



# NUTRITIONAL INFORMATION

Meats	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Lunch Turkey Breast	140	1.5	0	0	65	560	1	0	31.5	0
Lunch Pulled Chicken	220	14	3.5	0	100	590	2	1	23	1
Lunch Brisket	250	12	5	1	85	340	1	1	35	1
Lunch Pulled Pork	260	14	5	0	70	520	0	0.5	34	1
Lunch Lo Lo's Pork	390	24	7	0	75	840	9	1.5	34	7
Reg. Turkey Breast	220	2.5	0.5	0	105	870	2	1	49	0
Reg. Pulled Chicken	350	21	5	1	155	920	3	1	36	2
Reg. Brisket	400	19	7	1	130	530	1	1	55	1
Reg. Pulled Pork	410	22	8	0	105	820	0	1	53	1
Reg. Lo Lo's Pulled Pork	530	20	9	0	115	1110	8	1	53	8
More Cowbell	880	55	21	1	145	970	54	2	42	11
Taco	200	7	2.5	0	20	670	25	3	11	7
3 Tacos	580	22	8	0.5	60	1320	63	6	32	18
Chicken Breast/Wing	520	25	7	0	270	910	1	1	75	2
Skinless Breast/Wing	420	16	4	0	255	900	1	1	70	1
Chicken Leg/Thigh	410	28	8	0	220	700	1	1	40	1
Skinless Leg/Thigh	310	18	5	1	200	680	1	1	35	1
Half Chicken	990	57	17	1	515	2000	1	3	120	2
Skinless Half Chicken	850	41	12	1	505	2070	1	3	120	2
Skinless Chicken Breast	310	5	2	0	185	720	0	1	69	1
Half Slab Ribs	660	49	20	0	143	795	9	1	43	1
Sausage (1 link)	320	28	11	0	65	1130	2	0	14	1
Judge's Sampler (meat only)	2700-2810	126-129	52-53	2	513-563	3125-3345	74	7	180-215	5
City Sampler	1335	75.5	31	1	335	3005	25	2	117	3
Bread/Buns	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Texas Toast (1 slice, no butter)	130	1.5	0	0	0	250	27	0	3	4
Lunch-size bun	100	1.5	0	0	0	130	18	0	3	3
Regular-size bun	140	2.5	0	0	0	190	25	0	5	4
Kids Meals	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Chicken Tenders	310	21	3.5	0	35	680	14	0	17	1
Apple Sauce	90	0	0	0	0	0	24	1	0	22
Salads	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Premium Salad (w/o dressing)	350	11	4	0	20	490	56	9	16	44
Premium Salad w/ Turkey	490	12.5	4	0	85	1050	57	9	47.5	44
Smokehouse Turkey Salad	350	7	2.5	0	75	790	37	5	39	30
Side Salad (w/o dressing)	35	1	0	0	0	15	6	3	2	4
Sides (2/3 cup)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Green Bean w/ Bacon	90	5	2	0	5	840	5	2	5	2
Baked Beans w/ Brisket	250	3	1	0	20	930	44	6	11	33
Cornbread (1 piece)	360	16	3.5	0	45	370	48	1	6	18
Corn Pudding	380	23	7	4.5	20	720	39	2	4	13
Cukes 'N Onions	80	1.5	0	0	0	220	15	2	4	13
Fresh Cut Fries (1 serving)	370	16	2	0	0	340	54	6	6	3
Greens w/ Pork	315	26	10	0	52	1165	6	4	18	2
Gumbo w/ Rice	185	10	3.5	2	20	620	14	1	10	2
Hush Puppies (8 Pups)	290	4.5	2	0	5	950	58	4	6	7
Mac & Cheese	310	12	7	0	30	800	37	2	13	2
Potato Salad	450	30	5	0	60	790	35	3	4	9
Smashed Potatos	320	20	4.5	4	5	870	35	3	4	6
Sweet Potato Casserole	340	16	3	2.5	0	140	49	3	2	34
Sweet Vinegar Slaw	210	13	2	0	0	460	24	2	1	22
Creamy Slaw	340	29	5	0	25	580	13	2	1	9
Watermelon	85	1	0	0	0	3	21	1	2	17
Desserts	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Banana Pudding	350	9	4.5	0	15	380	62	2	6	43
Chocolate Cake	1080	57	30	0	210	980	138	8	11	99
Peach Cobbler	1080	30	8	6	10	570	203	4	6	171
Whipped Cream	120	11	8	0	45	0	3	0	0	3
Drinks	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Lemonade (16oz)	130	0	0	0	0	5	32	0	0	30
Iced Tea (16oz)	0	0	0	0	0	5	1	0	0	0
Sweet Tea (16oz)	70	0	0	0	0	5	19	0	0	18
Fountain Soda (20oz)	0-275	0	0	0	0	50-100	0-72.5	0	0	0-72
Fountain Soda (32oz)	0-440	0	0	0	0	80-160	0-116	0	0	0-116
Sauces (1 tbs)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)	Sugar
Original	30	0	0	0	0	170	8	0	0	8
Brush Fire	40	0	0	0	0	230	11	0	0	11
Sweet City	50	0	0	0	0	250	13	0	0	15
LowCo	20	0	0	0	0	190	5	0	0	5
Swine Wine	20	0	0	0	0	130	4	0	0	3