

Ruby Tuesday

NUTRITIONAL MENU GUIDE

SEPTEMBER 2010

Eat Smart & Live Well

Eating at Ruby Tuesday is all about having a choice, with a menu that offers a wide variety of delicious decisions, including many 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.mypyramid.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 a medical condition.

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 and weekend specials 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/content/files/allergen.pdf>.

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

Fit & Trim Choices - Less than 700 Calories
NOTE: Entrées are served with White Cheddar Mashed Potatoes and Fresh Steamed Broccoli

Jumbo Lump Crab Cake (appetizer)	441	34	3	12	950
Petite Sirloin	561	32	6	26	2033
Top Sirloin	651	38	6	26	2213
Chicken Bella	657	15	1	9	1526
Chicken Fresco	670	19	1	9	1549
Barbecue Grilled Chicken	592	4	0	11	1314
Creole Catch	466	23	8	28	1132
Grilled Salmon	532	26	6	24	858
Herb Crusted Tilapia	662	39	7	33	1692
Vegetarian Pasta Marinara	487	10	10	71	1303
Fresh Grilled Asparagus	123	11	3	3	353
Fresh Grilled Green Beans	127	11	3	3	383
Fresh Steamed Broccoli	91	6	3	5	227
White Cheddar Mashed Potatoes	169	10	2	19	520
Creamy Mashed Cauliflower	136	8	3	10	714
Sugar Snap Peas	113	6	3	6	202
Garden Salad	396	17	10	39	985
Petite Grilled Salmon Salad	383	8	5	20	492
Petite Creole Shrimp Salad	248	8	5	20	492
Petite Grilled Chicken Salad	362	11	5	20	629
Petite Carolina Chicken Salad	436	16	6	20	629
Creole Shrimp Salad	447	17	9	35	942
Kids Chicken Breast	124	2	0	1	513
Kids Chop Steak	264	20	0	1	545

Appetizers per serving (With 4 servings per item)
NOTE: For items that include chips, calorie count includes 1 serving.

Asian Dumplings	114	5	1	11	295
Buffalo Shrimp	126	6	1	11	580
Cheddar Fries	335	20	3	25	826
Chicken Strips - Boston Barbecue	115	4	0	8	367
Chicken Strips - Buffalo	114	6	1	4	375
Chicken Strips - Thai Phoon	179	13	0	4	297
Chicken Strips - Traditional	94	4	0	3	222
Fire Wings	178	11	1	3	603
Fresh Guacamole Dip	358	24	10	22	429
Fried Mozzarella	145	6	1	12	428
Jumbo Lump Crab Cake	68	4	1	3	200
Lobster Mac 'n Cheese	159	9	0	8	356
Queso & Chips	317	20	3	26	535
Shrimp Sampler	224	12	1	17	767
Southwestern Spring Rolls	173	10	1	14	324
Spinach Artichoke Dip	310	19	3	23	470
Thai Phoon Shrimp	191	13	1	11	502
Four Way Sampler	301	15	2	16	816
California Club Quesadilla	362	23	2	10	684
Chicken Quesadilla	294	18	0	10	568
Fresh Avocado Quesadilla	266	19	2	11	346

Pasta Classics

Parmesan Shrimp Pasta	1050	57	5	84	3270
Chicken & Broccoli Pasta	1564	96	7	87	2811
Parmesan Chicken Pasta	1418	77	7	104	3187
Chicken & Mushroom Alfredo	1220	59	8	81	3007
Shrimp Carbonara	1368	96	7	74	3766
Vegetarian Pasta Marinara	487	10	10	71	1303

Petite Lunch Salads

Petite Grilled Chicken Salad	362	11	5	20	629
Petite Creole Shrimp Salad	248	8	5	20	492
Petite Carolina Chicken Salad	436	16	6	20	629
Petite Grilled Salmon Salad	383	8	5	20	492

Perfect Lunch Combinations

Broccoli & Cheese Soup	378	32	1	13	1438
Clam Chowder	318	20	2	16	635
White Bean Chicken Chili	229	8	8	21	1441
Tortilla Soup	286	13	2	29	1592
Buffalo Chicken Minis	619	23	5	64	1703
Ruby Minis	635	35	2	48	1418
Salmon Cake Minis	702	33	5	62	1231
Turkey Minis	551	28	3	51	1703
Vegetarian Minis	682	27	3	92	1182

Garden Fresh Salads

Grilled Chicken Salad	701	22	9	35	1216
Carolina Chicken Salad	707	24	8	22	826
Garden Salad	396	17	10	39	985
Garden Salad Add-On	186	8	4	18	470
Grilled Salmon Salad	743	17	9	35	942
Creole Shrimp Salad	447	17	9	35	942

Premium Seafood

Asian Glazed Salmon	371	26	3	12	972
Chesapeake Catch	426	25	2	8	1055
Crab Cake Dinner	271	17	3	10	800
Grilled Salmon	271	11	0	0	110
Salmon Florentine	414	31	2	5	1282
Creole Catch	196	8	1	1	383
Herb Crusted Tilapia	402	24	2	9	944
New Orleans Seafood	316	18	1	3	945
Salmon Cakes	540	33	3	18	930
Trout Almondine	468	30	2	3	640

Ribs & Platters

Asian Sesame Glazed Half-Rack	542	32	1	18	628
Chicken Tender Dinner	377	17	0	11	888
Classic Barbecue Half-Rack	485	24	0	26	590
Louisiana Fried Shrimp	423	17	2	38	1709
Memphis Dry Rub Half-Rack	460	29	0	6	150
Rib Add-On	485	24	0	26	590
Wing Add-On	350	20	0	5	1000
Chicken Strips Add-On	377	17	0	11	888
Fried Shrimp Add-On	423	17	2	38	1709

Steaks & Chicken

Chef's Cut 12-ounce Sirloin*	741	50	0	1	1555
Cowboy Sirloin*	569	29	1	22	1633
Peppercorn Mushroom Sirloin*	461	22	0	12	2149
Petite Sirloin*	301	16	0	1	1285
Rib Eye*	821	63	0	1	1495
Top Sirloin*	391	22	0	1	1465
Scampi Add-On	681	67	1	3	1674
Lobster Tail Add-On	113	3	0	0	608
Lobster Mac 'n Cheese Add-On	637	37	2	32	1426
Chicken Bella	397	15	1	9	1526
Chicken Fresco	409	19	1	9	1549
Chicken Florentine	391	14	2	6	1692
Barbecue Grilled Chicken	290	4	0	11	1314

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

Handcrafted Burgers					
Alpine Swiss Burger*	1048	62	5	65	1976
Bacon Cheeseburger*	1059	66	5	61	2209
Boston Blue Burger*	1201	71	6	81	2653
Classic Cheeseburger*	999	61	5	61	1999
Ruby's Classic Burger*	929	55	5	60	1759
Smokehouse Burger*	1219	73	5	83	2539

Prime Burgers					
Triple Prime Bacon Cheddar Burger*	1332	101	4	45	2163
Triple Prime Burger*	1112	82	4	45	1673
Triple Prime Cheddar Burger*	1272	96	4	45	1953

Premium Sandwiches					
Avocado Turkey Burger	886	54	6	48	2712
Buffalo Chicken Burger	788	41	3	60	2009
Chicken BLT	798	40	3	60	1759
Fresh Grilled Chicken Sandwich	869	41	5	46	1841
Turkey Burger	699	39	3	47	2459

Feature Menu - Appetizer items are per serving (With 4 servings per item)
NOTE: For items that include chips, calorie count includes 1 serving .

Jumbo Lump Crab Cake (appetizer)	68	4	1	3	200
Spinach Artichoke Dip	310	19	3	23	470
Fresh Guacamole Dip	358	24	10	22	429
Lobster Carbonara	1426	94	7	75	3613
New Orleans Seafood	316	18	1	3	945
Steak (7oz)* & Lobster Tail	413	20	0	1	1893
Steak (9oz)* & Lobster Tail	503	26	0	1	2073
Steak* & Lobster Mac 'n Cheese	938	53	2	33	2711
Salmon Florentine	414	31	2	5	1282
New York Cheesecake	736	60	2	82	740
Tiramisu	545	29	0	66	60
Double Chocolate Cake	897	40	0	124	614

Zero Proof Beverages					
Freshly Made Lemonade - Blackberry	190	0	2	46	13
Freshly Made Lemonade - Wild Berry	190	0	1	46	13
Freshly Made Lemonade - Pomegranate	236	0	0	59	24
Freshly Made Lemonade - Raspberry	187	0	2	37	13
Freshly Made Lemonade - Strawberry	192	0	1	48	13
Handcrafted Fruit Tea - Blackberry	162	0	2	39	15
Handcrafted Fruit Tea - Mango	104	0	1	26	10
Handcrafted Fruit Tea - Wild Berry	162	0	1	39	15
Handcrafted Fruit Tea - Peach	162	0	0	41	15
Handcrafted Fruit Tea - Raspberry	159	0	2	30	15
Peach Splash	157	0	0	38	8
POM Tea	115	0	0	29	16
RT Palmer	124	0	0	31	18
Tropical Sunrise	193	0	1	45	6
Watermelon Fizz	146	0	1	18	12

Soda Shop					
Berry Fusion	148	0	1	28	2
Classic Coke Float	384	14	0	64	108
Dream Cream Soda - Orange Creamsicle	202	7	0	33	59
Dream Cream Soda - Peaches 'n Cream	244	7	0	44	55
Dream Cream Soda - Strawberry	245	7	1	44	55
Ruby's Root Beer Float	399	14	0	68	130

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

Signature Sides					
Baked Mac 'n Cheese	570	37	2	31	1067
Baked Potato - Plain	282	2	10	46	113
Baked Potato - with butter & sour cream	441	17	10	48	228
Blue Cheese Coleslaw	329	32	3	8	371
Brown-Rice Pilaf	230	9	3	27	981
Creamy Mashed Cauliflower	136	8	3	10	714
French Fries	396	18	5	50	1389
Fresh Grilled Asparagus	123	11	3	3	353
Fresh Grilled Green Beans	127	11	3	3	383
Fresh Steamed Broccoli	91	6	3	5	227
Garlic Cheese Biscuit	90	4	0	10	260
Loaded Baked Potato	591	29	10	48	545
Onion Rings	350	21	0	35	350
Sauteed Baby Portabella Mushrooms	98	4	0	10	353
Sugar Snap Peas	113	6	3	6	202
White Cheddar Mashed Potatoes	169	10	2	19	520

Desserts					
Berry Good Yogurt Parfait	162	3	1	26	127
Blondie for One	625	27	2	86	219
Blondie for Two	1053	44	3	148	374
Chocolate Chip Cookie (each)	180	9	1	23	190
Double Chocolate Cake	897	40	0	124	614
Italian Cream Cake	990	56	2	108	550
New York Cheesecake	736	60	2	82	740
Tiramisu	545	29	0	66	60
White Chocolate Macadamia Nut Cookie	200	12	1	22	190

Kids' Menu					
Kids Butter Pasta	567	24	4	70	943
Kids Chicken Breast	124	2	0	1	513
Kids Chicken Tenders	226	10	0	7	533
Kids Cookies	360	18	2	46	380
Kids Chop Steak	264	20	0	1	545
Kids Fried Shrimp	211	9	1	19	855
Kids Grilled Cheese	500	22	2	56	1180
Kids Mac & Cheese	680	37	3	58	1565
Kids Beef Minis	599	31	2	47	1245
Kids Pasta Marinara	469	7	8	78	978
Kids Sundae	574	29	1	70	193
Kids Turkey Minis	539	27	2	47	1675

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
* These items are cooked to order					

Brunch Menu					
Homestyle Biscuits	140	5	1	20	300
Berry Good Yogurt Parfait	162	3	1	26	127
Steak* & Eggs	548	30	2	3	1850
Cranapple Crepes	1151	36	12	180	1282
Bella Chicken Crepe	1052	56	7	53	2528
Spinach & Mushroom Omelet	979	65	4	20	2201
Western Omelet	1051	75	1	10	2309
Bella Chicken Omelet	1162	75	5	20	2668
Crabacado Omelet	808	61	5	8	1392
Mini Benedicts - Crispy Southern Chicken	639	33	4	42	1526
Mini Benedicts - Steak	483	26	2	28	1261
Sunrise Quesadilla - Bacon Avocado	1595	114	8	44	2983
Sunrise Quesadilla - California Club	1795	117	9	44	3395
French Toast	570	26	10	48	840
Kids Eggscellent Combo	170	12	1	1	330
Kids Patty Cakes	511	27	2	52	883
Kids French Toast	285	13	5	24	420
Bacon Slices (5 each)	200	18	0	0	700
Grapes	30	0	0	8	0
Pancake Syrup (1 oz vol)	109	0	0	27	9
Seasoned Potatoes	420	24	5	40	580
Freshly Made Lemonade - Blackberry	190	0	2	46	13
Freshly Made Lemonade - Wild Berry	190	0	1	46	13
Freshly Made Lemonade - Pomegranate	236	0	0	59	24
Freshly Made Lemonade - Raspberry	187	0	2	37	13
Freshly Made Lemonade - Strawberry	192	0	1	48	13
Handcrafted Fruit Tea - Blackberry	162	0	2	39	15
Handcrafted Fruit Tea - Mango	104	0	1	26	10
Handcrafted Fruit Tea - Wild Berry	162	0	1	39	15
Handcrafted Fruit Tea - Peach	162	0	0	41	15
Handcrafted Fruit Tea - Raspberry	159	0	2	30	15
POM Tea	115	0	0	29	16
RT Palmer	124	0	0	31	18
Berry Fusion	148	0	1	28	2
Tropical Sunrise	193	0	1	45	6
Peach Splash	157	0	0	38	8
Tropical Sunrise	193	0	1	45	6

Dressing & Sauces (per ounce)					
Balsamic Vinaigrette Dressing	35	3	0	4	550
BBQ Sauce	50	0	0	13	330
Blue Cheese Dressing	180	19	0	1	250
Boston BBQ Sauce	42	0	0	10	289
Caramel Sauce	100	0	0	25	110
Chocolate Sauce	120	3	1	21	60
French Dressing	120	11	0	6	260
Honey Mustard Dressing	90	8	0	5	150
Italian Dressing	60	6	0	2	330
Lemon Butter Sauce	88	9	0	1	160
Lite Ranch Dressing	50	5	0	1	300
Marinara Sauce	17	1	1	1	43
Orange Peanut Sauce	88	4	0	11	422
Parmesan Cream Sauce	64	6	0	2	181
Ranch Dressing	100	11	0	1	300
Salsa	8	0	0	1	170
Sesame-Peanut Sauce	83	5	0	8	355
Signature Parmesan Dressing	150	16	0	1	230
Sour Cream	35	2	0	3	16
Sriracha Ranch	87	8	1	3	381
Sweet Chile Sauce	170	17	0	2	150
Thousand Island Dressing	70	7	0	3	220