

TEXAS HOT ROCKS						
60Z	80Z	100Z	120Z	140Z	160Z	C
12	16	20	23	27	30	2

SIZE	60Z	80Z	100Z	120Z	140Z	160Z	CUSTOM SIZE
RUMP STEAK	12	16	20	23	27	30	2 PER 0Z
SIRLOIN	14	18	24	29	34	39	2.40 PER 0Z
RIBEYE	16	18	24	29	34	39	2.50 PER 0Z
FILLET	20	24	30	37	43	48	3.25 PER 0Z

20 03 — 40

20 02 - 40

15

CHOOSE YOUR STEAK SIZE OR HAVE IT CUSTOM CUT BY OUR CHEF — THEN CHOOSE TWO SIDES

ALL OUR STEAKS ARE 28 DAY DRY AGED. ALL GRASS FED ENGLISH BEEF

SIDES & SAUCES

BROKE CHIPS 	3	CREAM GARLIC MUSHROOMS 	4	TRICE PLAINS 	6
FRENCH FRIES 	3	GRILLED CHICKEN ON THE CHE 	3	CHEESE SALAD	3
BAKED SWEET POTATOES 	3	APPENDIX & GARLIC BUTTER 	4	MONTICELLI & SUN BLANCHED TOMATO SALAD 	4
CHICKEN POTATO WINGS 	4	GREEN BEANS 	4	BUTTER GARLIC MAINT 	4
CHILI CHEESE FRIES	5	CREAM SPINACH 	3	GRILLED GARLIC PASTINELLA MUSHROOMS 	4
CHICKEN FRIES ON CHIPS 	4	BRUSCHETTA & PASTA 	4	GARLIC BUTTER 	3
MAC N CHEESE 	5	MAC N CHEESE WITH BACON	4	MAC N CHEESE WITH BLUE CHEESE 	4
PEPPERONI SAUCE 	3	BLT CHEESE SAUCE 	3	JACK DANIELS - GLAZE 	3
CARAMELS 	3	RED WINE SAUCE 	3	TRADITIONAL BAKE 	3

RUBICENS

ALL STEAK BURGERS ARE SERVED PINK UNLESS OTHERWISE REQUESTED — WITH A BUN, CHEESE, TOMATO, LETTUCE, ONION, CHEDDAR & HOUSE CHIPS

	SINGLE	DOUBLE	TRIPLE
CHILI CONCHOS & JACK MOLT — HOT TEXAS BQ. BURGER, CONCHOS CHILI & JACK CHEESE	\$1	\$3	\$8
OLD SMOKEY — BBQ SMOKED BRISKET, BBQ SAUCE & SMOKED CHEDDAR	\$1	\$3	\$8
TRADITIONAL HUSTON — STEAKY BACON, JACK CHEESE WITH MATO	\$9	\$4	\$7
PIC & OW — PULLED CARM PORK, BBQ SMOKED BRISKET & SWEET CHILI SAUCE	\$2	\$6	\$9
TENNESSEE CHICKEN — STEAKY BACON, SMOKED CHICKEN, GONN RINGS & JACK DANIELS® BBQ SAUCE	\$1	\$3	\$8
LOUISIANA CHICKEN MOLT — SOUTHERN FRIED CHICKEN BREAST, MARIANELLA, BACON, AVOCADO, FRIED ONIONS & GARLIC MATO	\$2	\$3	\$8
BLACK & CAROLINA BLUE MOLT — STEAK, BBQ BRISKET, BLUE CHEESE, POPPERCHON SAUCE & GONN RINGS	\$3	\$7	\$9
THOMAS JEFFERSON MAC STACK — MAC N CHEESE, BACON, SMOKED CHEDDAR & BLUE CHEESE SAUCE	\$2	\$6	\$9
WILD WEST VEGGIE — SPICED VEGETABLE BURGER, JACK CHEESE, MUSHROOM, CRILLED HALLSAMS & MUSTARD MATO	\$1	\$3	\$8

Justin Roca
HEAD CHEF

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks for physical and psychological health. The physical health assessment included measures of body mass index (BMI), waist circumference, and blood pressure. The psychological health assessment included measures of self-esteem, anxiety, and depression. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in BMI, waist circumference, and blood pressure. The walking program also resulted in a significant increase in self-esteem and a significant decrease in anxiety and depression. The results of this study suggest that a 12-week, low-intensity, supervised walking program can improve the physical and psychological health of sedentary, middle-aged women.

TELEPHONE: 01273 826111

STEAKHOUSE

Texas On The Rocks

Robert T. Terriere



Texas On The Rocks:

Texas on the Rocks Daniel Da Cruz,1989-11-01 **Geology of the Marathon Region, Texas** Philip B. King,1937
The Texan Permian and Its Mesozoic Types of Fossils Charles Abiathar White,1891 Oil Fields of the
Texas-Louisiana Gulf Coastal Plain Nevin Melancthon Fenneman,1906 **Exploratory Geology of a Part of Southwestern**
Trans-Pecos Texas Charles Laurence Baker,1927 **Annual Report of the United States Geological Survey to the**
Secretary of the Interior Geological Survey (U.S.),1898 **Correlation Papers ; Cambrian** Charles Doolittle
Walcott,1892 Bulletin of the United States Geological Survey Geological Survey (U.S.),1891 **Bulletin of the United**
States Geological Survey ,1891 **The Texas Criminal Reports** Texas. Court of Criminal Appeals,1900 Geology of
the Eastern Part of the Marathon Basin, Texas Philip B. King,1980 The Texas Magazine Frank Eberle,Harry Van
Denmark,1912 **A List of the Ferns of Texas** Benjamin Franklin Bush,1903 *The Barons of Texas* Jory
Sherman,2007-10-02 The adventures of two fishermen in Texas who want to become ranchers Attacked by Indians and
exploited by crooks they nevertheless find enough kind people to succeed *The University of Texas Bulletin* University of
Texas,1918 Soil Survey of Lampasas County, Texas John E. Allison,2001 **Geology of the Grosvenor Quadrangle,**
Brown and Coleman Counties, Texas Robert T. Terriere,1960 The Texas criminal reports ,1920 *The Story of Texas*
William Thomas Carter,1909 **Springs of Texas** Gunnar M. Brune,2002 This text explores the natural history of Texas
and more than 2900 springs in 183 Texas counties It also includes an in depth discussion of the general characteristics of
springs their physical and prehistoric settings their historical significance and their associated flora and fauna

Unveiling the Magic of Words: A Report on "**Texas On The Rocks**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Texas On The Rocks**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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