



In response to your request for Rock Bottom menu nutritional information, we have created this guide to help you make more informed decisions when dining at Rock Bottom. This guide is designed to be informative and easy to use to make the best personal choices about the food you eat. You simply need to look for the menu item in the appropriate section for the nutritional information. Please note that we often make changes to our menu to better serve you, be sure to check back to the website for the most updated information, Thank you!

OTHER ONLINE NUTRITIONAL RESOURCES:

WWW.MYPYRAMID.GOV & WWW.FDA.GOV

Please read this information carefully.....

The nutritional and allergen information provided by Rock Bottom Restaurants and/or posted on the Rock Bottom Restaurant website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data is based on the nutritional information, ingredient statements, and allergen information provided by our suppliers and distributors, and by an analysis generated using a software analysis program.

Rock Bottom Restaurants, franchisees, licensed properties and NIS assume no responsibility for changes in the ingredients or prepared products used in this company's recipes and menu items or for the validity of the information provided by our suppliers and distributors that are the direct or indirect result of the actions or inactions of the suppliers, distributors, and purveyors of said ingredients and products.

The information listed here is meant to provide a general estimate of the nutritional values associated with our menu items. The estimated nutritional values for a menu item may vary from the testing results due to variations in serving sizes, preparation techniques, variations in ingredient recipes supplied by our vendors, seasonal differences in products, and testing methods. Nutritional values for some menu items, such as those that are limited time only or are regional in nature, are not available at this time. If you have food allergies, you should know that we use milk, eggs, tree nuts, peanuts, seafood, soy, wheat, sesame products, crustacean shellfish, fish, sulfites, and other allergens in our kitchens. The food prepared at our restaurant may come in contact with or contain traces of these products and other potential allergens.

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have a medical condition.

If you have any questions or concerns about this nutritional and allergen information, or if you are sensitive to specific ingredients, please contact us via email through our website or at 1-800-BREWTAPE.

Menu Analysis January 2010

STARTERS (recommended for 2 - 4 people)	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Ball Park Pretzels	2571	10	4719	328	10
Brewery Nachos	2205	62	4641	176	17
Edamame	407	1	2515	39	14
Firecracker Shrimp	1251	7	2627	173	6
Homemade Guacamole & Chips	904	13	937	98	14
Our Favorite Onion Rings	1592	16	4916	171	9
Quesadilla Rolls	935	23	2845	81	7
Rock Bottom Wings with Buffalo sauce	419	11	1289	2	1
Rock Bottom Wings with Honey Chipotle sauce	495	6	758	47	1
Rock Bottom Wings with Thai BBQ	420	6	1049	22	1
Seared Ahi	345	2	3379	26	3
Spicy Spinach Cheese Dip	1354	33	3261	130	7
Titan Toothpicks	1223	14	4129	125	8
PIZZAS (1 slice)	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Chipotle BBQ Chicken Pizza	222	3	483	28	2
Double Pepperoni Pizza	227	5	431	24	1
Margherita Pizza	185	3	291	24	1
The Fab Five Pizza	216	4	374	25	1
SOUPS & SALADS	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Asian Ahi Tuna	289	2	723	25	6
Blackened Salmon Caesar	1034	17	1942	20	5
Brewer's Cobb	530	12	1354	15	7
Brewery Chili, Bowl	582	16	1909	38	2
Brewery Chili, Cup	203	4	863	14	1
Chicken Waldorf	873	11	1341	59	6
Grilled Steak	522	11	2123	22	4
Santa Fe Ranch	443	8	1109	34	10
Side Salad	108	1	193	15	2
ORIGINALS	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Chicken Fried Chicken	1180	20	3451	95	6
Classic Mac n' Chicken	1430	26	2201	137	8
Hickory Smoked BBQ Rib & Chicken Combo	1746	27	5960	118	9
Hickory Smoked BBQ Ribs- Full rack	2344	47	6034	129	10
Hickory Smoked BBQ Ribs- Half rack	1555	27	4579	118	9
Mahi Tacos	957	6	4932	115	13

Mrs. Wong's Shrimp Bowl	694	1	2033	118	10
Overnight Braised Short Rib	1192	42	2396	38	4
Rock Bottom Chicken Pot Pie	1037	21	2320	69	4
Smoked Chicken Enchiladas	795	20	2010	48	5
Smoked Salmon Fish & Chips	1539	17	3607	118	9
Southwestern Shrimp & Chicken	884	10	3027	89	4
Steak & Fries	841	21	1426	41	5

BREWERY CLASSICS

	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Filet Mignon	592	16	705	13	1
Lemon Chicken	930	23	3346	41	5
Ponzu Salmon	594	5	3154	52	5
Ribeye	1093	28	434	2	0
Texas Firesteak Option	203	13	269	3	1
Top Sirloin	427	7	389	2	0

SMOTHER YOUR STEAK

	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Caramelized Ale Onions & Mushrooms	68	2	133	6	1
Chimichurri Sauce	120	2	288	1	0
Roasted Mushrooms	11	0	77	2	0

BURGERS

	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Bourbonzola Burger	870	15	2569	70	5
Brew Burger	623	12	925	42	2
Chimichurri Turkey Burger	754	14	1649	50	2
Hickory Burger	882	21	1878	53	2
The Laredo Burger	993	22	1706	45	5

SANDWICHES

	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Brewer's Club	1139	28	3223	71	3
Honey Chicken	803	13	1957	46	3
Mahi Sandwich	669	5	2162	84	2
Pulled BBQ Pork	780	14	4377	68	2
Sonoma Chicken Wrap	1048	7	3924	127	8
The Ruben	856	19	3373	56	5

SIDES

	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Apple Coleslaw	173	2	125	9	2
Beef (add-on with Brewery Nachos)	390	11	420	0	0
Chicken (add-on with Brewery Nachos)	154	1	175	1	0
French Fries	306	3	1519	36	4
Fresh Fruit	163	1	22	38	1
Green Beans	47	1	226	5	2
Guacamole	91	1	110	6	4
Lemon Rice	159	0	634	31	0
Red Ale Rice	219	0	957	40	0
Rock Bottom Malt Kettle Chips	168	2	149	20	1
White Cheddar Mashed Potatoes	260	8	910	25	3

DRESSINGS (2 fl oz)	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Balsamic Vinaigrette	120	1	380	8	0
Blue Cheese Dressing	300	6	460	2	0
Honey Mustard Dressing	299	4	247	15	0
Parmesan Caesar Dressing	380	6	720	2	0
Ranch Dressing	236	4	311	3	0
Russian Dressing	280	4	520	10	0

KID'S MENU	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)
Broccoli	23	0	18	4	1
Burger	393	6	684	29	1
Buttered Noodles	452	8	952	46	2
Chocolate Milk	363	4	186	63	0
French Fries	152	2	391	18	2
Fried Chicken Tenders	281	2	945	18	0
Fruit and Vegetables	29	0	9	7	1
Fruit Salad	167	1	22	39	2
Grilled Cheese	303	9	968	28	2
Grilled Chicken Tenders	101	0	345	0	0
Mac n Cheese	340	3	830	48	2
Mashed Potatoes	173	5	606	17	2
Pizza	553	9	1132	68	3
Root Beer Float	278	5	48	53	0
Steak	193	3	83	0	0
Sundae	400	9	139	61	0