



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 3/21/2022

redrobin.com

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

Abbreviations:
Classic Sesame Bun - (CSB)
Gluten Free Bun - (GFB)
American Cheese - (AC)
Bleu Cheese - (BC)
Cheddar Cheese - (CC)
Pepper-Jack Cheese - (PJC)
Provolone Cheese - (PC)
Swiss Cheese - (SC)

APPETIZERS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Fried Pickle Nickels	740	450	50	8	0.5	65	2830	62	3	14	6
Mozzarella Sticks	1240	630	71	33	1.5	140	3070	95	5	19	50
Pretzel Bites	810	360	40	11	0.5	30	1780	95	9	6	16
Smothered BBQ Brisket Chips	1020	610	67	47	1.5	105	3130	74	11	26	29
Smothered BBQ Brisket Fries	1100	520	57	21	1.5	110	2960	111	11	27	33
The O-Ring Shorty®	910	500	56	10	1	45	2130	94	4	27	9
Towering Onion Rings®	1290	520	57	10	1	50	3550	179	7	42	17
Wings Red's Bold Boneless Plain	810	330	37	20	0.5	110	1950	66	14	1	21
Wings Red's Bold Boneless Wings with Buzz Sauce	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	102	15	34	21
Wings Red's Bold Boneless Wings with Banzai Sauce	920	330	37	20	0.5	110	3080	93	14	24	23
Wings Red's Bold Bone-In Plain	1080	630	70	29	0.5	465	1310	21	6	1	91
Wings Bone-In Bar Wings with Buzz Sauce	1260	790	88	37	0.5	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	1530	57	7	33	91
Wings Bone-In Bar Wings with Banzai Sauce	1190	630	70	29	0.5	465	2430	48	6	24	93
Jump Starters											
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
AHA® Blueberry + Pomegranate Sparkling Water Adult	0	0	0	0	0	0	30	0	0	0	0
AHA® Blueberry + Pomegranate Sparkling Water Kid	0	0	0	0	0	0	15	0	0	0	0
Coca-Cola Classic® Adult	120	0	0	0	0	0	40	33	0	33	0
Coca-Cola® Zero Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Coke® Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Dr Pepper® Adult	0	0	0	0	0	0	50	0	0	0	0
Dr Pepper® Adult	130	0	0	0	0	0	50	33	0	32	0
Fresh-Brewed Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Peach Iced Tea	180	0	0	0	0	0	0	47	0	43	0
Raspberry Iced Tea	180	0	0	0	0	0	0	45	0	45	0
Fresh-Brewed Tea, Sugar Free Peach	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Tea, Sugar Free Raspberry	0	0	0	0	0	0	0	8	0	0	0
Fresh-Brewed Sweet Tea	120	0	0	0	0	0	0	32	0	32	0
Fresh-Brewed Sweet Tea, Peach	290	0	0	0	0	0	0	75	0	72	0
Fresh-Brewed Sweet Tea, Raspberry	290	0	0	0	0	0	0	73	0	73	0
Fresh-Brewed Sweet Tea, Sugar Free Peach	110	0	0	0	0	0	0	36	0	29	0
Fresh-Brewed Sweet Tea, Sugar Free Raspberry	110	0	0	0	0	0	0	36	0	29	0
Minute Maid® Lemonade Adult	140	0	0	0	0	0	20	36	0	35	0
Lemonade with Peach Flavor	300	0	0	0	0	0	15	79	0	75	0
Lemonade with Raspberry Flavor	300	0	0	0	0	0	15	78	0	76	0
Lemonade with Sugar Free Peach Flavor	120	0	0	0	0	0	15	38	0	32	0
Lemonade with Sugar Free Raspberry Flavor	120	0	0	0	0	0	15	38	0	32	0
Fanta® Orange Adult	130	0	0	0	0	0	50	38	0	37	0
Freckled Lemonade® Adult	150	0	0	0	0	0	10	38	0	37	0
Freckled Lemonade® Kid	110	0	0	0	0	0	10	28	0	27	0
Mello Yello® Adult	140	0	0	0	0	0	40	39	0	39	0
Orange Cream Soda	220	25	3	1.5	0	10	25	47	0	44	0
Raspberry Cream Soda	210	25	3	1.5	0	10	25	46	0	43	0
Poppin' Purple Lemonade	190	0	0	0	0	0	10	47	0	45	0
Root Beer Float Adult	580	130	7	135	0.5	15	160	132	0	110	9
Root Beer Float Kid	190	45	2.5	45	0	0	50	41	0	34	3
Sprite® Adult	130	0	0	0	0	0	30	34	0	30	0
Sunset Lemonade	350	0	0	0	0	0	90	86	1	79	0
Very Berry Raspberry Limeade	180	0	0	0	0	0	20	46	0	43	0
Topo Chico	0	0	0	15	0	0	0	0	0	0	0

RED ROBIN'S FINEST BURGERS

All Finest Burgers are served with Bottomless Steak Fries®. Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Black & Bleu	870	500	55	17	1.5	130	1190	53	4	12	40
Smoke & Pepper™	800	360	40	17	1.5	145	1480	57	2	17	52
Smokehouse Brisket Burger	1330	750	84	25	2.5	175	2220	83	4	30	61
Smokehouse Brisket Burger w/ Steak Fries	1680	890	100	27	2.5	180	2390	132	10	30	66
The MadLove Burger	1060	520	57	25	2	175	1410	71	5	27	65
The Master Cheese	790	410	45	19	1.5	140	1560	48	2	10	47
The Southern Charm Burger®	1140	610	67	21	2	160	1270	81	3	43	52
Tuscan Salmon	870	520	58	12	0.5	15	1460	55	3	13	41

GOURMET BURGERS

Unless otherwise indicated, all burgers are served with Bottomless Steak Fries®. Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bacon Cheeseburger√	990	610	67	22	2	160	1330	47	2	11	49
Banzai	950	540	60	19	2	135	1360	61	3	22	42
Bleu Ribbon	1110	650	72	22	2	140	1690	69	5	18	44
Burnin' Love	910	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	850	420	47	16	1.5	145	1470	58	5	11	50
Guacamole Bacon	920	520	57	19	1.5	150	940	50	4	11	52
Impossible™ Burger√	760	370	41	17	0.5	40	1810	68	8	19	33
Keep It Simple Beef	540	220	24	9	1	90	1190	46	3	10	35
Keep It Simple Veggie	380	80	9	2	0	0	1300	63	10	15	15
Monster Burger√	1220	690	77	31	3	255	2840	60	4	20	73
Red Robin® Gourmet Cheeseburger√ w/out Relish	780	430	47	17	1.5	130	1850	50	3	12	40
Red Robin® Gourmet Cheeseburger√	810	430	47	17	1.5	130	2040	58	4	19	40
Royal Red Robin	1100	690	77	24	2	345	1450	48	2	11	55
Sautéed 'Shroom	770	360	40	17	1.5	120	1050	53	7	10	48
Scorpion Gourmet Burger	950	520	57	18	1.5	130	2080	67	7	15	43
Veggie Burger	750	400	44	12	0.5	40	1240	69	12	14	24
Veggie Vegan Burger w/ Steamed Broccoli	260	90	11	1.5	0	0	640	34	14	11	13
The Wedgie™ Burger	540	310	34	12	1	120	620	18	5	7	40
Whiskey River® BBQ	1140	670	75	21	2	135	1340	73	4	22	44

TAVERN BURGERS

Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cowboy Ranch Tavern Double	670	340	37	12	11	105	1260	48	1	16	35
The Big Cowboy Ranch	810	410	46	17	1.5	130	1580	60	3	20	40
Haystack Tavern Double™	690	380	42	15	11	120	1280	40	0	9	37
The Big Haystack	920	520	58	19	1.5	130	1470	61	3	16	40
Pig Out Tavern Double	790	450	50	17	12	145	1280	41	0	13	45
The Big Pig Out	1070	630	70	23	2	170	1540	62	2	25	52
Red's Tavern Double®	600	320	35	14	11	120	1230	33	0	7	36
The Big Tavern	730	390	43	17	1.5	130	1370	47	2	12	40

BEER

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Alaskan Amber 12 oz.	180	0	0	0	0	0	0	16	0	0	3
Alaskan Amber 16 oz.	230	0	0	0	0	0	0	21	0	0	4
Angry Orchard® Hard Cider 12 oz. Bottle	200	0	0	0	0	0	10	25	0	20	0
Angry Orchard® Hard Cider 16 oz.	260	0	0	0	0	0	15	33	0	27	0
Angry Orchard® Hard Cider 22 oz.	360	0	0	0	0	0	20	45	0	37	0
Angry Orchard® Rose Cider 12 oz.	170	0	0	0	0	0	15	17	1	13	0
Angry Orchard® Rose Cider 16 oz.	230	0	0	0	0	0	20	23	1	17	0
Angry Orchard® Rose Cider 22 oz.	310	0	0	0	0	0	25	31	2	24	0
Blue Moon® Belgian White 12 oz.	170	0	0	0	0	0	15	14	0	11	2
Blue Moon® Belgian White 16 oz.	220	0	0	0	0	0	20	19	0	14	3
Blue Moon® Belgian White 22 oz.	310	0	0	0	0	0	30	26	0	20	3
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

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)
Budweiser®	12 oz. Bottle	150	0	0	0	0	0	10	11	0	0	1
Budweiser®	16 oz.	200	0	0	0	0	0	15	14	0	0	2
Budweiser®	22 oz.	270	0	0	0	0	0	20	19	0	0	2
Coors Light®	12 oz.	100	0	0	0	0	0	10	5	0	0	1
Coors Light®	16 oz.	140	0	0	0	0	0	15	7	0	0	1
Coors Light®	22 oz.	190	0	0	0	0	0	20	9	0	0	2
Corona Extra®	12 oz.	150	0	0	0	0	0	0	14	0	0	1
Corona Extra®	16 oz.	200	0	0	0	0	0	0	19	0	0	2
Deschutes™ Mirror Pond Pale Ale®	12 oz.	170	0	0	0	0	0	20	16	0	0	0
Deschutes™ Mirror Pond Pale Ale®	16 oz.	230	0	0	0	0	0	25	21	0	0	0
Guinness®	12 oz. Bottle	130	0	0	0	0	0	10	0	0	0	1
Guinness®	14.9 oz. Can	160	0	0	0	0	0	10	0	0	0	1
Guinness®	16 oz.	170	0	0	0	0	0	15	0	0	0	1
Guinness®	22 oz.	230	0	0	0	0	0	15	0	0	0	2
Heineken®	12 oz.	140	0	0	0	0	0	10	11	0	2	0
Heineken®	16 oz.	190	0	0	0	0	0	10	15	0	3	1
Heineken®	22 oz.	260	0	0	0	0	0	15	21	0	4	1
Killian's® Irish Red	12 oz. Bottle	170	0	0	0	0	0	10	15	0	11	2
Killian's® Irish Red	16 oz.	220	0	0	0	0	0	15	19	0	14	2
Killian's® Irish Red	22 oz.	310	0	0	0	0	0	20	27	0	20	3
Kronenbourg 1664 Blanc	16 oz.	190	0	0	0	0	0	0	0	0	4	24
Kronenbourg 1664 Blanc	22 oz.	260	0	0	0	0	0	0	0	0	5	32
Lagunitas IPA®	12 oz.	180	0	0	0	0	0	15	14	0	0	3
Lagunitas IPA®	16 oz.	240	0	0	0	0	0	20	18	0	0	3
Lagunitas IPA®	22 oz.	330	0	0	0	0	0	25	25	0	0	5
MGD® 64	12 oz.	60	0	0	0	0	0	0	2	0	0	1
MGD® 64	16 oz.	90	0	0	0	0	0	5	3	0	0	1
Michelob® AmberBock	12 oz.	150	0	0	0	0	0	10	12	0	0	1
Michelob® AmberBock	16 oz.	200	0	0	0	0	0	10	16	0	0	2
Michelob Ultra®	12 oz.	100	0	0	0	0	0	15	3	0	0	1
Michelob Ultra®	16 oz.	130	0	0	0	0	0	20	4	0	0	1
Michelob Ultra®	22 oz.	170	0	0	0	0	0	30	6	0	0	2
Miller® Genuine Draft	12 oz.	140	0	0	0	0	0	5	13	0	0	1
Miller® Genuine Draft	16 oz.	190	0	0	0	0	0	10	17	0	0	1
Miller Lite®	12 oz.	100	0	0	0	0	0	0	3	0	0	1
Miller Lite®	16 oz.	130	0	0	0	0	0	5	4	0	0	1
Miller Lite®	22 oz.	180	0	0	0	0	0	10	6	0	0	2
Modelo Especial	12 oz.	140	0	0	0	0	0	20	14	0	0	1
Modelo Especial	16 oz.	190	0	0	0	0	0	25	18	0	0	1
New Belgium® Fat Tire®	12 oz.	140	0	0	0	0	0	0	9	2	0	2
New Belgium® Fat Tire®	16 oz.	190	0	0	0	0	0	5	12	3	0	3
New Belgium® Fat Tire®	22 oz.	260	0	0	0	0	0	10	17	4	0	4
O'Doul's®	12 oz.	70	0	0	0	0	0	10	13	0	0	0
O'Doul's®	16 oz.	90	0	0	0	0	0	10	18	0	0	0
Pyramid Breweries®	12 oz. Bottle	170	0	0	0	0	0	0	13	0	0	3
Pyramid Breweries®	16 oz.	230	0	0	0	0	0	0	18	0	0	4
Pyramid Breweries®	22 oz.	310	0	0	0	0	0	0	25	0	0	5
Red Robin 1969 Lager™	16 oz.	180	0	0	0	0	0	0	14	1	0	3
Red Robin 1969 Lager™	22 oz.	250	0	0	0	0	0	0	19	2	0	4
Samuel Adams Boston Lager®	12 oz.	170	0	0	0	0	0	25	19	0	2	2
Samuel Adams Boston Lager®	16 oz.	230	0	0	0	0	0	30	25	1	3	2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	0	40	34	1	4	3
Samuel Adams Cold Snap	12 oz.	170	0	0	0	0	0	20	14	1	0	2
Samuel Adams Cold Snap	16 oz.	230	0	0	0	0	0	25	19	1	0	3
Samuel Adams Cold Snap	22 oz.	310	0	0	0	0	0	35	26	2	0	4
Samuel Adams Fresh as Helles™	12 oz.	180	0	0	0	0	0	25	17	0	0	2
Samuel Adams Fresh as Helles™	16 oz.	240	0	0	0	0	0	30	22	1	1	3
Samuel Adams Fresh as Helles™	22 oz.	330	0	0	0	0	0	40	30	1	1	4
Sam Adams® Hopscapè™	12 oz.	170	0	0	0	0	0	20	13	2	0	2
Sam Adams® Hopscapè™	16 oz.	220	0	0	0	0	0	25	17	2	0	3
Sam Adams® Hopscapè™	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
Sam Adams Rebel Juiced IPA	16 oz.	280	0	0	0	0	0	35	24	3	0	3
Sam Adams Rebel Juiced IPA	22 oz.	390	0	0	0	0	0	45	33	4	0	4

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
Sierra Nevada® Pale Ale	12 oz.	180	0	0	0	0	0	0	14	0	0	2
Sierra Nevada® Pale Ale	16 oz.	230	0	0	0	0	0	0	19	0	0	2
Stella Artois®	12 oz.	150	0	0	0	0	0	45	12	0	2	1
Stella Artois®	16 oz.	190	0	0	0	0	0	60	16	0	3	1
Stella Artois®	22 oz.	270	0	0	0	0	0	85	22	0	4	2
Truly® Wild Berry Hard Seltzer™	12 oz. Can	100	0	0	0	0	0	0	2	0	1	0
Voodoo Ranger® Juicy Haze® IPA	12 oz.	220	0	0	0	0	0	0	16	1	1	3
Voodoo Ranger® Juicy Haze® IPA	16 oz.	290	0	0	0	0	0	5	21	1	1	4
Voodoo Ranger® Juicy Haze® IPA	22 oz.	400	0	0	0	0	0	10	29	2	2	6
Yuengling® Traditional Lager	12 oz.	140	0	0	0	0	0	20	10	0	0	0
Yuengling® Traditional Lager	16 oz.	190	0	0	0	0	0	25	13	0	0	0

FROM THE BAR

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Citrus Springs House Margarita (Rocks/Frozen)	100	0	0	0	0	0	880	17	0	16	0
House Margarita (Rocks and Frozen)	120	0	0	0	0	0	900	18	0	16	0
Long Island Iced Tea	340	0	0	0	0	0	50	38	0	35	0
Red's Signature Margarita (Rocks and Frozen)	140	0	0	0	0	0	910	22	0	14	0
Sand in Your Shorts®	350	0	0.5	0	0	0	10	61	0	50	0
Screaming Red Zombie	330	0	0.5	0	0	0	45	43	1	35	0
Silver Patrón® Margarita (Rocks and Frozen)	190	0	0	0	0	0	910	22	0	14	0
Spiked Freckled Lemonade®	270	0	0	0	0	0	10	41	0	40	3
House Margarita (Desert Pear)	300	0	0	0	0	0	65	61	0	55	0
House Margarita (Lime)	270	0	0	0	0	0	950	53	0	47	0
House Margarita (Peach)	300	0	0	0	0	0	65	62	0	56	0
House Margarita (Strawberry)	260	0	0	0	0	0	65	51	0	46	0
Tequila Sunset	360	0	0	0	0	0	80	71	1	61	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	36	0	35	0
Tropical Mai Tai	300	0	0	0	0	0	25	44	1	39	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
Ava Grace Rosé	5 oz.	110	0	0	0	0	0	4	0	0	0
Ava Grace Rosé	6 oz.	130	0	0	0	0	0	5	0	0	0
Ava Grace Rosé	9 oz.	200	0	0	0	0	0	7	0	0	0
Barefoot Refresh® Moscato Spritzer	5 oz.	100	0	0	0	0	15	11	0	8	0
Barefoot Refresh® Moscato Spritzer	6 oz.	110	0	0	0	0	20	13	0	10	0
Barefoot Refresh® Moscato Spritzer	9 oz.	170	0	0	0	0	25	20	0	15	0
Blackstone Merlot	6 oz.	130	0	0	0	0	0	0	0	0	0
Blackstone Merlot	9 oz.	190	0	0	0	0	5	1	0	1	0
Canyon Road® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	7	0	2	0
Canyon Road® Cabernet Sauvignon	9 oz.	250	0	0	0	0	0	11	0	3	0
Canyon Road® Chardonnay	6 oz.	160	0	0	0	0	0	6	0	3	0
Canyon Road® Chardonnay	9 oz.	230	0	0	0	0	0	9	0	4	0
Canyon Road® Merlot	6 oz.	170	0	0	0	0	0	7	0	3	0
Canyon Road® Merlot	9 oz.	250	0	0	0	0	0	11	0	4	0
Canyon Road® Pinot Grigio	6 oz.	140	0	0	0	0	0	5	0	2	0
Canyon Road® Pinot Grigio	9 oz.	220	0	0	0	0	0	7	0	3	0
Canyon Road® White Zinfandel	6 oz.	130	0	0	0	0	0	10	0	7	0
Canyon Road® White Zinfandel	9 oz.	200	0	0	0	0	0	14	0	11	0
Carnivor® Cabernet Sauvignon	5 oz.	140	0	0	0	0	15	5	0	0	0
Carnivor® Cabernet Sauvignon	6 oz.	170	0	0	0	0	20	6	0	1	0
Carnivor® Cabernet Sauvignon	9 oz.	260	0	0	0	0	25	9	0	2	1
Clos du Bois® Cabernet Sauvignon	6 oz.	130	0	0	0	0	0	2	0	2	0
Clos du Bois® Cabernet Sauvignon	9 oz.	190	0	0	0	0	0	3	0	3	0
Copper Ridge® Cabernet Sauvignon	6 oz.	140	0	0	0	0	0	6	0	2	0
Copper Ridge® Cabernet Sauvignon	9 oz.	220	0	0	0	0	0	9	0	3	0
Copper Ridge® Chardonnay	6 oz.	140	0	0	0	0	0	6	0	0	0
Copper Ridge® Chardonnay	9 oz.	220	0	0	0	0	0	9	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)
Copper Ridge® Merlot	6 oz.	150	0	0	0	0	0	0	7	0	2	0
Copper Ridge® Merlot	9 oz.	230	0	0	0	0	0	0	11	0	3	0
Copper Ridge® White Zinfandel	6 oz.	130	0	0	0	0	0	0	10	0	6	0
Copper Ridge® White Zinfandel	9 oz.	190	0	0	0	0	0	0	14	0	9	0
Cupcake Vineyards® Chardonnay	5 oz.	130	0	0	0	0	0	10	3	0	1	0
Cupcake Vineyards® Chardonnay	6 oz.	160	0	0	0	0	0	10	4	0	1	0
Cupcake Vineyards® Chardonnay	9 oz.	230	0	0	0	0	0	20	5	0	2	0
Cupcake® Sauvignon Blanc	6 oz.	190	0	0	0	0	0	10	5	0	0	0
Cupcake® Sauvignon Blanc	9 oz.	280	0	0	0	0	0	15	8	0	1	0
Dark Horse™ Cabernet Sauvignon	5 oz.	140	0	0	0	0	0	0	4	0	0	0
Dark Horse™ Cabernet Sauvignon	6 oz.	160	0	0	0	0	0	0	5	0	0	0
Dark Horse™ Cabernet Sauvignon	9 oz.	240	0	0	0	0	0	0	8	0	0	0
Ecco Domani® Pinot Grigio	5 oz.	110	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	6 oz.	130	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	200	0	0	0	0	0	20	5	0	1	0
Hogue® Pinot Grigio	6 oz.	120	0	0	0	0	0	0	6	0	5	0
Hogue® Pinot Grigio	9 oz.	180	0	0	0	0	0	0	8	0	8	0
Jacob's Creek® Chardonnay	6 oz.	130	0	0	0	0	0	0	0	0	0	0
Jacob's Creek® Chardonnay	9 oz.	200	0	0	0	0	0	0	0	0	0	0
Jacob's Creek® Shiraz	6 oz.	130	0	0	0	0	0	0	0	0	0	0
Jacob's Creek® Shiraz	9 oz.	200	0	0	0	0	0	0	0	0	0	0
Kendall-Jackson® Merlot	6 oz.	160	0	0	0	0	0	0	5	0	5	0
Kendall-Jackson® Merlot	9 oz.	230	0	0	0	0	0	0	7	0	7	0
Kendall-Jackson® V.R. Chardonnay	5 oz.	120	0	0	0	0	0	0	4	0	4	0
Kendall-Jackson® V.R. Chardonnay	6 oz.	140	0	0	0	0	0	0	5	0	5	0
Kendall-Jackson® V.R. Chardonnay	9 oz.	220	0	0	0	0	0	0	7	0	7	0
The Naked Grape® Chardonnay	5 oz.	130	0	0	0	0	0	15	4	0	2	0
The Naked Grape® Chardonnay	6 oz.	150	0	0	0	0	0	20	5	0	2	0
The Naked Grape® Chardonnay	9 oz.	230	0	0	0	0	0	25	7	0	3	0
The Naked Grape® Merlot	5 oz.	110	0	0	0	0	0	0	0	0	0	0
The Naked Grape® Merlot	6 oz.	140	0	0	0	0	0	0	0	0	0	0
The Naked Grape® Merlot	9 oz.	210	0	0	0	0	0	0	0	0	0	0
Ruffino "Lumina" Pinot Grigio	6 oz.	110	0	0	0	0	0	0	4	0	4	0
Ruffino "Lumina" Pinot Grigio	9 oz.	170	0	0	0	0	0	0	7	0	6	0
Trinity Oaks® Pinot Noir	6 oz.	150	0	0	0	0	0	0	6	0	0	1
Trinity Oaks® Pinot Noir	9 oz.	230	0	0	0	0	0	0	9	0	0	2
Woodbridge® Cabernet Sauvignon	5 oz.	100	0	0	0	0	0	0	0	0	0	0
Woodbridge® Cabernet Sauvignon	6 oz.	120	0	0	0	0	0	0	1	0	0	0
Woodbridge® Cabernet Sauvignon	9 oz.	180	0	0	0	0	0	0	2	0	0	0
Woodbridge® Chardonnay	5 oz.	110	0	0	0	0	0	0	3	0	2	0
Woodbridge® Chardonnay	6 oz.	130	0	0	0	0	0	0	3	0	3	0
Woodbridge® Chardonnay	9 oz.	190	0	0	0	0	0	0	5	0	4	0
Woodbridge® Merlot	5 oz.	110	0	0	0	0	0	0	3	0	2	0
Woodbridge® Merlot	6 oz.	130	0	0	0	0	0	0	3	0	2	0
Woodbridge® Merlot	9 oz.	190	0	0	0	0	0	0	5	0	4	0
Woodbridge® White Zinfandel	5 oz.	100	0	0	0	0	0	0	18	0	18	0
Woodbridge® White Zinfandel	6 oz.	120	0	0	0	0	0	0	22	0	21	0
Woodbridge® White Zinfandel	9 oz.	170	0	0	0	0	0	0	33	0	32	0
White Spanish Sangria		120	0	0	0	0	0	0	13	0	13	0
Red Spanish Sangria		120	0	0	0	0	0	0	13	0	13	0

ENTRÉES

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Arctic Cod Fish & Chips	Includes Steak Fries	1520	810	90	15	1	135	2510	135	11	11	45
Ensenada Chicken™ Platter		400	130	14	3.5	0	190	2360	13	5	6	57
Ensenada Chicken™ Platter	One Chicken Breast	210	60	7	1.5	0	95	1310	8	3	4	29
Clucks & Fries®		1330	740	82	15	1	100	1990	104	9	4	26
Clucks & Fries®	Buffalo Style	1630	1010	113	27	1	115	4090	106	11	5	28
Sear-ious Salmon		440	300	34	7	0	0	840	8	1	4	33

SANDWICHES & WRAPS

Wraps and Sandwiches are served with Bottomless Steak Fries®.
Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
BLTA Croissant*	680	360	40	14	0.5	55	1220	49	5	8	31
Buzzin' Chicken Sandwich	940	550	61	14	0.5	75	2340	67	4	10	35
Caesar's Chicken Wrap*	820	450	50	12	0.5	90	1890	59	4	2	33
California Chicken	710	330	36	10	0.5	135	2070	49	6	11	51
Crispy Chicken	930	520	57	11	0.5	80	2210	70	5	11	35

SANDWICHES & WRAPS continued

Wraps and Sandwiches are served with Bottomless Steak Fries®.
Nutritional information for sides provided separately.

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Grilled Turkey	670	370	41	9	0.5	95	1100	46	2	9	29
Ragin' Cajun Chicken	1020	590	66	21	1	95	3170	67	4	10	41
Simply Grilled Chicken	370	50	6	2	0	90	1580	46	5	10	35
Teriyaki Chicken	780	370	41	12	1	135	1630	61	4	22	43
Whiskey River® BBQ Chicken	960	510	56	14	1	135	1730	74	5	23	44
Whiskey River® BBQ Chicken Wrap*	1030	530	58	19	1	125	2320	81	4	14	43

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†	510	230	26	9	0.5	295	1420	25	9	8	50
Caesar Salad	230	190	21	4	0.5	15	360	8	2	2	4
Chicken Tortilla Soup	390	170	19	7	0.5	55	1720	37	6	8	20
Chicken Tortilla Soup	200	80	9	3.5	0	30	860	19	3	4	10
Clamdigger's Clam Chowder	420	280	31	19	1	115	1270	25	0	8	11
Clamdigger's Clam Chowder	210	140	15	10	0.5	60	640	12	0	4	6
Crispy Chicken Tender Salad†	880	440	50	14	0.5	270	1470	60	7	8	38
French Onion Soup	250	140	16	8	0.5	40	550	14	2	6	15
French Onion Soup	130	70	8	4	0.5	20	280	7	1	3	7
House Salad†	100	50	5	2.5	0	15	160	9	2	3	5
Mighty Caesar	760	550	62	11	1	135	1580	20	7	5	36
Red's Chili Chili™	430	170	18	6	0.5	70	1480	36	7	7	28
Red's Chili Chili™	210	80	9	3.5	0.5	35	740	18	4	3	14
Simply Grilled Chicken Salad†	280	70	8	3.5	0	105	870	19	6	7	35
Southwest Salad	910	550	61	19	1	175	1850	47	12	12	50

DIPPING SAUCES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Bistro Sauce	140	110	13	1.5	0	5	440	6	0	2	0
Buzzard	150	140	16	7	0	0	1460	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
Island Heat Sauce	130	130	25	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
Add Bacon	100	60	7	2	0	20	0	0	0	0	10
Add Bacon Bits	140	90	9	3.5	0	35	430	3	0	3	12
Cucumber Slices (three slices)	0	0	0	0	0	0	0	0	0	0	0
Garlic Fries	430	200	22	7	0.5	20	260	50	5	2	7
Fried Egg	90	60	7	2	0	185	95	0	0	0	6
Green Chile side (New Mexico Only)	10	0	0	0	0	0	0	2	0	0	0
Mayonnaise	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	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
Bottomless Steak Fries® (per serving)	360	140	16	3	0	0	160	49	5	0	5
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
Classic Sesame Bun	220	40	4.5	1.5	0	0	350	40	2	6	7
Croissant	330	140	15	9	0.5	0	390	41	1	6	7
Gluten Free	210	40	4.5	0	0	0	480	39	3	6	4
Lettuce Wrap Your Burger	15	0	0	0	0	0	10	3	1	2	1
Tavern Bun	160	25	2.5	0	10	0	320	28	0	3	6

PICK YOUR PROTEIN

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Ancient-Grain Veggie/Vegan Patty	130	35	4	0.5	0	0	340	17	7	5	7
Crispy Chicken Patty	430	240	26	5	0	65	1070	21	2	0	27
Grilled Chicken Patty	120	15	1.5	0.5	0	90	620	0	1	0	27
Gourmet Burger Patty	290	180	20	8	1	90	80	0	0	0	27
Impossible™ Burger Patty	240	120	14	8	0	0	0	11	5	0	19
Tavern Patty	130	80	9	3.5	0.5	40	40	0	0	0	12
Salmon Fillet	280	170	19	4.5	0	0	480	2	0	0	33
Turkey Patty	230	130	15	4	0	80	550	2	0	0	21

CHEESES

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
American (two slices)	110	90	10	6	0.5	30	570	2	0	1	5
Bleu Cheese (crumbles)	150	100	12	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

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	15	
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	0	40	720	26	2	10	
Corn Doggies	9 pieces	530	290	33	8	0	105	1250	43	2	16	
Lil' Appetites Corn Doggies	6 pieces	350	200	22	5	0	70	830	29	1	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	30	0	0	0	0	0	0	8	1	7	0	
Milk	140	30	3.5	2	0	15	150	17	0	17	11	
Red's Cheeseburger	Beef	360	150	17	7	11	60	1100	32	1	5	22
Red's Cheeseburger	Chicken	350	80	9	3.5	10	105	1680	32	2	6	37
Red's Cheeseburger	Turkey	460	200	22	7	10	95	1610	33	1	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	

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)
Steamed Broccoli	15	0	0	0	0	0	15	3	1	0	2
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
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
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 (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
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
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
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	990	340	38	24	1.5	145	400	146	1	125	19
Malt (Pineapple Upside-Down Cake)	Kid	540	190	21	13	0.5	80	210	81	0	68	10
Milkshake (Pineapple Upside-Down Cake)	Monster	940	330	37	23	1.5	145	350	138	1	120	17
Milkshake (Pineapple Upside-Down Cake)	Kid	520	180	20	13	0.5	80	190	76	0	66	9
Make it boozy! Add a shot of Captain Morgan® Spiced Rum		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™	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" Cauliflower Base (Crust, Sauce, Cheese, Romano Mix)	960	370	41	24	1.5	130	2120	103	8	10	33
10" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1270	360	40	16	1	80	3180	168	11	14	56
12" GF Base (Crust, Sauce, Cheese, Romano Mix)	1340	490	55	27	1.5	115	2960	167	10	28	45
14" Famous Thin Base (Crust, Sauce, Cheese, Romano Mix)	1760	940	68	31	3.5	160	4470	199	16	20	85
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	950	2	0	1	0
Banana Pepper Add 12" GF	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	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
Extra Cheese Add 10"	260	180	19	11	1	60	500	4	2	0	18
Extra Cheese Add 12" GF	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" (Cauliflower Crust)	100	45	5	2.5	0	20	310	8	0	0	8
Founders Favorite 10" (Famous Thin Crust)	120	45	5	2	0	15	390	12	0	1	6
Founders Favorite 12" GF	140	70	7	3	0	20	440	12	0	2	6
Founders Favorite 14" (Famous Thin Crust)	160	90	8	3.5	0	25	530	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	190	150	16	5	0	0	1400	0	0	0	0

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)
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	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	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"	290	220	25	10	0.5	75	560	2	0	0	15
Pepperoni Add 12" GF	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" (Cauliflower Crust)	90	40	4.5	2.5	0	15	190	7	0	0	7
Signature Pepperoni Pizza 10" (Famous Thin Crust)	110	40	4.5	2	0	10	270	12	0	1	5
Signature Pepperoni Pizza 12" GF	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
Pineapple Add 10"	50	0	0	0	0	0	0	13	0	12	0
Pineapple Add 12" GF	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	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	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" (Cauliflower Crust)	90	40	4	2.5	0	15	180	8	0	0	7
Serious Cheese 10" (Famous Thin Crust)	110	40	4.5	2	0	10	260	12	0	0	5
Serious Cheese 12" GF	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
Serious Meat Pizza 10" (Cauliflower Crust)	110	50	6	3	0	20	260	8	0	1	9
Serious Meat Pizza 10" (Famous Thin Crust)	130	50	6	2.5	0	20	340	12	0	1	7
Serious Meat Pizza 12" GF	150	70	8	3.5	0	25	370	13	0	2	8
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	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" (Cauliflower Crust)	100	45	5	2.5	0	15	210	8	0	1	7
The Works 10" (Famous Thin Crust)	120	45	5	2	0	10	290	13	0	1	6
The Works 12" GF	140	60	7	3	0	15	290	13	1	3	6
The Works 14" (Famous Thin Crust)	150	90	8	3	0	20	360	13	1	2	8
Very Vegy Pizza 10" (Cauliflower Crust)	70	30	3	1.5	0	10	170	8	0	1	6
Very Vegy Pizza 10" (Famous Thin Crust)	100	30	3	1.5	0	5	260	13	0	1	4
Very Vegy Pizza 12" GF	110	40	4.5	2	0	10	250	13	1	3	4
Very Vegy Pizza 14" (Famous Thin Crust)	110	60	4.5	2	0	10	310	13	1	2	5
Whiskey River BBQ Pizza 10" (Cauliflower Crust) (Chicken)	90	35	4	2	0	10	200	9	0	2	7
Whiskey River BBQ Pizza 10" (Famous Thin Crust) (Chicken)	110	35	4	1.5	0	10	280	14	0	2	5
Whiskey River BBQ Pizza 14" (Famous Thin Crust) (Chicken)	140	70	5	2	0	15	340	15	1	3	7

BOXED LUNCHES

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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	510	230	26	9	0.5	295	1420	25	9	8	50
Beef Burger w/ Yukon Chips(CSB)	860	430	48	30	1	95	1420	70	9	9	37
Beef Burger w/ Side Salad (CSB)	630	270	30	12	1	105	1360	52	5	11	40
Beef Burger w/ Yukon Chips (GFB)	850	430	48	28	1	95	1550	70	10	8	34
Beef Burger w/ Side Salad (GFB)	620	270	30	10	1	105	1490	52	6	11	37
Beef Cheeseburger w/ Yukon Chips (CSB) (AC)	970	520	58	36	1.5	125	1990	72	9	10	42
Beef Cheeseburger w/ Side Salad (CSB) (AC)	740	360	40	18	1.5	135	1930	54	5	13	45
Beef Cheeseburger w/ Yukon Chips (CSB) (BC)	960	500	56	34	1.5	115	1780	72	9	9	43
Beef Cheeseburger w/ Side Salad (CSB) (BC)	730	340	37	17	1.5	130	1720	53	6	11	45
Beef Cheeseburger w/ Yukon Chips (CSB) (CC)	980	520	57	35	1.5	120	1600	71	9	9	44
Beef Cheeseburger w/ Side Salad (CSB) (CC)	750	350	39	17	1.5	135	1540	52	5	11	47
Beef Cheeseburger w/ Yukon Chips (CSB) (PJC)	970	510	56	35	1.5	120	1610	71	9	9	44
Beef Cheeseburger w/ Side Salad (CSB) (PJC)	730	340	38	17	1.5	130	1550	52	5	11	46
Beef Cheeseburger w/ Yukon Chips (CSB) (PC)	940	490	54	33	1.5	110	1620	71	9	9	43
Beef Cheeseburger w/ Side Salad (CSB) (PC)	710	320	36	15	1.5	125	1550	52	5	11	46
Beef Cheeseburger w/ Yukon Chips (CSB) (SC)	970	510	57	35	1.5	120	1480	71	9	9	45
Beef Cheeseburger w/ Side Salad (CSB) (SC)	740	350	39	17	1.5	135	1410	52	5	11	47
BLTA Croissant w/ Yukon Chips	1010	580	64	35	0.5	55	1600	76	10	9	34
BLTA Croissant w/ Side Salad	780	410	46	17	1	70	1390	57	7	11	36
Caesar's Chicken Wrap w/ Yukon Chips	1150	660	73	33	1	90	2260	87	9	3	35
Caesar's Chicken Wrap w/ Side Salad	920	500	55	15	1	100	2200	68	6	5	38
Chicken Burger w/ Yukon Chips (CSB)	690	270	29	23	0	90	1950	71	10	9	38
Chicken Burger w/ Side Salad (CSB)	460	100	11	4.5	0	105	1890	52	6	12	40
Chicken Burger w/ Yukon Chips (GFB)	680	270	29	21	0	90	2090	71	11	9	35
Chicken Burger w/ Side Salad (GFB)	450	100	11	3	0	105	2020	52	7	11	37
Chicken Cheeseburger w/ Yukon Chips (CSB) (AC)	800	350	39	29	0.5	120	2530	73	10	11	43
Chicken Cheeseburger w/ Side Salad (CSB) (AC)	570	190	21	11	0.5	135	2460	55	6	13	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (BC)	790	340	37	27	0.5	115	2320	72	10	9	43
Chicken Cheeseburger w/ Side Salad (CSB) (BC)	560	170	19	9	0.5	125	2250	54	7	12	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (CC)	800	350	39	28	0.5	120	2140	71	10	9	45
Chicken Cheeseburger w/ Side Salad (CSB) (CC)	570	190	21	10	0.5	130	2070	53	6	12	47
Chicken Cheeseburger w/ Yukon Chips (CSB) (PJC)	790	340	38	28	0.5	115	2150	71	10	9	44
Chicken Cheeseburger w/ Side Salad (CSB) (PJC)	560	180	20	10	0.5	130	2080	53	6	12	47
Chicken Cheeseburger w/ Yukon Chips (CSB) (PC)	770	320	36	26	0.5	110	2150	71	10	9	44
Chicken Cheeseburger w/ Side Salad (CSB) (PC)	540	160	18	8	0.5	120	2090	53	6	12	46
Chicken Cheeseburger w/ Yukon Chips (CSB) (SC)	800	340	38	28	0.5	120	2010	71	10	9	45
Chicken Cheeseburger w/ Side Salad (CSB) (SC)	570	180	20	10	0.5	130	1950	53	6	12	48
Beef Cheeseburger w/ Yukon Chips (GFB) (AC)	960	520	58	34	1.5	125	2120	72	10	10	39
Beef Cheeseburger w/ Side Salad (GFB) (AC)	730	360	40	16	1.5	135	2060	54	6	12	42
Beef Cheeseburger w/ Yukon Chips (GFB) (BC)	950	500	56	33	1.5	115	1910	72	11	8	40
Beef Cheeseburger w/ Side Salad (GFB) (BC)	710	340	37	15	1.5	130	1850	53	7	11	42
Beef Cheeseburger w/ Yukon Chips (GFB) (CC)	960	510	57	34	1.5	120	1730	71	10	8	41
Beef Cheeseburger w/ Side Salad (GFB) (CC)	730	350	39	16	1.5	135	1670	52	6	11	44
Beef Cheeseburger w/ Yukon Chips (GFB) (PJC)	950	510	56	33	1.5	120	1740	71	10	8	41
Beef Cheeseburger w/ Side Salad (GFB) (PJC)	720	340	38	16	1.5	135	1680	52	6	11	43
Beef Cheeseburger w/ Yukon Chips (GFB) (PC)	930	490	54	32	1.5	110	1750	71	10	8	40
Beef Cheeseburger w/ Side Salad (GFB) (PC)	700	320	36	14	1.5	125	1680	52	6	11	43
Beef Cheeseburger w/ Yukon Chips (GFB) (SC)	960	510	57	34	1.5	120	1610	71	10	8	42
Beef Cheeseburger w/ Side Salad (GFB) (SC)	730	350	38	16	1.5	135	1550	52	6	11	45
Chicken Cheeseburger w/ Yukon Chips (GFB) (AC)	790	350	39	27	0.5	120	2660	73	11	10	40
Chicken Cheeseburger w/ Side Salad (GFB) (AC)	560	190	21	9	0.5	135	2590	54	7	13	43
Chicken Cheeseburger w/ Yukon Chips (GFB) (BC)	770	330	37	26	0.5	115	2450	72	12	9	40
Chicken Cheeseburger w/ Side Salad (GFB) (BC)	460	120	14	5	0.5	115	2480	48	6	10	38
Chicken Cheeseburger w/ Yukon Chips (GFB)	790	350	39	26	0.5	120	2270	71	11	9	42
Chicken Cheeseburger w/ Side Salad (GFB) (CC)	560	190	21	9	0.5	130	2200	53	7	11	44
Chicken Cheeseburger w/ Yukon Chips (GFB) (PJC)	780	340	38	26	0.5	115	2280	71	11	9	41
Chicken Cheeseburger w/ Side Salad (GFB) (PJC)	550	180	20	8	0.5	130	2210	53	7	11	44
Chicken Cheeseburger w/ Yukon Chips (GFB) (PC)	760	320	36	25	0.5	110	2280	71	11	9	41
Chicken Cheeseburger w/ Side Salad (GFB) (PC)	530	160	18	7	0.5	120	2220	53	7	11	43
Chicken Cheeseburger w/ Yukon Chips (GFB) (SC)	790	340	38	27	0.5	120	2140	71	11	9	42
Chicken Cheeseburger w/ Side Salad (GFB) (SC)	560	180	20	9	0.5	130	2080	53	7	11	45
Impossible Cheeseburger w/ Yukon Chips (GFB) (AC)	910	470	52	34	0.5	35	2040	83	14	10	32

BOXED LUNCHES continued

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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)
Impossible Cheeseburger w/ Side Salad (GFB) (AC)	680	300	33	16	0.5	45	1970	64	11	12	34
Impossible Cheeseburger w/ Yukon Chips (GFB) (BC)	900	450	49	33	0.5	25	1830	82	15	9	32
Impossible Cheeseburger w/ Side Salad (GFB) (BC)	660	280	31	15	0.5	40	1760	64	12	11	34
Impossible Cheeseburger w/ Yukon Chips (GFB) (CC)	910	460	51	34	0.5	30	1650	81	14	9	33
Impossible Cheeseburger w/ Side Salad (GFB) (CC)	680	300	33	16	0.5	45	1590	63	11	11	36
Impossible Cheeseburger w/ Yukon Chips (GFB) (PJC)	900	450	50	33	0.5	30	1660	81	14	9	33
Impossible Cheeseburger w/ Side Salad (GFB) (PJC)	670	290	32	16	0.5	40	1590	63	11	11	36
Impossible Cheeseburger w/ Yukon Chips (GFB)	880	430	48	32	0.5	20	1670	81	14	9	32
Impossible Cheeseburger w/ Side Salad (GFB) (PC)	650	270	30	14	0.5	35	1600	63	11	11	35
Impossible Cheeseburger w/ Yukon Chips (GFB) (SC)	910	460	51	34	0.5	30	1530	81	14	9	34
Impossible Cheeseburger w/ Side Salad (GFB) (SC)	680	290	32	16	0.5	45	1460	63	11	11	37
Turkey Cheeseburger w/ Yukon Chips (GFB) (AC)	900	470	52	31	0.5	115	2590	74	10	10	34
Turkey Cheeseburger w/ Side Salad (GFB) (AC)	670	310	34	13	0.5	125	2520	56	6	12	36
Turkey Cheeseburger w/ Yukon Chips (GFB) (BC)	890	450	50	29	0.5	105	2380	73	11	8	34
Turkey Cheeseburger w/ Side Salad (GFB) (BC)	660	290	32	11	0.5	120	2310	55	7	11	36
Turkey Cheeseburger w/ Yukon Chips (GFB) (CC)	900	470	52	30	0.5	110	2200	72	10	8	35
Turkey Cheeseburger w/ Side Salad (GFB) (CC)	670	300	34	12	0.5	125	2130	54	6	11	38
Turkey Cheeseburger w/ Side Salad (GFB) (PJC)	890	460	51	30	0.5	110	2210	72	10	8	35
Turkey Cheeseburger w/ Yukon Chips (GFB) (PJC)	660	300	33	12	0.5	120	2140	54	6	11	38
Turkey Cheeseburger w/ Yukon Chips (GFB) (PC)	870	440	49	28	0.5	100	2210	72	10	8	34
Turkey Cheeseburger w/ Side Salad (GFB) (PC)	640	280	31	10	0.5	115	2150	54	6	11	37
Turkey Cheeseburger w/ Yukon Chips (GFB) (SC)	900	460	51	30	0.5	110	2080	72	10	8	36
Turkey Cheeseburger w/ Side Salad (GFB) (SC)	670	300	33	12	0.5	120	2010	54	6	11	39
Veggie Cheeseburger w/ Yukon Chips (GFB) (AC)	800	380	42	27	0.5	30	2380	90	16	15	20
Veggie Cheeseburger w/ Side Salad (GFB) (AC)	570	210	24	9	0.5	45	2310	71	13	17	22
Veggie Cheeseburger w/ Yukon Chips (GFB) (BC)	780	360	40	26	0.5	25	2170	89	17	13	20
Veggie Cheeseburger w/ Side Salad (GFB) (BC)	550	200	22	8	0.5	40	2100	71	14	16	22
Veggie Cheeseburger w/ Yukon Chips (GFB) (CC)	800	370	41	26	0.5	30	1990	88	16	13	21
Veggie Cheeseburger w/ Side Salad (GFB) (CC)	570	210	23	9	0.5	40	1920	70	13	16	24
Veggie Cheeseburger w/ Yukon Chips (GFB) (PJC)	790	360	40	26	0.5	25	2000	88	16	13	21
Veggie Cheeseburger w/ Side Salad (GFB) (PJC)	560	200	22	9	0.5	40	1930	70	13	16	24
Veggie Cheeseburger w/ Yukon Chips (GFB) (PC)	760	340	38	25	0.5	20	2000	88	16	13	20
Veggie Cheeseburger w/ Side Salad (GFB) (PC)	530	180	20	7	0.5	30	1940	70	13	16	23
Veggie Cheeseburger w/ Yukon chips (GFB) (SC)	800	370	41	27	0.5	30	1860	88	16	13	22
Veggie Cheeseburger w/ Side Salad (GFB) (SC)	560	200	23	9	0.5	40	1800	70	13	16	25
House Salad Bottomless (Balsamic Dressing)	190	130	15	4.5	0	15	650	14	2	6	5
House Salad Bottomless (Bleu Cheese Dressing)	420	360	40	9	0.5	45	740	9	2	3	7
House Salad Bottomless (Honey Poppy Dressing)	450	330	37	8	0.5	40	680	26	2	18	6
House Salad Bottomless (Ranch Dressing)	360	290	32	7	0.5	35	550	13	2	5	6
Impossible Burger w/ Yukon Chips (CSB)	810	380	42	30	0	0	1340	81	13	9	29
Impossible Burger w/ Side Salad (CSB)	580	220	24	12	0	15	1270	62	10	12	32
Impossible Burger w/ Yukon Chips (GFB)	800	380	42	28	0	0	1470	81	14	9	26
Impossible Burger w/ Side Salad (GFB)	570	210	24	10	0	15	1400	62	11	11	29
Impossible Cheeseburger w/ Yukon Chips (CSB) (AC)	920	470	52	36	0.5	30	1910	83	13	11	35
Impossible Cheeseburger w/ Side Salad (CSB) (AC)	690	300	34	18	0.5	45	1840	65	10	13	37
Impossible Cheeseburger w/ Yukon Chips (CSB) (BC)	910	450	50	34	0.5	25	1700	82	14	9	35
Impossible Cheeseburger w/ Side Salad (CSB) (BC)	680	280	31	17	0.5	40	1630	64	10	12	37
Impossible Cheeseburger w/ Yukon Chips (CSB) (CC)	930	460	51	35	0.5	30	1520	81	13	9	36
Impossible Cheeseburger w/ Side Salad (CSB) (CC)	690	300	33	17	0.5	40	1450	63	10	12	39
Impossible Cheeseburger w/ Yukon Chips (CSB) (PJC)	910	450	50	35	0.5	30	1530	81	13	9	36
Impossible Cheeseburger w/ Side Salad (CSB) (PJC)	680	290	32	17	0.5	40	1460	63	10	12	39
Impossible Cheeseburger w/ Yukon Chips (CSB) (PC)	890	430	48	33	0.5	20	1530	81	13	9	35
Impossible Cheeseburger w/ Side Salad (CSB) (PC)	660	270	30	15	0.5	30	1470	63	10	12	38
Impossible Cheeseburger w/ Yukon Chips (CSB) (SC)	920	460	51	35	0.5	30	1400	81	13	9	37
Impossible Cheeseburger w/ Side Salad (CSB) (SC)	690	290	32	17	0.5	40	1330	63	10	12	40
Mighty Caesar Salad	760	550	62	11	1	135	1580	20	7	5	36
Turkey Burger w/ Yukon Chips (CSB)	800	380	43	26	0	80	1890	72	9	9	31
Turkey Burger w/ Side Salad (CSB)	570	220	25	8	0	95	1820	53	5	11	34
Turkey Burger w/ Yukon Chips (GFB)	790	380	43	25	0	80	2020	72	10	8	28
Turkey Burger w/ Side Salad (GFB)	560	220	24	7	0	95	1950	53	6	11	31
Turkey Cheeseburger w/ Yukon Chips (CSB) (AC)	920	470	52	32	0.5	110	2460	74	9	10	37
Turkey Cheeseburger w/ Side Salad (CSB) (AC)	690	310	34	14	0.5	125	2390	56	5	13	39

BOXED LUNCHES *continued*

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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 Cheeseburger w/ Yukon Chips (CSB) (BC)	900	450	50	31	0.5	105	2250	73	9	9	37
Turkey Cheeseburger w/ Side Salad (CSB) (BC)	670	290	32	13	0.5	120	2180	55	6	11	39
Turkey Cheeseburger w/ Yukon Chips (CSB) (CC)	920	470	52	31	0.5	110	2070	72	9	9	38
Turkey Cheeseburger w/ Side Salad (CSB) (CC)	690	310	34	14	0.5	120	2000	54	5	11	41
Turkey Cheeseburger w/ Yukon Chips (CSB) (PJC)	910	460	51	31	0.5	110	2080	72	9	9	38
Turkey Cheeseburger w/ Side Salad (CSB) (PJC)	680	300	33	13	0.5	120	2010	54	5	11	41
Turkey Cheeseburger w/ Yukon Chips (CSB) (PC)	880	440	49	30	0.5	100	2080	72	9	9	37
Turkey Cheeseburger w/ Side Salad (CSB) (PC)	650	280	31	12	0.5	110	2020	54	5	11	40
Turkey Cheeseburger w/ Yukon Chips (CSB) (SC)	910	460	51	32	0.5	110	1940	72	9	9	39
Turkey Cheeseburger w/ Side Salad (CSB) (SC)	680	300	33	14	0.5	120	1880	54	5	11	42
Veggie Burger w/ Yukon Chips (CSB)	700	290	32	23	0	0	1670	88	15	14	17
Veggie Burger w/ Side Salad (CSB)	470	130	14	5	0	15	1610	69	12	16	20
Veggie Burger w/ Yukon Chips (GFB)	680	290	32	21	0	0	1810	88	16	13	14
Veggie Burger w/ Side Salad (GFB)	450	130	14	3.5	0	15	1740	69	13	16	17
Veggie Cheeseburger w/ Yukon Chips (CSB) (AC)	810	380	42	29	0.5	30	2250	90	15	15	23
Veggie Cheeseburger w/ Side Salad (CSB) (AC)	580	210	24	11	0.5	45	2180	71	12	17	25
Veggie Cheeseburger w/ Yukon Chips (CSB) (BC)	790	360	40	27	0.5	25	2040	89	16	14	23
Veggie Cheeseburger w/ Side Salad (CSB) (BC)	560	200	22	10	0.5	35	1970	71	13	16	25
Veggie Cheeseburger w/ Yukon Chips (CSB) (CC)	810	370	41	28	0.5	30	1860	88	15	14	24
Veggie Cheeseburger w/ Side Salad (CSB) (CC)	580	210	23	10	0.5	40	1790	70	12	16	27
Veggie Cheeseburger w/ Yukon Chips (CSB) (PJC)	800	370	41	28	0.5	25	1870	88	15	14	24
Veggie Cheeseburger w/ Side Salad (CSB) (PJC)	570	200	22	10	0.5	40	1800	70	12	16	27
Veggie Cheeseburger w/ Yukon chips (CSB) (PC)	780	350	38	26	0.5	20	1870	88	15	14	23
Veggie Cheeseburger w/ Side Salad (CSB) (PC)	550	180	20	8	0.5	30	1810	70	12	16	26
Veggie Cheeseburger w/ Yukon Chips (CSB) (SC)	800	340	38	28	0.5	120	2010	71	10	9	45
Veggie Cheeseburger w/ Side Salad (CSB) (SC)	570	180	20	10	0.5	130	1950	53	6	12	48
Wedgie Style Beef Burger w/ Yukon Chips	660	390	44	28	1	95	1080	34	8	4	31
Wedgie Style Beef Burger w/ Side Salad	430	230	26	10	1	105	1020	16	5	7	34
Wedgie Style Beef Cheeseburger w/ Yukon Chips (AC)	770	480	53	34	1.5	125	1650	36	8	6	37
Wedgie Style Beef Cheeseburger w/ Side Salad (AC)	540	320	35	16	1.5	135	1590	18	5	8	39
Wedgie Style Beef Cheeseburger w/ Yukon Chips (BC)	750	460	51	33	1.5	115	1440	36	9	4	37
Wedgie Style Beef Cheeseburger w/ Side Salad (BC)	520	300	33	15	1.5	130	1380	17	6	7	39
Wedgie Style Beef Cheeseburger w/ Yukon Chips (CC)	770	480	53	34	1.5	120	1260	35	8	4	38
Wedgie Style Beef Cheeseburger w/ Side Salad (CC)	540	310	35	16	1.5	135	1200	16	5	7	41
Wedgie Style Beef Cheeseburger w/ Yukon Chips (PJC)	760	470	52	33	1.5	120	1270	35	8	4	38
Wedgie Style Beef Cheeseburger w/ Side Salad (PJC)	530	310	34	16	1.5	130	1210	16	5	7	41
Wedgie Style Beef Cheeseburger w/ Yukon Chips (PC)	740	450	50	32	1.5	110	1280	35	8	4	37
Wedgie Style Beef Cheeseburger w/ Side Salad (PC)	510	290	32	14	1.5	125	1220	16	5	7	40
Wedgie Style Beef Cheeseburger w/ Yukon Chips (SC)	770	470	52	34	1.5	120	1140	35	8	4	39
Wedgie Style Beef Cheeseburger w/ Side Salad (SC)	540	310	34	16	1.5	135	1080	16	5	7	42
Wedgie Style Chicken Burger w/ Yukon Chips	490	230	25	21	0	90	1620	35	9	5	32
Wedgie Style Chicken Burger w/ Side Salad	260	60	7	3	0	105	1550	16	6	7	35
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (AC)	600	320	35	27	0.5	120	2190	37	9	6	37
Wedgie Style Chicken Cheeseburger w/ Side Salad (AC)	370	150	17	9	0.5	135	2130	18	6	9	40
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (BC)	580	300	33	26	0.5	115	1980	36	10	5	37
Wedgie Style Chicken Cheeseburger w/ Side Salad (BC)	350	130	15	8	0.5	125	1920	18	7	7	40
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (CC)	600	310	35	26	0.5	120	1800	35	9	5	39
Wedgie Style Chicken Cheeseburger w/ Side Salad (CC)	370	150	16	9	0.5	130	1740	17	6	7	42
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (PJC)	590	300	34	26	0.5	115	1810	35	9	5	38
Wedgie Style Chicken Cheeseburger w/ Side Salad (PJC)	360	140	16	8	0.5	130	1750	17	6	7	41
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (PC)	570	280	31	25	0.5	110	1820	35	9	5	38
Wedgie Style Chicken Cheeseburger w/ Side Salad (PC)	340	120	13	7	0.5	120	1750	17	6	7	40
Wedgie Style Chicken Cheeseburger w/ Yukon Chips (SC)	600	310	34	27	0.5	120	1680	35	9	5	40
Wedgie Style Chicken Cheeseburger w/ Side Salad (SC)	370	140	16	9	0.5	130	1610	17	6	7	42
Wedgie Style Impossible Burger w/ Yukon Chips	610	340	38	28	0	0	1000	45	13	5	24
Wedgie Style Impossible Burger w/ Side Salad	380	180	20	10	0	15	940	26	9	7	26
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (AC)	720	430	47	34	0.5	30	1570	47	13	6	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (AC)	490	260	29	16	0.5	45	1510	28	9	9	31
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (BC)	700	410	45	33	0.5	25	1360	46	14	5	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (BC)	470	250	27	15	0.5	40	1300	28	10	7	32
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (CC)	720	420	47	34	0.5	30	1180	45	13	5	31
Wedgie Style Impossible Cheeseburger w/ Side Salad (CC)	490	260	29	16	0.5	40	1120	27	9	7	33

BOXED LUNCHES continued

Burgers, Wraps & Sandwiches come with either Yukon Chips or Side Salad w/out dressing.

	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)
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (PJC)	710	420	46	33	0.5	30	1190	45	13	5	30
Wedgie Style Impossible Cheeseburger w/ Side Salad (PJC)	480	250	28	16	0.5	40	1130	27	9	7	33
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (PC)	690	400	44	32	0.5	20	1200	45	13	5	29
Wedgie Style Impossible Cheeseburger w/ Side Salad (PC)	460	230	26	14	0.5	30	1130	27	9	7	32
Wedgie Style Impossible Cheeseburger w/ Yukon Chips (SC)	720	420	46	34	0.5	30	1060	45	13	5	31
Wedgie Style Impossible Cheeseburger w/ Side Salad (SC)	490	260	28	16	0.5	40	1000	27	9	7	34
Wedgie Style Turkey Burger w/ Yukon Chips	600	350	38	25	0	80	1550	36	8	4	26
Wedgie Style Turkey Burger w/ Side Salad	370	180	20	7	0	95	1490	17	5	7	28
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (AC)	710	430	48	31	0.5	110	2120	38	8	6	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (AC)	480	270	30	13	0.5	125	2060	20	5	8	33
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (BC)	700	410	46	29	0.5	105	1910	37	9	4	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (BC)	460	250	28	11	0.5	120	1850	19	6	7	34
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (CC)	710	430	48	30	0.5	110	1730	36	8	4	33
Wedgie Style Turkey Cheeseburger w/ Side Salad (CC)	480	270	30	12	0.5	120	1670	18	5	7	35
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (PJC)	700	420	47	30	0.5	110	1740	36	8	4	32
Wedgie Style Turkey Cheeseburger w/ Side Salad (PJC)	470	260	29	12	0.5	120	1680	18	5	7	35
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (PC)	680	400	45	28	0.5	100	1750	36	8	4	31
Wedgie Style Turkey Cheeseburger w/ Side Salad (PC)	450	240	26	10	0.5	110	1680	18	5	7	34
Wedgie Style Turkey Cheeseburger w/ Yukon Chips (SC)	710	420	47	30	0.5	110	1610	36	8	4	33
Wedgie Style Turkey Cheeseburger w/ Side Salad (SC)	480	260	29	12	0.5	120	1540	18	5	7	36
Wedgie Style Veggie Burger w/ Yukon Chips	490	250	28	21	0	0	1340	52	15	9	12
Wedgie Style Veggie Burger w/ Side Salad	260	90	10	3.5	0	15	1270	33	12	12	14
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (AC)	610	340	38	27	0.5	30	1910	54	15	11	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (AC)	380	180	20	9	0.5	45	1850	35	12	13	19
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (BC)	590	320	36	26	0.5	25	1700	53	16	9	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (BC)	360	160	18	8	0.5	35	1640	35	12	12	20
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (CC)	610	340	37	27	0.5	30	1520	52	15	9	19
Wedgie Style Veggie Cheeseburger w/ Side Salad (CC)	380	170	19	9	0.5	40	1460	34	12	12	21
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (PJC)	600	330	36	26	0.5	25	1530	52	15	9	18
Wedgie Style Veggie Cheeseburger w/ Side Salad (PJC)	370	160	18	9	0.5	40	1470	34	12	12	21
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (PC)	570	310	34	25	0.5	20	1540	52	15	9	17
Wedgie Style Veggie Cheeseburger w/ Side Salad (PC)	340	140	16	7	0.5	30	1470	34	12	12	20
Wedgie Style Veggie Cheeseburger w/ Yukon Chips (SC)	600	330	37	27	0.5	30	1400	52	15	9	19
Wedgie Style Veggie Cheeseburger w/ Side Salad (SC)	370	170	19	9	0.5	40	1330	34	12	12	22
Whiskey River BBQ Chicken Wrap w/ Yukon Chips	1360	740	82	40	1	125	2690	108	10	14	46
Whiskey River BBQ Chicken Wrap w/ Side Salad	1130	570	64	22	1	140	2630	90	6	17	48

BUNDLES

Nutritionals are for single burger.

	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)
Beef Cheeseburger (CSB) (AC)	630	310	34	15	1.5	125	1000	42	2	8	39
Beef Cheeseburger (CSB) (CC)	630	300	34	14	1.5	120	610	40	2	6	41
Beef Cheeseburger (CSB) (PJC)	620	290	33	14	1.5	120	620	40	2	7	40
Beef Cheeseburger (CSB) (PC)	590	270	30	13	1.5	110	630	40	2	6	39
Beef Cheeseburger (CSB) (SC)	620	300	33	15	1.5	120	490	40	2	6	41
Chicken Cheeseburger (CSB) (AC)	460	140	16	8	0.5	120	1540	42	3	8	39
Chicken Cheeseburger (CSB) (CC)	460	140	15	7	0.5	120	1150	41	3	7	41
Chicken Cheeseburger (CSB) (PJC)	450	130	14	7	0.5	115	1160	41	3	7	41
Chicken Cheeseburger (CSB) (PC)	420	110	12	6	0.5	110	1160	41	3	7	40
Chicken Cheeseburger (CSB) (SC)	450	130	15	7	0.5	115	1030	41	3	7	42
Beef Burger (GFB)	500	220	24	8	1	95	560	39	3	6	31
Beef Cheeseburger (GFB) (AC)	610	310	34	14	1.5	125	1130	42	3	7	36
Beef Cheeseburger (GFB) (CC)	610	300	33	13	1.5	120	740	40	3	6	38
Beef Cheeseburger (GFB) (PJC)	600	290	33	13	1.5	120	750	40	3	6	37
Beef Cheeseburger (GFB) (PC)	580	270	30	11	1.5	110	760	40	3	6	37
Beef Cheeseburger (GFB) (SC)	610	300	33	13	1.5	120	620	40	3	6	38
Chicken Burger (GFB)	330	50	6	0.5	0	90	1100	40	4	7	31
Chicken Cheeseburger (GFB) (AC)	440	140	16	7	0.5	120	1670	42	4	8	36
Chicken Cheeseburger (GFB) (CC)	440	140	15	6	0.5	120	1280	41	4	7	38
Chicken Cheeseburger (GFB) (PJC)	430	130	14	6	0.5	115	1290	41	4	7	38
Chicken Cheeseburger (GFB) (PC)	410	110	12	4	0.5	110	1290	40	4	7	37

CATERING DRINKS continued

Nutritional Information is per 12oz 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 Soft Drink	160	0	0	0	0	0	70	45	0	45	0
Coca Cola Soft Drink	140	0	0	0	0	0	45	39	0	39	0
Coke Zero Soft Drink	0	0	0	0	0	0	40	0	0	0	0
Diet Coke Soft Drink	0	0	0	0	0	0	40	0	0	0	0
Dr. Pepper Soft Drink	150	0	0	0	0	0	60	40	0	38	0
Sprite Soft Drink	160	0	0	0	0	0	35	40	0	36	0
Sweet Tea	150	0	0	0	0	0	0	38	0	38	0

CATERING WRAPS & SANDWICHES

	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)
Whiskey River BBQ Chicken Wrap Serves 6	1030	530	58	19	1	125	2320	81	4	14	43
BLTA Croissant Serves 6	550	240	27	12	0.5	45	1140	47	5	8	31
Chicken Caesar Wrap Serves 6	820	450	50	12	0.5	90	1890	59	4	2	33

BURGER 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)
Bacon Slice	35	20	2.5	0.5	0	5	0	0	0	0	3
Guacamole	40	30	3.5	0.5	0	0	170	2	1	0	0
Pickles (3 slice)	5	0	0	0	0	0	460	1	0	0	0
Onion, Red Sliced (4 Slice)	10	0	0	0	0	0	0	2	0	1	0
Pineapple Ring (1 Slice)	15	0	0	0	0	0	0	3	0	3	0
Onion Straws	60	40	4.5	1	0	0	30	5	0	0	0
Jalapeno Chips	0	0	0	0	0	0	0	0	0	0	0
Mushrooms, Sauteed	20	10	1	0.5	0	0	55	2	0	0	0
Red Relish	25	0	0	0	0	0	150	7	0	6	0
Shredded Lettuce	0	0	0	0	0	0	0	1	0	0	0
Tomato Slices	0	0	0	0	0	0	0	0	0	0	0
Chipotle Aioli	120	120	13	2	0	10	115	2	0	0	0
Teriyaki Sauce	30	0	0	0	0	0	340	7	0	6	0
Whiskey River BBQ Sauce	40	0	0	0	0	0	240	9	0	8	0
Mustard	20	10	0	0	0	0	330	2	1	0	1
Ketchup	40	0	0	0	0	0	320	10	0	8	0
Red Robin Seasoning	0	0	0	0	0	0	150	0	0	0	0
Mayo	250	240	26	4.5	0.5	15	170	3	0	0	0

WING 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)
Wing Bar - w/ Salt & Pepper	520	300	33	8	0	290	930	0	1	0	56
Buzzard Sauce	90	90	9	4.5	0	0	880	1	0	0	0
Whiskey River BBQ Sauce	80	0	0	0	0	0	480	19	0	17	0
Teriyaki Sauce	60	0	0	0	0	0	680	14	0	12	1
Ranch Dressing	160	140	16	3	0	10	230	2	0	1	0
Bleu Cheese Dressing and Crumbles	190	190	21	4	0.5	20	350	0	0	0	1
Carrot Sticks	0	0	0	0	0	0	10	1	0	0	0

CATERING 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 Dressing Serves 6	120	110	12	2.5	0	0	650	7	0	5	0
Baja Ranch Dressing Serves 6	250	230	25	6	0.5	25	370	5	0	3	1
Bleu Cheese Dressing Serves 6	420	410	45	9	0.5	45	760	0	0	0	3
Honey Mustard Poppyseed Dressing Serves 6	460	370	42	7	0.5	35	680	23	0	21	1
Italian Dressing Serves 6	240	220	24	4	0	0	640	8	0	5	0
Oil & Vinegar Serves 6	400	390	43	7	0.5	0	0	0	0	0	0
Ranch Dressing Serves 6	350	320	36	6	0.5	25	510	6	0	3	2
Thousand Island Dressing Serves 6	260	220	24	4	0.5	15	590	9	0	8	0

CATERING STARTERS, SIDES & BONELESS WINGS

	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)
Crispy Chicken Tenders Serves 6	980	590	66	12	0.5	95	1820	55	4	4	22
Pretzel Bites Serves 6	560	260	29	9	0.5	30	1310	63	6	5	12
Yukon Chips Serves 10	500	320	35	31	0	0	490	41	8	0	4
Corn Dogs Serves 10	410	230	25	6	0	80	970	33	1	6	12
Red's Boneless Wings Banzai Serves 6	460	170	19	10	0	55	1490	47	7	12	11
Red's Boneless Wings Buzzard Serves 6	500	250	27	14	0.5	60	1720	36	8	2	12
Red's Boneless Wings Island Heat Serves 6	480	230	31	10	0	55	1050	51	7	17	11
Red's Boneless Wings Whiskey River BBQ Serves 6	490	180	20	10	0	55	1340	50	8	15	11

CATERING 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)
Bundt Cakes Serves 10	620	230	26	7	0.5	75	290	93	0	63	6
Cinnamon Sugar Doh! Rings Serves 6	770	230	26	15	0.5	5	620	128	3	61	10