



THE DISTILLERY MENU NUTRITIONAL INFORMATION

APPETIZERS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Still's Sampler (serves 4)	1 Serving	520	28	10	1203	16	17	2
Blackened Shrimp	1 Order	814	50	10	2099	60	36	6
Crab Cake	1 Order	488	29	5	963	25	10	4
Crispy Calamari	1 Order	601	34	10	2102	55	22	2
Buffalo Calamari	1 Order	1178	46	36	6151	56	31	3
Crispy Green Bean Fries	1 Order	596	41	7	1255	5	7	5
Chicken Pot Stickers	1 Order	416	23	7	1143	4	20	4
Loaded Fries (serves 2)	1 Serving	1220	47	32	1887	28	30	1
Trio Dips & Chips	1 Order	900	55	8	2555	92	13	17
Baby Back Ribs Appetizer w/ Fries	1 Order	937	43	10	945	27	57	1
Cheese Quesadilla	1 Order	1223	79	47	2735	12	56	2
Mozzarella Sticks	1 Order	360	15	9	1262	36	24	0
Loaded Potato Skins (serves 2)	1 Serving	480	20	16	465	22	16	2
Double Sweet Potato Fries	1 Order	608	24	0	566	94	8	12
Onion Rings	1 Order	1846	122	41	1701	172	23	5
Ultimate Nachos (chili)(serves 2)	1 Serving	919	64	26	2136	60	36	9
ROC Loaded Fries (serves 2)	1 Serving	1159	80	31	2070	28	36	2
Chicken Fingers	1 Order	904	17	9	1284	35	45	0
Spinach & Artichoke Dip	1 Order	1259	81	24	2430	105	32	12

WINGS AND THINGS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Chicken Wings	1 Each	201	8	4	540	1	10	N/A
Boneless Buffalo Wings	1/2 LB	725	47	19	2581	35	39	2
Buffalo Wing Dip (serves 2)	1 Serving	665	55	21	1256	32	20	4

SOUPS AND SALADS	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
French Onion Soup	1 Order	484	34	20	2044	16	29	2
Chili	1 Bowl	230	7	2	680	23	20	7
House Salad (No Dressing)	1 Order	86	1	0	110	16	3	3
Steakhouse Salad w/ Bleu Cheese Dressir	1 Order	997	80	27	1828	25	48	6
Steakhouse Salad Sub Ahi Tuna	1 Order	868	67	21	1790	24	47	5
Steakhouse Salad Sub Salmon	1 Order	912	74	22	1813	24	43	5
Grilled Chicken Caesar Salad	1 Order	804	57	13	1331	23	48	4
Caesar Salad w/ Ahi Tuna	1 Order	633	44	9	1001	22	37	4
Caesar Salad w/ Salmon	1 Order	677	51	10	1024	22	33	4
Grilled Chicken Greek Salad w/ House Dre	1 Order	971	79	18	1732	23	47	8
Greek Salad w/ Ahi Tuna	1 Order	854	69	16	1572	23	40	7
Greek Salad w/ Salmon	1 Order	899	76	18	1595	23	36	7
Blackened Chicken Salad w/ Ranch Dressi	1 Order	1099	91	24	1790	22	52	6
Crispy Chicken Salad w/ Bleu Cheese Dre:	1 Order	588	43	9	859	16	36	4
Chicken Cobb Salad w/ Balsamic Vinaigret	1 Order	1248	66	37	2477	28	63	5
Side Caesar Salad	1 Order	351	30	6	736	14	8	2
Side Greek Salad w/ House Dressing	1 Order	431	41	9	866	13	7	4

HOT OFF THE GRILL without sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Top Sirloin Steak	9 oz	513	34	13	145	0	49	0
NY Strip Steak	12 oz	738	51	20	180	0	65	0
Half Rack Baby Back Ribs	1 ea	565	17	6	755	23	64	2
Seared Sesame Ahi Tuna	1 ea	575	34	6	152	8	58	3
Blackened Longfin Tilapia	1 ea	292	13	2	504	4	35	1
Chicken Fajitas (2)	2 ea	1061	40	16	1291	122	51	9
Grilled Jail Island Salmon	1 ea	501	34	6	195	1	45	0
Baha-Style Fish Tacos (2)	2 ea	844	31	16	1852	13	61	4
California Chicken Grill	1 ea	593	41	19	793	4	49	1
Chicken Spiedie Sewer Only	1 ea	538	42	7	557	5	34	1
Chicken Spiedie w/ Flatbread	1 ea	860	48	11	1263	50	46	5

Pasta	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Spicy Chicken Pasta	1 Order	1518	51	40	6050	75	63	3
Blackened Chicken Alfredo	1 Order	1248	72	22	2635	87	60	3
Herb Chicken Broccoli	1 Order	1765	67	19	1459	175	112	5
Chicken Parmigiana	1 Order	813	27	9	2143	67	51	1

Pizza	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Mediterranean Chicken Pizza	1 Order	1289	63	25	2841	86	68	8
Chicken Alfredo Pizza	1 Order	1343	76	28	2190	91	62	11
Vegetarian Pizza	1 Order	904	40	15	1361	85	34	6
Cheese Pizza	1 Order	724	23	14	1317	75	34	4
Buffalo Chicken Pizza	1 Order	1451	93	46	3300	83	53	6
Pepperoni Pizza	1 Order	829	32	17	1750	76	38	4

Burgers - No Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Still's Burger	1 ea	1255	63	36	3367	57	62	5
Philly Cheeseburger	1 ea	872	50	19	943	56	52	4
California Burger	1 ea	982	60	24	1108	57	57	4
Guacamole & Bacon Cheeseburger	1 ea	948	57	21	1075	57	56	5
S.O.B. Burger	1 ea	952	54	21	826	63	57	5
Hamburger	1 ea	791	44	15	720	54	48	4
Rochester Original Hamburger	1 ea	1242	45	21	1103	55	49	2
Bleu Bayou Burger	1 ea	1249	86	29	2343	64	62	6
Bacon & Cheddar Burger	1 ea	927	56	22	925	55	55	4
Grilled Turkey Burger	1 ea	500	24	4	955	64	40	5
Veggie Burger	1 ea	167	3	1	310	31	6	3

Hand Crafted Sandwiches - No Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
French Dip	1 ea	861	52	20	829	62	51	17
BBQ Pulled Pork Sandwich	1 ea	679	24	6	1587	71	51	4
Buffalo Chicken Sandwich	1 ea	713	46	20	2487	50	33	4
UnClassic Turkey Club	1 ea	588	26	13	2197	41	47	4
Chicken In the Grass	1 ea	461	20	7	842	29	33	4
Steak In the Grass	1 ea	628	40	7	811	29	30	4
Blackened Mahi-Mahi	1 ea	544	24	4	872	36	41	5
Grilled Salmon on Flatbread	1 ea	648	36	9	855	48	35	5
Cajun Chicken Breast Sandwich	1 ea	691	52	12	1338	59	51	5
Reuben	1 ea	1036	67	29	1842	65	43	8
Turkey Reuben	1 ea	983	56	25	3414	67	52	8
Crab Cake Sandwich	1 ea	604	28	5	1667	50	7	7
Beef 'N Bacon Club	1 ea	617	34	13	974	43	34	4
Chicken 'N Bacon Club	1 ea	546	27	8	1010	43	34	4
Wasabi Roast Beef	1 ea	646	42	15	1382	30	35	3
Philly Cheesesteak	1 ea	781	32	17	1330	41	51	4

Flatbread Sandwiches - No Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Turkey Guacamole	1 ea	377	7	1	2010	45	33	6
Caesar's Chicken	1 ea	775	47	10	1309	43	35	3
Grilled Chicken Pesto	1 ea	1042	64	16	1363	76	50	21
Chicen Gyros	1 ea	527	19	7	981	43	34	3
Turkey Bacon	1 ea	466	17	3	2044	46	33	4
Chicken Philly	1 ea	482	17	5	453	48	34	6
Grilled Veggie	1 ea	399	10	6	696	51	18	5
Grilled Buffalo Chicken	1 ea	932	50	26	3868	40	36	4

Desserts	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Jack Daniels Chocolate Pecan Pie	1 ea	670	45	19	220	62	7	3
Hot Fudge Brownie	1 ea	619	32	17	336	79	7	2
Chocolate Peanut Butter Pie	1 ea	320	25	8	125	21	4	2
Chocolate Lava Cake	1 ea	560	33	19	470	63	7	5
Key Lime Pie	1 ea	560	35	12	130	52	7	1

Kids Stuff	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Cheese Pizza	1 Order	724	23	14	1317	75	34	4
Pasta with Red Sauce	1 Order	295	5	2	635	51	12	3
Kraft Mac & Cheese	1 Order	517	18	5	1155	70	18	3
Cheeseburger w/ Fries	1 Order	962	51	14	2373	82	30	4
Chicken Fingers w/ Fries	1 Order	746	38	8	964	23	36	0
Kids Single Scoop Hot Fudge	1 Order	273	14	10	128	34	4	1

Sides	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Baked Potato w/ Butter & Sour Cream	1 Order	752	58	36	516	53	8	5
Roasted Red Garlic Mashed Potatoes	1 Order	179	0	0	14	41	5	4
Seasoned French Fries	1 Order	542	30	5	842	23	7	0
Steamed Fresh Broccoli	1 Order	251	24	14	829	9	5	5
Sauteed Fresh Spinach	1 Order	253	6	6	1171	14	11	9
Rice	1 Order	231	8	4	214	38	4	3
Coleslaw	1 Order	305	19	4	955	31	2	4
Sweet Potato Fries	1 Order	304	12	0	283	47	4	6
Onion Rings	1 Order	923	61	20	850	86	11	2
Side Queso	1 Order	106	8	1	0	0	0	0
Side Pasta Marinara	1 Order	295	5	2	635	51	12	3

Due to nutritional variances in locally supplied ingredients, the handcrafted nature of our menu items, changes in