



## THE DISTILLERY MENU NUTRITIONAL INFORMATION

<b>STARTING LINE UP</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Still's Sampler (serves 4)	1 Serving	455	23	10	1051	21	11	2
Triple Play (serves 4)	1 Serving	466	16	9	1297	9	38	1
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	511	27	8	1733	49	17	2
Buffalo Calamari	1 Order	1020	37	33	5434	41	25	2
Crispy Green Bean Fries	1 Order	596	30	8	2243	8	7	5
Chicken Pot Stickers	1 Order	416	23	7	1143	4	20	4
Loaded Fries (serves 2)(w/Buffalo Ranch)	1 Serving	1318	70	35	2250	36	32	1
Duo Dips & Chips	1 Order	647	43	10	1576	66	10	6
Baby Back Ribs Appetizer w/ Fries	1 Order	1023	48	11	467	29	58	1
Cheese Quesadilla	1 Order	1223	79	47	2735	12	56	2
Mozzarella Sticks	1 Order	409	16	9	1495	44	24	1
Loaded Potato Skins (serves 2)	1 Serving	480	20	16	465	22	16	2
Ultimate Nachos (chili)(serves 2)	1 Serving	919	64	26	2136	60	36	9
Chicken Fingers	1 Order	1024	47	9	1012	47	52	0
Spinach & Artichoke Dip	1 Order	627	39	9	1205	58	16	6
Hummus	1 Order	526	27	4	709	56	15	11

<b>CHICKEN WINGS</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Chicken Wings	1 Each	160	5	3	387	0	15	0
Boneless Buffalo Wings	1 Each	98	2	1.8	550	0	5	0
Buffalo Wing Dip (serves 2)	1 Serving	665	45	21	1256	32	20	4

<b>SOUPS AND SALADS</b>	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	535	24	5	1211	55	28	11
House Salad (No Dressing)	1 Order	86	1	0	110	16	3	3
Steakhouse Salad w/ Bleu Cheese Dressing	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 Dressing	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 Dressing	1 Order	1099	91	24	1790	22	52	6
Buffalo Chicken Salad w/ Bleu Cheese	1 Order	1036	44	27	4236	16	36	4
Chicken Cobb Salad w/ Balsamic Vinaigrette	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
Blackened Mahi Salad w/ Ranch	1 Order	799	51	16	1966	29	52	4

<b>HOT OFF THE GRILL without sides</b>	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
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
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

<b>PASTA</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
Spicy Chicken Pasta	1 Order	1699	56	41	6475	74	89	3
Blackened Chicken Alfredo	1 Order	1410	78	23	3059	86	86	3
Chicken Parmigiana	1 Order	1056	34	11	3310	106	55	8
Chicken Pesto Alfredo	1 Order	2101	100	20	1608	200	100	17
Chicken Lo Mein	1 Order	1373	31	5	1558	215	61	13
Shrimp Lo Mein	1 Order	1267	23	3	1644	216	54	13
Veggie Lo Mein	1 Order	1176	21	3	1393	213	38	12

<b>PIZZA</b>	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
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	1703	50	44	3300	83	53	6
Pepperoni Pizza	1 Order	829	32	17	1750	76	38	4
Tomato and Basil Pizza	1 Order	1166	54	19	2274	107	45	10

<b>AWESOME BURGERS (no sides)</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
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
Hamburger	1 ea	791	44	15	720	54	48	4
ROC 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
Carolina BBQ Burger	1 ea	997	53	17	1216	62	62	4
Grilled Turkey Burger	1 ea	500	24	4	955	64	40	5
Veggie Burger	1 ea	384	8	2	919	49	21	7

<b>HAND CRAFTED SANDWICHES (no sides)</b>	Serving Size	Cal	Fat(g)	Sat Fat(g)	Sod(mg)	Carbs(g)	Prot(g)	Fiber(g)
BBQ Pulled Pork Sandwich	1 ea	679	24	6	1587	71	51	4
Buffalo Chicken Sandwich	1 ea	861	20	19	5011	50	33	4
UnClassic Turkey Club	1 ea	734	41	19	2197	41	47	4
Chicken In the Grass	1 ea	597	22	7	1135	55	38	4
Steak In the Grass	1 ea	894	57	20	1623	60	36	6
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	862	48	14	1788	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
Philly Cheesesteak	1 ea	731	38	17	897	59	37	5
Turkey Guacamole	1 ea	447	12	4	2548	46	41	6
Grilled Chicken Pesto	1 ea	1042	64	16	1363	76	50	21
Chicen Gyros	1 ea	527	19	7	981	43	34	3
Chicken Philly	1 ea	557	18	6	875	62	37	5
Grilled Veggie	1 ea	399	10	6	696	51	18	5
Grilled Buffalo Chicken	1 ea	1178	42	31	4568	55	39	5
Hummus Among Us	1 ea	461	19	5	763	62	20	17
Italian Steak Dip	1 ea	853	44	16	1057	75	46	12

<b>DESSERTS</b>	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

<b>KIDS STUFF</b>	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

<b>SIDES</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Sat Fat(g)</b>	<b>Sod(mg)</b>	<b>Carbs(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>
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	133	12	7	829	6	3	3
Sauteed Fresh Spinach	1 Order	105	9	1	678	4	3	2
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 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 recipes, ingredients and kitchen procedures, variations in these values may occur. Therefore, the nutritional values provided in this guide should be considered approximations. In addition, guests who have special food sensitivities or dietary needs should not rely solely on this information as the basis for deciding whether to consume a particular menu item. Nutritional information valid for US only.