

APPETIZERS



HEALTHY OPTIONS 550 Calories or Less.
Look for the green leaf and follow our suggestions for a healthier meal!

Rockadillas, 6⁷⁵

J.R.'s cheese quesadilla with tomatoes and onions. Served with sour cream and salsa.

Add grilled chicken or steak
1.50, Guacamole 1.00

BCB Rockadillas, 8⁷⁵

J.R.'s cheese quesadilla with bacon, ground beef, lettuce, tomato, pickle, onion, and our special sauce

Bender Basket, 8⁷⁵

Chicken tenders served with your choice of dipping sauce

Southwest Sampler, 8²⁵

Chipotle seasoned mozzarella sticks & onion rings, pepperjack nuggets, and southwest bites

Mozzarella Cheese Sticks, 6⁷⁵

Six mozzarella cheese sticks served with marinara sauce

Macho Nachos, 8⁷⁵

Tortilla chips layered with J.R.'s Hot Rod chili, cheese, tomatoes, onions and jalapenos. Served with sour cream and salsa.

Half Order 6.75

Pig Nachos, 8⁷⁵

Built just like our Macho Nachos but with tender pulled pork instead of chili. Served with sour cream and salsa

Half Order 6.75
Add guacamole 1.00

Chips & Salsa, 3⁹⁵

Basket of freshly made chips served with salsa

Chili Cheese Fries, 6⁷⁵

French fries with cheese, tomatoes, onions, and chili

SALADS

Southwest Salad, 8⁷⁵

Mixed greens, tomatoes, cheese, green onions, corn & black bean fiesta, topped with grilled chicken and served with our zesty cilantro-ranch dressing

*Without the chips.
Dressing on the side.*

Buffalo Chicken Salad, 8⁷⁵

Bender strips spun in original wing sauce on a bed of greens with tomatoes, tortilla chips, & cheese. Served with your choice of ranch or blue cheese dressing

Fajita Salad, 8⁷⁵

Tortilla shell filled with lettuce, tomato, cheese, black olives, and grilled onions and peppers
Add grilled chicken or beef 1.50

The Greek, 8⁷⁵

Mixed greens, tomatoes, olives, feta cheese, peperoncini peppers, cucumbers, and red onion tossed with balsamic vinaigrette

Add grilled chicken 1.50

Our Big Caesar, 7²⁵

Add grilled chicken or steak 1.50

The Buffalo Chicken, Greek, and Southwest Salads are NOW AVAILABLE in half sizes for 7²⁵ and the half Caesar salad is just 5²⁵.

WINGS



Garlic Parmesan

Asian-Sesame 

Chipotle BBQ 

Mango Habanero   High-Octane   

Original   Nitrous Oxide    

Caribbean Jerk  

Regular Wings 7⁷⁵ (6) • 12⁷⁵ (12) • 17⁷⁵ (18)

Our famous breaded jumbo wings spun in your choice of sauce

Boneless Wings 6⁷⁵ (6) • 11⁷⁵ (12) • 16⁷⁵ (18)

All white meat, breaded and spun in your choice of sauce

Naked Wings 6⁷⁵ (6) • 11⁷⁵ (12) • 16⁷⁵ (18)

Southern fried without sauce

All wings come with carrots, celery and your choice of one sauce to spin and one to dip.

Extra dipping sauces .75 each



**Other Wings
Just Won't Fly!**

BURGERS

Grand Slam Burger, 8⁷⁵

Little Leaguer, 7⁷⁵

Veggie Burger, 6⁷⁵ 

Served with lettuce, tomato, & onion on a Kaiser roll with 2 Designated Hitters and 1 Sideline

DESIGNATED HITTERS:

J.R.'s Hot Rod Chili, Provolone, Cheddar, Swiss, American, Pepper-Jack, Sauteed Mushrooms, Grilled Peppers, Jalapenos, Bacon, or Grilled Onions

SIDELINES: Fries, onion rings, coleslaw, fruit, a sideline salad, steamed veggies, Jello (sugar free), or pudding (made with 1% milk)



WRAPS

Chicken Club Wrap

Grilled chicken, bacon, American cheese, lettuce, tomato, and Ranch dressing Hold the Ranch

Buffalo Chicken Wrap

Bender strips spun in original wing sauce with lettuce, tomato, cheese, crushed tortilla chips, and your choice of ranch or blue cheese dressing

Fajitas

Grilled chicken or beef with sauteed peppers and onions. Served with flour tortillas, lettuce, tomato, cheese, sour cream and salsa

SANDWICHES

McPhilly Steak

Shaved steak seasoned with Rocker's steak sauce and sauteed with peppers, onions, and covered with melted cheese

Bender BLT

A triple decker club sandwich with chicken benders, bacon, lettuce, and tomato

Chicken-Bacon-Ranch

Breaded chicken served with American cheese, bacon, and Ranch!

McPhilly Wrap

Shaved steak seasoned with Rocker's steak sauce & sauteed with peppers and onion and covered with melted cheese

Gyro

Thinly sliced beef/lamb served in a pita with lettuce, tomato, onion and tzatziki sauce

Carnita Wrap

Pulled pork with lettuce, tomato, corn & bean fiesta, and chipotle mayo Hold the chipotle mayo

Caesar Wrap

Grilled chicken, romaine lettuce, Caesar dressing & Parmesan



J.R.'s Chicken Breast

Marinated and grilled chicken served with lettuce, tomato, & onion

Buffalo Chicken

Breaded chicken spun in wing sauce, topped with Swiss cheese, lettuce, tomato, and ranch

Chicken Del Rio

Grilled chicken with jalapenos, peper-jack cheese & chipotle mayo

Chicken Parmesan

Breaded chicken topped with marinara sauce and Provolone cheese

Carolina Pulled Pork

Tender pulled pork topped with cole slaw and served with a side of BBQ sauce

Patty Melt

Our 1/2lb. charbroiled burger served on grilled rye with onions and American cheese



Wraps, Fajitas, and Sandwiches cost 8⁷⁵ and include one sideline. Club members save \$2 on all food purchases over \$4