

























Appetizers

Calories

Jalapeno Poppers	  	428
Mozzarella Sticks		527
Battered Onion Rings	 	414
Shoestring Fries	  	283
Tater Tots	 	324
Chicken Quesadilla	 	513
Pretzel Bites	   	91
Chicken Tenders	 	390







Traditional Wings (10)

Calories

Plain		1438
BBQ		1573
Buffalo		1557
Spicy Ranch		1647
Spicy Dry Rub		1438
Sweet & Spicy Asian		1693


















Boneless Wings (10)

Calories

Plain		955
BBQ		1091
Buffalo		1074
Spicy Ranch		1165
Spicy Dry Rub		955
Sweet & Spicy Asian		1210
























Handhelds

Calories

Plain Hamburger		546
Cheeseburger	 	647
Big Beef Burger		835
Hot Dog	 	445
Grilled Chicken Sandwich	  	377
Texas Patty Melt	  	1021
Grilled Chicken Club	  	604
Spinz Philly Chicken/Steak	 	296/324

Salads & Wraps

Calories






















Spinz Cobb Wrap	 	440
5 Alarm Crispy Chicken Wrap	 	294
Caesar Salad - Half	   	395
Caesar Salad - Full	   	660
House Salad - Half	  	41
House Salad - Full	  	58
Grilled Chicken Salad	  	431
Spinz Cobb Salad	 	654

Seafood











Calories

Shrimp Quesadilla	  	398
Shrimp Basket	  	620
Fried Fish Sandwich	    	572









Signature Pizzas

	Calories
Cheese - 7" 	615
Pepp Madness - 7" 	757
Chick Bacon Ranch - 7" 	985
Carnivore - 7" 	966
Primavera - 7"   	678
Shrimp Scampi - 7" 	597
Cheese - 14"  	1011
Pepp Madness - 14"  	1074
Chick Bacon Ranch - 14"  	1746
Carnivore - 14"  	1498
Primavera - 14"   	981
Shrimp Scampi - 14"  	1238

Kids Meals

	Calories
Chicken Bites Meal  	534
Burger Meal  	742
Cheeseburger Meal   	811
Cheese Quesadilla   	649
Hot Dog Meal  	665
Cheese Pizza Meal  	973

NUTRITIONAL BENEFITS GUIDE

	HIGH IN CALCIUM
	LOW CHOLESTEROL
	HIGH IN VITAMIN A&C
	HIGH IN PROTEIN
	HIGH IN FIBER
	LOW FAT
	HIGH IN IRON
	UNDER 500 CALORIES



FULL MENU
Caloric Counts

INNOVATIVE
ON TREND
HEALTHY
MENU ITEMS

Pinz & SpinZ
Building #244 Baltimore Street
Jacksonville, Florida 32228
904-270-5377

Scan QR code for
Hours of Operation

