



Red Robin[®]
GOURMET BURGERS AND BREWS
NUTRITIONAL GUIDE

Live Date: 10/02/2023

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)
BBQ Burnt Ends Loaded Fries		1210	610	68	17	3	120	2080	109	11	13	41
Cheesy Bacon Fondue & Fries		900	460	51	19	1	85	1520	87	9	7	24
Cheesy Mozzarella Twists		900	460	50	18	0.5	65	2740	81	5	7	32
Crispy Fried Pickles		750	470	52	8	0.5	60	2850	60	3	14	6
Crispy Parmesan Brussels Sprouts		910	620	70	14	0	10	800	51	19	11	20
Pretzel Bites		780	350	39	10	0.5	30	1750	91	9	5	15
The O-Ring Shorty®		920	530	60	10	0.5	40	2180	89	4	27	9
Towering Onion Rings®		1310	540	61	10	0.5	50	3610	175	7	42	17
Tsunami Shrimp		1000	650	71	25	0.5	135	1390	66	7	9	23
Wings												
Saucy Boneless Chicken Bites	Plain	810	330	37	20	0.5	110	1950	66	14	1	21
Saucy Boneless Chicken Bites	Buzzard Sauce	1010	510	57	30	0.5	120	3790	70	15	3	24
Saucy Boneless Chicken Bites	Whiskey BBQ Sauce	1010	380	43	21	0.5	110	2810	103	15	30	23
Saucy Boneless Chicken Bites	Island Heat Sauce	950	340	37	21	0.5	110	2180	101	15	33	21
Saucy Boneless Chicken Bites	Banzai Sauce	920	340	37	21	0.5	110	3080	92	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	2170	58	7	30	93
Bar Wing's 'N' Yukon Chips	Island Heat Sauce	1220	640	71	29	0.5	465	1540	56	7	32	91
Bar Wing's 'N' Yukon Chips	Banzai Sauce	1190	630	70	29	0.5	465	2430	47	6	23	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		210	50	6	1	0	0	860	37	2	29	2
Island Heat Sauce with Pineapple Jalapeno		150	0	0.5	0	0	0	230	35	1	31	0
Banzai Sauce with Pineapple Ring		110	0	0	0	0	0	1130	26	0	22	2
Jump Starters (Select Locations Only)												
Cheesy Mozzarella Twists		460	230	25	9	0.5	35	1430	41	3	4	16
Crispy Fried Pickles		630	410	46	7	0.5	50	2210	47	2	13	4
Fried Jalapeño Coins		830	570	63	11	0.5	20	1980	60	4	5	8
Sweet Potato Fries		410	120	14	12	0	0	1030	68	5	43	3

BOTTOMLESS BEVERAGES™

Nutritional information is per serving.

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Barq's® Root Beer	Adult	130	0	0	0	0	0	60	38	0	38	0
Coca-Cola Classic®	Adult	120	0	0	0	0	0	40	33	0	33	0
Coca-Cola® Zero	Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Coke®	Adult	0	0	0	0	0	0	35	0	0	0	0
Diet Dr Pepper®	Adult	0	0	0	0	0	0	50	0	0	0	0
Dr Pepper®	Adult	130	0	0	0	0	0	50	33	0	32	0
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
Mello Yello® (Select Locations Only)	Adult	140	0	0	0	0	0	40	39	0	39	0
Caramel Apple Lemonade	Adult	210	0	0	0	0	0	20	53	0	51	0
Caramel Apple Lemonade	Kid	160	0	0	0	0	0	15	41	0	40	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
Poppin' Purple Lemonade	Adult	190	0	0	0	0	0	10	47	0	45	0
Poppin' Purple Lemonade	Kid	160	0	0	0	0	0	10	39	0	38	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
Topo Chico		0	0	0	0	0	0	15	0	0	0	0
Very Berry Raspberry Limeade		210	0	0	0	0	0	25	53	0	49	0
Lemonade												
Honey Mango Lemonade		210	0	0	0	0	0	20	55	0	53	0
Minute Maid® Lemonade	Adult	140	0	0	0	0	0	20	36	0	35	0
Lemonade with Peach Flavor		230	0	0	0	0	0	15	60	0	57	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)
Lemonade with Raspberry Flavor	200	0	0	0	0	0	15	50	0	49	0
Lemonade with Sugar Free Peach Flavor	110	0	0	0	0	0	15	34	0	28	0
Lemonade with Sugar Free Raspberry Flavor	110	0	0	0	0	0	15	34	0	28	0
Tea											
Fresh-Brewed Iced Tea	0	0	0	0	0	0	0	0	0	0	0
Honey Mango Tea	100	0	0	0	0	0	5	26	0	25	0
Peach Iced Tea	120	0	0	0	0	0	0	32	0	29	0
Raspberry Iced Tea	90	0	0	0	0	0	0	22	0	21	0
Fresh-Brewed Tea, Sugar Free Peach	0	0	0	0	0	0	0	6	0	0	0
Fresh-Brewed Tea, Sugar Free Raspberry	0	0	0	0	0	0	0	6	0	0	0
Fresh-Brewed Sweet Tea	120	0	0	0	0	0	0	32	0	32	0
Honey Mango Sweet Tea	200	0	0	0	0	0	5	51	0	50	0
Fresh-Brewed Sweet Tea, Peach	220	0	0	0	0	0	0	57	0	54	0
Fresh-Brewed Sweet Tea, Raspberry	190	0	0	0	0	0	0	47	0	46	0
Fresh-Brewed Sweet Tea, Sugar Free Peach	100	0	0	0	0	0	0	31	0	26	0
Fresh-Brewed Sweet Tea, Sugar Free Raspberry	100	0	0	0	0	0	0	31	0	26	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 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)
Bacon Cheeseburger√	1000	650	73	24	2.5	160	1800	48	3	10	43
Banzai	980	600	67	22	2.5	140	1580	59	3	20	39
BBQ Burnt Ends 'N Bacon Burger	1370	860	95	30	3.5	195	2290	74	4	19	55
Black & Bleu (Select Locations Only)	1070	660	74	24	2.5	145	1480	65	12	17	39
Bleu Ribbon	1070	650	72	21	2	120	1610	69	5	16	36
Burnin' Love	980	610	70	22	2.5	135	1540	57	5	11	39
Burnin' Love Chicken	750	380	45	11	0.5	120	1710	55	5	11	43
Cheesy Bacon Fondue Burger (American Cheese)	1360	910	101	40	3	255	2820	56	3	15	62
Chili Chili™ Cheeseburger (Select Locations Only)	920	500	56	21	2.5	150	1740	60	6	11	48
Keep It Simple <small>Beef</small>	570	270	29	12	2	95	1000	47	3	9	31
Keep It Simple <small>Chicken</small>	350	35	4	1	0	80	880	45	4	9	35
Keep It Simple <small>Veggie</small>	360	60	7	1	0	0	960	62	10	13	15
Monster Burger√	1300	810	90	38	4.5	255	2520	63	4	20	65
Red Robin® Gourmet Cheeseburger√ w/o Relish (Select Locations Only)	810	480	53	20	2	135	1670	50	3	11	37
Red Robin® Gourmet Cheeseburger√	850	480	53	20	2	135	1860	58	4	18	37
Royal Red Robin	1120	740	82	27	2.5	345	1920	48	3	10	49
Sautéed 'Shroom	910	540	60	24	2.5	150	1200	51	5	10	43
Scorpion Gourmet Burger	1070	650	72	23	2.5	135	2270	68	7	15	40
Smashed Avocado N' Bacon	930	560	62	22	2	150	1110	51	5	10	46
Smoke & Pepper™	790	400	44	19	2	140	1780	57	3	16	45
Savory Steakhouse Burger (Select Locations Only)	1320	840	93	29	2.5	175	2170	71	5	13	51
The Southern Charm Burger®	1170	700	78	25	2.5	160	1780	73	12	27	46
Whiskey River® BBQ	1200	740	83	24	2.5	140	1630	74	5	20	40

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	780	460	51	14	0.5	140	1360	43	3	8	39
Impossible™ Burger√	750	370	41	16	0.5	40	1840	66	8	18	33
The Wedgie™ Burger	500	330	36	14	2	115	720	14	4	5	32
Tuscan Salmon	900	570	65	12	0.5	15	1450	49	3	11	42
Veggie Burger	770	440	50	12	0.5	45	1130	63	12	13	24
Vegan Burger	220	90	10	1.5	0	0	490	26	11	8	9

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 Double	720	410	45	16	2	105	1340	49	2	17	30
Haystack Double™	740	460	50	19	2	120	1360	41	2	10	32
Pig Out Double	890	560	62	23	2.5	160	1730	43	2	16	44
Red's Double™	640	380	42	18	2	120	1270	35	2	8	31

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	16	0	0	3
Alaskan Amber	16 oz.	230	0	0	0	0	0	21	0	0	4
Angry Orchard® Hard Cider	12 oz. Bottle	200	0	0	0	0	10	25	0	20	0
Angry Orchard® Hard Cider	16 oz.	260	0	0	0	0	15	33	0	27	0
Angry Orchard® Hard Cider	22 oz.	360	0	0	0	0	20	45	0	37	0
Angry Orchard® Rose Cider	12 oz.	170	0	0	0	0	15	17	1	13	0
Angry Orchard® Rose Cider	16 oz.	230	0	0	0	0	20	23	1	17	0
Angry Orchard® Rose Cider	22 oz.	310	0	0	0	0	25	31	2	24	0
Blue Moon® Belgian White	12 oz.	170	0	0	0	0	15	14	0	11	2
Blue Moon® Belgian White	16 oz.	220	0	0	0	0	20	19	0	14	3
Blue Moon® Belgian White	22 oz.	310	0	0	0	0	30	26	0	20	3
Bud Light®	12 oz.	100	0	0	0	0	10	5	0	0	0
Bud Light®	16 oz.	140	0	0	0	0	15	6	0	0	1
Bud Light®	22 oz.	190	0	0	0	0	20	8	0	0	2
Budweiser®	12 oz. Bottle	150	0	0	0	0	10	11	0	0	1
Budweiser®	16 oz.	200	0	0	0	0	15	14	0	0	2
Budweiser®	22 oz.	270	0	0	0	0	20	19	0	0	2
Coors Light®	12 oz.	100	0	0	0	0	10	5	0	0	1
Coors Light®	16 oz.	140	0	0	0	0	15	7	0	0	1
Coors Light®	22 oz.	190	0	0	0	0	20	9	0	0	2
Corona Extra®	12 oz.	150	0	0	0	0	0	14	0	0	1
Corona Extra®	16 oz.	200	0	0	0	0	0	19	0	0	2
Deschutes™ Mirror Pond Pale Ale®	12 oz.	170	0	0	0	0	20	16	0	0	0
Deschutes™ Mirror Pond Pale Ale®	16 oz.	230	0	0	0	0	25	21	0	0	0
Guinness®	12 oz. Bottle	130	0	0	0	0	10	0	0	0	1
Guinness®	14.9 oz. Can	160	0	0	0	0	10	0	0	0	1
Guinness®	16 oz.	170	0	0	0	0	15	0	0	0	1
Guinness®	22 oz.	230	0	0	0	0	15	0	0	0	2
Heineken®	12 oz.	140	0	0	0	0	10	11	0	2	0
Heineken®	16 oz.	190	0	0	0	0	10	15	0	3	1
Heineken®	22 oz.	260	0	0	0	0	15	21	0	4	1
Lagunitas IPA®	12 oz.	180	0	0	0	0	15	14	0	0	3
Lagunitas IPA®	16 oz.	240	0	0	0	0	20	18	0	0	3
Lagunitas IPA®	22 oz.	330	0	0	0	0	25	25	0	0	5
Michelob Ultra®	12 oz.	100	0	0	0	0	15	3	0	0	1
Michelob Ultra®	16 oz.	130	0	0	0	0	20	4	0	0	1
Michelob Ultra®	22 oz.	170	0	0	0	0	30	6	0	0	2
Miller® Genuine Draft	12 oz.	140	0	0	0	0	5	13	0	0	1
Miller® Genuine Draft	16 oz.	190	0	0	0	0	10	17	0	0	1
Miller Lite®	12 oz.	100	0	0	0	0	5	3	0	0	1
Miller Lite®	16 oz.	130	0	0	0	0	5	4	0	0	1
Miller Lite®	22 oz.	180	0	0	0	0	10	6	0	0	2
Modelo Especial	12 oz.	140	0	0	0	0	20	14	0	0	1
Modelo Especial	16 oz.	190	0	0	0	0	25	18	0	0	1
New Belgium® Fat Tire®	12 oz.	140	0	0	0	0	0	9	2	0	2
New Belgium® Fat Tire®	16 oz.	190	0	0	0	0	5	12	3	0	3
New Belgium® Fat Tire®	22 oz.	260	0	0	0	0	10	17	4	0	4
O'Doul's®	12 oz.	70	0	0	0	0	10	13	0	0	0
O'Doul's®	16 oz.	90	0	0	0	0	10	18	0	0	0
Pyramid Breweries®	12 oz. Bottle	170	0	0	0	0	0	13	0	0	3
Pyramid Breweries®	16 oz.	230	0	0	0	0	0	18	0	0	4
Pyramid Breweries®	22 oz.	310	0	0	0	0	0	25	0	0	5
Samuel Adams Boston Lager®	12 oz.	170	0	0	0	0	25	19	0	2	2
Samuel Adams Boston Lager®	16 oz.	230	0	0	0	0	30	25	1	3	2
Samuel Adams Boston Lager®	22 oz.	320	0	0	0	0	40	34	1	4	3
Samuel Adams Cold Snap	12 oz.	170	0	0	0	0	20	14	1	0	2
Samuel Adams Cold Snap	16 oz.	230	0	0	0	0	25	19	1	0	3
Samuel Adams Cold Snap	22 oz.	310	0	0	0	0	35	26	2	0	4
Samuel Adams Fresh as Helles™	12 oz.	180	0	0	0	0	25	17	0	0	2
Samuel Adams Fresh as Helles™	16 oz.	240	0	0	0	0	30	22	1	1	3
Samuel Adams Fresh as Helles™	22 oz.	330	0	0	0	0	40	30	1	1	4
Sam Adams® Hopscape™	12 oz.	170	0	0	0	0	20	13	2	0	2
Sam Adams® Hopscape™	16 oz.	220	0	0	0	0	25	17	2	0	3
Sam Adams® Hopscape™	22 oz.	300	0	0	0	0	35	23	3	0	4

BEER continued

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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
Shiner Bock	12 oz.	140	0	0	0	0	0	0	13	0	0	0
Shiner Bock	16 oz.	190	0	0	0	0	0	0	17	0	0	0
Stella Artois®	12 oz.	150	0	0	0	0	0	45	12	0	2	1
Stella Artois®	16 oz.	190	0	0	0	0	0	60	16	0	3	1
Stella Artois®	22 oz.	270	0	0	0	0	0	85	22	0	4	2
Troeg Perpetual IPA	16 oz.	300	0	0	0	0	0	0	20	0	0	0
Troeg Perpetual IPA	22 oz.	410	0	0	0	0	0	0	28	0	0	0
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)
Casamigos Cadillac Margarita (Lime)		250	0	0	0	0	0	45	34	1	27	0
Casamigos Cadillac Margarita (Desert Pear)		360	0	0	0	0	0	45	62	1	54	0
Casamigos Cadillac Margarita (Honey Mango)		350	0	0	0	0	0	50	59	1	52	0
Casamigos Cadillac Margarita (Strawberry)		280	0	0	0	0	0	45	42	1	35	0
Golden Maker's Highball		260	0	0	0	0	0	15	31	0	29	0
House Margarita (Rocks and Frozen)		140	0	0	0	0	0	920	23	0	20	0
House Margarita (Lime)		140	0	0	0	0	0	920	23	0	20	0
House Margarita (Honey Mango)		190	0	0	0	0	0	25	34	0	32	0
House Margarita (Desert Pear)		190	0	0	0	0	0	20	35	0	33	0
House Margarita (Strawberry)		150	0	0	0	0	0	20	25	0	23	0
Long Island Iced Tea		370	0	0	0	0	0	55	45	0	43	0
Old Fashioned		250	0	0	0	0	0	0	9	0	8	0
Paradise Punch		370	0	0.5	0	0	0	35	57	1	51	1
Red's Signature Margarita (Rocks and Frozen)		250	0	0	0	0	0	940	33	0	25	0
Sand in Your Shorts®		330	0	0.5	0	0	0	10	52	0	47	0
Screaming Red Zombie		350	0	0.5	0	0	0	50	49	1	41	0
Spiked Freckled Lemonade®		280	0	0	0	0	0	10	43	0	42	3
The Metropolitan		230	0	0	0	0	0	10	27	0	26	0
Tito's® Blue Chill		250	25	3	1.5	0	10	60	41	0	40	0
Tropical Mai Tai		330	0	0	0	0	0	25	48	1	44	0

WINE

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
14 Hands® Merlot	5 oz.	120	0	0	0	0	0	0	4	0	1	0
14 Hands® Merlot	6 oz.	150	0	0	0	0	0	0	5	0	1	0
14 Hands® Merlot	9 oz.	220	0	0	0	0	0	5	8	0	2	0
Ava Grace Rosé	5 oz.	110	0	0	0	0	0	0	4	0	0	0
Ava Grace Rosé	6 oz.	130	0	0	0	0	0	0	5	0	0	0
Ava Grace Rosé	9 oz.	200	0	0	0	0	0	0	7	0	0	0
Barefoot Refresh® Moscato Spritzer	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
Beso Del Sol® Red Sangria (Select Locations Only)	6 oz.	130	0	0	0	0	0	0	10	0	10	0
Canyon Road® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	0	7	0	2	0
Canyon Road® Cabernet Sauvignon	9 oz.	250	0	0	0	0	0	0	11	0	3	0
Canyon Road® Pinot Grigio	6 oz.	140	0	0	0	0	0	0	5	0	2	0
Canyon Road® Pinot Grigio	9 oz.	220	0	0	0	0	0	0	7	0	3	0
Carnivor® Cabernet Sauvignon	5 oz.	140	0	0	0	0	0	15	5	0	0	0
Carnivor® Cabernet Sauvignon	6 oz.	170	0	0	0	0	0	20	6	0	1	0
Carnivor® Cabernet Sauvignon	9 oz.	260	0	0	0	0	0	25	9	0	2	1

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® Chardonnay	6 oz.	140	0	0	0	0	0	0	6	0	0	0
Copper Ridge® Chardonnay	9 oz.	220	0	0	0	0	0	0	9	0	0	0
Cupcake Vineyards® Chardonnay	5 oz.	130	0	0	0	0	0	10	3	0	1	0
Cupcake Vineyards® Chardonnay	6 oz.	160	0	0	0	0	0	10	4	0	1	0
Cupcake Vineyards® Chardonnay	9 oz.	230	0	0	0	0	0	20	5	0	2	0
Dark Horse™ Cabernet Sauvignon	5 oz.	140	0	0	0	0	0	0	4	0	0	0
Dark Horse™ Cabernet Sauvignon	6 oz.	160	0	0	0	0	0	0	5	0	0	0
Dark Horse™ Cabernet Sauvignon	9 oz.	240	0	0	0	0	0	0	8	0	0	0
Ecco Domani® Pinot Grigio	5 oz.	110	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	6 oz.	130	0	0	0	0	0	0	3	0	0	0
Ecco Domani® Pinot Grigio	9 oz.	200	0	0	0	0	0	0	5	0	1	0
Hogue® Pinot Grigio	6 oz.	120	0	0	0	0	0	0	6	0	5	0
Hogue® Pinot Grigio	9 oz.	180	0	0	0	0	0	0	8	0	8	0
Josh Cellars® Cabernet Sauvignon	5 oz.	120	0	0	0	0	0	0	3	0	0	0
Josh Cellars® Cabernet Sauvignon	6 oz.	140	0	0	0	0	0	0	4	0	0	0
Josh Cellars® Cabernet Sauvignon	9 oz.	210	0	0	0	0	0	0	6	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
Kim Crawford Sauvignon Blanc	5 oz.	120	0	0	0	0	0	5	3	0	2	0
Kim Crawford Sauvignon Blanc	6 oz.	140	0	0	0	0	0	10	4	0	2	0
Kim Crawford Sauvignon Blanc	9 oz.	220	0	0	0	0	0	15	5	0	3	0
Leese-Fitch Chardonnay (Select Locations Only)	5 oz.	120	0	0	0	0	0	5	3	0	1	0
Leese-Fitch Pinot Noir (Select Locations Only)	5 oz.	120	0	0	0	0	0	0	3	0	0	0
The Naked Grape® Chardonnay	5 oz.	130	0	0	0	0	0	15	4	0	2	0
The Naked Grape® Chardonnay	6 oz.	150	0	0	0	0	0	20	5	0	2	0
The Naked Grape® Chardonnay	9 oz.	230	0	0	0	0	0	25	7	0	3	0
Pepperwood Grove Pinot Grigio (Select Locations Only)	5 oz.	120	0	0	0	0	0	5	4	0	0	0
The Crusher Cabernet Sauvignon (Select Locations Only)	5 oz.	120	0	0	0	0	0	0	4	0	0	0
Trinity Oaks® Pinot Noir	6 oz.	150	0	0	0	0	0	0	6	0	0	1
Trinity Oaks® Pinot Noir	9 oz.	230	0	0	0	0	0	0	9	0	0	2
Vina Borgia Rosé (Select Locations Only)	5 oz.	110	0	0	0	0	0	0	2	0	0	0
Woodbridge® Cabernet Sauvignon	5 oz.	100	0	0	0	0	0	0	0	0	0	0
Woodbridge® Cabernet Sauvignon	6 oz.	120	0	0	0	0	0	0	1	0	0	0
Woodbridge® Cabernet Sauvignon	9 oz.	180	0	0	0	0	0	0	2	0	0	0
Woodbridge® Chardonnay	5 oz.	110	0	0	0	0	0	0	3	0	2	0
Woodbridge® Chardonnay	6 oz.	130	0	0	0	0	0	0	3	0	3	0
Woodbridge® Chardonnay	9 oz.	190	0	0	0	0	0	0	5	0	4	0
Woodbridge® Merlot	6 oz.	130	0	0	0	0	0	0	3	0	2	0
Woodbridge® Merlot	9 oz.	190	0	0	0	0	0	0	5	0	4	0
Woodbridge® White Zinfandel	5 oz.	100	0	0	0	0	0	0	18	0	18	0
Woodbridge® White Zinfandel	6 oz.	120	0	0	0	0	0	0	22	0	21	0
Woodbridge® White Zinfandel	9 oz.	170	0	0	0	0	0	0	33	0	32	0

ENTRÉES

		Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Fajitas (Select Locations Only)		1180	500	56	20	1	220	2380	93	13	15	81
Clucks & Fries®		1340	750	84	15	0.5	95	2530	102	9	4	27
Clucks & Fries®	Buffalo Style	1610	1010	112	27	1	115	4870	103	10	4	28
Ensenada Chicken™ Platter		390	120	14	3	0	170	1640	12	3	6	57
Ensenada Chicken™ Platter	One Chicken Breast	200	60	7	1.5	0	85	950	8	2	4	29
Hand-Battered Fish & Chips	Includes Steak Fries	1610	860	95	16	1	140	3060	143	12	15	46
Sear-ious Salmon (Select Locations Only)		440	310	34	7	0	0	850	8	1	4	33
Tsunami Shrimp (Entree) (High)		1630	1060	117	46	0.5	195	2290	110	15	15	37
Tsunami Shrimp (Entree) (Low)		1160	740	82	16	0.5	190	1840	75	9	16	37
Whiskey River BBQ Ribs (High)		2190	1480	48	74	1.5	390	4240	87	13	36	88
Whiskey River BBQ Ribs (Low)		1720	1170	13	43	1.5	390	3780	52	7	37	87

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*		690	370	42	15	0.5	60	1490	49	5	9	31
Buzzin' Chicken Sandwich (Select Locations Only)		940	550	62	13	0.5	100	2100	59	4	9	39
Caesar's Chicken Wrap* (Select Locations Only)		830	440	49	11	0.5	115	1530	58	4	2	41
California Chicken Sandwich		700	330	36	11	0.5	135	1360	47	5	9	50

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)
Crispy Chicken Sandwich	910	520	59	10	0.5	100	1490	59	3	8	39
Crispy Chicken Wrap	1100	600	67	17	0.5	95	1960	84	5	5	31
Crispy Fish Sandwich	890	410	46	8	0.5	75	2120	91	6	16	28
Ragin' Cajun Chicken (Select Locations Only)	1000	590	66	20	0.5	120	3000	59	4	9	45
Teriyaki Chicken Sandwich	780	370	42	11	0.5	125	1330	61	4	24	44
Whiskey River® BBQ Chicken Sandwich	970	510	58	14	0.5	125	1510	72	5	20	44
Whiskey River® BBQ Chicken Wrap*	900	430	48	12	0.5	120	1760	75	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†	1070	700	78	18	1	325	1810	51	10	30	50
Caesar Salad (Select Locations Only)	230	190	21	4	0.5	15	360	8	2	2	4
Chicken Tortilla Soup (Select Locations Only) Bowl	340	140	16	6	0.5	75	1080	27	5	4	23
Chicken Tortilla Soup (Select Locations Only) Cup	170	70	8	3	0	35	540	13	2	2	12
Clamdigger's Clam Chowder (Select Locations Only) Bowl	420	280	31	19	1	115	1270	25	0	8	11
Clamdigger's Clam Chowder (Select Locations Only) Cup	210	140	15	10	0.5	60	640	12	0	4	6
Crispy Chicken Tender Salad†	1360	840	94	20	1	300	2180	82	7	30	37
French Onion Soup (Select Locations Only) Bowl	230	140	15	8	0	30	510	13	2	6	13
French Onion Soup (Select Locations Only) Cup	120	70	8	4	0	15	260	7	1	3	6
House Salad†	430	320	36	7	0.5	35	650	25	2	18	5
Mighty Caesar (Select Locations Only)	750	550	61	11	1	125	1220	20	6	5	36
Red's Chili Chili (Select Locations Only) Bowl	460	200	23	8	0.5	65	1260	40	9	8	27
Red's Chili Chili (Select Locations Only) Cup	260	120	13	5	0.5	40	660	21	4	4	15
Simply Grilled Chicken Salad†	810	510	57	12	1	140	1310	42	5	29	37
Southwest Salad	800	490	54	13	0.5	130	1510	42	10	10	41

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	0	490	6	0	4	0
Balsamic Vinaigrette 3 oz.	140	130	14	3	0	0	730	8	0	6	0
Bleu Cheese 2 oz.	320	310	34	7	0.5	30	570	0	0	0	2
Bleu Cheese 3 oz.	470	460	51	10	0.5	50	860	0	0	0	3
Caesar (Select Locations Only) 2 oz.	360	340	38	7	0.5	30	510	3	0	0	2
Caesar (Select Locations Only) 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	0.5	25	1160	16	0	14	0
French Dressing (Select Locations Only) 2 oz.	90	70	7	1.5	0	0	260	6	0	5	0
French Dressing (Select Locations Only) 3 oz.	140	100	11	2	0	0	390	9	0	8	0
French Honey Dressing (Select Locations Only) 2 oz.	270	190	21	3.5	0	0	430	19	0	19	0
French Honey Dressing (Select Locations Only) 3 oz.	480	320	36	6	0	0	750	33	0	33	0
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.	270	250	29	5	0	20	410	2	0	2	1
Ranch 3 oz.	400	380	43	7	0.5	25	620	3	0	3	2
Salsa Ranch 2 oz.	190	180	20	4.5	0	20	290	2	0	2	1
Salsa Ranch 3 oz.	290	270	30	6	0.5	30	440	4	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
Side Smashed Avocado	140	120	13	2	0	0	220	8	6	0	2
Add Bacon	80	45	5	2	0	20	250	1	0	0	6
Add Bacon Bits	70	40	4.5	1.5	0	20	210	1	0	1	6
Bottomless Steak Fries® (per serving)	350	140	16	2.5	0	0	380	48	5	0	5
Bottomless Steak Fries® (8oz)	570	230	25	4.5	0	0	610	77	8	1	8
Caramelized Onions	50	20	2.5	0.5	0	0	0	7	3	3	0

SUBSTITUTIONS & SIDES 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)
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
Garlic Parmesan Broccoli	80	40	4.5	2.5	0	10	130	7	3	2	5
Green Chile side (New Mexico Only)	10	0	0	0	0	0	0	2	0	0	0
Mayonnaise 1oz	250	250	28	4.5	0	15	200	0	0	0	0
Onion Rings	280	10	1	0	0	5	1020	61	3	11	6
Onion Straws	220	140	16	3	0	0	180	18	1	2	2
Pickle Slices	0	0	0	0	0	0	230	0	0	0	0
Red's Pickle Relish	90	0	0	0	0	0	500	22	0	20	0
Sautéed Mushrooms	120	70	8	4.5	0	20	270	9	3	4	4
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	200	25	3	0.5	0	0	380	38	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

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	440	250	27	5	0	85	670	17	0	0	31
Grilled Chicken Patty	120	10	1	0.5	0	80	260	0	0	0	27
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
Salmon Fillet (Select Locations Only)	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)	50	35	4	2.5	0	10	180	0	0	0	3
Cheddar (one slice)	110	80	9	5	0.5	30	180	0	0	0	7
Pepper-Jack (one slice)	100	80	8	5	0.5	25	190	0	0	0	7
Provolone (one slice) (Select Locations Only)	70	50	6	3.5	0	15	180	0	0	0	5
Swiss (one slice)	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	330	270	30	4.5	0	15	550	14	0	12	0
Chipotle Aioli	430	420	47	7	0.5	25	430	2	0	2	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	270	250	29	5	0	20	410	2	0	2	1
Red's Secret Tavern Sauce™	190	160	18	3	0.5	15	440	7	0	6	0
Roasted Garlic Aioli	510	490	56	9	0.5	30	430	2	0	1	2

DIPPING SAUCES continued

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
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	15	
Lil' Appetites Cluck-A-Doodles	2 pieces	360	180	20	3.5	0	40	720	26	2	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	16	
Lil' Appetites Corn Doggies	6 pieces	350	200	22	5	0	70	830	29	1	10	
Grilled Cheesy (Select Locations Only)	340	240	27	11	0.5	45	1110	17	0	4	10	
Grilled Chicken Dip/Ns Plain	120	10	1	0.5	0	80	260	0	0	0	27	
Grilled Chicken Dip/Ns w/ BBQ Sauce	250	15	1.5	0.5	0	80	1060	32	2	28	28	
Grilled Chicken Dip/Ns w/ Ranch	390	260	30	5	0	100	670	3	0	2	28	
Grilled Chicken Dip/Ns w/ Teriyaki Sauce	220	10	1	0.5	0	80	1380	24	0	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	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	800	32	0	5	20
Red's Cheeseburger	Chicken	340	80	9	3.5	10	95	1020	31	0	5	36
Red's Cheeseburger	Turkey	470	210	23	8	10	115	1330	32	0	5	33
Red's Cheeseburger	Veggie	350	100	12	3.5	10	15	1100	48	7	9	16
Red's Burger	Beef	320	130	15	5	11	45	360	29	0	3	17
Red's Burger	Chicken	280	30	3.5	0.5	10	80	580	29	0	4	33
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†	350	280	31	5	0.5	25	520	18	0	16	1	
Steak Fries	210	80	9	1.5	0	0	230	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 (Homestyle Apple Pie Milkshake)	Monster	1070	360	41	25	1.5	150	480	156	2	126	21
Malt (Homestyle Apple Pie Milkshake)	Kid	580	200	22	13	0.5	80	260	87	1	69	11
Milkshake (Homestyle Apple Pie Milkshake)	Monster	1010	350	39	24	1.5	150	430	146	2	119	20
Milkshake (Homestyle Apple Pie Milkshake)	Kid	550	190	21	13	0.5	80	240	81	0	65	10
Make it boozy! Fireball Cinnamon Whiskey Shot®	45	0	0	0	0	0	0	4	0	4	0	
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 (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

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)
Malt (Vanilla)	Monster	1000	350	39	25	1.5	150	400	143	1	127	20
Malt (Vanilla)	Kid	530	190	22	13	0.5	80	200	75	0	66	11
Milkshake (Vanilla)	Monster	940	340	38	24	1.5	145	350	133	0	119	19
Milkshake (Vanilla)	Kid	500	190	21	13	0.5	80	180	69	0	62	10

DESSERTS

	Total Calories (kcal)	Calories From Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)
Cinnamon Sugar Doh! Rings™ Tower	1550	460	51	31	0.5	10	1230	259	6	124	19
Cinnamon Sugar Doh! Ring Shorty®	770	230	26	15	0.5	5	620	129	3	62	10
Freckled Lemonade Cake	1060	410	46	30	1	255	430	152	2	126	11
Fudge Stuffed Chocolate Chip Cookie (per cookie)	350	130	14	9	0.5	45	360	51	1	28	3
Goey 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	1