



ALL SMOKE. NO MIRRORS.™

NUTRITION FACTS

MEATS

	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	PROTEIN (G)
Beef Brisket 8 OZ.	510	25	10	2	170	680	<1	2	70
Chicken Breast/Wing 10.4 OZ.	520	25	7	0	270	920	<1	1	75
Chicken Breast/Wing 9.59 OZ. (S)	420	16	4	0	260	900	<1	1	70
1/2 Chicken 16.8 OZ. [EM]	1060	60	17	1	540	2100	<1	3	129
1/2 Chicken 15.2 OZ. (S) [EM]	850	41	12	1	505	2070	<1	3	120
Boneless Chicken Breast 9.6 OZ.	410	13	4	0	200	730	0	1	73
Boneless Chicken Breast (S)	310	5	2	0	180	720	0	1	70
Chicken Leg/Thigh 5.6 OZ.	410	28	8	0	220	700	<1	1	40
Chicken Leg/Thigh 4.79 OZ. (S)	310	18	5	0	200	690	<1	1	35
Pulled Chicken 8 OZ.	440	28	8	<1	230	1080	3	1	43
Pulled Pork 8 OZ.	530	28	10	0	140	1040	0	1	68
Ribs 7.2 OZ. (1/2 Slab) [EM]	700	48	18	1	213	795	4	3	63
Sausage 4.94 OZ.	400	35	13	0	80	1400	3	N/A	17
Turkey Breast 8 OZ.	290	3	1	0	130	1110	2	<1	63

DRINKS

Lemonade 1 Cup	100	0	0	0	0	10	27	0	0
Iced Tea 1 Cup	0	0	0	0	0	10	0	0	0
Sweet Tea 1 Cup	70	0	0	0	0	10	17	0	0

DESSERTS

Banana Pudding	320	8	3	<1	15	510	58	2	5
Chocolate Cake (enough to share!)	710	28	13	<1	35	650	106	2	11
Peach Cobbler (enough to share!)	1090	32	8	<1	10	540	194	3	7
Whipped Cream 1/4 Cup	170	16	10	<1	60	15	7	0	1

SAUCES

Original 2T	50	0	0	0	0	310	13	0	0
Brush Fire 2T	50	0	0	0	0	330	13	0	0
Sweet City 2T	80	0	0	0	0	350	20	0	0
City Gold (Mustard) 2T	50	0	0	0	0	400	14	0	1
Dalton Gang 2T	45	0	0	0	0	390	11	0	1

SIDES

	CALORIES	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	PROTEIN (G)
Baked Beans W/Brisket	230	2	0	<1	10	850	45	6	8
Corn Bread 1 piece	290	18	3	<1	45	740	30	<1	4
Corn Pudding	490	28	9	2	25	840	56	3	6
Cukes & Onions	90	2.5	0	0	0	280	17	1	1
Fresh Cut Fries	360	14	2	0	0	340	54	5	5
Fresh Fruit	80	0	0	0	0	10	21	2	1
Green Beans W/Bacon	80	4	1.5	0	5	680	7	3	3
Greens W/Pork	140	8	3	0	15	1450	7	2	10
Gumbo W/Rice	210	11	4.5	<1	25	580	18	2	10
Hush Puppies 4 Puppies	310	14	2	0	0	590	38	0	3
Mac and Cheese	310	11	6	<1	35	850	38	2	15
Potato Salad	440	31	6	0	65	890	33	2	4
Premium Salad (without dressing)	360	13	8	<1	40	410	49	8	18
Side Salad (without dressing)	40	1	<1	0	5	25	6	2	2
Smashed Potatoes	360	25	6	<1	5	680	30	2	3
Sweet Vinegar Slaw	90	5	<1	0	0	170	12	3	2
Texas Toast 1 Slice w/butter spread	130	5	3	<1	10	260	17	<1	3

KIDS MEALS

Apple Sauce 4 ounce serving	100	0	0	0	0	0	25	1	0
Chicken Tenders	340	21	3.5	0	40	830	17	0	21

BREAD/BUNS

Hoagie	284	4	<1	0	0	459	51	2	10
Honey Buns	160	3	<1	0	10	280	29	<1	6
Light Rye Bread	80	2	0	0	0	190	17	3	3
Mini Buns	80	1	0	0	0	135	13	1	2
Texas Toast	80	1	0	0	0	190	16	1	3
Wheat Bread	100	1	0	0	0	200	20	2	4
Wheat Bun	150	2	0	0	0	300	27	3	5
White Bread	110	1	0	0	0	250	21	1	3

(S) = Skinless **[EM]** = Edible Meat

The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.

Last updated November 9, 2010