®		910	520	57	10	0.5	40	2250	89	4	26	9
Towering Onion Rings®		1300	530	59	10	0.5	45	3680	175	7	41	17
Wings												
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	1540	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
Fanta® Orange	Adult	140	0	0	0	0	0	5	36	0	36	0
Freckled Lemonade®	Adult	200	0	0	0	0	0	15	51	1	50	0
Freckled Lemonade®	Kid	110	0	0	0	0	0	10	28	0	27	0
Lemonade												
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		260	0	0	0	0	0	15	64	0	63	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
Orange Cream Soda	Adult	300	25	3	1.5	0	10	35	68	0	65	0
Orange Cream Soda	Kid	200	25	3	1.5	0	10	20	44	0	42	0
Peach-Berry Freckled Lemonade	Adult	170	0	0	0	0	0	5	41	0	39	0
Peach-Berry Freckled Lemonade	Kid	90	0	0	0	0	0	0	23	0	22	0
Poppin' Purple Lemonade	Adult	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	Adult	300	25	3	1.5	0	10	35	66	0	62	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
Tea												
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		140	0	0	0	0	0	0	32	0	32	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		250	0	0	0	0	0	0	61	0	60	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)
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
Very Berry Raspberry Limeade	180	0	0	0	0	0	20	46	0	43	0

ENERGY DRINKS

	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)
RedBull Energy Drink	110	0	0	0	0	0	105	28	0	27	0
RedBull Sugar Free	10	0	0	0	0	0	105	2	0	0	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	1000	600	66	23	2.5	135	1390	63	3	23	39
Bleu Ribbon	1060	630	70	21	2	120	1350	73	4	19	35
Cheesy Bacon Fondue Burger√ w/Steak Fries	1350	1030	114	43	3	245	2730	110	7	17	63
Royal Red Robin	1140	740	82	28	2.5	345	1790	54	2	12	48
Scorpion Gourmet Burger	1010	570	63	22	2.5	135	2540	73	7	17	40
Smoke & Pepper™	820	410	45	20	2	145	2060	62	3	18	45
The Southern Charm Burger®	1190	700	78	26	2.5	160	1660	79	11	29	46
Whiskey River® BBQ	1190	730	80	25	2.5	140	1370	78	4	23	40

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√	1020	650	72	25	2.5	160	1670	53	2	12	42
Guacamole Bacon	950	560	62	23	2.5	150	1280	56	4	12	45
Keep It Simple Beef	590	270	30	13	2	95	1220	51	3	11	31
Keep It Simple Veggie	380	70	8	2	0	0	1330	65	10	15	15
Monster Burger√	1320	810	89	39	4.5	255	2870	68	4	22	65
Red Robin® Gourmet Cheeseburger√	860	480	53	21	2.5	130	2070	63	4	20	37
Sautéed 'Shroom	900	500	55	22	2.5	130	1130	58	6	11	44

VEGGIE & 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	790	450	50	15	1	140	1330	48	2	10	39
Impossible™ Burger√	760	370	40	17	0.5	40	2200	70	8	20	33
The Wedgie™ Burger	480	320	35	13	2	110	660	14	4	6	29
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

TAVERN BURGERS

Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Haystack Double™	740	440	48	19	12	120	1280	42	0	9	33
Pig Out Double	870	530	59	22	12	155	1660	44	0	14	43
Red's Double™	640	370	41	17	12	120	1230	36	0	7	33

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

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)
Blue Moon® Belgian White	12 oz.	170	0	0	0	0	0	15	14	0	11	2
Blue Moon® Belgian White	16 oz.	220	0	0	0	0	0	20	19	0	14	3
Blue Moon® Belgian White	22 oz.	310	0	0	0	0	0	30	26	0	20	3
Bud Light®	12 oz.	100	0	0	0	0	0	10	5	0	0	0
Bud Light®	16 oz.	140	0	0	0	0	0	15	6	0	0	1
Bud Light®	22 oz.	190	0	0	0	0	0	20	8	0	0	2
Coors Light®	12 oz.	100	0	0	0	0	0	10	5	0	0	1
Coors Light®	16 oz.	140	0	0	0	0	0	15	7	0	0	1
Coors Light®	22 oz.	190	0	0	0	0	0	20	9	0	0	2
Corona Extra®	12 oz.	150	0	0	0	0	0	0	14	0	0	1
Corona Extra®	16 oz.	200	0	0	0	0	0	0	19	0	0	2
Guinness®	12 oz. Bottle	130	0	0	0	0	0	10	0	0	0	1
Guinness®	14.9 oz. Can	160	0	0	0	0	0	10	0	0	0	1
Guinness®	16 oz.	170	0	0	0	0	0	15	0	0	0	1
Guinness®	22 oz.	230	0	0	0	0	0	15	0	0	0	2
Heineken®	12 oz.	140	0	0	0	0	0	10	11	0	2	0
Heineken®	16 oz.	190	0	0	0	0	0	10	15	0	3	1
Heineken®	22 oz.	260	0	0	0	0	0	15	21	0	4	1
Lagunitas IPA®	12 oz.	180	0	0	0	0	0	15	14	0	0	3
Lagunitas IPA®	16 oz.	240	0	0	0	0	0	20	18	0	0	3
Lagunitas IPA®	22 oz.	330	0	0	0	0	0	25	25	0	0	5
Michelob Ultra®	12 oz.	100	0	0	0	0	0	15	3	0	0	1
Michelob Ultra®	16 oz.	130	0	0	0	0	0	20	4	0	0	1
Michelob Ultra®	22 oz.	170	0	0	0	0	0	30	6	0	0	2
Miller Lite®	12 oz.	100	0	0	0	0	0	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
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	910	18	0	16	0
House Margarita (Lime)	120	0	0	0	0	0	910	18	0	16	0
House Margarita (Desert Pear)	180	0	0	0	0	0	20	32	0	29	0
House Margarita (Strawberry)	140	0	0	0	0	0	20	22	0	20	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

FROM THE BAR 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 Signature Margarita (Rocks and Frozen)	170	0	0	0	0	0	930	25	0	17	0
Sand in Your Shorts®	330	0	0.5	0	0	0	10	51	0	46	0
Silver Patrón® Margarita (Rocks and Frozen)	230	0	0	0	0	0	930	25	0	17	0
Spiked Freckled Lemonade®	280	0	0	0	0	0	10	43	0	42	3
Spiked Peach-Berry Freckled Lemonade	300	0	0	0	0	0	5	41	0	39	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	4	0	1	0
14 Hands® Merlot	6 oz.	150	0	0	0	0	0	5	0	1	0
14 Hands® Merlot	9 oz.	220	0	0	0	0	5	8	0	2	0
Cupcake Vineyards® Chardonnay	5 oz.	130	0	0	0	0	10	3	0	1	0
Cupcake Vineyards® Chardonnay	6 oz.	160	0	0	0	0	10	4	0	1	0
Cupcake Vineyards® Chardonnay	9 oz.	230	0	0	0	0	20	5	0	2	0
Ecco Domani® Pinot Grigio	5 oz.	110	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	6 oz.	130	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	200	0	0	0	0	0	5	0	1	0
Josh Cellars® Cabernet Sauvignon	5 oz.	120	0	0	0	0	0	3	0	0	0
Josh Cellars® Cabernet Sauvignon	6 oz.	140	0	0	0	0	0	4	0	0	0
Josh Cellars® Cabernet Sauvignon	9 oz.	210	0	0	0	0	0	6	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)
Clucks & Fries®	1340	740	82	14	0.5	95	2200	102	9	4	27
Clucks & Fries® Buffalo Style	1610	1010	112	27	1	115	4500	103	10	4	28
Ensenada Chicken™ Platter	440	120	13	3	0	210	2070	14	3	6	66
Ensenada Chicken™ Platter One Chicken Breast	230	60	7	1.5	0	105	1170	9	2	4	33
Hand-Battered Fish & Chips Includes Steak Fries	1610	810	90	15	1	135	2510	135	11	11	45

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*	670	360	40	14	0.5	55	1460	48	5	8	29
California Chicken Sandwich	750	330	37	12	0.5	160	2150	51	4	11	54
Crispy Chicken Sandwich	940	510	56	11	0.5	115	2090	68	3	11	43
Crispy Chicken Wrap	1100	590	66	16	0.5	95	2000	84	5	5	31
Crispy Fish Sandwich	910	420	46	9	0.5	70	2340	95	6	18	29
Teriyaki Chicken Sandwich	800	360	40	12	0.5	145	1570	61	3	22	48
Whiskey River® BBQ Chicken Sandwich	990	500	55	14	1	145	1660	74	4	23	49
Whiskey River® BBQ Chicken Wrap*	890	410	46	12	0.5	120	1920	76	4	13	42

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†	570	270	31	10	0.5	305	1250	26	9	6	54
Crispy Chicken Tender Salad†	840	420	47	13	0.5	260	1410	56	6	7	35
House Salad†	80	40	4.5	2	0	10	140	8	2	2	4
Simply Grilled Chicken Salad†	310	90	10	4.5	0.5	120	750	17	4	5	41
Southwest Salad	790	450	50	13	1	150	1770	44	10	10	45

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)
Balsamic Vinaigrette	2 oz.	90	80	9	2	0	490	6	0	4	0
Balsamic Vinaigrette	3 oz.	140	130	14	3	0	730	8	0	6	0
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

SALAD DRESSINGS 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)
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
Dijon Vinaigrette	2 oz.	180	120	14	2.5	0	15	780	10	0	10	0
Dijon Vinaigrette	3 oz.	280	190	21	3.5	0	16	1160	16	0	14	0
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
Oil & Vinegar	2 oz.	300	290	33	5	0.5	0	0	0	0	0	0
Oil & Vinegar	3 oz.	440	430	49	8	0.5	0	0	0	0	0	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
Ranch	2 oz.	260	250	27	4.5	0.5	15	450	2	0	2	1
Ranch	3 oz.	390	370	41	7	0.5	25	670	3	0	3	2
Salsa Ranch	2 oz.	190	170	19	4	0.5	20	320	2	0	2	1
Salsa Ranch	3 oz.	280	260	29	6	0.5	25	470	3	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

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 Avocado		60	50	6	1	0	0	0	3	3	0	0
Add Bacon		80	50	6	2	0	20	310	2	0	0	6
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	310	49	5	0	5
Bottomless Steak Fries® (8oz)		570	230	25	4.5	0	0	320	78	8	1	8
Caramelized Onions		120	50	6	1	0	0	0	3	3	0	0
Cheesy Bacon Fondue		340	230	26	15	1	85	900	10	0	6	16
Coleslaw		180	100	12	2	0	10	660	16	3	9	2
Cucumber Slices (three slices)		0	0	0	0	0	0	0	0	0	0	0
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
Garlic Fries		430	200	23	7	0.5	20	500	50	5	2	8
Mayonnaise	1oz	250	240	27	4.5	0.5	15	240	0	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's Pickle Relish		90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms		120	50	6	1	0	0	340	11	5	3	6
Steak Fries (Bundle) Serves 6		1150	640	71	19	1	95	2610	84	5	5	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
Yellow Onion		10	0	0	0	0	0	0	3	0	1	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		460	240	26	5	0	100	930	20	0	0	35
Grilled Chicken Patty		140	10	1	0.5	0	100	470	1	0	0	32
Gourmet Burger Patty		340	240	26	11	1.5	95	85	3	0	0	23
Impossible™ Burger Patty		240	120	14	8	0	0	370	11	5	0	19
Tavern Patty		160	110	12	5	1	45	40	1	0	0	11
Turkey Patty		250	150	16	4.5	0	100	570	1	0	0	25

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

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)
Buzzard-Spicy Wing Sauce	140	140	16	7	0	0	1640	0	0	0	0
Campfire Mayo - Creamy BBQ	320	260	29	4.5	0.5	15	590	13	0	12	0
Chipotle Aioli	420	400	45	7	0.5	25	490	1	0	1	0
Heinz 57 2oz	80	0	0	0	0	0	720	16	0	16	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	250	27	4.5	0.5	15	450	2	0	2	1
Red's Secret Tavern Sauce™	190	160	18	3	0.5	15	440	7	0	6	0
Roasted Garlic Aioli	410	390	43	7	0.5	25	570	4	0	0	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

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	90	50	6	1	0	5	330	8	1	5	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	140	10	1	0.5	0	100	470	1	0	0	32	
Grilled Chicken Dip'Ns w/ BBQ Sauce	270	10	1.5	0.5	0	100	1270	32	1	28	33	
Grilled Chicken Dip'Ns w/ Ranch	400	250	28	5	0.5	120	910	3	0	2	33	
Grilled Chicken Dip'Ns w/ Teriyaki Sauce	240	10	1	0.5	0	100	1590	25	0	21	34	
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	330	140	15	4	0.5	15	890	38	1	9	10	
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	380	180	20	8	11	60	1100	33	1	5	20
Red's Cheeseburger	Chicken	370	80	8	3.5	10	115	1530	33	1	5	41
Red's Cheeseburger	Turkey	470	210	23	8	10	115	1630	32	1	5	34
Red's Cheeseburger	Veggie	360	100	12	3.5	10	15	1400	49	8	10	16
Red's Burger	Beef	320	130	15	5	11	45	360	29	0	3	17
Red's Burger	Chicken	300	30	3.5	0.5	10	100	790	29	0	3	38
Red's Burger	Turkey	410	170	18	4.5	10	100	890	29	0	3	31
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	310	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®

		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 (Peaches & Cream)	Monster	1260	360	21	318	1.5	50	250	249	1	178	26
Malt (Peaches & Cream)	Kid	690	200	12	160	0.5	30	150	136	0	97	14
Milkshake (Peaches & Cream)	Monster	1210	350	20	318	1.5	50	210	241	1	173	25
Milkshake (Peaches & Cream)	Kid	670	190	12	160	0.5	30	130	132	0	94	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
Make it boozy! Add a shot of Makers Mark®		80	0	0	0	0	0	0	0	0	0	0

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
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
Goopy Chocolate Brownie Cake	880	330	33	78	0.5	80	310	139	2	99	12
Mountain High Mudd Pie	1340	530	59	40	1	120	570	188	7	129	18

DONATOS PIZZA

14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" have 8 slices nutrition information is based on 1 Slice. Single toppings nutrition information is only for the topping. Base (Crust, sauce, cheese & Romano Mix) nutrition information is based on the entire 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	24
Bacon Add 12" GF (Cauliflower Crust)	500	300	33	12	0	125	1500	11	0	10	40
Bacon Add 14"	570	340	38	14	0	145	1710	12	0	11	46
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"	150	10	1	0.5	0	105	480	1	0	0	33
Chicken Add 12" GF (Cauliflower Crust)	220	15	1.5	0.5	0	160	730	2	0	0	50
Chicken Add 14"	290	15	2	1	0	205	940	2	0	0	65
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"	300	210	23	10	1.5	80	75	3	0	0	20
Ground Beef Add 12" GF (Cauliflower Crust)	430	300	33	14	2	120	110	4	0	0	29
Ground Beef Add 14"	580	410	45	19	3	160	150	5	0	0	39
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

DONATOS PIZZA *continued*

14" pizza has 17 rectangular slices, 12" and 10" pizzas have 14 rectangular slices, 7" have 8 slices nutrition information is based on 1 Slice.
Single toppings nutrition information is only for the topping. Base (Crust, sauce, cheese & Romano Mix) nutrition information is based on the entire 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)
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)	290	220	25	10	0.5	75	560	2	0	0	15
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
Signature Pepperoni Pizza 12" GF (Cauliflower Crust)	130	60	7	3	0	15	270	12	0	2	5
Signature Pepperoni Pizza 14" (Famous Thin Crust)	140	80	7	3	0.5	20	330	12	0	1	7
Signature Pepperoni Pizza 7" (Famous Thin Crust)	60	30	3	1.5	0	10	150	5	0	0	3
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	4050	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)	120	50	6	3	0	15	260	12	0	2	5
Serious Cheese 14" (Famous Thin Crust)	130	80	6	3	0.5	15	320	12	1	1	7
Serious Cheese 7" (Famous Thin Crust)	60	30	3	1.5	0	10	150	6	0	0	3
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	4000	251	21	15	82
Serious Meat Pizza 10" (Famous Thin Crust)	150	70	7	3	0	20	390	13	0	1	8
Serious Meat Pizza 12" GF (Cauliflower Crust)	130	60	7	3.5	0	25	310	8	0	1	10
Serious Meat Pizza 14" (Famous Thin Crust)	180	100	9	4	0.5	30	450	13	1	2	10
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