

Ruby Tuesday

NUTRITIONAL MENU GUIDE

APRIL 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, along with an indication of which menu choices might affect those with various allergies or sensitivities to foods. 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 these menu options 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 these menu options 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 these online menus as our menu selections, ingredients, and/or preparation techniques change. Please visit our website often for the most current allergen/sensitivity information available. Limited time offers and weekend specials have not been included in these menu options.

These menus are developed from our system menu selections. Allergen information is not available online for those 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 www.rubytuesday.com/files/ALLERGEN-SENSITIVITY_MENU_GUIDE_APRIL_2010.pdf.

MENU ITEM	NUTRITIONAL INFO				
	Calories	Fat	Fiber	Net Carb	Sodium
	grams			mg	
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Smart Eating Choices					
Grilled Chicken Salad	503	27	3	5	1543
Chicken Bella	417	14	1	9	1601
Creole Catch	277	13	1	2	303
Grilled Chicken Wrap	443	16	2	40	1373
New Orleans Seafood	439	27	2	3	875
Plain Grilled Chicken	260	3	0	0	150
Plain Grilled Petite Sirloin*	248	7	0	0	116
Plain Grilled Salmon	420	26	0	0	130
Plain Grilled Top Sirloin*	319	10	0	0	149
Turkey Burger Wrap	658	33	3	45	2514
White Bean Chicken Chili	233	8	8	21	1454
Fresh Steamed Broccoli	84	6	3	3	222
Lite Ranch Dressing	50	5	0	1	300
White Cheddar Mashed Potatoes	169	10	2	19	520
Baked Potato - Plain	282	2	10	46	113
Creamy Mashed Cauliflower	136	8	5	9	714
Sugar Snap Peas	113	6	3	6	202
Brown-Rice Pilaf	226	7	2	33	585
Sauteed Baby Portabella Mushrooms	98	4	0	10	353
Appetizers (per serving (w/4 servings per item))					
Asian Dumplings	114	5	1	11	295
Asian Sesame Wings	190	10	1	5	709
Beef Queso Dip	378	24	3	28	727
Boston Barbecue Wings	167	7	1	6	676
Buffalo Shrimp	126	6	1	11	580
Cheddar Fries	335	20	3	25	826
Chicken Strips - Boston Barbecue	169	8	0	14	461
Chicken Strips - Buffalo	168	9	1	10	469
Chicken Strips - Thai Phoon	233	16	0	10	391
Chicken Strips - Traditional	148	8	0	9	316
Dip Trio	467	33	8	27	821
Fire Wings	159	9	1	1	647
Four Way Sampler	354	20	2	20	940
Fresh Guacamole Dip	359	24	9	22	447
Fried Mozzarella	182	11	2	11	484
Jumbo Lump Crab Cake	68	4	1	3	201
Pimento Cheese Dip	284	20	2	16	505
Queso Dip	317	20	3	26	535
Southwestern Spring Rolls	173	10	1	14	324
Spinach Artichoke Dip	310	19	3	23	470
Thai Phoon Shrimp	191	13	1	11	502
Wing Sampler	232	12	1	6	915
Quesadillas					
Buffalo Shrimp Quesadilla	1465	89	7	87	3528
California Club Quesadilla	1364	91	6	42	2546
Cheeseburger Quesadilla	1495	102	2	61	3300
Chicken Quesadilla	1089	70	2	41	2071
Fresh Avocado Quesadilla	1065	75	6	46	1373
Southwestern Quesadilla	1574	107	4	68	3625

Salad Sensations					
Asian Salmon Spinach Salad	638	29	9	35	786
Avocado Shrimp Salad	610	41	16	28	838
Carolina Chicken Salad	1151	70	10	48	2887
Club House Salad	921	59	8	21	2199
Santa Fe Chicken Salad	675	35	8	30	1095
Southwestern Beef Salad	1133	81	10	48	2341
Combinations					
Broccoli & Cheese Soup	302	22	1	15	1506
Clam Chowder	318	20	1	17	635
White Bean Chicken Chili	233	8	8	21	1454
Buffalo Chicken Minis	623	23	5	64	1703
Crab Cake Minis	616	27	6	60	1411
Pimento Cheese Sandwich Minis	670	40	3	53	1272
Pimento Cheeseburger Minis	880	58	2	49	1590
Ruby Minis	755	47	2	48	1438
Salmon Cake Minis	665	33	5	57	1251
Turkey Minis	567	28	3	50	1679
Veggie Minis	690	27	3	92	1185
Premium Seafood					
Asian Glazed Salmon	599	41	1	9	960
Chesapeake Catch	499	30	2	8	975
Crab Cake Dinner	271	17	3	10	800
Salmon Florentine	776	56	3	9	1475
Lobster Ravioli	883	55	5	57	2006
Creole Catch	277	13	1	2	303
Herb Crusted Tilapia	402	24	2	9	944
New Orleans Seafood	439	27	2	3	875
Parmesan Shrimp Pasta	1314	80	8	94	9808
Specialties					
Chicken & Broccoli Pasta	1628	103	7	95	9684
Chicken Bella	417	14	1	9	1601
Chicken Fresco	437	18	1	9	1615
Chicken Florentine	520	22	3	9	1860
Barbecue Grilled Chicken	310	3	0	11	1389
Chicken Piccata	1673	101	9	113	10654
Chicken Tender Dinner	591	31	2	36	1265
Louisiana Fried Shrimp	423	17	2	38	1709
Parmesan Chicken Pasta	1628	93	8	113	9913
Fork-Tender Ribs					
Asian Sesame Glazed Full-Rack	1077	63	2	36	1255
Asian Sesame Glazed Half-Rack	542	32	1	18	628
Classic Barbecue Full-Rack	970	47	0	51	1180
Classic Barbecue Half-Rack	485	24	0	26	590
Memphis Dry Rub Full-Rack	920	58	0	12	300
Memphis Dry Rub Half-Rack	460	29	0	6	150
Ribs & Louisiana Fried Shrimp	908	41	2	64	2299
Ribs, Wings & Shrimp	1034	50	2	53	2679
Triple Play	1051	50	2	67	2204

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Handcrafted Steaks					
Cowboy Sirloin*	650	31	3	21	1395
Peppercorn Mushroom Sirloin*	490	20	0	12	1878
Petite Sirloin*	349	18	0	1	1161
Rib Eye*	1141	99	0	1	1232
Shrimp Scampi & Steak*	942	58	4	39	3155
Steak (7oz)* & Lobster Tail	461	21	0	1	1769
Top Sirloin*	419	20	0	1	1194

Handcrafted Burgers					
Alpine Swiss Burger*	1251	82	6	65	2041
Bacon Cheeseburger*	1252	86	6	61	2270
Bison Bacon Cheeseburger*	1032	61	6	61	2250
Boston Blue Burger*	1446	96	9	80	2745
Brewmaster Burger*	1244	82	6	70	2249
Classic Cheeseburger*	1192	81	6	61	2060
Pimento Cheese Burger*	1282	89	6	61	2092
Ruby's Classic Burger*	1122	75	6	60	1820
Smokehouse Burger*	1461	97	7	83	2629
Three Cheese Burger*	1352	94	6	61	2245

Premium Sandwiches					
Avocado Turkey Burger	1234	81	6	62	2961
Bella Turkey Burger	1126	69	4	67	2760
Buffalo Chicken Burger	1127	67	5	74	2454
Chicken BLT	1137	66	5	74	2204
The Ultimate Chicken	1222	67	6	60	2477
Turkey Burger	997	61	4	62	2538

Prime Burgers					
Triple Prime Bacon Cheddar Burger*	1445	115	2	45	2474
Triple Prime Burger*	1225	96	2	45	1984
Triple Prime Cheddar Burger*	1385	110	2	45	2264
Triple Prime Havarti Burger*	1465	116	2	45	2404

Zero Proof Beverages					
Freshly Made Lemonade - Blackberry	190	0	2	46	13
Freshly Made Lemonade - Mixed Berry	190	0	1	46	13
Freshly Made Lemonade - Pomegranate	235	0	0	59	24
Freshly Made Lemonade - Raspberry	185	0	0	46	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 - Mixed Berry	162	0	1	39	15
Handcrafted Fruit Tea - Peach	162	0	0	41	15
Handcrafted Fruit Tea - Raspberry	162	0	2	39	15
Peach Splash	157	0	0	38	8
POM Tea	114	0	0	29	16
RT Palmer	125	0	1	31	18
Tropical Sunrise	193	0	1	45	6

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Signature Sides					
Baked Potato - Plain	282	2	10	46	113
Baked Potato - with butter & sour cream	441	17	10	48	228
Creamy Mashed Cauliflower	136	8	5	9	714
Entrée Bread	140	7	1	14	210
Fresh Steamed Broccoli	84	6	3	3	222
Loaded Baked Potato	591	29	10	48	545
White Cheddar Mashed Potatoes	169	10	2	19	520
Onion Straws	298	21	4	20	259
Piping-Hot Fries	396	18	5	50	1389
Brown-Rice Pilaf	226	7	2	33	585
Sauteed Baby Portabella Mushrooms	98	4	0	10	353
Sugar Snap Peas	113	6	3	6	202
Succotash	249	16	3	13	774

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 - Mini (each)	80	4	1	10	78
Chocolate Chip Cookie (each)	320	15	2	40	310
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 - Mini (each)	85	5	0	10	83
White Chocolate Macadamia Nut Cookie (each)	340	20	1	38	330

Kids' Menu					
Kids Butter Pasta	681	31	4	80	7450
Kids Chicken Breast	134	2	0	1	550
Kids Chicken Tenders	355	18	1	22	759
Kids Mini Cookies	320	15	2	40	310
Kids Chop Steak	384	32	0	1	565
Kids Fried Shrimp	211	9	1	19	855
Kids Grilled Cheese	440	20	2	48	1060
Kids Mac & Cheese	680	37	3	58	1565
Kids Beef Minis	719	43	2	47	1265
Kids Pasta Marinara	583	14	7	88	7485
Kids Sundae	574	29	1	70	193
Kids Turkey Minis	552	27	2	47	1651

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Soda Shop					
Berry Fusion	148	0	1	28	2
Classic Coke Float	384	14	0	64	8
Dream Cream Soda - Orange Creamsicle	202	7	0	33	9
Dream Cream Soda - Peaches 'n Cream	244	7	0	44	5
Dream Cream Soda - Strawberry	245	7	1	44	5
Ruby's Root Beer Float	399	14	0	68	30

Dressings & Sauces (per ounce)					
Asian BBQ Sauce	60	3	0	7	244
Asian Sesame Sauce	83	5	0	8	355
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	10	0	0	1	210
Signature Parmesan Dressing	150	16	0	1	230
Sour Cream	35	2	0	3	16
Spicy Southwestern Ranch Dressing	111	12	0	1	382
Sweet Chile Sauce	170	17	0	2	150
Thousand Island Dressing	70	7	0	3	220

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Feature Menu					
Asian Salmon & Shrimp	682	48	2	9	1370
Chesapeake Catch	499	30	2	8	975
Crispy Shrimp Sampler	894	48	4	68	3069
Jumbo Lump Crab Cake	273	17	3	11	803
Lobster Carbonara	1605	101	7	100	9666
Lobster Tail add-on	113	3	0	0	608
Lobster Tails entrée	225	7	0	0	1215
New Orleans Seafood	439	27	2	3	875
Steak (7oz)* & Lobster Tail	461	21	0	1	1769
Steak (9oz)* & Lobster Tail	532	23	0	1	1802
Steak* & Lobster Mac 'n Cheese	986	55	2	34	2378

Brunch Menu					
Homestyle Biscuits	140	5	1	20	300
Berry Good Yogurt Parfait	162	3	1	26	127
Steak* & Eggs	1342	53	10	121	2523
Cranapple Crepes	1251	41	12	196	1382
Spinach & Mushroom Omelet	496	33	0	7	1075
Western Omelet	628	45	1	5	1115
Mini Benedicts - Crab Cake	625	38	5	38	1412
Mini Benedicts - Crispy Southern Chicken	614	31	4	41	1472
Mini Benedicts - Salmon Cake	674	43	4	35	1252
Mini Benedicts - Steak	482	25	2	28	1145
Mini Benedicts Trio	875	48	6	54	2041
Pancakes	891	41	4	104	1663
Sunrise Quesadilla - Bacon Avocado	1589	114	8	43	2983
Sunrise Quesadilla - California Club	1704	115	8	44	3206
Sunrise Quesadilla - Cheeseburger	1835	126	4	63	3960
Kids Eggcellent Combo	170	12	1	1	330
Kids Patty Cakes	511	27	2	52	883
Chocolate Chip Mini Cookies (2 each)	160	8	1	20	155
Bacon Slices (5 each)	200	18	0	0	700
Grapes	52	0	1	13	2
Pancake Syrup (1 oz vol)	109	0	0	27	101
Seasoned Potatoes	420	24	5	40	580