

JIM'N NICK'S
COMMUNITY

BAR-B-Q

NUTRITIONAL GUIDE

NICEVILLE, 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
COMBO MEALS (Beverage not included, #1-3 do not include Trimming)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
#1 - PIGGIE EXPRESS (does not include Bread, Sauce, Pickle)											
Beef Brisket	610	490	55g	24g	0g	130mg	930mg	< 1g	< 1g	0g	27g
Classic Pulled Pork	310	130	15g	6g	0g	115mg	1390mg	4g	< 1g	3g	37g
Carolina Style Pork	350	160	18g	6g	0g	120mg	1570mg	6g	1g	4g	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	< 1g	1g	38g
#2 - HAMBURGER DAVE (does not include bread)	680	510	56g	23g	2g	160mg	1460mg	8g	< 1g	4g	38g
ADD BACON (2 SLICES)	330	390	35 g	12 g	0 g	45 mg	470 mg	< 1g	< 1g	0 g	7 g
#3 - CHICKEN TENDERS (includes 2 Cheese Biscuits, does not include sauce)											
#4 - PIGGIE POTATO (includes 2 Cheese Biscuits)											
Beef Brisket	1380	800	89g	40g	3.5g	215mg	2020mg	78g	26g	11g	46g
Smoked Chicken	1230	610	67g	26g	3.5g	215mg	2320mg	83g	28g	16g	50g
Smoked Pork	1340	570	63g	27g	3.5g	205mg	3020mg	100g	43g	32g	54g
Turkey Breast	1070	440	49g	21g	3.5g	195mg	2640mg	79g	26g	12g	55g
#5 - GARDEN SALAD (includes 2 Cheese Biscuits, does not include dressing)											
Garden Salad w/o Meat	630	410	47g	17g	0.5g	65mg	650mg	23g	12g	4g	28g
Beef Brisket	990	710	80g	32g	0.5g	140mg	1210mg	23g	12g	4g	44g
Chicken Tenders	910	540	61g	20g	0.5g	130mg	1510mg	36g	14g	4g	54g
Smoked Chicken	880	560	63g	22g	0.5g	145mg	1430mg	27g	13g	8g	47g
Smoked Pork	810	490	56g	21g	1g	135mg	1480mg	25g	12g	6g	50g
Turkey Breast	760	440	50g	18g	0.5g	125mg	1670mg	24g	12g	5g	50g
ENTRÉE SALADS (includes 2 Cheese Biscuits, does not include dressing)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
PIG IN THE GARDEN											
Beef Brisket	1500	1060	119g	48g	1.5g	225mg	1930mg	36g	21g	6g	66g
Pulled Pork	1210	730	82g	29g	1.5g	200mg	1960mg	40g	22g	10g	70g
Smoked Chicken	1260	770	86g	29g	3g	205mg	2080mg	41g	22g	10g	71g
Turkey Breast	1110	610	69g	24g	1.5g	200mg	2700mg	37g	20g	7g	77g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
CLASSIC GREEK											
Beef Brisket	1040	680	76g	34g	1.5g	195mg	2680mg	30g	17g	6g	47g
Chicken Tenders	860	380	43g	13g	1.5g	165mg	3040mg	49g	20g	6g	59g
Pulled Pork	740	320	37g	15g	1.5g	180mg	3130mg	33g	17g	9g	57g
Smoked Chicken	750	350	40g	14g	1.5g	170mg	2710mg	33g	19g	10g	52g
Turkey Breast	650	230	26g	10g	1.5g	170mg	3450mg	31g	17g	7g	58g
CHICKEN TENDER SALAD	1320	760	85g	27g	1.5g	195mg	2290mg	55g	24g	6g	78g
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
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	0 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
NOT SO NAKED POTATO	610	320	36 g	17 g	2 g	65 mg	310 mg	53 g	5 g	4 g	18 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	40	4.5g	1.5g	0g	10mg	810mg	7g	5g	2g	5g
WATERMELON	45	0	0 g	0 g	**	0 mg	0 mg	12 g	< 1 g	10 g	< 1 g
VEGETABLES OF THE DAY											
	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BBQ CORN	210	140	15g	3g	0g	15mg	1000mg	18g	2g	8g	3g
BLACK EYED PEAS	90	20	2 g	0.5 g	0 g	< 5 mg	380 mg	14 g	2 g	1 g	5 g
CUCUMBER TOMATO SALAD	120	100	11 g	1 g	0 g	0 mg	820 mg	5 g	< 1 g	2 g	< 1 g
FRIED GREEN TOMATOES	300	170	19g	3.5g	0g	0mg	990mg	28g	3g	3g	3g
GREEN BEANS	130	80	9 g	4 g	0 g	10 mg	1330 mg	8 g	3 g	4 g	6 g
STEAMED CABBAGE	80	45	5 g	2 g	0 g	0 mg	210 mg	6 g	2 g	3 g	3 g
STEWED OKRA & TOMATO	60	25	3 g	1 g	0 g	0 mg	380 mg	7 g	2 g	3 g	2 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
SUCCOTASH	90	35	4 g	1.5 g	0 g	< 5 mg	360 mg	11 g	2 g	3 g	4 g
SWEET POTATO CASSEROLE	260	100	11 g	5 g	0 g	40 mg	240 mg	38 g	4 g	13 g	3 g
DAILY FEATURES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARBECUED MEATLOAF PLATE W/MASHED POTATOES & GRAVY	820	460	51g	21g	1.5g	145mg	2670mg	54g	5g	9g	35g
TACO TUESDAY (does not include beverage)											
Beef	350	220	25 g	11 g	0 g	50 mg	790 mg	19 g	2 g	2 g	14 g
Brisket & Hot Link	330	200	22 g	9 g	0 g	60 mg	790 mg	18 g	2 g	1 g	17 g
Catfish	430	280	31 g	6 g	0 g	45 mg	1000 mg	27 g	4 g	3 g	12 g
Chicken	550	290	32 g	11 g	0 g	90 mg	1460 mg	39 g	3 g	5 g	26 g
Chicken Tender	300	140	15 g	3 g	0 g	35 mg	890 mg	26 g	3 g	2 g	16 g
Grilled Steak	290	160	18 g	7 g	2 g	40 mg	480 mg	21 g	2 g	3 g	14 g
Pork	340	160	18g	8g	0g	80mg	1060mg	21g	1g	2g	25g
Street	230	80	9g	3g	0g	45mg	880mg	20g	1g	2g	18g
CAROLINA STYLE PORK SANDWICH W/FRIES (does not include beverage)	1160	490	54g	14g	0g	120mg	3340mg	116g	11g	13g	52g
SOUTHERN BURGER W/FRIES (does not include beverage)	1770	1140	118g	39g	2g	190mg	3070mg	121g	13g	17g	56g
FISH 'N FRY PLATE W/FRIES, TARTAR SAUCE, AND SLAW GARNISH	1420	900	99g	19g	0g	135mg	2460mg	91g	13g	9g	39g
SMOKED BUFFALO WINGS											
5pc Hot	470	280	31g	7g	2g	220mg	2060mg	5g	2g	3g	45g
5pc Mild	500	300	33g	8g	2.5g	220mg	2390mg	5g	1g	3g	45g
with Ranch - Add	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1g	2 g	1 g
with Blue Cheese - Add	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1g	1 g	4 g
25PC HOT	2330	1380	153g	37g	9g	1100mg	10200mg	18g	5g	10g	222g
25PC MILD	2440	1490	165g	40g	12g	1100mg	11840mg	18g	4g	10g	221g
with Ranch - Add	3600	3350	371g	95g	0g	420mg	2920mg	14g	4g	11g	42g
with Blue Cheese - Add	1700	1600	176g	32g	0g	165mg	1520mg	15g	0g	13g	9g
CHICKEN TENDER PLATE W/MASHED POTATOES, GREEN BEANS, & WHITE GRAVY	1120	560	62g	21g	0g	160mg	4170mg	77g	10g	10g	65g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
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	< 1g	9 g	< 1g
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
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	< 1g
BROWN GRAVY	45	25	2.5 g	1 g	0 g	0 mg	290 mg	4 g	< 1g	< 1 g	2 g
BUFFALO SAUCE - HOT	70	70	8 g	3.5 g	0 g	0 mg	1270 mg	< 1g	< 1g	0 g	< 1g
BUFFALO SAUCE - MILD	100	100	11 g	5 g	0 g	0 mg	1610 mg	< 1g	< 1g	0 g	< 1g
CAROLINA VINEGAR SAUCE	5	0	0 g	0 g	0 g	0 mg	280 mg	< 1g	1 g	0 g	< 1g
1000 ISLAND	220	170	19 g	3.5 g	0 g	25 mg	490 mg	11 g	< 1g	7 g	< 1g
BAR-B-QUE RANCH	200	190	21 g	3 g	0 g	15 mg	200 mg	2 g	< 1g	2 g	< 1 g
BLUE CHEESE	340	310	35 g	9 g	0 g	40 mg	270 mg	1 g	< 1g	1 g	4 g
CREAMY GREEK	240	240	26 g	4.5 g	0 g	25 mg	150 mg	< 1g	< 1g	0 g	< 1g
HONEY MUSTARD	330	260	29 g	5 g	0 g	20 mg	460 mg	20 g	< 1g	18 g	< 1g
RANCH	220	210	23 g	4 g	0 g	20 mg	200 mg	2 g	< 1g	2 g	1 g
VINAIGRETTE	290	290	34 g	2.5 g	0 g	0 mg	290 mg	< 1 g	< 1g	0 g	< 1g
KETCHUP	45	0	0g	0g	0g	0mg	480mg	12g	< 1g	12g	< 1g
MORGAN CO WHITE SAUCE	200	190	21 g	4 g	0 g	20 mg	410 mg	3 g	< 1g	3 g	< 1g
TARTAR SAUCE	370	370	40 g	7 g	0 g	35 mg	270 mg	1 g	< 1g	< 1 g	< 1g
WHITE GRAVY	60	35	4g	2g	0g	5mg	330mg	5g	< 1g	2g	2g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
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
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
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	< 1g	0g	27g
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	< 1g	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	< 1g	1g	38g
DOUBLE DECKER (includes bread, sauce, pickles)	940	510	56g	22g	0g	145mg	2350mg	60g	5g	8g	48g
GRILL - PLATES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
GRILLED CATFISH PLATE (includes Tartar Sauce and Lemon)											

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
1 Fillet	530	430	47g	9g	0g	115mg	920mg	7g	1g	< 1g	19g
2 Fillets	690	490	54g	10g	0g	190mg	1580mg	13g	3g	< 1g	37g
GRILLED CHICKEN PLATE	620	180	21 g	3 g	0 g	330 mg	1240 mg	< 1 g	< 1g	0 g	102 g
RIBEYE	860	610	68g	30g	4g	230mg	760mg	< 1g	< 1g	0g	63g
GRILL - SANDWICHES (does not include bread)	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
ADD BACON (2 SLICES)	330	390	35 g	12 g	0 g	45 mg	470 mg	< 1g	< 1g	0 g	7 g
BURGER 1920	720	520	57g	25g	2.5g	190mg	1520mg	4g	< 1g	0g	47g
GRILLED CATFISH SANDWICH	320	220	25g	4.5g	0g	95mg	870mg	7g	1g	1g	19g
GRILLED CHICKEN SANDWICH	410	180	20g	3.5g	0g	175mg	680mg	3g	1g	2g	52g
HAMBURGER DAVE	830	610	67g	27g	2.5g	200mg	1630mg	8g	< 1g	4g	48g
JT PIMENTO BURGER	880	660	73g	26g	3g	210mg	1430mg	7g	1g	4g	48g
MUSHROOM SWISS BURGER	1220	1050	108g	37g	4g	245mg	1610mg	9g	2g	3g	55g
SOUTHERN BURGER	1100	920	94g	36g	2.5g	230mg	1760mg	11g	5g	7g	51g
SOUTHERN FAVORITES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
FRIED CATFISH PLATE (includes Tartar Sauce and Lemon)											
1 Fillet	810	630	69 g	13 g	0 g	135 mg	1330 mg	16 g	5 g	< 1 g	30 g
2 Fillets	1250	880	98 g	19 g	0 g	230 mg	2380 mg	32 g	10 g	< 1 g	61 g
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)											
FRIED CATFISH SANDWICH	610	420	46g	9g	0g	110mg	1270mg	17g	5g	1g	31g
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
SMOKED CUBAN SANDWICH	580	370	41g	15g	0g	140mg	2030mg	8g	< 1g	5g	42g
DESSERTS	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BY THE SERVING											

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
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
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
LITTLE DAVEY CHEESEBURGER	530	320	35g	14g	1.5g	95mg	890mg	28g	1g	1g	27g
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

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
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
LUNCH	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
SALADS (does not include dressing)											
CHOPPED SOUTHERN SALAD											
Beef Brisket	1090	800	90g	35g	1g	155mg	1240mg	28g	7g	10g	46g
Grilled Chicken	760	450	51g	17g	1g	135mg	810mg	28g	7g	10g	50g
Ham	880	570	64g	22g	1g	135mg	2070mg	29g	7g	11g	51g
Pork	850	510	58g	20g	1g	145mg	1610mg	31g	7g	13g	54g
Smoked Chicken	940	600	68g	22g	1g	155mg	1540mg	33g	9g	15g	50g
Tenders	890	530	60g	18g	1g	115mg	1360mg	41g	9g	10g	50g
Turkey	770	440	49g	17g	1g	135mg	1860mg	29g	7g	11g	55g
CLASSIC GREEK SALAD											
Beef Brisket	640	470	53g	24g	0g	130mg	1770mg	9g	2g	4g	32g
Grilled Chicken	310	120	14g	5g	0g	105mg	1340mg	9g	2g	4g	35g
Ham	420	240	27g	10g	0g	110mg	2600mg	10g	2g	5g	37g
Pork	400	180	21g	9g	0g	120mg	2140mg	12g	2g	6g	40g
Smoked Chicken	490	270	31g	10g	0g	130mg	2070mg	14g	4g	8g	36g
Tenders	430	200	23g	7g	0g	90mg	1890mg	22g	4g	4g	36g
Turkey	320	110	12g	5g	0g	110mg	2390mg	10g	2g	5g	40g
PIGGIE IN THE GARDEN											
Beef Brisket	970	730	82 g	33 g	1 g	175 mg	1570 mg	14 g	5 g	4 g	46 g
Grilled Chicken	630	380	43 g	14 g	1 g	155 mg	1130 mg	14 g	5 g	4 g	49 g
Ham	750	500	56 g	19 g	1 g	155 mg	2400 mg	15 g	5 g	5 g	51 g
Pork	730	440	50g	17g	1g	165mg	1930mg	17g	5g	6g	53g
Smoked Chicken	810	530	60 g	19 g	1 g	175 mg	1870 mg	19 g	7 g	8 g	50 g
Tenders	760	460	52 g	16 g	1 g	140 mg	1690 mg	27 g	7 g	4 g	50 g
Turkey	650	370	42 g	14 g	1 g	155 mg	2190 mg	15 g	5 g	5 g	54 g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
PIGGIE POTATO											
Beef Brisket	1120	700	78g	36g	2g	180mg	1450mg	59g	10g	8g	39g
Ham	910	470	52g	22g	2g	165mg	2280mg	59g	10g	10g	45g
Pork	880	410	46g	21g	2g	170mg	1820mg	61g	10g	11g	47g
Smoked Chicken	970	500	56g	23g	2g	185mg	1750mg	63g	12g	13g	44g
Turkey	810	340	38g	17g	2g	160mg	2070mg	59g	10g	10g	48g
LUNCH PLATES											
GRILLED CHICKEN LUNCH PLATE (includes Side Salad)	480	220	28 g	3 g	0 g	165 mg	970 mg	6 g	2 g	3 g	52 g
TURKEY LUNCH PLATE (includes Side Salad)	580	370	43 g	6 g	0 g	125 mg	2380 mg	9 g	1 g	6 g	39 g
SPRING MIX SIDE SALAD	160	150	18 g	1 g	0 g	0 mg	160 mg	3 g	< 1 g	1 g	1 g
OPEN FACED BEEF & GRAVY (does not include Fries)	630	440	48g	21g	0g	105mg	1240mg	21g	1g	< 1g	26g
LOADED MAC (includes Side Salad)											
Beef Brisket	1310	890	102 g	41 g	1.5 g	215 mg	2630 mg	48 g	3 g	11 g	55 g
Ham	1100	660	76 g	28 g	1.5 g	195 mg	3460 mg	49 g	3 g	12 g	60 g
Pork	1070	600	70g	26g	1.5g	205mg	3000mg	51g	3g	13g	63g
Smoked Chicken	1160	690	80 g	28 g	1.5 g	215 mg	2930 mg	53 g	5 g	16 g	59 g
Turkey	1000	530	62 g	23 g	1.5 g	195 mg	3250 mg	49 g	3 g	12 g	63 g
LUNCH SANDWICHES (does not include Bread, Sauce, Pickles, or BBQ Chips)											
BEEF BRISKET	610	490	55g	24g	0g	130mg	930mg	< 1g	< 1g	0g	27g
CAROLINA-STYLE PORK	350	160	18g	6g	0g	120mg	1480mg	5g	1g	4g	37g
CLASSIC PULLED PORK	310	130	15g	6g	0g	115mg	1390mg	4g	< 1g	3g	37g
MORGAN CO. BBQ CHICKEN	420	250	27g	8g	0g	130mg	1310mg	6g	3g	6g	33g
SMOKED HAM	340	200	23g	7g	0g	105mg	1970mg	1g	< 1g	1g	34g
MORGAN CO. TURKEY BREAST	220	40	4.5g	1g	0g	105mg	1700mg	2g	< 1g	1g	38g
BURGERS (does not include bread)											
BURGER 1920	570	410	46g	21g	2g	150mg	1060mg	3g	< 1g	0g	37g
HAMBURGER DAVE	680	510	56g	23g	2g	160mg	1460mg	8g	< 1g	4g	38g
JT PIMENTO BURGER	740	550	61g	22g	2.5g	170mg	1270mg	7g	1g	4g	38g
MUSHROOM SWISS BURGER	1070	950	96g	33g	3g	205mg	1440mg	9g	2g	3g	45g
SOUTHERN BURGER	960	820	83g	31g	2g	190mg	1590mg	11g	5g	7g	42g

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
DAILY FEATURES	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
CHICKEN FRIED CHICKEN	670	350	39g	9g	0g	170mg	1610mg	24g	3g	2g	55g
W/WHITE GRAVY - ADD	60	35	4g	2g	0g	5mg	330mg	5g	< 1g	2g	2g
CLAIRMONT PLATE - includes Fries, Baked Beans, and Slaw											
1/2 Dark	1720	870	96g	25g	0g	235mg	5220mg	132g	33g	47g	63g
1/2 Mixed	1860	910	101g	26g	0g	290mg	5440mg	133g	34g	48g	85g
1/2 White	1790	800	89g	23g	0g	275mg	5130mg	132g	33g	46g	96g
1/4 Dark	1350	630	70g	17g	0g	125mg	3950mg	126g	31g	41g	40g
1/4 White	1390	600	66g	16g	0g	145mg	3910mg	126g	31g	41g	56g
PORK	1470	610	67g	19g	0g	200mg	4900mg	126g	28g	40g	76g
PRIME RIB	1010	720	79g	35g	5g	270mg	1580mg	< 1g	< 1g	0g	73g
w/Au Jus - Add	10	5	0.5g	0g	0g	0mg	1060mg	1g	< 1g	0g	1g
PRIME RIB SANDWICH	1230	820	91g	36g	3g	215mg	2820mg	46g	2g	5g	63g
w/Au Jus - Add	10	5	0.5g	0g	0g	0mg	1060mg	1g	< 1g	0g	1g
TACO TUESDAY											
Beef	350	220	25 g	11 g	0 g	50 mg	790 mg	19 g	2 g	2 g	14 g
Brisket & Hot Link	330	200	22 g	9 g	0 g	60 mg	790 mg	18 g	2 g	1 g	17 g
Catfish	430	280	31 g	6 g	0 g	45 mg	1000 mg	27 g	4 g	3 g	12 g
Chicken	550	290	32 g	11 g	0 g	90 mg	1460 mg	39 g	3 g	5 g	26 g
Chicken Tender	300	140	15 g	3 g	0 g	35 mg	890 mg	26 g	3 g	2 g	16 g
Grilled Steak	290	160	18 g	7 g	2 g	40 mg	480 mg	21 g	2 g	3 g	14 g
Pork	340	160	18g	8g	0g	80mg	1060mg	21g	1g	2g	25g
Street	230	80	9g	3g	0g	45mg	880mg	20g	1g	2g	18g
CHIPS & SALSA	660	290	32g	6g	0g	0mg	410mg	86g	10g	4g	8g
BEVERAGES - 32 OZ	Calories	Cal from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
BARQ'S ROOT BEER	240	0	0	0	0	0	100	65	0	65	0
COCA-COLA	210	0	0	0	0	0	50	58	0	58	0
COCA-COLA ZERO	0	0	0	0	0	0	55	0	0	0	0
DIET COKE	0	0	0	0	0	0	70	0	0	0	0
HI-C FLASHN' FRUIT PUNCH	220	0	0	0	0	0	75	62	0	60	0

	Calories	Cal frm Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
PIBB XTRA	210	0	0	0	0	0	80	56	0	56	0
SPRITE	210	0	0	0	0	0	95	56	0	56	0
DAVE'S LEMONADE	250	0g	0	0g	0g	0mg	10mg	4g	62g	1g	0g
DOROTHY'S SWEET TEA	190	0g	0	0g	0g	0mg	10mg	1g	49g	0g	0g
DOROTHY'S UNSWEET TEA	0	0g	0	0g	**	0mg	10mg	1g	0g	0g	0g
KID'S BEVERAGES - 16 OZ	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