

# Ruby Tuesday

## NUTRITIONAL MENU GUIDE

FEBRUARY 2012

### Eat Smart & Live Well

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Eating with us is all about having a choice, with a menu that offers a wide variety of delicious decisions, including many of Ruby Tuesday's Smart Eating dishes that are lower in calories, fat, or carbohydrates.

Because many of our guests want to know more about the food we serve, we have created this menu guide. It has information about calories and other nutritional measures. As our recipes and ingredients change, we will update this information. We hope you find it useful, and we welcome your feedback.

#### ONLINE NUTRITIONAL RESOURCES

[www.choosemyplate.gov](http://www.choosemyplate.gov)

[www.fda.gov](http://www.fda.gov)

### Please Read This Information

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Note: The \* on the menu denotes items that are cooked to order. Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

Note: Nutrition information does not include any side items or dipping sauces served on the side. Nutrition information is for one serving and is based on lab analysis of food products prepared in our test kitchen or by our suppliers. Due to food preparation techniques, amounts may vary.

Ruby Tuesday strives to ensure that every guest has a great dining experience, and that includes those with special dietary needs and medical requirements. For this reason, we have prepared this menu based on information obtained from our food suppliers. Every effort is made to keep this information current and accurate. However, ingredient changes may occur due to substitutions, preparation variation, and regional availability of products.

We encourage you to use this menu as a tool to help you make your dining choices and not to the exclusion of professional medical advice tailored to your specific needs. We will update this menu as our menu selections, ingredients, and/or preparation techniques change. Please visit our website often for the most current nutrition information available. Limited time offers have not been included in this menu.

This menu is developed from our system menu selections. Nutritional information may not be available online for restaurants that are operating under a non-system (test or high volume) menu. Please consult a manager during your visit to determine if the restaurant is using a system or non-system (test or high volume) menu.

To view our Allergen / Sensitivity Menu Guide, click <http://www.rubytuesday.com/assets/menu/pdf/informational/allergen.pdf>.

1-Feb	Menu Item * These items are cooked to order	Calories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)
<b>Fit &amp; Trim Choices</b> NOTE: F&T items are less than 700 calories when served with Roasted Spaghetti Squash & Fresh Grilled Zucchini. Entrées excluded are Petite Lunch Plates and Pasta Classics.	Jumbo Lump Crab Cake - F&T	385	29	15	2	16	1035
	Petite Sirloin* - F&T	476	27	12	3	45	967
	Barbecue Grilled Chicken - F&T	390	9	25	5	51	1419
	Chicken Bella - F&T	500	23	17	6	56	1694
	Creole Catch - F&T	335	15	9	3	42	590
	Grilled Salmon - F&T	386	22	9	3	36	553
	Spaghetti Squash Marinara - F&T	257	12	29	9	7	836
	Fresh Grilled Asparagus (when in season) - F&T	78	5	5	3	3	218
	Fresh Grilled Zucchini - F&T	41	2	4	1	1	321
	Fresh Grilled Green Beans - F&T	45	2	5	2	2	145
	Fresh Steamed Broccoli - F&T	53	2	7	3	3	82
	Creamy Mashed Cauliflower - F&T	136	8	14	3	3	714
	Roasted Spaghetti Squash - F&T	54	3	6	2	1	69
	Sliced Tomatoes with balsamic vinaigrette - F&T	52	1	15	0	2	293
	Sugar Snap Peas - F&T	113	6	8	3	3	164
	Petite Trout Almondine - F&T	521	34	22	5	32	737
	Petite Jumbo Shrimp Scampi - F&T	325	21	18	4	17	992
	Petite Grilled Salmon - F&T	310	17	18	4	22	378
	Petite Chicken Fresco - F&T	397	21	25	4	30	1108
	Petite Sliced Sirloin* - F&T	398	21	20	4	32	657
	Petite Zucchini Cakes - F&T	397	19	38	6	8	1283
	Petite Parmesan Shrimp Pasta - F&T	678	36	54	3	54	1559
	Petite Spaghetti Squash Marinara - F&T	177	9	17	5	5	667
	Petite Grilled Chicken Salad - F&T	333	10	23	4	9	346
	Petite Carolina Chicken Salad - F&T	414	15	24	5	11	346
<b>Ruby Tuesday's Smart Eating Choices</b>	Grilled Chicken Salad	786	28	48	7	24	1057
	Chicken Bella	405	18	8	3	54	1304
	Creole Catch	240	10	0	0	40	200
	Grilled Chicken Wrap	463	17	43	2	33	1524
	New Orleans Seafood	365	19	2	0	66	472
	Plain Grilled Chicken	226	4	0	0	48	71
	Plain Grilled Petite Sirloin*	289	12	3	0	42	482
	Plain Grilled Salmon	291	17	0	0	33	163
	Plain Grilled Top Sirloin*	375	15	4	0	55	625
	Turkey Burger Wrap	591	28	47	2	37	1396
	White Bean Chicken Chili	241	8	29	8	19	1522
	Fresh Steamed Broccoli	53	2	7	3	3	82
	Lite Ranch Dressing	50	5	1	0	0	300
	White Cheddar Mashed Potatoes	223	14	21	2	3	430
	Baked Potato - Plain	259	2	52	10	9	103
	Creamy Mashed Cauliflower	136	8	14	3	3	714
	Sugar Snap Peas	113	6	8	3	3	164
	Brown-Rice Pilaf	202	5	35	3	4	915
	Sautéed Baby Portabella Mushrooms	140	10	6	4	6	460
	Asian Dumplings	115	5	12	1	5	306
	Chicken Tenders - Traditional	94	4	3	0	11	222
	Fire Wings	178	11	4	1	16	603
	Fresh Guacamole Dip	293	19	28	7	4	269
	Buffalo Shrimp	160	9	14	2	7	913
	Shrimp Sampler	269	16	20	2	11	1238
Fried Mozzarella	101	4	10	1	6	304	
Queso & Chips	317	20	28	3	7	535	
Southwestern Spring Rolls	158	8	18	1	4	305	
Spinach Artichoke Dip	310	19	27	3	8	470	
Shrimp Fondue	306	19	24	2	19	417	
Thai Phoon Shrimp	225	16	13	1	7	835	
Four Way Sampler	273	13	17	2	21	746	
Jumbo Lump Crab Cake	96	7	4	1	4	259	
Grilled Chicken Quesadilla	277	17	11	1	19	551	
Fresh Avocado Quesadilla	257	18	12	1	14	339	
California Club Quesadilla	336	22	11	1	21	674	
<b>Garden Fresh Salads</b>	Grilled Chicken Salad	786	28	48	7	24	1057
	Carolina Chicken Salad	1042	46	52	11	33	1057
	Grilled Salmon Salad	642	32	46	7	46	581
	Garden Salad	351	14	46	7	13	418
	Garden Salad Add-On	175	7	23	4	6	209
<b>Petite Lunch Plates</b> NOTE: Petite Plates include White Cheddar Mashed Potatoes and Fresh Steamed Broccoli. Entrées excluded are salads and pasta dishes.	Petite Grilled Chicken Salad	333	10	23	4	9	346
	Petite Carolina Chicken Salad	414	15	24	5	11	346
	Petite Trout Almondine	521	34	22	5	32	737
	Petite Jumbo Shrimp Scampi	325	21	18	4	17	992
	Petite Grilled Salmon	310	17	18	4	22	378
	Petite Chicken Fresco	397	21	25	4	30	1108
	Petite Sliced Sirloin*	398	21	20	4	32	657
	Petite Zucchini Cakes	397	19	38	6	8	1283
	Petite Parmesan Shrimp Pasta	678	36	54	3	54	1559
	Petite Spaghetti Squash Marinara	177	9	17	5	5	667

1-Feb	Menu Item * These items are cooked to order	Calories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)	
Fresh Combinations NOTE: Mini Combinations include French Fries.	Broccoli & Cheese Soup	378	32	13	1	9	1438	
	Clam Chowder	318	20	18	2	18	635	
	White Bean Chicken Chili	241	8	29	8	19	1522	
	Chicken Vegetable Harvest Soup	160	6	18	3	11	942	
	Buffalo Chicken Minis	763	36	89	6	24	1869	
	Ruby Minis	915	53	78	6	31	1519	
	Turkey Minis	791	40	81	6	28	1654	
	Zucchini Cake Minis	824	36	112	9	15	2240	
Premium Seafood	Veggie Trio Plate	Varies by Selection						
	Grilled Chicken Quesadilla	1109	70	43	2	74	2205	
	Asian Glazed Salmon	417	25	14	1	34	650	
	Crab Cake Dinner	300	20	14	2	16	960	
	Grilled Salmon	291	17	0	0	33	163	
	Salmon Florentine	434	27	7	2	39	829	
	Louisiana Fried Shrimp	560	29	47	4	28	3040	
	Creole Catch	240	10	0	0	40	200	
	Jumbo Skewered Shrimp	242	19	0	0	18	1043	
	Herb-Crusted Tilapia	401	24	11	2	39	944	
Steakhouse Steaks	New Orleans Seafood	365	19	2	0	66	472	
	Trout Almondine	627	42	7	2	55	720	
	Chef's Cut Sirloin*	564	29	5	0	69	881	
	Petite Sirloin*	382	22	3	0	42	577	
	Rib Eye*	912	71	7	0	61	1040	
	Top Sirloin*	468	25	4	0	55	720	
	Lobster Tail add-on	113	3	0	0	23	608	
	Lobster Mac 'n Cheese add-on	521	29	32	2	37	1397	
	Jumbo Shrimp Skewer add-on - 1 skewer	81	6	0	0	6	348	
	Jumbo Shrimp Skewer add-on - 2 skewers	161	13	0	0	12	695	
Fork-Tender Ribs	Small Fried Shrimp add-on	280	15	24	2	14	1520	
	Large Fried Shrimp add-on	560	29	47	4	28	3040	
	Asian Sesame Glazed Half-Rack	506	29	16	1	45	460	
	Classic Barbecue Half-Rack	500	24	29	0	44	500	
	Memphis Dry Rub Half-Rack	460	29	6	0	44	150	
	Jumbo Shrimp Skewer add-on - 1 skewer	81	6	0	0	6	348	
	Jumbo Shrimp Skewer add-on - 2 skewers	161	13	0	0	12	695	
	Small Fried Shrimp add-on	280	15	24	2	14	1520	
Fresh All-Natural Chicken	Large Fried Shrimp add-on	560	29	47	4	28	3040	
	Chicken Fresco	397	19	10	1	49	1268	
	Chicken Bella	405	18	8	3	54	1304	
	Chicken Florentine	374	14	8	2	54	1077	
	Barbecue Grilled Chicken	295	4	16	2	48	1030	
Pasta Classics	Parmesan Shrimp Pasta	1065	54	88	5	100	2400	
	Chicken & Broccoli Pasta	1521	92	96	8	78	3340	
	Spaghetti Squash Marinara	257	12	29	9	7	836	
	Lobster Carbonara	1406	95	80	7	61	3796	
	Parmesan Chicken Pasta	1418	77	111	7	72	3187	
Weekend Specials	Chicken & Mushroom Alfredo	1253	64	88	9	83	3031	
	Lobster Tails - Entrée with two tails	225	7	0	0	45	1215	
	Lobster Tails - Entrée with three tails	338	10	0	0	68	1823	
	Shellfish Trio	343	20	7	1	37	1435	
	Petite Sirloin* & Lobster Tail	494	25	3	0	65	1185	
Fresh Handcrafted Burgers	Lobster Mac 'n Cheese & Garden Bar	521	29	32	2	37	1397	
	Alpine Swiss Burger*	1017	65	60	6	50	1246	
	Bacon Cheeseburger*	1007	67	58	4	49	1426	
	Boston Blue Burger*	1165	72	82	6	51	1913	
	Classic Cheeseburger*	947	61	58	4	46	1216	
	Ruby's Classic Burger*	877	55	57	4	42	976	
	Smokehouse Burger*	1175	73	82	4	51	1749	
	Triple Prime Bacon Cheddar Burger*	1136	82	47	4	54	1247	
	Triple Prime Burger*	916	63	47	4	41	757	
	Triple Prime Cheddar Burger*	1076	77	47	4	51	1037	
	Avocado Turkey Burger	968	61	57	5	50	1601	
	Buffalo Chicken Burger	888	49	70	4	45	2159	
	Chicken BLT	898	48	70	4	48	1909	
	Avocado Grilled Chicken Sandwich	936	47	56	6	73	1715	
	Turkey Burger	801	48	56	4	41	1349	

1-Feb	Menu Item * These items are cooked to order	Calories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)	
Fresh, Fresh, Sides.	Baked Potato - Plain	259	2	52	10	9	103	
	Baked Potato - with butter & sour cream	418	17	54	10	10	219	
	Creamy Mashed Cauliflower	136	8	14	3	3	714	
	Garlic Cheese Biscuit	110	5	12	0	2	310	
	Fresh Steamed Broccoli	53	2	7	3	3	82	
	Loaded Baked Potato	568	28	54	10	19	536	
	White Cheddar Mashed Potatoes	223	14	21	2	3	430	
	Baked Mac 'n Cheese	465	28	32	2	22	947	
	Onion Rings	342	19	37	2	5	538	
	French Fries	396	18	55	5	5	909	
	Brown-Rice Pilaf	202	5	35	3	4	915	
	Fresh Grilled Asparagus (when in season)	78	5	5	3	3	218	
	Fresh Grilled Green Beans	45	2	5	2	2	145	
	Fresh Grilled Zucchini	41	2	4	1	1	321	
	Roasted Spaghetti Squash	54	3	6	2	1	69	
	Sliced Tomatoes with balsamic vinaigrette	52	1	15	0	2	293	
	Sweet Potato Fries	330	12	54	9	6	660	
	Sugar Snap Peas	113	6	8	3	3	164	
	Dressings & Sauces (per ounce)	Sautéed Baby Portabella Mushrooms	140	10	6	4	6	460
		Asian BBQ Sauce	59	3	7	0	0	243
Balsamic Vinaigrette Dressing		40	2	5	0	0	540	
BBQ Sauce		60	0	15	0	0	270	
Blue Cheese Dressing		180	19	1	0	2	220	
Boston BBQ Sauce		60	0	14	1	0	280	
Caramel Sauce		100	0	25	0	1	110	
Cocktail Sauce		23	0	5	1	1	375	
Chocolate Sauce		120	3	22	1	1	60	
French Dressing		120	11	6	0	0	260	
Honey Mustard Dressing		90	8	5	0	0	150	
Italian Dressing		130	14	1	0	0	350	
Lemon Butter Sauce		87	9	1	0	0	160	
Lite Ranch Dressing		50	5	1	0	0	300	
Marinara Sauce		17	1	2	1	0	43	
Parmesan Cream Sauce		64	6	2	0	2	181	
Peach Bourbon BBQ		50	0	1	1	0	13	
Ranch Dressing		100	11	1	0	0	300	
Salsa		8	0	2	0	0	170	
Signature Parmesan Dressing		150	16	1	0	1	230	
Feature Menu	Sour Cream	22	1	2	0	1	10	
	Sriracha Ranch	75	8	1	0	0	273	
	Sweet Chile Sauce	170	17	2	0	0	150	
	Thousand Island Dressing	80	7	5	0	0	240	
	Spinach Artichoke Dip	1239	77	107	14	30	1880	
	Fresh Guacamole Dip	1173	74	110	29	15	1078	
	Shrimp Fondue	1225	75	95	8	75	1668	
	Shellfish Trio	343	20	7	1	37	1435	
	Seafood Trio	522	34	7	1	47	990	
	Blackened Tilapia with mango salsa	265	10	5	1	40	235	
	Mixed Grill*	836	28	75	6	67	2595	
	New Orleans Seafood	365	19	2	0	66	472	
	Dockside Grill Trio	806	35	73	6	51	2457	
	Tuscan Crab Tilapia	465	23	8	2	51	1406	
	Mediterranean Shrimp Pasta	1090	62	80	8	77	3211	
	New York Cheesecake	736	60	84	2	14	740	
	Tiramisu	545	29	66	0	5	60	
	Cupcakes - Four Pack (2 of each)	1220	53	179	3	8	950	
	Red Velvet Cupcake	285	11	45	1	2	305	
	Carrot Cake Cupcake	325	16	45	1	2	170	
Kids' Menu NOTE: Kids' Meals include White Cheddar Mashed Potatoes and Fresh Steamed Broccoli. Entrées excluded are Mac 'n Cheese and Pasta Marinara.	Kid Chicken Breast	282	11	19	4	29	672	
	Kid Chicken Tenders	390	19	25	4	31	830	
	Kid Chop Steak	464	33	18	4	25	417	
	Kid Fried Shrimp	444	23	41	6	19	1817	
	Kid Grilled Cheese	664	31	76	6	25	1477	
	Kid Mac 'n Cheese	680	37	61	3	27	1565	
	Kid Beef Minis	779	46	58	6	33	1037	
	Kid Pasta Marinara	469	7	86	8	16	978	
	Kid Sundae	560	27	73	1	10	188	
	Kid Turkey Minis	679	36	58	6	31	1317	
	Kid Side of White Cheddar Mashed Potatoes	112	7	11	1	2	215	
	Kid Side of Apples	59	0	16	3	0	1	
	Kid Side of Grapes	27	0	7	0	0	0	
	Fresh Steamed Broccoli	53	2	7	3	3	82	
	Sugar Snap Peas	113	6	8	3	3	164	
	Fresh Grilled Zucchini	41	2	4	1	1	321	
	Fresh Grilled Green Beans	45	2	5	2	2	145	
	Honest Kids Super Fruit Punch	40	0	10	0	0	5	

1-Feb	Menu Item * These items are cooked to order	Calories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)	
Brunch Menu	Garlic Cheese Biscuit	110	5	12	0	2	310	
	Berry Good Yogurt Parfait	162	3	28	1	5	127	
	Steak* & Eggs	1100	39	7	2	72	1241	
	Cranapple Crêpes	1137	34	194	12	11	1277	
	Bella Chicken Crêpe	1007	58	58	9	59	2543	
	Spinach & Mushroom Omelet	1144	44	22	4	44	1572	
	Western Omelet	1381	65	18	1	55	2172	
	Bella Chicken Omelet	1262	53	23	4	68	2001	
	Crabacado Omelet	1099	47	17	3	47	1280	
	Mini Benedicts - Crispy Southern Chicken	949	57	79	7	33	1706	
	Mini Benedicts - Steak*	934	54	72	7	40	1447	
	Sunrise Quesadilla - Bacon Avocado	1653	121	49	6	86	3131	
	Sunrise Quesadilla - California Club	1787	123	50	7	110	3506	
	French Toast	701	39	58	10	24	943	
	Kids Eggscellent Combo	541	35	33	4	24	999	
	Kids Patty Cakes	621	34	62	2	16	1163	
	Kids French Toast	315	13	37	5	12	420	
	Freshly Made Lemonade - Blackberry	203	0	9	1	0	30	
	Freshly Made Lemonade - Wild Berry	203	0	8	0	0	1	
	Freshly Made Lemonade - Pomegranate	195	0	12	0	0	1	
	Freshly Made Lemonade - Raspberry	199	0	8	0	0	3	
	Freshly Made Lemonade - Strawberry	206	0	16	0	0	3	
	Handcrafted Fruit Tea - Blackberry	142	2	10	1	1	60	
	Handcrafted Fruit Tea - Mango	94	3	9	0	2	128	
	Handcrafted Fruit Tea - Wild Berry	142	2	9	0	1	32	
	Handcrafted Fruit Tea - Peach	137	2	9	0	1	66	
	Handcrafted Fruit Tea - Raspberry	142	2	10	1	1	60	
	POM Tea	94	2	13	0	1	32	
	RT Palmer	105	2	15	0	1	36	
	Berry Fusion	148	0	5	0	0	89	
	Tropical Sunrise	193	2	22	3	2	238	
	Peach Splash	152	0	9	0	0	38	
Desserts	Red Velvet Cupcake	285	11	45	1	2	305	
	Carrot Cake Cupcake	325	16	45	1	2	170	
	Cupcakes - Four Pack (2 of each)	1220	53	179	3	8	950	
	Berry Good Yogurt Parfait	162	3	28	1	5	127	
	Blondie for One	625	27	87	2	11	219	
	Blondie for Two	1003	44	139	3	16	319	
	Chocolate Chip Cookie (each)	180	9	24	1	2	190	
	Double Chocolate Cake	897	40	124	0	13	614	
	Italian Cream Cake	990	56	110	2	12	550	
	New York Cheesecake	736	60	84	2	14	740	
	Tiramisu	545	29	66	0	5	60	
	White Chocolate Macadamia Nut Cookie (each)	200	12	23	1	4	190	
	Zero Proof Beverages	Freshly Made Lemonade - Blackberry	203	0	9	1	0	30
		Freshly Made Lemonade - Wild Berry	203	0	8	0	0	1
Freshly Made Lemonade - Pomegranate		195	0	12	0	0	1	
Freshly Made Lemonade - Raspberry		199	0	8	0	0	3	
Freshly Made Lemonade - Strawberry		206	0	16	0	0	3	
Handcrafted Fruit Tea - Blackberry		142	2	10	1	1	60	
Handcrafted Fruit Tea - Mango		94	3	9	0	2	128	
Handcrafted Fruit Tea - Wild Berry		142	2	9	0	1	32	
Handcrafted Fruit Tea - Peach		137	2	9	0	1	66	
Handcrafted Fruit Tea - Raspberry		142	2	10	1	1	60	
Peach Splash		152	0	9	0	0	38	
POM Tea		94	2	13	0	1	32	
RT Palmer		105	2	15	0	1	36	
Tropical Sunrise		193	2	22	3	2	238	
Apple Cider Fizz		194	1	11	0	0	25	
Select Restaurants Only		Filet*	402	21	2	1	51	944
		Seafood Trio	522	34	7	1	47	990
	Kid Pasta Marinara (with linguini)	405	7	72	8	13	1025	
	Boston Blue Triple Prime Burger*	1204	79	73	6	50	1695	
	Jumbo Lump Crab Burger	736	43	62	6	27	1533	
	Smokehouse Triple Prime Burger*	1214	81	73	4	50	1531	
	Chicken & Broccoli Pasta (with linguini)	1674	96	80	7	123	2779	
Parmesan Shrimp Pasta (with linguini)	1001	54	75	5	98	2448		