

JIM'N NICK'S
COMMUNITY

BAR-B-Q

NUTRITIONAL GUIDE

COLORADO, SEP. 29, 2017

Nutritional values listed are based on standard recipes and preparation. Any variations in ingredients, preparation, as well as any substitutions may increase or decrease the listed nutritional values.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

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	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
SMALL PLATES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BAR-B-Q CHIPS	820	610	67 g	15 g	0 g	40 mg	740 mg	44 g	5 g	3 g	9 g
BAR-B-Q NACHOS											
Beef Brisket	1380	850	95 g	38 g	0 g	170 mg	1710 mg	86 g	14 g	11 g	41 g
Ham	1160	620	69 g	24 g	0 g	155 mg	2540 mg	86 g	14 g	12 g	47 g
Pork	1140	560	63g	23g	0g	160mg	2080mg	89g	14g	13g	49g
Smoked Chicken	1230	650	73 g	24 g	0 g	175 mg	2010 mg	90 g	16 g	15 g	45 g
Turkey	1060	490	54 g	19 g	0 g	150 mg	2330 mg	87 g	14 g	12 g	50 g
CREAMY QUESO DIP	770	370	42 g	11 g	0 g	30 mg	660 mg	86 g	10 g	5 g	14 g
CREAMY QUESO DIP - LOADED	820	410	45g	12g	0g	45mg	960mg	87g	10g	5g	19g
DEVEILED EGGS	190	130	15 g	3.5 g	0 g	285 mg	450 mg	2 g	2 g	1 g	9 g
ONION RINGS	520	280	32g	6g	0g	40mg	800mg	50g	6g	9g	10g
SMOKED BUFFALO WINGS											
Hot	470	280	31 g	7 g	2 g	220 mg	2060 mg	5 g	2 g	3 g	45 g
Mild	500	300	33 g	8 g	2.5 g	220 mg	2390 mg	5 g	1 g	3 g	45 g
with Ranch - Add	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1 g	2 g	1 g
with Blue Cheese - Add	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1 g	1 g	4 g
SMOKED PORK HOT LINKS	600	320	35g	13g	0g	105mg	2060mg	33g	10g	10g	27g
SMOKED RIBLETS	790	580	65 g	20 g	0 g	220 mg	1290 mg	3 g	3 g	2 g	42 g
BREADS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHEESE BISCUITS											
Per 1/2 Dozen	900	430	47 g	18 g	4.5 g	100 mg	1650 mg	64 g	43 g	13 g	20 g
Per Dozen	1800	860	94 g	36 g	9 g	195 mg	3310 mg	128 g	86 g	26 g	40 g
Per Each, w/o Honey Butter	120	50	5 g	2.5 g	0 g	15 mg	250 mg	9 g	7 g	< 1 g	3 g
HONEY BUTTER	170	140	15 g	7 g	0 g	0 mg	120 mg	9 g	< 1 g	9 g	< 1 g
TOASTED BUN	240	80	9 g	2.5 g	0 g	0 mg	440 mg	36 g	1 g	2 g	6 g
TOASTED SLIDER BUN	130	35	4 g	1 g	0 g	0 mg	240 mg	20 g	< 1 g	< 1 g	4 g
TOASTED SOURDOUGH (2 PC)	300	60	6 g	3 g	0 g	0 mg	570 mg	48 g	2 g	0 g	8 g
TOASTED WHEAT BUN	260	90	10 g	5 g	4.5 g	5 mg	500 mg	36 g	2 g	2 g	6 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
SALADS (Dressing is not included)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
PIG IN THE GARDEN											
Beef Brisket	1210	900	102g	41g	0g	220mg	1920mg	18g	6g	4g	59g
Grilled Chicken	910	500	57g	18g	0g	260mg	1600mg	18g	6g	4g	82g
Pork	900	540	62g	22g	0g	210mg	2370mg	21g	6g	7g	68g
Smoked Chicken	920	570	65g	22g	0g	195mg	1950mg	22g	8g	8g	63g
Tenders	1020	600	68g	21g	0g	195mg	2280mg	37g	9g	4g	70g
Turkey	810	450	51g	18g	0g	195mg	2690mg	19g	6g	6g	69g
CHOPPED SOUTHERN SALAD											
BEEF BRISKET	1360	1000	112G	45G	0G	190MG	1460MG	36G	9G	13G	60G
GRILLED CHICKEN	1060	590	67G	22G	0G	230MG	1150MG	36G	9G	13G	83G
PORK	1060	640	72G	26G	0G	180MG	1920MG	39G	9G	16G	69G
SMOKED CHICKEN	1070	660	75G	26G	0G	165MG	1500MG	40G	11G	17G	64G
TENDERS	1180	690	78G	24G	0G	165MG	1820MG	55G	12G	13G	71G
TURKEY	970	540	61G	21G	0G	165MG	2240MG	37G	9G	14G	70G
CLASSIC GREEK SALAD											
Beef Brisket	800	590	66g	30g	0g	160mg	2160mg	11g	3g	5g	41g
Grilled Chicken	500	190	21g	7g	0g	200mg	1850mg	11g	3g	5g	64g
Pork	500	230	26g	11g	0g	150mg	2620mg	14g	3g	7g	50g
Smoked Chicken	510	260	29g	11g	0g	135mg	2200mg	15g	5g	9g	45g
Tenders	620	290	32g	9g	0g	135mg	2520mg	31g	6g	5g	52g
Turkey	400	140	16g	6g	0g	135mg	2940mg	12g	3g	6g	51g
HOUSE GARDEN SALAD	320	230	26 g	9 g	0.5 g	50 mg	550 mg	9 g	3 g	2 g	16 g
HOUSE GREEK SALAD	110	50	6 g	3 g	0 g	15 mg	820 mg	6 g	2 g	3 g	7 g
DRESSINGS & SAUCES											
	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BAR-B-QUE SAUCE	50	15	1.5g	0.5g	0g	0mg	160mg	5g	4g	5g	< 1 g
BROWN GRAVY	45	25	2.5 g	1 g	0 g	0 mg	290 mg	4 g	< 1 g	< 1 g	2 g
BUFFALO SAUCE - HOT	70	70	8 g	3.5 g	0 g	0 mg	1270 mg	< 1 g	< 1 g	0 g	< 1 g
BUFFALO SAUCE - MILD	100	100	11 g	5 g	0 g	0 mg	1610 mg	< 1 g	< 1 g	0 g	< 1 g
CAROLINA VINEGAR SAUCE	5	0	0 g	0 g	0 g	0 mg	280 mg	< 1 g	1 g	0 g	< 1 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
1000 ISLAND	220	170	19 g	3.5 g	0 g	25 mg	490 mg	11 g	< 1 g	7 g	< 1 g
BAR-B-QUE RANCH	200	190	21 g	3 g	0 g	15 mg	200 mg	2 g	< 1 g	2 g	< 1 g
BLUE CHEESE	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1 g	1 g	4 g
HONEY MUSTARD	330	260	29 g	5 g	0 g	20 mg	460 mg	20 g	< 1 g	18 g	< 1 g
RANCH	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1 g	2 g	1 g
VINAIGRETTE	290	290	34 g	2.5 g	0 g	0 mg	290 mg	< 1 g	< 1 g	0 g	< 1 g
KETCHUP	45	0	0g	0g	0g	0mg	480mg	12g	< 1 g	12g	< 1 g
MORGAN CO WHITE SAUCE	200	190	21 g	4 g	0 g	20 mg	410 mg	3 g	< 1 g	3 g	< 1 g
POTATOES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
LOADED BAR-B-Q BAKER											
Beef Brisket	1510	840	94 g	43 g	2 g	195 mg	1590 mg	106 g	19 g	15 g	50 g
Pork	1210	480	54g	24g	2g	180mg	2050mg	109g	19g	18g	60g
Smoked Chicken	1320	590	66 g	26 g	2 g	195 mg	1970 mg	111 g	21 g	21 g	56 g
Turkey	1110	390	43 g	19 g	2 g	170 mg	2370 mg	107 g	19 g	17 g	61 g
NOT SO NAKED POTATO	610	320	36 g	17 g	2 g	65 mg	310 mg	53 g	5 g	4 g	18 g
SOUPS (includes Saltine Crackers)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BRISKET CHILI											
Cup	290	160	18 g	8 g	0 g	40 mg	830 mg	21 g	3 g	4 g	12 g
Bowl	550	310	34 g	15 g	0 g	75 mg	1630 mg	40 g	6 g	8 g	22 g
BRUNSWICK STEW											
Cup	150	40	4.5g	1g	0g	20mg	710mg	20g	2g	6g	8g
Bowl	310	80	9g	2g	0g	40mg	1420mg	41g	3g	12g	16g
TRIMMINGS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BAKED BEANS	180	35	3.5g	1.5g	0g	0mg	710mg	27g	8g	11g	7g
BAR-B-Q CHIPS	480	290	33g	6g	0g	0mg	470mg	43g	5g	2g	5g
COLESLAW	120	90	10 g	2 g	0 g	10 mg	290 mg	5 g	4 g	3 g	1 g
FRESH CUT FRIES	540	240	27g	5g	0g	0mg	790mg	66g	7g	2g	9g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
MACARONI & CHEESE	330	180	20 g	12 g	0 g	60 mg	810 mg	22 g	< 1 g	4 g	16 g
MASHED POTATOES	350	190	21 g	10 g	0 g	10 mg	790 mg	37 g	3 g	4 g	6 g
W/BROWN GRAVY - ADD	45	25	2.5 g	1 g	0 g	0 mg	290 mg	4 g	< 1 g	< 1 g	2 g
MIXED FRUIT	35	0	0 g	0 g	**	0 mg	10 mg	9 g	1 g	7 g	< 1 g
ONION RINGS	520	280	32g	6g	0g	40mg	800mg	50g	6g	9g	10g
POTATO SALAD	220	120	14 g	2.5 g	0 g	25 mg	480 mg	18 g	5 g	2 g	2 g
SLOW-COOKED COLLARDS	90	45	5 g	1.5 g	0 g	10 mg	850 mg	6 g	5 g	2 g	5 g
WATERMELON	45	0	0 g	0 g	**	0 mg	0 mg	12 g	< 1 g	10 g	< 1 g
BAR-B-Q PLATES (does not include sauce or pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BEEF BRISKET	980	790	88g	39g	0g	205mg	1490mg	< 1g	< 1g	0g	44g
CAROLINA- STYLE PORK	490	210	24g	9g	0g	185mg	2220mg	6g	< 1g	4g	59g
CLASSIC PULLED PORK	490	210	24g	9g	0g	185mg	2220mg	6g	< 1g	4g	59g
HOT LINKS	610	360	40g	14g	0g	195mg	3410mg	4g	2g	0g	56g
SMOKED CHICKEN											
1/2 Dark	740	480	53g	15g	0g	225mg	2540mg	12g	5g	11g	47g
1/2 Mixed	880	520	58g	17g	0g	275mg	2760mg	13g	6g	12g	69g
1/2 White	810	410	45g	13g	0g	265mg	2450mg	12g	5g	10g	80g
1/4 Dark	370	240	26g	8g	0g	110mg	1270mg	6g	3g	6g	23g
1/4 White	410	200	23g	7g	0g	130mg	1220mg	6g	2g	5g	40g
SMOKED TURKEY	340	60	7g	1.5g	0g	165mg	2730mg	3g	< 1g	2g	61g
CLASSIC SPARE RIBS											
1#	1260	930	103g	32g	0g	355mg	1900mg	4g	5g	4g	67g
2#	2530	1870	207g	63g	0g	710mg	3800mg	8g	9g	7g	134g
3#	3790	2800	310g	95g	0.5g	1060mg	5710mg	12g	14g	11g	201g
BABY BACK RIBS											
Lil' Baby	630	410	45g	16g	0g	185mg	310mg	1g	2g	1g	52g
Half Baby	760	490	54g	19g	0g	225mg	370mg	1g	3g	1g	63g
Big Baby	1700	1100	122g	43g	0g	505mg	830mg	3g	6g	3g	140g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
COMBO PLATES (does not include sauce or pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
Pick 2 Meats (Values are per portion)											
Beef Brisket	730	590	66g	29g	0g	155mg	1120mg	< 1g	< 1 g	0g	33g
Carolina-style Pork	370	160	18g	7g	0g	140mg	1660mg	5g	< 1 g	3g	44g
Classic Pulled Pork	370	160	18g	7g	0g	140mg	1660mg	5g	< 1 g	3g	44g
Pork Hot Links	610	360	40g	14g	0g	195mg	3410mg	4g	2g	0g	56g
Smoked Chicken	500	300	33g	9g	0g	160mg	1570mg	7g	3g	7g	39g
Smoked Turkey	260	50	5g	1g	0g	125mg	2050mg	2g	< 1 g	2g	46g
Babyback Ribs	630	410	45g	16g	0g	185mg	310mg	1g	2g	1g	52g
Spare Ribs	1260	930	103g	32g	0g	355mg	1900mg	4g	5g	4g	67g
PICK 3 MEATS (Values are per portion)											
Beef Brisket	490	390	44g	19g	0g	105mg	750mg	< 1 g	< 1 g	0g	22g
Carolina-style Pork	250	110	12g	4.5g	0g	95mg	1110mg	3g	< 1 g	2g	30g
Classic Pulled Pork	250	110	12g	4.5g	0g	95mg	1110mg	3g	< 1 g	2g	30g
Pork Hot Links	400	240	26g	9g	0g	130mg	2270mg	3g	1g	0g	37g
Smoked Chicken	340	200	22g	6g	0g	105mg	1050mg	5g	2g	5g	26g
Smoked Turkey	170	30	3.5g	0.5g	0g	85mg	1360mg	1g	< 1 g	1g	30g
Babyback Ribs	470	300	34g	12g	0g	140mg	230mg	< 1g	2g	< 1g	39g
Spare Ribs	950	700	78g	24g	0g	265mg	1430mg	3g	3g	3g	50g
PICK 4 MEATS (Values are per portion)											
Beef Brisket	370	300	33g	15g	0g	75mg	560mg	< 1 g	< 1 g	0g	16g
Carolina-style Pork	190	80	9g	3.5g	0g	70mg	830mg	2g	< 1 g	2g	22g
Classic Pulled Pork	190	80	9g	3.5g	0g	70mg	830mg	2g	< 1 g	2g	22g
Pork Hot Links	400	240	26g	9g	0g	130mg	2270mg	3g	1g	0g	37g
Smoked Chicken	250	150	16g	4.5g	0g	80mg	790mg	4g	2g	3g	20g
Smoked Turkey	130	25	2.5g	0.5g	0g	60mg	1020mg	< 1g	< 1 g	< 1g	23g
Babyback Ribs	470	300	34g	12g	0g	140mg	230mg	< 1g	2g	< 1g	39g
Spare Ribs	950	700	78g	24g	0g	265mg	1430mg	3g	3g	3g	50g
BAR-B-Q SANDWICHES (does not include bread, sauce, pickles)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BEEF BRISKET	610	490	55g	24g	0g	130mg	930mg	< 1g	< 1 g	0g	27g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
CAROLINA STYLE PORK	350	160	18g	6g	0g	120mg	1570mg	6g	1g	4g	37g
PIG ON A BUN	310	130	15g	6g	0g	115mg	1390mg	4g	< 1 g	3g	37g
SMOKED CHICKEN	420	250	27g	8g	0g	130mg	1310mg	6g	3g	6g	33g
TURKEY BREAST	220	40	4.5g	1g	0g	105mg	1700mg	2g	< 1 g	1g	38g
DOUBLE DECKER (includes bread, sauce, pickles)	940	510	56g	22g	0g	145mg	2350mg	60g	5g	8g	48g
SOUTHERN FAVORITES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
FRIED CHICKEN TENDERS (Tenders Only)											
Basket	430	190	21g	4g	0g	100mg	1290mg	20g	3g	0g	39g
Plate	570	250	28 g	5 g	0 g	135 mg	1720 mg	27 g	4 g	0 g	52 g
SANDWICHES (does not include bread)											
ORIGINAL TURKEY SANDWICH	270	70	8g	1.5g	0g	105mg	1760mg	7g	< 1g	5g	39g
PIMENTO CHEESE SANDWICH	400	310	35g	15g	1g	75mg	570mg	5g	1g	3g	17g
GRILLED CHICKEN SANDWICH	410	180	20g	3.5g	0g	175mg	680mg	3g	1g	2g	52g
ADD BACON (2 SLICES)	330	390	35 g	12 g	0 g	45 mg	470 mg	< 1 g	< 1 g	0 g	7 g
DESSERTS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BY THE SERVING											
Banana Pudding	720	340	39 g	20 g	0 g	295 mg	290 mg	32 g	55 g	16 g	6 g
Chocolate Cream Pie - SLICE	820	440	50g	25g	2g	340mg	360mg	20g	63g	4g	8g
Coconut Pie - SLICE	860	450	53g	28g	2g	300mg	310mg	46g	42g	23g	7g
Lemon Ice Box - SLICE	900	440	49 g	27 g	0 g	355 mg	270 mg	74 g	24 g	60 g	11 g
Peanut Butter Pie - SLICE	970	590	68 g	31 g	0 g	420 mg	550 mg	32 g	42 g	14 g	14 g
Pecan Pie - SLICE	660	420	48 g	13 g	2 g	125 mg	240 mg	23 g	36 g	3 g	8 g
WHOLE PAN OR PIE											
Banana Pudding - Whole	8660	4100	462g	244g	0g	3545mg	3530mg	387g	665g	192g	73g
Chocolate Cream Pie	5760	3110	350g	177g	13g	2375mg	2550mg	143g	442g	28g	58g
Coconut Pie	6020	3260	368g	198g	13g	2105mg	2180mg	323g	295g	159g	52g
Lemon Ice Box Pie	6310	3060	344 g	188 g	0 g	2475 mg	1870 mg	516 g	166 g	421 g	77 g
Peanut Butter Pie	6760	4230	473 g	218 g	0 g	2955 mg	3830 mg	224 g	294 g	98 g	101 g
Pecan Pie	4650	2910	336 g	92 g	13 g	870 mg	1710 mg	160 g	253 g	22 g	54 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
KIDS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHICKEN TENDERS	280	130	14g	2.5g	0g	65mg	860mg	13g	2g	0g	26g
CLASSIC SPARE RIBS PLATE	950	700	78g	24g	0g	265mg	1520mg	3g	3g	3g	50g
GRILLED CHEESE	440	160	18g	11g	0g	30mg	1050mg	50g	2g	0g	16g
LIL PIGGIE IN THE GARDEN (does not include dressing)											
Pork	270	160	18g	8g	0.5g	70mg	720mg	8g	1g	3g	19g
Smoked Chicken	300	200	22 g	9 g	0.5 g	75 mg	690 mg	8 g	2 g	4 g	18 g
MACARONI & CHEESE	670	360	41 g	23 g	0 g	120 mg	1620 mg	45 g	2 g	9 g	32 g
QUESADILLA											
Beef Brisket	490	280	31g	14g	0g	70mg	890mg	32g	1g	< 1g	21g
Cheese	310	130	15g	7g	0g	30mg	610mg	32g	1g	< 1g	13g
Ham	410	190	21g	9g	0g	65mg	1200mg	32g	1g	1g	23g
Pork	400	170	19g	9g	0g	65mg	1030mg	33g	1g	1g	24g
Smoked Chicken	430	210	23g	9g	0g	70mg	1000mg	34g	2g	2g	22g
Turkey	370	150	16g	7g	0g	65mg	1120mg	32g	1g	1g	24g
SLIDERS (includes Slider Bun, Sauce, and Pickles)											
Beef Brisket	400	240	27 g	11 g	0 g	50 mg	770 mg	24 g	4 g	4 g	15 g
Ham	300	120	14 g	4 g	0 g	45 mg	1180 mg	24 g	4 g	5 g	17 g
Pork	280	100	11g	3.5g	0g	45mg	950mg	25g	4g	5g	18g
Smoked Chicken	330	140	16 g	4.5 g	0 g	55 mg	920 mg	26 g	5 g	6 g	17 g
Turkey	250	60	7 g	1.5 g	0 g	40 mg	1080 mg	24 g	4 g	5 g	19 g
SMOKED CHICKEN DRUMMIES	400	250	28g	8g	0g	120mg	1450mg	7g	3g	6g	25g
CRAFT COCKTAILS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CLASSIC BLOODY MARY	180	15	1.5g	0g	0g	0mg	990mg	8g	2g	3g	1g
CLASSIC MARGARITA	460	0	0g	0g	0g	0mg	970mg	7g	82g	4g	< 1 g
CROWNING ACHIEVEMENT	210	0	0g	0g	0g	0mg	0mg	1g	20g	< 1g	< 1 g
DARK & STORMY	200	0	0g	0g	0g	0mg	0mg	18g	< 1 g	16g	< 1 g
HOUSE MARGARITA	420	0	0g	0g	0g	0mg	970mg	8g	72g	4g	< 1 g
ISLAND BOUND	230	0	0g	0g	0g	0mg	0mg	5g	21g	5g	< 1 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
MIMOSA	250	0	0g	0g	0g	0mg	10mg	19g	< 1 g	15g	1g
PEACHY-KEEN	230	0	0g	0g	0g	0mg	0mg	16g	23g	15g	< 1 g
SAINT MARGARITA	230	0	0g	0g	0g	0mg	0mg	4g	12g	1g	< 1 g
TOP SHELF MARGARITA	420	0	0g	0g	0g	0mg	5mg	6g	72g	3g	< 1 g
WARD'S OLD FASHIONED	170	0	0g	0g	0g	0mg	0mg	2g	5g	0g	< 1 g
BEVERAGES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARQ'S ROOT BEER	160	0	0	0	0	0	65	45	0	45	0
COCA-COLA	150	0	0	0	0	0	35	40	0	40	0
COCA-COLA ZERO	0	0	0	0	0	0	40	0	0	0	0
DIET COKE	0	0	0	0	0	0	45	0	0	0	0
HI-C FLASHN' FRUIT PUNCH	150	0	0	0	0	0	50	42	0	41	0
PIBB XTRA	140	0	0	0	0	0	55	39	0	39	0
SPRITE	140	0	0	0	0	0	65	39	0	39	0
DAVE'S LEMONADE	160	0g	0	0g	0g	0mg	10mg	3g	40g	< 1g	0g
DOROTHY'S SWEET TEA	120	0g	0	0g	0g	0mg	5mg	< 1g	31g	0g	0g
DOROTHY'S UNSWEET TEA	0	0g	0	0g	**	0mg	10mg	< 1g	0g	0g	0g
THE PALMER	140	0g	0	0g	0g	0mg	10mg	2g	37g	0g	0g
KID'S BEVERAGES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARQ'S ROOT BEER	120	0	0	0	0	0	50	33	0	33	0
COCA-COLA	110	0	0	0	0	0	25	29	0	29	0
COCA-COLA ZERO	0	0	0	0	0	0	30	0	0	0	0
DIET COKE	0	0	0	0	0	0	35	0	0	0	0
HI-C FLASHN' FRUIT PUNCH	110	0	0	0	0	0	40	31	0	30	0
PIBB XTRA	100	0	0	0	0	0	40	28	0	28	0
SPRITE	100	0	0	0	0	0	45	28	0	28	0
DAVE'S LEMONADE	130	0g	0	0g	0g	0mg	5mg	2g	33g	< 1g	0g
DOROTHY'S SWEET TEA	100	0g	0	0g	0g	0mg	5mg	< 1g	27g	0g	0g
DOROTHY'S UNSWEET TEA	0	0g	0	0g	**	0mg	5mg	< 1g	0g	0g	0g
MILK	300	16g	140	10g	0g	70mg	240mg	24g	0g	22g	16g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
COFFEE	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
COFFEE - DECAF	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g
BREAKFAST	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
FARMER'S FRIEND W/FRIED EGG +											
Bacon + Fruit + Bisc	1300	1100	110g	46g	0g	510mg	2060mg	54g	3g	10g	31g
Bacon + Fruit + Toast	1020	910	89g	32g	0g	440mg	1320mg	33g	2g	7g	27g
Bacon + Home Fries + Bisc	1400	1150	115 g	49 g	0 g	510 mg	2330 mg	66 g	4 g	5 g	32 g
Bacon + Home Fries + Toast	1120	960	94 g	35 g	0 g	440 mg	1590 mg	45 g	3 g	2 g	29 g
Ham + Fruit + Bisc	1140	720	79g	36g	0g	545mg	3320mg	55g	3g	11g	54g
Ham + Fruit + Toast	870	530	58g	22g	0g	475mg	2580mg	34g	2g	9g	51g
Ham + Home Fries + Bisc	1240	760	84 g	38 g	0 g	545 mg	3590 mg	67 g	4 g	6 g	56 g
Ham + Home Fries + Toast	970	570	63 g	24 g	0 g	475 mg	2850 mg	46 g	3 g	4 g	52 g
FARMER'S FRIEND W/SCRAMBLED EGG +											
Bacon + Fruit + Bisc	1130	940	91g	38g	0g	510mg	2360mg	54g	3g	10g	31g
Bacon + Fruit + Toast	860	750	70g	24g	0g	440mg	1610mg	33g	2g	7g	27g
Bacon + Home Fries + Bisc	1230	980	96 g	40 g	0 g	510 mg	2630 mg	66 g	4 g	5 g	32 g
Bacon + Home Fries + Toast	950	790	75 g	26 g	0 g	440 mg	1880 mg	45 g	3 g	2 g	29 g
Ham + Fruit + Bisc	980	550	61g	28g	0g	545mg	3620mg	56g	3g	11g	54g
Ham + Fruit + Toast	700	360	40g	13g	0g	475mg	2870mg	35g	2g	9g	51g
Ham + Home Fries + Bisc	1070	590	66 g	30 g	0 g	545 mg	3890 mg	67 g	4 g	6 g	56 g
Ham + Home Fries + Toast	800	400	44 g	16 g	0 g	475 mg	3140 mg	46 g	3 g	4 g	52 g
SMOKED BEEF BRISKET HASH											
w/Fried Eggs	1100	830	92 g	40 g	0 g	500 mg	1730 mg	24 g	3 g	4 g	42 g
w/Scrambled Eggs	930	660	74 g	31 g	0 g	500 mg	2020 mg	24 g	3 g	4 g	42 g
BREAKFAST TACOS (VALUES ARE FOR EACH)											
Beef Brisket	490	330	36 g	15 g	0 g	250 mg	1170 mg	19 g	1 g	2 g	24 g
Chicken Tender	390	190	21g	7g	0g	235mg	1230mg	25g	2g	2g	26g
Ham	390	210	23 g	9 g	0 g	245 mg	1590 mg	19 g	1 g	2 g	26 g
Pork	370	180	20g	8g	0g	245mg	1360mg	20g	1g	3g	27g
Sausage	400	240	26g	9g	0g	240mg	1230mg	19g	1g	2g	22g
CLASSIC BLT	1370	1240	121 g	34 g	0 g	135 mg	1780 mg	51 g	3 g	2 g	23 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
w/Fried Egg - Add	340	290	32g	13g	0g	370mg	310mg	< 1g	< 1g	0g	12g
w/Scrambled Egg - Add	170	120	14g	4.5g	0g	370mg	610mg	< 1g	< 1g	0g	12g
COUNTRY BENNY											
w/Fried Eggs	900	590	65 g	33 g	0 g	460 mg	2090 mg	53 g	2 g	6 g	25 g
w/Scrambled Eggs	730	420	47 g	24 g	0 g	460 mg	2380 mg	53 g	2 g	6 g	26 g
Buttermilk Biscuit	420	220	24g	15g	0g	65mg	1030mg	45g	2g	2g	7g
BISCUIT SANDWICH											
Biscuit Sandwich - Fried Egg	600	370	40g	22g	0g	250mg	1190mg	45g	2g	2g	13g
Biscuit Sandwich - Scrambled Egg	510	280	31g	18g	0g	250mg	1330mg	45g	2g	2g	13g
Biscuit Sandwich - Bacon	920	810	78 g	33 g	0 g	140 mg	1740 mg	45 g	2 g	2 g	18 g
Biscuit Sandwich - Chicken Tender	570	280	31g	17g	0g	100mg	1460mg	52g	3g	2g	20g
Biscuit Sandwich - Ham	630	340	38 g	20 g	0 g	130 mg	2210 mg	46 g	2 g	3 g	28 g
Biscuit Sandwich - Sausage	570	330	36g	19g	0g	105mg	1460mg	46g	2g	2g	16g
BISCUIT SANDWICH ADD ONS											
W/CHEESE - ADD	70	50	6g	4g	0g	15mg	240mg	< 1g	< 1g	0g	4g
W/FRIED EGG - ADD	170	150	16g	7g	0g	185mg	160mg	< 1g	< 1g	0g	6g
W/SCRAMBLED EGG - ADD	90	60	7g	2.5g	0g	185mg	310mg	< 1g	< 1g	0g	6g
BREAKFAST SIDES/A LA CARTE											
EGG - FRIED	170	150	16g	7g	0g	185mg	160mg	< 1g	< 1g	0g	6g
EGG - SCRAMBLED	90	60	7g	2.5g	0g	185mg	310mg	< 1g	< 1g	0g	6g
TOAST	150	30	3g	1.5g	0g	0mg	280mg	24g	< 1g	0g	4g
BISCUIT	420	220	24g	15g	0g	65mg	1030mg	45g	2g	2g	7g
HOME FRIES	130	40	4.5 g	2 g	0 g	0 mg	280 mg	20 g	2 g	2 g	2 g
MIXED FRUIT	35	0	0 g	0 g	**	0 mg	10 mg	9 g	1 g	7 g	< 1 g
BACON (3 PC)	500	590	53g	18g	0g	70mg	710mg	< 1g	< 1g	0g	11g
HAM	340	200	23g	7g	0g	105mg	1970mg	1g	< 1g	1g	34g
SAUSAGE (2 EA)	300	220	24g	7g	0g	80mg	860mg	2g	< 1g	0g	18g
TENDERS (2 EACH)	280	130	14g	2.5g	0g	65mg	860mg	13g	2g	0g	26g
BISCUIT SANDWICH - BACON + CHEESE											
BISCUIT SANDWICH - BACON + FRIED EGG	1090	960	94g	40g	0g	325mg	1900mg	45g	2g	2g	24g
BISCUIT SANDWICH - BACON + FRIED EGG + CHEESE	1160	1010	100g	44g	0g	340mg	2140mg	46g	2g	2g	28g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
BISCUIT SANDWICH - BACON + SCRAMBLED EGG	1010	870	84g	36g	0g	325mg	2040mg	45g	2g	2g	24g
BISCUIT SANDWICH - BACON + SCRAMBLED EGG + CHEESE	1080	930	90g	40g	0g	340mg	2280mg	46g	2g	2g	28g
BISCUIT SANDWICH - CHICKEN TENDER + CHEESE	640	340	37g	21g	0g	115mg	1700mg	53g	3g	2g	24g
BISCUIT SANDWICH - CHICKEN TENDER + FRIED EGG	740	430	48g	23g	0g	285mg	1620mg	52g	3g	2g	26g
BISCUIT SANDWICH - CHICKEN TENDER + FRIED EGG + CHEESE	810	480	54g	27g	0g	300mg	1860mg	53g	3g	2g	30g
BISCUIT SANDWICH - CHICKEN TENDER + SCRAMBLED EGG	650	340	38g	19g	0g	285mg	1760mg	52g	3g	2g	26g
BISCUIT SANDWICH - CHICKEN TENDER + SCRAMBLED EGG + CHEESE	720	400	44g	23g	0g	300mg	2000mg	53g	3g	2g	30g
BISCUIT SANDWICH - FRIED EGG + CHEESE	670	420	46g	26g	0g	265mg	1430mg	46g	2g	2g	17g
BISCUIT SANDWICH - HAM + CHEESE	700	390	44g	24g	0g	145mg	2450mg	47g	2g	3g	32g
BISCUIT SANDWICH - HAM + FRIED EGG	800	490	54g	26g	0g	315mg	2370mg	46g	2g	3g	34g
BISCUIT SANDWICH - HAM + FRIED EGG + CHEESE	870	540	60g	30g	0g	330mg	2610mg	47g	2g	3g	38g
BISCUIT SANDWICH - HAM + SCRAMBLED EGG	720	400	45g	22g	0g	315mg	2520mg	46g	2g	3g	34g
BISCUIT SANDWICH - HAM + SCRAMBLED EGG + CHEESE	790	460	51g	26g	0g	330mg	2760mg	47g	2g	3g	38g
BISCUIT SANDWICH - SAUSAGE + CHEESE	640	380	42g	23g	0g	120mg	1700mg	47g	2g	2g	20g
BISCUIT SANDWICH - SAUSAGE + FRIED EGG	750	480	52g	26g	0g	290mg	1620mg	46g	2g	2g	22g
BISCUIT SANDWICH - SAUSAGE + FRIED EGG + CHEESE	820	530	58g	30g	0g	305mg	1860mg	47g	2g	2g	26g
BISCUIT SANDWICH - SAUSAGE + SCRAMBLED EGG	660	390	43g	21g	0g	290mg	1760mg	46g	2g	2g	22g
BISCUIT SANDWICH - SAUSAGE + SCRAMBLED EGG + CHEESE	730	440	49g	25g	0g	305mg	2000mg	47g	2g	2g	26g
BISCUIT SANDWICH - SCRAMBLED EGG + CHEESE	580	330	37g	22g	0g	265mg	1570mg	46g	2g	2g	17g
BLT - FRIED EGG	1710	1540	153 g	48 g	0 g	505 mg	2090 mg	51 g	3 g	2 g	35 g
BLT - SCRAMBLED EGG	1540	1370	135 g	39 g	0 g	505 mg	2380 mg	51 g	3 g	2 g	35 g