

# Ruby Tuesday

## ALLERGEN / SENSITIVITY MENU GUIDE AUGUST 2011

### 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.

Because many of our guests want to know more about the food we serve, we have created this menu guide. It has information about 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.

### 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.

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 Nutritional Menu Guide, click <http://www.rubytuesday.com/assets/menu/pdf/informational/nutrition.pdf>.

# SUGGESTED MENU ITEMS FOR EGG ALLERGY

## SHARABLES

*(no Garlic Cheese Biscuits, no salsa)*

- Grilled Chicken Quesadilla
- California Club Quesadilla
- Fresh Avocado Quesadilla

# EGG

## GARDEN FRESH SALADS

*(no Garlic Cheese Biscuits)*

Freshly Made Soup & Salad *(also no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*

Garden Salad *(also no croutons)*

Grilled Chicken Salad *(also no croutons)*

Grilled Salmon Salad *(also no croutons)*

Fresh Garden Bar

### EGG FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

### EGG FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Olive Oil & Vinegar*

## PREMIUM SEAFOOD

*(no Garlic Cheese Biscuits)*

Creole Catch

New Orleans Seafood *(also no Parmesan cream sauce)*

Jumbo Skewered Shrimp

Grilled Salmon

Herb-Crusted Tilapia *(also no lemon-butter sauce)*

Pesto Mahi-Mahi *(also no lemon-butter sauce)*

## FRESH ALL-NATURAL CHICKEN

*(no Garlic Cheese Biscuits)*

Chicken Fresco *(also no lemon-butter sauce)*

Chicken Bella *(also no Parmesan cream sauce)*

Barbecue Grilled Chicken *(also no Boston barbecue sauce)*

## STEAKS

*(no Garlic Cheese Biscuits, no Lobster Mac 'n Cheese add-on)*

Petite Sirloin\* (7 oz.)

Top Sirloin\* (9 oz.)

Chef's Cut Sirloin\* (12 oz.)

Rib Eye\* (14 oz.)

*Lobster Tail Add-On*

*Jumbo Skewered Shrimp Add-On*

## PASTA CLASSICS

*(no Garlic Cheese Biscuits)*

Parmesan Shrimp Pasta *(also no Parmesan cream sauce, pasta is egg free)*

Lobster Carbonara *(also no Parmesan cream sauce, pasta is egg free)*

Spaghetti Squash Marinara

## PASTA CLASSICS (continued)

Chicken & Mushroom Alfredo *(also no Parmesan cream sauce, pasta is egg free)*  
Chicken & Broccoli Pasta *(also no Parmesan cream sauce, pasta is egg free)*

## FORK-TENDER RIBS

*(no Garlic Cheese Biscuits, no Louisiana Fried Shrimp add-on)*  
Memphis Dry Rub Baby-Back Ribs  
Jumbo Skewered Shrimp Add-On



## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato  
Sliced Tomatoes with balsamic vinaigrette  
White Cheddar Mashed Potatoes  
Loaded Baked Potato  
Fresh Grilled Asparagus  
Diced Apples *(kids' menu)*  
Grapes *(kids' menu)*

## FAST & FRESH COMBINATIONS

*(no Garlic Cheese Biscuits, no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*  
Freshly Made Soup & Garden Bar  
Ruby Minis & Garden Bar *(also no french fries, no Ruby's mayonnaise, no cheese)*  
Veggie Trio & Garden Bar *(reference the Fresh. Fresh. Sides. section above for appropriate selections)*  
Chicken Quesadilla & Garden Bar *(also no salsa)*

## FRESH HANDCRAFTED BURGERS

*(no Garlic Cheese Biscuits, no Ruby's mayonnaise, no french fries)*  
Ruby's Classic Burger\*  
Bacon Cheeseburger\* *(also no cheese)*  
Alpine Swiss Burger\*  
Boston Blue Burger\* *(also no onion rings, no Boston barbecue sauce)*  
Smokehouse Burger\* *(also no onion rings, no barbecue sauce)*  
Triple Prime Burger\* *(also no premium knot bun, can substitute golden bun)*  
Triple Prime Cheddar Burger\* *(also no premium knot bun, can substitute golden bun)*  
Triple Prime Bacon Cheddar Burger\* *(also no premium knot bun, can substitute golden bun)*  
Fresh Grilled Chicken Sandwich

## PETITE PLATES

*(Monday – Friday, lunch only, no Garlic Cheese Biscuits)*  
Petite Jumbo Shrimp Scampi  
Petite Spaghetti Squash Marinara  
Petite Chicken Fresco *(also no lemon-butter sauce)*  
Petite Parmesan Shrimp Pasta *(also no Parmesan cream sauce, pasta is egg free)*  
Petite Sliced Sirloin\*  
Petite Grilled Salmon *(also no lemon-butter sauce)*  
Petite Grilled Chicken Salad *(also no croutons)*

## KIDS' MENU

*(no Garlic Cheese Biscuits)*

Pasta Marinara *(pasta is egg free)*

Beef Mini Burgers *(also no cheese)*

Grilled Chicken

Chop Steak

The logo consists of the letters 'EGG' in a bold, sans-serif font. The letters are light gray with a subtle drop shadow, giving them a three-dimensional appearance. The 'E' and 'G' are connected at the top, and the second 'G' is slightly larger than the first.

## DESSERTS

Berry Good Yogurt Parfait *(no granola)*

**NOTE:** *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.*

# SUGGESTED MENU ITEMS FOR FISH ALLERGY

## SHAREABLES

Grilled Chicken Quesadilla *(no salsa)*  
California Club Quesadilla *(no salsa)*  
Fresh Avocado Quesadilla *(no salsa)*

# FISH

## GARDEN FRESH SALADS

Freshly Made Soup & Salad *(no Broccoli & Cheese soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*  
Garden Salad *(no croutons)*  
Grilled Chicken Salad *(no croutons)*  
Fresh Garden Bar

### FISH FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

### FISH FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Ranch, Lite Ranch, Blue Cheese, Honey Mustard, Olive Oil & Vinegar*

### FISH FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

## PREMIUM SEAFOOD

Jumbo Skewered Shrimp

## FRESH ALL-NATURAL CHICKEN

Chicken Fresco *(no lemon-butter sauce)*  
Chicken Bella *(no Parmesan cream sauce)*  
Barbecue Grilled Chicken *(no Boston barbecue sauce)*

## STEAKS

*(no Lobster Mac 'n Cheese add-on)*

Petite Sirloin\* (7 oz.)

Top Sirloin\* (9 oz.)

Chef's Cut Sirloin\* (12 oz.)

Rib Eye\* (14 oz.)

*Lobster Tail Add-On*

*Jumbo Skewered Shrimp Add-On*

## PASTA CLASSICS

Parmesan Shrimp Pasta *(no Parmesan cream sauce)*

Lobster Carbonara *(no Parmesan cream sauce)*

Spaghetti Squash Marinara

Chicken & Mushroom Alfredo *(no Parmesan cream sauce)*

Chicken & Broccoli Pasta *(no Parmesan cream sauce)*

## FORK-TENDER RIBS

*(no Louisiana Fried Shrimp add-on)*

Memphis Dry Rub Baby-Back Ribs

*Jumbo Skewered Shrimp Add-On*

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato  
Sliced Tomatoes with balsamic vinaigrette  
White Cheddar Mashed Potatoes  
Loaded Baked Potato  
Fresh Grilled Asparagus  
Diced Apples (*kids' menu*)  
Grapes (*kids' menu*)

# FISH

## FAST & FRESH COMBINATIONS

*(no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*

Freshly Made Soup & Garden Bar  
Ruby Minis & Garden Bar (*also no french fries*)  
Veggie Trio & Garden Bar (*reference the Fresh. Fresh. Sides. section for appropriate selections*)  
Chicken Quesadilla & Garden Bar (*also no salsa*)

## FRESH HANDCRAFTED BURGERS

*(no french fries)*

Ruby's Classic Burger\*  
Classic Cheeseburger\*  
Bacon Cheeseburger\*  
Alpine Swiss Burger\*  
Boston Blue Burger\* (*also no onion rings, no Boston barbecue sauce*)  
Smokehouse Burger\* (*also no onion rings, no barbecue sauce*)  
Triple Prime Burger\*  
Triple Prime Cheddar Burger\*  
Triple Prime Bacon Cheddar Burger\*  
Fresh Grilled Chicken Sandwich

## PETITE PLATES

*(Monday – Friday, lunch only)*

Petite Jumbo Shrimp Scampi  
Petite Spaghetti Squash Marinara  
Petite Chicken Fresco (*no lemon-butter sauce*)  
Petite Parmesan Shrimp Pasta (*no Parmesan cream sauce*)  
Petite Sliced Sirloin\*  
Petite Grilled Chicken Salad (*no croutons*)

## KIDS' MENU

Pasta Marinara  
Beef Mini Burgers  
Grilled Cheese  
Grilled Chicken  
Chop Steak  
Gourmet Chocolate Chip Cookies

## DESSERTS

Italian Cream Cake  
New York Cheesecake  
Berry Good Yogurt Parfait (*no granola*)  
Gourmet Chocolate Chip Cookies  
Gourmet Red Velvet Cupcakes  
Gourmet Carrot Cake Cupcakes

# FISH

## BRUNCH

Garlic Cheese Biscuits  
Berry Good Yogurt Parfait (*no granola*)  
Mini Benedicts – Steak (*no brunch potatoes*)  
Sunrise Quesadilla – California Club (*no salsa*)  
Sunrise Quesadilla – Bacon Avocado (*no salsa*)  
Western Omelet (*no brunch potatoes*)  
Cranapple Crêpes (*no caramel sauce, no whipped topping, no syrup*)  
Steak\* & Eggs (*no brunch potatoes*)

## KIDS' BRUNCH

Garlic Cheese Biscuits  
Patty Cakes (*no syrup*)  
Eggscellent Combo (*no brunch potatoes*)

**NOTE:** *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.*

# SUGGESTED MENU ITEMS FOR GLUTEN SENSITIVITY / WHEAT ALLERGY

## GARDEN FRESH SALADS

*(no Garlic Cheese Biscuits)*

Garden Salad *(also no croutons)*

Grilled Chicken Salad *(also no croutons)*

Fresh Garden Bar

### GLUTEN/WHEAT FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, shredded*

*cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, sunflower seeds*

### GLUTEN/WHEAT FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Ranch, Lite Ranch, Blue Cheese, Honey Mustard, Olive Oil & Vinegar*

### GLUTEN/WHEAT FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

# GLUTEN WHEAT

---

## PREMIUM SEAFOOD

*(no Garlic Cheese Biscuits)*

Creole Catch

New Orleans Seafood *(also no Parmesan cream sauce)*

Jumbo Skewered Shrimp

Pesto Mahi-Mahi *(also no lemon-butter sauce)*

## FRESH ALL-NATURAL CHICKEN

*(no Garlic Cheese Biscuits)*

Chicken Fresco *(also no lemon-butter sauce)*

Chicken Bella *(also no Parmesan cream sauce)*

Barbecue Grilled Chicken *(also no Boston barbecue sauce)*

## STEAKS

*(no Garlic Cheese Biscuits, no Lobster Mac 'n Cheese add-on)*

Petite Sirloin\* (7 oz.)

Top Sirloin\* (9 oz.)

Chef's Cut Sirloin\* (12 oz.)

Rib Eye\* (14 oz.)

*Lobster Tail Add-On*

*Jumbo Skewered Shrimp Add-On*

## PASTA CLASSICS

*(no Garlic Cheese Biscuits)*

Spaghetti Squash Marinara

## FORK-TENDER RIBS

*(no Garlic Cheese Biscuits, no Louisiana Fried Shrimp add-on)*

Memphis Dry Rub Baby-Back Ribs

*Jumbo Skewered Shrimp Add-On*



## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato  
Sliced Tomatoes with balsamic vinaigrette  
White Cheddar Mashed Potatoes  
Loaded Baked Potato  
Fresh Grilled Asparagus  
Diced Apples (*kids' menu*)  
Grapes (*kids' menu*)

GLUTEN  
WHEAT

---

## FAST & FRESH COMBINATIONS

(*no Garlic Cheese Biscuits*)

Veggie Trio & Garden Bar (*reference the Fresh. Fresh. Sides. section above for appropriate selections*)

## FRESH HANDCRAFTED BURGERS

(*no Garlic Cheese Biscuits, no bun, no french fries*)

Ruby's Classic Burger\*  
Classic Cheeseburger\*  
Bacon Cheeseburger\*  
Alpine Swiss Burger\*  
Boston Blue Burger\* (*also no onion rings, no Boston barbecue sauce*)  
Smokehouse Burger\* (*also no onion rings, no barbecue sauce*)  
Triple Prime Burger\*  
Triple Prime Cheddar Burger\*  
Triple Prime Bacon Cheddar Burger\*  
Fresh Grilled Chicken Sandwich

## PETITE PLATES

(*Monday – Friday, lunch only, no Garlic Cheese Biscuits*)

Petite Jumbo Shrimp Scampi  
Petite Spaghetti Squash Marinara  
Petite Chicken Fresco (*also no lemon-butter sauce*)  
Petite Sliced Sirloin\*  
Petite Grilled Chicken Salad (*also no croutons*)

## KIDS' MENU

(*no Garlic Cheese Biscuits*)

Beef Mini Burgers (*also no bun*)  
Grilled Chicken  
Chop Steak

## DESSERTS

Berry Good Yogurt Parfait (*no granola*)

## BRUNCH

*(no Garlic Cheese Biscuits, no brunch potatoes)*

Berry Good Yogurt Parfait *(also no granola)*

Mini Benedicts – Steak *(also no bun)*

Western Omelet

Steak\* & Eggs

GLUTEN  

---

WHEAT

## KIDS' BRUNCH

*Eggscellent Combo (no Garlic Cheese Biscuits, no brunch potatoes)*

**NOTE:** *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.*

# SUGGESTED MENU ITEMS FOR MILK ALLERGY

## GARDEN FRESH SALADS

*(no Garlic Cheese Biscuits)*

- Garden Salad *(also no croutons, no Parmesan cheese)*
- Grilled Chicken Salad *(also no croutons, no Parmesan cheese)*
- Grilled Salmon Salad *(also no croutons, no Parmesan cheese)*
- Fresh Garden Bar

# MILK

### MILK FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

### MILK FREE DRESSINGS:

*Balsamic Vinaigrette, Honey Mustard, Olive Oil & Vinegar*

## PREMIUM SEAFOOD

*(no Garlic Cheese Biscuits)*

- Creole Catch
- New Orleans Seafood *(also no Parmesan cream sauce)*
- Jumbo Skewered Shrimp *(also no scampi butter)*
- Grilled Salmon
- Herb-Crusted Tilapia *(also no lemon-butter sauce)*

## FRESH ALL-NATURAL CHICKEN

*(no Garlic Cheese Biscuits)*

- Chicken Fresco *(also no lemon-butter sauce)*
- Chicken Bella *(also no Parmesan cream sauce)*
- Barbecue Grilled Chicken *(also no Boston barbecue sauce)*

## STEAKS

*(no Garlic Cheese Biscuits, no Lobster Mac 'n Cheese add-on, no scampi butter on Jumbo Skewered Shrimp add-on)*

- Petite Sirloin\* (7 oz., *also no seasoned steak butter*)
- Top Sirloin\* (9 oz., *also no seasoned steak butter*)
- Chef's Cut Sirloin\* (12 oz., *also no seasoned steak butter*)
- Rib Eye\* (14 oz., *also no seasoned steak butter*)
- Lobster Tail Add-On *(also no melted butter)*

## PASTA CLASSICS

*(no Garlic Cheese Biscuits)*

- Parmesan Shrimp Pasta *(also no Parmesan cream sauce, no Parmesan cheese)*
- Spaghetti Squash Marinara *(also no Parmesan cheese)*
- Chicken & Mushroom Alfredo *(also no Parmesan cream sauce)*

## FORK-TENDER RIBS

*(no Garlic Cheese Biscuits, no Louisiana Fried Shrimp add-on, no scampi butter on Jumbo Skewered Shrimp add-on)*

- Memphis Dry Rub Baby-Back Ribs

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato (*no butter, no sour cream*)  
Sliced Tomatoes with balsamic vinaigrette  
Fresh Grilled Asparagus  
Diced Apples (*kids' menu*)  
Grapes (*kids' menu*)

MILK

## FAST & FRESH COMBINATIONS

*(no Garlic Cheese Biscuits)*

Ruby Minis & Garden Bar, (*also no cheese, no french fries, no soup, no croutons or Parmesan cheese on Garden Salad*)

Veggie Trio & Garden Bar (*reference the Fresh. Fresh. Sides. section above for appropriate selections*)

## FRESH HANDCRAFTED BURGERS

*(no Garlic Cheese Biscuits, no french fries)*

Ruby's Classic Burger\*  
Bacon Cheeseburger\* (*also no cheese*)  
Alpine Swiss Burger\* (*also no cheese*)  
Triple Prime Burger\* (*also no premium knot roll, can substitute golden bun*)  
Triple Prime Bacon Cheddar Burger\* (*also no cheese, no premium knot roll, can substitute golden bun*)  
Fresh Grilled Chicken Sandwich (*also no pretzel roll, can substitute golden bun, no cheese*)

## PETITE PLATES

*(Monday – Friday, lunch only, no Garlic Cheese Biscuits)*

Petite Jumbo Shrimp Scampi (*also no scampi butter, no white cheddar mashed potatoes*)  
Petite Spaghetti Squash Marinara (*also no Parmesan cheese*)  
Petite Chicken Fresco (*also no lemon-butter sauce, no white cheddar mashed potatoes*)  
Petite Parmesan Shrimp Pasta (*also no Parmesan cream sauce, no Parmesan cheese*)  
Petite Sliced Sirloin\* (*also no seasoned steak butter, no white cheddar mashed potatoes*)  
Petite Grilled Salmon (*also no lemon-butter sauce, no white cheddar mashed potatoes*)  
Petite Grilled Chicken Salad (*also no croutons, no Parmesan cheese*)

## KIDS' MENU

*(no Garlic Cheese Biscuits)*

Pasta Marinara  
Beef Mini Burgers (*also no cheese, no white cheddar mashed potatoes*)  
Grilled Chicken (*also no white cheddar mashed potatoes*)  
Chop Steak (*also no white cheddar mashed potatoes*)

## DESSERTS

Gourmet Carrot Cake Cupcakes (*no frosting*)

## BRUNCH

*(no Garlic Cheese Biscuits, no brunch potatoes)*

Mini Benedicts – Steak (*also no cheese in eggs, no Hollandaise sauce*)  
Western Omelet (*also no cheese, no Hollandaise sauce*)  
Steak\* & Eggs (*also no cheese in eggs*)

## KIDS' BRUNCH

Eggscellent Combo (no Garlic Cheese Biscuits, no cheese in eggs, no brunch potatoes)

**NOTE:** 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

MILK

# SUGGESTED MENU ITEMS FOR MSG SENSITIVITY

## GARDEN FRESH SALADS

*(no Garlic Cheese Biscuits)*

# MSG

Garden Salad *(also no croutons)*

Grilled Chicken Salad *(also no croutons)*

Grilled Salmon Salad *(also no croutons)*

Fresh Garden Bar

### MSG FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, sunflower seeds*

### MSG FREE DRESSINGS:

*Balsamic Vinaigrette, Honey Mustard, Olive Oil & Vinegar*

### MSG FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

## PREMIUM SEAFOOD

*(no Garlic Cheese Biscuits)*

Creole Catch

New Orleans Seafood *(also no Parmesan cream sauce)*

Jumbo Skewered Shrimp

Grilled Salmon

Herb-Crusted Tilapia *(also no lemon-butter sauce)*

Pesto Mahi-Mahi *(also no lemon-butter sauce)*

## FRESH ALL-NATURAL CHICKEN

Chicken Fresco *(also no lemon-butter sauce)*

Chicken Bella *(also no artichoke hearts, no Parmesan cream sauce)*

Barbecue Grilled Chicken *(also no Boston barbecue sauce)*

## STEAKS

*(no Garlic Cheese Biscuits, no Lobster Mac 'n Cheese add-on)*

Petite Sirloin\* (7 oz.)

Top Sirloin\* (9 oz.)

Chef's Cut Sirloin\* (12 oz.)

Rib Eye\* (14 oz.)

*Lobster Tail Add-On*

*Jumbo Skewered Shrimp Add-On*

## FORK-TENDER RIBS

*(no Garlic Cheese Biscuits, no Louisiana Fried Shrimp add-on)*

Memphis Dry Rub Baby-Back Ribs

*Jumbo Skewered Shrimp Add-On*

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini

Sugar Snap Peas

Fresh Steamed Broccoli

Fresh Grilled Green Beans

Roasted Spaghetti Squash

Sliced Tomatoes with balsamic vinaigrette

White Cheddar Mashed Potatoes

Fresh Grilled Asparagus

Diced Apples *(kids' menu)*

Grapes *(kids' menu)*

## FAST & FRESH COMBINATIONS

*(no Garlic Cheese Biscuits)*

Ruby Minis & Garden Bar *(also no french fries, no soup, no croutons on Garden Salad)*

Veggie Trio & Garden Bar *(reference the Fresh. Fresh. Sides. section above for appropriate selections)*

# MSG

## FRESH HANDCRAFTED BURGERS

*(no Garlic Cheese Biscuits, no bun, no french fries)*

Ruby's Classic Burger\*

Classic Cheeseburger\*

Bacon Cheeseburger\*

Alpine Swiss Burger\*

Boston Blue Burger\* *(also no onion rings, no Boston barbecue sauce)*

Smokehouse Burger\* *(also no onion rings, no barbecue sauce)*

Triple Prime Burger\*

Triple Prime Cheddar Burger\*

Triple Prime Bacon Cheddar Burger\*

Fresh Grilled Chicken Sandwich

## PETITE PLATES

*(Monday – Friday, lunch only, no Garlic Cheese Biscuits)*

Petite Jumbo Shrimp Scampi

Petite Chicken Fresco *(also no lemon-butter sauce)*

Petite Sliced Sirloin\*

Petite Grilled Salmon *(also no lemon-butter sauce)*

Petite Grilled Chicken Salad *(also no croutons)*

## KIDS' MENU

*(no Garlic Cheese Biscuits)*

Beef Mini Burgers

Grilled Cheese

Grilled Chicken

Chop Steak

## DESSERTS

Berry Good Yogurt Parfait *(no granola)*

Gourmet Red Velvet Cupcakes

Gourmet Carrot Cake Cupcakes

## BRUNCH

*(no Garlic Cheese Biscuits)*

Berry Good Yogurt Parfait *(also no granola)*

Mini Benedicts – Steak *(also no brunch potatoes)*

## KIDS' BRUNCH

Eggscellent Combo *(no Garlic Cheese Biscuits, no brunch potatoes)*

**NOTE ABOUT MSG:** *The menu items as suggested above do not have any added Monosodium Glutamate (MSG) or processed free glutamic acid. There are certain foods that naturally contain bound and free glutamate/glutamic acid. These foods include, but are not limited to milk, eggs, beef, fish, chicken, potatoes, corn, tomatoes, broccoli, mushrooms, peas, grape juice, tomato juice, soy sauce, and Parmesan cheese.*

**NOTE:** *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.*

# SUGGESTED MENU ITEMS FOR PEANUT / TREE NUT ALLERGY

## SHAREABLES

Grilled Chicken Quesadilla *(no salsa)*  
California Club Quesadilla *(no salsa)*  
Fresh Avocado Quesadilla *(no salsa)*

## FRESH GARDEN SALADS

Freshly Made Soup & Salad *(no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*  
Garden Salad *(no croutons)*  
Grilled Chicken Salad *(no croutons)*  
Grilled Salmon Salad *(no croutons)*  
Fresh Garden Bar

### PEANUT/TREE NUT FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

### PEANUT/TREE NUT FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Ranch, Lite Ranch, Blue Cheese, Honey Mustard, Olive Oil & Vinegar*

### PEANUT/TREE NUT FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

## PREMIUM SEAFOOD

Creole Catch  
New Orleans Seafood *(no Parmesan cream sauce)*  
Jumbo Skewered Shrimp  
Grilled Salmon  
Herb-Crusted Tilapia *(no lemon-butter sauce)*  
Pesto Mahi-Mahi *(no lemon-butter sauce, pesto does not contain tree nuts)*

## FRESH ALL-NATURAL CHICKEN

Chicken Fresco *(no lemon-butter sauce)*  
Chicken Bella *(no Parmesan cream sauce)*  
Barbecue Grilled Chicken *(no Boston barbecue sauce)*

## STEAKS

*(no Lobster Mac 'n Cheese add-on)*  
Petite Sirloin\* (7 oz.)  
Top Sirloin\* (9 oz.)  
Chef's Cut Sirloin\* (12 oz.)  
Rib Eye\* (14 oz.)  
*Lobster Tail Add-On*  
*Jumbo Skewered Shrimp Add-On*

## PASTA CLASSICS

Parmesan Shrimp Pasta *(no Parmesan cream sauce)*  
Lobster Carbonara *(no Parmesan cream sauce)*  
Spaghetti Squash Marinara  
Chicken & Mushroom Alfredo *(no Parmesan cream sauce)*  
Chicken & Broccoli Pasta *(no Parmesan cream sauce)*

PEANUT  
TREE NUT



## FORK-TENDER RIBS

*(no Louisiana Fried Shrimp add-on)*  
Memphis Dry Rub Baby-Back Ribs  
Jumbo Skewered Shrimp Add-On

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato  
Sliced Tomatoes with balsamic vinaigrette  
White Cheddar Mashed Potatoes  
Loaded Baked Potato  
Fresh Grilled Asparagus  
Diced Apples *(kids' menu)*  
Grapes *(kids' menu)*

# PEANUT TREE NUT

## FAST & FRESH COMBINATIONS

*(no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*  
Freshly Made Soup & Garden Bar  
Ruby Minis & Garden Bar *(also no french fries)*  
Veggie Trio & Garden Bar *(reference the Fresh. Fresh. Sides. section above for appropriate selections)*  
Chicken Quesadilla & Garden Bar *(also no salsa)*

## FRESH HANDCRAFTED BURGERS

*(no french fries)*  
Ruby's Classic Burger\*  
Classic Cheeseburger\*  
Bacon Cheeseburger\*  
Alpine Swiss Burger\*  
Boston Blue Burger\* *(also no onion rings, no Boston barbecue sauce)*  
Smokehouse Burger\* *(also no onion rings, no barbecue sauce)*  
Triple Prime Burger\* *(also no premium knot roll, can substitute golden bun)*  
Triple Prime Cheddar Burger\* *(also no premium knot roll, can substitute golden bun)*  
Triple Prime Bacon Cheddar Burger\* *(also no premium knot roll, can substitute golden bun)*  
Fresh Grilled Chicken Sandwich

## PETITE PLATES

*(Monday – Friday, lunch only)*  
Petite Jumbo Shrimp Scampi  
Petite Spaghetti Squash Marinara  
Petite Chicken Fresco *(no lemon-butter sauce)*  
Petite Parmesan Shrimp Pasta *(no Parmesan cream sauce)*  
Petite Sliced Sirloin\*  
Petite Grilled Salmon *(no lemon-butter sauce)*  
Petite Grilled Chicken Salad *(no croutons)*

## KIDS' MENU

Pasta Marinara  
Beef Mini Burgers  
Grilled Cheese  
Grilled Chicken  
Chop Steak  
Gourmet Chocolate Chip Cookies

# PEANUT TREE NUT

---

## DESSERTS

New York Cheesecake  
Berry Good Yogurt Parfait (*no granola*)  
Gourmet Chocolate Chip Cookies  
Gourmet Red Velvet Cupcakes  
Gourmet Carrot Cake Cupcakes

## BRUNCH

Garlic Cheese Biscuits  
Berry Good Yogurt Parfait (*no granola*)  
Mini Benedicts – Steak (*no brunch potatoes*)  
Sunrise Quesadilla – California Club (*no salsa*)  
Sunrise Quesadilla – Bacon Avocado (*no salsa*)  
Western Omelet (*no brunch potatoes*)  
Cranapple Crêpes (*no caramel sauce, no whipped topping, no syrup*)  
Steak\* & Eggs (*no brunch potatoes*)

## KIDS' BRUNCH

Garlic Cheese Biscuits  
Patty Cakes (*no syrup*)  
Eggcellent Combo (*no brunch potatoes*)

**NOTE:** *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.*

# SUGGESTED MENU ITEMS FOR SHELLFISH ALLERGY

## SHELLFISH

### SHAREABLES

- Grilled Chicken Quesadilla *(no salsa)*
- California Club Quesadilla *(no salsa)*
- Fresh Avocado Quesadilla *(no salsa)*

### GARDEN FRESH SALADS

- Freshly Made Soup & Salad *(no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*
- Garden Salad *(no croutons)*
- Grilled Chicken Salad *(no croutons)*
- Grilled Salmon Salad *(no croutons)*
- Fresh Garden Bar

#### SHELLFISH FREE TOPPINGS:

*Sliced tomatoes, edamame, green peas, diced eggs, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

#### SHELLFISH FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Ranch, Lite Ranch, Blue Cheese, Honey Mustard, Olive Oil & Vinegar*

#### SHELLFISH FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

### PREMIUM SEAFOOD

- Creole Catch
- Grilled Salmon
- Herb-Crusted Tilapia *(no lemon-butter sauce)*
- Pesto Mahi-Mahi *(no lemon-butter sauce)*

### FRESH ALL-NATURAL CHICKEN

- Chicken Fresco *(no lemon-butter sauce)*
- Chicken Bella *(no Parmesan cream sauce)*
- Barbecue Grilled Chicken *(no Boston barbecue sauce)*

### STEAKS

*(no Lobster Tail, Lobster Mac 'n Cheese, or Jumbo Skewered Shrimp add-ons)*

- Petite Sirloin\* (7 oz.)
- Top Sirloin\* (9 oz.)
- Chef's Cut Sirloin\* (12 oz.)
- Rib Eye\* (14 oz.)

### PASTA CLASSICS

- Spaghetti Squash Marinara
- Chicken & Mushroom Alfredo *(no Parmesan cream sauce)*
- Chicken & Broccoli Pasta *(no Parmesan cream sauce)*

### FORK-TENDER RIBS

*(no Louisiana Fried Shrimp, or Jumbo Skewered Shrimp add-ons)*

- Memphis Dry Rub Baby-Back Ribs

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini  
Sugar Snap Peas  
Fresh Steamed Broccoli  
Fresh Grilled Green Beans  
Roasted Spaghetti Squash  
Fresh Baked Potato  
Sliced Tomatoes with balsamic vinaigrette  
White Cheddar Mashed Potatoes  
Loaded Baked Potato  
Fresh Grilled Asparagus  
Diced Apples (*kids' menu*)  
Grapes (*kids' menu*)

# SHELLFISH

## FAST & FRESH COMBINATIONS

*(no Broccoli & Cheese Soup, no White Bean Chicken Chili, no Clam Chowder, no croutons on Garden Salad)*

Freshly Made Soup & Garden Bar  
Ruby Minis & Garden Bar (*also no french fries*)  
Veggie Trio & Garden Bar (*reference the Fresh. Fresh. Sides. section above for appropriate selections*)  
Chicken Quesadilla & Garden Bar (*also no salsa*)

## FRESH HANDCRAFTED BURGERS

*(no french fries)*

Ruby's Classic Burger\*  
Classic Cheeseburger\*  
Bacon Cheeseburger\*  
Alpine Swiss Burger\*  
Boston Blue Burger\* (*also no onion rings, no Boston barbecue sauce*)  
Smokehouse Burger\* (*also no onion rings, no barbecue sauce*)  
Triple Prime Burger\* (*also no premium knot roll, can substitute golden bun*)  
Triple Prime Cheddar Burger\* (*also no premium knot roll, can substitute golden bun*)  
Triple Prime Bacon Cheddar Burger\* (*also no premium knot roll, can substitute golden bun*)  
Fresh Grilled Chicken Sandwich

## PETITE PLATES

*(Monday – Friday, lunch only)*

Petite Spaghetti Squash Marinara  
Petite Chicken Fresco (*no lemon-butter sauce*)  
Petite Sliced Sirloin\*  
Petite Grilled Salmon (*no lemon-butter sauce*)  
Petite Grilled Chicken Salad (*no croutons*)

## KIDS' MENU

Pasta Marinara  
Beef Mini Burgers  
Grilled Cheese  
Grilled Chicken  
Chop Steak  
Gourmet Chocolate Chip Cookies

## DESSERTS

Italian Cream Cake  
New York Cheesecake  
Berry Good Yogurt Parfait (*no granola*)  
Gourmet Chocolate Chip Cookies  
Gourmet Red Velvet Cupcakes  
Gourmet Carrot Cake Cupcakes

# SHELLFISH

## BRUNCH

Garlic Cheese Biscuits  
Berry Good Yogurt Parfait (*no granola*)  
Mini Benedicts – Steak (*no brunch potatoes*)  
Sunrise Quesadilla – California Club (*no salsa*)  
Sunrise Quesadilla – Bacon Avocado (*no salsa*)  
Western Omelet (*no brunch potatoes*)  
Cranapple Crêpes (*no caramel sauce, no whipped topping, no syrup*)  
Steak\* & Eggs (*no brunch potatoes*)

## KIDS' BRUNCH

Garlic Cheese Biscuits  
Patty Cakes (*no syrup*)  
Eggcellent Combo (*no brunch potatoes*)

**NOTE:** 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.

# SUGGESTED MENU ITEMS FOR SOY ALLERGY

# SOY

## GARDEN FRESH SALADS

*(no Garlic Cheese Biscuits)*

Garden Salad *(also no croutons)*

Grilled Chicken Salad *(also no croutons)*

Fresh Garden Bar

### SOY FREE TOPPINGS:

*Sliced tomatoes, green peas, diced eggs, shredded cheddar cheese, Parmesan cheese, bacon bits, diced ham, black olives, saltine crackers, sunflower seeds*

### SOY FREE DRESSINGS:

*Balsamic Vinaigrette, Zesty Italian, Ranch, Lite Ranch, Honey Mustard (all contain highly refined soybean oil), Olive Oil & Vinegar*

### SOY FREE GARDEN BAR SALAD:

*Phillipsburg Broccoli Salad*

## FRESH ALL-NATURAL CHICKEN

*(no Garlic Cheese Biscuits)*

Chicken Fresco *(also no lemon-butter sauce)*

Barbecue Grilled Chicken *(also no Boston barbecue sauce)*

## STEAKS

*(no Garlic Cheese Biscuits, no seasoned steak butter, no Lobster Tail, Lobster Mac 'n Cheese, or Jumbo Skewered Shrimp add-ons)*

Petite Sirloin\* (7 oz.)

Top Sirloin\* (9 oz.)

Chef's Cut Sirloin\* (12 oz.)

Rib Eye\* (14 oz.)

## PASTA CLASSICS

*(no Garlic Cheese Biscuits, no Parmesan cream sauce)*

Lobster Carbonara *(also no scampi butter)*

Chicken & Mushroom Alfredo *(also no sautéed baby portabella mushrooms)*

Chicken & Broccoli Pasta *(also no scampi butter)*

## FRESH. FRESH. SIDES.

Fresh Grilled Zucchini *(no liquid margarine)*

Sugar Snap Peas *(no seasoned liquid margarine)*

Fresh Steamed Broccoli *(no seasoned liquid margarine)*

Fresh Grilled Green Beans *(no liquid margarine)*

Fresh Baked Potato *(baked with highly refined soybean oil)*

Sliced Tomatoes with balsamic vinaigrette

Loaded Baked Potato *(baked with highly refined soybean oil)*

Fresh Grilled Asparagus *(no liquid margarine)*

Diced Apples *(kids' menu)*

Grapes *(kids' menu)*

## FAST & FRESH COMBINATIONS

*(no Garlic Cheese Biscuits)*

Ruby Minis & Garden Bar *(also no margarine on bun, no cheese, no french fries, no soup, no croutons on Garden Salad)*

Veggie Trio & Garden Bar *(reference the Fresh. Fresh. Sides. section above for appropriate selections)*

## FRESH HANDCRAFTED BURGERS

*(no Garlic Cheese Biscuits, no bun, no french fries)*

- Ruby's Classic Burger\*
- Bacon Cheeseburger\* *(also no cheese)*
- Boston Blue Burger\* *(also no onion rings, no Boston barbecue sauce)*
- Smokehouse Burger\* *(also no onion rings, no barbecue sauce)*
- Triple Prime Burger\*
- Triple Prime Cheddar Burger\*
- Triple Prime Bacon Cheddar Burger\*
- Fresh Grilled Chicken Sandwich *(also no cheese)*

SOY

## PETITE PLATES

*(Monday – Friday, lunch only, no Garlic Cheese Biscuits)*

- Petite Chicken Fresco *(also no lemon-butter sauce, no white cheddar mashed potatoes, no seasoned liquid margarine on broccoli)*
- Petite Sliced Sirloin\* *(also no seasoned steak butter, no white cheddar mashed potatoes, no seasoned liquid margarine on broccoli)*
- Petite Grilled Chicken Salad *(also no croutons)*

## KIDS' MENU

*(no Garlic Cheese Biscuits, no white cheddar mashed potatoes, no seasoned liquid margarine on broccoli)*

- Beef Mini Burgers *(also no margarine on bun, no cheese)*
- Grilled Chicken
- Chop Steak

## BRUNCH

*(no Garlic Cheese Biscuits, no brunch potatoes)*

- Berry Good Yogurt Parfait *(also no granola)*
- Mini Benedicts – Steak *(also no margarine on bun, no Hollandaise sauce)*
- Steak\* & Eggs

## KIDS' BRUNCH

*Eggcellent Combo (no Garlic Cheese Biscuits, no brunch potatoes)*

**NOTE ABOUT SOY:** *Ingredients in these menu items may contain highly refined soybean oil.*

**NOTE:** *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.*