



Restaurant Guide to Red Robin

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OVERVIEW

Red Robin is home of the burger, that's no question! With a wonderful atmosphere and delicious food, you'll be able to eat Healthi and enjoy fresh and tasty meals. Burgers, chicken and salads are going to be the top choices here!

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT RED ROBBIN

- Keep it simple with less additions and sauces to your burger
- Stick with side salad or broccoli
- Bring your own dressing for salads

FRIENDLY MENU ITEM'S AT RED ROBBIN

APPETIZERS

The appetizers here are going to be high in calories and macros, so let's skip straight to the meals!

MAIN COURSE

Red Robin is famous for their burgers, and for good reason! These do tend to be very high in calories and fat, but no worries! You can customize your meal to make it lighter. The Finest Burgers and Tavern Burgers menu is going to be much higher in bites and calories, so let's skip to the Gourmet Burgers section.

Many of Red Robin's burgers are piled high with lots of toppings. As delicious as it sounds, it can add many extra calories. Keeping it simple can help you stay on track.

The Keep It Simple burger is a great example. You have the option of a beef patty (540 calories total) or a veggie patty (only 380 calories!) that is a custom blend of ancient-grain and quinoa. It is topped with pickles, red onion, lettuce and tomato. Try pairing these with a side of steamed broccoli to get those veggies in!

The Vegan Burger is a wonderful, lighter choice. They use the same veggie patty, with house-made salsa, fresh avocado slices, all on a lettuce bun. Served with steamed broccoli, you'll definitely get your veggie health check in with this!

The Wedgie Burger is another delicious choice if you're looking to take it lighter on the carbs. You get a burger with hardwood-smoked bacon, house made guac, tomatoes and red onion in a lettuce bun. Pair it with a side salad!

Next up is chicken. The Ensenada Chicken Platter comes with two ancho-grilled chicken breasts, house-made salsa and salsa-ranch dressing. This pairs wonderfully with a side salad.

The Simply Grilled Chicken sandwich is a wonderful, juicy chicken breast topped with pickles, lettuce, tomatoes and red onions on a bun. Pair this with some steamed broccoli.

Next, let's talk about salads.

The Avo-Cobb-O salad starts with a base of mixed greens and is topped with grilled chicken breast, bacon, bleu cheese, hard boiled eggs, tomatoes, croutons, and avocado. (Dressing is separate)

Another tasty choice is the Simply Grilled Chicken salad. A bed of greens topped with grilled chicken breast, cheddar, tomatoes, croutons, and cucumbers. (Dressing is separate)

| Main Course | Calories | Fat (g) | Carbs (g) | Protein (g) |
|--|----------|---------|-----------|-------------|
| Keep It Simple, beef | 540 | 24g | 46g | 35g |
| Keep It Simple, veggie | 380 | 9g | 63g | 15g |
| Vegan Burger on lettuce bun, with broccoli | 250 | 11g | 34g | 13g |

| Main Course | Calories | Fat (g) | Carbs (g) | Protein (g) |
|---------------------------------|----------|---------|-----------|-------------|
| Wedgie Burger | 540 | 34g | 18g | 40g |
| Ensenada Chicken Platter | 400 | 14g | 13g | 57g |
| Simply Grilled Chicken Sandwich | 370 | 6g | 46g | 35g |
| Avo-Cobb-O salad | 510 | 26g | 25g | 50g |
| Simply Grilled Chicken Salad | 280 | 8g | 19g | 35g |

SIDES

Unfortunately there aren't many sides that are lighter options. Try sticking with the broccoli or side salad. You can bring your own dressing to keep bites or calories lower. Pick these based on your meal and what fits best into your day.

| Sides | Calories | Fat (g) | Carbs (g) | Protein (g) |
|--------------|----------|---------|-----------|-------------|
| Garlic fries | 430 | 22g | 50g | 7g |
| Onion straws | 200 | 14g | 16g | 2g |

| Sides | Calories | Fat (g) | Carbs (g) | Protein (g) |
|---|----------|---------|-----------|-------------|
| Bottomless steak fries (per serving) | 360 | 16g | 49g | 5g |
| Steamed Broccoli | 30 | .5g | 6g | 3g |
| House Side Salad | 100 | 5g | 9g | 5g |