



Rock Road Pool Side Menu

MENU

TEXT YOUR ORDER TO US AT 316.347.9594

Please provide your name, where you're located at the pool, how you would like to pay, credit card or on account.

TASTY CHEAT DAY

Delicious and popular dishes, for those hot summer afternoons when you want to be full of food and sun!

SPICY CHICKEN WRAP\$9

Whole wheat tortilla with mozzarella cheese, romaine lettuce, tomatoes, grilled spicy chicken, avocado slices. Spicy yogurt sauce on the side with fruit.

CHICKEN QUESADILLA\$8

Whole wheat tortilla loaded with mozzarella and cheddar cheese, chipotle grilled chicken and pico de gallo. Served with a side of salsa and spicy yogurt sauce.

GRILLED CHEESE\$6

Whole wheat bread, mixed cheese, spinach, tomato and avocado.

Add chicken + \$2

STREET TACOS\$9.50

Three small soft taco shells, mozzarella cheese, seasoned chicken or beef, onions and cilantro on top. Served with sides of guacamole, salsa and a lime wedge to citrus up your tacos!

GEOCLUB SANDWICH\$8.50

Whole wheat bread, chicken, bacon, avocado, tomato, lettuce with Greek yogurt sauce. Served with a side of fruit.

CHIPS & SALSA OR GUAC\$4

Multigrain tortilla chips with choice of homemade salsa or guacamole.

Cant decide? Get both for \$6.95

BREAKFAST

Served all day

BREAKFAST BURRITO\$9

Whole wheat tortilla, scrambled eggs, cheddar cheese, black bean salsa. Vegetarian by design. Served with a side of salsa and fruit.

Add pulled pork + \$2.50

BACON EGG AND CHEESE TACOS\$7.50

Three corn tortillas, with melted mozzarella cheese, scrambled eggs, and chopped up bacon. Served with a side of salsa.

RODNEY'S BREAKFAST SANDWICH\$9

Cheddar cheese, jalapeño with mostly scrambled egg whites in between two slices of whole wheat bread. Served with a side of scrambled egg whites and fruit.

GEOGRAMBLE\$9

Scrambled eggs with sautéed onions and spinach and topped with avocado. Choice of has toast or oatmeal on the side.

KITCHEN SINK BREAKFAST SANDWICH\$7.50

Turkey sausage patty, bacon, avocado, & cream cheese on a bagel.

PROTEIN SMOOTHIES

All with 35g of protein all made with Almond Milk. Orange juice instead for +\$.50. Extra scoop of protein +\$1.

CHOCOLATE ALMOND\$7

Almond butter, half a banana, raw cacao powder, dash of honey, and chocolate protein.

WALBERRY\$7

Walnuts, blueberry, raspberry, marionberry, strawberry, banana, and vanilla protein.

CLASSIC\$7

Mango, Bananas, all berries, and vanilla protein.

BERRY MANGO\$7

All berries and lots o' mango and vanilla protein.

STRAWBERRY BANANA\$7

Made with vanilla protein.

GREEN FIX\$7

Spinach, parsley, avocado, mango, banana, and vanilla protein.



Rock Road Pool Side Menu

KEEP IT CLEAN

Healthier options, to fill you up but not make you feel guilty. Macro nutrient balanced and full of flavor.

ALMOND DIJON CHICKEN \$12

Grilled chicken breast covered in our fresh and signature Almond Dijon Sauce. Chicken accompanied with seasoned basmati rice and green veggie.

CHIMICHURRI CHICKEN \$12

Grilled chicken breast covered in a popular South American pesto-like sauce (it's to die for), accompanied with seasoned basmati rice and green veggie.

ROSEMARY GARLIC CHICKEN \$12

Grilled chicken breast w/ a smooth rosemary garlic sauce on top, chicken accompanied with basmati rice and green veggie.

SWEET ONION CHICKEN \$12

Grilled chicken breast with an amazing sweet and tangy sauce that blends so well with every bite! Chicken accompanied with basmati rice and green veggie.

CLASSIC BURGER \$12

Self explanatory, minus the bun, cheese and grease! A ground beef patty topped with grilled onions. Sweet potato mash and green beans are the perfect mate to this burger.

SPICY BURGER BOWL \$12

With out a doubt our #1 seller. Spicy ground beef sliced and laid on top of a bed of seasoned basmati rice w/ scrambled egg red peppers and broccoli and jalapeño. It gets better when we drizzle Tapatio sauce over the top to give it more heat. ***Must like spice**

CAROLINA PULLED PORK BOWL \$10

Melt in your mouth pulled pork topped w/ jalapeños and Carolina BBQ sauce, basmati rice, and green peppers. Sometimes simple is better.

ASIAN CHICKEN BOWL \$12

A favorite for sure. Plump chicken breast baked and laid on top of a bed of seasoned white rice, with broccoli and red peppers. A drizzle of our Szechuan Sauce (mild spice) over it all sprinkled with sesame seeds.

ROSEMARY GARLIC SALMON OR MAHI \$14

Salmon or Mahi topped with one of our favorite signature sauces, Rosemary Garlic. Along with the fish you will enjoy roasted Yukon gold potatoes and a green veggie.

CHIMICHURRI SALMON OR MAHI \$14

Salmon or Mahi topped w/ Chimichurri, South American flavor that everyone loves! Along with salmon you will enjoy roasted Yukon gold potatoes and a green veggie.

LEMON PEPPER SALMON OR MAHI \$14

Lemon pepper rub flavors the fish fillet in a traditional way. Comes with basmati and a green veggie.

BLACKENED SALMON OR MAHI \$14

Blackened seasoning rub flavors the fish with a more smokey grilled flavor. Comes with basmati rice and a green veggie.

BBQ SALMON OR MAHI \$14

BBQ seasoning is rubbed on the fish and grilled to remind you a little of summer. Salmon comes with basmati rice and a green veggie.

MACARONI BOLOGNESE \$9.75

Out of this world chickpea pasta topped with an traditional Italian meat sauce, topped with mozzarella cheese. A close second to Grandma's Lasagna!