



Ruby
Tuesday



Restaurant Guide to Ruby Tuesday

Last updated on Aug, 31st 2022

OVERVIEW

If you are looking for a great family friendly dine in restaurant with a great Healthi selection, look no further! Ruby Tuesday may be famous for their Ribs and Endless Garden Bar, and for good reason. You'll surely stay on track with their fresh ingredients and tasty Selections.

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 RUBY TUESDAY

- For the Endless Garden Bar, pick fresh greens and veggies while avoiding heavier toppings like fatty meats and cheeses
- Choose lean meat like fish, grilled chicken or steak
- Stick with lighter veggies sides

FRIENDLY MENU ITEM'S AT APPLEBEE'S

MAIN COURSE

When it comes to dinner, Ruby Tuesday has a great selection. You may want to avoid the much heavier items like fried foods, ribs, and pasta dishes.

Let's start with that wonderful Endless Garden Bar. With so many great, fresh choices, you almost can't go wrong. Try to stick with rich greens, fresh/raw veggie toppings and heavy cheese, dressings, and croutons. You could start with chopped romaine, then add cucumbers, grape tomatoes, diced eggs, and lite ranch dressing. If you're a fan of iceberg lettuce, start with that then add onions, pepper strips, grape tomatoes, pepperoncini, black olives, ham, shredded mozzarella and lite ranch for a wonderful Italian-ish salad.

Next, let's look at soups. The Chicken Corn Chowder Soup and Broccoli & Cheese Soup are delicious options and would pair wonderfully with a salad from the Garden Bar.

Now we'll look at seafood. The Grilled Salmon is a great, fresh option paired with grilled zucchini and rice pilaf. The New Orleans Seafood is a flaky tilapia with Creole seasoning and sautéed shrimp covered in Parmesan cream, paired with mashed potatoes and steamed broccoli.

Up next, steak! The 6oz sirloin paired with roasted Baby Bellas and grilled zucchini makes a delicious, filling meal. Or maybe you'd rather have a plain baked potato and broccoli on the side.

If you're in the mood for a sandwich, the Grilled Chicken Sandwich is another Healthi option. Choose no mayo to save some fat and calories, and broccoli as your side.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Garden bar- romaine, cucumber, grape tomatoes, diced eggs, lite ranch	140	11	6	4
Garden bar- iceberg lettuce, onions, pepper strips, grape tomatoes, pepperoncini, black olives, ham, shredded mozzarella and lite ranch	190	13	12	7
Chicken Corn Chowder Soup	310	19	22	13
Broccoli & Cheese Soup	290	20	20	8
Grilled salmon with zucchini and rice pilaf	540	25	36	45

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
New Orleans Seafood with mashed potatoes and broccoli	600	29	38	48
6oz Sirloin with baby bellas and zucchini	410	23	10	38
6oz Sirloin with plain baked potato and broccoli	570	21	54	43
Grilled chicken sandwich (no mayo), broccoli	540	20	40	43

SIDES

There are quite a few tasty side options here. Most meals come with two sides, so it's best to pick 2 of the lighter options. If you're in the mood for something a bit heavier, you could pick just one.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Steamed broccoli	60	3.5	5	4
Mashed potatoes	220	11	27	4

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Roasted baby bellas	100	6	6	4
Grilled zucchini	20	0.5	3	1
Roasted corn	180	8	24	4
Rice pilaf	190	3	33	5
Plain baked potato	220	0.5	47	7
Coleslaw (¼ cup)	120	9	8	1