Red Robin Menu 2026

Every Item with Prices & Calories

239 items • 17 categories • Free to download & print

The complete Red Robin menu for 2026 — gourmet burgers, bottomless sides, chicken wings, kids meals, milkshakes, desserts and the bar — with the price and calories of every single item.

Source: redrobinmenuprices.us
Prices may vary by location. Menu items and prices are subject to change.

What's Inside This Menu

This PDF lists all 239 Red Robin menu items across 17 categories, with the price and calories of each item. Use the contents below to jump to a category, or search inside the PDF (Ctrl+F / Cmd+F) for any item name.

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Note: a few items appear in more than one category (for example, the Prime Rib Stack Burger is listed under both New Items and Burgers). Each listing shows the price and calories exactly as published for that section of the menu.

Prices are menu prices before tax. Calories are per serving as listed. Prices and availability may vary by location.

New Items (19 items)

Red Robin frequently introduces new menu items and limited-time specials to give guests something different to enjoy. Check out the latest Red Robin menu updates below to find out what's new in 2026.

Item	Price	Calories
Prime Rib Stack Burger (Limited Time)	**$15.19**	800

Item	Price	Calories
Spinach Artichoke Dip	**$16.29**	470
Lemon Pepper Buzz Bone-In Wings	**$12.09**	1150
Lemon Pepper Buzz Boneless Chicken Bites	**$9.69**	980
Lemon Pepper Bone-In Wings	**$15.79**	560
Lemon Pepper Boneless Chicken Bites	**$18.99**	550
Sunset Red Bull® Refresher	**$17.89**	840
Mango Passion Red Bull® Refresher	**$15.79**	1070
Raspberry Limeade Red Bull® Refresher	**$11.39**	1010
Tropical Dragon Fruit Red Bull® Refresher	**$16.89**	390
Poppin' Purple Red Bull® Refresher	**$16.19**	450
Salted Caramel Brownie Milkshake	**$14.89**	320
Cookie Dough Milkshake	**$6.79**	770
Spiked Coconut Cola Dirty Soda	**$15.89**	400
Spiked Vanilla Dr Pepper® Dirty Soda	**$12.99**	470
Spiked Candied Orange Dirty Soda	**$16.39**	960
Spiked Wild Raspberry Dirty Soda	**$18.99**	440
Spiked Desert Pear Dirty Soda	**$10.99**	980
Spiked Dragon Fruit Dirty Soda	**$14.69**	470

Burgers (15 items)

Red Robin is famous for its delicious gourmet burgers, made with juicy beef patties, fresh toppings, melted cheese, and flavorful sauces. The burger menu includes a wide range of classic favorites and innovative combinations to meet different tastes. Each hamburger offers a distinctive flavor, making it easy to find a favorite choice for lunch or dinner.

Item	Price	Calories
Prime Rib Stack Burger (Limited Time)	**$15.99**	920
Whiskey River® BBQ (Fan Fave)	**$15.59**	870
Bacon Cheeseburger	**$18.09**	1340
Smashed Avocado 'n Bacon	**$13.59**	1150
Red Robin Gourmet Cheeseburger (Fan Fave)	**$13.69**	830
Bacon 'N' Bleu	**$14.79**	1250
Banzai (Fan Fave)	**$15.49**	720

Item	Price	Calories
Royal Red Robin (Fan Fave)	**$12.29**	1050
Mad MadLove (Fan Fave)	**$13.49**	1300
A.1.® STEAKHOUSE	**$18.89**	1350
Keep It Simple	**$12.19**	850
Jalapeño Heatwave Burger	**$13.39**	950
Sauteed 'Shroom	**$13.59**	920
Monster Double	**$18.69**	770
Cheesy Bacon Fondue	**$16.59**	880

Bottomless (24 items)

Red Robin's Bottomless menu offers guests free refills on selected sides and drinks with their meal. It offers popular options like steak fries, beverages, and other bottomless favorites, based on the menu and location. It's a great choice for guests who want to enjoy more of their favorite items while eating at Red Robin.

Item	Price	Calories
Steak Fries (Fan Fave)	**$5.89**	600
Garlic Fries	**$6.89**	320
Everything Caesar Salad—Side	**$6.99**	560
Sweet Potato Fries	**$6.59**	580
Garlic Parmesan Broccoli	**$6.89**	450
Steamed Broccoli	**$6.79**	160
House Salad	**$3.49**	390
Coleslaw	**$3.79**	600
Yukon Chips	**$4.49**	350
Tropical Dragon Fruit Refresher	**$6.19**	380
Coconut Cola® Dirty Soda	**$6.39**	150
Vanilla Dr Pepper® Dirty Soda	**$3.99**	340
Desert Pear Dirty Soda	**$5.99**	590
Dragon Fruit Dirty Soda	**$6.59**	310
Wild Raspberry Dirty Soda	**$6.89**	270
Candied Orange Dirty Soda	**$5.79**	200
Freckled Lemonade® (Fan Fave)	**$6.89**	630

Item	Price	Calories
Sunset Refresher	**$5.39**	260
Mango Passion Refresher	**$6.89**	650
Poppin' Purple Refresher	**$5.59**	580
Flavored Lemonade	**$5.49**	620
Raspberry Limeade Refresher	**$3.49**	230
Soft Drinks	**$5.39**	600
Fresh-Brewed Gold Peak® Tea	**$4.19**	430

Donatos® Pizza (9 items)

Red Robin's Donatos® Pizza menu brings delicious, crispy-edged pizzas topped with high-quality ingredients and flavorful combinations of ingredients. Guests can enjoy a wide range of pizza options featuring savory toppings, melted cheese, and tasty sauces. Whether you're sharing with family or enjoying a meal on your own, Donatos® Pizza offers a tasty choice for pizza lovers.

Item	Price	Calories
Create Your Own	**$11.09**	960
Mike's Hot Honey® Pepperoni Pizza	**$15.59**	710
Pepperoni	**$12.79**	890
The Works	**$16.99**	880
Serious Cheese	**$13.69**	700
Serious Meat	**$14.49**	1160
Founder's Favorite®	**$16.29**	1000
Very Vegy	**$11.29**	1020
Very Vegy on Gluten-Free Cauliflower Crust	**$16.99**	880

Wraps & Sandwiches (12 items)

Red Robin's Wraps & Sandwiches menu offers a mouthwatering selection of handheld meals made with flavorful ingredients and fresh toppings. From crispy chicken sandwiches to tasty wraps, there are choices to suit different tastes and dietary needs. These filling choices are ideal for guests looking for a flavorful lunch or a lighter option compared to a gourmet burger.

Item	Price	Calories
Bacon Club Crispy Chicken Sandwich	**$13.79**	650
Buzz Ranch Crispy Chicken Sandwich	**$13.49**	870
Crispy Fish Sandwich	**$15.39**	810

Item	Price	Calories
Whiskey River® BBQ Chicken Wrap (Fan Fave)	**$14.69**	830
Classic Crispy Chicken Sandwich	**$11.69**	600
Crispy Chicken Wrap	**$13.39**	830
Teriyaki Chicken Sandwich	**$15.89**	1020
California Chicken	**$11.89**	960
Whiskey River® BBQ Chicken Sandwich (Fan Fave)	**$14.29**	670
BLTA Croissant (Fan Fave)	**$11.69**	950
Hot Honey® Crispy Chicken Sandwich	**$13.29**	560
Everything Chicken Caesar Wrap	**$16.49**	1070

Appetizers (12 items)

Red Robin's appetizers menu features a mouthwatering selection of shareable starters, ideal for enjoying with family and friends. From crispy bites and cheesy favorites to flavorful dips and wings, there are plenty of options to begin your meal. Whether you're sharing a snack or eating a starter on your own, Red Robin has a dish to fulfill your hunger cravings.

Item	Price	Calories
Spinach Artichoke Dip (New)	**$10.99**	880
Pretzel Bites (Fan Fave)	**$12.39**	800
Cheesy Mozzarella Twists	**$10.89**	630
Triple YUMMM® Platter	**$9.89**	810
Zucchini Fries	**$11.39**	440
Towering Onion Rings® (Fan Fave)	**$9.99**	850
The Onion Ring Shorty	**$7.39**	380
Crispy Fried Pickles	**$13.39**	940
Queso Fundido	**$11.19**	1120
Donatos® 10" Pizza	**$8.09**	970
Shrimp ‘N Chip Basket	**$12.69**	380
Guacamole, Salsa, and Chips	**$8.89**	570

Chicken Wings (23 items)

Red Robin's Chicken Wings menu offers flavorful options for guests who enjoy crispy, saucy, and filling bites. Choose from bone-in wings and boneless chicken bites with delicious spices and sauces. Whether you're sharing with friends or eating them as a starter, these wings are a tasty accompaniment to your meal.

Item	Price	Calories
Lemon Pepper Bone-In Wings (New)	**$10.19**	560
Lemon Pepper Boneless Chicken Bites (New)	**$12.19**	1020
Lemon Pepper Buzz Bone-In Wings (New)	**$12.99**	1090
Lemon Pepper Buzz Boneless Chicken Bites (New)	**$9.99**	690
Mike's Hot Honey® Bone-In Wings	**$11.39**	770
Mike's Hot Honey® Boneless Chicken Bites	**$11.69**	730
Scorpion Bone-In Wings	**$15.39**	1130
Garlic Parmesan Bone-In Wings	**$15.09**	620
Scorpion Dry Rub Bone-In Wings	**$10.79**	690
Salt & Pepper Bone-In Wings	**$12.29**	780
Buzz Bone-In Wings	**$15.39**	1040
Banzai Bone-In Wings	**$13.69**	710
Whiskey River® BBQ Bone-In Wings	**$10.39**	990
Island Heat Bone-In Wings	**$14.69**	790
Scorpion Boneless Chicken Bites	**$11.89**	1060
Garlic Parmesan Boneless Chicken Bites	**$11.79**	1150
Scorpion Dry Rub Boneless Chicken Bites	**$14.49**	590
Salt & Pepper Boneless Chicken Bites	**$11.09**	540
Buzz Boneless Chicken Bites	**$11.39**	800
Banzai Boneless Chicken Bites	**$15.19**	1170
Whiskey River® BBQ Boneless Chicken Bites	**$10.79**	1150
Island Heat Boneless Chicken Bites	**$15.69**	970
Gourmet Wing & Sauce Bar	**$15.79**	1140

Kids Meals (22 items)

Red Robin's Kids Meals menu offers tasty, kid-friendly food choices made for younger guests. It features delicious burgers, chicken tenders, corn dogs, and other favorites served in child-friendly sizes. With a variety of choices, kids can enjoy a nutritious meal while eating with family at Red Robin.

Item	Price	Calories
Red's Cheeseburger	**$6.69**	370
Bottomless Mac It Yours	**$7.39**	520
Corn Doggies	**$8.49**	620
Donatos® 7" Pizza	**$8.29**	500
Cluck-A-Doodles	**$7.89**	410
Grilled Chicken Dip'ns	**$7.39**	330
Kids Island Breeze Dirty Soda	**$6.19**	280
Bottomless Kids Coconut Cola Dirty Soda	**$6.59**	710
Bottomless Kids Wild Raspberry Dirty Soda	**$6.39**	680
Bottomless Kids Dragon Fruit Dirty Soda	**$6.59**	700
Bottomless Kids Desert Pear Dirty Soda	**$8.69**	640
Bottomless Kids Candied Orange Dirty Soda	**$5.59**	550
Bottomless Kids Vanilla Dr Pepper® Dirty Soda	**$6.29**	330
Bottomless Kids Freckled Lemonade®	**$8.79**	380
Bottomless Kids Sunset Lemonade	**$6.89**	360
Bottomless Kids Poppin' Purple Lemonade	**$8.09**	670
Creamy Milkshake	**$5.99**	530
Kids Oreo® Cookie Magic Milkshake	**$8.79**	410
Bottomless Root Beer Float	**$7.19**	690
Kids Sundae	**$5.69**	370
Kids Salted Caramel Brownie Milkshake (New)	**$8.79**	610
Kids Cookie Dough Milkshake (New)	**$6.39**	720

Entrées (12 items)

Red Robin's Entrées menu features a variety of hearty and satisfying meals in addition to its famous gourmet burgers. Guests can enjoy flavorful options such as grilled salmon, chicken dishes, and other delicious main courses. Whether you're looking for a filling lunch or a complete dinner, the Entrées menu offers a dish for different tastes.

Item	Price	Calories
Santa Fe Salmon	**$19.59**	1220
Grilled Salmon	**$19.39**	1090
Teriyaki Salmon	**$22.39**	1290

Item	Price	Calories
Two For You Combo	**$18.39**	810
Grilled Blackened Salmon	**$19.99**	1100
Crispy Fried Shrimp	**$15.39**	1180
Crispy Fish & Shrimp Duo	**$22.49**	980
Fan fave Whiskey River® BBQ Ribs	**$17.29**	1230
Fan fave House Battered Fish & Chips	**$15.39**	770
Crispy Chicken Strips	**$17.69**	1230
Buzz Crispy Chicken Strips	**$14.69**	1220
Ensenada Chicken™ Platter	**$17.49**	630

Salads (7 items)

Red Robin's Salads menu offers a variety of fresh and flavorful choices made with crisp vegetables, delicious garnishes, and tasty dressings. Guests can enjoy different salad combinations, ranging, from classic favorites to hearty salads with chicken and other ingredients. These options are perfect for anyone looking for a fresh and filling meal.

Item	Price	Calories
Everything Caesar Salad	**$11.99**	440
Avo-Cobb-O Salad	**$13.69**	590
Crispy Chicken Strips Salad (Fan Fave)	**$12.09**	740
Simply Grilled Chicken Salad	**$13.19**	470
Southwest Salad	**$13.29**	860
Bottomless Everything Caesar Salad Side	**$11.19**	580
Bottomless House Salad	**$14.69**	570

Big Yummm Deals (7 items)

Red Robin's Big Yummm Deals offer delicious meal options at budget-friendly prices for guests searching for great value. These deals offer delicious food options that make it easier to enjoy a filling meal without paying too much. Whether you're eating alone or with family, Big Yummm Deals offer tasty options worth trying out.

Item	Price	Calories
Red's Double Burger Deal (Fan Fave)	**$12.19**	750
Haystack Double Burger Deal	**$11.69**	640
Donatos 7" Pizza Deal	**$10.89**	980

Item	Price	Calories
Bacon Ranch Double Burger Deal	**$11.19**	1100
Burnin' Love Burger® Deal (New)	**$12.09**	1220
Bleu Ribbon Burger Deal (New)	**$11.79**	830
Signature Grilled Chicken & Broccoli Deal (New)	**$13.29**	1260

Veggie & More (4 items)

Red Robin's Veggie & More menu offers flavorful choices for guests looking for meat-free meals and lighter food options. It offers delicious plant-based options, fresh ingredients, and pleasing blends to suit different preferences. No matter if you prefer a veggie burger or another meat-free option, this menu section has tasty choices to satisfy your cravings.

Item	Price	Calories
The Impossible™ Cheeseburger	**$13.09**	750
Veggie	**$13.99**	490
The Wedgie™	**$15.19**	680
Turkey Burger	**$11.99**	640

Beverages (24 items)

Red Robin's beverages menu offers a refreshing choice of drinks to complement your favorite meals. Guests can enjoy soft drinks, lemonades, iced tea, specialty refreshers, and other flavorful choices. Whether you prefer something sweet, fizzy, or hydrating, there are plenty of drink options to enjoy with your meal.

Item	Price	Calories
Bottomless Tropical Dragon Fruit Refresher	**$6.39**	380
Tropical Dragon Fruit Red Bull® Refresher (New)	**$3.79**	230
Bottomless Sunset Refresher	**$5.19**	270
Sunset Red Bull® Refresher (New)	**$3.99**	110
Bottomless Poppin' Purple Refresher	**$6.49**	150
Poppin' Purple Red Bull® Refresher (New)	**$5.59**	250
Bottomless Raspberry Limeade Refresher	**$6.29**	410
Raspberry Limeade Red Bull® Refresher (New)	**$3.99**	200
Bottomless Mango Passion Refresher	**$3.59**	410
Mango Passion Red Bull® Refresher (New)	**$5.09**	270
Freckled Lemonade® (Fan Fave)	**$3.29**	190

Item	Price	Calories
Bottomless Island Breeze Dirty Soda	**$4.79**	210
Bottomless Coconut Coca-Cola® Dirty Soda	**$5.79**	150
Bottomless Vanilla Dr Pepper® Dirty Soda	**$6.09**	100
Bottomless Desert Pear Dirty Soda	**$5.79**	420
Bottomless Dragon Fruit Dirty Soda	**$3.89**	280
Bottomless Candied Orange Dirty Soda	**$5.69**	130
Wild Raspberry Dirty Soda	**$4.39**	170
Soft Drinks	**$3.89**	250
Fresh-Brewed Gold Peak® Tea	**$3.29**	370
Flavored Lemonade	**$4.59**	410
Root Beer Float (Fan Fave)	**$3.79**	270
Red Bull®	**$3.29**	230
Red Bull® Sugarfree	**$4.19**	400

Gourmet Milkshakes (6 items)

Red Robin's Gourmet Milkshakes menu offers rich, creamy, and delicious shakes made for dessert lovers. Guests can enjoy a variety of sweet flavors, such as classic favorites and luxurious flavors topped with delicious treats. These milkshakes are a wonderful way to add a little something sweet to your Red Robin dining meal.

Item	Price	Calories
Salted Caramel Brownie Milkshake (New)	**$7.19**	710
Cookie Dough Milkshake (New)	**$7.59**	890
Chocolate Milkshake	**$6.69**	860
Strawberry Milkshake	**$7.79**	660
Vanilla Milkshake	**$7.49**	710
Oreo® Cookie Magic Milkshake (Fan Fave)	**$7.79**	830

Desserts (8 items)

Red Robin's Desserts menu offers a mouthwatering selection of sweet treats to finish your meal on a satisfying note. From rich chocolate favorites to creamy sundaes and other indulgent desserts, there is something for every sweet tooth. Whether you're sharing with family or enjoying a treat on your own, Red Robin desserts make a satisfying ending to your dining meal.

Item	Price	Calories
Cookie Dough Mudd Pie	**$6.19**	580
Lemon Cream Layer Cake	**$6.59**	920
Fudge-Filled Chocolate Chip Cookies	**$7.99**	470
Cinnamon Sugar Doh! Ring® Shorty	**$6.39**	720
Cinnamon Sugar Towering Doh! Rings® (Fan Fave)	**$7.49**	700
Gooey Chocolate Brownie Cake (Fan Fave)	**$7.59**	590
Warm Brownie Sundae	**$8.59**	910
Warm Cookie Sundae	**$7.99**	450

Sides & Sauces (11 items)

Red Robin's Sides & Sauces menu offers a variety of tasty flavors to complement your favorite meals. From crispy fries and fresh sides to flavorful dipping sauces and salad dressings, guests can find plenty of choices to customize their dining meal. Whether you want an extra side or a mouthwatering sauce, these choices add more flavor to every meal.

Item	Price	Calories
Steak Fries	**$6.19**	370
Yukon Chips	**$4.59**	310
Steamed Broccoli	**$6.39**	260
Garlic Parmesan Broccoli	**$3.49**	240
Sweet Potato Fries	**$6.39**	180
Garlic Fries	**$6.29**	610
House Salad	**$4.99**	290
Bottomless Everything Caesar Salad Side	**$5.09**	470
Mac It Yours	**$3.69**	530
Coleslaw	**$3.59**	240
Get Saucy!	**$6.29**	380

The Bar (24 items)

Red Robin's Bar menu offers a selection of enticing beverages and handcrafted drinks for guests seeking something to enhance their meals. From classic cocktails to flavorful specialized drinks, there are options for different tastes and events. Whether you're having a casual dinner or getting together with friends, The Bar adds another memorable part to the Red Robin dining experience.

Item	Price	Calories
Spiked Coconut Cola, Dirty Soda (New)	**$5.49**	490
Spiked Dragon Fruit Dirty Soda (New)	**$13.79**	330
Spiked Desert Pear Dirty Soda (New)	**$7.39**	190
Spiked Wild Raspberry Dirty Soda (New)	**$11.09**	410
Spiked Candied Orange Dirty Soda (New)	**$8.89**	530
Spiked Vanilla Dr Pepper® Dirty Soda (New)	**$13.09**	250
Garage Beer	**$10.09**	220
Garage Beer Lime	**$11.89**	470
Watermelon Dragon Fruit Margarita	**$9.69**	130
Freckled Strawberry Daiquirita	**$7.59**	540
Captain Colada	**$9.89**	480
Espresso Martini	**$6.89**	370
Pop Pop Fizz	**$11.89**	320
Tito's® Fishbowl	**$8.39**	270
Spicy Passion Mango Margarita	**$10.39**	530
Ocean Blue Patron® Margarita	**$13.19**	230
Casamigos Cadillac Margarita	**$11.39**	410
House Margarita (Fan Fave)	**$5.89**	240
Spiked Freckled Lemonade® (Fan Fave)	**$8.79**	370
Long Island Iced Tea (Fan Fave)	**$9.89**	310
Tropical Mai Tai (Fan Fave)	**$10.19**	460
Old Fashioned	**$12.89**	450
Blue Moon® Belgian White	**$12.29**	510
Guinness®	**$10.79**	400

About this menu

Every burger at Red Robin comes with bottomless steak fries, with free refills when you eat in the restaurant. Deals like the Big Yummm meals make it easy to feed the whole family for less. For the full online menu with photos, guides and FAQs, visit redrobinmenuprices.us.

Disclaimer: this is an unofficial fan-made menu guide. Red Robin and its logos are trademarks of Red Robin Gourmet Burgers, Inc. Prices and calories are provided for general guidance and may vary by location.