

APPETIZERS

Boneless Chicken Strips (No Sauce)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1140	710	80	11	235	1600	10	-	-	87
Boneless Chicken Strips: Add BBQ Sauce									
220					780	58	-	52	-
Boneless Chicken Strips: Add ROCK's Wing Sauce									
120	120	13	4.5	15	2360	2	-	-	-
Boneless Chicken Strips: ADD Sweet Chili Sauce									
310	60	7	4.0	15	1510	62	-	58	3

Brown Sugar Mozz Bread - 1 Slice (No Dipping Sauce)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	60	6	3.0	10	250	17	-	2	6

Garlic Mozz Bread - 1 Slice (No Dipping Sauce)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	6	3.0	10	250	15	-	-	6
Garlic Mozz Bread: Add Marinara									
50	20	2.5	-	-	320	6	1	1	1
Garlic Mozz Bread: Add Ranch									
270	250	28	4.5	15	630	2	-	2	2

Cajun Calamari

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
830	560	63	9	480	1950	28	2	15	33

Meatballs Appetizer

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
780	510	57	19	125	2850	30	5	5	40

Onion Rings

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1470	950	107	15	10	1770	103	5	27	9

Queso & Chips

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
790	500	57	21	80	1400	45	3	3	20

Rock Wings (No Sauce)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1300	910	103	24	250	1550	5	-	-	80
Rock Wings: Add BBQ Sauce									
190	--	-	-	-	670	49	-	45	-
Rock Wings: Add Sweet Chili Sauce									
260	50	6	3.5	15	1290	54	-	50	2
Rock Wings: Add Wing Sauce									
110	100	11	3.5	15	2020	1	-	-	-

APPETIZERS (continued)

ROCK's Quesadilla

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1190	680	76	42	245	2510	55	3	7	69

Shattered Queso Nachos (No Meat)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
2250	1520	172	71	315	4600	99	16	11	78

Shattered Queso Nachos: Add Beef

390	220	25	9	110	115	9	6	1	36
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Shattered Queso Nachos: Add Chicken

220	40	4.5	1.5	110	260	-	-	-	41
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BUILD YOUR OWN PIZZA - LARGE (per slice)

* Large Cheese Pizza Base

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
320	120	13	6	15	670	35	1	-	14

Artichokes

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	45	1	-	-	-

Arugula

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

BBQ Pork

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
35	15	1.5	0.5	10	80	2	-	2	3

BBQ Sauce

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	-	-	-	-	85	6	-	6	-

Bacon

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	10	1.5	-	4	65	-	-	-	1

Basil

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Black Olives

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	15	1.5	-	-	85	1	-	-	-

Blue Cheese Crumbles

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
50	35	4.0	2.5	10	200	-	-	-	3

Broccoli

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	0	-	-	-	-	1	-	-	-

Brown Sugar

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	-	-	-	-	-	5	-	5	-

BUILD YOUR OWN PIZZA - LARGE (per slice) (continued)

Caramelized Onion

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	5	1.0	0.5	2	-	1	-	-	-

Cherry Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	-	-	-	-	200	1	1	-	-

Chicken

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	-	-	-	10	25	-	-	-	4

Cream Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
30	25	2.5	2.0	10	55	1	-	-	1

Crushed Garlic

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Diced Red Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Extra Mozzarella Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
50	35	4.0	2.5	5	95	-	-	-	3

Green Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Green Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Ham

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	5	0.5	-	5	135	-	-	-	2

Hot Sausage

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
60	50	5	2.0	15	180	-	-	-	4

Kalamata Olives

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
50	60	6	1.0	-	470	2	-	-	-

Meatballs

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
40	30	3.0	1.0	5	110	1	-	-	2

Parmesan

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	15	1.5	1.0	4	55	-	-	-	2

Parmesan Peppercorn Ranch

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
40	35	4.0	0.5	2	95	-	-	-	-

Pecans

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	15	1.5	-	-	-	-	-	-	-

BUILD YOUR OWN PIZZA - LARGE (per slice) (continued)

Pepperoni

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
60	50	6	2.5	10	240	-	-	-	2

Pesto

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
35	30	3.5	0.5	-	70	-	-	-	1

Pine Nuts

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	15	1.5	-	-	-	-	-	-	-

Pineapple

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Prosciutto

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	-	60	-	-	-	1

Ricotta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
30	20	2.0	1.5	10	70	1	-	-	2

Roasted Garlic

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	15	1.5	0	-	-	2	-	-	-

Roasted Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	5	0.5	-	-	20	1	-	-	-

Sauteed Spinach

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	10	1.0	-	-	15	-	-	-	-

Shrimp

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	15	70	-	-	-	2

Sliced Mushrooms

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Sliced Tomatos

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	-	-	-	-	-	2	-	1	-

Sundried Tomatos

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	-	-	2	-	1	1

Sweet Sausage

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
60	50	5	2.0	15	180	-	-	-	4

Swiss Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	15	1.5	1.0	5	15	-	-	-	2

White Onion

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	0	1	-	-	-

BUILD YOUR OWN PIZZA - PERSONAL (per slice)

* Personal Cheese Pizza Base

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
120	50	6	2.5	10	270	12	-	-	6

* Personal GF Cheese Pizza Base

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
130	60	7	2.5	10	280	13	-	2	5

Artichokes

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	25	-	-	-	-

Arugula

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

BBQ Pork

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	5	0.5	-	4	35	1	-	-	2

BBQ Sauce

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	-	35	3	-	2	-

Bacon

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	5	0.5	-	-	30	-	-	-	-

Basil

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Black Olives

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	5	0.5	-	-	40	-	-	-	-

Blue Cheese Crumbles

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	15	1.5	1.0	4	80	-	-	-	1

Broccoli

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Brown Sugar

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	-	-	2	-	2	-

Caramelized Onion

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Cherry Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	65	-	-	-	-

Chicken

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	5	15	-	-	-	2

Cream Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	10	1.5	1.0	4	25	1	-	-	-

BUILD YOUR OWN PIZZA - PERSONAL (per slice) (continued)

Crushed Garlic

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Diced Red Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Extra Mozzarella Chesse

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	10	1.5	1.0	3	30	-	-	-	1

Gluten-Free Crust

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
100	10	1.0	-	3	115	21	-	2	1

Green Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Green Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Ham

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	-	-	-	3	60	-	-	-	1

Hot Sausage

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
35	25	3.0	1.0	10	95	-	-	-	2

Kalamata Olives

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	25	3.0	-	-	210	1	-	-	-

Meatballs

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	10	1.0	-	2	35	-	-	-	1

Parmesan

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	10	1.0	0.5	3	40	-	-	-	1

Parmesan Peppercorn Ranch

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	15	2.0	-	-	40	-	-	-	-

Pecans

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	10	1.0	-	-	-	-	-	-	-

Pepperoni

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	20	2.5	1.0	5	100	-	-	-	1

Pesto

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	15	1.5	-	-	30	-	-	-	-

Pine Nuts

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	5	0.5	-	-	-	-	-	-	-

BUILD YOUR OWN PIZZA - SMALL (per slice) (continued)

Diced Red Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Extra Mozzarella Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
35	25	2.5	1.5	5	65	-	-	-	2

Green Onions

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Green Peppers

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Ham

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	-	-	-	4	90	-	-	-	1

Hot Sausage

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
50	40	4.5	1.5	10	140	-	-	-	3

Kalamata Olives

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
45	45	5	0.5	-	390	1	-	-	-

Meatballs

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	20	2.0	1.0	5	75	1	-	-	1

Parmesan

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
20	10	1.5	1.0	3	50	-	-	-	1

Parmesan Peppercorn Ranch

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
35	35	3.5	0.5	2	85	-	-	-	-

Pecans

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
15	15	1.5	-	-	-	-	-	-	-

Pepperoni

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
50	40	4.5	2.0	10	180	-	-	-	2

Pesto

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
25	20	2.5	-	-	45	-	-	-	1

Pine Nuts

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
10	10	1.0	-	-	-	-	-	-	-

Pineapple

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
-	-	-	-	-	-	-	-	-	-

Prosciutto

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
5	-	-	-	-	40	-	-	-	1

BURGERS (Includes Sides)

Beef Up Your Burger - Additional Calories

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
260	150	17	7	80	75	1	-	-	24

Burger Man

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1790	1080	122	31	255	3270	104	11	9	62

Cajun Bacon Bleu Burger

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1370	800	91	22	200	2270	88	6	8	45

Hello Goodbye Burger

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1810	1160	131	32	260	5090	92	8	8	60

Hurts So Good Burger

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1410	760	86	28	250	6820	110	8	23	59

Rock Burger

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1390	770	87	22	205	6040	94	6	11	48

Rock Burger - Add American Cheese

70	50	6	4.0	15	340	9			4
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Rock Burger - Add Bacon

90	60	7	2.0	20	350	1			6
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Rock Burger - Add Caramelized Onions

60	35	4.0	2.5	10		5	2		1
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Rock Burger - Add Guacamole

90	80	9	1.5		220	5	3		2
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Rock Burger - Add Jack Cheese

80	50	6	4.0	25	130				5
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Rock Burger - Add Sautéed Mushrooms

140	140	15	5.0	20	470	2			1
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Rock Burger - Add Swiss Cheese

80	50	6	4.0	20	50	1			6
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DESSERTS

Skillet Cookie

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1530	630	72	38	100	1000	209	4	127	16

Sundae

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
330	110	13	9	55	95	50	-	37	4

ENTREES (Includes Sides)

Born On The Bayou Shrimp Pasta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1370	730	83	30	260	2380	88	4	8	63

Chicken & Broccoli Pasta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1240	590	67	25	155	1130	96	5	9	61

Fish 'n Chips

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1280	800	91	15	150	1750	71	6	18	42

Fish Tacos Entree

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1530	910	103	18	95	1820	107	8	6	36

Get Back Mac and Cheese Pasta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1480	770	87	42	205	2680	109	2	9	65

Meatball Mac

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1790	990	112	53	245	3730	112	7	10	85

Rockin' Chicken Platter

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1600	940	106	19	280	2950	100	5	46	52

Rockin' Ribs

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
2530	1380	156	45	495	4050	157	5	98	121

KIDS

Kids Burger

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
720	330	37	10	160	680	60	4	3	33

Kids Cheese Pizza (Per Slice)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	45	5.0	2.5	5	360	18	-	-	7

Kids Cheeseburger & Fries

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
790	380	43	14	175	1020	69	4	3	37

Kids Chicken Nuggets

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
610	320	36	6	65	1060	42	2	-	29

Kids Grilled Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
690	380	43	14	50	1110	68	2	4	19

Kids Mac & Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
920	430	49	29	105	1720	107	2	5	35

Kids Marinara Pasta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
440	45	5	-	-	550	81	3	3	15

Kids Meat Pasta

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
600	160	18	5.0	30	1000	84	4	4	24

Kids PB & J Pizza

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1060	390	44	9	-	1110	129	7	48	35

Kids Pepperoni Pizza (per slice)

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
170	70	7	3.5	10	460	18	-	-	8

PIZZA - GF PERSONAL (per slice)

Bad to the Bone GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
160	90	10	3.5	15	450	12	-	2	6

Can't Stop Rockin GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
170	90	10	4.0	15	390	13	-	2	7

Classic Rock GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
170	90	10	4.0	15	390	13	-	2	7

Crazy Little Thing GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	70	7	2.5	5	300	14	-	2	5

Crazy Train GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
200	110	12	4.5	20	540	14	-	2	8

Evil Ways GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
130	60	7	2.5	5	260	13	-	2	4

Founders Pie GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
200	110	13	5.0	25	490	13	-	2	9

My Generation GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	70	8	3.0	15	290	12	-	2	7

Pride and Joy GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
190	100	12	4.5	20	540	14	-	2	8

Revolution GF

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
170	70	8	3.0	10	360	17	-	5	7

Stairway To Heaven

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	80	9	3.5	10	270	12	-	2	6

White Christmas

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
130	60	6	3.0	15	240	12	-	2	6

Yellow Brick Road

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	70	8	3.0	10	380	13	-	2	6

PIZZA - LARGE (per slice)

Bad to the Bone

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
390	170	19	8	40	1090	34	1	1	17

Bang a Gong

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
390	150	17	8	35	780	41	1	7	18

Bat Outta Hell

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
340	120	13	7	30	1050	37	3	2	16

California Dreamin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
330	120	14	5	25	640	36	2	2	16

Can't Stop Rockin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
430	200	23	10	35	1020	36	1	-	20

Classic Rock

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
430	200	23	10	35	1020	36	1	-	20

Crazy Little Thing

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
340	130	15	6	15	770	38	2	1	14

Crazy Train

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
480	240	27	11	50	1370	38	3	1	21

Evil Ways

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
310	110	13	5	15	680	37	2	2	13

Founders Pie

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
470	230	26	11	55	1170	36	2	1	22

Meaty Beaty

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
560	300	34	14	70	1510	37	2	-	28

My Generation

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
350	140	15	6	35	740	34	1	-	17

Pride And Joy

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
490	230	26	12	55	1380	38	3	1	25

Revolution

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
380	140	15	6	25	840	42	2	7	17

Stairway to Heaven

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
390	180	20	9	30	720	34	1	-	17

White Christmas

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
310	100	11	7	30	630	35	-	1	15

Yellow Brick Road

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
340	130	14	6	25	860	36	1	-	16

PIZZA - PERSONAL (per slice)

Bad to the Bone

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	80	9	3.5	15	440	12	-	-	7

Bang a Gong

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
150	60	6	3.0	15	290	15	-	3	7

Bat Outta Hell

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	7	3.5	15	430	13	1	-	7

California Dreamin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	7	2.5	10	250	13	-	-	7

Can't Stop Rockin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
160	80	9	4.0	15	390	12	-	-	7

Classic Rock

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
160	80	9	4.0	15	390	12	-	-	7

Crazy Little Thing

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
130	50	6	2.5	5	300	13	1	-	5

Crazy Train

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
190	100	11	4.5	20	530	13	1	-	8

Evil Ways

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
120	50	6	2.5	5	260	13	-	-	5

Founders Pie

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
190	100	12	5.0	25	490	13	-	-	9

Meaty Beaty

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
220	120	14	6	30	610	13	-	-	11

My Generation

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	7	3.0	15	290	12	-	-	7

Pride and Joy

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
180	90	10	4.5	20	530	13	1	-	9

Revolution

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
160	60	7	3.0	10	360	16	-	4	7

Stairway To Heaven

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	7	3.5	10	270	12	-	-	6

White Christmas

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
120	45	5	3.0	15	240	12	-	-	6

Yellow Brick Road

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	60	6	3.0	10	380	12	-	-	7

PIZZA - SMALL (per slice)

Bad to the Bone

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
290	130	15	6	30	830	25	-	-	13

Bang a Gong

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
280	100	12	6	25	580	31	-	6	13

Bat Outta Hell

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
250	90	10	5.0	25	740	27	2	1	12

California Dreamin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
250	90	10	3.5	20	470	26	1	1	12

Can't Stop Rockin'

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
300	140	16	7	25	720	26	1	-	14

Classic Rock

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
300	140	16	7	25	720	26	-	-	14

Crazy Little Thing

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
240	90	10	4.0	10	550	27	2	-	10

Crazy Train

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
340	170	19	8	35	980	28	2	-	15

Evil Ways

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
220	80	9	3.5	10	480	27	2	1	9

Founders Pie

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
350	170	19	8	40	860	26	1	-	16

Meaty Beaty

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
400	210	24	10	50	1080	27	1	-	20

My Generation

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
260	100	11	4.5	-	540	25	-	-	13

Pride And Joy

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
350	170	19	8	40	1010	28	2	-	18

Revolution

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
270	90	10	4.0	15	600	32	1	6	12

Strairway To Heaven

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
270	120	14	6	20	510	25	-	-	12

White Christmas

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
220	70	8	4.5	20	450	25	-	-	11

Yellow Brick Road

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
240	90	10	4.0	15	630	26	-	-	11

SALAD DRESSING

1000 Island

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
240	190	22	3.0	10	480	10	-	6	-

Balsamic Vinaigrette

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	110	12	2.0	-	520	6	-	4	-

Bleu Cheese

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
300	280	32	6	30	420	2	-	-	4

Caesar

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
340	340	38	6	30	760	2	-	-	2

Honey Mustard Dijon

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
260	190	22	3.0	30	420	14	-	12	-

House Herb Vinaigrette

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
230	210	24	2.0	-	190	5	-	4	1

Italian

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
280	270	30	4.0	-	340	2	-	-	-

Peppercorn Ranch

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
220	200	22	3.5	10	500	2	-	1	2

Raspberry Walnut

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
280	210	24	4.0	-	180	10	-	10	-

SANDWICHES AND WRAPS (Includes Sides)

Buffalo Chicken Wrap

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1580	910	102	23	125	3080	103	6	7	54

Meatball Sandwich

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1860	1000	113	41	150	3890	140	7	7	70

Money Sandwich

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1850	970	110	27	150	2650	139	10	14	67

Pulled Pork Sandwich

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1240	540	61	14	160	2040	130	5	48	37

Rock Chicken Sandwich

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1370	680	77	19	260	4780	89	5	9	72

SOUPS & SALADS

BBQ Chicken Chop Salad with Peppercorn Ranch - Half

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
550	290	32	7	70	1280	38	4	19	28

BBQ Chicken Chop Salad with Peppercorn Ranch - Regular

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1020	510	58	13	135	2340	69	7	37	54

Beef Vegetable Barley Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
80	15	1.5	1.0	4	690	12	2	4	3

Caesar Salad with Caesar Dressing - Family

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
1010	790	89	16	75	2320	52	9	4	21

Caesar Salad with Caesar Dressing - Half

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
270	200	23	4.0	20	620	16	3	1	6

Caesar Salad with Caesar Dressing - Regular

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
530	400	46	8	40	1240	29	4	2	11

Caesar Salad with Caesar Dressing - Side

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
270	200	23	4.0	20	620	16	2	-	6

Cheddar Broccoli Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
250	150	17	8	40	640	14	-	8	11

Chicken Enchilada Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	45	5	3.0	15	910	15	3	4	8

Chicken Tortilla Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
80	15	1.5	-	10	620	12	3	3	3

SOUPS & SALADS (continued)

Clam Chowder

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
430	340	38	23	125	710	17	-	-	5

Creamy Tomato Basil Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
170	110	12	7	45	420	11	2	6	3

French Onion Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
390	190	22	13	50	1730	25	3	10	21

Home-style Chicken Noodle Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
100	20	2.0	1.0	15	590	12	-	2	5

House Tossed Salad with House Dressing - Family

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
590	450	50	5	10	470	33	10	20	9

House Tossed Salad with House Dressing - Regular

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
360	280	32	3.5	5	300	19	5	11	5

House Tossed Salad with House Dressing - Side

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
220	170	19	2.0	3	170	12	3	7	3

Mediterranean Salad with Italian Dressing - Half

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
460	330	37	9	60	1350	12	5	4	21

Mediterranean Salad with Italian Dressing - Regular

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
920	660	75	19	125	2680	23	9	7	42

Peppercorn Chop Salad with Peppercorn Ranch Dressing - Half

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
570	400	45	13	95	1670	9	3	5	32

Peppercorn Chop Salad with Peppercorn Ranch Dressing - Reg

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
970	650	74	24	185	2960	16	4	9	61

Tomato Gorgonzola Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
140	70	8	2.5	10	770	13	2	6	4

Vegetable Soup

Calories	Fat Calories	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
70	10	1.0	-	4	690	14	3	4	2

ALLERGEN DISCLAIMER

Must accompany all allergen/ingredient information:

This allergen information has been provided by MenuTrinfo® to help give our guests the tools to make an informed food decision. All ingredient statements were found on manufacturer-generated spec sheets. It is possible that formulations may change or an ingredient or vendor substitution might be made which may not be immediately reflected in this chart. Please inform your server before ordering if you or someone in your party has a food allergy, sensitivity or other dietary concern.

Gluten-Free Information:

Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. The Rock, Wood Fired Pizza cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.

Nutritional Information:

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.