

Recipe Name	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Dietary Fiber	Sugars	Protein
BBQ Chicken with Bacon and Cheddar Sandwich	820	150	30g	14g	0g	175mg	1760mg	69g	5g	23g	62g
BBQ Chicken Pizza	1160	400	45g	20g	0.5g	210mg	2710mg	134g	14g	32g	71g
Bacon, Lettuce & Tomato Sandwich	870	20	52g	22g	0g	145mg	2280mg	46g	3g	6g	44g
Bob's All-American Cheeseburger with American Cheese	1140	430	63g	23g	1g	175mg	2220mg	81g	4g	8g	56g
Bob's Cheeseburger with American Cheese	660	280	32g	15g	1g	130mg	1020mg	47g	3g	6g	43g
Bob's BBQ Bacon Cheeseburger with American Cheese	930	280	46g	21g	1g	170mg	2010mg	69g	5g	23g	54g
Boneless Wing-10 (fried)	1030	430	47g	20g	2.5g	360mg	950mg	23g	0g	3g	129g
Boneless Wings-20 (fried)	2070	850	95g	41g	5g	725mg	1890mg	47g	0g	6g	258g
Boneless Wings-5 (fried)	520	210	24g	10g	1.5g	180mg	470mg	12g	0g	1g	65g
Boneless Wings-50 (fried)	5170	2130	237g	102g	14g	1810mg	4730mg	117g	0g	15g	645g
Buffalo Cauliflower with Ranch (Does not include Wing Sauce)	630	370	42g	14g	2.5g	25mg	920mg	48g	5g	8g	8g
Buffalo Chicken Pizza (fried)	1520	790	89g	46g	2.5g	310mg	3220mg	123g	12g	17g	78g
Buffalo Chicken Sub (fried)	1060	530	59g	32g	2.5g	210mg	2120mg	74g	2g	5g	59g
Caesar Salad-full size with Caesar dressing	590	490	54g	10g	0g	95mg	1020mg	21g	2g	1g	14g
Caesar Side-half size with Caesar dressing	380	320	35g	6g	0g	60mg	640mg	14g	1g	< 1g	8g
Cajun Chicken with Jalapenos and Pepper Jack Sandwich	640	200	23g	11g	0g	160mg	1340mg	50g	3g	7g	54g
Cauliflower Pizza Crust	460	0	10g	6g	0g	30mg	810mg	78g	3g	6g	12g
Celery and Blue Cheese	520	470	55g	11g	0.5g	60mg	570mg	4g	1g	1g	3g
Celery and Ranch	280	230	27g	5g	0g	35mg	520mg	6g	1g	3g	2g
Cheese Only Pizza	800	320	35g	16g	0g	100mg	2150mg	104g	12g	17g	32g
Cheesy Bacon Fries (fried)	1110	560	63g	17g	1.5g	70mg	2700mg	108g	7g	0g	27g
Cheesy Bacon Tots (fried)	960	590	66g	21g	1.5g	70mg	2710mg	79g	9g	0g	23g
Cheesy Bacon Wedges (fried)	590	330	37g	13g	0.5g	70mg	2190mg	48g	5g	0g	18g
Cheesy Garlic Bread	830	420	47g	19g	4g	100mg	1850mg	69g	< 1g	6g	35g
Chicken Bacon Ranch Sub	1060	400	51g	20g	2.5g	1785mg	2080mg	66g	< 1g	5g	60g
Chicken Caesar Salad-full with Caesar dressing	890	550	61g	12g	0g	245mg	1300mg	21g	2g	1g	69g
Chicken Caesar Salad-half with Caesar dressing	480	330	37g	7g	0g	110mg	740mg	14g	1g	< 1g	26g
Chocolate Truffle Bomb	470	250	28g	11g	0g	45mg	310mg	51g	3g	37g	4g
Coca-Cola	170	0	0g	0g	0g	0g	46g	46g	0g	46g	0g
Curly Fries (fried)	860	390	44g	10g	1.5g	0mg	1430mg	104g	7g	0g	13g
Diet Coke	0	0	0g	0g	0g	0g	55g	0g	0g	0g	0g
Dipping Sauces-Dumpster Dressing 3oz	260	230	26g	5g	0g	35mg	560mg	4g	0g	2g	1g
Dipping Sauces--Feather Sauce 3 oz	270	220	25g	4g	0g	25mg	490mg	11g	0g	6g	0g
Dipping Sauces-Nacho Cheese 3 oz	110	80	9g	3g	0g	10mg	540mg	4g	0g	0g	2g
Dipping Sauces-Rooster's Spicy Ranch Dressing 3 oz	290	260	30g	7g	0g	45mg	660mg	4g	0g	2g	1g
Dipping Sauces-Salsa 3 oz	30	0	0g	0g	0g	0mg	680mg	7g	2g	4g	1g
Dipping Sauces-Sour Cream 3 oz	180	140	15g	11g	0g	60mg	45mg	3g	0g	3g	3g
Dressing-Award Winning Red Rooster Dressing 3 oz	310	230	25g	6g	0g	0mg	190mg	23g	0g	22g	0g
Dressing-Balsamic Vinaigrette 3 oz	310	290	37g	4.5g	0g	0mg	710mg	6g	0g	6g	0g
Dressing-Blue Cheese 3 oz	510	470	55g	11g	0.5g	60mg	510mg	1g	0g	0g	2g
Dressing-Caesar 3 oz	410	400	44g	6g	0g	80mg	490mg	3g	0g	0g	3g
Dressing-Garlic Italian 3 oz	410	400	44g	7g	0g	< 5mg	540mg	2g	0g	< 1g	2g
Dressing-Golden Italian 3 oz	300	290	33g	5g	0.5g	0mg	850mg	5g	0g	5g	0g
Dressing-Honey Mustard 3 oz	150	5	0.5g	0g	0g	0mg	690mg	36g	0g	30g	0g
Dressing-Ranch 3 oz	260	230	27g	5g	0g	35mg	460mg	4g	0g	2g	1g
Dressing-Raspberry Vinaigrette 3 oz	150	0	0g	0g	0g	0mg	840mg	24g	0g	21g	0g

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Dressing-Roosters Spicy Ranch 3 oz	290	260	30g	7g	0g	45mg	660mg	4g	0g	2g	1g
Dumpster Fries (fried)	1480	860	97g	26g	2g	130mg	3660mg	115g	7g	3g	34g
Dumpster Tots (fried)	1330	890	100g	30g	2.5g	130mg	3670mg	85g	10g	3g	31g
Dumpster Wedges (fried)	950	630	71g	22g	1.5g	130mg	3160mg	55g	5g	3g	26g
Fish Sandwich (fried)	1060	310	55g	11g	0.5g	110mg	2380mg	105g	4g	21g	36g
Fried Chicken Salad-full size without dressing	750	400	44g	21g	0g	200mg	810mg	25g	4g	7g	69g
Fried Chicken Salad-half size without dressing	380	220	24g	12g	0g	95mg	460mg	13g	3g	4g	31g
Fried Chicken Sandwich (fried)	530	160	18g	7g	1.5g	90mg	670mg	54g	3g	6g	40g
Fried Nashville Chicken Sandwich (fried)	750	360	42g	11g	2g	120mg	1350mg	54g	3g	6g	40g
Fried Mushrooms (fried)	810	490	55g	16g	2.5g	35mg	2250mg	83g	4g	2g	15g
Fried Pickles (fried)	750	670	75g	26g	3g	35mg	1620mg	31g	5g	2g	4g
Fried Shrimp with Ranch (Does not include Wing Sauce)	630	350	40g	8g	0.5g	180mg	1800mg	40g	1g	4g	27g
Garden Salad-full size without dressing	280	140	15g	7g	0g	40mg	530mg	26g	4g	5g	15g
Garden Salad-half size without dressing	180	90	10	4.5	0g	25mg	350mg	17g	2g	3g	10g
Grilled Cajun Chicken Fingers-full size	390	80	9g	2.5g	0g	200mg	500mg	0g	0g	0g	74g
Grilled Cajun Chicken Fingers-half size	200	40	4.5g	1g	0g	100mg	250mg	0g	0g	0g	37g
Grilled Chicken Sandwich	430	60	7g	2g	0g	100mg	630mg	46g	3g	6g	44g
Grilled Chicken Fingers-full size	400	90	9g	2.5g	0g	200mg	330mg	0g	0g	0g	74g
Grilled Chicken Fingers-half size	200	45	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g
Grilled Chicken Salad Cajun- full size without dressing	510	190	20g	9g	0g	195mg	680mg	12g	4g	6g	69g
Grilled Chicken Salad Cajun- half size without dressing	250	100	11g	5g	0g	100mg	340mg	3g	1g	1g	33g
Grilled Chicken Salad Marinated- full size without dressing	510	190	21g	8g	0g	180mg	710mg	11g	4g	5g	66g
Grilled Chicken Salad Marinated- half size without dressing	240	110	12g	5g	0g	75mg	340mg	7g	2g	3g	26g
Grilled Chicken Salad-full size without dressing	480	170	19g	8g	0g	190mg	400mg	11g	4g	5g	67g
Grilled Chicken Salad-half size without dressing	220	90	10g	5g	0g	75mg	220mg	7g	2g	3g	26g
Grilled Marinated Chicken Fingers-full size	470	150	16g	3.5g	0g	205mg	690mg	0g	0g	0g	75g
Grilled Marinated Chicken Fingers-half size	230	70	8g	2g	0g	100mg	350mg	0g	0g	0g	38g
Ham and Swiss Sub	620	180	21g	10g	0g	105mg	2140mg	64g	< 1g	6g	42g
Hand-Breaded Fried Chicken Fingers-full size	710	360	40g	18g	2.5g	205mg	680mg	16g	0g	2g	73g
Hand-Breaded Fried Chicken Fingers-half size	360	180	20g	9g	1.5g	105mg	340mg	8g	0g	1g	37g
Iced Tea	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g
Italian Sub	930	500	55g	19g	2g	125mg	2960mg	70g	1g	8g	40g
Kid's Applesauce	70	0	0g	0g	0g	0mg	5mg	16g	1g	13g	0g
Kid's Boneless Fried Chicken Wings (3)	310	130	14g	6g	1g	110mg	280mg	7g	0g	< 1g	39g
Kid's Cheeseburger with American Cheese	440	200	21g	11g	0g	80mg	770mg	37g	2g	5g	27g
Kid's Curly Fries (fried)	430	200	22g	5g	0.5g	0mg	720mg	52g	3g	0g	7g
Kid-s Mac-N-Cheese Bites (fried)	240	120	14g	4.5g	0g	10mg	660mg	25g	2g	3g	6g
Kid's Mandarin Oranges	45	0	0g	0g	0mg	0mg	5mg	12g	< 1g	11g	< 1g
Kid's Mini Corn Dogs (fried)	290	210	23g	8g	1g	35mg	490mg	22g	1g	7g	7g
Kid's Potato Wedges (fried)	170	80	9g	2.5g	0g	0mg	470mg	22g	2g	0g	2g
Kid's Salad without dressing	80	35	4g	1.5g	0g	10mg	180mg	9g	< 1g	< 1g	4g
Kid's Tater Tots (fried)	360	210	24g	7g	1g	0mg	720mg	37g	5g	0g	5g
Lemonade	170	0	0g	0g	0g	0g	70g	35g	0g	40g	0g
Mac-N-Cheese Bites (fried)	640	370	41g	19g	0.5g	75mg	1360mg	52g	4g	10g	15g
Marinated Chicken with Mushrooms and Swiss Sandwich	920	460	52g	16g	1.5g	170mg	1310mg	50g	6g	7g	60g
Meat Lover's Pizza	1410	700	78g	33g	0g	280mg	5010mg	121g	14g	23g	73g

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Milk	150	70	8g	4.5g	0g	25mg	105mg	12g	0g	12g	8g
Mini Corn Dogs (fried)	640	440	49g	16g	1.5g	65mg	2010mg	49g	6g	14g	17g
Mozzarella Sticks (fried)	620	290	33g	15g	0.5g	60mg	1990mg	63g	8g	19g	26g
Nachos (fried)	760	410	46g	18g	2.5g	20mg	1320mg	77g	9g	< 1g	14g
Nachos Deluxe (fried)	920	430	49g	19g	2.5g	35mg	1890mg	112g	16g	9g	24g
Nachos Deluxe with Chicken (fried)	1060	460	52g	20g	2.5g	105mg	2080mg	112g	16g	9g	51g
Nashville Chicken Pizza	1200	590	67g	33g	1.5g	225mg	3790mg	109g	11g	17g	56g
Nashville Hot Dry Rub	30	10	1g	0g	0g	0mg	1190mg	6g	2g	3g	< 1g
Orange Juice	120	0	0g	0g	0g	0mg	0mg	29g	< 1g	0g	2g
Pizza Toppings-Bacon	110	70	8g	3.5g	0g	45mg	570mg	0g	0g	0g	9g
Pizza Toppings-Banana Pepper	5	0	0g	0g	0g	0mg	350mg	1g	0g	0g	0g
Pizza Topping-Cheddar	220	170	18g	10g	1g	60mg	360mg	2g	0g	0g	14g
Pizza Topping- Diced Grilled Chicken	140	30	3g	1g	0g	70mg	210mg	0g	0g	0g	26g
Pizza Topping-Diced Onion	10	0	0g	0g	0g	0mg	0mg	2g	0g	< 1g	0g
Pizza Topping-Diced Tomato	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	< 1g	0g
Pizza Topping-Green Pepper	5	0	0g	0g	0g	0mg	0mg	2g	< 1g	< 1g	0g
Pizza Topping-Ham	30	10	1g	0g	0g	15mg	270mg	< 1g	0g	< 1g	4g
Pizza Topping-Jalapeno	10	0	0g	0g	0g	0mg	450mg	2g	2g	0g	0g
Pizza Topping-Mozzarella/Provolone	180	130	14g	8g	0g	50mg	450mg	2g	0g	0g	12g
Pizza Topping-Pepperoni	230	200	22g	8g	0g	50mg	830mg	0g	0g	0g	8g
Pizza Topping-Sausage	100	70	8g	2.5g	0g	20mg	420mg	2g	1g	0g	5g
Pizza Topping-Sliced Mushrooms	10	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	1g
Potato Skins (fried)	1050	680	75g	42g	2g	240mg	1780mg	52g	5g	3g	49g
Potato Wedges (fried)	340	160	18g	5g	0.5g	0mg	950mg	45g	5g	0g	5g
Quarter-Pound Cheeseburger with American Cheese	450	200	21g	11g	0g	80mg	920mg	38g	3g	6g	26g
Quesadilla with chicken	900	430	47g	23g	0.5g	180mg	2030mg	60g	3g	6g	60g
Quesadilla without chicken	760	400	44g	22g	0.5g	110mg	1720mg	60g	3g	6g	33g
Red Rooster Salad-full size with Red Rooster dressing	620	410	45g	14g	0g	250mg	1370mg	33g	4g	27g	25g
Red Rooster Salad-half size with Red Rooster dressing	500	340	38g	11g	0g	140mg	960mg	29g	2g	25g	16g
Red, Bacon, Blue Salad-full size with Red Rooster dressing	730	490	55g	22g	0g	120mg	1870mg	34g	4g	27g	30g
Red, Bacon, Blue Salad-half size with Red Rooster dressing	580	400	45g	17g	0g	80mg	1300mg	29g	2g	25g	20g
Rooster Chicken Wrap with Spicy Ranch dressing (fried)	970	510	57g	21g	2g	150mg	1720mg	68g	4g	7g	47g
Rooster Chicken Wrap with Spicy Ranch dressing (grilled)	870	410	46g	16g	0g	165mg	1680mg	60g	4g	7g	51g
Roosters Homemade Chili	210	40	4.5g	1.5g	0g	20mg	950mg	29g	8g	7g	16g
Rooster Nest without wing sauce (fried)	1630	800	89g	30g	3g	240mg	3480mg	121g	7g	3g	85g
Rooster Noodle Soup	240	120	13g	3g	0g	15mg	1550mg	21g	0g	0g	9g
Roosters Onion Feathers with Feather sauce (fried)	1090	640	72g	12g	0g	35mg	2010mg	100g	3g	2g	9g
Sandwich Topper-American Cheese	110	80	9g	6g	0g	25mg	350mg	< 1g	0g	0g	5g
Sandwich Topper-Bacon (2 slices)	180	55	14g	6g	0g	40mg	540mg	0g	0g	0g	10g
Sandwich Topper-Banana Peppers	0	0	0g	0g	0g	0mg	250mg	< 1g	0g	0g	0g
Sandwich Topper-Blue Cheese Crumbles	120	90	10g	6g	0g	25mg	390mg	< 1g	0g	0g	7g
Sandwich Topper-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g
Sandwich Topper-Jalapenos	5	0	0g	0g	0g	0mg	490mg	1g	0g	1g	0g
Sandwich Topper-Lettuce	0	0	0g	0g	0g	0mg	0mg	< 1g	0g	0g	0g
Sandwich Topper-Mayonnaise	160	150	17g	3g	0g	20mg	105mg	0g	0g	0g	0g
Sandwich Topper-Mozzarella/Provolone Blend	90	60	7g	4g	0g	25mg	220mg	< 1g	0g	0g	6g

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Sandwich Topper-Mustard	0	0	0g	0g	0g	0mg	290mg	0g	0g	0g	0g
Sandwich Topper-Onion Feathers	350	150	17g	3g	0g	0mg	800mg	47g	2g	0g	5g
Sandwich Topper-Pepper Jack Cheese	160	110	12g	8g	0g	50mg	260mg	2g	0g	0g	10g
Sandwich Topper-Pickle Chips	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g
Sandwich Topper-Red Onion	10	0	0g	0g	0g	0mg	0mg	2g	0g	< 1g	0g
Sandwich Topper-Sautéed Mushrooms	35	25	3g	0.5g	0.5g	0mg	35mg	2g	< 1g	1g	2g
Sandwich Topper-Swiss Cheese	160	110	12g	8g	0g	40mg	90mg	0g	0g	0g	12g
Sandwich Topper-Tomato	5	0	0g	0g	0g	0mg	0mg	1g	0g	< 1g	0g
Salad Extras-Bacon Bits	150	100	11g	5g	0g	60mg	800mg	0g	0g	0g	13g
Salad Extras-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g
Salad Extras-Croutons	80	20	2.5g	0g	0g	0mg	220mg	13g	0g	0g	2g
Salad Extras-Egg	80	50	6g	2g	0g	230mg	75mg	< 1g	0g	< 1g	7g
Salad Extras-Grilled Chicken Tenders	200	40	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g
Soft-Baked Pretzels with Nacho Cheese	450	130	15g	3g	0g	30mg	1810mg	72g	4g	4g	12g
Sprite	170	0	0g	0g	0g	0g	75g	45g	0g	45g	0g
Sweet Iced Tea	180	0	0g	0g	0g	0mg	20mg	47g	0g	47g	0g
Tater Tots (fried)	720	420	47g	13g	1.5g	0mg	1440mg	74g	9g	0g	9g
The Wedgie Salad-full size without dressing	280	180	20g	11g	0g	80mg	1120mg	7g	2g	4g	20g
The Works Pizza	1150	510	58g	24g	0g	150mg	3550mg	127g	18g	24g	47g
Traditional Wings-10 (fried)	800	320	35g	15g	0g	300mg	700mg	20g	0g	0g	100g
Traditional Wings-20 (fried)	1600	630	70g	30g	0g	600mg	1400mg	40g	0g	0g	200g
Traditional Wings-5 (fried)	400	160	18g	7g	0g	150mg	350mg	10g	0g	0g	50g
Traditional Wings-50 (fried)	4000	1580	175g	75g	0g	1500mg	3500mg	100g	0g	0g	500g
Turkey Burger	440	110	13g	3.5g	0g	95mg	570mg	46g	3g	6g	36g
Veggie Lover's Pizza	910	320	36g	16g	0g	100mg	2610mg	127g	17g	24g	37g
Veggie Sub	720	330	37g	12g	2g	50mg	1860mg	73g	5g	7g	26g
White Chicken Pizza	1130	490	55g	20g	4g	175mg	2360mg	115g	15g	16g	61g
Wing Sauce-Carolina Gold 3 oz	160	0	0g	0g	0g	0mg	1020mg	38g	0g	32g	0g
Wing Sauce-Donkey 3 oz	25	10	1g	0g	0g	0mg	2340mg	5g	2g	2g	< 1g
Wing Sauce-Garlic 3 oz	280	260	30g	19g	1g	80mg	1110mg	2g	0g	2g	0g
Wing Sauce-Garlic Parmesan 3 oz	330	0	34g	19g	1g	80mg	1420mg	3g	0g	2g	2g
Wing Sauce-Honey BBQ 3 oz	150	0	0g	0g	0g	0mg	920mg	36g	4g	28g	2g
Wing Sauce-Hot 3 oz	260	230	26g	16g	0g	65mg	1270mg	3g	0g	0g	0g
Wing Sauce-Korean BBQ 3 oz	260	15	1.5g	0g	0g	0mg	3040mg	58g	0g	47g	10g
Wing Sauce-Mango Habanero 3 oz	160	0	0g	0g	0g	0mg	840mg	38g	0g	36g	0g
Wing Sauce-Medium 3 oz	330	320	36g	23g	1.5g	95mg	850mg	3g	< 1g	1g	< 1g
Wing Sauce-Mild 3 oz	330	330	38g	23g	1.5g	100mg	870mg	3g	0g	3g	0g
Wing Sauce-Nu Killer 3 oz	50	15	2g	0g	0g	0mg	2230mg	9g	2g	5g	< 1g
Wing Sauce-Sweet Thai Chili 3 oz	200	0	0g	0g	0g	0mg	1780mg	46g	0g	38g	1g
Wing Sauce-Teriyaki 3 oz	190	20	2.5g	0g	0g	0mg	1330mg	37g	0g	32g	3g