



Allergen Information

(Corporate Restaurants, excludes Franchise Locations)

At Ruth's Chris Steak House, we want every guest to feel confident in what they are ordering. We are committed to providing clear, accessible information so you can make the right decisions, whether you are managing dietary preferences, food allergies or intolerances.

Here are a few key points to know when reviewing this guide:

1. This allergen information applies to corporate Ruth's Chris Steak House locations and does not include franchise restaurants. If you are unsure which location you're in, please ask your server for more details to confirm.
2. Our allergen guide identifies the most common food allergens in our menu items based on information provided by our suppliers. We work to keep this information as up to date as possible and suggest you check our allergen information each time you dine with us. Please note that this information does not indicate which items may have been made in a facility with an allergen.
3. Because our dishes are prepared to order and our kitchens utilize shared cooking and preparation areas, there is a risk of cross-contact with allergens. While we take care in handling every ingredient, we cannot guarantee that any item is completely free of allergens. Please note that our kitchens are not free of gluten.
4. According to the U.S. Food and Drug Administration, highly refined soybean oil is not considered a major food allergen and therefore is not listed here.
5. If you have questions about this information, please ask to speak with a manager. Due to limited ingredient information available in our kitchens, we may not be able to answer all questions on-site. For additional assistance, please visit our Contact Us page at ruthschris.com/help/contact-us to submit an inquiry. Please allow several days for a response, depending on the nature of your request.

If you or anyone in your party has a food allergy or intolerance, please notify us.



THE INFORMATION BELOW IDENTIFIES COMMON ALLERGENS IN EACH MENU ITEM.
IT DOES NOT INDICATE ITEMS MADE IN FACILITIES THAT ALSO PROCESS ALLERGENS.
IF YOU OR ANYONE IN YOUR PARTY HAS A FOOD ALLERGY OR INTOLERANCE, PLEASE INFORM US.

Key to this Guide	Common Allergens									
Y - Menu Item contains this specific allergen (includes all cooking sauces, condiments, and fixed accompaniments) Indented items are components served with the dish or included on the side	Gluten	Dairy	Wheat	Shellfish	Fish	Peanut	Tree Nut	Soy	Sesame	Egg
APPETIZERS										
Barbecued Shrimp	Y	Y	Y	Y	Y					
Beef Carpaccio (Regional)	Y	Y	Y		Y			Y		Y
Calamari	Y	Y		Y						
Chilled Seafood Tower	Y		Y	Y	Y			Y	Y	Y
Colossal Crab				Y						
Cocktail Sauce					Y					
Lobster				Y						
Shrimp				Y						
Tuna Poke	Y		Y	Y	Y			Y	Y	Y
Sriracha Lime Sauce								Y		Y
Crab Stack (Regional)		Y		Y						
Goat Cheese & Artichoke Dip	Y	Y	Y					Y		
Toast Points	Y	Y	Y							
Mushrooms Stuffed With Crabmeat	Y	Y		Y						
Seared Ahi Tuna	Y		Y		Y			Y		
Shrimp Cocktail				Y	Y			Y		Y
Cocktail Sauce					Y					
Remoulade					Y			Y		Y
Sizzling Crab Cakes	Y	Y	Y	Y				Y		Y
Spicy Shrimp	Y			Y				Y		Y
Tuna Stack (Regional)	Y		Y	Y	Y			Y	Y	Y
Veal Osso Buco Ravioli	Y	Y	Y				Y	Y		Y
Zucchini Fries	Y	Y	Y					Y		Y
Red Pepper Ranch		Y						Y		Y
SALADS & SOUPS (Excludes Dressings)										
Caesar Salad	Y	Y	Y		Y					
Lettuce Wedge		Y								
Ruth's Chopped Salad	Y	Y	Y							Y
Steak House Salad	Y		Y							
French Onion Soup	Y	Y	Y					Y		
Lobster Bisque	Y	Y	Y	Y	Y					
Seafood Gumbo (Regional)	Y	Y	Y	Y				Y		
DRESSINGS										
Balsamic Vinaigrette										
Bleu Cheese		Y						Y		Y
Creamy Caesar					Y					Y
Creamy Lemon Basil										Y
Ranch		Y						Y		Y
Remoulade					Y			Y		Y
Thousand Island								Y		Y
Vinaigrette										

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SIGNATURE STEAKS & CHOPS										
4 oz Petite Filets & Shrimp		Y		Y						
6 oz Filet		Y								
6 oz Filet & Lobster		Y		Y						
6 oz Filet & Shrimp		Y		Y						
8 oz Petite Filet		Y								
11 oz Filet		Y								
16 oz New York Strip		Y								
19 oz Bone-In New York Strip		Y								
16 oz Ribeye		Y								
26 oz Cowboy Ribeye		Y								
40 oz Tomahawk Ribeye		Y								
24 oz T-Bone		Y								
40 oz Porterhouse For Two		Y								
ENTRÉE COMPLEMENTS										
Bleu Cheese Crust	Y	Y	Y							
Grilled Shrimp		Y		Y						
Oscar Style	Y	Y	Y	Y	Y					Y
Sizzling Lobster Tail		Y		Y						
Truffle Crust	Y	Y	Y							
SEAFOOD & SPECIALTIES										
Barbecued Shrimp (Regional)	Y	Y	Y	Y						
Lamb Chops		Y								
Mint Jelly										
Salmon & Shrimp		Y		Y	Y					
New Orleans Barbecue Butter		Y			Y					
Sizzling Crab Cakes	Y	Y	Y	Y						Y
Soy Ginger Chilean Sea Bass	Y	Y	Y		Y			Y		
Honey Soy Marinade	Y		Y					Y		
Stuffed Chicken Breast		Y			Y			Y		Y
CHEF'S SEASONAL SELECTIONS										
8 oz Center-Cut Filet and Jumbo Lobster Tail		Y		Y						
Crusted Butterfish with Lobster and Shrimp Risotto	Y	Y	Y	Y	Y					
Lobster And Shrimp Risotto		Y		Y						
Summer Tomato Salad		Y								
Mint Vinaigrette										
SANDWICHES										
10 oz Prime Cheeseburger	Y	Y	Y							Y
Artisan Chicken Sandwich	Y	Y	Y							Y
Steak Sandwich	Y	Y	Y		Y					Y

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POTATOES & SIGNATURE SIDES											
Au Gratin		Y	Y	Y							
Baked			Y								
Bacon											
Butter			Y								
Cheese			Y								
Chives											
Sour Cream			Y								
French Fries		Y									
Garlic Mashed			Y								
Lobster Mac & Cheese		Y	Y	Y	Y						
Mac & Cheese (Without Lobster)		Y	Y	Y							
Lyonnais Fingerling Potatoes (Regional)		Y	Y								
Shoestring Fries (Regional)		Y									
Sweet Potato Casserole		Y	Y	Y				Y			Y
VEGETABLES											
Creamed Spinach		Y	Y	Y							
Cremini Mushrooms			Y								
Fresh Broccoli (Regional)											
Grilled Asparagus			Y			Y					Y
Hollandaise Sauce			Y			Y					Y
Roasted Brussels Sprouts			Y								
DESSERTS											
Bread Pudding with Whiskey Sauce		Y	Y	Y							Y
Chocolate Cheesecake		Y	Y	Y					Y		Y
Chocolate Ice Cream			Y								
Chocolate Molten Lava Cake		Y	Y	Y							Y
Classic Cheesecake		Y	Y	Y							Y
Crème Brûlée			Y								Y
Kids Ice Cream Sundae			Y				Y				
Raspberry Sorbet											
Ruth's Carrot Cake		Y	Y	Y				Y			Y
Vanilla Ice Cream			Y								
VEGETARIAN SELECTIONS											
Market Vegetable Linguini		Y	Y	Y							
Roasted Broccoli Steak		Y	Y	Y							
Roasted Vegetable Napoleon			Y								
Ruth's Vegetarian Trio		Y	Y	Y							
KIDS ENTRÉES											
4 oz Filet			Y								
Baked/Roasted Chicken Breast			Y								
Broiled Salmon			Y								
Chicken Strips		Y	Y	Y					Y		Y
Ranch			Y						Y		Y
Fried Shrimp		Y		Y	Y						
Prime Beef Sliders		Y	Y	Y							Y
Stuffed Chicken Breast			Y			Y			Y		Y

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PRIVATE DINING DINNER & RECEPTION: HORS D'OEUVRES & DISPLAYS										
Ahi Tuna Poke	Y		Y	Y	Y			Y	Y	Y
Artisanal Cheese & Fruit	Y	Y	Y				Y			
Toast Points	Y		Y							
Bacon-Wrapped Scallop				Y						
Beef Tenderloin Skewer	Y							Y		
Beef Wellington (Regional)	Y	Y	Y		Y					Y
Chicken & Cheese Popover	Y	Y	Y					Y		Y
Chilled Seafood Tower	Y		Y	Y	Y			Y	Y	Y
Colossal Crab				Y						
Cocktail Sauce					Y					
Lobster				Y						
Shrimp				Y						
Chipotle Chicken Tostada	Y	Y	Y					Y		
Crafted Charcuterie	Y	Y	Y				Y			
Toast Points	Y		Y							
Garlic Crusted Sea Bass	Y	Y	Y		Y					
Mediterranean Roasted Vegetables & Dips		Y						Y	Y	Y
Bleu Cheese		Y						Y		Y
Ranch		Y						Y		Y
Roasted Pepper Hummus									Y	
Mini Crab Cake	Y	Y	Y	Y				Y		Y
Prime Beef Empanada	Y	Y	Y							Y
Prime Beef Slider	Y	Y	Y		Y					
Rosemary Shrimp		Y		Y						
Seared Ahi Tuna	Y		Y		Y			Y		
Shrimp Cocktail				Y	Y			Y		Y
Cocktail Sauce					Y					
Remoulade					Y			Y		Y
Smoky Chicken Skewer								Y		Y
Spinach & Artichoke Canapé	Y	Y	Y					Y		
Steak Sandwich										
Sweet Potato Casserole	Y	Y	Y				Y			Y
Tomato & Mozzarella Caprese Skewer		Y								
Tomato Bruschetta	Y									
Whole Roasted Tenderloin of Beef										
Whole Roasted Turkey										
PRIVATE DINING RECEPTION: DESSERTS										
Cheesecake with Berries	Y	Y	Y							Y
Chocolate Mousse Cheesecake	Y	Y	Y							
Chocolate Sin Cake		Y	Y					Y		Y
Fresh Seasonal Berries Served with Sweet Cream		Y								Y
RUTH'S MIXED GRILL (REGIONAL)										
Ruth's Mixed Grill	Y	Y	Y	Y	Y			Y		Y
Beefsteak Tomato Topped with Parmesan Herb Crust	Y	Y	Y		Y			Y		
4 oz Filet		Y								
1/2 Stuffed Chicken		Y			Y			Y		Y
Fried Shrimp	Y	Y	Y	Y						
Petite Lobster Tail		Y		Y						

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TASTEMAKER DINNER: DAVE PHINNEY FT. ORIN SWIFT										
6 oz Filet Topped with Roasted Tomatoes		Y								
House-Made Butter Cake	Y	Y	Y							Y
Roasted Beet & Burrata Salad	Y	Y	Y							
Thick Cut Nueske Bacon	Y	Y	Y					Y		