



# 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
Comeback Fries (1 serving)	1980	1981	1250	139	59	0	302	4262	114	10	20	72	3143	57	1230	2
Cracked Out Deviled Bacon Eggs (1 serving)	770	772	567	63	16	0	688	1017	15	2	5	33	1361	12	126	4
Crispy Haricot Green Beans Appetizer (1 serving)	770	771	437	49	8	0	21	3586	71	8	9	12	2023	32	157	5
Hot Honey Cauliflower Bites (1 serving)	430	430	111	12	2	0	8	1470	70	7	37	10	514	107	129	3
Lucille's Onion Straws (1 serving)	900	899	298	33	6	0	24	2402	134	7	39	20	407	27	315	5
Lucille's Onion Straws, Half (1 serving)	450	450	149	17	3	0	12	1201	67	3	20	10	204	13	158	2

Pork Belly Burnt Ends (1 serving)	1170	1174	857	95	34	0	150	1822	59	1	34	20	299	2	51	3
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)	1180	1182	674	75	12	0	46	6043	112	5	11	19	599	2	159	5
Southern Fried Dill Pickles, Half (1 serving)	590	591	337	37	6	0	23	3021	56	2	6	9	300	1	79	2
Southern Fried Pickles (1 serving)	860	857	388	43	7	0	25	5217	104	4	8	16	568	2	131	5
Spinach and Cheese Dip (1 serving)	1050	1048	451	50	20	0	63	2028	111	9	14	37	9572	22	1033	4
<b>Happy Hour Items</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Happy Hour BBQ Rib Tips (1 serving)	1210	1211	705	78	30	0	270	2129	71	1	48	54	884	4	71	3
Happy Hour BLT Wedge Salad (1 serving)	400	402	284	32	10	0	48	886	15	3	8	15	1456	9	230	1
Happy Hour Buffalo Cauliflower Bites (1 serving)	310	309	182	20	5	0	25	2452	23	4	6	9	1312	54	162	1
Happy Hour Cracked Deviled Eggs (1 serving)	460	464	327	36	9	0	447	588	13	1	3	20	690	7	84	3
Happy Hour Nashville Chicken Strips and Chips (1 serving)	1340	1335	714	79	11	0	108	3276	108	6	15	48	483	15	157	5
Happy Hour Nashville Hot Chicken Sandwich (1 serving)	2270	2273	1573	175	22	0	169	2734	120	5	38	52	1545	22	222	6
Happy Hour New Orleans Gumbo (1 serving)	350	350	173	19	5	0	69	700	28	1	2	15	531	31	44	2
Happy Hour Pulled Chicken Nachos (1 serving)	970	966	500	56	30	0	194	1548	75	7	20	42	2128	34	848	4
Happy Hour Pulled Pork Sandwich (1 serving)	580	578	246	27	10	0	109	1017	51	2	4	31	241	2	53	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 Southern Fried Dill Pickles (1 serving)	590	591	337	37	6	0	23	3021	56	2	6	9	300	1	79	2

Happy Hour Spinach and Cheese Dip (1 serving)	580	577	259	29	12	0	36	1202	58	5	9	21	5778	16	597	2
Smoked BBQ Pulled Pork Nachos (1 serving)	960	961	528	59	31	0	202	1588	64	7	10	46	2022	33	845	3
<b>Slow Smoked Bar B Que Items</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Alabama Combo (1 serving)	1550	1553	971	108	32	0	325	2007	75	1	57	64	915	8	85	4
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, 8 oz (1 serving)	490	491	197	22	8	0	163	1473	25	0	20	48	142	2	93	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
Beef Ribs for Two (1 serving)	1510	1506	434	48	19	0	401	3451	126	1	105	135	1485	9	199	20
Carolina Combo (1 serving)	830	829	450	50	16	0	279	1498	23	0	18	68	601	9	106	4
Pulled Pork Dinner, 8 oz (1 serving)	530	530	272	30	10	0	150	1375	23	0	18	40	401	5	89	3
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 Combo (1 serving)	1160	1160	781	87	33	0	246	4151	35	3	29	61	2499	46	103	6

Texas Style Beef Brisket, 8 oz (1 serving)	650	652	392	44	17	0	154	1546	21	1	17	43	107	2	48	5
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**Bar B Que Platters**

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>ies</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
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 Sausage	720	720	576	64	24	0	160	1560	4	0	0	32	400	0	160	3
BBQ Three Meat Combo (1 serving) with Pulled Chicken	380	378	130	14	4	0	94	389	38	0	32	21	345	5	52	3
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	600	600	486	54	20	0	130	1540	4	0	2	28	200	0	40	2
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	720	720	576	64	24	0	160	1560	4	0	0	32	400	0	160	3
BBQ Two Meat Combo (1 serving) with Pulled Chicken	380	378	130	14	4	0	94	389	38	0	32	21	345	5	52	3
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	600	600	486	54	20	0	130	1540	4	0	2	28	200	0	40	2

	Round	Total	Fat	Total	Satur	Trans	Chol	Sodi	Total	Fiber	Suga	Prote	Vit A	Vit C	Calci	Iron
	ded	Calor	Calor	Fat	ated	Fat	ester	um	Carb	(g)	rs (g)	(g)	(iu)	(mg)	um	(mg)
Bar B Que Feasts	Calor	ies	ies	(g)	Fat	(g)	ol	(mg)	s (g)						(mg)	(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 Chi	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 Ch	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 R	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 Ch	1440	1440	1152	128	48	0	320	3120	8	0	0	64	800	0	320	6
Lucille's Family Supper (1 serving) with Meat Choice Pork Belly Bu	2300	2305	1639	182	64	0	240	3437	137	1	130	33	8	1	29	3
Lucille's Family Supper (1 serving) with Meat Choice Pulled Chick	1510	1510	519	58	16	0	377	1558	152	0	128	82	1381	21	207	10
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 Bee	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	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 T	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 H	1510	1512	1225	136	50	0	328	3881	10	0	5	71	504	0	101	5
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 Chick	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 Rib	5550	5546	3255	362	134	0	1240	#####	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	#####	832	3	696	378	6670	54	1062	74
Lucille's Super Feast (1 serving) with Meat Choice Jalapeno Ched	2880	2880	2304	256	96	0	640	6240	16	0	0	128	1600	0	640	12
Lucille's Super Feast (1 serving) with Meat Choice Pork Belly Burn	4610	4610	3278	364	128	0	480	6874	274	1	260	65	16	3	58	5
Lucille's Super Feast (1 serving) with Meat Choice Pulled Chicken	3020	3021	1038	115	33	0	753	3116	304	0	256	164	2763	42	414	21
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 T	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 E	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 Tip	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	#####	294	3	242	263	4536	21	826	28
Lucille's Super Feast (1 serving) with Meat Choice Texas Red Hot	2400	2400	1944	216	80	0	520	6160	16	0	8	112	800	0	160	9
Southern Specialties	Round	Total	Fat	Total	Satur	Trans	Chol	Sodi	Total	Fiber	Suga	Prote	Vit A	Vit C	Calci	Iron
	ded	Calor	Calor	Fat	ated	Fat	ester	um	Carb	(g)	rs (g)	(g)	(iu)	(mg)	um	(mg)
	Calor	ies	ies	(g)	Fat	(g)	ol	(mg)	s (g)						(mg)	(mg)
Chimichurri Sirloin Steak and Shrimp (1 serving)	1460	1455	1113	124	37	0	358	2748	11	2	2	71	1553	18	166	7
Chimichurri Top Sirloin (1 serving)	1140	1143	762	85	25	0	142	2690	40	8	9	52	#####	50	180	5

Crispy Lowcountry Shrimp Basket (1 serving)	820	815	429	48	8	0	219	2390	67	5	6	34	663	22	129	5
Grilled Salmon (1 serving)	650	647	430	48	18	0	203	814	4	1	0	46	814	18	111	1
Hot Honey Glazed Salmon (1 serving)	1020	1019	278	31	6	0	134	1563	126	7	55	55	####	62	102	4
Jambalaya Me-Oh-My-A (1 serving)	1880	1884	1090	121	31	0	377	3085	119	6	11	74	5773	196	173	11
New Orleans Gumbo (1 serving)	1350	1354	602	67	18	0	270	2371	122	4	5	61	1824	104	155	9
Southern Fried Catfish and Shrimp (1 serving)	1490	1488	801	89	16	0	303	1928	111	6	10	62	471	26	192	7
Southern Fried Chicken (1 serving)	1240	1238	415	46	19	0	220	3746	122	11	25	82	####	61	499	7
	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
<b>Greens</b>	<b>Calor</b>	<b>ies</b>	<b>Calor</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
BBQ Chicken Salad (1 salad)	1190	1194	603	67	19	0	178	1919	85	9	43	57	8353	62	499	8
Caesar Salad, Add On (1 serving)	310	313	196	22	5	0	33	1035	19	2	3	10	5038	20	262	1
Chicken Caesar Salad (1 salad)	1110	1107	691	77	19	0	186	2667	39	4	6	61	####	43	722	3
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	####	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	429	21	0	16	2	127	1	57	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	270	270	216	24	5	0	30	1080	9	0	3	3	0	0	87	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	421	8	0	4	3	63	0	56	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	710	7	0	3	3	275	0	51	0
Salad Dressings (3 fluid ounces) with Dressing Choice Thousand Island	390	390	324	36	6	0	30	630	12	0	12	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Tomato Vinaigrette	360	360	234	26	4	0	0	610	33	0	30	0	100	1	20	1

Tri Tip Salad (1 salad)	830	826	388	43	9	0	82	1193	79	10	55	30	####	291	237	11
Wedge Salad, Add On (1 serving)	290	288	177	20	9	0	42	835	10	3	6	17	1472	9	196	1
<b>Premium Sides</b>	<b>Rounded Calor</b>	<b>Total Calor ies</b>	<b>Fat Calor ies</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Bacon Ranch Mac, Entree (1 serving)	370	368	221	25	9	0	45	1130	23	1	5	15	58	0	280	1
Bacon Ranch Mac, Feast (1 serving)	250	246	147	16	6	0	30	754	15	1	4	10	39	0	186	1
Bacon Ranch Mac, Feast (4 servings)	980	982	590	66	24	0	119	3014	61	2	14	40	155	1	746	2
Bacon Ranch Mac, Feast (6 servings)	1470	1474	885	98	36	0	178	4521	92	3	21	60	233	2	1118	3
Bacon Ranch Mac, Supper (1 serving)	180	184	111	12	4	0	22	565	11	0	3	8	29	0	140	0
Bacon Ranch Mac, Supper (4 servings)	740	737	442	49	18	0	89	2261	46	2	11	30	117	1	559	2
Corn Pudding (1 serving)	450	455	218	24	13	1	61	538	54	3	15	6	817	5	58	2
Corn Pudding, Feast (1 serving)	300	303	145	16	8	1	40	358	36	2	10	4	545	3	39	1
Corn Pudding, Feast (6 servings)	1820	1820	873	97	51	4	242	2151	216	13	60	25	3268	18	232	6
Corn Pudding, Supper (1 serving)	230	227	109	12	6	0	30	269	27	2	8	3	409	2	29	1
Corn Pudding, Supper (4 servings)	910	910	436	48	25	2	121	1075	108	6	30	13	1634	9	116	3
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)	420	420	226	25	12	1	63	659	42	0	14	7	501	3	128	2
Jalapeno Cheddar Cornbread, Super Feast (1 serving)	230	227	130	14	7	1	36	344	21	0	7	3	318	1	64	1
Jalapeno Cheddar Cornbread, Super Feast (4 servings)	910	908	519	58	28	3	146	1378	83	1	29	13	1272	5	256	3
Jalapeno Cheddar Cornbread, Super Feast (6 servings)	1360	1362	779	87	42	4	218	2067	125	1	43	20	1908	8	384	5

Jalapeno Cheddar Cornbread, Supper (1 serving)	1360	1362	779	87	42	4	218	2067	125	1	43	20	1908	8	384	5
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)	#####	#####	8057	895	521	0	2434	#####	331	35	80	305	#####	60	3696	12
Loaded Mashed Potatoes, Super Feast (6 servings)	#####	#####	#####	1343	781	0	3651	#####	497	52	121	458	#####	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)	580	581	329	37	6	0	14	1414	52	3	7	7	58	7	93	2
Southern Fried Okra, Super Feast (1 serving)	2320	2325	1314	146	24	0	54	5656	209	11	28	28	232	29	372	10
Southern Fried Okra, Super Feast (4 servings)	9300	9299	5257	584	96	0	216	#####	835	44	113	114	928	114	1489	39
Southern Fried Okra, Super Feast (6 servings)	#####	#####	7886	876	143	0	324	#####	1252	65	169	171	1392	171	2234	59
Southern Fried Okra, Supper (1 serving)	1160	1162	657	73	12	0	27	2828	104	5	14	14	116	14	186	5
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
	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
<b>Sandwiches and Burgers</b>	<b>Calor</b>	<b>ies</b>	<b>Calor</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
Carolina Gold Crispy Chicken Sandwich (1 serving)	1110	1111	273	30	12	0	161	4075	153	5	34	57	1629	19	405	7
Crispy Hot Honey Chicken Sandwich (1 serving)	1360	1360	257	29	8	0	197	4261	198	7	72	76	1843	13	210	9
Grilled Veggie Burger (1 serving)	1220	1217	823	91	24	0	127	1950	74	6	16	23	1731	10	274	4
Hatch Green Chile Pulled Pork Melt (1 serving)	1130	1131	682	76	27	0	209	2199	61	3	11	56	1701	34	504	5
Lucille's All American Burger (1 serving)	1150	1149	699	78	28	0	245	2504	49	2	17	57	1240	4	298	6



Lucille's BBQ Tri Tip Sandwich (1 serving)	700	698	278	31	12	0	183	1385	59	2	23	45	306	2	100	5
Lucille's Original Pulled Pork Sandwich (1 serving)	580	578	246	27	10	0	109	1017	51	2	4	31	241	2	53	4
Memphis Style Pulled Pork Sandwich (1 serving)	1000	1000	524	58	14	0	125	2694	82	5	26	34	3041	42	119	5
Nashville Hot Chicken Sandwich (1 serving)	1360	1356	727	81	11	0	143	2199	106	4	28	50	1452	21	209	5
Smoked BBQ Chicken Sandwich (1 serving)	1150	1151	492	55	21	0	194	1716	112	3	59	49	2449	20	379	6
Smokehouse BBQ Bacon Burger (1 serving)	1350	1350	660	73	31	0	285	2537	99	3	48	69	1636	16	464	8
Southern Fried Chicken Sandwich (1 serving)	1430	1426	533	59	19	0	241	4309	133	5	16	90	2993	19	340	9
Texas Style Brisket Sandwich (1 serving)	910	906	458	51	19	0	172	1251	70	3	34	40	1227	20	97	6
Tri Tip Dip Sandwich (1 serving)	1040	1036	522	58	23	0	243	2133	71	2	28	58	927	4	510	5

**Swoon Worthy Sides**

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Saturated</b>	<b>Trans</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
	<b>Calories</b>	<b>Calories</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Fat (g)</b>	<b>Fat (g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
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
Potato Salad (1 serving)	580	577	453	50	9	0	61	726	25	3	3	4	89	29	25	1
Sauteed Seasonal Vegetables (1 serving)	80	78	4	0	0	0	0	452	16	6	7	3	#####	51	61	1

Southern Braised Greens (1 serving)	90	86	16	2	0	0	3	332	12	6	3	5	####	89	213	1
Tangy Texas Slaw (1 serving)	120	123	1	0	0	0	0	1937	28	2	24	1	2298	45	43	1
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**

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>ies</b>		<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>			<b>(mg)</b>	<b>(mg)</b>
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

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>Calor</b>	<b>Calor</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>ies</b>	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
<b>Desserts</b>																
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)	2340	2335	817	91	53	0	251	2062	349	3	248	25	2247	7	463	6
Old-Fashioned Banana Pudding (1 serving)	1290	1286	680	76	46	0	232	739	135	1	102	6	2464	108	308	1

Peaches and Cream Pudding (1 serving)	1430	1426	683	76	47	0	245	743	167	2	141	7	3768	51	345	1
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)	1360	1358	718	80	49	0	253	716	142	2	109	6	2684	141	334	2
Texas Sheet Cake (1 serving)	1460	1464	676	75	36	0	105	1083	183	6	146	18	993	1	366	6

**Lunch Slow Smoked BBQ Items**

	Round Calor	Total Calor	Fat Calor	Total Fat (g)	Satur ated Fat (g)	Trans Fat (g)	Chol ester ol (mg)	Sodi um (mg)	Total Carb s (g)	Fiber (g)	Suga rs (g)	Prote in (g)	Vit A (iu)	Vit C (mg)	Calci um (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 A	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 B	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 B	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 B	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 B	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 B	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 J	360	360	288	32	12	0	80	780	2	0	0	16	200	0	80	1
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice F	380	378	130	14	4	0	94	389	38	0	32	21	345	5	52	3
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice F	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 S	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 S	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 T	300	300	243	27	10	0	65	770	2	0	1	14	100	0	20	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
<b>Lunch Salads and Specialties</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Brisket Fajita Bowl (1 serving)	1000	996	480	53	17	0	92	1245	94	6	8	31	1010	42	194	8
Caulin' All Vegans Bowl (1 serving)	410	410	96	11	1	0	0	418	67	9	35	10	3065	114	170	9
Shrimp'n Ain't Easy Bowl (1 serving)	1020	1018	651	72	45	0	335	1923	49	4	7	36	3484	44	491	4
Three Little Pigs Bowl (1 serving)	930	929	533	59	29	0	202	2686	45	2	17	54	792	31	715	3
Winner Chicken Dinner Bowl (1 serving)	900	897	381	42	20	0	167	2398	79	7	13	48	2888	36	236	5
<b>Lunch Southern Specialties</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Jambalaya Me-Oh-My-A (1 serving)	950	954	546	61	16	0	202	1557	60	3	6	39	2974	99	97	6
New Orleans Gumbo (1 serving)	680	681	302	34	9	0	138	1191	61	2	3	31	916	52	80	4
Southern Fried Chicken (1 serving)	750	748	250	28	12	0	122	2408	80	10	17	44	#####	58	304	5
<b>Lunch Greens</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
BBQ Chicken Salad, Half (1 serving)	730	725	354	39	11	0	100	1200	58	5	32	31	3114	27	307	5
Tri Tip Salad, Half (1 salad)	470	468	232	26	5	0	41	686	44	4	32	15	4921	140	110	5
<b>Family Menu Starters</b>	<b>Round Calor</b>	<b>Total Calor</b>	<b>Fat Calor</b>	<b>Total Fat (g)</b>	<b>Satur ated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Chol ester ol (mg)</b>	<b>Sodi um (mg)</b>	<b>Total Carb s (g)</b>	<b>Fiber (g)</b>	<b>Suga rs (g)</b>	<b>Prote in (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calci um (mg)</b>	<b>Iron (mg)</b>
Deviled Eggs (1 egg)	110	111	81	9	2	0	112	130	2	0	1	5	170	2	19	1
Deviled Eggs (12 eggs)	1330	1327	968	108	26	0	1342	1566	27	2	8	57	2041	18	227	7

Lucille's Onion Straws (1 serving)	380	376	101	11	2	0	7	1082	61	3	15	9	168	13	142	2
Lucille's Onion Straws (6 servings)	2260	2257	607	67	12	0	45	6492	366	20	91	55	1010	79	851	14
Southern Chicken Strips (1 serving)	430	425	127	14	2	0	94	1014	34	1	3	40	84	3	55	3
Southern Chicken Strips (6 servings)	2550	2550	763	85	14	0	565	6086	205	4	20	239	504	16	330	16
Southern Fried Pickles (1 serving)	210	214	91	10	2	0	6	1355	27	1	2	4	150	1	34	1
Southern Fried Pickles (6 servings)	1290	1285	545	61	9	0	34	8127	165	7	11	25	900	4	203	7
Spinach and Cheese Dip (1 serving)	1570	1567	617	69	25	0	75	2624	187	14	19	50	####	30	1286	6
Spinach and Cheese Dip (6 servings)	9400	9402	3703	411	151	0	450	####	1122	86	114	299	####	180	7719	37

**Family Menu Sandwiches**

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
Hand Carved Brisket Sandwiches (1 serving)	780	779	361	40	15	0	141	1151	72	3	34	31	1018	14	95	5
Hand Carved Brisket Sandwiches (6 servings)	4670	4674	2163	240	88	0	847	6904	433	19	201	185	6106	83	567	27
Pulled Pork Sandwiches (1 serving)	640	641	266	30	11	0	135	894	64	2	27	29	401	3	81	3
Pulled Pork Sandwiches (6 servings)	3850	3849	1598	178	63	0	810	5365	386	13	163	175	2404	19	488	19
Tri Tip Sandwiches (1 serving)	580	575	229	25	10	0	142	1016	53	2	18	33	271	1	77	4
Tri Tip Sandwiches (6 servings)	3450	3452	1374	153	57	0	850	6099	320	13	108	197	1626	6	460	22

**Family Menu Dinners**

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
Grilled Salmon (1 serving)	350	351	232	26	9	0	110	445	2	0	0	26	414	7	55	1
Grilled Salmon (6 servings)	2110	2106	1390	154	56	0	659	2672	12	2	1	154	2484	45	331	3
Jambalaya Me-Oh-My-A (1 serving)	920	919	541	60	16	0	153	1508	59	3	5	32	2844	98	75	5
Jambalaya Me-Oh-My-A (6 servings)	5510	5511	3247	361	94	0	918	9048	356	19	32	194	####	585	447	30
New Orleans Gumbo (1 serving)	680	678	301	33	9	0	136	1187	61	2	3	31	913	52	78	4
New Orleans Gumbo (6 servings)	4070	4065	1806	201	55	0	816	7119	365	12	16	184	5480	313	468	27
Southern Fried Chicken (1 serving)	730	732	173	19	6	0	99	2775	94	2	11	47	367	5	269	5
Southern Fried Chicken (6 servings)	4390	4393	1039	115	36	0	597	####	566	11	63	281	2202	27	1615	33

**Family Menu Easy Feasts**

	<b>Rounded Calor</b>	<b>Total Calor ies</b>	<b>Fat Calor ies</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Baby Back Ribs and Tri Tip Easy Feast (1 serving)	890	886	456	51	23	0	144	1798	75	0	39	32	917	3	117	4
Baby Back Ribs and Tri Tip Easy Feast (6 servings)	5310	5315	2739	304	140	0	864	#####	449	1	233	195	5505	16	704	26
Chicken and Baby Back Ribs Easy Feast (1 serving)	950	951	502	56	24	0	150	2004	79	0	43	32	1196	8	110	4
Chicken and Baby Back Ribs Easy Feast (6 servings)	5710	5705	3009	334	145	0	901	#####	476	1	256	191	7178	47	659	26
Chicken and Pulled Pork Easy Feast (1 serving)	820	816	411	46	20	0	131	1651	70	0	37	32	1130	9	98	4
Chicken and Pulled Pork Easy Feast (6 servings)	4900	4896	2468	274	121	0	787	9905	421	2	221	189	6783	52	587	25
Chicken and St Louis Ribs Easy Feast (1 serving)	960	956	502	56	24	0	148	1892	80	0	43	33	1299	8	111	4
Chicken and St Louis Ribs Easy Feast (6 servings)	5730	5735	3013	335	146	0	885	#####	477	2	257	197	7792	47	663	26
Chicken and Tri Tip Easy Feast (1 serving)	780	779	387	43	19	0	136	1777	65	0	30	34	1112	7	89	4
Chicken and Tri Tip Easy Feast (6 servings)	4670	4673	2319	258	117	0	814	#####	389	2	183	204	6670	42	534	25
Fried Chicken Easy Feast (1 serving)	750	754	435	48	20	0	151	1588	48	0	7	34	1026	4	72	4
Fried Chicken Easy Feast (6 servings)	4530	4526	2609	290	118	0	906	9529	286	3	41	202	6153	26	432	23
St Louis Ribs and Tri Tip Easy Feast (1 serving)	870	867	457	51	24	0	141	1613	69	0	34	33	953	2	111	4
St Louis Ribs and Tri Tip Easy Feast (6 servings)	5200	5204	2743	305	141	0	848	9678	417	1	205	200	5719	13	669	26

**Family Menu Salads**

	<b>Rounded Calor</b>	<b>Total Calor ies</b>	<b>Fat Calor ies</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
BBQ Chicken Salad (1 serving)	670	666	232	26	9	0	111	1065	64	6	38	40	5492	41	332	6
BBQ Chicken Salad (6 servings)	3990	3995	1390	154	51	0	669	6392	384	36	226	240	#####	247	1994	34
House Salad (1 serving)	250	246	172	19	3	0	15	419	16	2	5	4	4945	12	62	1
House Salad (6 servings)	1480	1478	1031	115	17	0	88	2514	97	10	28	26	#####	73	371	3
Tri Tip Salad (1 serving)	550	550	258	29	6	0	54	794	53	6	37	20	7470	190	154	7
Tri Tip Salad (6 servings)	3300	3297	1550	172	36	0	326	4761	316	38	220	120	#####	1142	922	44

<b>Family Menu Swoon Worthy Sides</b>	<b>Round</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>ed</b>	<b>Calor</b>	<b>Calor</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs (g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s (g)</b>							
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
Corn Pudding (1 pint)	900	899	427	47	25	2	120	1070	108	6	30	13	1593	9	116	3
Corn Pudding (1 quart)	1800	1799	855	95	50	4	239	2140	215	13	60	25	3186	18	231	6
Corn Pudding (0.5 gallons)	3600	3598	1710	190	99	8	479	4281	431	26	120	51	6372	37	463	13
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	#####	379	767	7
Hatch Chili Grits (1 pint)	690	686	362	40	26	0	165	1651	48	3	4	31	1224	15	691	2
Hatch Chili Grits (1 quart)	1370	1372	725	81	53	0	330	3302	95	6	8	62	2448	29	1381	5
Hatch Chili Grits (0.5 gallons)	2740	2744	1450	161	105	0	661	6604	191	12	16	124	4896	59	2762	9
Homemade Biscuits with Apple Butter (1 biscuit)	290	290	166	18	11	0	14	632	31	0	4	3	414	0	30	1
Homemade Biscuits with Apple Butter (6 biscuits)	1740	1737	994	110	63	0	83	3791	186	0	27	18	2485	0	180	8
Homemade Biscuits with Apple Butter (12 biscuits)	3470	3474	1987	221	127	0	166	7581	371	0	54	36	4970	0	360	17
Jalapeno Cheddar Cornbread, 12 (1 pieces)	390	386	193	21	9	1	52	628	42	0	14	7	366	3	128	2
Jalapeno Cheddar Cornbread, 12 (12 pieces)	4640	4637	2314	257	113	18	630	7538	498	4	172	81	4393	31	1535	20
Jalapeno Cheddar Cornbread, 6 (1 piece)	450	454	260	29	14	1	73	689	42	0	14	7	636	3	128	2
Jalapeno Cheddar Cornbread, 6 (6 pieces)	2720	2724	1558	173	85	9	437	4134	249	2	86	40	3817	15	768	10
Loaded Mashed Potatoes (1 pint)	1320	1317	1007	112	65	0	304	2208	41	4	10	38	2263	7	462	2
Loaded Mashed Potatoes (1 quart)	2630	2634	2014	224	130	0	609	4416	83	9	20	76	4525	15	924	3
Loaded Mashed Potatoes (0.5 gallons)	5270	5269	4028	448	260	0	1217	8832	166	17	40	153	9051	30	1848	6
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
Potato Salad (1 pint)	1150	1154	906	101	17	0	122	1451	50	5	5	8	167	58	50	3
Potato Salad (1 quart)	2310	2308	1813	201	34	0	245	2903	99	11	11	17	334	116	99	5



Potato Salad (0.5 gallons)	4620	4616	3625	403	68	0	489	5805	199	22	21	33	668	232	198	11
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
Sauteed Seasonal Vegetables (1 pint)	170	174	8	1	0	0	0	1005	35	13	15	7	####	114	136	2
Sauteed Seasonal Vegetables (1 quart)	350	349	16	2	0	0	0	2010	69	26	30	14	####	228	271	4
Sauteed Seasonal Vegetables (0.5 gallons)	700	698	31	3	1	0	0	4020	139	51	59	28	####	455	542	9
Southern Braised Greens (1 pint)	170	173	32	4	1	0	5	664	24	12	6	11	####	178	427	3
Southern Braised Greens (1 quart)	350	345	64	7	2	0	10	1328	48	25	12	22	####	355	853	6
Southern Braised Greens (0.5 gallons)	690	690	129	14	4	0	20	2656	97	49	25	43	####	711	1707	12
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

	Round Calor	Total Calor	Fat Calor	Total Fat (g)	Satur ated Fat (g)	Trans Fat (g)	Chol ester ol (mg)	Sodi um (mg)	Total Carb s (g)	Fiber (g)	Suga rs (g)	Prote in (g)	Vit A (iu)	Vit C (mg)	Calci um (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
Grilled Salmon, 8 oz (1 serving)	460	457	270	30	6	0	134	614	1	0	0	45	119	10	34	1
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)	1510	1510	519	58	16	0	377	1558	152	0	128	82	1381	21	207	10
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	217	24	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
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Tri Tip, 1 Lb (1 serving)	960	958	394	44	16	0	327	2730	44	1	36	95	249	4	180	9
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**Family Menu Desserts**

	<b>Rounded Calor</b>	<b>Total Calor ies</b>	<b>Fat Calor ies</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Harvest Cobbler (1 serving)	7730	7726	2733	304	177	0	842	7128	1144	12	800	84	7102	27	1397	21
Harvest Cobbler (8 servings)	#####	#####	#####	2429	1415	0	6737	#####	9155	99	6401	674	#####	215	#####	171
Old Fashioned Banana Pudding (1 serving)	2330	2327	1211	135	83	0	432	1342	245	3	186	11	4542	218	609	2
Old Fashioned Banana Pudding, Large (1 serving)	580	582	303	34	21	0	108	335	61	1	47	3	1136	55	152	1
Old Fashioned Banana Pudding, Large (4 servings)	2330	2327	1211	135	83	0	432	1342	245	3	186	11	4542	218	609	2
Old-Fashioned Banana Pudding (1 serving)	650	648	340	38	23	0	116	369	69	1	52	3	1232	55	154	1
Old-Fashioned Banana Pudding (20 servings)	#####	#####	6802	756	456	0	2316	7388	1373	13	1030	58	#####	1092	3077	15
Peach Pudding, Large (1 serving)	2770	2766	1337	149	94	0	497	1301	318	5	263	11	5714	227	675	2
Whole Apple Cobbler (1 serving)	2130	2131	776	86	51	0	243	1955	310	3	216	23	2067	7	395	6
Whole Apple Cobbler (16 servings)	#####	#####	#####	1380	810	0	3885	#####	4959	51	3458	369	#####	118	6320	94
Whole Snickers Pie (1 piece)	730	725	353	39	18	0	69	371	83	2	61	10	698	0	171	2
Whole Snickers Pie (10 pieces)	7250	7252	3532	392	183	1	690	3714	826	20	612	102	6981	0	1710	16

**Family Menu Gallon Beverages**

	<b>Rounded Calor</b>	<b>Total Calor ies</b>	<b>Fat Calor ies</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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**

	<b>Rounded Calories</b>	<b>Total Calories</b>	<b>Fat Calories</b>	<b>Total Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
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)	570	566	234	26	15	0	84	309	81	1	58	4	1906	0	157	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
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	759	21	0	3	22	84	1	64	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**

	Round Calor	Total Calor ies	Fat Calor ies	Total Fat (g)	Satur ated Fat	Trans Fat (g)	Chol ester ol	Sodi um (mg)	Total Carb s (g)	Fiber (g)	Suga rs (g)	Prote in (g)	Vit A (iu)	Vit C (mg)	Calci um (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 Breas	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 S	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	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	280	283	97	11	3	0	71	292	29	0	24	15	259	4	39	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 Saus	300	300	243	27	10	0	65	770	2	0	1	14	100	0	20	1
Four Item Combo (1 serving) with Meat Choice Smoked Beef Brisl	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	41	5	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 Bre	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 Chick	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	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	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	380	378	130	14	4	0	94	389	38	0	32	21	345	5	52	3
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 Sausage	300	300	243	27	10	0	65	770	2	0	1	14	100	0	20	1
Three Item Combo (1 serving) with Meat Choice Smoked Beef Brisket	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	54	6	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 Bread	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 Sausage	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	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	570	566	195	22	6	0	141	584	57	0	48	31	518	8	78	4
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	600	600	486	54	20	0	130	1540	4	0	2	28	200	0	40	2
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	81	9	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

Chicken Shack Items	Round Calor	Total Calor ies	Fat Calor ies	Total Fat (g)	Satur ated Fat (g)	Trans Fat (g)	Chol ester ol (mg)	Sodi um (mg)	Total Carb s (g)	Fiber (g)	Suga rs (g)	Prote in (g)	Vit A (iu)	Vit C (mg)	Calci um (mg)	Iron (mg)
Bone In Smoked Fried Half Chicken (1 serving)	1460	1461	442	49	13	0	189	4410	179	12	80	68	2212	59	343	13

Bone-In Nashville Hot Fried Chicken (1 serving)	2450	2454	1419	158	52	0	278	8097	175	20	49	74	3088	61	401	17
Fried Green Tomato Tostadas (1 serving)	1270	1268	305	34	7	0	20	3005	210	15	15	35	1415	40	276	8
Green Chicken Chili (1 serving)	790	789	291	32	12	0	135	2055	86	15	20	38	863	24	447	5
Loaded Chicken Fatty Fries (1 serving)	1230	1233	697	77	35	0	210	1987	83	7	12	51	1529	39	805	3
Texas Caviar (1 serving)	230	229	41	5	1	0	3	729	31	8	3	11	444	33	161	7
Texas Caviar, Family (1 serving)	310	306	54	6	2	0	4	972	41	11	4	14	592	44	215	9
Texas Caviar, Family (6 servings)	1840	1836	325	36	9	0	22	5834	245	64	22	84	3552	265	1288	54
Texas Caviar, Large (1 serving)	230	229	41	5	1	0	3	729	31	8	3	11	444	33	161	7
Texas Caviar, Large (4 servings)	920	918	162	18	5	0	11	2917	122	32	11	42	1776	133	644	27

### Catering Appetizers

	Round Calor	Total Calor	Fat Calor	Total Fat (g)	Satur ated Fat (g)	Trans Fat (g)	Chol ester ol (mg)	Sodi um (mg)	Total Carb s (g)	Fiber (g)	Suga rs (g)	Prote in (g)	Vit A (iu)	Vit C (mg)	Calci um (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)	#####	#####	9400	1044	401	0	3600	#####	1323	9	966	725	#####	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)	#####	#####	#####	1445	883	0	4659	#####	73	0	64	1106	4800	0	2888	0
Crab Cake Platter (1 serving)	1120	1122	813	90	16	0	181	1817	52	2	11	24	1717	92	108	3
Crab Cake Platter (12 servings)	#####	#####	9756	1084	187	0	2173	#####	624	29	127	291	#####	1109	1290	33
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	#####	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	#####	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)	####	####	####	1120	384	0	2560	####	292	32	224	512	####	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	556	21	1	6	17	519	9	32	1
Southern Chicken Strips (12 servings)	4090	4088	2350	261	39	0	605	6669	250	8	77	202	6234	104	386	15
Spinach and Cheese Dip (1 serving)	780	784	309	34	13	0	38	1312	94	7	10	25	6348	15	643	3
Spinach and Cheese Dip (12 servings)	9400	9402	3703	411	151	0	450	####	1122	86	114	299	####	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	####	1839	978	19

### Catering Sandwiches

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
Grilled Veggie Burger (1 serving)	1220	1217	823	91	24	0	127	1950	74	6	16	23	1731	10	274	4
Pulled Chicken Sandwich Platter (1 sandwich)	600	602	293	33	11	0	178	392	41	2	8	35	382	3	45	3
Pulled Pork Sandwich Platter (1 sandwich)	580	578	246	27	10	0	109	1017	51	2	4	31	241	2	53	4
Texas Style Beef Brisket Sandwich Platter (1 sandwich)	870	873	427	47	17	0	162	1179	74	4	35	36	1226	20	103	5
Tri Tip Sandwich Platter (1 sandwich)	670	671	254	28	11	0	162	1524	64	2	27	39	341	2	99	5

### Catering Salads and Specialties

	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Satur</b>	<b>Trans</b>	<b>Chol</b>	<b>Sodi</b>	<b>Total</b>	<b>Fiber</b>	<b>Suga</b>	<b>Prote</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calci</b>	<b>Iron</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>Fat</b>	<b>ated</b>	<b>Fat</b>	<b>ester</b>	<b>um</b>	<b>Carb</b>	<b>(g)</b>	<b>rs</b>	<b>in</b>	<b>(iu)</b>	<b>(mg)</b>	<b>um</b>	<b>(mg)</b>
	<b>Calor</b>	<b>ies</b>	<b>ies</b>	<b>(g)</b>	<b>Fat</b>	<b>(g)</b>	<b>ol</b>	<b>(mg)</b>	<b>s (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
BBQ Chicken Salad Platter (1 serving)	770	771	404	45	9	0	106	1222	50	5	23	38	5180	18	187	6
BBQ Chicken Salad Platter (12 servings)	9250	9255	4849	539	103	0	1268	####	603	55	280	456	####	215	2239	68
Jambalaya Me-Oh-My-A (1 serving)	1510	1511	886	98	31	0	214	2639	110	4	12	46	4200	130	128	8

Jambalaya Me-Oh-My-A (12 servings)	####	####	####	1182	376	0	2569	####	1319	51	140	547	####	1559	1537	97
New Orleans Gumbo Platter (1 serving)	530	527	232	26	7	0	95	942	50	2	2	22	712	41	64	3
New Orleans Gumbo Platter (12 servings)	6330	6328	2788	310	85	0	1139	####	595	23	27	266	8544	497	768	40
Smoked Chicken Pasta (1 serving)	1040	1041	698	78	29	1	189	1283	54	3	10	29	1431	83	324	3
Tri Tip Salad Platter (1 serving)	590	592	276	31	7	0	68	835	53	8	34	26	####	281	202	10
Tri Tip Salad Platter (12 servings)	7100	7104	3311	368	79	0	816	####	640	100	404	308	####	3376	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	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol	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)	1330	1329	613	68	32	0	85	1038	166	6	133	16	693	1	286	6
Half Texas Sheet Cake (5 pieces)	6640	6643	3064	340	162	0	427	5192	832	28	666	79	3464	3	1429	31
Old Fashioned Banana Pudding (1 serving)	1300	1296	680	76	46	0	232	739	137	1	103	6	2464	109	308	1
Whole Apple Cobbler (1 serving)	2130	2131	776	86	51	0	243	1955	310	3	216	23	2067	7	395	6
Whole Berry Cobbler (1 serving)	290	285	57	6	3	0	21	59	54	3	38	3	289	49	38	1
Whole Peach Cobbler (1 serving)	2460	2461	560	62	36	0	170	1438	451	7	379	21	2691	28	323	5
Whole Texas Sheet Cake (1 piece)	1330	1329	613	68	32	0	85	1038	166	6	133	16	693	1	286	6
Whole Texas Sheet Cake (10 pieces)	####	####	6129	681	324	0	854	####	1664	56	1333	158	6929	6	2859	61

### Celebration Menu Appetizers

	Rounded Calories	Total Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol	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	240	123	14	4	0	19	2347	21	4	6	9	1297	54	148	1
Cracked Out Deviled Eggs (1 serving)	180	182	126	14	4	0	168	337	5	1	2	9	573	17	34	1



Hot Honey Cauliflower (1 serving)	210	215	56	6	1	0	4	735	35	4	19	5	257	53	64	1
Onion Straws (1 serving)	170	171	54	6	1	0	4	466	26	1	7	4	77	5	61	1
Spinach and Cheese Dip (1 serving)	420	420	158	18	6	0	21	637	51	4	4	14	3047	16	357	2

### Celebration Menu Soups and Salads

	Round Calor	Total Calor	Fat Calor	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)	200	203	90	10	3	0	40	356	18	1	1	9	274	16	23	1

### Celebration Menu Southern Specialties

	Round Calor	Total Calor	Fat Calor	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)	940	942	545	61	16	0	189	1543	60	3	5	37	2887	98	87	6
Southern Fried Chicken (1 serving)	750	748	250	28	12	0	122	2408	80	10	17	44	#####	58	304	5

### Celebration Menu Desserts

	Round Calor	Total Calor	Fat Calor	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)	1170	1168	408	45	26	0	125	1031	174	2	124	13	1124	4	232	3
Fudge Brownie, Individual (1 serving)	400	402	90	10	3	0	0	386	74	0	50	3	0	0	0	4
Old Fashioned Banana Pudding (1 serving)	650	648	340	38	23	0	116	369	69	1	52	3	1232	55	154	1
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)	720	724	334	37	18	0	52	539	90	3	72	9	479	0	178	3

## Lucilles BBQ Menu Analysis Book for Alcoholic Beverages for Core

Alcoholic Beverages	Round Calor	Total Calor (kcal)	Fat Calor (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)
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Agave Love (1 drink)	200	204	0	0	0	0	0	3	24	0	22	0	12	18	5	0
Almost World Famous Rum Punch (1 drink)	270	265	0	0	0	0	0	18	36	1	27	1	309	63	31	0
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	2730	29	2	9	5	660	8	63	2
Blueberries Oh My (1 drink)	180	176	1	0	0	0	0	1	19	1	16	0	14	6	3	0
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)	370	369	109	12	8	0	45	50	35	1	21	2	1258	0	123	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
Cherry Condition (1 drink)	210	205	0	0	0	0	0	1	28	0	24	0	21	13	10	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)	230	230	1	0	0	0	0	55	18	0	16	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
Drink Before Midnight (1 drink)	360	362	94	10	6	0	38	47	53	0	45	1	688	0	52	0
El Pepino (1 drink)	260	265	1	0	0	0	0	161	38	1	34	0	44	13	14	0
Espresso Tini (1 drink)	290	289	0	0	0	0	0	0	30	0	21	0	0	0	0	0
Fancy (1 drink)	150	149	0	0	0	0	0	1	21	1	18	0	89	28	16	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
High Five (1 drink)	210	206	1	0	0	0	0	1	24	1	20	0	57	25	13	0
Hot Honey Sour (1 drink)	220	219	0	0	0	0	0	1	31	1	28	0	9	22	9	0
Hummingbird Sangria (1 drink)	220	217	1	0	0	0	0	1	26	1	15	0	121	28	21	0
Hummingbird Sangria, Batch (1 drink)	210	210	0	0	0	0	0	1	24	1	15	0	103	23	16	0
Hummingbird Sangria, Batch (3 drinks)	630	630	1	0	0	0	0	2	73	2	44	1	308	68	48	1
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
Jack and the Giant Peach (1 drink)	260	265	0	0	0	0	0	2	33	1	31	1	589	26	0	0
Jameson and Ginger (1 drink)	130	129	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
Let's Do The Twist (1 drink)	280	282	0	0	0	0	0	0	4	50	1	41	1	591	44	4	0
Long Island Iced Tea (1 drink)	270	273	0	0	0	0	0	0	2	43	1	40	0	19	18	11	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)	390	391	0	0	0	0	0	0	635	49	0	43	0	24	14	9	0
Lucille's Classic Caddy, Shareable (1 drink)	890	889	1	0	0	0	0	0	5	138	0	124	0	55	33	18	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
Lucille's Woodford Old Fashioned (1 drink)	180	179	0	0	0	0	0	0	0	9	0	9	0	14	3	2	0
Mango Cart Michelada (1 drink)	190	186	2	0	0	0	1	1370	30	2	11	3	436	15	42	2	2
Maple Milk Punch (1 drink)	370	371	82	9	6	0	45	47	39	1	21	3	314	0	171	1	1
Margarita (1 drink)	270	268	1	0	0	0	0	1	40	1	36	0	27	16	12	0	0
Margarita (1 drink) with Salt Rim	270	268	1	0	0	0	0	961	40	1	36	0	27	16	12	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	0	1	19	0	19	0	15	0	2	0
Modelo Michelada (1 drink)	170	171	1	0	0	0	0	0	1139	29	1	10	1	328	19	38	2
Moody Blue (1 drink)	270	271	0	0	0	0	0	0	1	37	1	29	0	66	26	11	0
Moscow Mule (1 drink)	200	204	0	0	0	0	0	0	0	27	0	25	0	16	8	6	0
New York Sour (1 drink)	190	191	0	0	0	0	0	0	1	18	1	15	0	7	17	8	0
One Of Each (1 drink)	180	179	0	0	0	0	0	0	0	21	0	19	0	4	11	2	0
Paloma in Pearadise (1 drink)	310	307	0	0	0	0	0	0	13	44	0	40	0	147	29	6	0
Penicillin Cocktail (1 drink)	190	192	0	0	0	0	0	0	0	22	1	20	0	7	17	7	0
Rhythm and Blues (1 drink)	220	223	0	0	0	0	0	0	1	28	0	26	0	25	10	5	0
Ruby Red Berry Rita (1 drink)	340	337	1	0	0	0	0	0	1925	48	1	43	0	24	31	9	0
Rye Berry Smash (1 drink)	220	221	0	0	0	0	0	0	7	28	0	25	0	13	21	5	0
Sazerac Lucille's (1 drink)	180	176	0	0	0	0	0	0	0	11	0	10	0	3	7	6	0
Scarlet (1 drink)	320	324	0	0	0	0	0	0	1	46	1	43	0	133	37	19	0
Smokehouse Rita (1 drink)	310	310	3	0	0	0	0	0	281	39	1	44	1	256	26	14	0
Southern Sangria (1 drink)	240	241	1	0	0	0	0	0	7	30	1	25	1	151	39	31	1
Southern Sangria (1 drink) with Merlot Wine	310	315	1	0	0	0	0	0	11	32	1	25	1	151	39	38	1
Southern Sangria (1 drink) with Pinot Grigio	310	315	1	0	0	0	0	0	7	31	1	25	1	151	39	31	1
Southern Sangria, Batch (1 drink)	230	234	0	0	0	0	0	0	7	28	1	24	1	122	31	25	1
Southern Sangria, Batch (3 drinks)	700	701	1	0	0	0	0	0	21	84	3	71	2	365	94	75	2
Spiced Rum Punch, Glass (1 drink)	260	260	2	0	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	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
Sweet Melondee (1 drink)	210	209	1	0	0	0	0	509	28	1	25	0	50	22	14	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
Twisted Jimmy (1 drink)	440	437	0	0	0	0	0	8	74	1	60	1	884	60	4	0
Velvet Vibes (1 drink)	430	425	134	15	9	0	51	68	44	0	36	2	960	0	71	0
Vodka Martini (1 drink)	280	283	27	3	0	0	0	339	1	0	0	0	0	0	0	0
Watermelon Crush, Bottle (1 serving)	370	372	0	0	0	0	0	56	58	1	51	0	43	8	4	0
Watermelon Crush, Bottle (3 servings)	1110	1115	1	0	0	0	0	168	175	3	154	0	130	23	13	0
Watermelon Crush, Glass (1 drink)	370	372	0	0	0	0	0	56	58	1	51	0	59	8	4	0
Watermelon Margarita (1 drink)	320	323	1	0	0	0	0	647	43	1	35	0	85	12	8	0
Watermelon Margarita, Shareable (1 drink)	870	867	1	0	0	0	0	54	152	2	135	0	49	30	16	0
Watermelon Tea (1 drink)	260	264	0	0	0	0	0	36	30	2	27	0	38	11	5	0
Whiskey Barrel Cooler (1 drink)	300	295	0	0	0	0	0	40	37	2	34	0	49	14	4	0
Winter Old Fashioned (1 drink)	190	194	0	0	0	0	0	3	12	0	12	0	27	6	8	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

<b>Beers</b>	<b>Rounded</b>	<b>Total</b>	<b>Fat</b>	<b>Total</b>	<b>Saturated</b>	<b>Trans</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Total</b>	<b>Fiber</b>	<b>Sugars</b>	<b>Protein</b>	<b>Vit A</b>	<b>Vit C</b>	<b>Calcium</b>	<b>Iron</b>
	<b>Calories</b>	<b>Calories</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Fat (g)</b>	<b>Fat (g)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>Carbs (g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(g)</b>	<b>(iu)</b>	<b>(mg)</b>	<b>(mg)</b>	<b>(mg)</b>
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 New Belgium Fat Tire Arr	210	213	0	0	0	0	0	0	19	0	0	3	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 (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ambers and Reds (21 fluid ounces) with New Belgium Fat Tire Arr	280	280	0	0	0	0	0	0	24	0	0	4	0	0	0	0
Ambers and Reds (21 fluid ounces) with Shiner Bock	250	248	0	0	0	0	0	0	23	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
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 Ha	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 Seltze	100	100	0	0	0	0	0	0	2	0	2	0	0	0	0	0
Bottled Beer (16 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Bottled Beer (16 fluid ounces) with Bud Light	150	147	0	0	0	0	0	12	9	0	0	1	0	0	0	0
Bottled Beer (16 fluid ounces) with Coors Light	140	136	0	0	0	0	0	13	7	0	1	1	0	0	0	0
Bottled Beer (16 fluid ounces) with Corona	200	197	0	0	0	0	0	0	19	0	0	0	0	0	0	0
Bottled Beer (16 fluid ounces) with Dos Equis Lager	170	175	0	0	0	0	0	43	15	0	4	1	0	0	0	0
Bottled Beer (16 fluid ounces) with Michelob Ultra	130	127	0	0	0	0	0	12	3	0	0	1	0	0	0	0
Bottled Beer (16 fluid ounces) with Miller Lite	130	128	0	0	0	0	0	7	4	0	0	0	0	0	0	0
Bottled Beer (16 fluid ounces) with Truly Strawberry Lemonade Ha	130	133	0	0	0	0	0	0	4	0	1	0	0	0	0	0
Bottled Beer (16 fluid ounces) with White Claw Mango Hard Seltze	130	133	0	0	0	0	0	0	3	0	3	0	0	0	0	0
Common Space Familiar Friend Pale Ale (16 fluid ounces)	260	260	0	0	0	0	0	0	20	0	0	0	0	0	0	0
Common Space Familiar Friend Pale Ale (22 fluid ounces)	360	358	0	0	0	0	0	0	28	0	0	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 Modern Times Black House Nitro	280	279	0	0	0	0	0	44	28	0	0	3	0	0	0	0
Dark Ales (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dark Ales (21 fluid ounces) with Modern Times Black House Nitro	370	366	0	0	0	0	0	58	37	0	0	4	0	0	0	0
Fieldwork Pulp IPA (16 fluid ounces)	290	293	0	0	0	0	0	13	27	1	0	4	0	0	0	0
Fieldwork Pulp IPA (22 fluid ounces)	400	403	0	0	0	0	0	18	37	2	0	6	0	0	0	0

Firestone Cerveza Michelada (1 drink)	200	197	2	0	0	0	0	1	1281	29	2	9	1	436	15	42	2
Gold (16 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Gold (16 fluid ounces) with Victory Golden Monkey Belgian Tripel	350	347	0	0	0	0	0	0	20	24	1	0	3	0	0	0	0
Gold (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Gold (21 fluid ounces) with Victory Golden Monkey Belgian Tripel	450	455	0	0	0	0	0	0	26	32	2	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	0
Hard Cider (16 fluid ounces) with Ace Pineapple Hard Cider	230	233	0	0	0	0	0	0	0	16	0	12	0	0	0	0	0
Hard Cider (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Hard Cider (21 fluid ounces) with Ace Pineapple Hard Cider	310	306	0	0	0	0	0	0	0	21	0	16	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	0
Lighter Styles (16 fluid ounces) with Bud Light	150	147	0	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	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	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	0	17	0	0	0	0	0	0	0
Lighter Styles (16 fluid ounces) with Kona Big Wave Golden Ale	180	176	0	0	0	0	0	0	12	13	0	0	2	0	0	0	0
Lighter Styles (16 fluid ounces) with Michelob Ultra	130	127	0	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	0	15	0	0	1	0	0	0	0
Lighter Styles (16 fluid ounces) with Stella Artois	200	200	0	0	0	0	0	0	23	15	0	0	0	0	0	0	0
Lighter Styles (16 fluid ounces) with Stone Buenaveza	190	187	0	0	0	0	0	0	43	13	0	0	3	0	0	0	0
Lighter Styles (16 fluid ounces) with Trumer Pilsner	200	199	0	0	0	0	0	0	9	14	0	0	2	0	0	0	0
Lighter Styles (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lighter Styles (21 fluid ounces) with Bud Light	190	193	0	0	0	0	0	0	16	12	0	0	2	0	0	0	0
Lighter Styles (21 fluid ounces) with Coors Light	180	179	0	0	0	0	0	0	18	9	0	2	1	0	0	0	0
Lighter Styles (21 fluid ounces) with Firestone 805 Blonde Ale	260	261	0	0	0	0	0	0	0	22	0	0	0	0	0	0	0
Lighter Styles (21 fluid ounces) with Firestone 805 Cerveza	260	261	0	0	0	0	0	0	0	22	0	0	0	0	0	0	0
Lighter Styles (21 fluid ounces) with Kona Big Wave Golden Ale	230	231	0	0	0	0	0	0	16	18	0	0	3	0	0	0	0
Lighter Styles (21 fluid ounces) with Michelob Ultra	170	166	0	0	0	0	0	0	16	5	0	0	1	0	0	0	0
Lighter Styles (21 fluid ounces) with Modelo Especial	210	213	0	0	0	0	0	0	0	20	0	0	2	0	0	0	0
Lighter Styles (21 fluid ounces) with Stella Artois	260	263	0	0	0	0	0	0	30	20	0	0	0	0	0	0	0
Lighter Styles (21 fluid ounces) with Stone Buenaveza	250	245	0	0	0	0	0	0	56	18	0	0	3	0	0	0	0
Lighter Styles (21 fluid ounces) with Trumer Pilsner	260	261	0	0	0	0	0	0	12	19	0	0	2	0	0	0	0
New Belgium Voodoo Ranger Juice Force IPA (16 fluid ounces)	250	253	0	0	0	0	0	0	13	20	0	0	0	0	0	36	0
Pacifico Clara Lager (16 fluid ounces)	190	192	0	0	0	0	0	0	0	18	0	1	0	0	0	0	0



Pacifico Clara Lager (22 fluid ounces)	260	264	0	0	0	0	0	0	0	25	0	2	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Almanac Beer Company I	100	102	0	0	0	0	0	0	6	9	0	1	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Ballast Point Sculpin IPA	140	143	0	0	0	0	0	0	9	14	0	0	1	0	0	8	0
Pale Ales and IPAs (7 fluid ounces) with Beachwood BBQ Citrahol	100	102	0	0	0	0	0	0	6	9	1	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Brouwerij West Picnic Lig	120	123	0	0	0	0	0	0	0	11	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Drakes Denogginizer Dou	160	159	0	0	0	0	0	0	0	9	0	0	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with El Segundo Broken Skull	120	123	0	0	0	0	0	0	6	8	0	1	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Elysian Space Dust IPA	130	134	0	0	0	0	0	0	0	9	0	0	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Firestone Brewing Mind H	120	120	0	0	0	0	0	0	0	9	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Four Peaks Hopknot IPA	120	117	0	0	0	0	0	0	15	9	0	1	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Fremont Sky Kraken	100	96	0	0	0	0	0	0	9	9	0	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Garage Brewing Superch	120	122	0	0	0	0	0	0	0	9	0	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Gunwhale Bait Ball IPA	130	134	0	0	0	0	0	0	12	12	0	0	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Hangar 24 Mango Island	110	108	0	0	0	0	0	0	0	9	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Kern River Just Outstand	110	111	0	0	0	0	0	0	6	9	1	0	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with King Harbor Tiki Hut IPA	100	99	0	0	0	0	0	0	6	6	0	0	2	0	0	12	0
Pale Ales and IPAs (7 fluid ounces) with Knee Deep Breaking Bud	110	106	0	0	0	0	0	0	7	7	0	0	1	0	0	12	0
Pale Ales and IPAs (7 fluid ounces) with Lovelady Love Juice Haz	120	125	0	0	0	0	0	0	0	12	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Modern Times Orderville	120	124	0	0	0	0	0	0	17	9	0	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with New Belgium Voodoo Ra	110	111	0	0	0	0	0	0	6	9	0	0	0	0	0	16	0
Pale Ales and IPAs (7 fluid ounces) with Offshoot Relax It's Just A	120	120	0	0	0	0	0	0	2	8	0	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Refuge Brewing Baja Cru	110	112	0	0	0	0	0	0	16	10	0	0	2	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Revision Disco Ninja	130	134	0	0	0	0	0	0	0	13	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Sierra Nevada Hazy Little	120	125	0	0	0	0	0	0	0	12	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Sierra Nevada Pale Ale	100	102	0	0	0	0	0	0	0	8	0	0	1	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Smog City Hoptonic IPA	100	96	0	0	0	0	0	0	0	6	0	0	0	0	0	0	0
Pale Ales and IPAs (7 fluid ounces) with Societe The Pupil IPA	120	117	0	0	0	0	0	0	6	7	0	0	2	0	0	0	0
Pale Ales and IPAs (16 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Almanac Beer Company	230	233	0	0	0	0	0	0	13	20	0	1	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Ballast Point Sculpin IPA	330	326	0	0	0	0	0	0	20	32	0	0	2	0	0	18	0
Pale Ales and IPAs (16 fluid ounces) with Beachwood BBQ Citraho	230	233	0	0	0	0	0	0	13	20	1	0	3	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Brouwerij West Picnic Li	280	280	0	0	0	0	0	0	0	24	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Drakes Denogginizer Dc	360	363	0	0	0	0	0	0	0	22	0	0	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with El Segundo Broken Sku	280	280	0	0	0	0	0	0	13	19	0	1	3	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Elysian Space Dust IPA	310	305	0	0	0	0	0	0	0	20	0	0	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Firestone Brewing Mind	270	273	0	0	0	0	0	0	0	21	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Four Peaks Hopknot IP	270	268	0	0	0	0	0	0	33	20	0	3	3	0	0	0	0

Pale Ales and IPAs (16 fluid ounces) with Fremont Sky Kraken	220	220	0	0	0	0	0	0	20	20	0	0	3	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Garage Brewing Superc	280	280	0	0	0	0	0	0	0	21	0	0	2	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Gunwhale Bait Ball IPA	310	307	0	0	0	0	0	0	27	27	0	0	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Hangar 24 Mango Island	250	247	0	0	0	0	0	0	0	21	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Kern River Just Outstan	250	253	0	0	0	0	0	0	13	21	1	0	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with King Harbor Tiki Hut IPA	230	227	0	0	0	0	0	0	13	13	0	0	4	0	0	27	0
Pale Ales and IPAs (16 fluid ounces) with Knee Deep Breaking Bu	240	242	0	0	0	0	0	0	17	15	0	0	3	0	0	28	0
Pale Ales and IPAs (16 fluid ounces) with Lovelady Love Juice Ha	290	285	0	0	0	0	0	0	0	27	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Modern Times Orderville	280	284	0	0	0	0	0	0	39	21	0	0	3	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with New Belgium Voodoo R	250	253	0	0	0	0	0	0	13	20	0	0	0	0	0	36	0
Pale Ales and IPAs (16 fluid ounces) with Offshoot Relax It's Just ,	270	273	0	0	0	0	0	0	4	19	0	0	1	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Refuge Brewing Baja Cr	260	256	0	0	0	0	0	0	37	23	0	0	4	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Revision Disco Ninja	310	305	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Sierra Nevada Hazy Littl	290	285	0	0	0	0	0	0	0	27	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Sierra Nevada Pale Ale	230	233	0	0	0	0	0	0	0	19	0	0	2	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Smog City Hoptonic IPA	220	220	0	0	0	0	0	0	0	14	0	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Societe The Pupil IPA	270	267	0	0	0	0	0	0	13	16	0	0	4	0	0	0	0
Pale Ales and IPAs (20 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Almanac Beer Company	290	292	0	0	0	0	0	0	17	25	0	2	5	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Ballast Point Sculpin IP	410	408	0	0	0	0	0	0	25	39	0	0	3	0	0	23	0
Pale Ales and IPAs (20 fluid ounces) with Beachwood BBQ Citrahu	290	292	0	0	0	0	0	0	17	25	2	0	3	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Brouwerij West Picnic Li	350	350	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Drakes Denogginizer Dc	450	453	0	0	0	0	0	0	0	27	0	0	4	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with El Segundo Broken Sku	350	350	0	0	0	0	0	0	17	23	0	2	3	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Elysian Space Dust IPA	380	382	0	0	0	0	0	0	0	25	0	0	5	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Firestone Brewing Mind	340	342	0	0	0	0	0	0	0	26	0	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Four Peaks Hopknot IP	340	335	0	0	0	0	0	0	42	25	0	3	3	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Fremont Sky Kraken	280	275	0	0	0	0	0	0	25	25	0	0	3	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Garage Brewing Superc	350	350	0	0	0	0	0	0	0	26	0	0	2	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Gunwhale Bait Ball IPA	380	383	0	0	0	0	0	0	33	33	0	0	5	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Hangar 24 Mango Island	310	308	0	0	0	0	0	0	0	27	0	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Kern River Just Outstan	320	317	0	0	0	0	0	0	17	27	2	0	5	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with King Harbor Tiki Hut IPA	280	283	0	0	0	0	0	0	17	17	0	0	5	0	0	33	0
Pale Ales and IPAs (20 fluid ounces) with Knee Deep Breaking Bu	300	302	0	0	0	0	0	0	21	19	0	0	3	0	0	35	0
Pale Ales and IPAs (20 fluid ounces) with Lovelady Love Juice Ha	360	357	0	0	0	0	0	0	0	34	0	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Modern Times Orderville	360	355	0	0	0	0	0	0	49	26	0	0	4	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with New Belgium Voodoo R	320	317	0	0	0	0	0	0	17	25	0	0	0	0	0	45	0
Pale Ales and IPAs (20 fluid ounces) with Offshoot Relax It's Just ,	340	342	0	0	0	0	0	0	5	23	0	0	2	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Refuge Brewing Baja Cr	320	320	0	0	0	0	0	0	47	29	0	0	5	0	0	0	0

Pale Ales and IPAs (20 fluid ounces) with Revision Disco Ninja	380	382	0	0	0	0	0	0	38	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Sierra Nevada Hazy Littl	360	357	0	0	0	0	0	0	34	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Sierra Nevada Pale Ale	290	292	0	0	0	0	0	0	23	0	0	3	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Smog City Hoptonic IPA	280	275	0	0	0	0	0	0	18	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Societe The Pupil IPA	330	333	0	0	0	0	0	17	20	0	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Almanac Beer Company	310	306	0	0	0	0	0	18	26	0	2	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Ballast Point Sculpin IP/	430	428	0	0	0	0	0	27	41	0	0	3	0	0	24
Pale Ales and IPAs (21 fluid ounces) with Beachwood BBQ Citrahr	310	306	0	0	0	0	0	18	26	2	0	4	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Brouwerij West Picnic Li	370	368	0	0	0	0	0	0	32	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Drakes Denogginizer Dc	480	476	0	0	0	0	0	0	28	0	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with El Segundo Broken Sku	370	368	0	0	0	0	0	18	24	0	2	4	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Elysian Space Dust IPA	400	401	0	0	0	0	0	0	26	0	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Firestone Brewing Mind	360	359	0	0	0	0	0	0	27	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Four Peaks Hopknot IP/	350	352	0	0	0	0	0	44	26	0	4	4	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Fremont Sky Kraken	290	289	0	0	0	0	0	26	26	0	0	4	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Garage Brewing Superc	370	367	0	0	0	0	0	0	28	0	0	2	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Gunwhale Bait Ball IPA	400	402	0	0	0	0	0	35	35	0	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Hangar 24 Mango Islanc	320	324	0	0	0	0	0	0	28	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Kern River Just Outstan	330	333	0	0	0	0	0	18	28	2	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with King Harbor Tiki Hut IP/	300	298	0	0	0	0	0	18	18	0	0	5	0	0	35
Pale Ales and IPAs (21 fluid ounces) with Knee Deep Breaking Bu	320	317	0	0	0	0	0	22	20	0	0	4	0	0	37
Pale Ales and IPAs (21 fluid ounces) with Lovelady Love Juice Ha	370	375	0	0	0	0	0	0	36	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Modern Times Orderville	370	373	0	0	0	0	0	51	27	0	0	4	0	0	0
Pale Ales and IPAs (21 fluid ounces) with New Belgium Voodoo R	330	333	0	0	0	0	0	18	26	0	0	0	0	0	47
Pale Ales and IPAs (21 fluid ounces) with Offshoot Relax It's Just ,	360	359	0	0	0	0	0	5	24	0	0	2	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Refuge Brewing Baja Cr	340	336	0	0	0	0	0	49	31	0	0	5	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Revision Disco Ninja	400	401	0	0	0	0	0	0	40	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Sierra Nevada Hazy Littl	370	375	0	0	0	0	0	0	36	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Sierra Nevada Pale Ale	310	306	0	0	0	0	0	0	25	0	0	3	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Smog City Hoptonic IPA	290	289	0	0	0	0	0	0	18	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Societe The Pupil IPA	350	350	0	0	0	0	0	18	21	0	0	5	0	0	0
Pale Ales and IPAs (30 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Almanac Beer Company	440	438	0	0	0	0	0	25	38	0	3	8	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Ballast Point Sculpin IP/	610	611	0	0	0	0	0	38	59	0	0	4	0	0	35
Pale Ales and IPAs (30 fluid ounces) with Beachwood BBQ Citrahr	440	438	0	0	0	0	0	25	37	3	0	5	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Brouwerij West Picnic Li	530	525	0	0	0	0	0	0	45	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Drakes Denogginizer Dc	680	680	0	0	0	0	0	0	40	0	0	7	0	0	0
Pale Ales and IPAs (30 fluid ounces) with El Segundo Broken Sku	530	525	0	0	0	0	0	25	35	0	3	5	0	0	0



Wheats and Whites (16 fluid ounces) with Karl Strauss Windanse	220	220	0	0	0	0	0	0	13	21	0	0	2	0	0	0	0
Wheats and Whites (16 fluid ounces) with Refuge Blood Orange V	190	189	0	0	0	0	0	0	37	15	0	0	4	0	0	0	0
Wheats and Whites (21 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheats and Whites (21 fluid ounces) with Blue Moon Belgian Whi	290	287	0	0	0	0	0	0	13	23	0	0	4	0	0	0	0
Wheats and Whites (21 fluid ounces) with Golden Road Mango Ca	230	235	0	0	0	0	0	0	18	23	0	5	4	0	0	0	0
Wheats and Whites (21 fluid ounces) with Hangar 24 Orange Whe	280	280	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheats and Whites (21 fluid ounces) with Karl Strauss Windanse	290	289	0	0	0	0	0	0	18	28	0	0	3	0	0	0	0
Wheats and Whites (21 fluid ounces) with Refuge Blood Orange V	250	248	0	0	0	0	0	0	49	19	0	0	6	0	0	0	0

	Round	Total	Fat	Total	Satur	Trans	Chol	Sodi	Total	Fiber	Suga	Prote	Vit A	Vit C	Calci	Iron
Wines	ed	Calor	Calor	Fat	ated	Fat	ester	um	Carb	(g)	rs (g)	in (g)	(iu)	(mg)	um	(mg)
	Calor	ies	ies	(g)	Fat	(g)	ol	(mg)	s (g)						(mg)	(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