

Recipe Name	Calories	Calories				Cholesterol	Sodium	Dietary				Vitamin		Calcium	Iron
		From Fat	Fat	Saturated	Trans			Fiber	Sugars	Protein	A	C			
Apple Juice	110	0	0g	0g	**	0mg	10mg	28g	0g	24g	0g	0%	160%	2%	2%
BBQ Chicken Breast Sandwich	510	50	6g	1.5g	0g	95mg	1110mg	68g	3g	19g	44g	15%	10%	6%	25%
BBQ Chicken Pizza	1340	450	51g	22g	0g	305mg	2700mg	132g	13g	31g	104g	20%	2%	70%	35%
Big Bob's BBQ Burger	750	280	31g	11g	1g	130mg	1510mg	68g	5g	23g	47g	15%	15%	15%	35%
Big Bob's Burger	550	200	23g	9g	1g	105mg	670mg	46g	3g	6g	38g	8%	15%	15%	30%
BLT	500	190	22g	7g	0g	55mg	1440mg	47g	< 1g	2g	27g	8%	10%	6%	20%
Boneless Wings-10 (fried)															
Boneless Wings-20 (fried)															
Boneless Wings-5 (fried)															
Boneless Wings-50 (fried)															
Buffalo Chicken Pizza (fried)	1720	850	95g	48g	2.5g	405mg	3190mg	121g	11g	15g	111g	50%	4%	90%	30%
Buffalo Chicken Sub (fried)	1060	530	59g	32g	2.5g	210mg	2120mg	74g	2g	5g	59g	50%	15%	60%	25%
Caesar Side Salad with dressing	380	320	35g	6g	0g	60mg	640mg	14g	1g	< 1g	8g	100%	4%	15%	2%
Cajun Chicken Breast Sandwich	420	50	6g	1.5g	0g	95mg	830mg	46g	< 1g	2g	43g	8%	8%	6%	25%
Cajun Chicken Salad full size without dressing	460	140	16g	7g	0g	180mg	590mg	12g	4g	5g	66g	230%	25%	30%	20%
Celery and Blue Cheese	350	320	37g	7g	0g	40mg	400mg	3g	1g	1g	2g	10%	4%	6%	2%
Celery and Ranch	120	80	9g	2g	0g	15mg	500mg	6g	1g	3g	2g	8%	4%	6%	0%
Cheese Only Pizza	730	270	30g	13g	0g	80mg	1900mg	104g	12g	17g	27g	20%	8%	70%	35%
Cheese Pizza (Base)	710	250	28g	12g	0g	75mg	1940mg	104g	12g	17g	26g	20%	8%	80%	30%
Cheesy Bacon Fries (fried)	620	360	41g	12g	1.5g	45mg	1040mg	54g	8g	0g	16g	2%	25%	4%	0%
Cheesy Bacon Tots (fried)	900	550	62g	19g	1.5g	45mg	2390mg	79g	9g	0g	18g	2%	30%	4%	0%
Cheesy Bacon Wedges (fried)	530	300	33g	11g	0.5g	45mg	1890mg	49g	5g	0g	13g	2%	45%	4%	10%
Cheesy Garlic Bread	630	290	32g	11g	4g	50mg	1380mg	64g	< 1g	3g	23g	30%	2%	50%	20%
Chef's Salad full size without dressing	460	230	25g	11g	0g	305mg	1930mg	13g	4g	8g	45g	230%	20%	25%	20%
Chef's Salad half size without dressing	230	110	13g	6g	0g	150mg	970mg	8g	2g	5g	23g	120%	15%	15%	10%
Chicken Bacon Ranch Sub	930	410	46g	15g	2.5g	160mg	2080mg	68g	< 1g	5g	59g	30%	10%	50%	30%
Chicken Burrito	740	270	30g	13g	0g	120mg	1900mg	69g	6g	8g	48g	35%	25%	40%	30%
Chicken Caesar Salad-full with lightly seasoned chicken, with dressing	890	550	61g	12g	0g	245mg	1300mg	21g	2g	1g	69g	200%	8%	30%	15%
Chicken Caesar Salad-half with lightly seasoned chicken, with dressing	480	330	37g	7g	0g	110mg	740mg	14g	1g	< 1g	26g	100%	4%	15%	6%
Cinnamon poppers (fried)	580	270	30g	12g	0g	5mg	380mg	79g	4g	43g	8g	8%	8%	8%	15%
Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Curly Fries (fried)	430	230	26g	6g	1.5g	0mg	95mg	50g	8g	0g	8g	0%	25%	0%	0%
Dressing-Award Winning Red Rooster Dressing 2 oz	200	150	16g	4g	0g	0mg	125mg	15g	0g	14g	0g	0%	2%	0%	2%
Dressing-Award Winning Red Rooster Dressing 3 oz	310	220	25g	6g	0g	0mg	190mg	22g	0g	22g	0g	2%	2%	2%	2%
Dressing-Balsamic Vinaigrette 2 oz	210	190	205g	3g	0g	0mg	480mg	4g	0g	4g	0g	0%	0%	0%	0%
Dressing-Balsamic Vinaigrette 3 oz	310	290	307g	4.5g	0g	0mg	710mg	6g	0g	6g	0g	0%	0%	0%	0%
Dressing-Blue Cheese 2 oz	340	310	36g	7g	0g	40mg	340mg	< 1g	0g	0g	2g	2%	0%	4%	0%
Dressing-Blue Cheese 3 oz	510	470	55g	11g	0.5g	60mg	510mg	1g	0g	0g	2g	2%	0%	4%	0%
Dressing-Caesar 2 oz	280	260	29g	4.5g	0g	50mg	330mg	2g	0g	0g	2g	0%	0%	0%	0%
Dressing-Caesar 3 oz	410	400	44g	6g	0g	80mg	490mg	3g	0g	0g	3g	0%	0%	0%	0%
Dressing-Fat Free Honey Mustard 2 oz	100	0	0g	0g	0g	0mg	460mg	24g	0g	20g	0g	0%	0%	0%	2%
Dressing-Fat Free Honey Mustard 3 oz	150	5	0.5g	0g	0g	0mg	690mg	36g	0g	30g	0g	0%	0%	0%	4%
Dressing-Garlic Italian 2 oz	330	320	36g	6g	0g	< 5mg	430mg	1g	0g	< 1g	1g	2%	4%	4%	2%
Dressing-Garlic Italian 3 oz	410	400	44g	7g	0g	< 5mg	540mg	2g	0g	< 1g	2g	2%	4%	4%	2%
Dressing-Golden Italian 2 oz	200	190	22g	3.5g	0g	0mg	570mg	3g	0g	3g	0g	10%	4%	0%	0%
Dressing-Golden Italian 3 oz	300	290	32g	5g	0.5g	0mg	850mg	5g	0g	5g	0g	15%	4%	0%	0%
Dressing-Honey Mustard 2 oz	250	180	20g	3.5g	0g	20mg	290mg	16g	0g	14g	0g	0%	0%	0%	0%
Dressing-Honey Mustard 3 oz	380	270	30g	5g	0g	25mg	430mg	24g	0g	22g	0g	0%	0%	0%	0%
Dressing-Olive Oil 2 oz	400	400	45g	6g	**	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	2%

Information coming soon!

Recipe Name	Calories	From Fat	Fat	Fat	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	A	C	Calcium	Iron
Dressing-Ranch 2 oz	100	80	9g	2g	0g	15mg	430mg	3g	0g	2g	1g	2%	0%	4%	0%
Dressing-Ranch 3 oz	160	120	14g	3g	0g	20mg	650mg	5g	0g	2g	2g	2%	0%	6%	0%
Dressing-Red Wine Vinegar	10	0	0g	0g	0g	**	0mg	0g	0g	0g	0g	0%	0%	0%	2%
Dressing-Rooster's Spicy Ranch 2 oz	130	100	12g	4g	0g	20mg	560mg	4g	0g	1g	1g	8%	0%	4%	0%
Dressing-Rooster's Spicy Ranch 3 oz	190	160	18g	6g	0g	30mg	840mg	5g	0g	2g	2g	10%	0%	4%	0%
Dumpster Chips	810	580	65g	21g	1.5g	95mg	3130mg	47g	3g	5g	21g	20%	30%	35%	2%
Dumpster Fries (fried)	870	540	61g	20g	2g	95mg	2020mg	61g	8g	3g	27g	20%	40%	35%	2%
Dumpster Tots (fried)	1160	740	82g	27g	2.5g	95mg	3360mg	85g	10g	3g	28g	20%	45%	35%	2%
Dumpster Wedges (fried)	790	480	54g	19g	1.5g	95mg	2870mg	56g	5g	3g	24g	20%	60%	35%	10%
Fish Sandwich (fried)	960	410	45g	9g	0.5g	75mg	2480mg	102g	3g	13g	39g	8%	10%	8%	25%
Freshly Fried Potato Chips	370	270	30g	7g	1g	0mg	1290mg	35g	2g	2g	2g	0%	15%	0%	0%
Fried Chicken Salad full size without dressing	700	360	40g	19g	2.5g	185mg	720mg	24g	4g	7g	65g	230%	25%	25%	10%
Fried Chicken Salad half size without dressing	270	130	15g	7g	1g	65mg	280mg	12g	3g	4g	24g	120%	15%	15%	6%
Fried Chicken Sandwich (fried)	520	150	17g	7g	1.5g	85mg	760mg	54g	< 1g	2g	39g	8%	10%	4%	15%
Fried Mushrooms (fried)	650	340	38g	14g	2.5g	15mg	2220mg	83g	4g	2g	15g	2%	0%	4%	0%
Fried Pickles (fried)	560	500	56g	22g	2.5g	15mg	1480mg	28g	4g	2g	3g	2%	0%	10%	4%
Fried Shrimp (fried)	630	380	42g	17g	0g	205mg	1960mg	35g	1g	1g	25g	50%	10%	10%	15%
Full Caesar Salad	590	490	54g	10g	0g	95mg	1020mg	21g	2g	1g	14g	200%	8%	25%	6%
Full Garden Salad	230	100	11g	4.5g	0g	25mg	460mg	25g	4g	5g	12g	230%	20%	25%	10%
Grilled Cajun Chicken Fingers-full	390	80	9g	2.5g	0g	200mg	500mg	0g	0g	0g	74g	2%	0%	4%	15%
Grilled Cajun Chicken Fingers-half	200	40	4.5g	1g	0g	100mg	250mg	0g	0g	0g	37g	0%	0%	2%	6%
Grilled Chicken Breast Sandwich	420	50	6g	1.5g	0g	95mg	720mg	46g	< 1g	2g	43g	8%	10%	6%	25%
Grilled Chicken Fingers-full	400	90	9g	2.5g	0g	200mg	330mg	0g	0g	0g	74g	2%	0%	4%	15%
Grilled Chicken Fingers-half	200	45	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g	0%	0%	2%	6%
Grilled Chicken Salad Marinated Full	490	180	20g	7g	0g	180mg	690mg	10g	4g	5g	65g	230%	20%	25%	20%
Grilled Chicken Salad Marinated- Half	240	110	12g	5g	0g	75mg	340mg	7g	2g	3g	26g	120%	15%	20%	10%
Grilled Chicken Salad-full size without dressing	440	130	15g	6g	0g	180mg	320mg	10g	4g	5g	64g	230%	20%	25%	20%
Grilled Chicken Salad-half size without dressing	170	60	6g	3g	0g	65mg	140mg	6g	2g	3g	23g	110%	15%	15%	10%
Grilled Marinated Chicken Fingers-full	470	150	16g	3.5g	0g	205mg	690mg	0g	0g	0g	75g	2%	0%	4%	15%
Grilled Marinated Chicken Fingers-half	230	70	8g	2g	0g	100mg	350mg	0g	0g	0g	38g	0%	0%	2%	8%
Half Garden Salad without dressing	140	60	6g	2g	0g	15mg	270mg	16g	2g	3g	7g	110%	15%	10%	6%
Ham and Swiss Sub	620	180	21g	10g	0g	105mg	2140mg	64g	< 1g	6g	42g	20%	10%	45%	25%
Hand Breaded Fried Chicken Fingers-Full	710	360	40g	18g	2.5g	205mg	680mg	16g	0g	2g	73g	0%	0%	0%	0%
Hand Breaded Fried Chicken Fingers-Half	350	180	20g	9g	1.5g	105mg	340mg	8g	0g	< 1g	36g	0%	0%	0%	0%
Hot Tea	0	0	0g	0g	0g	0mg	5mg	0g	0g	0g	0g	0%	0%	0%	0%
Iced Tea	0	0	0g	0g	0g	0mg	20mg	0g	0g	0g	0g	0%	0%	2%	0%
Italian Sub	930	500	55g	19g	2g	125mg	2960mg	70g	1g	8g	40g	35%	25%	50%	25%
Kids 9 inch cheese pizza	730	270	30g	13g	0g	80mg	1900mg	104g	12g	17g	27g	20%	8%	70%	35%
Kids Applesauce	70	0	0g	0g	0g	0mg	5mg	16g	1g	13g	0g	0%	0%	0%	0%
Kids Boneless Fried Chicken Wings (3)	210	140	15g	6g	3g	90mg	90mg	0g	0g	0g	21g	0%	0%	0%	0%
Kids Cheeseburger	400	160	17g	7g	0g	60mg	670mg	35g	1g	4g	23g	4%	4%	15%	20%
Kids Curly Fries (fried)	220	120	13g	3.5g	0.5g	0mg	50mg	25g	4g	0g	4g	0%	10%	0%	0%
Kids Grilled Cheese	330	150	17g	10g	0g	35mg	1010mg	29g	< 1g	2g	12g	10%	0%	30%	10%
Kids Hamburger	340	120	13g	4g	0g	50mg	500mg	35g	1g	4g	21g	0%	4%	10%	20%
Kids Mac and Cheese Bites (fried)	240	120	14g	4.5g	0g	10mg	660mg	25g	2g	3g	6g	2%	0%	10%	6%
Kids Mandarin Oranges	45	0	0g	0g	**	0mg	5mg	12g	< 1g	11g	< 1g	20%	70%	2%	2%
Kids Mini Corn Dogs (fried)	290	210	23g	8g	1g	35mg	490mg	22g	1g	7g	7g	0%	0%	2%	4%
Kids Potato Wedges (fried)	170	80	9g	2.5g	0g	0mg	470mg	22g	2g	0g	2g	0%	25%	0%	4%
Kids Salad	80	35	4g	1.5g	0g	10mg	180mg	9g	< 1g	< 1g	4g	60%	4%	8%	2%
Kids Tater Tots (fried)	360	210	24g	7g	1g	0mg	720mg	37g	5g	0g	5g	0%	15%	0%	0%

Recipe Name	Calories	From Fat	Fat	Fat	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	A	C	Calcium	Iron
Little Extra for Salad-CROUTONS	80	20	2.5g	0g	0g	0mg	220mg	13g	0g	0g	2g	0%	0%	0%	0%
Little Extra For Salads-Bacon Bits	150	100	11g	5g	0g	60mg	800mg	0g	0g	0g	13g	0%	0%	0%	0%
Little Extra for Salads-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	6%	0%	20%	0%
Little Extra For Salads-Egg	80	50	6g	2g	0g	230mg	75mg	< 1g	0g	< 1g	7g	6%	0%	2%	4%
Little Extra for Salads-Fresh Mushrooms	5	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	< 1g	0%	0%	0%	0%
Little Extra For Salads-Grilled Chicken Tenders	200	40	4.5g	1g	0g	100mg	160mg	0g	0g	0g	37g	0%	0%	2%	6%
Little Extra For Salads-Side of Garlic Bread	200	60	7g	1g	1.5g	0mg	380mg	30g	0g	1g	5g	8%	0%	2%	10%
Mac and Cheese Bites (fried)	640	370	41g	19g	0.5g	75mg	1360mg	52g	4g	10g	15g	15%	0%	25%	10%
Marinated Chicken Breast Sandwich	470	100	11g	2.5g	0g	95mg	940mg	46g	< 1g	3g	44g	10%	10%	8%	25%
Meat Lovers Pizza	1240	620	69g	29g	0g	255mg	4700mg	107g	13g	18g	65g	20%	10%	80%	40%
Milk	150	70	8g	4.5g	**	25mg	105mg	12g	0g	12g	8g	8%	0%	30%	0%
Mini Corn Dogs (fried)	620	440	48g	16g	1.5g	65mg	1660mg	47g	5g	14g	15g	2%	0%	8%	15%
Mozzarella Sticks (fried)	590	290	33g	15g	0.5g	60mg	1940mg	57g	7g	14g	25g	4%	4%	60%	2%
Nachos (fried)	640	360	40g	17g	2.5g	15mg	960mg	75g	8g	< 1g	11g	4%	8%	15%	8%
Nachos Deluxe (fried)	1080	570	64g	30g	2.5g	95mg	2620mg	112g	17g	15g	28g	60%	50%	45%	25%
Nachos Deluxe with Chicken (fried)	1220	600	67g	31g	2.5g	165mg	2810mg	112g	17g	15g	54g	60%	50%	45%	30%
Orange Juice	120	0	0g	0g	**	0mg	0mg	29g	< 1g	**	2g	2%	140%	2%	2%
Parmesan Chicken Sandwich-Fried	650	250	28g	13g	1.5g	120mg	1270mg	55g	< 1g	3g	49g	10%	4%	40%	15%
Parmesan Chicken Sandwich-Grilled	550	150	17g	8g	0g	130mg	1070mg	47g	< 1g	3g	53g	10%	4%	40%	25%
Pizza Topping- Grilled Chicken	140	30	3g	1g	0g	70mg	210mg	0g	0g	0g	26g	0%	0%	2%	4%
Pizza Topping-Cheddar	220	170	18g	10g	1g	60mg	360mg	2g	0g	0g	14g	10%	0%	40%	2%
Pizza Topping-Diced Onion	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Pizza Topping-Diced Tomato	0	0	0g	0g	**	0mg	0mg	< 1g	0g	< 1g	0g	4%	6%	0%	0%
Pizza Topping-Fresh Mushrooms	10	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	1g	0%	2%	0%	2%
Pizza Topping-Green Pepper	5	0	0g	0g	**	0mg	0mg	2g	< 1g	< 1g	0g	2%	45%	0%	0%
Pizza Topping-Ham	30	10	1g	0g	0g	15mg	270mg	< 1g	0g	< 1g	4g	0%	0%	0%	0%
Pizza Topping-Jalapeno	10	0	0g	0g	0g	0mg	450mg	2g	2g	0g	0g	0%	20%	4%	0%
Pizza Topping-Mozzarella/Provolone	180	130	14g	8g	0g	50mg	450mg	2g	0g	0g	12g	8%	0%	45%	0%
Pizza Topping-Pepperoni	230	200	22g	8g	0g	50mg	830mg	0g	0g	0g	8g	0%	6%	0%	4%
Pizza Topping-Sausage	100	70	8g	2.5g	0g	20mg	420mg	2g	1g	0g	5g	0%	0%	2%	4%
Pizza Toppings-Bacon	110	70	8g	3.5g	0g	45mg	570mg	0g	0g	0g	9g	0%	0%	0%	0%
Pizza Toppings-Banana Pepper	5	0	0g	0g	0g	0mg	350mg	1g	0g	0g	0g	0%	0%	0%	0%
Potato Skins (fried)	1050	680	75g	42g	2g	240mg	1780mg	52g	5g	3g	49g	35%	0%	100%	15%
Quarter Pound Burger	350	120	13g	4.5g	0g	50mg	550mg	36g	2g	5g	21g	6%	10%	10%	20%
Quesadilla with chicken	820	410	46g	20g	0g	155mg	2090mg	57g	3g	6g	62g	45%	20%	90%	30%
Quesadilla without chicken	680	380	43g	19g	0g	80mg	1780mg	57g	3g	6g	35g	45%	20%	90%	25%
Red Rooster Salad-full size without dressing	230	130	15g	6g	0g	220mg	770mg	10g	4g	5g	19g	230%	20%	8%	15%
Red Rooster Salad-half size without dressing	120	70	7g	3g	0g	110mg	390mg	6g	2g	3g	10g	110%	15%	4%	8%
Red, Bacon, Blue Salad-full size without dressing	290	170	19g	10g	0g	80mg	1080mg	11g	4g	5g	21g	230%	20%	25%	10%
Red, Bacon, Blue Salad-half size without dressing	150	90	10g	5g	0g	40mg	540mg	6g	2g	3g	10g	110%	10%	10%	6%
Rooster's Chicken Wrap-Fried	830	370	42g	17g	2g	130mg	1640mg	68g	4g	7g	47g	30%	15%	35%	25%
Rooster's Chicken Wrap-Grilled	720	270	31g	12g	0g	140mg	1590mg	60g	4g	7g	51g	30%	15%	35%	30%
Rooster's Club Sub	740	250	28g	12g	0g	135mg	2520mg	65g	< 1g	6g	52g	20%	10%	50%	25%
Rooster's Homemade Chili-Bowl	210	40	4.5g	1.5g	0g	20mg	950mg	29g	8g	7g	16g	20%	35%	25%	15%
Rooster's Homemade Chili-Cup	140	25	2.5g	1g	0g	15mg	600mg	19g	5g	4g	10g	15%	25%	15%	10%
Rooster's Nest (fried)	1390	860	95g	35g	12g	360mg	1690mg	57g	8g	2g	90g	15%	40%	15%	2%
Rooster's Noodle Soup-Bowl	240	120	13g	3g	0g	15mg	1550mg	21g	0g	0g	9g	20%	0%	0%	6%
Rooster's Noodle Soup-Cup	140	70	8g	1.5g	0g	10mg	880mg	12g	0g	0g	5g	10%	0%	0%	4%
Roosters Onion Feathers (fried)	780	490	56g	10g	0g	30mg	1360mg	65g	2g	2g	6g	4%	8%	4%	8%
Sandwich Topper-American Cheese	110	80	9g	6g	0g	25mg	350mg	< 1g	0g	0g	5g	8%	0%	15%	0%

Recipe Name	Calories	From Fat	Fat	Fat	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	A	C	Calcium	Iron
Sandwich Topper-Bacon	70	45	5g	1.5g	0g	15mg	240mg	0g	0g	0g	5g	0%	0%	0%	0%
Sandwich Topper-Banana Peppers	0	0	0g	0g	0g	0mg	250mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Blue Cheese Crumble	120	90	10g	6g	**	25mg	390mg	< 1g	0g	0g	7g	4%	0%	20%	0%
Sandwich Topper-Cheddar Cheese	110	80	9g	5g	0g	30mg	180mg	< 1g	0g	0g	7g	6%	0%	20%	0%
Sandwich Topper-Jalapenos	5	0	0g	0g	0g	0mg	490mg	1g	0g	1g	0g	2%	15%	0%	0%
Sandwich Topper-Lettuce	0	0	0g	0g	**	0mg	0mg	< 1g	0g	0g	0g	2%	2%	0%	0%
Sandwich Topper-Mayonnaise	160	150	17g	3g	0g	20mg	105mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Mozarella/Provolone Blend	90	60	7g	4g	0g	25mg	220mg	< 1g	0g	0g	6g	4%	0%	20%	0%
Sandwich Topper-Mustard	0	0	0g	0g	0g	0mg	290mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Pepperjack Cheese	160	110	12g	8g	0g	50mg	260mg	2g	0g	0g	10g	8%	0%	30%	0%
Sandwich Topper-Pickle Chips	0	0	0g	0g	0g	0mg	100mg	0g	0g	0g	0g	0%	0%	0%	0%
Sandwich Topper-Red Onion	10	0	0g	0g	**	0mg	0mg	2g	0g	< 1g	0g	0%	2%	0%	0%
Sandwich Topper-Sautéed Mushrooms	35	25	3g	0.5g	0.5g	0mg	35mg	2g	< 1g	1g	2g	4%	2%	0%	2%
Sandwich Topper-Swiss Cheese	160	110	12g	8g	0g	40mg	90mg	0g	0g	0g	12g	8%	0%	40%	0%
Sandwich Topper-Tomato	5	0	0g	0g	**	0mg	0mg	1g	0g	< 1g	0g	6%	8%	0%	0%
Saucy Suggestions-Dumpster Dressing 2oz	100	80	9g	2g	0g	15mg	500mg	3g	0g	2g	1g	2%	0%	4%	0%
Saucy Suggestions-Feather Sauce 2 oz	180	150	17g	3g	0g	15mg	320mg	7g	0g	4g	0g	0%	2%	0%	0%
Saucy Suggestions-Nacho Cheese 3 oz	110	80	9g	3g	0g	10mg	540mg	4g	0g	0g	2g	2%	0%	4%	0%
Saucy Suggestions-Rooster's Spicy Ranch Dressing 2 oz	130	100	12g	4g	0g	20mg	560mg	4g	0g	1g	1g	8%	0%	4%	0%
Saucy Suggestions-Rooster's Spicy Ranch Dressing 3 oz	190	160	18g	6g	0g	30mg	840mg	5g	0g	2g	2g	10%	0%	4%	0%
Saucy Suggestions-Salsa	30	0	0g	0g	**	0mg	680mg	7g	2g	4g	1g	10%	4%	2%	2%
Saucy Suggestions-Sour Cream	180	130	15g	11g	0g	60mg	45mg	3g	0g	3g	3g	10%	0%	6%	0%
Soft Baked Pretzel	490	100	12g	3g	0g	10mg	1290mg	78g	2g	2g	12g	2%	0%	4%	20%
Sweet Iced Tea	180	0	0g	0g	0g	0mg	20mg	47g	0g	47g	0g	0%	0%	2%	0%
Tater Tots (fried)	720	420	47g	13g	1.5g	0mg	1440mg	74g	9g	0g	9g	0%	30%	0%	0%
The Wedge Salad-full size without dressing	150	90	10g	5g	0g	40mg	540mg	6g	2g	4g	10g	20%	10%	10%	4%
The Works Pizza	960	430	48g	20g	0g	125mg	3030mg	112g	14g	20g	37g	20%	60%	80%	40%
Traditional Wings-10 (fried)	800	320	35g	15g	0g	300mg	700mg	20g	0g	0g	100g	0%	0%	0%	0%
Traditional Wings-20 (fried)	1600	630	70g	30g	0g	600mg	1400mg	40g	0g	0g	200g	0%	0%	0%	0%
Traditional Wings-5 (fried)	400	160	18g	7g	0g	150mg	350mg	10g	0g	0g	50g	0%	0%	0%	0%
Traditional Wings-50 (fried)	4000	1580	175g	75g	0g	1500mg	3500mg	100g	0g	0g	500g	0%	0%	0%	0%
Turkey and Cheese Sub	620	160	17g	8g	0g	110mg	1880mg	65g	< 1g	6g	45g	20%	10%	50%	25%
Turkey Burger	440	110	13g	3.5g	0g	95mg	570mg	46g	3g	6g	36g	10%	15%	15%	25%
Veggie Burger	370	90	9g	1.5g	0g	0mg	1040mg	51g	5g	7g	22g	6%	10%	15%	20%
Veggie Lovers Pizza	750	250	29g	12g	0g	75mg	2190mg	111g	14g	20g	29g	25%	60%	80%	35%
Veggie Sub	700	330	37g	12g	2g	50mg	1680mg	71g	2g	8g	24g	35%	50%	50%	25%
White Pizza	840	400	45g	15g	4g	75mg	1810mg	104g	11g	15g	27g	35%	8%	70%	30%
Wing Sauce-Carolina Gold 2 oz	110	0	0g	0g	0g	0mg	680mg	25g	0g	22g	0g	4%	0%	0%	0%
Wing Sauce-Carolina Gold 3 oz	160	0	0g	0g	0g	0mg	1020mg	38g	0g	32g	0g	6%	0%	0%	0%
Wing Sauce-Donkey 2 oz	20	5	0.5g	0g	0g	0mg	1560mg	4g	1g	2g	< 1g	30%	4%	2%	2%
Wing Sauce-Donkey 3 oz	25	10	1g	0g	0g	0mg	2340mg	5g	2g	2g	< 1g	45%	6%	2%	4%
Wing Sauce-Garlic 2 oz	190	170	20g	12g	1g	55mg	740mg	2g	0g	2g	0g	25%	0%	0%	0%
Wing Sauce-Garlic 3 oz	280	260	30g	19g	1g	80mg	1110mg	2g	0g	2g	0g	35%	0%	0%	0%
Wing Sauce-Honey BBQ 2 oz	100	0	0g	0g	0g	0mg	610mg	24g	3g	19g	1g	6%	2%	0%	0%
Wing Sauce-Honey BBQ 3 oz	150	0	0g	0g	0g	0mg	920mg	36g	4g	28g	2g	10%	2%	0%	0%
Wing Sauce-Hot 2 oz	170	160	18g	11g	0g	45mg	860mg	2g	0g	0g	0g	35%	4%	0%	0%
Wing Sauce-Hot 3 oz	260	230	26g	16g	0g	65mg	1270mg	3g	0g	0g	0g	50%	6%	0%	0%
Wing Sauce-Korean BBQ 2 oz	170	10	1g	0g	0g	0mg	2030mg	38g	0g	31g	6g	4%	2%	0%	0%
Wing Sauce-Korean BBQ 3 oz	260	15	1.5g	0g	0g	0mg	3040mg	58g	0g	47g	10g	6%	2%	0%	0%
Wing Sauce-Medium 2 oz	220	220	24g	15g	1g	65mg	570mg	2g	0g	< 1g	0g	30%	2%	0%	0%

Recipe Name	Calories	From Fat	Fat	Fat	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	A	C	Calcium	Iron
Wing Sauce-Medium 3 oz	330	320	36g	23g	1.5g	95mg	850mg	3g	< 1g	1g	< 1g	45%	2%	2%	2%
Wing Sauce-Mild 2 oz	220	220	25g	15g	1g	65mg	570mg	2g	0g	2g	0g	25%	0%	0%	0%
Wing Sauce-Mild 3 oz	330	330	38g	23g	1.5g	100mg	870mg	3g	0g	3g	0g	40%	0%	0%	0%
Wing Sauce-Nu Killer 2oz	30	10	1.5g	0g	0g	0mg	1490mg	6g	2g	3g	< 1g	40%	6%	2%	4%
Wing Sauce-Nu Killer 3 oz	50	15	2g	0g	0g	0mg	2230mg	9g	2g	5g	< 1g	60%	8%	2%	4%
Wing Sauce-Sweet Thai Chili 2 oz	130	0	0g	0g	0g	0mg	1150mg	30g	0g	24g	< 1g	4%	10%	0%	2%
Wing Sauce-Sweet Thai Chili 3 oz	200	0	0g	0g	0g	0mg	1780mg	46g	0g	38g	1g	6%	20%	0%	2%
Wing Sauce-Teriyaki 2 oz	120	10	1.5g	0g	0g	0mg	85mg	25g	0g	21g	2g	0%	0%	0%	0%
Wing Sauce-Teriyaki 3 oz	190	20	2.5g	0g	0g	0mg	130mg	37g	0g	32g	3g	0%	0%	0%	0%
Zesty Potato Wedges (fried)	350	170	18g	5g	0.5g	0mg	950mg	45g	5g	0g	5g	0%	45%	0%	10%