



Nutritional Information

effective January 1, 2010

<u>Menu Item</u>	<u>Calories (kCal)</u>	<u>Protein (g)</u>	<u>Carbohydrates (g)</u>	<u>Total Fat (g)</u>	<u>Sodium (mg)</u>
Sandwiches (1/3 lb. Meat)					
Beef Brisket	326	50	0	12	83
Chicken BBQ	291	44	0	11	132
Pork BBQ	293	39	0	14	153
Pork Loin	320	39	0	17	84
Pork Sausage	519	30	0	43	1147
Single Hamburger	492	47	0	32	136
Double Hamburger (2/3 lb.)	983	93	0	65	272
Turkey Breast	240	46	0	5	98
Plates (1/2 lb. Meat)					
Beef Brisket	483	75	0	18	122
Chicken BBQ	431	66	0	17	195
Pork BBQ	434	58	0	20	227
Pork Loin	473	58	0	25	125
Pork Sausage	769	44	0	64	1699
1/2 Slab Pork Ribs	823	51	0	66	182
Full Slab Pork Ribs	1665	103	0	133	367
Turkey Breast	356	68	0	7	145
Kids' Meals (1/4 lb. Meat)					
Beef Brisket	247	36	0	10	137
Chicken BBQ	187	35	0	4	84
Turkey Breast	153	34	0	1	59
Pork BBQ	217	29	0	10	114
Pork Sausage	270	15	0	22	575
Hot Dog	179	6	1	17	597
Pork Loin	237	29	0	13	65
Other Items					
Chicken Wings (1 lb. Serving)	959	137	0	42	415
Cobb Salad (no dressing)	761	58	40	42	1065
Jalapeno Deviled Eggs (per pc.)	50	3	0	4	39
Texas Pie w/Chili and toppings	1202	32	112	70	1831
Beef Brisket Chili (8 oz) w/toppings	811	33	70	44	1430
Angus Beef Hot Dog	358	13	3	33	1194
Baked Potato w/all toppings	1119	31	101	67	1071
Side Items (6 oz. serving)					
BBQ Pinto Beans	164	6	35	1	565
Side Salad (no cheese; no dressing)	275	12	12	21	342
Cole Slaw	170	1	17	11	200
Pasta Salad	285	3	27	18	1034
Black-Eyed Peas	95	5	18	1	639
Macaroni and Cheese	244	10	28	10	700
Collard Greens	30	2	5	1	328
Mashed Sweet Potatoes	291	5	57	5	164
Potato Salad	459	7	37	31	456
French Fries	284	3	35	19	496
Fried Okra	150	3	9	13	10
Onion Rings (7 pcs.)	190	2	25	9	340
Hushpuppies (6 pcs.)	445	10	61	18	882
Sweet Potato Fries	256	3	39	10	239

All Meats and Fried Foods listed without seasoning