



Lucilles BBQ Menu Analysis Book for Core Items

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Values listed are per single serving unless otherwise stated. Nutritional Information: The information listed on our menus and websites is meant to provide a general estimate of the nutritional values associated with our menu items. Nutritional values for some menu items, such as those that are limited time only may not be available at this time.

| Startin Out Items | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| BBQ Rib Tip Appetizer (1 serving) | 1460 | 1455 | 940 | 104 | 40 | 0 | 360 | 2539 | 56 | 1 | 33 | 72 | 979 | 3 | 54 | 2 |
| BBQ Rib Tip Appetizer, Half (1 serving) | 770 | 768 | 470 | 52 | 20 | 0 | 180 | 1344 | 38 | 0 | 24 | 36 | 540 | 2 | 37 | 1 |
| Cracked Out Deviled Bacon Eggs (1 serving) | 770 | 772 | 567 | 63 | 16 | 0 | 688 | 983 | 15 | 2 | 5 | 33 | 1361 | 12 | 125 | 4 |
| Fried Ham SMAC Bites (1 serving) | 1040 | 1041 | 415 | 46 | 13 | 0 | 105 | 3936 | 116 | 2 | 12 | 45 | 176 | 3 | 448 | 5 |
| Hatch Green Chili Garlic Fries (1 serving) | 960 | 957 | 620 | 69 | 8 | 0 | 14 | 2331 | 75 | 7 | 4 | 11 | 525 | 29 | 148 | 2 |
| Hot Honey Cauliflower Bites (1 serving) | 430 | 430 | 111 | 12 | 2 | 0 | 8 | 1404 | 70 | 7 | 37 | 10 | 513 | 106 | 133 | 3 |
| Lucille's Onion Straws (1 serving) | 900 | 902 | 297 | 33 | 6 | 0 | 24 | 2170 | 135 | 6 | 39 | 20 | 405 | 27 | 328 | 5 |
| Lucille's Onion Straws, Half (1 serving) | 450 | 451 | 149 | 17 | 3 | 0 | 12 | 1085 | 67 | 3 | 20 | 10 | 203 | 13 | 164 | 2 |
| Salmon Pastrami Crisps (1 serving) | 180 | 182 | 97 | 11 | 3 | 0 | 33 | 683 | 13 | 1 | 6 | 9 | 301 | 5 | 60 | 1 |
| Smokehouse BBQ Nachos (1 serving) | 990 | 989 | 490 | 54 | 30 | 0 | 171 | 1807 | 86 | 10 | 13 | 40 | 2446 | 48 | 912 | 4 |
| Smokehouse BBQ Nachos (1 serving) with Chicken | 1200 | 1200 | 624 | 69 | 33 | 0 | 225 | 2041 | 86 | 10 | 13 | 58 | 2518 | 48 | 923 | 5 |
| Smokehouse BBQ Nachos (1 serving) with Pulled Pork | 1150 | 1154 | 592 | 66 | 34 | 0 | 227 | 2046 | 87 | 10 | 14 | 55 | 2447 | 49 | 930 | 5 |
| Smokehouse BBQ Nachos (1 serving) with Smoked Beef Brisket | 1210 | 1208 | 637 | 71 | 36 | 0 | 228 | 2145 | 87 | 10 | 15 | 56 | 2447 | 48 | 922 | 6 |
| Southern Fried Dill Pickles (1 serving) | 850 | 847 | 345 | 38 | 6 | 0 | 30 | 4906 | 114 | 4 | 16 | 14 | 546 | 2 | 109 | 5 |
| Southern Fried Dill Pickles, Half (1 serving) | 420 | 423 | 173 | 19 | 3 | 0 | 15 | 2453 | 57 | 2 | 8 | 7 | 273 | 1 | 54 | 2 |
| Spinach and Cheese Dip (1 serving) | 1050 | 1048 | 451 | 50 | 20 | 0 | 63 | 2038 | 111 | 9 | 14 | 37 | 9572 | 22 | 1033 | 4 |
| Happy Hour Items | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Happy Hour BBQ Rib Tips (1 serving) | 1210 | 1211 | 705 | 78 | 30 | 0 | 270 | 2129 | 71 | 1 | 48 | 54 | 884 | 4 | 71 | 3 |

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|--|------|------|------|-----|----|---|-----|------|-----|---|----|----|------|----|-----|---|
| Happy Hour BLT Wedge Salad (1 serving) | 400 | 402 | 284 | 32 | 10 | 0 | 48 | 979 | 15 | 3 | 8 | 15 | 1456 | 9 | 245 | 1 |
| Happy Hour Blazin Burnt Ends (1 serving) | 640 | 644 | 294 | 33 | 13 | 0 | 116 | 1479 | 53 | 1 | 43 | 32 | 753 | 13 | 83 | 4 |
| Happy Hour Buffalo Cauliflower Bites (1 serving) | 310 | 309 | 182 | 20 | 5 | 0 | 25 | 2472 | 23 | 4 | 6 | 9 | 1312 | 54 | 173 | 1 |
| Happy Hour Cracked Deviled Eggs (1 serving) | 460 | 464 | 327 | 36 | 9 | 0 | 447 | 554 | 13 | 1 | 3 | 20 | 689 | 7 | 84 | 3 |
| Happy Hour Crispy Jalapeno Cheddar Sausage Bites (1 serving) | 1010 | 1012 | 492 | 55 | 16 | 0 | 101 | 3293 | 103 | 4 | 14 | 31 | 2786 | 40 | 209 | 6 |
| Happy Hour Fried Dill Pickles (1 serving) | 420 | 423 | 173 | 19 | 3 | 0 | 15 | 2453 | 57 | 2 | 8 | 7 | 273 | 1 | 54 | 2 |
| Happy Hour Nashville Chicken Strips and Chips (1 serving) | 1340 | 1338 | 713 | 79 | 11 | 0 | 108 | 3045 | 108 | 5 | 15 | 48 | 481 | 14 | 165 | 5 |
| Happy Hour Nashville Hot Chicken Sandwich (1 serving) | 2330 | 2331 | 1590 | 177 | 23 | 0 | 174 | 2524 | 130 | 5 | 39 | 52 | 1943 | 22 | 270 | 8 |
| Happy Hour New Orleans Gumbo (1 serving) | 330 | 334 | 152 | 17 | 4 | 0 | 62 | 739 | 28 | 1 | 2 | 17 | 501 | 31 | 44 | 2 |
| Happy Hour Pulled Pork Sandwich (1 serving) | 640 | 641 | 281 | 31 | 11 | 0 | 128 | 1309 | 53 | 2 | 5 | 36 | 1331 | 11 | 68 | 4 |
| Happy Hour Smoked Brisket Nachos (1 serving) | 790 | 786 | 405 | 45 | 22 | 0 | 137 | 1311 | 63 | 7 | 10 | 34 | 1485 | 28 | 519 | 4 |
| Happy Hour Spinach and Cheese Dip (1 serving) | 580 | 577 | 259 | 29 | 12 | 0 | 36 | 1208 | 58 | 5 | 9 | 21 | 5778 | 16 | 597 | 2 |
| Happy Hour Whiskey Glazed Boneless Wings and FF (1 serving) | 730 | 729 | 105 | 12 | 2 | 0 | 107 | 1393 | 102 | 3 | 37 | 50 | 132 | 13 | 92 | 4 |

| | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|---|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Slow Smoked Bar B Que Items | | | | | | | | | | | | | | | | |
| Alabama Half Chicken (1 serving) | 1650 | 1646 | 1298 | 144 | 28 | 0 | 227 | 2099 | 33 | 1 | 32 | 45 | 810 | 17 | 38 | 3 |
| BBQ Beef Ribs, 3 Bones (1 serving) | 710 | 706 | 173 | 19 | 8 | 0 | 160 | 1574 | 75 | 0 | 63 | 54 | 724 | 5 | 106 | 9 |
| BBQ Beef Ribs, 5 Bones (1 serving) | 1110 | 1110 | 289 | 32 | 13 | 0 | 267 | 2499 | 110 | 1 | 91 | 90 | 1124 | 7 | 160 | 14 |
| BBQ Chicken, 1/2 (1 serving) | 710 | 707 | 331 | 37 | 10 | 0 | 182 | 1456 | 44 | 0 | 37 | 45 | 935 | 18 | 74 | 4 |
| BBQ Tri Tip, 10 oz (1 serving) | 570 | 568 | 246 | 27 | 10 | 0 | 204 | 1411 | 20 | 1 | 16 | 59 | 191 | 3 | 105 | 5 |
| BBQ Tri Tip, 7 oz (1 serving) | 420 | 418 | 172 | 19 | 7 | 0 | 143 | 1182 | 19 | 0 | 15 | 42 | 191 | 3 | 80 | 4 |
| Baby Back Ribs, 3/4 Rack (1 serving) | 1200 | 1201 | 812 | 90 | 33 | 0 | 310 | 2132 | 29 | 0 | 24 | 62 | 188 | 3 | 154 | 5 |
| Baby Back Ribs, Full Rack (1 serving) | 1560 | 1562 | 1083 | 120 | 45 | 0 | 413 | 2768 | 29 | 0 | 24 | 82 | 201 | 3 | 195 | 6 |
| Baby Back Ribs, Half Rack (1 serving) | 840 | 841 | 542 | 60 | 22 | 0 | 207 | 1496 | 29 | 0 | 24 | 41 | 176 | 2 | 112 | 3 |
| Beer Can Half Chicken (1 serving) | 720 | 720 | 409 | 45 | 13 | 0 | 220 | 2821 | 13 | 3 | 5 | 57 | 1393 | 32 | 73 | 4 |
| Beer Can Half Chicken (1 serving) with Baby Back Ribs | 1650 | 1648 | 952 | 106 | 35 | 0 | 427 | 5313 | 62 | 3 | 45 | 98 | 2016 | 36 | 211 | 8 |
| Beer Can Half Chicken (1 serving) with Beef Ribs | 1610 | 1606 | 582 | 65 | 20 | 0 | 380 | 4733 | 131 | 3 | 104 | 111 | 2343 | 39 | 224 | 14 |
| Beer Can Half Chicken (1 serving) with St Louis Ribs | 1660 | 1656 | 952 | 106 | 36 | 0 | 419 | 4131 | 61 | 3 | 45 | 101 | 1976 | 35 | 207 | 8 |
| Pulled Pork Dinner, 10 oz (1 serving) | 640 | 639 | 340 | 38 | 13 | 0 | 188 | 1534 | 24 | 0 | 19 | 50 | 402 | 6 | 102 | 3 |
| Pulled Pork Dinner, 7 oz (1 serving) | 450 | 452 | 238 | 26 | 9 | 0 | 131 | 1111 | 18 | 0 | 14 | 35 | 301 | 4 | 73 | 2 |

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|---|------|------|------|-----|----|---|-----|------|----|---|----|----|------|---|-----|---|
| St Louis Spare Ribs, 3/4 Rack (1 serving) | 1340 | 1344 | 815 | 91 | 34 | 0 | 299 | 1853 | 58 | 1 | 48 | 66 | 799 | 4 | 187 | 6 |
| St Louis Spare Ribs, Full Rack (1 serving) | 1720 | 1718 | 1089 | 121 | 46 | 0 | 398 | 3167 | 60 | 1 | 49 | 88 | 1312 | 5 | 235 | 8 |
| St Louis Spare Ribs, Half Rack (1 serving) | 900 | 899 | 544 | 60 | 23 | 0 | 199 | 1658 | 39 | 1 | 32 | 44 | 706 | 3 | 128 | 4 |
| Texas Style Beef Brisket, 10 oz (1 serving) | 840 | 843 | 491 | 55 | 21 | 0 | 193 | 2202 | 33 | 1 | 26 | 53 | 262 | 4 | 70 | 6 |
| Texas Style Beef Brisket, 7 oz (1 serving) | 600 | 602 | 344 | 38 | 15 | 0 | 135 | 1649 | 26 | 1 | 21 | 37 | 226 | 4 | 53 | 5 |

| Bar B Que Platters | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|---|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| BBQ Three Meat Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| BBQ Three Meat Combo (1 serving) with Alabama Chicken | 1650 | 1646 | 1298 | 144 | 28 | 0 | 227 | 2099 | 33 | 1 | 32 | 45 | 810 | 17 | 38 | 3 |
| BBQ Three Meat Combo (1 serving) with BBQ Half Chicken | 710 | 707 | 331 | 37 | 10 | 0 | 182 | 1456 | 44 | 0 | 37 | 45 | 935 | 18 | 74 | 4 |
| BBQ Three Meat Combo (1 serving) with BBQ Tri Tip | 370 | 368 | 148 | 16 | 6 | 0 | 123 | 1105 | 18 | 0 | 15 | 36 | 106 | 2 | 70 | 3 |
| BBQ Three Meat Combo (1 serving) with Baby Back Ribs | 930 | 928 | 543 | 60 | 22 | 0 | 207 | 2492 | 49 | 0 | 40 | 41 | 623 | 4 | 139 | 4 |
| BBQ Three Meat Combo (1 serving) with Beef Brisket Link | 360 | 355 | 221 | 25 | 11 | 0 | 70 | 950 | 11 | 0 | 8 | 19 | 225 | 1 | 10 | 2 |
| BBQ Three Meat Combo (1 serving) with Beef Ribs | 590 | 591 | 115 | 13 | 5 | 0 | 107 | 1275 | 79 | 0 | 66 | 36 | 633 | 5 | 101 | 7 |
| BBQ Three Meat Combo (1 serving) with Brisket Burnt Ends | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| BBQ Three Meat Combo (1 serving) with Jalapeno Cheddar Sausag | 880 | 880 | 576 | 64 | 24 | 0 | 160 | 1860 | 42 | 0 | 32 | 32 | 600 | 2 | 200 | 4 |
| BBQ Three Meat Combo (1 serving) with Pulled Chicken | 320 | 316 | 43 | 5 | 1 | 0 | 66 | 548 | 38 | 0 | 32 | 26 | 225 | 4 | 53 | 2 |
| BBQ Three Meat Combo (1 serving) with Pulled Pork | 400 | 397 | 204 | 23 | 8 | 0 | 113 | 1031 | 17 | 0 | 14 | 30 | 301 | 4 | 67 | 2 |
| BBQ Three Meat Combo (1 serving) with Sliced Brisket | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| BBQ Three Meat Combo (1 serving) with Smoked Rib Tips | 660 | 661 | 305 | 34 | 13 | 0 | 117 | 1178 | 63 | 0 | 48 | 24 | 553 | 4 | 65 | 2 |
| BBQ Three Meat Combo (1 serving) with St Louis Ribs | 940 | 936 | 543 | 60 | 23 | 0 | 199 | 1311 | 48 | 0 | 40 | 44 | 582 | 3 | 135 | 5 |
| BBQ Three Meat Combo (1 serving) with Texas Red Hot Sausage | 680 | 680 | 486 | 54 | 20 | 0 | 130 | 1690 | 23 | 0 | 18 | 28 | 300 | 1 | 60 | 3 |

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|--|------|------|------|-----|----|---|-----|------|----|---|----|----|-----|----|-----|---|
| BBQ Two Meat Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| BBQ Two Meat Combo (1 serving) with Alabama Chicken | 1650 | 1646 | 1298 | 144 | 28 | 0 | 227 | 2099 | 33 | 1 | 32 | 45 | 810 | 17 | 38 | 3 |
| BBQ Two Meat Combo (1 serving) with BBQ Half Chicken | 710 | 707 | 331 | 37 | 10 | 0 | 182 | 1456 | 44 | 0 | 37 | 45 | 935 | 18 | 74 | 4 |
| BBQ Two Meat Combo (1 serving) with BBQ Tri Tip | 370 | 368 | 148 | 16 | 6 | 0 | 123 | 1105 | 18 | 0 | 15 | 36 | 106 | 2 | 70 | 3 |
| BBQ Two Meat Combo (1 serving) with Baby Back Ribs | 930 | 928 | 543 | 60 | 22 | 0 | 207 | 2492 | 49 | 0 | 40 | 41 | 623 | 4 | 139 | 4 |
| BBQ Two Meat Combo (1 serving) with Beef Brisket Link | 360 | 355 | 221 | 25 | 11 | 0 | 70 | 950 | 11 | 0 | 8 | 19 | 225 | 1 | 10 | 2 |
| BBQ Two Meat Combo (1 serving) with Beef Ribs | 590 | 591 | 115 | 13 | 5 | 0 | 107 | 1275 | 79 | 0 | 66 | 36 | 633 | 5 | 101 | 7 |
| BBQ Two Meat Combo (1 serving) with Brisket Burnt Ends | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| BBQ Two Meat Combo (1 serving) with Jalapeno Cheddar Sausage | 880 | 880 | 576 | 64 | 24 | 0 | 160 | 1860 | 42 | 0 | 32 | 32 | 600 | 2 | 200 | 4 |
| BBQ Two Meat Combo (1 serving) with Pulled Chicken | 320 | 316 | 43 | 5 | 1 | 0 | 66 | 548 | 38 | 0 | 32 | 26 | 225 | 4 | 53 | 2 |
| BBQ Two Meat Combo (1 serving) with Pulled Pork | 400 | 397 | 204 | 23 | 8 | 0 | 113 | 1031 | 17 | 0 | 14 | 30 | 301 | 4 | 67 | 2 |
| BBQ Two Meat Combo (1 serving) with Sliced Brisket | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| BBQ Two Meat Combo (1 serving) with Smoked Rib Tips | 660 | 661 | 305 | 34 | 13 | 0 | 117 | 1178 | 63 | 0 | 48 | 24 | 553 | 4 | 65 | 2 |
| BBQ Two Meat Combo (1 serving) with St Louis Ribs | 940 | 936 | 543 | 60 | 23 | 0 | 199 | 1311 | 48 | 0 | 40 | 44 | 582 | 3 | 135 | 5 |
| BBQ Two Meat Combo (1 serving) with Texas Red Hot Sausage | 680 | 680 | 486 | 54 | 20 | 0 | 130 | 1690 | 23 | 0 | 18 | 28 | 300 | 1 | 60 | 3 |

| Bar B Que Feasts | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Lucille's Family Supper (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lucille's Family Supper (1 serving) with Meat Choice Alabama Chick | 3290 | 3292 | 2596 | 288 | 57 | 0 | 455 | 4199 | 67 | 1 | 63 | 91 | 1621 | 34 | 77 | 5 |
| Lucille's Family Supper (1 serving) with Meat Choice BBQ Half Chick | 1410 | 1414 | 661 | 73 | 21 | 0 | 364 | 2912 | 87 | 1 | 74 | 91 | 1869 | 36 | 148 | 8 |
| Lucille's Family Supper (1 serving) with Meat Choice Baby Back Ribs | 3700 | 3698 | 2170 | 241 | 89 | 0 | 827 | 8277 | 193 | 1 | 161 | 165 | 1796 | 15 | 542 | 17 |
| Lucille's Family Supper (1 serving) with Meat Choice Beef Ribs | 4150 | 4149 | 808 | 90 | 36 | 0 | 746 | 8947 | 554 | 2 | 464 | 252 | 4447 | 36 | 708 | 49 |
| Lucille's Family Supper (1 serving) with Meat Choice Jalapeno Chedi | 1760 | 1760 | 1152 | 128 | 48 | 0 | 320 | 3720 | 84 | 0 | 64 | 64 | 1200 | 5 | 400 | 9 |
| Lucille's Family Supper (1 serving) with Meat Choice Pork Belly Burn | 2840 | 2841 | 2171 | 241 | 88 | 0 | 327 | 1022 | 121 | 1 | 114 | 43 | 53 | 3 | 52 | 3 |
| Lucille's Family Supper (1 serving) with Meat Choice Pulled Chicken | 1260 | 1263 | 173 | 19 | 3 | 0 | 263 | 2193 | 152 | 0 | 128 | 105 | 900 | 15 | 212 | 9 |

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|---|------|------|------|-----|-----|---|------|-------|-----|---|-----|-----|------|----|------|----|
| Lucille's Family Supper (1 serving) with Meat Choice Pulled Pork | 1060 | 1059 | 543 | 60 | 20 | 0 | 300 | 2750 | 47 | 1 | 37 | 80 | 803 | 11 | 179 | 6 |
| Lucille's Family Supper (1 serving) with Meat Choice Smoked Beef E | 1260 | 1258 | 784 | 87 | 34 | 0 | 308 | 2660 | 31 | 1 | 25 | 85 | 144 | 3 | 83 | 9 |
| Lucille's Family Supper (1 serving) with Meat Choice Smoked Rib Tip | 2120 | 2115 | 978 | 109 | 42 | 0 | 374 | 3768 | 201 | 1 | 154 | 75 | 1770 | 12 | 207 | 8 |
| Lucille's Family Supper (1 serving) with Meat Choice Smoked Tri Tip | 890 | 890 | 393 | 44 | 16 | 0 | 327 | 2083 | 28 | 1 | 22 | 95 | 143 | 3 | 160 | 8 |
| Lucille's Family Supper (1 serving) with Meat Choice St Louis Ribs | 3760 | 3756 | 2177 | 242 | 91 | 0 | 796 | 6933 | 196 | 2 | 161 | 176 | 3024 | 14 | 551 | 19 |
| Lucille's Family Supper (1 serving) with Meat Choice Texas Red Hot | 1710 | 1714 | 1225 | 136 | 50 | 0 | 328 | 4259 | 58 | 0 | 45 | 71 | 756 | 3 | 151 | 7 |
| Lucille's Super Feast (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lucille's Super Feast (1 serving) with Meat Choice Alabama Chicken | 6580 | 6584 | 5191 | 577 | 114 | 0 | 910 | 8397 | 134 | 3 | 127 | 182 | 3242 | 67 | 154 | 11 |
| Lucille's Super Feast (1 serving) with Meat Choice Baby Back Ribs | 5550 | 5546 | 3255 | 362 | 134 | 0 | 1240 | 12415 | 290 | 2 | 241 | 248 | 2695 | 22 | 813 | 26 |
| Lucille's Super Feast (1 serving) with Meat Choice Beef Ribs | 6220 | 6223 | 1212 | 135 | 54 | 0 | 1120 | 13421 | 832 | 3 | 696 | 378 | 6670 | 54 | 1062 | 74 |
| Lucille's Super Feast (1 serving) with Meat Choice Jalapeno Cheddar | 3520 | 3520 | 2304 | 256 | 96 | 0 | 640 | 7440 | 168 | 0 | 128 | 128 | 2400 | 10 | 800 | 17 |
| Lucille's Super Feast (1 serving) with Meat Choice Pork Belly Burnt E | 5680 | 5682 | 4342 | 482 | 176 | 0 | 653 | 2044 | 242 | 1 | 228 | 86 | 107 | 6 | 103 | 6 |
| Lucille's Super Feast (1 serving) with Meat Choice Pulled Chicken | 2530 | 2525 | 346 | 38 | 7 | 0 | 526 | 4386 | 305 | 0 | 256 | 210 | 1800 | 30 | 423 | 18 |
| Lucille's Super Feast (1 serving) with Meat Choice Pulled Pork | 2120 | 2118 | 1086 | 121 | 40 | 0 | 600 | 5500 | 93 | 1 | 73 | 161 | 1605 | 22 | 358 | 11 |
| Lucille's Super Feast (1 serving) with Meat Choice Smoked BBQ Hal | 2830 | 2828 | 1323 | 147 | 42 | 0 | 727 | 5824 | 175 | 2 | 147 | 181 | 3739 | 73 | 296 | 16 |
| Lucille's Super Feast (1 serving) with Meat Choice Smoked Beef Bris | 2520 | 2515 | 1568 | 174 | 69 | 0 | 617 | 5320 | 62 | 2 | 49 | 170 | 289 | 7 | 166 | 18 |
| Lucille's Super Feast (1 serving) with Meat Choice Smoked Rib Tips | 2640 | 2644 | 1222 | 136 | 52 | 0 | 468 | 4710 | 252 | 1 | 193 | 94 | 2213 | 15 | 258 | 9 |
| Lucille's Super Feast (1 serving) with Meat Choice Smoked Tri Tip | 1780 | 1780 | 785 | 87 | 32 | 0 | 653 | 4167 | 56 | 2 | 45 | 189 | 286 | 5 | 319 | 16 |
| Lucille's Super Feast (1 serving) with Meat Choice St Louis Ribs | 5630 | 5634 | 3266 | 363 | 137 | 0 | 1194 | 10400 | 294 | 3 | 242 | 263 | 4536 | 21 | 826 | 28 |
| Lucille's Super Feast (1 serving) with Meat Choice Texas Red Hot S | 2720 | 2720 | 1944 | 216 | 80 | 0 | 520 | 6760 | 92 | 0 | 72 | 112 | 1200 | 5 | 240 | 12 |

| Southern Specialties | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Bourbon Glazed Ribs and Fried Chicken (1 serving) | 1650 | 1646 | 681 | 76 | 28 | 0 | 293 | 3463 | 147 | 2 | 52 | 90 | 685 | 5 | 350 | 9 |
| Bourbon Shrimp Add On (1 serving) | 160 | 164 | 20 | 2 | 0 | 0 | 179 | 219 | 11 | 0 | 8 | 24 | 214 | 3 | 66 | 3 |
| Chimichurri Top Sirloin (1 serving) | 1140 | 1143 | 762 | 85 | 25 | 0 | 142 | 2690 | 40 | 8 | 9 | 52 | 13120 | 50 | 180 | 5 |
| Grilled Salmon (1 serving) | 630 | 627 | 408 | 45 | 15 | 0 | 192 | 907 | 7 | 1 | 4 | 48 | 210 | 19 | 111 | 1 |
| Hot Honey Glazed Salmon (1 serving) | 1020 | 1019 | 278 | 31 | 6 | 0 | 134 | 1563 | 126 | 7 | 55 | 55 | 15983 | 62 | 102 | 4 |
| Jambalaya Me-Oh-My-A (1 serving) | 1820 | 1822 | 1003 | 111 | 28 | 0 | 349 | 3244 | 119 | 6 | 11 | 80 | 5653 | 195 | 175 | 11 |
| Mardi Gras Chicken (1 serving) | 1750 | 1745 | 723 | 80 | 42 | 1 | 410 | 6057 | 160 | 16 | 26 | 96 | 19811 | 281 | 488 | 12 |
| Nashville Hot Chicken Dinner (1 serving) | 1920 | 1916 | 1125 | 125 | 11 | 0 | 175 | 2991 | 113 | 3 | 21 | 84 | 643 | 6 | 291 | 7 |
| New Orleans Gumbo (1 serving) | 1290 | 1292 | 515 | 57 | 15 | 0 | 241 | 2530 | 122 | 4 | 5 | 68 | 1704 | 103 | 156 | 9 |
| Pecan Crusted Rainbow Trout (1 serving) | 1000 | 998 | 550 | 61 | 22 | 0 | 218 | 3029 | 56 | 5 | 6 | 59 | 1147 | 26 | 313 | 5 |
| Ragin Cajun Catfish (1 serving) | 800 | 803 | 351 | 39 | 17 | 0 | 176 | 4185 | 58 | 14 | 13 | 55 | 18982 | 70 | 331 | 6 |
| Shrimp and Grits (1 serving) | 1140 | 1139 | 755 | 84 | 51 | 1 | 606 | 1227 | 32 | 3 | 9 | 62 | 3721 | 131 | 490 | 7 |
| Smoked Cauliflower Steak with Chimichurri Entree (1 serving) | 990 | 988 | 715 | 79 | 17 | 0 | 31 | 3072 | 57 | 15 | 15 | 12 | 6928 | 188 | 193 | 4 |
| Southern Fried Catfish and Shrimp (1 serving) | 1490 | 1488 | 801 | 89 | 16 | 0 | 303 | 1918 | 111 | 6 | 8 | 62 | 471 | 26 | 232 | 14 |
| Southern Fried Chicken (1 serving) | 1220 | 1223 | 388 | 43 | 19 | 0 | 223 | 3545 | 125 | 11 | 26 | 83 | 16164 | 61 | 516 | 7 |
| Sweet and Smokey Top Sirloin (1 serving) | 880 | 875 | 564 | 63 | 32 | 0 | 208 | 1677 | 24 | 2 | 17 | 49 | 983 | 4 | 117 | 4 |

| Greens | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| BBQ Chicken Salad (1 salad) | 1190 | 1194 | 602 | 67 | 19 | 0 | 178 | 1971 | 85 | 9 | 43 | 57 | 8353 | 62 | 514 | 8 |
| Caesar Salad, Add On (1 serving) | 290 | 293 | 178 | 20 | 5 | 0 | 33 | 975 | 17 | 2 | 3 | 10 | 5038 | 20 | 244 | 1 |
| Chicken Caesar Salad (1 salad) | 1070 | 1067 | 655 | 73 | 19 | 0 | 186 | 2547 | 35 | 4 | 6 | 61 | 10419 | 43 | 686 | 3 |
| Grilled Romaine Caesar Salad (1 serving) | 510 | 510 | 357 | 40 | 10 | 0 | 49 | 1409 | 26 | 5 | 6 | 9 | 12148 | 53 | 200 | 3 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice BBQ | 790 | 789 | 454 | 50 | 14 | 0 | 131 | 1864 | 46 | 5 | 23 | 33 | 12249 | 54 | 253 | 6 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice Black | 730 | 730 | 474 | 53 | 18 | 0 | 258 | 1684 | 27 | 5 | 6 | 33 | 12856 | 55 | 263 | 6 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice Fried | 850 | 847 | 403 | 45 | 11 | 0 | 230 | 2528 | 69 | 6 | 7 | 40 | 12429 | 56 | 308 | 8 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled | 700 | 705 | 391 | 43 | 12 | 0 | 121 | 1573 | 37 | 5 | 15 | 36 | 12321 | 55 | 224 | 4 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled | 740 | 738 | 492 | 55 | 13 | 0 | 116 | 1716 | 26 | 5 | 6 | 32 | 12208 | 58 | 217 | 4 |
| Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled | 730 | 730 | 474 | 53 | 18 | 0 | 258 | 1795 | 27 | 5 | 6 | 33 | 12847 | 55 | 262 | 6 |
| Grilled Romaine Caesar Salad, Add (1 serving) | 250 | 255 | 178 | 20 | 5 | 0 | 24 | 704 | 13 | 3 | 3 | 5 | 6074 | 26 | 100 | 2 |
| House Salad, Add On (1 serving) | 100 | 97 | 21 | 2 | 0 | 0 | 0 | 207 | 17 | 3 | 3 | 4 | 7365 | 18 | 38 | 1 |
| House Salad, Large, Add On (1 serving) | 380 | 383 | 84 | 9 | 0 | 0 | 0 | 829 | 67 | 10 | 13 | 14 | 29421 | 73 | 150 | 3 |
| Salad Dressings (3 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice BBQ Ranch | 260 | 265 | 172 | 19 | 3 | 0 | 16 | 531 | 21 | 0 | 16 | 2 | 127 | 1 | 73 | 1 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Balsamic Vinaigrette | 180 | 180 | 135 | 15 | 2 | 0 | 0 | 600 | 15 | 0 | 12 | 0 | 0 | 0 | 0 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Blue Cheese | 350 | 354 | 327 | 36 | 7 | 0 | 32 | 401 | 4 | 0 | 4 | 3 | 63 | 0 | 38 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Caesar | 240 | 240 | 189 | 21 | 5 | 0 | 30 | 990 | 6 | 0 | 3 | 3 | 0 | 0 | 60 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Honey Mustard | 420 | 424 | 380 | 42 | 6 | 0 | 30 | 345 | 15 | 0 | 12 | 0 | 0 | 0 | 10 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Ranch | 270 | 274 | 237 | 26 | 4 | 0 | 22 | 561 | 8 | 0 | 4 | 3 | 63 | 0 | 78 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Roasted Pepper | 60 | 60 | 0 | 0 | 0 | 0 | 0 | 840 | 18 | 0 | 12 | 0 | 0 | 0 | 0 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Spicy Ranch | 250 | 246 | 211 | 23 | 4 | 0 | 19 | 835 | 7 | 0 | 3 | 3 | 275 | 0 | 70 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Thousand Island | 390 | 390 | 324 | 36 | 6 | 0 | 30 | 660 | 12 | 0 | 12 | 0 | 300 | 4 | 0 | 0 |
| Salad Dressings (3 fluid ounces) with Dressing Choice Tomato Vinaigrette | 340 | 340 | 216 | 24 | 4 | 0 | 0 | 570 | 33 | 0 | 28 | 0 | 500 | 4 | 20 | 1 |
| Tri Tip Salad (1 salad) | 810 | 806 | 370 | 41 | 9 | 0 | 82 | 1153 | 79 | 10 | 53 | 30 | 11964 | 293 | 237 | 11 |
| Wedge Salad, Add On (1 serving) | 290 | 288 | 177 | 20 | 9 | 0 | 42 | 835 | 10 | 3 | 6 | 17 | 1472 | 9 | 196 | 1 |

| Premium Sides | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Bacon Brussels Sprouts, Entree (1 serving) | 440 | 444 | 201 | 22 | 10 | 0 | 39 | 1225 | 47 | 9 | 28 | 13 | 2123 | 194 | 106 | 3 |
| Bacon Brussels Sprouts, Super Feast (1 serving) | 250 | 249 | 134 | 15 | 7 | 0 | 26 | 816 | 20 | 6 | 8 | 8 | 1415 | 129 | 70 | 2 |
| Bacon Brussels Sprouts, Super Feast (4 servings) | 990 | 994 | 537 | 60 | 27 | 0 | 104 | 3266 | 80 | 24 | 32 | 33 | 5662 | 517 | 282 | 9 |
| Bacon Brussels Sprouts, Super Feast (6 servings) | 1490 | 1492 | 806 | 90 | 40 | 0 | 155 | 4899 | 119 | 36 | 48 | 50 | 8492 | 776 | 422 | 13 |
| Bacon Brussels Sprouts, Supper (1 serving) | 790 | 793 | 403 | 45 | 20 | 0 | 78 | 2449 | 71 | 18 | 35 | 25 | 4246 | 388 | 211 | 7 |
| Crispy Haricot Green Beans, Supper (1 serving) | 1310 | 1312 | 904 | 100 | 17 | 0 | 43 | 3722 | 85 | 10 | 8 | 15 | 2416 | 40 | 195 | 6 |
| Crispy Haricot Green Beans (1 serving) | 660 | 656 | 452 | 50 | 8 | 0 | 21 | 1861 | 43 | 5 | 4 | 8 | 1208 | 20 | 98 | 3 |
| Crispy Haricot Green Beans, Entree (1 serving) | 660 | 656 | 452 | 50 | 8 | 0 | 21 | 1861 | 43 | 5 | 4 | 8 | 1208 | 20 | 98 | 3 |

| | | | | | | | | | | | | | | | | |
|---|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Crispy Haricot Green Beans, Super Feast (1 serving) | 440 | 437 | 301 | 33 | 6 | 0 | 14 | 1241 | 28 | 3 | 3 | 5 | 805 | 13 | 65 | 2 |
| Crispy Haricot Green Beans, Super Feast (6 servings) | 2620 | 2624 | 1809 | 201 | 34 | 0 | 86 | 7443 | 170 | 19 | 15 | 31 | 4833 | 81 | 391 | 12 |
| Hatch Chili Grits (1 serving) | 170 | 167 | 88 | 10 | 6 | 0 | 40 | 402 | 12 | 1 | 1 | 8 | 298 | 4 | 168 | 1 |
| Hatch Chili Grits (4 servings) | 670 | 668 | 353 | 39 | 26 | 0 | 161 | 1608 | 46 | 3 | 4 | 30 | 1192 | 14 | 673 | 2 |
| Hatch Chili Grits (1 serving) | 330 | 334 | 177 | 20 | 13 | 0 | 80 | 804 | 23 | 2 | 2 | 15 | 596 | 7 | 336 | 1 |
| Hatch Chili Grits, Super Feast (1 serving) | 220 | 223 | 118 | 13 | 9 | 0 | 54 | 536 | 15 | 1 | 1 | 10 | 397 | 5 | 224 | 1 |
| Hatch Chili Grits, Super Feast (6 servings) | 1340 | 1337 | 706 | 78 | 51 | 0 | 322 | 3217 | 93 | 6 | 8 | 60 | 2384 | 29 | 1345 | 5 |
| Jalapeno Cheddar Cornbread (1 serving) | 400 | 397 | 183 | 20 | 10 | 0 | 48 | 645 | 46 | 1 | 19 | 8 | 585 | 3 | 278 | 1 |
| Jalapeno Cheddar Cornbread, Super Feast (1 serving) | 220 | 215 | 108 | 12 | 6 | 0 | 29 | 338 | 23 | 0 | 10 | 4 | 360 | 1 | 139 | 0 |
| Jalapeno Cheddar Cornbread, Super Feast (4 servings) | 860 | 862 | 432 | 48 | 25 | 0 | 117 | 1351 | 92 | 2 | 38 | 15 | 1441 | 5 | 556 | 1 |
| Jalapeno Cheddar Cornbread, Super Feast (6 servings) | 1290 | 1292 | 649 | 72 | 38 | 0 | 175 | 2027 | 138 | 3 | 57 | 23 | 2161 | 8 | 835 | 2 |
| Jalapeno Cheddar Cornbread, Supper (1 serving) | 1290 | 1292 | 649 | 72 | 38 | 0 | 175 | 2027 | 138 | 3 | 57 | 23 | 2161 | 8 | 835 | 2 |
| Loaded Mashed Potatoes (1 serving) | 660 | 659 | 504 | 56 | 33 | 0 | 152 | 1104 | 21 | 2 | 5 | 19 | 1131 | 4 | 231 | 1 |
| Loaded Mashed Potatoes, Super Feast (1 serving) | 2630 | 2634 | 2014 | 224 | 130 | 0 | 609 | 4416 | 83 | 9 | 20 | 76 | 4525 | 15 | 924 | 3 |
| Loaded Mashed Potatoes, Super Feast (4 servings) | 10540 | 10538 | 8057 | 895 | 521 | 0 | 2434 | 17664 | 331 | 35 | 80 | 305 | 18101 | 60 | 3696 | 12 |
| Loaded Mashed Potatoes, Super Feast (6 servings) | 15810 | 15807 | 12085 | 1343 | 781 | 0 | 3651 | 26496 | 497 | 52 | 121 | 458 | 27152 | 90 | 5544 | 19 |
| Loaded Mashed Potatoes, Supper (1 serving) | 1320 | 1317 | 1007 | 112 | 65 | 0 | 304 | 2208 | 41 | 4 | 10 | 38 | 2263 | 7 | 462 | 2 |
| Southern Fried Okra, Side (1 serving) | 520 | 518 | 235 | 26 | 4 | 0 | 9 | 1235 | 60 | 2 | 15 | 7 | 98 | 8 | 92 | 2 |
| Southern Fried Okra, Super Feast (1 serving) | 2070 | 2071 | 941 | 105 | 17 | 0 | 37 | 4941 | 240 | 10 | 59 | 29 | 390 | 31 | 366 | 9 |
| Southern Fried Okra, Super Feast (4 servings) | 8280 | 8284 | 3765 | 418 | 68 | 0 | 148 | 19762 | 961 | 39 | 235 | 116 | 1561 | 123 | 1465 | 38 |
| Southern Fried Okra, Super Feast (6 servings) | 12430 | 12426 | 5648 | 628 | 102 | 0 | 222 | 29643 | 1441 | 58 | 352 | 174 | 2342 | 184 | 2197 | 57 |
| Southern Fried Okra, Supper (1 serving) | 1040 | 1036 | 471 | 52 | 9 | 0 | 18 | 2470 | 120 | 5 | 29 | 15 | 195 | 15 | 183 | 5 |
| Spicy Au Gratin Potatoes with Bacon, Super Feast (1 serving) | 960 | 958 | 623 | 69 | 46 | 0 | 255 | 1140 | 52 | 5 | 3 | 25 | 1744 | 24 | 595 | 1 |
| Spicy Au Gratin Potatoes with Bacon, Super Feast (4 servings) | 3830 | 3831 | 2492 | 277 | 184 | 0 | 1022 | 4559 | 210 | 19 | 11 | 98 | 6976 | 95 | 2379 | 4 |
| Spicy Au Gratin Potatoes with Bacon, Super Feast (6 servings) | 5750 | 5747 | 3737 | 415 | 276 | 0 | 1532 | 6838 | 315 | 29 | 16 | 148 | 10464 | 142 | 3568 | 7 |
| Spicy Au Gratin Potatoes with Bacon, Supper Add (1 serving) | 1920 | 1916 | 1246 | 138 | 92 | 0 | 511 | 2279 | 105 | 10 | 5 | 49 | 3488 | 47 | 1189 | 2 |
| Street Corn, Side (1 serving) | 490 | 492 | 288 | 32 | 20 | 0 | 85 | 809 | 39 | 4 | 5 | 12 | 1080 | 10 | 183 | 1 |
| Street Corn, Super Feast (1 serving) | 490 | 492 | 288 | 32 | 20 | 0 | 85 | 809 | 39 | 4 | 5 | 12 | 1080 | 10 | 183 | 1 |
| Street Corn, Super Feast (4 servings) | 1970 | 1966 | 1151 | 128 | 80 | 0 | 338 | 3237 | 156 | 16 | 20 | 47 | 4318 | 38 | 730 | 3 |
| Street Corn, Super Feast (6 servings) | 2950 | 2950 | 1726 | 192 | 120 | 0 | 507 | 4855 | 234 | 24 | 30 | 71 | 6477 | 57 | 1095 | 5 |
| Street Corn, Supper Add (1 serving) | 1470 | 1475 | 863 | 96 | 60 | 0 | 254 | 2428 | 117 | 12 | 15 | 35 | 3239 | 29 | 548 | 2 |
| Sandwiches and Burgers | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Bangin' Chicken Sandwich (1 serving) | 1510 | 1510 | 628 | 70 | 15 | 0 | 148 | 3556 | 170 | 4 | 42 | 50 | 1761 | 17 | 223 | 9 |
| Boozy Brisket Bacon Burger (1 serving) | 1540 | 1538 | 776 | 86 | 36 | 0 | 333 | 2971 | 99 | 4 | 36 | 88 | 1413 | 7 | 585 | 10 |

| | | | | | | | | | | | | | | | | |
|---|------|------|------|-----|----|---|-----|------|-----|---|----|----|------|-----|-----|----|
| Buttermilk Fried Cauliflower Sandwich (1 serving) | 780 | 777 | 413 | 46 | 15 | 0 | 101 | 739 | 68 | 8 | 19 | 22 | 1271 | 108 | 347 | 5 |
| Crispy Hot Honey Chicken Sandwich (1 serving) | 1420 | 1424 | 274 | 30 | 9 | 0 | 202 | 3890 | 209 | 7 | 73 | 76 | 2240 | 12 | 256 | 11 |
| Grilled Veggie Burger (1 serving) | 870 | 867 | 434 | 48 | 19 | 0 | 121 | 1434 | 85 | 6 | 19 | 23 | 2105 | 10 | 320 | 5 |
| Hatch Green Chile Pulled Pork Melt (1 serving) | 1130 | 1131 | 682 | 76 | 27 | 0 | 209 | 2241 | 61 | 3 | 11 | 56 | 1701 | 34 | 511 | 5 |
| Lucille's All American Burger (1 serving) | 1250 | 1253 | 735 | 82 | 30 | 0 | 265 | 2824 | 67 | 3 | 20 | 59 | 1940 | 6 | 318 | 7 |
| Lucille's BBQ Tri Tip Sandwich (1 serving) | 760 | 758 | 296 | 33 | 13 | 0 | 188 | 1415 | 69 | 2 | 24 | 45 | 706 | 2 | 150 | 7 |
| Lucille's Cubano (1 serving) | 1990 | 1987 | 1543 | 171 | 77 | 0 | 447 | 2777 | 56 | 3 | 10 | 50 | 4030 | 6 | 367 | 6 |
| Lucille's Original Pulled Pork Sandwich (1 serving) | 640 | 641 | 281 | 31 | 11 | 0 | 128 | 1309 | 53 | 2 | 5 | 36 | 1331 | 11 | 68 | 4 |
| Memphis Style Pulled Pork Sandwich (1 serving) | 970 | 968 | 484 | 54 | 14 | 0 | 149 | 2481 | 82 | 5 | 26 | 38 | 3994 | 50 | 125 | 5 |
| Monte Cristo (1 serving) | 1950 | 1945 | 880 | 98 | 23 | 0 | 173 | 5445 | 199 | 6 | 85 | 60 | 1247 | 4 | 396 | 8 |
| Nashville Hot Chicken Sandwich (1 serving) | 1450 | 1454 | 763 | 85 | 13 | 0 | 163 | 2049 | 123 | 5 | 31 | 52 | 1950 | 21 | 226 | 7 |
| Smoked BBQ Chicken Sandwich (1 serving) | 1210 | 1211 | 510 | 57 | 22 | 0 | 199 | 1713 | 122 | 3 | 60 | 49 | 2849 | 20 | 429 | 8 |
| Smokehouse BBQ Bacon Burger (1 serving) | 1410 | 1415 | 677 | 75 | 32 | 0 | 290 | 2778 | 111 | 3 | 49 | 69 | 2036 | 16 | 519 | 10 |
| Southern Fried Chicken Sandwich (1 serving) | 1530 | 1533 | 567 | 63 | 20 | 0 | 261 | 4301 | 153 | 6 | 18 | 92 | 3490 | 18 | 370 | 10 |
| Texas Style Brisket Sandwich (1 serving) | 1010 | 1006 | 494 | 55 | 20 | 0 | 192 | 1341 | 87 | 4 | 37 | 42 | 1727 | 20 | 117 | 7 |

| Swoon Worthy Sides | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|---|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| BBQ Beans (1 serving) | 200 | 203 | 13 | 1 | 0 | 0 | 2 | 417 | 41 | 4 | 23 | 6 | 320 | 30 | 48 | 2 |
| Creamy Coleslaw (1 serving) | 200 | 197 | 103 | 11 | 2 | 0 | 12 | 373 | 21 | 3 | 17 | 2 | 1850 | 36 | 72 | 1 |
| Fresh Cut French Fries (1 serving) | 120 | 119 | 22 | 2 | 0 | 0 | 0 | 245 | 23 | 2 | 1 | 2 | 3 | 8 | 9 | 0 |
| Fresh Cut French Fries, Family Supper (1 serving) | 480 | 477 | 90 | 10 | 1 | 0 | 0 | 982 | 91 | 8 | 4 | 8 | 14 | 34 | 35 | 1 |
| Fresh Cut French Fries, Feast (1 serving) | 950 | 953 | 179 | 20 | 3 | 0 | 0 | 1963 | 182 | 16 | 8 | 16 | 27 | 67 | 71 | 3 |
| Garlic Mashed Potatoes (1 serving) | 240 | 240 | 108 | 12 | 8 | 0 | 32 | 823 | 29 | 3 | 4 | 4 | 104 | 4 | 63 | 1 |
| Macaroni and Cheese (1 serving) | 290 | 290 | 139 | 15 | 8 | 0 | 39 | 1082 | 25 | 1 | 5 | 14 | 0 | 0 | 288 | 1 |
| Sauteed Seasonal Vegetables (1 serving) | 80 | 78 | 4 | 0 | 0 | 0 | 0 | 452 | 16 | 6 | 7 | 3 | 15498 | 51 | 61 | 1 |
| Southern Braised Greens (1 serving) | 90 | 89 | 13 | 1 | 0 | 0 | 2 | 394 | 13 | 6 | 3 | 6 | 17286 | 91 | 237 | 3 |
| Tomato Slices (1 serving) | 10 | 14 | 1 | 0 | 0 | 0 | 0 | 5 | 3 | 1 | 1 | 1 | 1484 | 14 | 14 | 0 |
| Watermelon Slices (1 serving) | 30 | 29 | 1 | 0 | 0 | 0 | 0 | 1 | 6 | 0 | 5 | 1 | 484 | 7 | 6 | 0 |

| Beverages | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Abita Root Beer (1 bottle) | 180 | 176 | 0 | 0 | 0 | 0 | 0 | 16 | 44 | 0 | 38 | 0 | 0 | 0 | 0 | 0 |
| Barq's Root Beer (12 fluid ounces) | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 22 | 27 | 0 | 27 | 0 | 0 | 0 | 0 | 0 |
| Barq's Root Beer (32 fluid ounces) | 270 | 266 | 0 | 0 | 0 | 0 | 0 | 58 | 72 | 0 | 72 | 0 | 0 | 0 | 0 | 0 |
| Chocolate Milk (1 drink) | 450 | 445 | 79 | 9 | 5 | 0 | 44 | 293 | 73 | 0 | 61 | 18 | 875 | 4 | 613 | 1 |
| Coca Cola (12 fluid ounces) | 90 | 89 | 0 | 0 | 0 | 0 | 0 | 5 | 24 | 0 | 24 | 0 | 0 | 0 | 0 | 0 |
| Coca Cola (32 fluid ounces) | 240 | 238 | 0 | 0 | 0 | 0 | 0 | 14 | 65 | 0 | 65 | 0 | 0 | 0 | 0 | 0 |
| Coke Zero (12 fluid ounces) | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 25 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Coke Zero (32 fluid ounces) | 0 | 2 | 0 | 0 | 0 | 0 | 0 | 67 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Decaf Coffee (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Decaf Coffee (1 serving) with Half and Half | 80 | 80 | 54 | 6 | 4 | 0 | 30 | 30 | 2 | 0 | 2 | 2 | 200 | 0 | 80 | 0 |
| Decaf Coffee (1 serving) with Sugar Packets | 60 | 64 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0 | 16 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke (12 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Diet Coke (32 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper (12 fluid ounces) | 100 | 99 | 0 | 0 | 0 | 0 | 0 | 32 | 24 | 0 | 24 | 0 | 0 | 0 | 0 | 0 |
| Dr Pepper (32 fluid ounces) | 260 | 264 | 0 | 0 | 0 | 0 | 0 | 84 | 65 | 0 | 65 | 0 | 0 | 0 | 0 | 0 |
| Fiji Water (1 bottle) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ginger Ale (12 fluid ounces) | 90 | 90 | 0 | 0 | 0 | 0 | 0 | 32 | 23 | 0 | 22 | 0 | 0 | 0 | 0 | 0 |
| Ginger Ale (32 fluid ounces) | 240 | 240 | 0 | 0 | 0 | 0 | 0 | 84 | 60 | 0 | 58 | 0 | 0 | 0 | 0 | 0 |
| Iced Tea (32 fluid ounces) | 20 | 16 | 1 | 0 | 0 | 0 | 0 | 1 | 3 | 2 | 1 | 0 | 10 | 25 | 20 | 0 |
| Low Fat Milk (1 drink) | 250 | 245 | 79 | 9 | 5 | 0 | 44 | 263 | 25 | 0 | 23 | 18 | 875 | 4 | 613 | 0 |
| Lucille's Fresh Ground Coffee (1 drink) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lucille's Fresh Ground Coffee (1 drink) with Half and Half | 80 | 80 | 54 | 6 | 4 | 0 | 30 | 30 | 2 | 0 | 2 | 2 | 200 | 0 | 80 | 0 |
| Lucille's Fresh Ground Coffee (1 drink) with Sugar Packets | 60 | 64 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0 | 16 | 0 | 0 | 0 | 0 | 0 |
| Lucille's Peach Lemonade (40 fluid ounces) | 430 | 431 | 0 | 0 | 0 | 0 | 0 | 11 | 107 | 1 | 99 | 1 | 1137 | 90 | 17 | 0 |
| Lucille's Sidewalk Fresh Lemonade (40 fluid ounces) | 370 | 368 | 1 | 0 | 0 | 0 | 0 | 13 | 91 | 1 | 84 | 1 | 24 | 61 | 31 | 0 |
| Lucille's Strawberry Lemonade (40 fluid ounces) | 430 | 431 | 2 | 0 | 0 | 0 | 0 | 11 | 106 | 2 | 97 | 1 | 27 | 98 | 31 | 0 |
| Mexican Coke (1 bottle) | 160 | 159 | 0 | 0 | 0 | 0 | 0 | 86 | 40 | 0 | 40 | 0 | 0 | 0 | 0 | 0 |
| Muddy Waters (32 fluid ounces) | 160 | 159 | 1 | 0 | 0 | 0 | 0 | 6 | 39 | 2 | 34 | 1 | 17 | 43 | 27 | 0 |
| Peach Iced Tea (32 fluid ounces) | 20 | 21 | 1 | 0 | 0 | 0 | 0 | 17 | 6 | 1 | 3 | 0 | 81 | 19 | 14 | 0 |
| Red Bull Energy Drink (1 can) | 110 | 110 | 0 | 0 | 0 | 0 | 0 | 100 | 28 | 0 | 27 | 0 | 0 | 0 | 0 | 0 |
| San Pellegrino Sparkling Mineral Water (1 bottle) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 32 | 0 | 0 | 0 | 0 | 0 | 0 | 127 | 0 |
| Sprite (12 fluid ounces) | 90 | 87 | 0 | 0 | 0 | 0 | 0 | 20 | 23 | 0 | 23 | 0 | 0 | 0 | 0 | 0 |

| | | | | | | | | | | | | | | | | |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Sprite (32 fluid ounces) | 230 | 233 | 0 | 0 | 0 | 0 | 0 | 53 | 62 | 0 | 62 | 0 | 0 | 0 | 0 | 0 |
| Sweet Tea (32 fluid ounces) | 190 | 194 | 0 | 0 | 0 | 0 | 0 | 1 | 48 | 0 | 48 | 0 | 6 | 0 | 1 | 0 |
| Watermelon Iced Tea (32 fluid ounces) | 10 | 7 | 1 | 0 | 0 | 0 | 0 | 17 | 3 | 0 | 1 | 0 | 81 | 1 | 1 | 0 |
| Desserts | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Ala Mode Ice Cream Scoop (1 serving) | 120 | 115 | 56 | 6 | 4 | 0 | 18 | 40 | 13 | 0 | 10 | 2 | 266 | 0 | 71 | 0 |
| Deep Dish Apple Cobbler (1 serving) | 930 | 927 | 233 | 26 | 15 | 0 | 78 | 218 | 166 | 4 | 133 | 6 | 1085 | 7 | 129 | 1 |
| Key Lime Cheesecake (1 serving) | 880 | 879 | 540 | 60 | 31 | 1 | 122 | 553 | 77 | 1 | 59 | 10 | 7123 | 2 | 244 | 1 |
| Old-Fashioned Banana Pudding (1 serving) | 940 | 941 | 520 | 58 | 37 | 0 | 209 | 421 | 88 | 3 | 60 | 4 | 2113 | 72 | 296 | 1 |
| Praline Banana Pudding (1 serving) | 1300 | 1295 | 729 | 81 | 45 | 0 | 228 | 619 | 124 | 3 | 99 | 7 | 2376 | 109 | 319 | 1 |
| Praline Cheesecake (1 serving) | 1130 | 1131 | 696 | 77 | 42 | 0 | 287 | 634 | 92 | 2 | 73 | 14 | 2179 | 1 | 100 | 2 |
| Snickers Ice Cream Pie (1 serving) | 1100 | 1096 | 524 | 58 | 29 | 0 | 115 | 559 | 127 | 3 | 93 | 14 | 1212 | 0 | 278 | 2 |
| Strawberry Banana Pudding (1 serving) | 590 | 594 | 267 | 30 | 18 | 0 | 97 | 376 | 72 | 2 | 51 | 4 | 945 | 102 | 187 | 1 |
| Texas Sheet Cake (1 serving) | 1160 | 1160 | 426 | 47 | 16 | 0 | 40 | 831 | 171 | 2 | 121 | 12 | 634 | 0 | 157 | 7 |
| Triple Chocolate Cheesecake (1 serving) | 990 | 992 | 463 | 53 | 29 | 0 | 174 | 607 | 102 | 4 | 82 | 18 | 1019 | 0 | 282 | 4 |
| Lunch Slow Smoked BBQ Items | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Alabama Chicken, 1/4 (1 serving) | 820 | 823 | 649 | 72 | 14 | 0 | 114 | 1050 | 17 | 0 | 16 | 23 | 405 | 8 | 19 | 1 |
| BBQ Chicken, 1/4 (1 serving) | 350 | 353 | 165 | 18 | 5 | 0 | 91 | 728 | 22 | 0 | 18 | 23 | 467 | 9 | 37 | 2 |
| BBQ Tri Tip (1 serving) | 370 | 368 | 148 | 16 | 6 | 0 | 123 | 1105 | 18 | 0 | 15 | 36 | 106 | 2 | 70 | 3 |
| Baby Back Ribs, 3 Bones (1 serving) | 420 | 420 | 271 | 30 | 11 | 0 | 103 | 748 | 14 | 0 | 12 | 21 | 88 | 1 | 56 | 2 |
| Brisket Burnt Ends (1 serving) | 380 | 376 | 196 | 22 | 9 | 0 | 77 | 601 | 22 | 0 | 18 | 21 | 686 | 6 | 39 | 3 |
| Build Your Own Bar-B-Que Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Ala | 820 | 823 | 649 | 72 | 14 | 0 | 114 | 1050 | 17 | 0 | 16 | 23 | 405 | 8 | 19 | 1 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice BB | 350 | 353 | 165 | 18 | 5 | 0 | 91 | 728 | 22 | 0 | 18 | 23 | 467 | 9 | 37 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice BB | 270 | 268 | 99 | 11 | 4 | 0 | 82 | 952 | 18 | 0 | 14 | 24 | 106 | 1 | 54 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Bat | 460 | 464 | 272 | 30 | 11 | 0 | 103 | 1246 | 24 | 0 | 20 | 21 | 311 | 2 | 69 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Bee | 360 | 355 | 221 | 25 | 11 | 0 | 70 | 950 | 11 | 0 | 8 | 19 | 225 | 1 | 10 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Bee | 300 | 295 | 58 | 6 | 3 | 0 | 53 | 637 | 39 | 0 | 33 | 18 | 316 | 3 | 50 | 3 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Bris | 370 | 372 | 196 | 22 | 9 | 0 | 77 | 599 | 21 | 0 | 18 | 21 | 101 | 2 | 34 | 3 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Jal | 440 | 440 | 288 | 32 | 12 | 0 | 80 | 930 | 21 | 0 | 16 | 16 | 300 | 1 | 100 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Por | 750 | 750 | 543 | 60 | 22 | 0 | 82 | 267 | 40 | 0 | 38 | 11 | 14 | 1 | 14 | 1 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Pull | 320 | 316 | 43 | 5 | 1 | 0 | 66 | 548 | 38 | 0 | 32 | 26 | 225 | 4 | 53 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Pull | 260 | 265 | 136 | 15 | 5 | 0 | 75 | 688 | 12 | 0 | 9 | 20 | 201 | 3 | 45 | 1 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Sm | 330 | 330 | 153 | 17 | 7 | 0 | 59 | 589 | 31 | 0 | 24 | 12 | 277 | 2 | 32 | 1 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Sm | 370 | 375 | 186 | 21 | 5 | 0 | 105 | 2203 | 9 | 0 | 4 | 35 | 234 | 1 | 6 | 2 |

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|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice St L | 470 | 468 | 272 | 30 | 11 | 0 | 100 | 655 | 24 | 0 | 20 | 22 | 291 | 2 | 67 | 2 |
| Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Tex | 340 | 340 | 243 | 27 | 10 | 0 | 65 | 845 | 12 | 0 | 9 | 14 | 150 | 1 | 30 | 1 |
| Pulled Pork (1 serving) | 400 | 397 | 204 | 23 | 8 | 0 | 113 | 1031 | 17 | 0 | 14 | 30 | 301 | 4 | 67 | 2 |
| Sliced Brisket (1 serving) | 370 | 372 | 196 | 22 | 9 | 0 | 77 | 599 | 21 | 0 | 18 | 21 | 101 | 2 | 34 | 3 |
| St Louis Spare Ribs, Lunch (1 serving) | 620 | 618 | 359 | 40 | 15 | 0 | 131 | 865 | 32 | 0 | 27 | 29 | 384 | 2 | 89 | 3 |
| Texas Style Beef Brisket (1 serving) | 630 | 626 | 295 | 33 | 13 | 0 | 116 | 1546 | 48 | 0 | 40 | 32 | 257 | 4 | 71 | 5 |
| Lunch Southern Specialties | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Jambalaya Me-Oh-My-A (1 serving) | 920 | 923 | 503 | 56 | 14 | 0 | 188 | 1637 | 60 | 3 | 6 | 42 | 2913 | 99 | 97 | 6 |
| Nashville Hot Chicken Lunch (1 serving) | 1310 | 1314 | 881 | 98 | 11 | 0 | 102 | 1791 | 65 | 1 | 22 | 41 | 322 | 4 | 137 | 3 |
| New Orleans Gumbo (1 serving) | 690 | 691 | 258 | 29 | 8 | 0 | 124 | 1271 | 70 | 2 | 3 | 35 | 856 | 51 | 81 | 5 |
| Southern Fried Chicken (1 serving) | 740 | 741 | 236 | 26 | 12 | 0 | 124 | 2307 | 81 | 10 | 18 | 45 | 15870 | 58 | 312 | 5 |
| Lunch Greens | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Chicken Salad, Half (1 serving) | 730 | 726 | 354 | 39 | 11 | 0 | 100 | 1243 | 58 | 5 | 32 | 31 | 3114 | 27 | 317 | 5 |
| Tri Tip Salad, Half (1 salad) | 450 | 454 | 220 | 24 | 5 | 0 | 41 | 660 | 44 | 4 | 31 | 15 | 5188 | 142 | 110 | 5 |
| Family Menu Appetizer Platters | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Rib Tips (1 serving) | 590 | 592 | 313 | 35 | 13 | 0 | 120 | 1046 | 44 | 0 | 32 | 24 | 460 | 3 | 45 | 2 |
| BBQ Rib Tips (30 servings) | 17750 | 17753 | 9400 | 1044 | 401 | 0 | 3600 | 31387 | 1323 | 9 | 966 | 725 | 13792 | 79 | 1340 | 49 |
| Deviled Eggs (1 egg) | 80 | 83 | 65 | 7 | 2 | 0 | 109 | 94 | 0 | 0 | 0 | 4 | 147 | 1 | 14 | 0 |
| Deviled Eggs (60 eggs) | 4980 | 4983 | 3894 | 433 | 103 | 0 | 6524 | 5661 | 19 | 2 | 15 | 225 | 8820 | 44 | 824 | 29 |
| Grilled Hot Links (1 serving) | 1120 | 1120 | 840 | 93 | 32 | 0 | 213 | 3403 | 24 | 3 | 19 | 43 | 2100 | 4 | 127 | 4 |
| Grilled Hot Links (12 servings) | 13440 | 13440 | 10080 | 1120 | 384 | 0 | 2560 | 40840 | 292 | 32 | 224 | 512 | 25200 | 53 | 1520 | 43 |
| Southern Chicken Strips (1 serving) | 340 | 341 | 196 | 22 | 3 | 0 | 50 | 493 | 21 | 1 | 6 | 17 | 519 | 9 | 31 | 1 |
| Southern Chicken Strips (12 servings) | 4090 | 4094 | 2348 | 261 | 39 | 0 | 605 | 5917 | 252 | 7 | 77 | 202 | 6229 | 103 | 378 | 15 |
| Spinach and Cheese Dip (1 serving) | 780 | 784 | 309 | 34 | 13 | 0 | 38 | 1318 | 94 | 7 | 10 | 25 | 6348 | 15 | 643 | 3 |
| Spinach and Cheese Dip (12 servings) | 9400 | 9402 | 3703 | 411 | 151 | 0 | 450 | 15821 | 1122 | 86 | 114 | 299 | 76175 | 180 | 7719 | 37 |
| Family Menu Sandwich Platters | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Pulled Chicken Sandwich Platter (1 sandwich) | 700 | 703 | 213 | 24 | 8 | 0 | 164 | 832 | 70 | 2 | 25 | 48 | 737 | 3 | 119 | 6 |
| Pulled Pork Sandwich Platter (1 sandwich) | 830 | 827 | 411 | 46 | 15 | 0 | 194 | 1154 | 61 | 4 | 15 | 44 | 2840 | 36 | 150 | 6 |
| Texas Style Beef Brisket Sandwich Platter (1 sandwich) | 920 | 922 | 475 | 53 | 21 | 0 | 194 | 1490 | 66 | 2 | 21 | 44 | 672 | 2 | 117 | 8 |

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|---|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Tri Tip Sandwich Platter (1 sandwich) | 770 | 768 | 312 | 35 | 13 | 0 | 201 | 1250 | 64 | 2 | 20 | 48 | 671 | 1 | 149 | 7 |
| Family Menu BBQ Platters | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Chicken Platter (1 serving) | 710 | 707 | 331 | 37 | 10 | 0 | 182 | 1456 | 44 | 0 | 37 | 45 | 935 | 18 | 74 | 4 |
| Baby Back Rib Platter (1 serving) | 880 | 881 | 542 | 60 | 22 | 0 | 207 | 1571 | 38 | 0 | 32 | 41 | 226 | 3 | 122 | 4 |
| Beef Rib Platter (1 serving) | 880 | 877 | 202 | 22 | 9 | 0 | 187 | 1937 | 101 | 0 | 84 | 63 | 912 | 7 | 137 | 11 |
| Chicken and Rib Platter (1 serving) | 460 | 460 | 165 | 18 | 5 | 0 | 91 | 928 | 47 | 0 | 40 | 23 | 601 | 11 | 64 | 3 |
| Chicken and Rib Platter (1 serving) with Baby Back Ribs | 610 | 607 | 256 | 28 | 9 | 0 | 125 | 1190 | 54 | 0 | 45 | 30 | 638 | 11 | 84 | 4 |
| Chicken and Rib Platter (1 serving) with Beef Ribs | 590 | 593 | 199 | 22 | 7 | 0 | 122 | 1226 | 61 | 0 | 51 | 33 | 736 | 12 | 83 | 5 |
| Chicken and Rib Platter (1 serving) with St Louis Ribs | 610 | 609 | 256 | 28 | 9 | 0 | 124 | 1134 | 54 | 0 | 45 | 30 | 689 | 11 | 84 | 4 |
| Jambalaya Me-Oh-My-A (1 serving) | 1530 | 1534 | 843 | 94 | 29 | 0 | 236 | 2633 | 112 | 5 | 15 | 55 | 4173 | 130 | 158 | 9 |
| Jambalaya Me-Oh-My-A (12 servings) | 18400 | 18403 | 10116 | 1124 | 346 | 0 | 2834 | 31595 | 1339 | 63 | 182 | 657 | 50074 | 1554 | 1901 | 105 |
| New Orleans Gumbo Platter (1 serving) | 510 | 507 | 204 | 23 | 6 | 0 | 85 | 995 | 50 | 2 | 2 | 25 | 672 | 41 | 64 | 3 |
| New Orleans Gumbo Platter (12 servings) | 6080 | 6080 | 2442 | 271 | 72 | 0 | 1026 | 11941 | 596 | 23 | 27 | 295 | 8062 | 492 | 772 | 39 |
| St Louis Rib Platter (1 serving) | 900 | 896 | 543 | 60 | 23 | 0 | 199 | 1236 | 39 | 0 | 32 | 44 | 532 | 3 | 125 | 4 |
| Family Menu Salads and Specialties | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Chicken Salad Platter (1 serving) | 770 | 771 | 404 | 45 | 9 | 0 | 106 | 1279 | 50 | 5 | 23 | 38 | 5179 | 18 | 200 | 6 |
| BBQ Chicken Salad Platter (12 servings) | 9260 | 9258 | 4848 | 539 | 103 | 0 | 1268 | 15351 | 604 | 55 | 280 | 456 | 62152 | 215 | 2405 | 68 |
| Tri Tip Salad Platter (1 serving) | 580 | 579 | 264 | 29 | 7 | 0 | 68 | 808 | 53 | 8 | 32 | 26 | 11280 | 283 | 202 | 10 |
| Tri Tip Salad Platter (12 servings) | 6940 | 6944 | 3167 | 352 | 79 | 0 | 816 | 9702 | 640 | 100 | 388 | 308 | 135356 | 3396 | 2427 | 118 |
| Family Menu Sides and Salads | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Beans (1 pint) | 560 | 561 | 35 | 4 | 1 | 0 | 6 | 1156 | 115 | 12 | 65 | 17 | 885 | 83 | 134 | 6 |
| BBQ Beans (1 quart) | 1120 | 1123 | 70 | 8 | 2 | 0 | 12 | 2313 | 229 | 24 | 130 | 34 | 1771 | 167 | 269 | 12 |
| BBQ Beans (0.5 gallons) | 2250 | 2245 | 139 | 15 | 4 | 0 | 24 | 4625 | 458 | 47 | 260 | 69 | 3541 | 334 | 537 | 23 |
| Creamy Coleslaw (1 pint) | 530 | 525 | 276 | 31 | 5 | 0 | 33 | 996 | 56 | 7 | 46 | 6 | 4934 | 95 | 192 | 2 |
| Creamy Coleslaw (1 quart) | 1050 | 1051 | 552 | 61 | 10 | 0 | 65 | 1991 | 113 | 14 | 93 | 12 | 9868 | 189 | 384 | 3 |
| Creamy Coleslaw (0.5 gallons) | 2100 | 2102 | 1104 | 123 | 19 | 0 | 130 | 3983 | 226 | 27 | 186 | 23 | 19737 | 379 | 767 | 7 |
| Homemade Biscuits with Apple Butter (1 biscuit) | 330 | 326 | 176 | 20 | 10 | 0 | 15 | 481 | 32 | 1 | 8 | 3 | 419 | 0 | 46 | 2 |
| Homemade Biscuits with Apple Butter (6 biscuits) | 1960 | 1958 | 1054 | 117 | 61 | 0 | 87 | 2886 | 194 | 6 | 48 | 18 | 2515 | 0 | 275 | 10 |
| Homemade Biscuits with Apple Butter (12 biscuits) | 3920 | 3917 | 2108 | 234 | 122 | 0 | 175 | 5771 | 388 | 12 | 95 | 36 | 5030 | 0 | 550 | 20 |
| Macaroni and Cheese (1 pint) | 620 | 619 | 297 | 33 | 16 | 0 | 82 | 2309 | 54 | 2 | 10 | 29 | 0 | 0 | 614 | 2 |
| Macaroni and Cheese (1 quart) | 1240 | 1237 | 594 | 66 | 33 | 0 | 165 | 4618 | 107 | 4 | 21 | 58 | 0 | 0 | 1229 | 4 |
| Macaroni and Cheese (0.5 gallons) | 2470 | 2474 | 1188 | 132 | 66 | 0 | 330 | 9237 | 214 | 8 | 41 | 115 | 0 | 0 | 2458 | 8 |
| Roasted Garlic Mashed Potatoes (1 pint) | 480 | 479 | 216 | 24 | 15 | 0 | 63 | 1645 | 57 | 7 | 7 | 9 | 208 | 7 | 127 | 2 |
| Roasted Garlic Mashed Potatoes (1 quart) | 960 | 958 | 432 | 48 | 31 | 0 | 127 | 3291 | 114 | 14 | 15 | 17 | 417 | 15 | 254 | 4 |
| Roasted Garlic Mashed Potatoes (0.5 gallons) | 1920 | 1916 | 865 | 96 | 62 | 0 | 254 | 6581 | 228 | 27 | 29 | 34 | 834 | 29 | 508 | 9 |

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|--|-----|-----|-----|----|---|---|----|------|-----|----|----|----|--------|-----|------|----|
| Sauteed Seasonal Vegetables, Super Feast (1 pint) | 170 | 174 | 8 | 1 | 0 | 0 | 0 | 1005 | 35 | 13 | 15 | 7 | 34439 | 114 | 136 | 2 |
| Sauteed Seasonal Vegetables, Super Feast (1 quart) | 350 | 349 | 16 | 2 | 0 | 0 | 0 | 2010 | 69 | 26 | 30 | 14 | 68878 | 228 | 271 | 4 |
| Sauteed Seasonal Vegetables, Super Feast (0.5 gallons) | 700 | 698 | 31 | 3 | 1 | 0 | 0 | 4020 | 139 | 51 | 59 | 28 | 137756 | 455 | 542 | 9 |
| Southern Braised Greens (1 pint) | 180 | 178 | 26 | 3 | 1 | 0 | 4 | 789 | 26 | 13 | 6 | 12 | 34573 | 181 | 474 | 6 |
| Southern Braised Greens (1 quart) | 360 | 356 | 53 | 6 | 1 | 0 | 7 | 1577 | 51 | 25 | 12 | 24 | 69145 | 362 | 949 | 11 |
| Southern Braised Greens (0.5 gallons) | 710 | 712 | 105 | 12 | 3 | 0 | 15 | 3155 | 103 | 51 | 25 | 48 | 138290 | 724 | 1897 | 22 |
| Watermelon Feast (1 serving) | 120 | 116 | 5 | 1 | 0 | 0 | 0 | 3 | 26 | 1 | 21 | 2 | 1936 | 28 | 24 | 1 |
| Watermelon Slices (1 serving) | 60 | 58 | 2 | 0 | 0 | 0 | 0 | 2 | 13 | 1 | 11 | 1 | 968 | 14 | 12 | 0 |

| Family Menu A La Carte Meats | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| BBQ Rib Tips, 1 Lb (1 serving) | 1320 | 1322 | 611 | 68 | 26 | 0 | 234 | 2355 | 126 | 1 | 96 | 47 | 1107 | 8 | 129 | 5 |
| Beef Brisket, 1 Lb (1 serving) | 1490 | 1486 | 782 | 87 | 34 | 0 | 308 | 2398 | 86 | 1 | 71 | 84 | 404 | 7 | 135 | 11 |
| Brisket Burnt Ends, 1 Lb (1 serving) | 1490 | 1486 | 782 | 87 | 34 | 0 | 308 | 2398 | 86 | 1 | 71 | 84 | 404 | 7 | 135 | 11 |
| Jalapeno Cheddar Sausage Links, 1 Lb (1 serving) | 1760 | 1760 | 1152 | 128 | 48 | 0 | 320 | 3720 | 84 | 0 | 64 | 64 | 1200 | 5 | 400 | 9 |
| Pulled Chicken, 1 Lb (1 serving) | 1260 | 1263 | 173 | 19 | 3 | 0 | 263 | 2193 | 152 | 0 | 128 | 105 | 900 | 15 | 212 | 9 |
| Pulled Pork, 1 Lb (1 serving) | 1060 | 1059 | 543 | 60 | 20 | 0 | 300 | 2750 | 47 | 1 | 37 | 80 | 803 | 11 | 179 | 6 |
| Red Hot Sausage Links, 1 Lb (1 serving) | 1830 | 1832 | 1225 | 136 | 50 | 0 | 328 | 4481 | 86 | 0 | 69 | 71 | 904 | 5 | 181 | 8 |
| Smoked Ham, 1 Lb (1 serving) | 660 | 663 | 193 | 21 | 5 | 0 | 240 | 4835 | 32 | 0 | 31 | 80 | 24 | 0 | 3 | 4 |
| Smoked Turkey, 1 Lb (1 serving) | 790 | 786 | 375 | 42 | 5 | 0 | 240 | 4704 | 9 | 0 | 8 | 88 | 10 | 0 | 3 | 3 |
| Tri Tip, 1 Lb (1 serving) | 960 | 958 | 394 | 44 | 16 | 0 | 327 | 2730 | 44 | 1 | 36 | 95 | 249 | 4 | 180 | 9 |

| Family Menu Desserts | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Berry Cheesecake (1 slice) | 870 | 872 | 472 | 52 | 30 | 0 | 230 | 588 | 85 | 4 | 62 | 13 | 1596 | 60 | 84 | 2 |
| Berry Cheesecake (8 slices) | 6970 | 6975 | 3777 | 420 | 237 | 0 | 1838 | 4707 | 678 | 35 | 493 | 106 | 12766 | 482 | 674 | 15 |
| Biscuit Bread Pudding (1 serving) | 740 | 740 | 355 | 39 | 22 | 0 | 181 | 687 | 80 | 2 | 55 | 11 | 1106 | 3 | 73 | 2 |
| Biscuit Bread Pudding (12 servings) | 8880 | 8881 | 4265 | 474 | 267 | 0 | 2175 | 8243 | 958 | 20 | 657 | 134 | 13273 | 32 | 874 | 27 |
| Classic Carrot Cake, Whole (1 slice) | 920 | 918 | 569 | 63 | 23 | 1 | 153 | 776 | 82 | 3 | 57 | 9 | 9184 | 5 | 115 | 2 |
| Classic Carrot Cake, Whole (14 slices) | 12860 | 12857 | 7971 | 886 | 329 | 14 | 2143 | 10857 | 1143 | 43 | 800 | 129 | 128571 | 69 | 1614 | 29 |
| Key Lime Cheesecake, Whole (1 slice) | 830 | 830 | 513 | 57 | 29 | 1 | 110 | 550 | 72 | 1 | 55 | 10 | 7000 | 0 | 230 | 1 |
| Key Lime Cheesecake, Whole (10 slices) | 8300 | 8300 | 5130 | 570 | 290 | 10 | 1100 | 5500 | 720 | 10 | 550 | 100 | 70000 | 0 | 2300 | 10 |
| Old Fashioned Banana Pudding (1 serving) | 2260 | 2262 | 865 | 96 | 59 | 0 | 324 | 1226 | 313 | 15 | 210 | 15 | 3450 | 258 | 612 | 3 |
| Old Fashioned Banana Pudding, Large (1 serving) | 570 | 566 | 216 | 24 | 15 | 0 | 81 | 306 | 78 | 4 | 52 | 4 | 863 | 64 | 153 | 1 |
| Old Fashioned Banana Pudding, Large (4 servings) | 2260 | 2262 | 865 | 96 | 59 | 0 | 324 | 1226 | 313 | 15 | 210 | 15 | 3450 | 258 | 612 | 3 |
| Old-Fashioned Banana Pudding (1 serving) | 990 | 992 | 543 | 60 | 39 | 0 | 217 | 437 | 94 | 3 | 63 | 5 | 2186 | 73 | 306 | 1 |

| | | | | | | | | | | | | | | | | |
|---------------------------------------|-------|-------|------|-----|-----|---|------|------|------|----|------|-----|-------|-----|-----|----|
| Whole Apple Cobbler (1 serving) | 720 | 723 | 193 | 21 | 13 | 0 | 70 | 111 | 128 | 4 | 101 | 4 | 904 | 7 | 61 | 1 |
| Whole Apple Cobbler (16 servings) | 11570 | 11569 | 3085 | 343 | 204 | 0 | 1117 | 1780 | 2045 | 59 | 1618 | 66 | 14465 | 113 | 983 | 21 |
| Whole Berry Cobbler (1 serving) | 680 | 681 | 130 | 14 | 8 | 0 | 48 | 135 | 131 | 8 | 91 | 6 | 661 | 135 | 87 | 2 |
| Whole Berry Cobbler (7 servings) | 4770 | 4766 | 913 | 101 | 53 | 0 | 333 | 942 | 917 | 56 | 639 | 45 | 4630 | 943 | 611 | 16 |
| Whole Peach Cobbler (1 serving) | 920 | 920 | 154 | 17 | 9 | 0 | 88 | 209 | 182 | 3 | 138 | 9 | 1219 | 12 | 119 | 3 |
| Whole Peach Cobbler (7 servings) | 6440 | 6442 | 1078 | 120 | 65 | 0 | 615 | 1461 | 1274 | 22 | 966 | 66 | 8536 | 86 | 836 | 18 |
| Whole Praline Cheesecake (1 serving) | 1040 | 1038 | 669 | 74 | 40 | 0 | 275 | 631 | 77 | 2 | 58 | 14 | 2060 | 1 | 88 | 2 |
| Whole Praline Cheesecake (8 servings) | 8310 | 8308 | 5353 | 595 | 321 | 0 | 2204 | 5046 | 615 | 16 | 466 | 110 | 16477 | 5 | 702 | 14 |
| Whole Texas Sheet Cake (1 piece) | 1030 | 1025 | 363 | 40 | 12 | 0 | 20 | 786 | 155 | 2 | 109 | 10 | 334 | 0 | 77 | 7 |
| Whole Texas Sheet Cake (10 pieces) | 10250 | 10252 | 3629 | 403 | 121 | 0 | 203 | 7863 | 1551 | 21 | 1093 | 99 | 3340 | 0 | 770 | 74 |

| Family Menu Beverages | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Iced Tea, Gallon (1 gallon) | 70 | 65 | 3 | 0 | 0 | 0 | 0 | 4 | 14 | 6 | 4 | 2 | 38 | 100 | 79 | 1 |
| Lucille's Peach Lemonade, Gallon (1 gallon) | 1380 | 1379 | 0 | 0 | 0 | 0 | 0 | 36 | 342 | 3 | 318 | 3 | 3637 | 289 | 54 | 0 |
| Lucille's Sidewalk Fresh Lemonade, Gallon (1 gallon) | 1180 | 1178 | 2 | 0 | 0 | 0 | 0 | 41 | 292 | 5 | 267 | 2 | 78 | 194 | 101 | 1 |
| Lucille's Strawberry Lemonade, Gallon (1 gallon) | 1380 | 1379 | 8 | 1 | 0 | 0 | 0 | 35 | 340 | 6 | 310 | 3 | 87 | 315 | 100 | 1 |
| Lucille's Watermelon Lemonade, Gallon (1 gallon) | 1490 | 1488 | 0 | 0 | 0 | 0 | 0 | 210 | 372 | 7 | 362 | 0 | 7 | 18 | 41 | 0 |
| Peach Iced Tea, Gallon (1 gallon) | 80 | 82 | 3 | 0 | 0 | 0 | 0 | 68 | 25 | 3 | 13 | 1 | 324 | 77 | 57 | 0 |
| Sweet Tea, Gallon (1 gallon) | 770 | 775 | 0 | 0 | 0 | 0 | 0 | 3 | 194 | 0 | 194 | 0 | 24 | 0 | 4 | 0 |
| Watermelon Iced Tea, Gallon (1 gallon) | 30 | 27 | 2 | 0 | 0 | 0 | 0 | 69 | 12 | 0 | 4 | 0 | 323 | 5 | 4 | 0 |

| Kids Menu Items | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Abita Root Beer Float (1 serving) | 270 | 270 | 84 | 9 | 5 | 0 | 27 | 81 | 46 | 0 | 41 | 3 | 399 | 0 | 106 | 0 |
| Aunt Mari's Chicken Supper (1 serving) | 250 | 253 | 13 | 1 | 0 | 0 | 66 | 314 | 30 | 0 | 26 | 26 | 184 | 3 | 44 | 2 |
| Chocolate Cookies 'n Cream (1 serving) | 540 | 539 | 238 | 26 | 17 | 0 | 84 | 325 | 78 | 1 | 58 | 8 | 2112 | 0 | 174 | 3 |
| Grandma's Noodles (1 serving) | 260 | 265 | 44 | 5 | 2 | 0 | 13 | 159 | 42 | 2 | 2 | 12 | 100 | 0 | 184 | 2 |
| Grandma's Noodles (1 serving) with Alfredo Sauce | 590 | 593 | 341 | 38 | 23 | 0 | 121 | 657 | 46 | 2 | 6 | 15 | 728 | 1 | 260 | 2 |
| Grandma's Noodles (1 serving) with Parmesan Butter Sauce | 580 | 577 | 308 | 34 | 20 | 0 | 98 | 419 | 42 | 2 | 2 | 22 | 1110 | 0 | 534 | 2 |
| Grandpa Joe's Tri Tip Supper (1 serving) | 150 | 150 | 73 | 8 | 3 | 0 | 61 | 229 | 1 | 0 | 1 | 18 | 0 | 0 | 25 | 1 |
| Homemade Macaroni-n-Cheese (1 serving) | 340 | 342 | 179 | 20 | 11 | 0 | 56 | 1166 | 25 | 1 | 5 | 17 | 18 | 1 | 363 | 1 |
| Jr. Banana Pudding (1 serving) | 500 | 500 | 269 | 30 | 18 | 0 | 102 | 279 | 49 | 1 | 31 | 3 | 1016 | 35 | 147 | 1 |
| Jr. Sundae (1 serving) | 300 | 297 | 164 | 18 | 10 | 0 | 42 | 98 | 29 | 0 | 24 | 4 | 441 | 0 | 100 | 0 |

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|--|-----|-----|-----|----|----|---|-----|------|----|---|----|----|------|-----|-----|---|
| Kids Apple Juice (1 drink) | 190 | 193 | 0 | 0 | 0 | 0 | 0 | 61 | 49 | 0 | 49 | 0 | 0 | 126 | 0 | 0 |
| Kids Cheese Pizza (1 pizza) | 380 | 380 | 144 | 16 | 8 | 0 | 25 | 680 | 46 | 2 | 10 | 13 | 0 | 0 | 250 | 4 |
| Kids Fries (1 serving) | 150 | 155 | 29 | 3 | 0 | 0 | 0 | 319 | 30 | 3 | 1 | 3 | 4 | 11 | 11 | 0 |
| Kids House Salad (1 serving) | 80 | 85 | 20 | 2 | 0 | 0 | 0 | 192 | 15 | 2 | 2 | 3 | 4126 | 12 | 25 | 1 |
| Kids Side of Sliced Tomatoes (1 serving) | 10 | 14 | 1 | 0 | 0 | 0 | 0 | 5 | 3 | 1 | 1 | 1 | 1484 | 14 | 14 | 0 |
| Kids St Louis Ribs Plate (1 serving) | 470 | 468 | 272 | 30 | 11 | 0 | 100 | 655 | 24 | 0 | 20 | 22 | 291 | 2 | 67 | 2 |
| Kids Watermelon (1 serving) | 30 | 29 | 1 | 0 | 0 | 0 | 0 | 1 | 6 | 0 | 5 | 1 | 484 | 7 | 6 | 0 |
| Lil' Chicken Corn Dawgs (1 serving) | 350 | 346 | 194 | 22 | 6 | 0 | 37 | 756 | 28 | 0 | 10 | 10 | 0 | 0 | 148 | 3 |
| Lil' Chicken Fingers (1 serving) | 360 | 360 | 190 | 21 | 3 | 0 | 59 | 777 | 21 | 0 | 3 | 22 | 83 | 1 | 78 | 1 |
| Lucy's Cheeseburger (1 serving) | 530 | 531 | 240 | 27 | 11 | 0 | 104 | 1031 | 42 | 2 | 10 | 30 | 216 | 0 | 176 | 4 |
| Mama's Grilled Cheese Sandwich (1 serving) | 550 | 546 | 271 | 30 | 18 | 0 | 97 | 801 | 46 | 2 | 6 | 21 | 801 | 2 | 350 | 3 |

| Catering BBQ Buffet Packages | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|---|-------------------------------|-----------------------------|---------------------------|------------------|----------------------|------------------|---------------------|----------------|--------------------|-----------|---------------|----------------|------------|---------------|-----------------|-----------|
| Four Item Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Four Item Combo (1 serving) with Meat Choice BBQ Chicken Breast | 230 | 232 | 8 | 1 | 0 | 0 | 43 | 331 | 36 | 0 | 30 | 17 | 204 | 3 | 46 | 2 |
| Four Item Combo (1 serving) with Meat Choice BBQ Half Chicken | 260 | 260 | 109 | 12 | 3 | 0 | 60 | 532 | 21 | 0 | 18 | 15 | 342 | 6 | 31 | 2 |
| Four Item Combo (1 serving) with Meat Choice Baby Back Ribs | 460 | 464 | 272 | 30 | 11 | 0 | 103 | 1246 | 24 | 0 | 20 | 21 | 311 | 2 | 69 | 2 |
| Four Item Combo (1 serving) with Meat Choice Bayou Shrimp | 250 | 247 | 119 | 13 | 7 | 0 | 203 | 520 | 8 | 1 | 3 | 24 | 890 | 13 | 92 | 4 |
| Four Item Combo (1 serving) with Meat Choice Beef Brisket Link Sausage | 360 | 355 | 221 | 25 | 11 | 0 | 70 | 950 | 11 | 0 | 8 | 19 | 225 | 1 | 10 | 2 |
| Four Item Combo (1 serving) with Meat Choice Beef Ribs | 370 | 374 | 58 | 6 | 3 | 0 | 53 | 785 | 58 | 0 | 49 | 18 | 415 | 4 | 70 | 4 |
| Four Item Combo (1 serving) with Meat Choice Blackened Catfish | 210 | 213 | 101 | 11 | 3 | 0 | 67 | 1278 | 5 | 2 | 0 | 23 | 1212 | 2 | 40 | 2 |
| Four Item Combo (1 serving) with Meat Choice Grilled Salmon | 100 | 100 | 59 | 7 | 1 | 0 | 29 | 134 | 0 | 0 | 0 | 10 | 26 | 2 | 7 | 0 |
| Four Item Combo (1 serving) with Meat Choice Jalapeno Cheddar Sausage | 360 | 360 | 288 | 32 | 12 | 0 | 80 | 780 | 2 | 0 | 0 | 16 | 200 | 0 | 80 | 1 |
| Four Item Combo (1 serving) with Meat Choice Pulled Chicken | 240 | 237 | 32 | 4 | 1 | 0 | 49 | 411 | 29 | 0 | 24 | 20 | 169 | 3 | 40 | 2 |
| Four Item Combo (1 serving) with Meat Choice Pulled Pork | 200 | 199 | 102 | 11 | 4 | 0 | 56 | 516 | 9 | 0 | 7 | 15 | 150 | 2 | 34 | 1 |
| Four Item Combo (1 serving) with Meat Choice Red Hot Link Sausage | 340 | 340 | 243 | 27 | 10 | 0 | 65 | 845 | 12 | 0 | 9 | 14 | 150 | 1 | 30 | 1 |
| Four Item Combo (1 serving) with Meat Choice Smoked Beef Brisket | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| Four Item Combo (1 serving) with Meat Choice Smoked Ham | 120 | 124 | 36 | 4 | 1 | 0 | 45 | 906 | 6 | 0 | 6 | 15 | 5 | 0 | 1 | 1 |
| Four Item Combo (1 serving) with Meat Choice Smoked Rib Tips | 250 | 247 | 115 | 13 | 5 | 0 | 44 | 441 | 24 | 0 | 18 | 9 | 207 | 1 | 24 | 1 |
| Four Item Combo (1 serving) with Meat Choice Smoked Tri Tip | 170 | 167 | 74 | 8 | 3 | 0 | 61 | 391 | 5 | 0 | 4 | 18 | 27 | 1 | 30 | 1 |
| Four Item Combo (1 serving) with Meat Choice Smoked Turkey | 150 | 147 | 70 | 8 | 1 | 0 | 45 | 882 | 2 | 0 | 2 | 17 | 2 | 0 | 1 | 1 |
| Four Item Combo (1 serving) with Meat Choice St Louis Ribs | 470 | 468 | 272 | 30 | 11 | 0 | 100 | 655 | 24 | 0 | 20 | 22 | 291 | 2 | 67 | 2 |
| Three Item Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Three Item Combo (1 serving) with Meat Choice BBQ Chicken Breast | 230 | 232 | 8 | 1 | 0 | 0 | 43 | 331 | 36 | 0 | 30 | 17 | 204 | 3 | 46 | 2 |
| Three Item Combo (1 serving) with Meat Choice BBQ Half Chicken | 350 | 353 | 165 | 18 | 5 | 0 | 91 | 728 | 22 | 0 | 18 | 23 | 467 | 9 | 37 | 2 |
| Three Item Combo (1 serving) with Meat Choice BBQ Tri Tip | 270 | 268 | 99 | 11 | 4 | 0 | 82 | 952 | 18 | 0 | 14 | 24 | 106 | 1 | 54 | 2 |
| Three Item Combo (1 serving) with Meat Choice Baby Back Ribs | 460 | 464 | 272 | 30 | 11 | 0 | 103 | 1246 | 24 | 0 | 20 | 21 | 311 | 2 | 69 | 2 |
| Three Item Combo (1 serving) with Meat Choice Bayou Shrimp | 250 | 247 | 119 | 13 | 7 | 0 | 203 | 520 | 8 | 1 | 3 | 24 | 890 | 13 | 92 | 4 |
| Three Item Combo (1 serving) with Meat Choice Beef Brisket Link Sausage | 360 | 355 | 221 | 25 | 11 | 0 | 70 | 950 | 11 | 0 | 8 | 19 | 225 | 1 | 10 | 2 |
| Three Item Combo (1 serving) with Meat Choice Beef Ribs | 370 | 374 | 58 | 6 | 3 | 0 | 53 | 785 | 58 | 0 | 49 | 18 | 415 | 4 | 70 | 4 |
| Three Item Combo (1 serving) with Meat Choice Blackened Catfish | 90 | 85 | 41 | 5 | 1 | 0 | 27 | 511 | 2 | 1 | 0 | 9 | 485 | 1 | 16 | 1 |
| Three Item Combo (1 serving) with Meat Choice Grilled Salmon | 100 | 100 | 59 | 7 | 1 | 0 | 29 | 134 | 0 | 0 | 0 | 10 | 26 | 2 | 7 | 0 |
| Three Item Combo (1 serving) with Meat Choice Jalapeno Cheddar Sausage | 360 | 360 | 288 | 32 | 12 | 0 | 80 | 780 | 2 | 0 | 0 | 16 | 200 | 0 | 80 | 1 |

| | | | | | | | | | | | | | | | | |
|---|-----|-----|-----|----|----|---|-----|------|----|---|----|----|------|----|-----|---|
| Three Item Combo (1 serving) with Meat Choice Pulled Chicken | 320 | 316 | 43 | 5 | 1 | 0 | 66 | 548 | 38 | 0 | 32 | 26 | 225 | 4 | 53 | 2 |
| Three Item Combo (1 serving) with Meat Choice Pulled Pork | 260 | 265 | 136 | 15 | 5 | 0 | 75 | 688 | 12 | 0 | 9 | 20 | 201 | 3 | 45 | 1 |
| Three Item Combo (1 serving) with Meat Choice Red Hot Link Sause | 340 | 340 | 243 | 27 | 10 | 0 | 65 | 845 | 12 | 0 | 9 | 14 | 150 | 1 | 30 | 1 |
| Three Item Combo (1 serving) with Meat Choice Smoked Beef Brisk | 370 | 372 | 196 | 22 | 9 | 0 | 77 | 599 | 21 | 0 | 18 | 21 | 101 | 2 | 34 | 3 |
| Three Item Combo (1 serving) with Meat Choice Smoked Ham | 170 | 166 | 48 | 5 | 1 | 0 | 60 | 1209 | 8 | 0 | 8 | 20 | 6 | 0 | 1 | 1 |
| Three Item Combo (1 serving) with Meat Choice Smoked Rib Tips | 330 | 330 | 153 | 17 | 7 | 0 | 59 | 589 | 31 | 0 | 24 | 12 | 277 | 2 | 32 | 1 |
| Three Item Combo (1 serving) with Meat Choice Smoked Turkey | 200 | 196 | 94 | 10 | 1 | 0 | 60 | 1176 | 2 | 0 | 2 | 22 | 2 | 0 | 1 | 1 |
| Three Item Combo (1 serving) with Meat Choice St Louis Ribs | 470 | 468 | 272 | 30 | 11 | 0 | 100 | 655 | 24 | 0 | 20 | 22 | 291 | 2 | 67 | 2 |
| Two Item Combo (1 serving) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Two Item Combo (1 serving) with Meat Choice BBQ Chicken Breast | 230 | 232 | 8 | 1 | 0 | 0 | 43 | 331 | 36 | 0 | 30 | 17 | 204 | 3 | 46 | 2 |
| Two Item Combo (1 serving) with Meat Choice BBQ Half Chicken | 260 | 260 | 109 | 12 | 3 | 0 | 60 | 532 | 21 | 0 | 18 | 15 | 342 | 6 | 31 | 2 |
| Two Item Combo (1 serving) with Meat Choice BBQ Tri Tip | 370 | 368 | 148 | 16 | 6 | 0 | 123 | 1105 | 18 | 0 | 15 | 36 | 106 | 2 | 70 | 3 |
| Two Item Combo (1 serving) with Meat Choice Baby Back Ribs | 610 | 609 | 361 | 40 | 15 | 0 | 138 | 1088 | 31 | 0 | 26 | 27 | 177 | 2 | 87 | 3 |
| Two Item Combo (1 serving) with Meat Choice Bayou Shrimp | 370 | 370 | 179 | 20 | 11 | 0 | 305 | 780 | 12 | 1 | 5 | 36 | 1335 | 19 | 138 | 6 |
| Two Item Combo (1 serving) with Meat Choice Beef Brisket Link Sau | 710 | 710 | 441 | 49 | 21 | 0 | 140 | 1900 | 23 | 0 | 16 | 39 | 450 | 1 | 20 | 5 |
| Two Item Combo (1 serving) with Meat Choice Beef Ribs | 590 | 588 | 115 | 13 | 5 | 0 | 107 | 1270 | 78 | 0 | 65 | 36 | 630 | 5 | 100 | 7 |
| Two Item Combo (1 serving) with Meat Choice Blackened Catfish | 170 | 171 | 81 | 9 | 2 | 0 | 53 | 1023 | 4 | 1 | 0 | 18 | 970 | 1 | 32 | 1 |
| Two Item Combo (1 serving) with Meat Choice Jalapeno Cheddar S | 360 | 360 | 288 | 32 | 12 | 0 | 80 | 780 | 2 | 0 | 0 | 16 | 200 | 0 | 80 | 1 |
| Two Item Combo (1 serving) with Meat Choice Pulled Chicken | 470 | 473 | 65 | 7 | 1 | 0 | 99 | 822 | 57 | 0 | 48 | 39 | 337 | 6 | 79 | 3 |
| Two Item Combo (1 serving) with Meat Choice Pulled Pork | 400 | 397 | 204 | 23 | 8 | 0 | 113 | 1031 | 17 | 0 | 14 | 30 | 301 | 4 | 67 | 2 |
| Two Item Combo (1 serving) with Meat Choice Red Hot Links | 680 | 680 | 486 | 54 | 20 | 0 | 130 | 1690 | 23 | 0 | 18 | 28 | 300 | 1 | 60 | 3 |
| Two Item Combo (1 serving) with Meat Choice Salmon | 200 | 200 | 118 | 13 | 3 | 0 | 59 | 269 | 1 | 0 | 0 | 20 | 52 | 4 | 15 | 0 |
| Two Item Combo (1 serving) with Meat Choice Smoked Beef Brisket | 560 | 557 | 293 | 33 | 13 | 0 | 116 | 899 | 32 | 0 | 27 | 32 | 151 | 2 | 51 | 4 |
| Two Item Combo (1 serving) with Meat Choice Smoked Ham | 250 | 249 | 72 | 8 | 2 | 0 | 90 | 1813 | 12 | 0 | 12 | 30 | 9 | 0 | 1 | 1 |
| Two Item Combo (1 serving) with Meat Choice Smoked Rib Tips | 500 | 504 | 235 | 26 | 10 | 0 | 90 | 897 | 47 | 0 | 36 | 18 | 420 | 3 | 49 | 2 |
| Two Item Combo (1 serving) with Meat Choice Smoked Turkey | 290 | 295 | 140 | 16 | 2 | 0 | 90 | 1764 | 3 | 0 | 3 | 33 | 4 | 0 | 1 | 1 |
| Two Item Combo (1 serving) with Meat Choice St Louis Ribs | 620 | 618 | 362 | 40 | 15 | 0 | 133 | 864 | 31 | 0 | 26 | 29 | 382 | 2 | 88 | 3 |

| Catering Appetizers | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholester ol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------------|-----------------------------|---------------------------|------------------|----------------------|------------------|----------------------|----------------|--------------------|-----------|---------------|----------------|------------|---------------|-----------------|-----------|
| BBQ Rib Tips (1 serving) | 590 | 592 | 313 | 35 | 13 | 0 | 120 | 1046 | 44 | 0 | 32 | 24 | 460 | 3 | 45 | 2 |
| BBQ Rib Tips (30 servings) | 17750 | 17753 | 9400 | 1044 | 401 | 0 | 3600 | 31387 | 1323 | 9 | 966 | 725 | 13792 | 79 | 1340 | 49 |
| Bayou Spicy Shrimp Platter (1 serving) | 260 | 262 | 121 | 13 | 8 | 0 | 211 | 528 | 10 | 1 | 4 | 25 | 981 | 22 | 101 | 4 |
| Bayou Spicy Shrimp Platter (10 servings) | 2620 | 2625 | 1207 | 134 | 75 | 0 | 2108 | 5282 | 101 | 13 | 42 | 251 | 9805 | 223 | 1013 | 40 |
| Cheese Platter, Large (1 serving) | 380 | 380 | 260 | 29 | 18 | 0 | 93 | 690 | 1 | 0 | 1 | 22 | 96 | 0 | 58 | 0 |
| Cheese Platter, Large (50 servings) | 18990 | 18985 | 13003 | 1445 | 883 | 0 | 4659 | 34519 | 73 | 0 | 64 | 1106 | 4800 | 0 | 2888 | 0 |
| Crab Cake Platter (1 serving) | 1120 | 1122 | 813 | 90 | 16 | 0 | 181 | 1830 | 52 | 2 | 9 | 24 | 1717 | 92 | 134 | 8 |
| Crab Cake Platter (12 servings) | 13460 | 13463 | 9756 | 1084 | 187 | 0 | 2173 | 21966 | 624 | 29 | 111 | 291 | 20601 | 1109 | 1610 | 90 |
| Cracker Tray (1 serving) | 280 | 284 | 71 | 8 | 2 | 0 | 2 | 541 | 45 | 2 | 3 | 7 | 0 | 0 | 8 | 2 |
| Cracker Tray (30 servings) | 8510 | 8507 | 2130 | 237 | 50 | 0 | 70 | 16220 | 1353 | 63 | 95 | 208 | 0 | 0 | 253 | 71 |
| Deviled Eggs (1 egg) | 80 | 83 | 65 | 7 | 2 | 0 | 109 | 94 | 0 | 0 | 0 | 4 | 147 | 1 | 14 | 0 |
| Deviled Eggs (60 eggs) | 4980 | 4983 | 3894 | 433 | 103 | 0 | 6524 | 5661 | 19 | 2 | 15 | 225 | 8820 | 44 | 824 | 29 |
| Fresh Fruit Platter, Large (1 serving) | 50 | 50 | 2 | 0 | 0 | 0 | 0 | 7 | 11 | 1 | 9 | 1 | 635 | 29 | 11 | 0 |
| Fresh Fruit Platter, Large (50 servings) | 2510 | 2513 | 95 | 11 | 2 | 0 | 0 | 353 | 570 | 72 | 450 | 34 | 31754 | 1442 | 547 | 15 |
| Grilled Hot Links (1 serving) | 1120 | 1120 | 840 | 93 | 32 | 0 | 213 | 3403 | 24 | 3 | 19 | 43 | 2100 | 4 | 127 | 4 |
| Grilled Hot Links (12 servings) | 13440 | 13440 | 10080 | 1120 | 384 | 0 | 2560 | 40840 | 292 | 32 | 224 | 512 | 25200 | 53 | 1520 | 43 |

| | | | | | | | | | | | | | | | | |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Mini Crab Cakes, 1 oz (1 serving) | 70 | 70 | 42 | 5 | 1 | 0 | 14 | 103 | 5 | 0 | 1 | 2 | 115 | 8 | 10 | 0 |
| Mini Crab Cakes, 1 oz (60 servings) | 4220 | 4217 | 2500 | 278 | 50 | 0 | 847 | 6153 | 281 | 12 | 44 | 136 | 6892 | 480 | 600 | 15 |
| Mini Crab Cakes, 2 oz (1 serving) | 140 | 141 | 83 | 9 | 2 | 0 | 28 | 205 | 9 | 0 | 1 | 5 | 230 | 16 | 20 | 1 |
| Mini Crab Cakes, 2 oz (30 servings) | 4220 | 4217 | 2500 | 278 | 50 | 0 | 847 | 6153 | 281 | 12 | 44 | 136 | 6892 | 480 | 600 | 15 |
| Southern Chicken Strips (1 serving) | 340 | 341 | 196 | 22 | 3 | 0 | 50 | 493 | 21 | 1 | 6 | 17 | 519 | 9 | 31 | 1 |
| Southern Chicken Strips (12 servings) | 4090 | 4094 | 2348 | 261 | 39 | 0 | 605 | 5917 | 252 | 7 | 77 | 202 | 6229 | 103 | 378 | 15 |
| Spinach and Cheese Dip (1 serving) | 780 | 784 | 309 | 34 | 13 | 0 | 38 | 1318 | 94 | 7 | 10 | 25 | 6348 | 15 | 643 | 3 |
| Spinach and Cheese Dip (12 servings) | 9400 | 9402 | 3703 | 411 | 151 | 0 | 450 | 15821 | 1122 | 86 | 114 | 299 | 76175 | 180 | 7719 | 37 |
| Vegetable Platter, Large (1 serving) | 20 | 21 | 1 | 0 | 0 | 0 | 0 | 32 | 4 | 1 | 2 | 1 | 2815 | 37 | 20 | 0 |
| Vegetable Platter, Large (50 servings) | 1030 | 1031 | 60 | 7 | 1 | 0 | 0 | 1613 | 206 | 71 | 110 | 40 | 140768 | 1839 | 978 | 19 |
| Catering Sandwiches | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Grilled Veggie Burger (1 serving) | 870 | 867 | 434 | 48 | 19 | 0 | 121 | 1434 | 85 | 6 | 19 | 23 | 2105 | 10 | 320 | 5 |
| Pulled Chicken Sandwich Platter (1 sandwich) | 700 | 703 | 213 | 24 | 8 | 0 | 164 | 832 | 70 | 2 | 25 | 48 | 737 | 3 | 119 | 6 |
| Pulled Pork Sandwich Platter (1 sandwich) | 830 | 827 | 411 | 46 | 15 | 0 | 194 | 1154 | 61 | 4 | 15 | 44 | 2840 | 36 | 150 | 6 |
| Texas Style Beef Brisket Sandwich Platter (1 sandwich) | 920 | 922 | 475 | 53 | 21 | 0 | 194 | 1490 | 66 | 2 | 21 | 44 | 672 | 2 | 117 | 8 |
| Tri Tip Sandwich Platter (1 sandwich) | 770 | 768 | 312 | 35 | 13 | 0 | 201 | 1250 | 64 | 2 | 20 | 48 | 671 | 1 | 149 | 7 |
| Catering Salads and Specialties | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| BBQ Chicken Salad Platter (1 serving) | 770 | 771 | 404 | 45 | 9 | 0 | 106 | 1279 | 50 | 5 | 23 | 38 | 5179 | 18 | 200 | 6 |
| BBQ Chicken Salad Platter (12 servings) | 9260 | 9258 | 4848 | 539 | 103 | 0 | 1268 | 15351 | 604 | 55 | 280 | 456 | 62152 | 215 | 2405 | 68 |
| Jambalaya Me-Oh-My-A (1 serving) | 1530 | 1534 | 843 | 94 | 29 | 0 | 236 | 2633 | 112 | 5 | 15 | 55 | 4173 | 130 | 158 | 9 |
| Jambalaya Me-Oh-My-A (12 servings) | 18400 | 18403 | 10116 | 1124 | 346 | 0 | 2834 | 31595 | 1339 | 63 | 182 | 657 | 50074 | 1554 | 1901 | 105 |
| New Orleans Gumbo Platter (1 serving) | 510 | 507 | 204 | 23 | 6 | 0 | 85 | 995 | 50 | 2 | 2 | 25 | 672 | 41 | 64 | 3 |
| New Orleans Gumbo Platter (12 servings) | 6080 | 6080 | 2442 | 271 | 72 | 0 | 1026 | 11941 | 596 | 23 | 27 | 295 | 8062 | 492 | 772 | 39 |
| Smoked Chicken Pasta (1 serving) | 1010 | 1010 | 655 | 73 | 27 | 1 | 175 | 1362 | 55 | 3 | 10 | 32 | 1371 | 82 | 325 | 3 |
| Tri Tip Salad Platter (1 serving) | 580 | 579 | 264 | 29 | 7 | 0 | 68 | 808 | 53 | 8 | 32 | 26 | 11280 | 283 | 202 | 10 |
| Tri Tip Salad Platter (12 servings) | 6940 | 6944 | 3167 | 352 | 79 | 0 | 816 | 9702 | 640 | 100 | 388 | 308 | 135356 | 3396 | 2427 | 118 |
| Veggie Pasta (1 serving) | 200 | 202 | 120 | 13 | 4 | 0 | 14 | 324 | 16 | 1 | 2 | 4 | 386 | 22 | 71 | 1 |
| Catering Desserts | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Chocolate Chunk Cookie (1 cookie) | 220 | 220 | 90 | 10 | 6 | 0 | 20 | 180 | 31 | 1 | 19 | 3 | 0 | 0 | 10 | 1 |
| Fudge Brownie, Individual (1 serving) | 400 | 402 | 90 | 10 | 3 | 0 | 0 | 386 | 74 | 0 | 50 | 3 | 0 | 0 | 0 | 4 |
| Half Texas Sheet Cake (1 piece) | 1030 | 1025 | 363 | 40 | 12 | 0 | 20 | 786 | 155 | 2 | 109 | 10 | 334 | 0 | 77 | 7 |
| Half Texas Sheet Cake (5 pieces) | 5130 | 5126 | 1815 | 202 | 61 | 0 | 101 | 3931 | 775 | 10 | 546 | 49 | 1670 | 0 | 385 | 37 |

| | | | | | | | | | | | | | | | | |
|--|--------------------------------|------------------------------|----------------------------|----------------------|--------------------------|----------------------|-------------------------|--------------------|------------------------|------------------|-------------------|--------------------|-------------------|-------------------|---------------------|------------------|
| Old Fashioned Banana Pudding (1 serving) | 990 | 992 | 543 | 60 | 39 | 0 | 217 | 437 | 94 | 3 | 63 | 5 | 2186 | 73 | 306 | 1 |
| Whole Apple Cobbler (1 serving) | 720 | 723 | 193 | 21 | 13 | 0 | 70 | 111 | 128 | 4 | 101 | 4 | 904 | 7 | 61 | 1 |
| Whole Berry Cobbler (1 serving) | 300 | 298 | 57 | 6 | 3 | 0 | 21 | 59 | 57 | 3 | 40 | 3 | 289 | 59 | 38 | 1 |
| Whole Peach Cobbler (1 serving) | 400 | 403 | 67 | 7 | 4 | 0 | 38 | 91 | 80 | 1 | 60 | 4 | 534 | 5 | 52 | 1 |
| Whole Texas Sheet Cake (1 piece) | 1030 | 1025 | 363 | 40 | 12 | 0 | 20 | 786 | 155 | 2 | 109 | 10 | 334 | 0 | 77 | 7 |
| Whole Texas Sheet Cake (10 pieces) | 10250 | 10252 | 3629 | 403 | 121 | 0 | 203 | 7863 | 1551 | 21 | 1093 | 99 | 3340 | 0 | 770 | 74 |
| Celebration Menu Appetizers | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Buffalo Cauliflower (1 serving) | 240 | 241 | 123 | 14 | 4 | 0 | 19 | 2331 | 21 | 4 | 6 | 9 | 1296 | 54 | 153 | 1 |
| Cracked Out Deviled Eggs (1 serving) | 180 | 182 | 126 | 14 | 4 | 0 | 168 | 329 | 5 | 1 | 2 | 9 | 573 | 17 | 34 | 1 |
| Hot Honey Cauliflower (1 serving) | 220 | 215 | 55 | 6 | 1 | 0 | 4 | 702 | 35 | 3 | 19 | 5 | 257 | 53 | 66 | 1 |
| Onion Straws (1 serving) | 170 | 172 | 54 | 6 | 1 | 0 | 4 | 416 | 26 | 1 | 7 | 4 | 77 | 5 | 63 | 1 |
| Spinach and Cheese Dip (1 serving) | 420 | 420 | 158 | 18 | 6 | 0 | 21 | 640 | 51 | 4 | 4 | 14 | 3047 | 16 | 357 | 2 |
| Celebration Menu Soups and Salads | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| New Orleans Gumbo (1 serving) | 190 | 194 | 77 | 9 | 2 | 0 | 36 | 379 | 18 | 1 | 1 | 10 | 256 | 15 | 23 | 1 |
| Celebration Menu Southern Specialties | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Jambalaya (1 serving) | 910 | 911 | 502 | 56 | 14 | 0 | 174 | 1622 | 60 | 3 | 5 | 40 | 2826 | 97 | 87 | 5 |
| Southern Fried Chicken (1 serving) | 740 | 741 | 236 | 26 | 12 | 0 | 124 | 2307 | 81 | 10 | 18 | 45 | 15870 | 58 | 312 | 5 |
| Celebration Menu Desserts | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
| Apple Cobbler (1 serving) | 460 | 464 | 117 | 13 | 7 | 0 | 39 | 109 | 83 | 2 | 66 | 3 | 542 | 4 | 65 | 1 |
| Fudge Brownie, Individual (1 serving) | 400 | 402 | 90 | 10 | 3 | 0 | 0 | 386 | 74 | 0 | 50 | 3 | 0 | 0 | 0 | 4 |
| Key Lime Cheesecake (1 serving) | 300 | 298 | 183 | 20 | 11 | 0 | 42 | 183 | 26 | 0 | 20 | 3 | 2371 | 1 | 83 | 0 |
| Old Fashioned Banana Pudding (1 serving) | 460 | 459 | 260 | 29 | 19 | 0 | 104 | 210 | 41 | 1 | 28 | 2 | 1046 | 35 | 147 | 0 |
| Snickers Ice Cream Pie (1 serving) | 370 | 365 | 179 | 20 | 9 | 0 | 34 | 196 | 41 | 1 | 29 | 5 | 370 | 0 | 90 | 1 |
| Texas Sheet Cake (1 serving) | 570 | 573 | 209 | 23 | 8 | 0 | 19 | 413 | 85 | 1 | 60 | 6 | 300 | 0 | 74 | 4 |

Lucilles BBQ Menu Analysis Book for Alcoholic Beverages for Core

| Alcoholic Beverages | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------|-----------------------|---------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-----------|------------|-------------|------------|------------|--------------|-----------|
| Back Porch Strawberry Lemonade (1 drink) | 270 | 266 | 1 | 0 | 0 | 0 | 0 | 3 | 35 | 1 | 32 | 0 | 10 | 36 | 15 | 0 |
| Bardstown Sling (1 drink) | 290 | 292 | 1 | 0 | 0 | 0 | 0 | 6 | 46 | 1 | 35 | 1 | 589 | 40 | 3 | 0 |
| Barrel Aged Manhattan (1 drink) | 210 | 208 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | 7 | 0 | 0 | 0 | 0 | 0 |
| Blood and Sand (1 drink) | 150 | 152 | 0 | 0 | 0 | 0 | 0 | 1 | 12 | 0 | 8 | 0 | 60 | 14 | 5 | 0 |
| Bloody Mary (1 drink) | 280 | 284 | 51 | 6 | 1 | 0 | 5 | 2690 | 29 | 2 | 9 | 5 | 660 | 8 | 62 | 2 |
| Blueberries and Basil (1 drink) | 300 | 297 | 1 | 0 | 0 | 0 | 0 | 961 | 40 | 1 | 34 | 0 | 81 | 14 | 10 | 0 |
| Blueberry Mule (1 drink) | 220 | 224 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 24 | 0 | 15 | 5 | 3 | 0 |
| Boulevardier Lucille's (1 drink) | 190 | 194 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 1 | 2 | 0 | 57 | 14 | 10 | 0 |
| Bourbon Milk Punch (1 drink) | 350 | 349 | 113 | 13 | 9 | 0 | 45 | 62 | 33 | 1 | 21 | 5 | 1412 | 0 | 136 | 0 |
| Brown Derby (1 drink) | 160 | 160 | 0 | 0 | 0 | 0 | 0 | 4 | 14 | 0 | 13 | 0 | 0 | 15 | 0 | 0 |
| Captain and Coke (1 drink) | 130 | 130 | 0 | 0 | 0 | 0 | 0 | 2 | 12 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| Cherry Blossom (1 drink) | 260 | 262 | 0 | 0 | 0 | 0 | 0 | 0 | 34 | 0 | 33 | 0 | 6 | 14 | 2 | 0 |
| Cider Colada (1 drink) | 240 | 236 | 0 | 0 | 0 | 0 | 0 | 7 | 21 | 0 | 25 | 0 | 23 | 10 | 7 | 0 |
| Citrus Harvest (1 drink) | 240 | 238 | 1 | 0 | 0 | 0 | 0 | 975 | 27 | 1 | 23 | 0 | 36 | 23 | 9 | 0 |
| Classic Smash (1 drink) | 280 | 277 | 0 | 0 | 0 | 0 | 0 | 1 | 28 | 0 | 26 | 0 | 24 | 14 | 3 | 0 |
| Classic Whiskey Sour (1 drink) | 210 | 209 | 1 | 0 | 0 | 0 | 0 | 55 | 17 | 0 | 15 | 4 | 4 | 11 | 4 | 0 |
| Cucumber Jalapeno Rita (1 drink) | 290 | 288 | 1 | 0 | 0 | 0 | 0 | 1921 | 39 | 0 | 33 | 0 | 58 | 11 | 7 | 0 |
| Cucumber Mule (1 drink) | 170 | 171 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 9 | 0 | 21 | 7 | 3 | 0 |
| Cucumber Watermelon Martini (1 drink) | 220 | 219 | 0 | 0 | 0 | 0 | 0 | 1 | 18 | 0 | 16 | 0 | 77 | 8 | 3 | 0 |
| Dark and Stormy (1 drink) | 310 | 306 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 0 | 27 | 0 | 16 | 8 | 6 | 0 |
| El Pepino (1 drink) | 260 | 265 | 1 | 0 | 0 | 0 | 0 | 161 | 38 | 1 | 34 | 0 | 44 | 13 | 14 | 0 |
| Five Rum Punch (1 drink) | 300 | 302 | 0 | 0 | 0 | 0 | 0 | 19 | 41 | 1 | 34 | 1 | 333 | 64 | 23 | 0 |
| Gentleman's Old Fashioned (1 drink) | 200 | 198 | 0 | 0 | 0 | 0 | 0 | 1 | 16 | 0 | 15 | 0 | 43 | 10 | 8 | 0 |
| Gin and Sin Martini (1 drink) | 240 | 237 | 0 | 0 | 0 | 0 | 0 | 1 | 23 | 0 | 20 | 0 | 38 | 10 | 8 | 0 |
| Gold Rush (1 drink) | 200 | 196 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 1 | 20 | 0 | 7 | 17 | 7 | 0 |
| Irish Mule (1 drink) | 200 | 196 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 0 | 16 | 8 | 6 | 0 |
| Jack and Coke (1 drink) | 240 | 238 | 0 | 0 | 0 | 0 | 0 | 2 | 10 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |

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|--|-----|-----|----|---|---|---|----|------|------|----|----|----|-----|-----|-----|----|---|
| Jack and the Giant Peach (1 drink) | 180 | 181 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 20 | 1 | 18 | 0 | 298 | 13 | 0 | 0 |
| Jameson and Ginger (1 drink) | 130 | 129 | 0 | 0 | 0 | 0 | 0 | 0 | 13 | 9 | 0 | 9 | 0 | 0 | 0 | 0 | 0 |
| Kentucky Cooler (1 drink) | 240 | 237 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 25 | 0 | 23 | 0 | 27 | 14 | 5 | 0 |
| Lemon Drop Martini (1 drink) | 230 | 233 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 25 | 1 | 23 | 0 | 7 | 17 | 7 | 0 |
| Long Island Iced Tea (1 drink) | 210 | 214 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 26 | 1 | 23 | 0 | 27 | 21 | 12 | 0 |
| Louisiana Lemonade (1 drink) | 300 | 303 | 1 | 0 | 0 | 0 | 0 | 0 | 50 | 40 | 1 | 31 | 0 | 26 | 23 | 13 | 0 |
| Lucille's Classic Caddy (1 drink) | 320 | 320 | 0 | 0 | 0 | 0 | 0 | 0 | 1922 | 29 | 1 | 22 | 0 | 34 | 19 | 10 | 0 |
| Lucille's Top Shelf Rita (1 drink) | 330 | 327 | 1 | 0 | 0 | 0 | 0 | 0 | 1922 | 31 | 1 | 19 | 0 | 40 | 22 | 14 | 0 |
| Maple Milk Punch (1 drink) | 370 | 371 | 82 | 9 | 6 | 0 | 45 | 47 | 39 | 1 | 21 | 3 | 314 | 0 | 171 | 1 | 0 |
| Margarita (1 drink) | 200 | 205 | 1 | 0 | 0 | 0 | 0 | 2 | 24 | 1 | 19 | 0 | 35 | 19 | 13 | 0 | 0 |
| Mint Julep (1 drink) | 80 | 78 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Booker's Bourbon Whiskey | 290 | 288 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Buffalo Trace Bourbon Whiskey | 220 | 222 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Bulleit Rye Whiskey | 220 | 223 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Gentleman Jack | 210 | 207 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with High West Double Rye Whiskey | 210 | 212 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Jack Daniels Tennessee Whiskey | 210 | 212 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Jim Beam Bourbon Whiskey | 210 | 211 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Knob Creek Bourbon Whiskey | 240 | 238 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Makers Mark Bourbon Whiskey | 220 | 218 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Michter's US1 Single Rye | 240 | 240 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Templeton Rye Whiskey | 220 | 223 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Whistle Pig Rye Whiskey | 230 | 230 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Mint Julep (1 drink) with Woodford Reserve Bourbon Whiskey | 220 | 223 | 0 | 0 | 0 | 0 | 0 | 1 | 19 | 0 | 19 | 0 | 15 | 0 | 2 | 0 | 0 |
| Modelo Michelada (1 drink) | 180 | 177 | 2 | 0 | 0 | 0 | 1 | 1362 | 29 | 2 | 9 | 2 | 436 | 15 | 42 | 2 | 0 |
| Moscow Mule (1 drink) | 200 | 204 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 25 | 0 | 16 | 8 | 6 | 0 | 0 |
| New York Sour (1 drink) | 190 | 191 | 0 | 0 | 0 | 0 | 0 | 1 | 18 | 1 | 15 | 0 | 7 | 17 | 8 | 0 | 0 |
| Paloma in Pearadise (1 drink) | 310 | 307 | 0 | 0 | 0 | 0 | 0 | 13 | 44 | 0 | 40 | 0 | 147 | 29 | 6 | 0 | 0 |
| Penicillin Cocktail (1 drink) | 190 | 192 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 1 | 20 | 0 | 7 | 17 | 7 | 0 | 0 |
| Rhythm and Blues (1 drink) | 220 | 223 | 0 | 0 | 0 | 0 | 0 | 1 | 28 | 0 | 26 | 0 | 25 | 10 | 5 | 0 | 0 |
| Ruby Red Berry Rita (1 drink) | 340 | 337 | 1 | 0 | 0 | 0 | 0 | 1925 | 48 | 1 | 43 | 0 | 24 | 31 | 9 | 0 | 0 |
| Rye Berry Smash (1 drink) | 220 | 221 | 0 | 0 | 0 | 0 | 0 | 7 | 28 | 0 | 25 | 0 | 13 | 21 | 5 | 0 | 0 |
| Sazerac Lucille's (1 drink) | 180 | 176 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 10 | 0 | 3 | 7 | 6 | 0 | 0 |
| Smokehouse Rita (1 drink) | 310 | 310 | 3 | 0 | 0 | 0 | 0 | 281 | 39 | 1 | 44 | 1 | 256 | 26 | 14 | 0 | 0 |

| | | | | | | | | | | | | | | | | |
|--|------|------|----|---|---|---|---|------|-----|---|-----|---|-----|-----|----|---|
| Smokey Peach Margarita (1 drink) | 320 | 319 | 1 | 0 | 0 | 0 | 0 | 268 | 47 | 1 | 42 | 1 | 791 | 27 | 14 | 1 |
| Southern Sangria (1 drink) | 130 | 126 | 0 | 0 | 0 | 0 | 0 | 10 | 22 | 1 | 16 | 0 | 76 | 19 | 11 | 0 |
| Southern Sangria (1 drink) with Merlot Wine | 200 | 199 | 0 | 0 | 0 | 0 | 0 | 14 | 24 | 1 | 16 | 0 | 76 | 19 | 18 | 1 |
| Southern Sangria (1 drink) with Pinot Grigio | 200 | 199 | 0 | 0 | 0 | 0 | 0 | 10 | 24 | 1 | 16 | 0 | 76 | 19 | 11 | 0 |
| Spiced Rum Punch, Glass (1 drink) | 260 | 260 | 2 | 0 | 0 | 0 | 0 | 4 | 36 | 2 | 30 | 1 | 163 | 37 | 37 | 0 |
| Spiced Rum Punch, Half Carafe (1 pitcher) | 690 | 686 | 3 | 0 | 0 | 0 | 0 | 13 | 114 | 4 | 98 | 2 | 617 | 141 | 80 | 1 |
| Sunset Over Texas Martini (1 drink) | 240 | 242 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 24 | 0 | 65 | 16 | 6 | 0 |
| Suntory Highball (1 drink) | 110 | 106 | 0 | 0 | 0 | 0 | 0 | 40 | 1 | 0 | 1 | 0 | 14 | 3 | 2 | 0 |
| Sweet Georgia Peach (1 drink) | 290 | 287 | 0 | 0 | 0 | 0 | 0 | 4 | 39 | 0 | 28 | 1 | 281 | 18 | 5 | 0 |
| Texas Goes Tiki, Bottle (1 serving) | 270 | 268 | 0 | 0 | 0 | 0 | 0 | 10 | 37 | 0 | 32 | 0 | 144 | 27 | 14 | 0 |
| Texas Goes Tiki, Bottle (3 servings) | 800 | 803 | 1 | 0 | 0 | 0 | 0 | 29 | 112 | 1 | 97 | 0 | 433 | 82 | 43 | 1 |
| Texas Goes Tiki, Glass (1 drink) | 270 | 274 | 0 | 0 | 0 | 0 | 0 | 14 | 39 | 0 | 34 | 0 | 146 | 27 | 15 | 1 |
| Vodka Martini (1 drink) | 280 | 283 | 27 | 3 | 0 | 0 | 0 | 339 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Voodoo Child Martini (1 drink) | 250 | 248 | 0 | 0 | 0 | 0 | 0 | 13 | 25 | 0 | 18 | 0 | 31 | 12 | 3 | 0 |
| Watermelon Crush, Bottle (1 serving) | 320 | 324 | 0 | 0 | 0 | 0 | 0 | 56 | 45 | 1 | 38 | 0 | 50 | 11 | 5 | 0 |
| Watermelon Crush, Bottle (3 servings) | 970 | 973 | 1 | 0 | 0 | 0 | 0 | 169 | 134 | 3 | 113 | 1 | 150 | 32 | 15 | 0 |
| Watermelon Crush, Glass (1 drink) | 330 | 328 | 0 | 0 | 0 | 0 | 0 | 56 | 46 | 1 | 38 | 0 | 106 | 11 | 6 | 0 |
| Watermelon Margarita (1 drink) | 350 | 349 | 1 | 0 | 0 | 0 | 0 | 1933 | 50 | 1 | 42 | 0 | 82 | 13 | 9 | 0 |
| Whiskey Barrel Cooler (1 drink) | 300 | 295 | 0 | 0 | 0 | 0 | 0 | 40 | 37 | 2 | 34 | 0 | 49 | 14 | 4 | 0 |
| Witch Doctor's Punch (1 drink) | 380 | 376 | 16 | 2 | 2 | 0 | 0 | 25 | 52 | 3 | 44 | 1 | 253 | 53 | 27 | 1 |
| Witch Doctor's Punch, Bottle (1 serving) | 360 | 363 | 16 | 2 | 2 | 0 | 0 | 20 | 49 | 2 | 42 | 1 | 224 | 46 | 22 | 1 |
| Witch Doctor's Punch, Bottle (3 servings) | 1090 | 1090 | 48 | 5 | 5 | 0 | 0 | 61 | 147 | 7 | 125 | 2 | 673 | 137 | 66 | 2 |

| Beers | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|--|-------------------------------|-----------------------------|---------------------------|------------------|----------------------|------------------|---------------------|----------------|--------------------|-----------|---------------|----------------|------------|---------------|-----------------|-----------|
| Ambers and Reds (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ambers and Reds (16 fluid ounces) with Anderson Valley Boont Amt | 240 | 236 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ambers and Reds (16 fluid ounces) with Four Peaks Killtifter | 240 | 243 | 0 | 0 | 0 | 0 | 0 | 13 | 19 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Ambers and Reds (16 fluid ounces) with Lucilles Red Ale | 260 | 258 | 0 | 0 | 0 | 0 | 0 | 6 | 16 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Ambers and Reds (16 fluid ounces) with Shiner Bock | 190 | 189 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Ambers and Reds (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ambers and Reds (22 fluid ounces) with Anderson Valley Boont Amt | 320 | 325 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ambers and Reds (22 fluid ounces) with Four Peaks Killtifter | 330 | 334 | 0 | 0 | 0 | 0 | 0 | 18 | 26 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Ambers and Reds (22 fluid ounces) with Lucilles Red Ale | 360 | 355 | 0 | 0 | 0 | 0 | 0 | 8 | 22 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Ambers and Reds (22 fluid ounces) with Shiner Bock | 260 | 260 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Bud Light | 110 | 110 | 0 | 0 | 0 | 0 | 0 | 9 | 7 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Coors Light | 100 | 102 | 0 | 0 | 0 | 0 | 0 | 10 | 5 | 0 | 1 | 1 | 0 | 0 | 0 | 0 |

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|--|------|------|---|---|---|---|---|-----|-----|---|----|----|---|---|----|---|
| Bottled Beer (12 fluid ounces) with Corona | 150 | 148 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Dos Equis Lager | 130 | 131 | 0 | 0 | 0 | 0 | 0 | 32 | 11 | 0 | 3 | 1 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Michelob Ultra | 100 | 95 | 0 | 0 | 0 | 0 | 0 | 9 | 3 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Miller Lite | 100 | 96 | 0 | 0 | 0 | 0 | 0 | 5 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with Truly Strawberry Lemonade Hard | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 3 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Bottled Beer (12 fluid ounces) with White Claw Mango Hard Seltzer | 100 | 100 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Dark Ales (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dark Ales (16 fluid ounces) with Alesmith Nut Brown Ale | 230 | 228 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dark Ales (16 fluid ounces) with Highwater Campfire Stout | 360 | 360 | 0 | 0 | 0 | 0 | 0 | 13 | 32 | 0 | 5 | 4 | 0 | 0 | 0 | 0 |
| Dark Ales (16 fluid ounces) with Modern Times Black House Nitro | 280 | 279 | 0 | 0 | 0 | 0 | 0 | 44 | 28 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Dark Ales (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dark Ales (22 fluid ounces) with Alesmith Nut Brown Ale | 310 | 314 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Dark Ales (22 fluid ounces) with Highwater Campfire Stout | 500 | 495 | 0 | 0 | 0 | 0 | 0 | 18 | 44 | 0 | 7 | 6 | 0 | 0 | 0 | 0 |
| Dark Ales (22 fluid ounces) with Modern Times Black House Nitro | 380 | 383 | 0 | 0 | 0 | 0 | 0 | 61 | 39 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Hard Cider (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hard Cider (16 fluid ounces) with Ace Pineapple Hard Cider | 230 | 233 | 0 | 0 | 0 | 0 | 0 | 0 | 16 | 0 | 12 | 0 | 0 | 0 | 0 | 0 |
| Hard Cider (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hard Cider (22 fluid ounces) with Ace Pineapple Hard Cider | 320 | 321 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 17 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Alesmith Sublime | 220 | 224 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Bud Light | 150 | 147 | 0 | 0 | 0 | 0 | 0 | 12 | 9 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Coors Light | 140 | 136 | 0 | 0 | 0 | 0 | 0 | 13 | 7 | 0 | 1 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Firestone 805 Blonde Ale | 200 | 199 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Firestone 805 Cerveza | 200 | 199 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Lucilles Blonde Ale | 210 | 210 | 0 | 0 | 0 | 0 | 0 | 38 | 18 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Michelob Ultra | 130 | 127 | 0 | 0 | 0 | 0 | 0 | 12 | 3 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Modelo Especial | 160 | 162 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Mother Earth Cali Creamin | 270 | 267 | 0 | 0 | 0 | 0 | 0 | 13 | 31 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Phoenix Beer Company Bird City | 220 | 220 | 0 | 0 | 0 | 0 | 0 | 13 | 15 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Stella Artois | 200 | 200 | 0 | 0 | 0 | 0 | 0 | 23 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Stone Buenaveza | 1490 | 1493 | 0 | 0 | 0 | 0 | 0 | 341 | 107 | 0 | 0 | 20 | 0 | 0 | 0 | 0 |
| Lighter Styles (16 fluid ounces) with Trumer Pilsner | 200 | 199 | 0 | 0 | 0 | 0 | 0 | 9 | 14 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Alesmith Sublime | 310 | 308 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Bud Light | 200 | 202 | 0 | 0 | 0 | 0 | 0 | 17 | 12 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Coors Light | 190 | 187 | 0 | 0 | 0 | 0 | 0 | 18 | 9 | 0 | 2 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Firestone 805 Blonde Ale | 270 | 273 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Firestone 805 Cerveza | 270 | 273 | 0 | 0 | 0 | 0 | 0 | 0 | 23 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Lucilles Blonde Ale | 290 | 289 | 0 | 0 | 0 | 0 | 0 | 52 | 25 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Michelob Ultra | 170 | 174 | 0 | 0 | 0 | 0 | 0 | 17 | 5 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Modelo Especial | 220 | 223 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Mother Earth Cali Creamin | 370 | 367 | 0 | 0 | 0 | 0 | 0 | 18 | 42 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Phoenix Beer Company Bird City | 300 | 303 | 0 | 0 | 0 | 0 | 0 | 18 | 20 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Stella Artois | 280 | 275 | 0 | 0 | 0 | 0 | 0 | 31 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Stone Buenaveza | 2050 | 2053 | 0 | 0 | 0 | 0 | 0 | 469 | 147 | 0 | 0 | 28 | 0 | 0 | 0 | 0 |
| Lighter Styles (22 fluid ounces) with Trumer Pilsner | 270 | 273 | 0 | 0 | 0 | 0 | 0 | 13 | 20 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Almanac Beer Company Love Hazy | 320 | 318 | 0 | 0 | 0 | 0 | 0 | 15 | 26 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Ballast Point Sculpin IPA | 330 | 326 | 0 | 0 | 0 | 0 | 0 | 20 | 32 | 0 | 0 | 2 | 0 | 0 | 18 | 0 |
| Pale Ales (16 fluid ounces) with Beachwood BBQ Citraholic IPA | 230 | 233 | 0 | 0 | 0 | 0 | 0 | 13 | 20 | 1 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Brouwerij West Picnic Lightning Haz | 280 | 280 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Drakes Denogginizer Double IPA | 360 | 363 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |

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|--|-----|-----|---|---|---|---|---|----|----|---|----|---|---|---|----|---|
| Pale Ales (16 fluid ounces) with Elysian Space Dust IPA | 310 | 305 | 0 | 0 | 0 | 0 | 0 | 0 | 20 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Firestone Brewing Mind Haze IPA | 270 | 273 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Four Peaks Killlifter | 240 | 243 | 0 | 0 | 0 | 0 | 0 | 13 | 19 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Fremont Sky Kraken | 310 | 307 | 0 | 0 | 0 | 0 | 0 | 0 | 31 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Garage Brewing Supercharged IPA | 280 | 280 | 0 | 0 | 0 | 0 | 0 | 0 | 22 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Gunwhale Orangewood Hazy IPA | 210 | 210 | 0 | 0 | 0 | 0 | 0 | 5 | 15 | 1 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Hangar 24 Mango Island IPA | 250 | 247 | 0 | 0 | 0 | 0 | 0 | 0 | 21 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Kern River Just Outstanding IPA | 250 | 253 | 0 | 0 | 0 | 0 | 0 | 13 | 21 | 1 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with King Harbor Tiki Hut IPA | 230 | 227 | 0 | 0 | 0 | 0 | 0 | 13 | 13 | 0 | 0 | 4 | 0 | 0 | 27 | 0 |
| Pale Ales (16 fluid ounces) with Knee Deep Breaking Bud | 240 | 242 | 0 | 0 | 0 | 0 | 0 | 17 | 15 | 0 | 0 | 3 | 0 | 0 | 28 | 0 |
| Pale Ales (16 fluid ounces) with Lagunitas IPA | 240 | 240 | 0 | 0 | 0 | 0 | 0 | 19 | 17 | 0 | 4 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Lovelady Love Juice Hazy IPA | 290 | 285 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Lucilles IPA | 260 | 259 | 0 | 0 | 0 | 0 | 0 | 5 | 16 | 0 | 7 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Modern Times Orderville | 280 | 284 | 0 | 0 | 0 | 0 | 0 | 39 | 21 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Offshoot Relax It's Just A Hazy IPA | 260 | 261 | 0 | 0 | 0 | 0 | 0 | 22 | 21 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Phoenix Beer Company Monsoon IP | 330 | 332 | 0 | 0 | 0 | 0 | 0 | 33 | 20 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Refuge Brewing Baja Crush Hazy IP | 250 | 249 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Revision Disco Ninja | 320 | 320 | 0 | 0 | 0 | 0 | 0 | 13 | 23 | 1 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Sierra Nevada Hazy Little Thing | 290 | 285 | 0 | 0 | 0 | 0 | 0 | 0 | 27 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Sierra Nevada Pale Ale | 230 | 233 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Smog City Hoptonic IPA | 220 | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 14 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Societe The Pupil IPA | 250 | 253 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (16 fluid ounces) with Track 7 Panic IPA | 270 | 275 | 0 | 0 | 0 | 0 | 0 | 20 | 20 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Almanac Beer Company Love Hazy | 440 | 437 | 0 | 0 | 0 | 0 | 0 | 21 | 35 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Ballast Point Sculpin IPA | 450 | 448 | 0 | 0 | 0 | 0 | 0 | 28 | 43 | 0 | 0 | 3 | 0 | 0 | 25 | 0 |
| Pale Ales (22 fluid ounces) with Beachwood BBQ Citraholic IPA | 320 | 321 | 0 | 0 | 0 | 0 | 0 | 18 | 27 | 2 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Brouwerij West Picnic Lightning Haz | 390 | 385 | 0 | 0 | 0 | 0 | 0 | 0 | 33 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Drakes Denogginizer Double IPA | 500 | 499 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Elysian Space Dust IPA | 420 | 420 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Firestone Brewing Mind Haze IPA | 380 | 376 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Four Peaks Killlifter | 330 | 334 | 0 | 0 | 0 | 0 | 0 | 18 | 26 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Fremont Sky Kraken | 420 | 422 | 0 | 0 | 0 | 0 | 0 | 0 | 42 | 0 | 0 | 2 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Garage Brewing Supercharged IPA | 390 | 385 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Gunwhale Orangewood Hazy IPA | 290 | 289 | 0 | 0 | 0 | 0 | 0 | 7 | 21 | 1 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Hangar 24 Mango Island IPA | 340 | 339 | 0 | 0 | 0 | 0 | 0 | 0 | 29 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Kern River Just Outstanding IPA | 350 | 348 | 0 | 0 | 0 | 0 | 0 | 18 | 29 | 2 | 0 | 6 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with King Harbor Tiki Hut IPA | 310 | 312 | 0 | 0 | 0 | 0 | 0 | 18 | 18 | 0 | 0 | 6 | 0 | 0 | 37 | 0 |
| Pale Ales (22 fluid ounces) with Knee Deep Breaking Bud | 330 | 332 | 0 | 0 | 0 | 0 | 0 | 23 | 21 | 0 | 0 | 4 | 0 | 0 | 39 | 0 |
| Pale Ales (22 fluid ounces) with Lagunitas IPA | 330 | 330 | 0 | 0 | 0 | 0 | 0 | 26 | 24 | 0 | 6 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Lovelady Love Juice Hazy IPA | 390 | 392 | 0 | 0 | 0 | 0 | 0 | 0 | 38 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Lucilles IPA | 360 | 356 | 0 | 0 | 0 | 0 | 0 | 7 | 22 | 0 | 10 | 6 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Modern Times Orderville | 390 | 391 | 0 | 0 | 0 | 0 | 0 | 54 | 28 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Offshoot Relax It's Just A Hazy IPA | 360 | 359 | 0 | 0 | 0 | 0 | 0 | 30 | 28 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Phoenix Beer Company Monsoon IP | 460 | 457 | 0 | 0 | 0 | 0 | 0 | 46 | 28 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Refuge Brewing Baja Crush Hazy IP | 340 | 343 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Revision Disco Ninja | 440 | 440 | 0 | 0 | 0 | 0 | 0 | 18 | 31 | 2 | 0 | 6 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Sierra Nevada Hazy Little Thing | 390 | 392 | 0 | 0 | 0 | 0 | 0 | 0 | 38 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Sierra Nevada Pale Ale | 320 | 321 | 0 | 0 | 0 | 0 | 0 | 0 | 26 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Smog City Hoptonic IPA | 300 | 303 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Societe The Pupil IPA | 350 | 348 | 0 | 0 | 0 | 0 | 0 | 0 | 24 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Pale Ales (22 fluid ounces) with Track 7 Panic IPA | 380 | 378 | 0 | 0 | 0 | 0 | 0 | 28 | 27 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Wheats and Whites (16 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wheats and Whites (16 fluid ounces) with Blue Moon Belgian White | 220 | 219 | 0 | 0 | 0 | 0 | 0 | 10 | 17 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Wheats and Whites (16 fluid ounces) with Golden Road Mango Cart | 180 | 179 | 0 | 0 | 0 | 0 | 0 | 13 | 17 | 0 | 4 | 3 | 0 | 0 | 0 | 0 |

| | | | | | | | | | | | | | | | | |
|--|-----|-----|---|---|---|---|---|----|----|---|---|---|---|---|---|---|
| Wheats and Whites (16 fluid ounces) with Hangar 24 Orange Wheat | 210 | 213 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wheats and Whites (16 fluid ounces) with Lucilles Hefeweizen | 210 | 209 | 0 | 0 | 0 | 0 | 0 | 34 | 17 | 0 | 0 | 3 | 0 | 0 | 0 | 0 |
| Wheats and Whites (16 fluid ounces) with Refuge Blood Orange Wit | 190 | 189 | 0 | 0 | 0 | 0 | 0 | 37 | 15 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) with Blue Moon Belgian White | 300 | 301 | 0 | 0 | 0 | 0 | 0 | 14 | 24 | 0 | 0 | 4 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) with Golden Road Mango Cart | 250 | 246 | 0 | 0 | 0 | 0 | 0 | 18 | 24 | 0 | 6 | 4 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) with Hangar 24 Orange Wheat | 290 | 293 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) with Lucilles Hefeweizen | 290 | 288 | 0 | 0 | 0 | 0 | 0 | 47 | 24 | 0 | 0 | 5 | 0 | 0 | 0 | 0 |
| Wheats and Whites (22 fluid ounces) with Refuge Blood Orange Wit | 260 | 260 | 0 | 0 | 0 | 0 | 0 | 51 | 20 | 0 | 0 | 6 | 0 | 0 | 0 | 0 |

| Wines | Rounded Calories (kcal) | Total Calories (kcal) | Fat Calories (kcal) | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Fiber (g) | Sugars (g) | Protein (g) | Vit A (iu) | Vit C (mg) | Calcium (mg) | Iron (mg) |
|---|-------------------------------|-----------------------------|---------------------------|------------------|----------------------|------------------|---------------------|----------------|--------------------|-----------|---------------|----------------|------------|---------------|-----------------|-----------|
| Wines (6 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Cabernet Sauvignon | 150 | 148 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Champagne | 160 | 156 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Chardonnay | 110 | 114 | 0 | 0 | 0 | 0 | 0 | 6 | 4 | 0 | 2 | 1 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Merlot | 150 | 148 | 0 | 0 | 0 | 0 | 0 | 7 | 4 | 0 | 1 | 0 | 0 | 0 | 14 | 1 |
| Wines (6 fluid ounces) with Pinot Grigio | 150 | 148 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Pinot Noir | 150 | 146 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Riesling | 140 | 144 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (6 fluid ounces) with Sauvignon Blanc | 150 | 145 | 0 | 0 | 0 | 0 | 0 | 0 | 4 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Cabernet Sauvignon | 220 | 221 | 0 | 0 | 0 | 0 | 0 | 0 | 7 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Champagne | 230 | 234 | 0 | 0 | 0 | 0 | 0 | 0 | 11 | 0 | 4 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Chardonnay | 170 | 171 | 0 | 0 | 0 | 0 | 0 | 9 | 5 | 0 | 3 | 1 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Merlot | 220 | 221 | 0 | 0 | 0 | 0 | 0 | 11 | 7 | 0 | 2 | 0 | 0 | 0 | 22 | 1 |
| Wines (9 fluid ounces) with Pinot Grigio | 220 | 221 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Pinot Noir | 220 | 220 | 0 | 0 | 0 | 0 | 0 | 0 | 6 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Riesling | 220 | 216 | 0 | 0 | 0 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (9 fluid ounces) with Sauvignon Blanc | 220 | 218 | 0 | 0 | 0 | 0 | 0 | 0 | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Cabernet Sauvignon | 620 | 624 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Champagne | 660 | 659 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Chardonnay | 480 | 482 | 0 | 0 | 0 | 0 | 0 | 25 | 15 | 0 | 7 | 3 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Merlot | 620 | 624 | 0 | 0 | 0 | 0 | 0 | 30 | 19 | 0 | 5 | 1 | 0 | 0 | 61 | 3 |
| Wines (750 milliliters) with Pinot Grigio | 620 | 624 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Pinot Noir | 620 | 619 | 0 | 0 | 0 | 0 | 0 | 0 | 17 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Riesling | 610 | 609 | 0 | 0 | 0 | 0 | 0 | 0 | 28 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Wines (750 milliliters) with Sauvignon Blanc | 610 | 614 | 0 | 0 | 0 | 0 | 0 | 0 | 15 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |