

## 9to5strength - Red Robin Nutrition Tables

### Red Robin - Appetizers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chili Chili™ Cheese Fries	1530	51	121	9	95	29	15.0	5.7
NachO.M.G.™	1390	42	115	19	74	35	26.0	11.9
Towering Onion Rings®	1310	17	179	41	59	10	7.0	8.8
Bar Wings 'n' Yukon Chips (Honey Dijon)	1280	92	71	49	70	17	4.0	5.7
Bar Wings 'n' Yukon Chips (Buzz)	1240	94	26	3	85	25	5.0	7.3
Bar Wings 'n' Yukon Chips (BBQ)	1240	93	54	25	73	17	5.0	5.1
VooDoo Fries (Ranch)	1220	25	116	14	74	21	12.0	7.7
Bar Wings 'n' Yukon Chips (Banzai)	1180	93	50	26	67	16	4.0	6.1
Red's Bold Boneless Wings (Honey Dijon)	1170	70	128	48	42	8	3.0	7.2
Red's Bold Boneless Wings (Buzz)	1130	72	83	2	57	16	4.0	8.9
Red's Bold Boneless Wings (BBQ)	1130	71	111	24	44	8	4.0	6.7
Red's Bold Boneless Wings (Banzai)	1070	71	107	25	39	7	3.0	7.7
VooDoo Fries (Ghost Pepper)	1060	25	121	17	54	17	13.0	8.4
Cheddar Bacon Skins	1020	48	43	5	73	34	5.0	4.6
Just-In-Quesadilla®	1020	60	70	7	54	27	10.0	6.6
The O-Ring Shorty®	920	9	93	26	58	10	4.0	5.3
Creamy Artichoke & Spinach Dip	820	17	71	7	44	14	17.0	3.3
Pretzel Bites	810	16	95	6	40	11	9.0	4.2
Zucchini Sticks	810	9	56	5	61	11	6.0	2.0
Fried Pickle Nickels	750	6	61	12	52	8	3.0	7.0
Fresh-Fried Jalapeño Coins	750	6	46	4	57	10	11.0	6.0
Guac, Salsa & Chips	720	7	74	6	35	7	21.0	3.8
Clamstrips	690	11	44	4	53	9	2.0	3.8
Fresh-Fried Cheese Sticks	600	25	53	7	32	12	6.0	4.0
Classic Wedge Salad	420	8	17	8	36	8	3.0	1.6
Fresh-Fried Mushrooms	410	5	48	27	23	4	2.0	2.2
Sweet Potato Fries	380	3	59	32	15	3	5.0	3.5

### Red Robin - Jump Starters

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Wisconsin Cheese Curds	730	27	11	2	62	23	1.0	3.1
Clamstrips	710	10	49	7	53	9	3.0	3.4
Fried Pickle Nickels	630	4	48	12	45	7	2.0	5.4
Fried Jalapeño Coins	560	5	38	6	41	7	7.0	3.6
Cheese Sticks	550	26	43	13	30	14	2.0	4.3
Fresh-Fried Zucchini Sticks	500	4	27	3	42	7	3.0	1.4
Fresh-Fried Mushrooms	420	5	53	31	23	4	2.0	2.4
Sweet Potato Fries	380	3	59	32	15	3	5.0	3.5

### Red Robin - Bottomless Beverages (per serving)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Root Beer Float	580	7	116	110	15	9	0.0	0.6
Sweet Tea – Peach	290	0	75	72	0	0	0.0	0.0
Sweet Tea – Raspberry	290	0	73	73	0	0	0.0	0.0
Sweet Tea – Pomegranate	280	0	68	68	0	0	0.0	0.0
Strawberry Basil Lemonade	220	0	57	53	0	0	0.0	0.0
Orange Cream Soda	210	1	47	44	3	2	0.0	0.1
Raspberry Cream Soda	210	1	46	43	3	2	0.0	0.1
Poppin' Purple Lemonade	190	0	47	45	0	0	0.0	0.0
Fanta® Orange	180	0	49	48	0	0	0.0	0.2
Fresh-Brewed Gold Peak® Tea – Flavoured	180	0	47	43	0	0	0.0	0.0
Very Berry Raspberry Limeade	180	0	46	43	0	0	0.0	0.1
Freckled Lemonade®	150	1	38	37	0	0	1.0	0.0
Mello Yello®	140	0	39	39	0	0	0.0	0.1
Minute Maid® Lemonade	140	0	36	35	0	0	0.0	0.1
Barq's® Root Beer	130	0	38	38	0	0	0.0	0.2
Dr Pepper®	130	0	33	32	0	0	0.0	0.1
Sprite®	130	0	34	30	0	0	0.0	0.1
Coca-Cola Classic®	120	0	33	33	0	0	0.0	0.1
Sweet Tea	120	0	32	32	0	0	0.0	0.0
Freckled Lemonade® Light	90	1	22	20	0	0	1.0	0.0
Minute Maid® Light™ Lemonade	20	0	5	3	0	0	0.0	0.1
Diet Coke®	0	0	0	0	0	0	0.0	0.1
Fresh-Brewed Gold Peak® Tea	0	0	0	0	0	0	0.0	0.0

### Red Robin - Milkshakes and Malts (Monster)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chocolate Hazelnut Bliss	1290	26	158	129	63	40	8.0	1.3
Silver Spoon S'mores	1260	22	183	144	50	31	1.0	1.3
Salted Caramel Milkshake	1190	20	192	155	39	25	1.0	4.0
Malt (Chocolate)	1100	20	173	156	38	24	1.0	1.0
Oreo Cookie Magic	1040	21	146	118	43	25	2.0	1.2
Malt (Banana)	1000	20	148	130	38	24	1.0	1.0
Malt (Peach)	990	20	147	129	38	24	1.0	1.0
Malt (Raspberry)	990	20	147	128	38	24	1.0	1.0
Malt (Vanilla)	980	20	141	125	38	24	1.0	1.0
Malt (Strawberry)	970	21	138	122	38	24	2.0	1.0

### Red Robin - Milkshakes and Malts (Classic/Kid)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Salted Caramel Milkshake	650	10	105	83	21	13	1.0	2.2
Oreo Cookie Magic	580	11	80	63	24	14	1.0	0.7
Malt (Banana)	550	10	83	73	20	13	1.0	0.5
Malt (Chocolate)	550	11	81	69	20	13	2.0	0.5
Malt (Peach)	540	10	82	72	20	13	1.0	0.5
Malt (Raspberry)	540	10	82	72	20	13	1.0	0.5
Malt (Strawberry)	530	11	76	67	20	13	1.0	0.5
Malt (Vanilla)	510	10	73	64	20	13	1.0	0.5

### Red Robin - Smoothies

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Mayan Mango Smoothie	580	3	121	109	11	9	2.0	0.3
Coconut Pineapple Smoothie	520	3	90	79	16	13	2.0	0.3
Mocha Smoothie	440	11	73	50	12	7	1.0	0.4
Hawaiian Heart Throb® Smoothie	410	1	98	88	3	2	1.0	0.1
Dreamy Orange Smoothie	380	6	74	69	8	5	1.0	0.2
Freckled Lemonade® Smoothie	360	3	72	66	8	5	1.0	0.1
Chillin' Mango Smoothie	250	1	65	58	0	0	1.0	0.0
Very Berried OJ Frostie	250	2	61	56	0	0	2.0	0.0

### Red Robin - Finest Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Southern Charm Burger®	1210	59	88	49	68	24	3.0	5.1
The MadLove Burger	1110	73	66	22	62	27	5.0	4.9
Citrus Harissa Salmon	1000	43	61	7	69	12	6.0	3.9
Smoke & Pepper™	950	59	57	18	54	21	2.0	6.6
Black & Bleu	920	49	51	13	55	19	4.0	4.1
The Marco Pollo™	860	58	53	7	44	13	3.0	5.3

### Red Robin - Fire-Grilled Burgers

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Whiskey River® BBQ	1210	43	72	20	83	24	4.0	3.3
Royal Red Robin	1190	54	48	11	86	27	2.0	4.7
A.1.® Peppercorn	1170	53	73	10	73	23	5.0	4.2
Prime Chophouse	1160	49	88	11	67	20	8.0	4.5
Bleu Ribbon	1130	47	74	13	71	23	5.0	4.7
Bacon Cheeseburger	1070	48	47	10	77	24	2.0	4.4
Banzai	1040	42	63	25	69	21	3.0	3.5
Guacamole Bacon	1010	51	51	11	67	23	4.0	3.5
Lone Star	1010	42	49	10	72	22	4.0	4.2
Veggie Burger	1010	27	81	14	66	17	15.0	3.3
Turkey Club	960	43	51	10	64	17	5.0	4.2
Wild West Buffalo	930	46	81	21	48	16	5.0	4.8
Burnin' Love	900	46	59	11	55	18	6.0	3.8
Chili Chili™ Cheeseburger	880	51	56	10	50	18	5.0	3.8
Red Robin® Gourmet Cheeseburger	880	41	55	18	56	20	3.0	4.1
Sautéed 'Shroom	840	48	53	10	49	20	7.0	2.7
5 Alarm	810	41	48	11	51	18	3.0	3.4
Ooey Goey Cheeseburger	760	37	36	10	52	18	1.0	3.3
Burnin' Love Chicken	740	44	63	11	37	11	6.0	4.8
Grilled Turkey	660	29	53	7	36	9	3.0	3.1
Keep It Simple	610	35	44	9	33	12	3.0	2.0
The Wedgie™ Burger	500	37	23	13	30	10	8.0	1.9

### Red Robin - Cheeses

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Bleu Cheese (crumbles)	150	9	1	0	12	8	0.0	1.4
American (two slices)	120	6	1	1	10	6	0.0	1.4
Cheddar (one slice)	110	7	1	0	9	5	0.0	0.5
Swiss (one slice)	110	8	1	0	9	5	0.0	0.2
Pepper-Jack (one slice)	100	7	1	0	8	5	0.0	0.5
Provolone (one slice)	80	6	0	0	6	4	0.0	0.5

### Red Robin - Buns

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Onion	270	9	45	2	6	1	3.0	1.0
Jalapeño-Cornmeal Kaiser Roll	250	11	45	6	3	1	2.0	1.1
Whole Grain	240	8	47	5	4	1	2.0	1.0
Telera	230	8	42	4	4	2	2.0	1.2
Classic Sesame	220	7	39	6	5	2	2.0	0.9
Brioche	220	7	39	6	5	2	2.0	0.9
Gluten Free	210	4	39	6	5	0	3.0	1.2
Ciabatta Bread	170	8	31	3	2	0	2.0	0.9
Tavern Bun	150	4	27	4	3	1	0.0	0.6

### Red Robin - Substitutions

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Chili Chili™ Cheese Fries	900	27	64	7	60	16	8.0	3.5
Sweet Potato Fries	470	5	58	20	25	4	8.0	2.0
Yukon Chips	450	5	42	0	29	5	4.0	1.7
Garlic Herbed Fries	430	7	50	2	22	7	5.0	0.8
Red's Chili Chili™ - Bowl	430	31	32	6	20	7	7.0	3.6
Classic Wedge Salad	420	8	17	8	36	8	3.0	1.6
Bottomless Steak Fries® (per serving)	350	5	48	1	16	3	5.0	0.5
Mac 'n' Cheese	290	11	25	4	16	10	2.0	1.5
Make Any Burger a Monster-Beef Patty	290	27	0	0	20	8	0.0	0.2
Onion Rings	280	6	61	11	1	0	3.0	2.6
Coleslaw	240	2	19	13	17	3	3.0	1.6
Red's Chili Chili™ - Cup	220	15	16	3	10	4	3.0	1.8
Ancient-Grain Veggie Patty	130	7	17	5	4	1	7.0	0.9
Freckled Fruit® Salad (per serving)	100	1	24	22	0	0	1.0	0.0
Black Beans	90	6	17	1	0	0	4.0	0.3
Add Turkey	80	16	0	0	2	1	0.0	1.5
Add Bacon	70	5	1	1	5	2	0.0	0.7
Steamed Broccoli	30	3	6	2	0	0	3.0	0.1
Side Salad†	20	1	4	2	0	0	2.0	0.0
Fresh Jalapeños	15	0	1	1	0	0	0.0	0.0

**Red Robin - Dipping Sauces**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Roasted Garlic	410	1	8	2	42	7	1.0	1.2
Campfire	330	1	15	11	30	5	0.0	1.3
Ranch	260	1	4	2	27	5	0.0	1.0
Chipotle	190	0	5	2	18	3	0.0	1.2
Red's Secret Tavern Sauce™	190	0	7	6	18	3	0.0	1.1
Country Dijon	150	0	5	2	13	2	0.0	1.8
Buzzard	140	0	2	1	15	7	1.0	3.5
Sweet Pepper Thai Sauce	110	0	32	28	0	0	0.0	1.8
Smoke & Pepper™ Ketchup	100	2	25	21	0	0	1.0	2.1
Sweet & Spicy Ketchup	90	0	24	20	0	0	0.0	1.7
Fiery Ghost® Pepper Sauce	45	1	11	7	0	0	1.0	1.9
Fresh Salsa	15	0	0	0	0	0	0.0	0.7

**Red Robin - Other Fun On A Bun**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Ragin' Cajun Chicken	1040	41	67	9	68	22	5.0	8.1
Whiskey River® BBQ Chicken	1040	41	75	21	65	17	4.0	4.0
Crispy Chicken	1000	35	68	10	66	13	4.0	4.5
Crispy Arctic Cod	890	28	85	12	50	10	5.0	3.6
Teriyaki Chicken	870	41	67	25	50	14	4.0	3.9
California Chicken	800	46	52	10	47	14	4.0	4.9
Simply Grilled Chicken w/ Steak Fries	800	37	96	10	31	7	8.0	3.2
Chicken Caprese	790	49	40	6	43	17	3.0	4.1
Bruschetta Chicken	740	40	43	6	47	11	3.0	3.7
Simply Grilled Chicken w/ Fruit® Salad	550	33	72	31	15	5	5.0	2.7

**Red Robin - Tavern Burgers**

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
The Big Pig Out	1200	54	70	30	79	25	5.0	4.7
Pub Mac 'N' Cheese w/ Caesar Salad	1090	37	85	13	69	33	9.0	5.4
The Big Smoky Jack	1000	42	57	18	68	21	3.0	3.6
The Big Sir Acha	980	43	65	17	62	21	6.0	4.4
The Big Cowboy Ranch	940	42	65	19	57	19	3.0	4.2
Pub Mac 'N' Cheese w/ House Salad	900	35	83	14	49	29	9.0	4.6
The Big Taco Tavern	850	43	63	9	47	16	6.0	4.0
Pig Out Tavern Double	840	42	39	14	57	20	1.0	3.8
The Big Tavern	810	40	46	11	52	19	2.0	3.6
The Big Ghost	780	42	53	12	44	17	4.0	3.4
Smoky Jack Tavern Double	750	36	42	14	49	17	1.0	3.0
Four Cheese Melt	720	34	51	2	42	20	2.0	3.0
Cowboy Ranch Tavern Double	720	33	46	15	44	14	1.0	3.1
Sir Acha Tavern Double™	710	36	36	7	46	17	1.0	3.5
Red's Tavern Double®	640	35	31	7	41	16	1.0	3.0
Fiery Ghost® Tavern Double	620	36	35	7	37	15	2.0	2.5
Taco Tavern Double™	620	37	35	5	36	14	2.0	2.6

### Red Robin - Entrees

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Clucks & Fries® (Buffalo Style)	1630	49	105	4	113	27	11.0	10.5
Clamstrips	1600	28	142	17	103	18	8.0	8.7
Chicken Pasta Alfredo	1550	66	132	9	85	50	8.0	5.4
Arctic Cod Fish & Chips w/ Steak Fries	1520	46	136	11	89	15	11.0	4.9
Pasta Alfredo	1420	41	128	9	83	49	7.0	4.1
Clucks & Fries®	1340	47	104	5	82	14	9.0	5.1
Southwest Chicken Pasta	1290	65	146	17	52	23	8.0	5.5
Shrimp & Cod Duo	1120	36	94	24	67	12	7.0	6.5
Clucks & Shrimp	1020	37	79	21	63	11	6.0	6.5
Chicken Fajitas	880	64	84	9	32	11	10.0	6.2
Shrimp & Slaw Platter	730	30	80	24	32	6	6.0	6.1
Prime Rib Dip	600	37	57	13	25	11	4.0	5.8
Reel Thing Fish Tacos	590	18	69	9	28	6	8.0	1.6
Ensenada Chicken™ Platter	480	54	27	8	18	5	5.0	5.6
Sear-ious Salmon	480	34	9	4	37	7	2.0	2.1
Ensenada Chicken™ Platter (Single Breast)	290	29	19	6	11	3	4.0	3.2

### Red Robin - Wraps and Sandwiches

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Nacho Chicken Bacon Wrap (No Fries)	1130	49	82	6	67	23	5.0	6.9
BBQ Chicken Wrap (No Fries)	1050	47	81	12	59	19	4.0	5.3
Wrappin' California Club (No Fries)	990	41	64	4	64	18	6.0	5.7
Philly Cheesesteak Sandwich (No Fries)	910	41	53	8	61	18	3.0	6.8
Caesar's Chicken Wrap (No Fries)	840	37	61	2	50	12	4.0	4.3
BLTA Croissant (No Fries)	680	30	50	9	40	15	5.0	3.8
Sub a Salmon Fillet	410	33	2	0	32	6	0.0	1.7

### Red Robin - Soups

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Baked Potato Soup – Bowl	460	14	39	9	29	14	3.0	3.2
Red's Chili Chili™ - Bowl	430	31	32	6	20	7	7.0	3.6
Clamdigger's Clam Chowder – Bowl	420	16	32	10	26	15	1.0	3.3
Chicken Tortilla Soup – Bowl	400	22	38	7	19	7	6.0	4.1
French Onion Soup – Bowl	380	19	23	10	22	10	4.0	4.1
Baked Potato Soup – Cup	260	8	23	5	15	7	2.0	1.7
Clamdigger's Clam Chowder – Cup	230	8	19	5	13	8	1.0	1.8
Red's Chili Chili™ - Cup	220	15	16	3	10	4	3.0	1.8
French Onion Soup – Cup	210	10	15	5	11	5	2.0	2.2
Chicken Tortilla Soup – Cup	200	11	19	4	10	4	3.0	2.1

### Red Robin - Salads

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Grilled Chicken Alla Caprese	930	49	26	8	66	20	5.0	5.3
Crispy Chicken Tender Salad†	910	55	66	10	50	15	8.0	3.7
Southwest Salad	890	47	49	12	59	19	11.0	4.8
Mighty Caesar	670	33	24	6	51	10	6.0	3.2
Avo-Cobb-O Salad†	550	49	34	10	27	11	8.0	3.4
Classic Wedge Salad	420	8	17	8	36	8	3.0	1.6
Simply Grilled Chicken Salad†	320	34	29	9	9	5	6.0	2.0
Caesar Salad	210	3	5	2	20	4	2.0	0.8
House Salad†	120	6	12	3	6	3	2.0	0.5

### Red Robin - House & Side Salad Dressing (2oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caesar Dressing	360	2	3	1	38	7	0.0	1.3
Honey Mustard Poppyseed Dressing	350	1	17	16	31	5	0.0	1.3
Bleu Cheese Dressing	320	2	0	0	34	7	0.0	1.4
Dijon Vinaigrette Dressing	270	0	16	15	22	4	0.0	2.1
Ranch Dressing	260	1	4	2	27	5	0.0	1.0
Italian Dressing	220	0	6	4	22	3	0.0	1.5
Thousand Island Dressing	190	0	7	6	18	3	0.0	1.1
Salsa-Ranch Dressing	160	1	4	2	16	4	0.0	0.7
Balsamic Vinegar Dressing	100	0	6	4	9	2	0.0	1.2

### Red Robin - Entree Salad Dressing (3oz)

PRODUCT	CALORIES	PROTEIN	CARBS	SUGARS	FAT	SAT. FAT	FIBRE	SALT
Caesar Dressing	530	3	5	1	57	10	1.0	1.9
Honey Mustard Poppyseed Dressing	520	2	26	24	47	8	1.0	1.9
Bleu Cheese Dressing	470	3	1	0	51	10	0.0	2.2
Dijon Vinaigrette Dressing	410	1	24	23	33	5	0.0	3.1
Ranch Dressing	390	2	6	3	40	7	0.0	1.5
Italian Dressing	330	0	9	6	33	5	0.0	2.2
Thousand Island Dressing	290	1	10	9	27	5	0.0	1.7
Salsa-Ranch Dressing	240	2	6	3	24	6	0.0	1.1
Balsamic Vinegar Dressing	160	0	9	7	14	2	1.0	1.9