

Red Robin Gluten Free Menu

Looking to make informed choices while enjoying your favorite meals from **Red Robin menu**? From burgers to salads, we've got the inside scoop on the **Red Robin Allergen menu and nutrition facts** to help you plan your meal like a pro. Use our detailed tables as a handy calculator to track calories, carbs, and more.

[Red Robin Nutrition PDF](#)

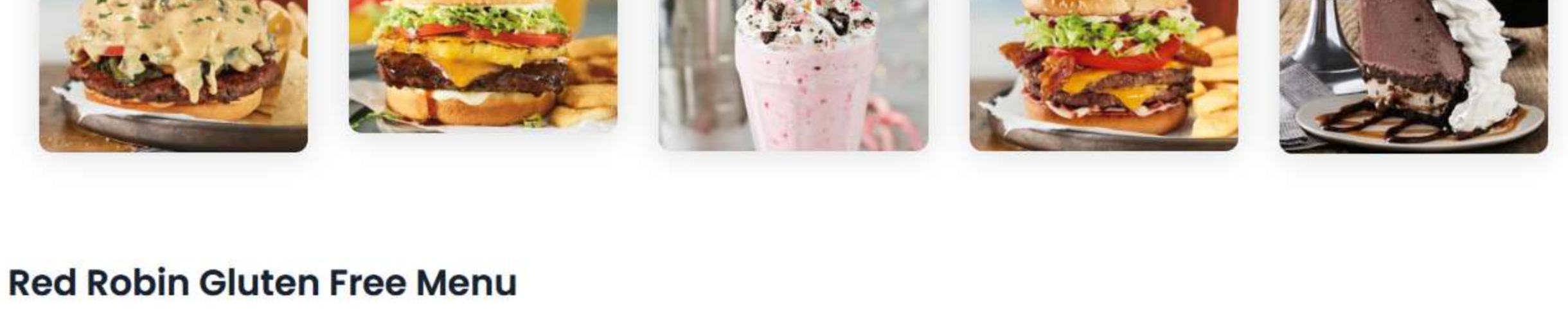
Most Healthy Options at Red Robin 🌱

Looking for a guilt-free feast at Red Robin? Trying to cut calories, watch your sodium, or keep the carbs in check? You're in luck!

There are plenty of tasty options that won't derail your health goals. We've rounded up the menu items that stand out for their lighter nutritional content, so you can savor your meal without the side of food guilt.

Here's a table for the **Most Healthy Options at Red Robin**:

MENU ITEM	CALORIES (KCAL)	TOTAL FAT (g)	SODIUM (MG)	PROTEIN (g)
Carrots	15	0	30	0
Grilled Chicken Dip/No (Main)	120	1	260	27
Life Appetites Cluck-A-Doodles (2 pcs)	360	20	720	10
Caesar Salad (Select Locations Only)	230	21	380	4
The Wedgie™ Burger	500	36	720	32
Vegan Burger	220	10	490	9



Red Robin Gluten Free Menu

Red Robin makes dining gluten-free simple and delicious. They offer Udi's **Gluten-Free Buns** for burgers like the **Bacon Cheeseburger** or **Royal Red Robin Burger**, and you can opt for a fresh **lettuce wrap**. Their **steak fries** are gluten-free when prepared in a dedicated fryer—ask your server to confirm.

For lighter sides, try **steamed broccoli** and a **side salad** without croutons. The **Simply Grilled Chicken Salad** is another great choice when paired with a gluten-free dressing. For starters, **Quac, Salsa, and Chips** are safe if cooked separately.



Red Robin Allergen Menu

Red Robin takes food allergies seriously, offering an **Allergen Menu** to help diners with specific dietary needs. This guide covers common allergens like gluten, dairy, soy, eggs, nuts, and shellfish, making it easy to find safe options.

Burgers can be customized to avoid allergens by swapping regular buns with **lettuce wraps** or **Udi's Gluten-Free Buns**. For dairy-sensitive diners, many burgers and salads can be made without cheese or creamy sauces.

Starters like **steamed broccoli** and a **side salad** are simple allergen-free choices when tailored to your needs. For protein-packed meals, the **Simply Grilled Chicken Salad** and **Grilled Chicken Breast** can be customized with allergen-safe dressings.

Servers are trained to help and ensure meals are prepared separately to prevent cross-contact. Red Robin's allergen-friendly approach ensures everyone can enjoy a safe and satisfying dining experience!

Red Robin Nutrition Guide

Red Robin offers a wide variety of options to fit different nutritional needs. From lower-calorie items like **The Wedgie™ Burger** wrapped in lettuce to protein-packed choices like the **Simply Grilled Chicken Salad**, there's something for everyone.

Appetizers:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Towering Onion Rings*	1310	540	61	10	0.5	50	3610	175	7	42	17
BBQ Burnt Ends Loaded Fries	1210	810	68	17	3.0	120	2080	109	11	13	41
Crispy Fried Pickles	750	470	52	8	0.5	60	2850	60	3	14	8
Pretzel Bites	780	350	39	10	0.5	30	1750	91	9	5	15
Tsurumi Shrimp	1000	650	71	25	0.5	135	1390	66	7	9	23
Cheesy Bacon Fondue & Fries	900	450	51	19	1.0	85	1520	87	9	7	24
Cheesy Mozzarella Twists	900	460	50	18	0.5	65	2740	81	5	7	32
Crispy Parmesan Brussels Sprouts	910	620	70	14	0.0	30	800	51	19	11	20
The O-Ring Shorty*	920	530	60	10	0.5	40	2180	89	4	27	9

Red Robin Nutrition Menu

Wings:

ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Saucy Boneless Chicken Bites (Whiskey BBQ)	810	380	43	21	0.5	110	2810	103	15	30	23
Saucy Boneless Chicken Bites (Banana)	920	340	37	21	0.5	110	3080	92	14	24	23
Bar Wings 'n' Yukon Chips (Plain)	1080	630	70	29	0.5	455	1310	21	6	1	91
Saucy Boneless Chicken Bites (Sisterhead)	950	340	37	21	0.5	110	2180	101	15	33	21
Saucy Boneless Chicken Bites (Plain)	810	330	37	20	0.5	110	1950	66	14	1	21
Saucy Boneless Chicken Bites (Buzoard)	1010	510	57	30	0.5	120	3790	70	15	3	24

Red Robin Nutrition Values

Bottomless Beverages:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
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
Sprite® (Adult)	130	0	0	0	0	0	30	34	0	30	0
Coca-Cola Classic® (Adult)	120	0	0	0	0	0	40	33	0	33	0
Diet Coke® (Adult)	0	0	0	0	0	0	35	0	0	0	0
Bong® Root Beer (Adult)	130	0	0	0	0	0	60	38	0	38	0
Coca-Cola® Zero (Adult)	0	0	0	0	0	0	35	0	0	0	0

Burgers:

ITEM	CALORIES (KCAL)	CALORIES FROM FAT	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 Burger	1200	740	83	24	2.5	140	1630	74	5	20	40
Burnin' Love	980	610	70	22	2.5	135	1540	57	5	11	39
Royal Red Robin	1120	740	82	27	2.5	945	1920	48	3	10	49
Monster Burger®	1300	810	90	38	4.5	255	2520	63	4	20	65
BBQ Burnt Ends 'n' Bacon Burger	1370	880	95	30	3.5	195	2290	74	4	19	55
Black & Bleu (Select Locations)	1070	660	74	24	2.5	145	1480	65	12	17	39
Banana	980	600	67	22	2.5	140	1580	59	3	20	39
Bacon Cheeseburger®	1000	650	73	24	2.5	160	1800	48	3	10	43

Veggie Options:

ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Impossible™ Burger®	750	370	41	16	0.5	40	1840	66	8	18	33
The Wedgie™ Burger	500	330	36	14	2.0	115	720	14	4	5	32
Tucson Salmon	900	570	65	12	0.5	15	1450	49	3	11	42
Grilled Chicken	780	480	51	14	0.5	140	1360	43	3	8	39
Vegan Burger	220	90	10	1.5	0.0	0	490	26	11	8	9
Veggie Burger	770	440	50	12	0.5	45	1130	63	12	13	24

Sandwiches and Wraps:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Buzzin' Chicken Sandwich (Select Locations)	940	550	62	13	0.5	100	2100	59	4	9	39
California Chicken Sandwich	700	330	38	11	0.5	135	1360	47	5	9	50
BLTA Croissant*	690	370	42	15	0.5	60	1490	49	5	9	31
Whiskey River® BBQ Chicken Sandwich	970	510	58	14	0.5	125	1510	72	5	20	44
Crispy Chicken Sandwich	910	520	59	10	0.5	100	1490	59	3	8	39
Caesar's Chicken Wrap*	630	440	49	11	0.5	115	1530	58	4	2	41

Salads and Soups:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Mighty Caesar Salad (Select Locations)	750	550	61	11.0	1.0	125	1220	20	6	5	36
Chicken Tortilla Soup (Cup)	170	70	8	3.0	0.0	35	540	13	2	2	12
Ensenada Chicken™ Pasta (1 Chicken)	200	60	7	1.5	0.0	85	950	8	2	4	29
Avo-Cobb-O Salad†	1070	700	78	18.0	1.0	325	1810	51	10	30	50
Simply Grilled Chicken Salad†	810	510	57	12.0	1.0	140	1310	42	5	29	37
Chicken Tortilla Soup (Bowl)	340	140	16	6.0	0.5	75	1080	27	5	4	23
Caesar Salad (Select Locations Only)	230	190	21	4.0	0.5	15	260	8	2	2	4

Substitutions and Sides:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Bottomless Steak Fries* (per serving)	350	140	16	2.5	0.0	0	380	48	5	0	5
Garlic Fries	430	200	23	7.0	0.5	20	500	50	5	2	8
Onion Rings	280	10	1.0	0.0	0.0	5	1020	61	3	11	8
Sweet Potato Fries	460	200	23	21.0	0.0	0	750	59	8	21	4
Steamed Broccoli	30	0.5	0.5	0.0	0.0	0	30	6	3	2	3
Sautéed Mushrooms	120	70	8	4.5	0.0	20	270	9	3	4	4
Side Smashed Avocado	140	120	13	2.0	0.0	0	220	8	6	0	2

Dipping Sauces:

ITEM	CALORIES (KCAL)	CALORIES FROM FAT	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	0.0	0	1640	0	0	0	0
Campfire Mayo - Creamy BBQ	330	370	30	4.5	0.0	15	550	14	0	12	0
Chipotle Aioli	430	420	47	7.0	0.5	25	430	2	0	2	0
Helm 57 (Soc)	80	0	0	0.0	0.0	0	720	16	0	16	0
House-Made Salsa	15	0	0	0.0	0.0	0	260	3	0	2	0
Ranch	270	250	29	5.0	0.0	20	400	2	0	2	1

Kids Menu:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Cluck-A-Doodles (3 pieces)	540	260	29	5.0	0.0	60	1010	38	3	0	15
Corn Doggies (9 pieces)	530	290	33	8.0	0.0	105	1250	43	2	7	16
Chocolate Milk	200	20	2.5	1.5	0.0	10	125	36	1	32	9
Moc n' Youz	330	140	15	4.0	0.5	15	890	38	1	9	10
Grilled Chicken Dip/No Pskin	120	10	1	0.5	0.0	90	260	0	0	0	27
Life Appetites Cluck-A-Doodles (2 pcs)	360	180	20	3.5	0.0	40	720	26	2	0	10
Carrots	15	0	0	0.0	0.0	0	30	4	1	2	0

Desserts:

MENU ITEM	CALORIES (KCAL)	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
Cinnamon Sugar Donut Rings™ Tower	3550	450	51	31	0.5	10	1230	259	6	124	19
Cinnamon Sugar Donut Ring Shorty®	770	230	26	15	0.5	5	620	129	3	62	10
Freckled Lemonade Cokie	1060	410	46	30	1.0	255	430	152			