

**NUTRITIONAL GUIDE** 

Live Date: 01/27/20

RRGB-DONTST\_0320 redrobin.com

Assumes choice of American cheese.

† Dressing not included.

\* Does not include calories for sides. Nutritional Information is provided separately.

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**BOXED LUNCHES**Boxed Lunch Wraps and Sandwiches nutritionals come with Yukon Chips and a Fudge Filled Cookie. Boxed Lunch Salad nutritionals include a Fudge Filled Cookie.

	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-0 Salad (Box Lunch)	840	360	40	18	0.5	335	1770	75	11	35	53
BLTA Croissant (Box Lunch)	1340	710	78	44	0.5	100	2210	127	12	36	36
Caesar's Chicken Wrap (Box Lunch)	1200	680	76	34	1	90	2290	93	10	6	36
Mighty Caesar Salad (Box Lunch)	1090	680	76	20	1	175	1930	70	9	32	39
Whiskey River BBQ Chicken Wrap (Box Lunch)	1690	860	96	49	1	165	3040	158	12	41	49

## **APPETIZERS**

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	s Fiber (g)	Sugars (g)	Protein (g)
Fried Pickle	Nickels	740	450	50	8	0.5	65	2830	62	3	14	6
Pretzel Bites	3	810	360	40	11	0.5	30	1780	95	9	6	16
The 0-Ring	Shorty®	910	500	56	10	1	45	2130	94	4	27	9
Towering Or	nion Rings®	1290	520	57	10	1	50	3550	179	7	42	17
Wings	Red's Bold Boneless Wings with Buzz Sauce	990	490	55	29	0.5	115	3520	71	15	4	23
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	103	15	35	22
Wings	Red's Bold Boneless Wings with Banzai Sauce	930	330	37	20	0.5	110	3080	94	14	25	23
Wings	Bone-In Bar Wings with Buzz Sauce	1260	790	88	37	.5	475	2880	26	7	3	93
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	1540	58	7	34	91
Wings	Bone-In Bar Wings with Banzai Sauce	1200	630	70	29	0.5	465	2430	49	6	25	93
Jump Start	ers											
Cheese	Sticks	550	270	30	14	1	55	1730	43	2	13	26
Fresh-Fr	ried Zucchini Sticks	520	390	43	14	0.5	20	1380	28	4	4	4
Fried Ja	lapeño Coins	560	370	41	7	0.5	20	1440	38	7	6	5
Sweet P	otato 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 T (mg)	otal Carbohydrate (g)	es Fiber (g)	Sugars (g)	Protein (g)
Barq's® Root Beer	Adult	130	0	0	0	0	0	60	38	0	38	0
Barq's® Root Beer	Kid	80	0	0	0	0	0	35	23	0	23	0
Coca-Cola Classic®	Adult	120	0	0	0	0	0	40	33	0	33	0
Coca-Cola Classic®	Kid	70	0	0	0	0	0	25	20	0	20	0
Diet Coke®	Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Coke®	Kid	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper®	Adult	130	0	0	0	0	0	50	33	0	32	0
Dr Pepper®	Kid	80	0	0	0	0	0	30	20	0	19	0
Minute Maid® Lemonade	Adult	140	0	0	0	0	0	20	36	0	35	0
Minute Maid® Lemonade	Kid	80	0	0	0	0	0	10	22	0	21	0
Lemonade with Peach Flavor		240	0	0	0	0	0	15	64	0	60	0
Lemonade with Raspberry Flavor		240	0	0	0	0	0	15	63	0	61	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	150	0	0	0	0	0	10	38	0	37	0
Freckled Lemonade®	Kid	90	0	0	0	0	0	5	24	0	23	0
Orange Cream Soda		210	25	2.5	1.5	0	10	25	47	0	44	0
Raspberry Cream Soda		210	25	2.5	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	15	9	0.5	55	250	116	0	110	7
Root Beer Float	Kid	190	45	5	3	0	20	80	36	0	34	2
Sprite®	Adult	130	0	0	0	0	0	30	34	0	30	0
Sprite®	Kid	80	0	0	0	0	0	20	20	0	18	0
Very Berry Raspberry Limeade		180	0	0	0	0	0	20	46	0	43	0

### **MILKSHAKES AND MALTS®**

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrat (g)	es Fiber (g)	Sugars (g)	Protein (g)
Malt (Chocolate)	Monster	1100	350	38	24	1.5	150	390	173	1	156	20
Malt (Strawberry)	Monster	970	350	38	24	1.5	150	390	138	2	122	21
Malt (Vanilla)	Monster	980	350	38	24	1.5	150	390	141	1	125	20
Milkshake (Chocolate)	Monster	1020	340	38	24	1.5	145	380	150	3	128	21
Milkshake (Strawberry)	Monster	930	340	38	24	1.5	145	350	130	2	116	20

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### 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 (Vanilla)	Monster	940	340	38	24	1.5	145	350	133	0	119	19
Oreo Cookie Magic	Monster	1040	390	43	25	1.5	145	480	146	2	118	21
Salted Caramel Milkshake	Monster	1190	350	39	25	1.5	155	1610	192	0	155	20

**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	850	480	53	17	1.5	130	1150	52	3	12	39
Smoke & Pepper™	790	360	40	17	1.5	145	1880	58	2	18	49
The MadLove Burger	1050	520	58	25	2	180	1800	71	5	27	63
The Master Cheese	790	410	45	19	1.5	140	1560	48	2	10	47
The Southern Charm Burger®	1130	610	67	21	2	165	1670	82	2	43	50

### **GOURMET BURGERS**

Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®. The nutritional information is provided separately for 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)
Bacon Cheeseburger√	990	610	68	22	2	165	1730	49	2	11	47
Banzai	960	540	60	19	2	135	1360	63	3	24	42
Burnin' Love	910	530	61	19	1.5	135	1190	56	4	11	42
Burnin' Love Chicken	740	370	43	12	.5	130	1710	57	5	12	42
Guacamole Bacon	930	520	58	20	1.5	155	1340	51	4	11	51
Keep It Simple Beef	530	220	24	9	1	90	760	44	3	9	34
Keep It Simple Veggie	370	80	9	2	0	0	870	62	9	14	15
Monster Burger√	1210	690	77	31	3	255	2410	59	3	20	72
Red Robin® Gourmet Cheeseburger√	800	430	47	17	1.5	130	1610	56	3	18	40
Royal Red Robin	1110	700	78	25	2	350	1850	49	2	11	54
Sautéed 'Shroom	770	360	40	17	1.5	120	1050	53	7	10	48
The Wedgie <sup>™</sup> Burger	550	310	35	13	1	125	880	19	5	7	39
Veggie Burger	750	400	44	12	.5	40	1240	69	12	14	24
Veggie Vegan Burger w/ Steamed Broccoli	260	90	11	1.5	0	0	640	34	14	11	13
Whiskey River® BBQ	1140	670	75	21	2	135	1340	73	4	22	44

#### **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)
Turkey Patty	230	130	15	4	0	80	550	2	0	0	21
Grilled Chicken Patty	120	10	1.5	0.5	0	90	600	0	1	0	27
Gourmet Burger Patty	290	180	20	8	1	90	80	0	0	0	27
Crispy Chicken Patty	430	240	26	5	0	65	1070	21	2	0	27
Tavern Patty	130	80	9	3.5	0.5	40	40	0	0	0	12
Impossible™ Burger Patty	220	110	12	7	0	0	340	8	2	1	18
Ancient-Grain Veggie/Vegan Patty	130	35	4	0.5	0	0	340	17	7	5	7
Sub a Salmon Fillet	280	170	19	4.5	0	0	480	2	0	0	33

#### **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)	150	100	11	7	0.5	35	540	2	1	0	8
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

## **FUN WITH BUNS**

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	s Fiber (g)	Sugars (g)	Protein (g)
Brioche	220	30	3.5	1.5	0	0	370	41	1	7	7
Tavern Bun	150	25	3	0.5	0	0	250	27	0	4	7
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4

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### **FUN WITH BUNS** 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)
Croissant	330	140	15	9	0.5	0	390	41	1	6	7
Classic Sesame Bun	220	40	4.5	1.5	0	0	350	40	2	6	7
Lettuce Wrap Your Burger	15	0	0	0	0	0	10	3	1	2	1

## **SUBSTITUTIONS & SIDES**

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium To (mg)	otal Carbohydrate (g)	es Fiber (g)	Sugars (g)	Protein (g)
Bottomless Steak Fries® (per serving)	360	140	16	3	0	0	160	49	5	0	5
Garlic Herbed Fries	430	200	22	7	0.5	20	260	50	5	2	7
Zucchini Fries	260	150	17	9	0	0	410	23	4	1	3
Fresh Jalapeños	0	0	0	0	0	0	0	0	0	0	0
Mac 'n' Cheese	290	150	16	9	0.5	50	630	26	2	3	11
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6
Steamed Broccoli	30	0	0.5	0	0	0	30	6	3	2	3
Side Salad* (add-on)	100	50	5	2.5	0	15	160	9	2	3	5
Traditional Side Caesar	230	190	21	4	0.5	15	360	8	2	2	4
Sweet Potato Fries	460	200	23	21	0	0	750	59	8	21	4
Yukon Chips	500	320	35	31	0	0	490	41	8	0	4
Add Bacon	110	70	8	2.5	0	25	400	2	0	1	8
Add Bacon Bits	140	90	9	3.5	0	35	430	3	0	3	12
Add Sliced Turkey	80	10	1.5	0.5	0	35	590	0	0	0	16
Green Chile side (New Mexico Only)	10	0	0	0	0	0	0	2	0	0	0
Onion Straws	200	130	14	2.5	0	0	100	16	1	3	2
Red Onion (sub)	10	0	0	0	0	0	0	3	0	1	0
Pickle Slices	0	0	0	0	0	0	180	0	0	0	0
Red's Pickle Relish	90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms	140	60	7	2.5	0	0	410	13	5	3	7
Sautéed Onions	25	10	1.5	0	0	0	0	2	0	2	0
Cucumber Slices (x3)	0	0	0	0	0	0	0	0	0	0	0
Tomato (Slice X 2)	5	0	0	0	0	0	0	1	0	0	0
Fried Egg	90	60	7	2	0	185	95	0	0	0	6
Make it a Monster Burger√	410	270	30	14	1.5	125	650	2	0	1	32
Cup of Soup or Chili Chili™ (See below for nutritional information).											

### **DIPPING SAUCES**

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrat (g)	es Fiber (g)	Sugars (g)	Protein (g)
Bistro Sauce	140	110	13	1.5	0	5	440	6	0	2	0
Buzzard	140	130	15	7	0	0	1390	2	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
Ranch	260	240	27	5	0.5	20	380	4	0	2	1
Island Heat Sauce	130	130	25	0	0	0	230	31	0	29	0
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

OTHER FUN ON A BUN
Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®.
The nutritional information for sides is 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)
California Chicken	710	340	37	11	0.5	140	2030	48	5	10	48
Crispy Chicken	920	520	57	11	0.5	80	1770	68	4	10	35
Simply Grilled Chicken	360	50	6	2	0	90	1130	45	4	10	34
Teriyaki Chicken	780	370	41	12	0.5	130	1610	63	4	24	43
Whiskey River® BBQ Chicken	960	510	56	14	1	130	1710	74	5	23	43
Grilled Turkey	670	370	41	9	.5	95	1100	46	2	9	29

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### **TAVERN BURGERS**

	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	660	340	38	13	1	105	1190	47	1	17	35
The Big Cowboy Ranch	810	410	46	17	1.5	130	1580	60	3	20	40
Haystack Tavern Double™	680	390	43	16	1.5	120	1210	39	0	10	37
The Big Haystack	930	520	58	19	1.5	130	1480	62	3	17	41
Pig Out Tavern Double	780	460	51	18	1.5	150	1470	40	0	14	44
The Big Pig Out	1080	630	70	23	2	175	1810	63	2	26	51
Red's Tavern Double®	590	320	36	14	1.5	120	1160	32	0	8	37
The Big Tavern	730	390	43	17	1.5	130	1370	47	2	12	40

## **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	89	15	1	135	1920	135	11	10	45
Clucks & Fries®		1330	740	82	15	1	100	1990	104	9	4	26
Clucks & Fries®	Buffalo Style	1630	1010	113	27	1	115	4090	106	11	5	28
Ensenada Chicken™ Platter		470	170	18	4.5	0.5	190	2430	20	6	8	59
Ensenada Chicken™ Platter	One Chicken Breast	280	100	12	3	0	100	1390	16	4	6	31
Pub Mac 'N' Cheese w/ House Salad		910	470	52	30	2	155	1870	76	9	12	36
Pub Mac 'N' Cheese w/ Caesar Salad		1040	610	68	32	2.5	160	2080	75	9	11	34

#### **WRAPS AND SANDWICHES**

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	370	41	15	0.5	60	1490	50	5	9	30
Caesar's Chicken Wrap*	820	450	50	12	0.5	90	1890	59	4	2	33
Whiskey River® BBQ Chicken Wrap*	1030	530	58	19	1	125	2320	81	4	14	43

#### **SOUPS**

Cup of soup and sandwich information provided separately. Please see above and below for your selections.

		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)
Chicken Tortilla Soup	Bowl	390	170	19	7	0.5	55	1720	37	6	8	20
Chicken Tortilla Soup	Cup	200	80	9	3.5	0	30	860	19	3	4	10
Clamdigger's Clam Chowder	Bowl	420	280	31	19	1	115	1270	25	0	8	11
Clamdigger's Clam Chowder	Cup	210	140	15	10	0.5	60	640	12	0	4	6
Red's Chili Chili™	Bowl	430	170	18	6	.5	70	1480	36	7	7	28
Red's Chili Chili™	Cup	210	80	9	3.5	0.5	35	740	18	4	3	14

### **SALADS**

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate: (g)	s Fiber (g)	Sugars (g)	Protein (g)
Avo-Cobb-0 Salad <sup>†</sup>	510	240	26	9	0.5	295	1420	25	9	8	50
Crispy Chicken Tender Salad <sup>†</sup>	880	450	50	14	0.5	270	1470	60	7	8	38
Mighty Caesar	750	550	61	11	1	135	1560	20	7	5	35
Simply Grilled Chicken Salad <sup>†</sup>	280	70	8	3.5	0	105	870	20	6	7	35
Southwest Salad	900	570	63	19	1	175	1950	41	11	12	48
Caesar Salad	230	190	21	4	0.5	15	360	8	2	2	4
House Salad <sup>†</sup>	100	50	5	2.5	0	15	160	9	2	3	5

Soup & Salad Combo<sup>†</sup> (House Salad and Bowl of Soup info above.)

#### **DRESSINGS**

2 oz. served with House Salad and Side Salad. 3 oz. served with all other Entrée 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)
Balsamic Vinegar Dressing	2 oz.	100	80	9	1.5	0	0	490	6	0	4	0
Balsamic Vinegar Dressing	3 oz.	160	120	14	2	0	0	740	9	0	7	0
Bleu Cheese Dressing	2 oz.	320	310	34	7	0.5	30	570	0	0	0	2
Bleu Cheese Dressing	3 oz.	470	460	51	10	0.5	50	860	0	0	0	3
Caesar Dressing	2 oz.	360	340	38	7	0.5	30	510	3	0	0	2
Caesar Dressing	3 oz.	530	510	57	10	1	40	760	5	0	1	3
Italian Dressing	2 oz.	220	200	22	3	0	0	580	6	0	4	0
Italian Dressing	3.07	330	300	33	4.5	0	0	870	q	0	6	0

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**DRESSINGS continued** 2 oz. served with House Salad and Side Salad. 3 oz. served with all other Entrée 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)
Honey Mustard Poppyseed Dressing	2 oz.	350	280	31	5	0.5	25	510	17	0	16	1
Honey Mustard Poppyseed Dressing	3 oz.	520	420	47	8	0.5	40	770	26	0	24	2
Ranch Dressing	2 oz.	260	240	27	5	0.5	20	380	4	0	2	1
Ranch Dressing	3 oz.	390	360	40	7	0.5	30	580	6	0	3	2
Salsa-Ranch Dressing	2 oz.	190	170	19	4	0.5	20	280	4	0	2	1
Salsa-Ranch Dressing	3 oz.	280	260	28	6	0.5	30	420	6	0	3	2
Thousand Island Dressing	2 oz.	190	160	18	3	0.5	15	440	7	0	6	0
Thousand Island Dressing	3 oz.	290	240	27	4.5	0.5	20	660	10	0	9	0
French Dressing	2 oz.	240	0	20	3.5	0	20	510	11	0	11	0
French Dressing	3 oz.	390	0	33	6	0	30	840	18	0	18	0

#### **KIDS MENU**

The kids meal includes an entrée and a side of your choice. Nutrition facts for sides are listed separately.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	s Fiber (g)	Sugars (g)	Protein (g)
Red's Cheeseburger	Beef	350	150	17	7	0.5	60	710	30	0	6	22
Red's Cheeseburger	Chicken	340	80	9	4	0	105	1290	30	2	6	37
Red's Cheeseburger	Turkey	450	200	22	8	0	95	1220	31	0	6	31
Red's Cheeseburger	Veggie	340	110	12	4	0	15	1010	47	7	11	17
Red's Burger	Beef	280	110	12	4	0.5	40	290	27	0	4	19
Red's Burger	Chicken	270	40	4.5	1	0	90	870	28	1	5	34
Red's Burger	Turkey	380	160	18	4.5	0	80	800	29	0	4	28
Red's Burger	Veggie	280	60	7	1	0	0	590	44	7	9	14
Mac It Yours		380	180	19	4.5	0.5	15	860	39	0	11	13
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
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
Grilled Chicken Dip'Ns		120	10	1.5	0.5	0	90	600	0	1	0	27
Grilled Chicken Dip'Ns w/ BBQ Sauce		250	15	1.5	0.5	0	90	1400	32	2	28	28
Grilled Chicken Dip'Ns w/ Ranch		380	250	28	5	0.5	105	990	5	1	3	28
Grilled Chicken Dip'Ns w/ Teriyaki Sauce		220	15	1.5	0.5	0	90	1730	24	1	21	28
Mandarin Oranges		30	0	0	0	0	0	0	8	1	7	0
Side Salad <sup>†</sup>		5	0	0	0	0	0	5	1	0	0	0
Apples		35	0	0	0	0	0	0	9	1	7	0
Steamed Broccoli		15	0	0	0	0	0	15	3	1	0	2
Steak Fries		210	90	10	1.5	0	0	160	29	3	0	3
Yukon Chips		250	160	18	15	0	0	210	20	4	0	2
Carrots		15	0	0	0	0	0	30	4	1	2	0
Milk		140	30	3.5	2	0	15	150	17	0	17	11
Chocolate Milk		270	25	2.5	1.5	0	15	140	50	2	44	11
Apple Juice		50	0	0	0	0	0	10	12	0	12	0
Orange Juice		60	0	0.5	0	0	0	0	13	0	10	0
Pineapple Juice		70	0	0	0	0	0	10	18	0	17	0
Sundae		310	90	10	7	0.5	40	90	50	1	42	5

### **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	1360	530	59	39	3.5	115	610	193	7	131	17
Chocolate Fruffles®	830	360	40	31	0.5	70	300	123	8	101	11
Gooey Chocolate Brownie Cake	950	330	37	15	0.5	100	360	150	1	118	10
Fudge Stuffed Cookie	330	130	14	9	0	40	350	50	2	27	3
Fudge Stuffed Cookie 5 each	1650	630	70	45	0	200	1750	250	10	135	15

## **ALCOHOL TO GO**

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium T (mg)	otal Carbohydrate (g)	s Fiber (g)	Sugars (g)	Protein (g)
Tequila Lime Margarita	12 oz.	360	0	0	0	0	0	0	27	0	27	0
Vodka Mule	12 oz.	270	0	0	0	0	0	0	30	0	29	0
Tiki Dum Mai Tai	12.07	250	0	0	0	0	0	0	24	0	24	0

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## FROM THE BAR

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	es Fiber (g)	Sugars (g)	Protein (g)
Spiked Freckled Lemonade®	270	0	0	0	0	0	10	41	0	40	3
House Margarita (Rocks and Frozen)	170	0	0	0	0	0	890	31	0	29	0
Long Island Iced Tea	420	0	0	0	0	0	10	60	0	56	0
Red Spanish Sangria	120	0	0	0	0	0	0	11	0	11	0
Red's Signature Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Sand in Your Shorts®	360	0	0.5	0	0	0	0	63	0	53	0
Screaming Red Zombie	390	0	0.5	0	0	0	15	59	0	50	0
Silver Patrón® Margarita (Rocks and Frozen)	260	0	0	0	0	0	890	39	0	31	0
Tropical Mai Tai	310	0	0	0	0	0	15	46	0	41	0
Customize it - Candied Orange	90	0	0	0	0	0	0	23	0	23	0
Customize it - Strawberry	50	0	0	0	0	0	0	12	0	12	0
Customize it - Raspberry	120	0	0	0	0	0	0	30	0	30	0
White Spanish Sangria	120	0	0	0	0	0	0	11	0	11	0

## **BEER**

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates	s 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
Budweiser®	12 oz.	150	0	0	0	0	0	10	11	0	0	1
Busch Light®	12 oz.	100	0	0	0	0	0	0	3	0	0	0
Busch®	12 oz.	110	0	0	0	0	0	0	7	0	0	0
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	-	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	0
Dos Equis® Lager	12 oz.	100	0	0	0	0	0	0	10 15	0	0	3
Georgetown Brewing Manny's Pale Ale	12 oz. Bottle	165	_				-				_	-
Guinness® Guinness®	12 oz. Bottle 14.9 oz. Can	120 150	0	0	0	0	0	0	9 12	0	0	1
Guinness®	14.9 02. Gail	160	0	0	0	0	0	0	13	0	1	1
Guinness®	22 oz.	220	0	0	0	0	0	0	17	0	1	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
Labatt	12 oz.	130	0	0	0	0	0	0	9	0	0	1
Labatt Blue Light	12 oz.	110	0	0	0	0	0	0	8	0	0	0
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® Golden	12 oz.	120	0	0	0	0	0	10	7	0	0	1
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	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
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
New Glarus Spotted Cow Cream Ale	12 oz.	150	0	0	0	0	0	10	11	1	0	2
Not Your Father's Root Beer®	12 oz.	320	0	0	0	0	0	30	51	0	41	0
O'Doul's®	12 oz.	70	0	0	0	0	0	10	13	0	0	0
Omission® Pale Ale	12 oz.	175	0	0	0	0	0	9	14	0	0	2
Pacifico	12 oz.	170	0	0	0	0	0	30	10	0	0	0
Red Robin 1969 Lager <sup>™</sup> Red Robin 1969 Lager <sup>™</sup>	16 oz. 22 oz.	180 250	0	0	0	0	0	0	14 19	2	0	3 4
		_		-	_		_				_	-
Samuel Adams Boston Lager® Samuel Adams Boston Lager®	12 oz. 16 oz.	170 230	0	0	0	0	0	25 30	19 25	<u>0</u> 1	3	2 2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	0	40	34	1	4	3
					1 "	,	1		1 2. 1	-		1

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## **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)
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 <sup>™</sup>	12 oz.	180	0	0	0	0	0	25	17	0	0	2
Samuel Adams Fresh as Helles <sup>™</sup>	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
Samuel Adams Sam '76	12 oz.	130	0	0	0	0	0	20	2	0	0	1
Samuel Adams Sam '76	16 oz.	170	0	0	0	0	0	25	3	0	0	1
Samuel Adams Sam '76	22 oz.	240	0	0	0	0	0	35	4	0	0	2
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® 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
Shiner Bock	12 oz.	140	0	0	0	0	0	0	13	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

## 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)
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
Carnivor® Cabernet Sauvignon	Bottle	120	0	0	0	0	0	15	4	0	0	0
Ecco Domani® Pinot Grigio	6 oz.	150	0	0	0	0	0	20	4	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	230	0	0	0	0	0	25	5	0	1	0
Ecco Domani® Pinot Grigio	Bottle	110	0	0	0	0	0	15	3	0	0	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
Kendall-Jackson® V.R. Chardonnay	Bottle	100	0	0	0	0	0	0	3	0	3	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	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
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
Barefoot Refresh® Moscato Spritzer	Bottle	80	0	0	0	0	0	15	9	0	7	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
Ava Grace Rosé	Bottle	90	0	0	0	0	0	0	3	0	0	0

## **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" Base (Crust, Sauce, Cheese, Romano Mix)	910	320	36	17	1	115	2480	98	8	11	45
12" GF Base (Crust, Sauce, Cheese, Romano Mix)	1230	490	55	29	1.5	115	2630	140	9	22	48
14" Base (Crust, Sauce, Cheese, Romano Mix)	1780	640	71	35	2	225	4590	196	15	24	86
Bacon Add 10"	300	180	20	7	0	75	890	6	0	6	25
Bacon Add 12" GF	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	930	2	0	1	0
Banana Pepper Add 12" GF	15	0	0	0	0	0	1320	4	1	2	0
Banana Pepper Add 14"	25	0	0	0	0	0	1850	5	1	2	0
Chicken Add 10"	130	25	2.5	1	0	65	630	2	0	0	22
Chicken Add 12" GF	190	35	4	1.5	0	100	950	4	0	0	34
Chicken Add 14"	250	50	5	2	0	125	1230	5	0	0	43
Chicken Spinach Mozzarella 10"	90	40	4.5	2	0	15	200	7	0	0	5
Chicken Spinach Mozzarella 12" GF	120	60	7	3	0	15	230	10	0	1	6
Chicken Spinach Mozzarella 14"	140	60	7	3	0	20	310	11	0	1	8
Extra Cheese Add 10"	270	180	20	12	0.5	60	550	3	2	1	18
Extra Cheese Add 12" GF	380	260	29	17	1	85	770	4	2	2	25
Extra Cheese Add 14"	520	360	40	23	1.5	115	1060	6	3	3	35

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## **DONATOS PIZZA** continued

		Calories From	Total Fat	Saturated Fat	Trans Fat	Cholesterol		Total Carbohydrates		Sugars	Protein
Founders Favorite 10"	(kcal)	Fat (kcal) 45	(g) 5	(g) 2	(g) O	(mg)	(mg) 350	(g)   7	(g) O	(g) 0	(g) 5
Founders Favorite 12" GF	130	60	7	3	0	20	430	11	0	2	7
Founders Favorite 14"	160	70	8	3.5	0	30	540	12	0	2	9
Fresh Mozzarella Add 10"	190	120	14	10	0	40	180	3	0	0	14
Fresh Mozzarella Add 10" GF	270	170	19	14	0	60	250	4	0	0	19
Fresh Mozzarella Add 14"	390	250	28	19	0	85	360	6	0	0	28
Green Olives Add 10"	130	100	11	3.5	0	0	960	0	0	0	0
Green Olives Add 12" GF	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"	200	0	0	0	0	0	0	4	2	2	0
Green Pepper Add 12" GF	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	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	160	45	5.5	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	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	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	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"	280	210	23	8	0	70	680	2	0	0	16
Pepperoni Add 12" GF	410	310	34	12	0	105	1000	3	0	0	23
Pepperoni Add 14"	560	420	47	16	0	140	1370	4	0	0	31
Signature Pepperoni Pizza 10"	80	40	4	2	0	15	230	7	0	0	4
Signature Pepperoni Pizza 10" GF	120	60	6	3	0	15	260	10	0	2	5
Signature Pepperoni Pizza 14"	140	60	7	3	0	20	350	12	0	1	7
Signature Pepperoni Pizza 14 Signature Pepperoni Pizza 7"	70	30	3	1.5	0	10	180	6	0	0	2
Pineapple Add 10"	60	0	0	0	0	0	0	13	0	11	0
Pineapple Add 12" GF	80	0	0	0	0	0	0	19	1	16	0
Pineapple Add 14"	110	0	0	0	0	0	0	26	2	22	0
Roma Tomatoes Add 10"	20	0	0	0	0	0	5	5	1	3	1
Roma Tomatoes Add 12" GF	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	65	740	0	0	0	14
Sausage Add 12" GF	390	300	33	11	0	95	1070	1	0	0	21
Sausage Add 14"	530	400	44	15	0	130	1450	2	0	0	28
Serious Cheese 10"	80	35	4	2	0	150	220	7	0	0	4
Serious Cheese 12" GF	120	50	6	3.5	0	15	240	10	0	2	5
Serious Cheese 14"	140	60	7	3.5	0	20	330	12	1	2	7
Serious Cheese 7"	70	30	3.5	1.5	0	10	180	6	0	0	3
Serious Meat Pizza 10"	110	50	6	2.5	0	20	300	7	0	1	7
Serious Meat Pizza 12" GF	140	70	8	3.5	0	25	360	11	0	2	8
Serious Meat Pizza 14"	170	80	9	4	0	35	470	12	0	2	11
Spinach Add 10"	10	0	0	0	0	0	35	2	1	0	1
Spinach Add 12" GF	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"	90	40	4.5	2	0	15	240	8	0	1	5
The Works 12" GF	130	60	7	3	0	15	280	11	0	2	6
The Works 14"	150	70	8	3	0	25	380	13	1	2	8
Very Vegy Pizza 10"	70	25	3	1.5	0	10	200	8	0	1	3
Very Vegy Pizza 10" Very Vegy Pizza 12" GF	100	40	4.5	2	0	10	230	11	0	2	4
Very Vegy Pizza 14"	120	45	4.5	2	0	15	320	13	1	2	5
Whiskey River BBQ Pizza 10" (Beef)	+	60	6	2.5	0			9	0	2	6
Whiskey River BBQ Pizza 10" (Beet) Whiskey River BBQ Pizza 10" (Chicken)	120 110	50	<u>6</u>	2.5	0	20 15	270 290	9	0	2	6
Whiskey River BBQ Pizza 14" (Chicken)  Whiskey River BBQ Pizza 14" (Beef)	190	90	10	4	0.5	30	420	15	1	4	10
<del></del>	+			+	0.5					+	
Whiskey River BBQ Pizza 14" (Chicken)	180	80	9	3.5	U	25	460	15	1	+ RRGB	DONT\$P_0320

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