RubyTuesday

NUTRITIONAL MENU GUIDE

MAY 2016

Eat Smart & Live Well

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

www.fda.gov

Please Read This Information

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-May	Menu Item * These items are cooked to order	KCalories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)
Fit & Trim Choices NOTE: F&T items are less than 700 calories when served with Fresh Grilled Zucchini & Roasted Spaghetti Squash. Entrées excluded are Petite Plates and Pastas & More.	Petite Sirloin* - F&T	356	19	11	3	35	1013
	Top Sirloin* - F&T	423	22	12	3	46	1163
	Hickory Bourbon Chicken - F&T	346	10	27	3	37	1153
	Chicken Bella - F&T	426	20	19	6	42	1737
	Grilled Salmon - F&T	425	27	9	3	41	956
	Hickory Bourbon Salmon - F&T	486	18	16	0	42	880
	Fresh Grilled Zucchini - F&T	41	2	4	1	1	321
	Fresh Green Beans - F&T	68	4	5	3	1	434
	Fresh Steamed Broccoli - F&T	52	2	7	3	3	113
	Roasted Spaghetti Squash - F&T	54	3	6	2	1	167
	Petite Blackened Tilapia - F&T	286	12	23	5	22	866
	Petite Sliced Sirloin* - F&T	379	20	23	5	27	846
	Petite Parmesan Shrimp Pasta - F&T	627	30	58	4	24	1996
Ruby Tuesday's Smart Eating Choices	SE Grilled Chicken Salad	348	14	5	3	44	946
	Chicken Bella	332	15	9	3	40	1249
	Blackened Tilapia	200	7	2	0	32	790
	Grilled Chicken Wrap	460	17	47	2	26	1377
	New Orleans Seafood	317	14	6	0	40	1427
	Plain Grilled Chicken	190	5	2	0	36	750
	Plain Grilled Petite Sirloin*	203	8	2	0	32	450
	Plain Grilled Salmon	330	22	0	0	39	468
	Plain Grilled Top Sirloin*	270	10	2	0	43	600
	Turkey Burger Wrap	566	28	40	1	36	1146
	Fresh Steamed Broccoli	52	2	7	3	3	113
	Lite Ranch Dressing	70	5	4	0	1	230
	Mashed Potatoes	267	15	29	4	5	716
	Baked Potato - Plain	251	3	51	7	6	18
	Rice Pilaf	190	1	40	0	4	1030
Shareable Appetizers per serving (with 4 servings per appetizer) NOTE: For items that include chips, the calorie count only includes 1 serving.	Thai Phoon Shrimp	205	16	10	1	4	394
	Cheese Fries	269	19	22	2	8	934
	Crispy Chicken Bites - Classic	203	9	11	0	15	590
	Crispy Chicken Bites - Thai	229	9	17	0	15	680
	Crispy Chicken Bites - Hickory Bourbon	233	9	19	0	15	685
	Crispy Chicken Bites - Buffalo	219	11	12	0	15	723
	Crispy Chicken Bites - Cajun Honey	253	9	24	0	15	780
	Fire Wings	195	12	4	1	18	653
	Fried Mozzarella	144	8	11	0	5	421
	Queso & Chips	288	18	27	3	6	489
	Thai Spring Rolls	132	6	14	1	4	330
	Spinach Artichoke Dip	284	18	25	2	6	391
	Shrimp Fondue	298	18	25	2	9	561
	Classic Quesadilla	240	13	15	1	14	562
	Four Way Sampler	301	15	20	1	18	910
	Big Dipper Sampler	350	20	28	2	14	1082
	Barbecue Chicken Flatbread	105	5	10	1	6	218
	Shrimp Po' Boy Flatbread	290	19	20	2	10	766
	6-Cheese & Tomato Sauce Flatbread	174	9	17	1	6	334
Petite Plates (Include Mashed Potatoes and Fresh Steamed Broccoli, except for pasta dish)	Petite Blackened Tilapia	286	12	23	5	22	866
	Petite Sliced Sirloin*	379	20	23	5	27	846
	Petite Parmesan Shrimp Pasta	627	30	58	4	24	1996
Garden Fresh Salads & Combinations NOTE: Mini Combinations include fries.	Grilled Chicken Salad	705	52	43	8	58	1853
	Grilled Salmon Caesar Salad	934	75	31	4	40	1535
	Carolina Chicken Salad	1102	83	67	12	56	2299
	Grilled Chicken Caesar Salad	914	65	33	4	52	1988
	Fried Chicken Caesar Salad	1054	76	49	4	40	2198
	Broccoli & Cheese Soup	325	22	23	1	9	1078
	Chicken Noodle Soup	180	9	18	0	9	1380
	Chicken Tortilla Soup	282	14	33	2	9	1834
	Barbecue Chicken Flatbread Combo	210	10	21	1	12	435
	Overstuffed Tater Combo - Fully Loaded	594	33	53	7	18	538
	Overstuffed Tater Combo - Southwest	414	16	59	9	10	430
	Overstuffed Tater Combo - Broccoli Cheddar	450	14	67	10	14	589
	Buffalo Chicken Mini Combo	793	42	74	5	26	2412
	Classic Cheese Mini Combo	829	50	63	5	34	2357
	Veggie Trio Plate	Varies by Selection					
	Crab Cake Combo	240	16	8	2	16	640
	Classic Quesadilla Combo	959	54	59	5	55	2247
Seafood Selections	Hickory Bourbon Salmon	390	18	16	0	42	880
	Grilled Salmon	330	22	0	0	39	468
	Coastal Trio - Cajun Tilapia	404	16	2	0	64	1790
	Coastal Trio - Lemon Parm Tilapia	577	28	3	0	78	1380
	Shrimp Shack Platter - Small	1042	56	102	6	30	3631
	Shrimp Shack Platter - Large	1322	72	126	6	42	4471
	International Shrimp Trio	1475	100	90	4	44	3743
	Jumbo Skewered Shrimp	274	15	0	0	27	1178
	Blackened Tilapia	200	7	2	0	32	790
	Herb-Crusted Tilapia	401	24	11	2	39	944
	New Orleans Seafood	317	14	6	0	40	1427

1-May	Menu Item * These items are cooked to order	KCalories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)
Steaks	Petite Sirloin*	261	14	2	0	32	524
	Top Sirloin*	423	22	12	3	46	1163
	Rib Eye*	698	53	0	0	56	894
	Asiago Peppercorn Sirloin*	373	18	8	0	45	1387
	Bella Mushroom Sirloin*	388	19	7	4	47	914
	Cajun Rib Eye*	779	60	6	0	54	901
	Asiago Peppercorn Strip*	583	37	7	0	55	1127
	New York Strip*	518	36	0	0	49	1114
	Petite Sirloin* & Lobster Tail	373	17	2	0	55	1132
	Petite Sirloin* & Hand-Breaded Shrimp	541	30	26	0	44	1364
	Asiago Sirloin* & Hand-Breaded Shrimp	606	34	29	0	49	1657
	Broiled Lobster Tail Add-on	113	3	0	0	23	608
	Crab Cakes Add-on	240	16	8	2	16	640
	Jumbo Skewered Shrimp Add-on	90	5	0	0	9	393
Ribs & Chops (Ribs & Chicken Tenders, Ribs & Shrimp, and Triple Play include fries)	Half-Rack Baby-Back Ribs - Classic Barbecue	470	24	21	0	44	365
	Half-Rack Baby-Back Ribs - Texas Dusted	511	35	6	0	44	969
	Half-Rack Baby-Back Ribs - Ragin' Cajun	510	24	32	0	44	385
	Full-Rack Baby-Back Ribs - Classic Barbecue	940	47	42	0	88	730
	Full-Rack Baby-Back Ribs - Texas Dusted	1023	69	13	0	88	1939
	Full-Rack Baby-Back Ribs - Ragin' Cajun	1020	47	64	0	88	770
	Ribs & Southern Style Chicken Tenders - Classic	1282	63	93	6	74	3276
	Ribs & Chicken Tenders - Texas Dusted	1323	74	79	6	74	3881
	Ribs & Chicken Tenders - Ragin' Cajun	1222	63	78	6	74	3006
	Ribs & Hand-Breaded Shrimp - Classic Barbecue	1232	64	99	6	62	3156
	Ribs & Hand-Breaded Shrimp - Texas Dusted	1273	75	85	6	62	3761
	Ribs & Hand-Breaded Shrimp - Ragin' Cajun	1172	64	84	6	62	2886
	Triple Play	1452	74	111	6	78	3796
	Hickory Bourbon-Glazed Pork Chop	885	42	57	11	70	2720
Fresh Chicken	Chicken Fresco	356	20	12	0	37	1272
	Chicken Bella	332	15	9	3	40	1249
	Smoky Mountain Chicken	500	25	18	0	53	1420
	Hickory Bourbon Chicken	250	5	18	0	35	660
	Double Decker Chicken	673	31	14	4	84	2487
	Grilled Chicken & Crab Cake Combo	560	35	11	2	52	1630
	Chicken Tender Dinner - Small	922	44	78	6	38	3231
	Chicken Tender Dinner - Large	1142	54	90	6	54	3871
Pastas & More	Parmesan Shrimp Pasta	997	46	96	6	42	3372
	Cajun Jambalaya Pasta	1523	102	85	12	54	4451
	Grilled Chicken Sonora Pasta	1314	53	126	16	76	4165
	Chicken & Broccoli Pasta	1416	86	101	8	62	3199
	Low Country Shrimp & Grits	910	51	55	11	53	4798
	Baked Ravioli	1044	54	95	9	45	2003
	Parmesan Chicken Pasta	1283	63	105	9	79	3123
Half-Pound Burger Baskets (All burgers include fries)	Colossal Burger*	1697	96	107	8	93	4171
	Classic Cheeseburger*	1117	60	90	7	49	3241
	Bacon Cheeseburger*	1212	68	89	7	55	3401
	Ruby's Classic Burger*	1062	56	89	7	46	3061
	Smokehouse Burger*	1370	73	115	8	57	3825
	Triple Prime Bacon Cheddar Burger*	1212	68	89	7	55	3401
	Triple Prime Smokehouse Burger*	1370	73	115	8	57	3825
	Triple Prime Burger*	1062	56	89	7	46	3061
	Triple Prime Cheeseburger*	1117	60	90	7	49	3241
Sandwiches & Wraps (All sandwiches include fries; Salmon Wrap includes sweet potato fries)	Avocado Turkey Burger	1189	67	90	9	51	3133
	Pulled Pork Sandwich	1056	46	123	7	32	3453
	California Turkey BLT	1238	60	119	12	36	3673
	Grilled Salmon Caesar Wrap	1403	82	126	10	47	2989
	Buffalo Chicken	1122	54	106	7	41	3731
	Chicken BLT	1062	46	95	10	60	3331
	Avocado Grilled Chicken Sandwich	1039	46	92	9	58	3283
Fresh Sides	Baked Potato - Plain	251	3	51	7	6	18
	Baked Potato - with butter & sour cream	412	18	52	7	6	137
	Garlic Cheese Biscuit	100	6	12	0	2	260
	Fresh Steamed Broccoli	52	2	7	3	3	113
	Loaded Baked Potato	594	33	53	7	18	538
	Loaded Cheese Grits	377	18	37	7	17	1601
	Mashed Potatoes	267	15	29	4	5	716
	Baked Mac 'n Cheese	432	28	27	2	17	1017
	Onion Rings	342	19	37	2	5	538
	French Fries	482	24	54	6	6	1951
	Rice Pilaf	190	1	40	0	4	1030
	Fresh Green Beans	68	4	5	3	1	434
	Fresh Grilled Asparagus	70	3	8	3	4	229
	Caesar Salad	368	31	15	2	8	640
	Fresh Grilled Zucchini	41	2	4	1	1	321
	Roasted Spaghetti Squash	54	3	6	2	1	167
	Sweet Potato Fries	446	24	56	6	4	1195

1-May	Menu Item * These items are cooked to order	KCalories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)
Dressings & Sauces (per ounce)	Balsamic Vinaigrette Dressing	40	2	5	0	0	540
	Barbecue Sauce	60	0	15	0	0	270
	Blue Cheese Dressing	180	19	1	0	2	220
	Caramel Sauce	110	2	24	0	1	50
	Caesar Dressing	190	20	1	0	1	350
	Cajun Honey Sauce	100	0	26	0	0	290
	Chocolate Sauce	68	2	12	1	1	6
	Cocktail Sauce	23	0	5	1	1	375
	French Dressing	120	11	6	0	0	260
	Hickory Bourbon Barbecue Sauce	60	0	16	0	0	190
	Honey Mustard Dressing	90	8	5	0	0	150
	Italian Dressing	130	14	1	0	0	350
	Lite Ranch Dressing	70	5	4	0	1	230
	Mayonnaise	220	24	0	0	0	160
	Mustard	19	1	1	1	1	271
	Ranch Dressing	90	9	1	0	1	260
	Sour Cream	18	1	1	0	0	9
	Spicy Shrimp Sauce	170	18	2	0	0	200
	Tartar Sauce	147	16	0	0	0	175
	Thai Sauce	52	0	13	0	0	180
	Thousand Island Dressing	80	7	5	0	0	240
	Tomato Basil Sauce	15	1	2	0	1	124
Feature Menu (Flatbreads & Items that are also in the Shareable Appetizers category are shown per serving, with 4 servings total per item.)	Shrimp Fondue	298	18	25	2	9	561
	Thai Phoon Shrimp	205	16	10	1	4	394
	Big Dipper Sampler	350	20	28	2	14	1082
	Tempura Green Beans	580	43	43	3	5	1600
	Triple Play	1452	74	111	6	78	3796
	International Shrimp Trio	1475	100	90	4	44	3743
	Ribs & Chicken Tenders - Classic Barbecue	1282	63	93	6	74	3276
	Ribs & Chicken Tenders - Texas Dusted	1323	74	79	6	74	3881
	Ribs & Chicken Tenders - Ragin' Cajun	1222	63	78	6	74	3006
	Half-Rack Baby-Back Ribs - Classic Barbecue	470	24	21	0	44	365
	Half-Rack Baby-Back Ribs - Texas Dusted	511	35	6	0	44	969
	Half-Rack Baby-Back Ribs - Ragin' Cajun	510	24	32	0	44	385
	Full-Rack Baby-Back Ribs - Classic Barbecue	940	47	42	0	88	730
	Full-Rack Baby-Back Ribs - Texas Dusted	1023	69	13	0	88	1939
	Full-Rack Baby-Back Ribs - Ragin' Cajun	1020	47	64	0	88	770
	Petite Sirloin* & Hand-Breaded Shrimp	541	30	26	0	44	1364
	Top Sirloin* & Lobster Tail	441	20	2	0	66	1282
	Petite Sirloin* & Lobster Tail	373	17	2	0	55	1132
	Double Decker Chicken	673	31	14	4	84	2487
	Hickory Bourbon Salmon	250	5	18	0	35	660
	Hickory Bourbon-Glazed Pork Chop	885	42	57	11	70	2720
	Fresh Grilled Asparagus	70	3	8	3	4	229
	New Orleans Seafood	317	14	6	0	40	1427
	Pineapple Upside Down Cake	493	21	72	1	5	309
	Apple Crumble Flatbread	1282	56	183	4	15	898
Kids' Menu (Kids' Meals include fries, except for Mac 'n Cheese and Tomato-Basil Pasta)	Kid Chicken Breast	431	17	29	3	39	1726
	Kid Chicken Tenders	571	27	45	3	27	1936
	Kid Crispy Popcorn Shrimp	456	25	44	4	10	1561
	Kid Corn Dogs	621	38	57	5	13	1756
	Kid Cheese Pizza	470	14	61	4	24	790
	Kid Mac 'n Cheese	408	25	34	2	11	1134
	Kid Beef Minis	752	44	59	5	34	2041
	Kid Tomato-Basil Pasta	427	5	81	5	16	1218
	Kid Buttery Pasta	567	24	74	4	14	943
	Kid Sundae - Chocolate	358	22	39	1	4	74
	Kid Sundae - Strawberry	371	20	48	2	3	72
	Kid Side of Mashed Potatoes	134	7	15	2	2	358
	Kid Side of Apples	65	0	17	3	0	1
	Kid Side of Grapes	60	1	16	1	1	0
	Fresh Steamed Broccoli	52	2	7	3	3	113
	Fresh Grilled Zucchini	41	2	4	1	1	321
	Fresh Green Beans	68	4	5	3	1	434
	Milk	120	5	12	0	8	120
	Fruit Punch	40	0	10	0	0	10
Desserts	Apple Crumble Flatbread	1282	56	183	4	15	898
	Blondie	1111	52	150	3	15	318
	Chocolate Goblet Sundae	866	52	97	5	10	401
	New York Cheesecake	783	60	96	3	14	744
	Strawberry Shortcake Sundae	669	23	48	2	3	72
	Pumpkin Cheesecake	700	44	64	2	12	440
	Ultimate Chocolate Cake	779	46	87	5	8	203
	White Chocolate Cherry Cheesecake	676	44	65	2	8	353

1-May	Menu Item * These items are cooked to order	KCalories	Fat (g)	Total Carbs (g)	Fiber (g)	Protein	Sodium (mg)
Zero Proof Beverages	Freshly Made Lemonade - Blackberry	198	0	50	0	0	6
	Freshly Made Lemonade - Wild Berry	198	0	50	0	0	5
	Freshly Made Lemonade - Pomegranate	180	0	45	0	0	1
	Freshly Made Lemonade - Raspberry	198	0	49	0	0	16
	Freshly Made Lemonade - Strawberry	198	0	50	0	0	5
	Handcrafted Fruit Tea - Blackberry	183	0	45	0	0	5
	Handcrafted Fruit Tea - Mango	157	0	37	0	0	0
	Handcrafted Fruit Tea - Wild Berry	183	0	45	0	0	5
	Handcrafted Fruit Tea - Peach	173	0	42	0	0	20
	Handcrafted Fruit Tea - Raspberry	183	0	44	0	0	15
	Berry Fusion	191	0	39	0	0	184
	Peach Splash	190	0	37	0	0	23
	RT Palmer	96	0	24	0	0	3
	Tropical Sunrise	239	0	56	3	1	73
	Strawberry Fizz	236	11	57	0	0	243
	Apple Cider Fizz	194	7	42	0	0	146
Select Restaurants Only	Filet*	368	18	2	1	51	923
	Grilled Salmon - F&T (airport)	572	25	47	3	46	1611
	Top Sirloin* - F&T (airport)	571	19	49	3	50	1818
	Top Sirloin* & Lobster Tail	441	20	2	0	66	1282
	Asiago Top Sirloin* & Hand-Breaded Shrimp	653	34	32	0	57	2227
	Top Sirloin* & Hand-Breaded Shrimp	608	32	26	0	55	1514
	Kid Tomato-Basil Pasta (with linguini)	345	5	64	5	13	1220
	Chicken & Broccoli Pasta (with linguini)	1354	86	85	7	60	3246
	Parmesan Shrimp Pasta (with linguini)	953	47	84	6	41	3465