



**BUILD A MEAL FOR  
UNDER 500 CALORIES**

Just because you are counting calories doesn't mean you have to sacrifice quality and flavor. Here are some options (and tips) for great meal combinations around 400–500 calories. There is something for everyone at City Barbeque. So, get creative and build the meal that stirs up your taste buds and keeps you on track.

## MEATS

### **BEEF BRISKET (LUNCH SERVING: 4 OUNCES NAKED)**

Calories: 255                      Protein: 35 grams  
Fat: 12.5 grams                  Carbs: <1 gram  
Fiber: 1 gram

**TIP:** Ask for the lunch size serving, naked (no extra carbs).

### **PULLED PORK (LUNCH SERVING: 4 OUNCES NAKED)**

Calories: 265                      Protein: 34 grams  
Fat: 14 grams                      Carbs: 0 grams  
Fiber: <1 gram

**TIP:** Ask for the lunch portion and pair it with a side of greens. A perfect southern meal!

### **SMOKED TURKEY (DINNER SERVING: 8 OUNCES NAKED)**

Calories: 290                      Protein: 63 grams  
Fat: 3 grams                        Carbs: 2 grams  
Fiber: 1 gram

**TIP:** Enjoy a full 8-ounce serving or cut your calories and fat in half and ask for the lunch portion. Either way you are getting loads of lean, high quality protein—no skimpy deli meat with this portion!

### **BONELESS SMOKED CHICKEN BREAST NAKED W/ SKIN**

Calories: 410                      Protein: 73 grams  
Fat: 13 grams                      Carbs: <1 gram  
Fiber: 1 gram

**ALL NATURAL LOCALLY GROWN  
GERBER CHICKEN**

**TIP:** Ask for this hormone-free chicken breast naked and with the skin removed. This will save you temptation plus 100 calories and 8 grams of fat!

## FRESH SALADS

### **PREMIUM SALAD**

Calories: 350                      Protein: 16 grams  
Fat: 11 grams                      Carbs: 58 grams  
Fiber: 9 grams

**TIP:** This premium salad is so big that you can eat half for lunch and take the rest home for dinner. Or, take a friend to lunch and order it with 8 ounces of turkey. Voila, lunch for two! Ask for a low calorie dressings when ordering.

flip over for more options

For additional menu facts visit [citybbq.com](http://citybbq.com) or ask a team member.

## SIDE SALAD

Calories: 35

Protein: 2 grams

Fat: 1 gram

Carbs: 6 grams

Fiber: 3 grams

**TIP:** Top with any meat and turn this side into a meal. Ask for a low calorie dressings when ordering.

## CITY SIDES

### GREEN BEANS W/ BACON

Calories: 90

Protein: 5 grams

Fat: 5 grams

Carbs: 5 grams

Fiber: 2 grams

**TIP:** Hungry? Try 8 ounces of turkey with a double side of green beans. Add it up and you are still under 500 calories, and your stomach is smiling!

### CUKES & ONIONS (SEASONAL)

Calories: 80

Protein: 1 grams

Fat: 1.5 grams

Carbs: 15 grams

Fiber: 2 gram

**TIP:** Such a simple recipe with such a big bite—crunchy, flavorful and a fan favorite.

### FRESH FRUIT (SEASONAL)

Calories: 80

Protein: 1 gram

Fat: 0 grams

Carbs: 21 grams

Fiber: 2 grams

**TIP:** This is a seasonal side dish so make sure you take advantage of it all summer long.

### MIXED GREENS W/ PORK

Calories: 110

Protein: 8 grams

Fat: 6 grams

Carbs: 4 grams

Fiber: 2 grams

**TIP:** These dark, leafy greens are packed with nutrition. Eat a serving and you'll get a boost of vitamins and minerals. Good comfort food that is good for you!

### BLACK BEAN & CORN SALAD (SEASONAL)

Calories: 100

Protein: 3 grams

Fat: 2.5 grams

Carbs: 17 grams

Fiber: 4 grams

**TIP:** Use our black bean & corn salad as a condiment instead of sauce. A great way to sneak in a serving of veggies!

### BAKED BEANS W/ BRISKET

Calories: 250

Protein: 11 grams

Fat: 3 grams

Carbs: 44 grams

Fiber: 6 grams

**TIP:** Okay, so this item is a little higher in calories, but combine it with 4 ounces of turkey and a side of fruit and you are still under 500 for the meal. Indulge a little; you're worth it! Plus think of the fiber....whoa!

### GUMBO W/ RICE (SIDE PORTION)

Calories: 185

Protein: 10 grams

Fat: 10 grams

Carbs: 14 grams

Fiber: 1 grams

**TIP:** This hearty side is made with brown rice and is packed with meat and veggies. Pair this with two other sides and call it a meal!