



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	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Rib Tip Appetizer (1 serving)	1460	1455	940	104	40	0	360	2539	56	1	33	72	979	3	54	2
BBQ Rib Tip Appetizer, Half (1 serving)	770	768	470	52	20	0	180	1344	38	0	24	36	540	2	37	1
Cracked Out Deviled Bacon Eggs (1 serving)	770	772	567	63	16	0	688	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
Crispy Smoked Chicken Wings (1 serving)	740	743	440	49	10	0	97	4858	49	4	38	22	2206	7	118	4
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
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)	840	844	347	39	6	0	30	5307	113	5	16	14	549	3	113	5
Southern Fried Dill Pickles, Half (1 serving)	420	422	173	19	3	0	15	2654	56	2	8	7	274	1	56	2
Spinach and Cheese Dip (1 serving)	1050	1048	451	50	20	0	63	2038	111	9	14	37	9572	22	1033	4
Happy Hour Items	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Happy Hour BBQ Rib Tips (1 serving)	1210	1211	705	78	30	0	270	2129	71	1	48	54	884	4	71	3

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 Burnt Ends	560	557	293	33	13	0	116	899	32	0	27	32	151	2	51	4
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 Crispy Jalapeno Cheddar Sausage Bites (1 serving)	1010	1009	493	55	16	0	101	3694	102	4	14	31	2788	40	213	6
Happy Hour Fried Dill Pickles (1 serving)	420	422	173	19	3	0	15	2654	56	2	8	7	274	1	56	2
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)	2330	2333	1591	177	23	0	174	2764	130	5	39	52	1945	22	272	8
Happy Hour New Orleans Gumbo (1 serving)	330	334	152	17	4	0	62	739	28	1	2	17	501	31	44	2
Happy Hour Pulled Chicken Nachos (1 serving)	950	947	474	53	29	0	185	1597	75	7	20	44	2091	34	849	4
Happy Hour Pulled Pork Sandwich (1 serving)	640	641	281	31	11	0	128	1309	53	2	5	36	1331	11	68	4
Happy Hour Smoked Brisket Nachos (1 serving)	790	786	405	45	22	0	137	1311	63	7	10	34	1485	28	519	4
Happy Hour Spinach and Cheese Dip (1 serving)	580	577	259	29	12	0	36	1208	58	5	9	21	5778	16	597	2
Smoked BBQ Pulled Pork Nachos (1 serving)	960	961	528	59	31	0	202	1588	64	7	10	46	2022	33	845	3

	Round Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Slow Smoked Bar B Que Items																
Alabama Half Chicken (1 serving)	1650	1646	1298	144	28	0	227	2099	33	1	32	45	810	17	38	3
BBQ Beef Ribs, 3 Bones (1 serving)	710	706	173	19	8	0	160	1574	75	0	63	54	724	5	106	9
BBQ Beef Ribs, 5 Bones (1 serving)	1110	1110	289	32	13	0	267	2499	110	1	91	90	1124	7	160	14
BBQ Chicken, 1/2 (1 serving)	710	707	331	37	10	0	182	1456	44	0	37	45	935	18	74	4
BBQ Tri Tip, 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
Beer Can Half Chicken (1 serving)	720	720	409	45	13	0	220	2821	13	3	5	57	1393	32	73	4
Beer Can Half Chicken (1 serving) with Baby Back Ribs	1650	1648	952	106	35	0	427	5313	62	3	45	98	2016	36	211	8
Beer Can Half Chicken (1 serving) with Beef Ribs	1610	1606	582	65	20	0	380	4733	131	3	104	111	2343	39	224	14

Lucille's Family Supper (1 serving) with Meat Choice Alabama Chicken	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 Chicken	1410	1414	661	73	21	0	364	2912	87	1	74	91	1869	36	148	8
Lucille's Family Supper (1 serving) with Meat Choice Baby Back Ribs	3700	3698	2170	241	89	0	827	8277	193	1	161	165	1796	15	542	17
Lucille's Family Supper (1 serving) with Meat Choice Beef Ribs	4150	4149	808	90	36	0	746	8947	554	2	464	252	4447	36	708	49
Lucille's Family Supper (1 serving) with Meat Choice Jalapeno Cheddar Sausage	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 Burnt Ends	2840	2841	2171	241	88	0	327	1022	121	1	114	43	53	3	52	3
Lucille's Family Supper (1 serving) with Meat Choice Pulled Chicken	1260	1263	173	19	3	0	263	2193	152	0	128	105	900	15	212	9
Lucille's Family Supper (1 serving) with Meat Choice Pulled Pork	1040	1044	552	61	20	0	300	2440	43	3	35	83	548	12	131	5
Lucille's Family Supper (1 serving) with Meat Choice Smoked Beef Brisket	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 Tips	2120	2115	978	109	42	0	374	3768	201	1	154	75	1770	12	207	8
Lucille's Family Supper (1 serving) with Meat Choice Smoked Tri Tip	890	890	393	44	16	0	327	2083	28	1	22	95	143	3	160	8
Lucille's Family Supper (1 serving) with Meat Choice St Louis Ribs	3760	3756	2177	242	91	0	796	6933	196	2	161	176	3024	14	551	19
Lucille's Family Supper (1 serving) with Meat Choice Texas Red Hot Sausage	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 Chicken	6580	6584	5191	577	114	0	910	8397	134	3	127	182	3242	67	154	11
Lucille's Super Feast (1 serving) with Meat Choice Baby Back Ribs	5550	5546	3255	362	134	0	1240	12415	290	2	241	248	2695	22	813	26
Lucille's Super Feast (1 serving) with Meat Choice Beef Ribs	6220	6223	1212	135	54	0	1120	13421	832	3	696	378	6670	54	1062	74
Lucille's Super Feast (1 serving) with Meat Choice Jalapeno Cheddar Sausage	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 Burnt Ends	5680	5682	4342	482	176	0	653	2044	242	1	228	86	107	6	103	6
Lucille's Super Feast (1 serving) with Meat Choice Pulled Chicken	2530	2525	346	38	7	0	526	4386	305	0	256	210	1800	30	423	18
Lucille's Super Feast (1 serving) with Meat Choice Pulled Pork	2090	2088	1104	123	40	0	600	4880	87	6	70	165	1095	24	262	10
Lucille's Super Feast (1 serving) with Meat Choice Smoked BBQ Half Chicken	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 Brisket	2520	2515	1568	174	69	0	617	5320	62	2	49	170	289	7	166	18
Lucille's Super Feast (1 serving) with Meat Choice Smoked Rib Tips	2640	2644	1222	136	52	0	468	4710	252	1	193	94	2213	15	258	9
Lucille's Super Feast (1 serving) with Meat Choice Smoked Tri Tip	1780	1780	785	87	32	0	653	4167	56	2	45	189	286	5	319	16
Lucille's Super Feast (1 serving) with Meat Choice St Louis Ribs	5630	5634	3266	363	137	0	1194	10400	294	3	242	263	4536	21	826	28
Lucille's Super Feast (1 serving) with Meat Choice Texas Red Hot Sausage	2400	2400	1944	216	80	0	520	6160	16	0	8	112	800	0	160	9

	Round d Calories	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)
Bone In Fried Chicken (1 serving)	1410	1406	542	60	21	0	227	4360	153	6	53	63	2052	27	277	7
Bone In Nashville Style Fried Chicken (1 serving)	2540	2540	1521	169	60	0	317	7668	183	15	53	69	3116	30	353	11
Chimichurri Top Sirloin (1 serving)	1140	1143	762	85	25	0	142	2690	40	8	9	52	13120	50	180	5
Green Chicken Chili (1 serving)	920	916	304	34	12	0	120	2098	103	18	21	48	1075	23	503	5
Grilled Salmon (1 serving)	630	627	408	45	15	0	192	907	7	1	4	48	210	19	111	1
Hot Honey Glazed Salmon (1 serving)	1020	1019	278	31	6	0	134	1563	126	7	55	55	15983	62	102	4
Jambalaya Me-Oh-My-A (1 serving)	1820	1822	1003	111	28	0	349	3244	119	6	11	80	5653	195	175	11
New Orleans Gumbo (1 serving)	1290	1292	515	57	15	0	241	2530	122	4	5	68	1704	103	156	9
Shrimp and Grits (1 serving)	1140	1139	755	84	51	1	606	1227	32	3	9	62	3721	131	490	7
Smoked Cauliflower Steak with Chimichurri Entree (1 serving)	990	988	715	79	17	0	31	3072	57	15	15	12	6928	188	193	4

Southern Fried Catfish and Shrimp (1 serving)	1490	1488	801	89	16	0	303	1928	111	6	10	62	471	26	192	7
Southern Fried Chicken (1 serving)	1220	1221	389	43	19	0	223	3805	124	11	26	83	16166	61	519	7
Greens	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	Calories	(kcal)	(kcal)	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	(g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
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	10419	43	722	3
Grilled Romaine Caesar Salad (1 serving)	530	530	375	42	10	0	49	1469	28	5	6	9	12148	53	218	3
Grilled Romaine Caesar Salad (1 serving) with Protein Choice BBQ Tri Tip	810	809	472	52	14	0	131	1924	48	5	23	33	12249	54	271	6
Grilled Romaine Caesar Salad (1 serving) with Protein Choice Blackened Shrimp	750	750	492	55	18	0	258	1744	29	5	6	33	12856	55	281	6
Grilled Romaine Caesar Salad (1 serving) with Protein Choice Fried Shrimp	870	865	422	47	11	0	230	2788	71	6	8	40	12430	56	328	8
Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled Chicken	720	725	409	45	12	0	121	1633	39	5	15	36	12321	55	242	4
Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled Salmon	760	758	510	57	13	0	116	1776	28	5	6	32	12208	58	235	4
Grilled Romaine Caesar Salad (1 serving) with Protein Choice Grilled Shrimp	750	750	492	55	18	0	258	1855	29	5	6	33	12847	55	280	6
Grilled Romaine Caesar Salad, Add (1 serving)	260	265	187	21	5	0	24	734	14	3	3	5	6074	26	109	2
House Salad, Add On (1 serving)	100	97	21	2	0	0	0	207	17	3	3	4	7365	18	38	1
House Salad, Large, Add On (1 serving)	380	383	84	9	0	0	0	829	67	10	13	14	29421	73	150	3
Nashville Hot Chicken Salad, Full (1 serving)	2100	2103	1498	166	28	0	206	2896	86	8	28	65	9040	68	481	6
Nashville Hot Chicken Salad, Half (1 serving)	1390	1391	988	110	19	0	136	1938	57	4	17	42	4940	34	292	4
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 Italian Dre	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	11564	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
Premium Sides	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	Calories	(kcal)	(kcal)	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	(g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)

Corn Pudding (1 serving)	440	440	191	21	12	0	51	529	57	4	18	7	870	5	153	1
Corn Pudding, Feast (1 serving)	290	294	127	14	8	0	34	353	38	2	12	5	580	3	102	1
Corn Pudding, Feast (6 servings)	1760	1761	763	85	47	0	206	2117	227	14	73	28	3482	19	612	4
Corn Pudding, Supper (1 serving)	220	220	95	11	6	0	26	265	28	2	9	3	435	2	76	1
Corn Pudding, Supper (4 servings)	880	881	381	42	24	0	103	1059	114	7	36	14	1741	9	306	2
Hatch Chili Grits (1 serving)	170	167	88	10	6	0	40	402	12	1	1	8	298	4	168	1
Hatch Chili Grits (4 servings)	670	668	353	39	26	0	161	1608	46	3	4	30	1192	14	673	2
Hatch Chili Grits (1 serving)	330	334	177	20	13	0	80	804	23	2	2	15	596	7	336	1
Hatch Chili Grits, Super Feast (1 serving)	220	223	118	13	9	0	54	536	15	1	1	10	397	5	224	1
Hatch Chili Grits, Super Feast (6 servings)	1340	1337	706	78	51	0	322	3217	93	6	8	60	2384	29	1345	5
Jalapeno Cheddar Cornbread (1 serving)	400	397	183	20	10	0	48	645	46	1	19	8	585	3	278	1
Jalapeno Cheddar Cornbread, Super Feast (1 serving)	220	215	108	12	6	0	29	338	23	0	10	4	360	1	139	0
Jalapeno Cheddar Cornbread, Super Feast (4 servings)	860	862	432	48	25	0	117	1351	92	2	38	15	1441	5	556	1
Jalapeno Cheddar Cornbread, Super Feast (6 servings)	1290	1292	649	72	38	0	175	2027	138	3	57	23	2161	8	835	2
Jalapeno Cheddar Cornbread, Supper (1 serving)	1290	1292	649	72	38	0	175	2027	138	3	57	23	2161	8	835	2
Loaded Mashed Potatoes (1 serving)	660	659	504	56	33	0	152	1104	21	2	5	19	1131	4	231	1
Loaded Mashed Potatoes, Super Feast (1 serving)	2630	2634	2014	224	130	0	609	4416	83	9	20	76	4525	15	924	3
Loaded Mashed Potatoes, Super Feast (4 servings)	10540	10538	8057	895	521	0	2434	17664	331	35	80	305	18101	60	3696	12
Loaded Mashed Potatoes, Super Feast (6 servings)	15810	15807	12085	1343	781	0	3651	26496	497	52	121	458	27152	90	5544	19
Loaded Mashed Potatoes, Supper (1 serving)	1320	1317	1007	112	65	0	304	2208	41	4	10	38	2263	7	462	2
Southern Fried Okra, Side (1 serving)	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	22622	835	44	113	114	928	114	1489	39
Southern Fried Okra, Super Feast (6 servings)	13950	13949	7886	876	143	0	324	33934	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
Tomato Pie (1 serving)	420	422	296	33	9	0	29	968	23	1	7	7	1971	20	198	2
Tomato Pie, Feast (1 serving)	280	281	198	22	6	0	19	646	16	1	4	5	1314	14	132	1

Tomato Pie, Feast (6 servings)	1690	1686	1186	132	34	0	115	3874	93	6	27	29	7884	82	792	7
Tomato Pie, Supper (1 serving)	210	211	148	16	4	0	14	484	12	1	3	4	986	10	99	1
Tomato Pie, Supper (4 servings)	840	843	593	66	17	0	57	1937	47	3	13	15	3942	41	396	4

Sandwiches and Burgers

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bama Chicken Salad Sandwich (1 serving)	1010	1007	601	67	17	0	94	1619	67	5	21	30	2418	15	90	5
Buttermilk Fried Cauliflower Sandwich (1 serving)	780	777	413	46	15	0	101	739	68	8	19	22	1271	108	347	5
Crispy Hot Honey Chicken Sandwich (1 serving)	1420	1420	275	31	9	0	202	4291	208	7	73	76	2243	13	260	11
Grilled Veggie Burger (1 serving)	1280	1277	841	93	25	0	132	1980	84	6	17	23	2131	10	324	6
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)	1250	1253	735	82	30	0	265	2804	67	3	20	59	1740	4	318	7
Lucille's BBQ Tri Tip Sandwich (1 serving)	760	758	296	33	13	0	188	1415	69	2	24	45	706	2	150	7
Lucille's Original Pulled Pork Sandwich (1 serving)	640	641	281	31	11	0	128	1309	53	2	5	36	1331	11	68	4
Memphis Style Pulled Pork Sandwich (1 serving)	970	967	486	54	14	0	149	2427	82	5	26	39	3940	51	113	5
Nashville Hot Chicken Sandwich (1 serving)	1460	1456	763	85	13	0	163	2289	123	5	31	52	1952	21	229	7
Smoked BBQ Chicken Sandwich (1 serving)	1210	1211	510	57	22	0	199	1746	122	3	60	49	2849	20	429	8
Smokehouse BBQ Bacon Burger (1 serving)	1410	1414	678	75	32	0	290	2777	110	3	49	69	2036	16	514	10
Southern Fried Chicken Sandwich (1 serving)	1530	1530	569	63	20	0	261	4609	151	6	19	92	3493	19	360	10
Texas Style Brisket Sandwich (1 serving)	1010	1006	494	55	20	0	192	1341	87	4	37	42	1727	20	117	7

Swoon Worthy Sides

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Beans (1 serving)	200	203	13	1	0	0	2	417	41	4	23	6	320	30	48	2
Creamy Coleslaw (1 serving)	200	197	103	11	2	0	12	373	21	3	17	2	1850	36	72	1
Fresh Cut French Fries (1 serving)	120	119	22	2	0	0	0	245	23	2	1	2	3	8	9	0
Fresh Cut French Fries, Family Supper (1 serving)	480	477	90	10	1	0	0	982	91	8	4	8	14	34	35	1
Fresh Cut French Fries, Feast (1 serving)	950	953	179	20	3	0	0	1963	182	16	8	16	27	67	71	3
Garlic Mashed Potatoes (1 serving)	240	240	108	12	8	0	32	823	29	3	4	4	104	4	63	1

Macaroni and Cheese (1 serving)	290	290	139	15	8	0	39	1082	25	1	5	14	0	0	288	1
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	15498	51	61	1
Southern Braised Greens (1 serving)	90	86	16	2	0	0	3	332	12	6	3	5	14253	89	213	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

	Round	Total	Fat	Total Fat	Saturated	Trans	Cholesterol	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
Beverages	d	Calories	Calories	(g)	Fat (g)	Fat (g)	(mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
	Calories	(kcal)	(kcal)						(g)							
Abita Root Beer (1 bottle)	180	176	0	0	0	0	0	16	44	0	38	0	0	0	0	0
Barq's Root Beer (12 fluid ounces)	100	100	0	0	0	0	0	22	27	0	27	0	0	0	0	0
Barq's Root Beer (32 fluid ounces)	270	266	0	0	0	0	0	58	72	0	72	0	0	0	0	0
Chocolate Milk (1 drink)	450	445	79	9	5	0	44	293	73	0	61	18	875	4	613	1
Coca Cola (12 fluid ounces)	90	89	0	0	0	0	0	5	24	0	24	0	0	0	0	0
Coca Cola (32 fluid ounces)	240	238	0	0	0	0	0	14	65	0	65	0	0	0	0	0
Coke Zero (12 fluid ounces)	0	1	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Coke Zero (32 fluid ounces)	0	2	0	0	0	0	0	67	0	0	0	0	0	0	0	0
Decaf Coffee (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Decaf Coffee (1 serving) with Half and Half	80	80	54	6	4	0	30	30	2	0	2	2	200	0	80	0
Decaf Coffee (1 serving) with Sugar Packets	60	64	0	0	0	0	0	0	16	0	16	0	0	0	0	0
Diet Coke (12 fluid ounces)	0	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0
Diet Coke (32 fluid ounces)	0	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0
Dr Pepper (12 fluid ounces)	100	99	0	0	0	0	0	32	24	0	24	0	0	0	0	0
Dr Pepper (32 fluid ounces)	260	264	0	0	0	0	0	84	65	0	65	0	0	0	0	0
Fiji Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Ginger Ale (12 fluid ounces)	90	90	0	0	0	0	0	32	23	0	22	0	0	0	0	0
Ginger Ale (32 fluid ounces)	240	240	0	0	0	0	0	84	60	0	58	0	0	0	0	0
Iced Tea (32 fluid ounces)	20	16	1	0	0	0	0	1	3	2	1	0	10	25	20	0
Low Fat Milk (1 drink)	250	245	79	9	5	0	44	263	25	0	23	18	875	4	613	0
Lucille's Fresh Ground Coffee (1 drink)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lucille's Fresh Ground Coffee (1 drink) with Half and Half	80	80	54	6	4	0	30	30	2	0	2	2	200	0	80	0
Lucille's Fresh Ground Coffee (1 drink) with Sugar Packets	60	64	0	0	0	0	0	0	16	0	16	0	0	0	0	0

Lucille's Peach Lemonade (40 fluid ounces)	430	431	0	0	0	0	0	11	107	1	99	1	1137	90	17	0
Lucille's Sidewalk Fresh Lemonade (40 fluid ounces)	370	368	1	0	0	0	0	13	91	1	84	1	24	61	31	0
Lucille's Strawberry Lemonade (40 fluid ounces)	430	431	2	0	0	0	0	11	106	2	97	1	27	98	31	0
Mexican Coke (1 bottle)	160	159	0	0	0	0	0	86	40	0	40	0	0	0	0	0
Muddy Waters (32 fluid ounces)	160	159	1	0	0	0	0	6	39	2	34	1	17	43	27	0
Peach Iced Tea (32 fluid ounces)	20	21	1	0	0	0	0	17	6	1	3	0	81	19	14	0
Red Bull Energy Drink (1 can)	110	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
San Pellegrino Sparkling Mineral Water (1 bottle)	0	0	0	0	0	0	0	32	0	0	0	0	0	0	127	0
Sprite (12 fluid ounces)	90	87	0	0	0	0	0	20	23	0	23	0	0	0	0	0
Sprite (32 fluid ounces)	230	233	0	0	0	0	0	53	62	0	62	0	0	0	0	0
Sweet Tea (32 fluid ounces)	190	194	0	0	0	0	0	1	48	0	48	0	6	0	1	0
Watermelon Iced Tea (32 fluid ounces)	10	7	1	0	0	0	0	17	3	0	1	0	81	1	1	0

Desserts	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Ala Mode Ice Cream Scoop (1 serving)	120	115	56	6	4	0	18	40	13	0	10	2	266	0	71	0
Deep Dish Apple Cobbler (1 serving)	930	927	233	26	15	0	78	218	166	4	133	6	1085	7	129	1
Key Lime Cheesecake (1 serving)	880	879	540	60	31	1	122	553	77	1	59	10	7123	2	244	1
Old-Fashioned Banana Pudding (1 serving)	1290	1286	680	76	46	0	232	739	135	1	102	6	2464	108	308	1
Orange Creamsicle Pudding (1 serving)	1270	1274	780	87	54	0	285	828	100	0	75	8	2820	5	427	1
Pumpkin Crunch Pudding (1 serving)	1120	1116	602	67	40	0	206	780	112	2	84	9	8353	0	343	2
Snickers Ice Cream Pie (1 serving)	1100	1096	524	58	29	0	115	559	127	3	93	14	1212	0	278	2
Texas Sheet Cake (1 serving)	1160	1160	426	47	16	0	40	831	171	2	121	12	634	0	157	7
Triple Chocolate Cheesecake (1 serving)	990	992	463	53	29	0	174	607	102	4	82	18	1019	0	282	4

Lunch Slow Smoked BBQ Items	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(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 Alabama Chicken	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 BBQ Chicken	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 BBQ Tri Tip	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 Baby Back Ribs	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 Beef Brisket Link	360	355	221	25	11	0	70	950	11	0	8	19	225	1	10	2
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Beef Ribs	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 Brisket Burnt End	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 Jalapeno Chedda	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 Pork Belly Burnt E	750	750	543	60	22	0	82	267	40	0	38	11	14	1	14	1
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Pulled Chicken	320	316	43	5	1	0	66	548	38	0	32	26	225	4	53	2
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Pulled Pork	260	261	138	15	5	0	75	610	11	1	9	21	137	3	33	1
Build Your Own Bar-B-Que 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
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Smoked Turkey w	370	375	186	21	5	0	105	2203	9	0	4	35	234	1	6	2
Build Your Own Bar-B-Que 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
Build Your Own Bar-B-Que Combo (1 serving) with Meat Choice Texas Red Hot S:	300	300	243	27	10	0	65	770	2	0	1	14	100	0	20	1
Pulled Pork (1 serving)	390	392	207	23	8	0	113	915	16	1	13	31	205	4	49	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

	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
	Calories	(kcal)	(kcal)						(g)							

Jambalaya Me-Oh-My-A (1 serving)	920	923	503	56	14	0	188	1637	60	3	6	42	2913	99	97	6
New Orleans Gumbo (1 serving)	690	691	258	29	8	0	124	1271	70	2	3	35	856	51	81	5
Southern Fried Chicken (1 serving)	740	740	237	26	12	0	124	2437	81	10	18	45	15871	58	314	5

	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
	Calories	(kcal)	(kcal)						(g)							

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

	Round	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
	Calories	(kcal)	(kcal)						(g)							

Deviled Eggs (1 egg)	110	111	81	9	2	0	112	130	2	0	1	5	170	2	19	1
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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	207	81	9	1	0	6	1320	28	1	3	4	151	1	35	1
Southern Fried Pickles (6 servings)	1240	1242	485	54	8	0	38	7918	171	7	16	24	908	4	209	8
Spinach and Cheese Dip (1 serving)	1570	1567	617	69	25	0	75	2637	187	14	19	50	12696	30	1286	6
Spinach and Cheese Dip (6 servings)	9400	9402	3703	411	151	0	450	15821	1122	86	114	299	76175	180	7719	37

Family Menu Sandwiches

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Hand Carved Brisket Sandwiches (1 serving)	840	842	379	42	16	0	146	1153	83	3	35	31	1377	14	141	7
Hand Carved Brisket Sandwiches (6 servings)	5050	5050	2277	253	94	0	877	6921	496	20	210	186	8260	84	845	40
Pulled Pork Sandwiches (1 serving)	700	704	285	32	12	0	140	897	75	2	29	29	760	3	128	5
Pulled Pork Sandwiches (6 servings)	4230	4225	1711	190	69	0	840	5382	449	15	172	176	4557	19	766	33
Tri Tip Sandwiches (1 serving)	640	635	247	27	11	0	147	1046	63	2	19	33	671	1	127	6
Tri Tip Sandwiches (6 servings)	3810	3812	1482	165	63	0	880	6279	380	13	114	197	4026	6	760	35

Family Menu Dinners

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Grilled Salmon (1 serving)	360	362	233	26	5	0	84	649	6	0	4	26	72	7	23	1
Grilled Salmon (6 servings)	2170	2170	1397	155	27	0	503	3894	38	3	25	155	431	44	140	4
Jambalaya Me-Oh-My-A (1 serving)	910	910	502	56	14	0	173	1621	60	3	5	40	2825	97	87	5
Jambalaya Me-Oh-My-A (6 servings)	5460	5462	3009	334	84	0	1040	9726	357	19	32	238	16950	583	521	32
New Orleans Gumbo (1 serving)	650	650	258	29	7	0	127	1271	61	2	3	35	859	52	80	4
New Orleans Gumbo (6 servings)	3900	3899	1550	172	45	0	760	7624	366	12	16	209	5154	309	481	26
Southern Fried Chicken (1 serving)	720	721	156	17	6	0	102	2814	96	2	11	48	393	5	282	5
Southern Fried Chicken (6 servings)	4330	4328	934	104	36	0	609	16882	574	11	66	285	2358	27	1692	32

Family Menu Easy Feasts

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Baby Back Ribs and Tri Tip Easy Feast (1 serving)	930	929	468	52	23	0	145	1619	78	1	43	33	862	3	130	5
Baby Back Ribs and Tri Tip Easy Feast (6 servings)	5580	5577	2806	312	138	0	868	9714	465	9	261	196	5169	16	779	29
Chicken and Baby Back Ribs Easy Feast (1 serving)	990	991	513	57	24	0	151	1826	81	2	47	32	1160	8	122	5
Chicken and Baby Back Ribs Easy Feast (6 servings)	5940	5943	3075	342	143	0	905	10956	487	9	280	193	6962	48	732	28
Chicken and St Louis Ribs Easy Feast (1 serving)	1000	995	513	57	24	0	148	1714	81	2	47	33	1263	8	123	5

Chicken and St Louis Ribs Easy Feast (6 servings)	5970	5973	3079	342	144	0	890	10284	489	10	281	198	7575	47	736	29
Chicken and Tri Tip Easy Feast (1 serving)	820	819	397	44	19	0	136	1599	67	2	34	34	1076	7	101	4
Chicken and Tri Tip Easy Feast (6 servings)	4910	4911	2385	265	114	0	818	9597	401	10	206	205	6454	42	607	27
St Louis Ribs and Tri Tip Easy Feast (1 serving)	910	907	468	52	23	0	142	1435	71	2	38	34	917	2	124	5
St Louis Ribs and Tri Tip Easy Feast (6 servings)	5440	5442	2808	312	139	0	853	8610	428	9	229	202	5502	13	742	28

Family Menu Salads

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Salad (1 serving)	670	666	232	26	9	0	111	1065	64	6	38	40	5492	41	332	6
BBQ Chicken Salad (6 servings)	4000	3995	1390	154	51	0	669	6392	384	36	226	240	32954	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	29671	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	44821	1142	922	44

Family Menu Swoon Worthy Sides

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Beans (1 pint)	560	561	35	4	1	0	6	1156	115	12	65	17	885	83	134	6
BBQ Beans (1 quart)	1120	1123	70	8	2	0	12	2313	229	24	130	34	1771	167	269	12
BBQ Beans (0.5 gallons)	2250	2245	139	15	4	0	24	4625	458	47	260	69	3541	334	537	23
Corn Pudding (1 pint)	870	870	372	41	23	0	102	1054	113	7	36	14	1700	9	306	2
Corn Pudding (1 quart)	1740	1740	745	83	46	0	203	2107	227	14	72	28	3399	19	612	4
Corn Pudding (0.5 gallons)	3480	3481	1490	166	92	0	406	4214	453	29	144	55	6799	38	1224	8
Creamy Coleslaw (1 pint)	530	525	276	31	5	0	33	996	56	7	46	6	4934	95	192	2
Creamy Coleslaw (1 quart)	1050	1051	552	61	10	0	65	1991	113	14	93	12	9868	189	384	3
Creamy Coleslaw (0.5 gallons)	2100	2102	1104	123	19	0	130	3983	226	27	186	23	19737	379	767	7
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)	330	326	176	20	10	0	15	481	32	1	8	3	419	0	46	2
Homemade Biscuits with Apple Butter (6 biscuits)	1960	1958	1054	117	61	0	87	2886	194	6	48	18	2515	0	275	10
Homemade Biscuits with Apple Butter (12 biscuits)	3920	3917	2108	234	122	0	175	5771	388	12	95	36	5030	0	550	20
Jalapeno Cheddar Cornbread, 12 (1 pieces)	360	363	149	17	8	0	38	615	46	1	19	8	450	3	278	1
Jalapeno Cheddar Cornbread, 12 (12 pieces)	4360	4360	1793	199	96	0	458	7380	551	11	230	91	5405	33	3339	9
Jalapeno Cheddar Cornbread, 6 (1 piece)	430	431	216	24	13	0	58	676	46	1	19	8	720	3	278	1
Jalapeno Cheddar Cornbread, 6 (6 pieces)	2590	2585	1297	144	76	0	350	4054	276	6	115	46	4323	16	1669	4
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	34439	114	136	2
Sauteed Seasonal Vegetables (1 quart)	350	349	16	2	0	0	0	2010	69	26	30	14	68878	228	271	4
Sauteed Seasonal Vegetables (0.5 gallons)	700	698	31	3	1	0	0	4020	139	51	59	28	137756	455	542	9
Southern Braised Greens (1 pint)	170	173	32	4	1	0	5	664	24	12	6	11	28505	178	427	3
Southern Braised Greens (1 quart)	350	345	64	7	2	0	10	1328	48	25	12	22	57010	355	853	6
Southern Braised Greens (0.5 gallons)	690	690	129	14	4	0	20	2656	97	49	25	43	114020	711	1707	12
Tomato Pie (1 pint)	840	843	593	66	17	0	57	1937	47	3	13	15	3942	41	396	4
Tomato Pie (1 quart)	1690	1686	1186	132	34	0	115	3874	93	6	27	29	7884	82	792	7
Tomato Pie (0.5 gallons)	3370	3372	2371	263	68	0	230	7748	186	12	53	58	15768	163	1583	14
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

	Round d Calories	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)
Family Menu A La Carte Meats																
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)	1260	1263	173	19	3	0	263	2193	152	0	128	105	900	15	212	9
Pulled Pork, 1 Lb (1 serving)	1040	1044	552	61	20	0	300	2440	43	3	35	83	548	12	131	5
Red Hot Sausage Links, 1 Lb (1 serving)	1830	1832	1225	136	50	0	328	4481	86	0	69	71	904	5	181	8
Smoked Ham, 1 Lb (1 serving)	660	663	193	21	5	0	240	4835	32	0	31	80	24	0	3	4

Smoked Turkey, 1 Lb (1 serving)	790	786	375	42	5	0	240	4704	9	0	8	88	10	0	3	3
Tri Tip, 1 Lb (1 serving)	960	958	394	44	16	0	327	2730	44	1	36	95	249	4	180	9
Family Menu Desserts	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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)	12960	12962	6802	756	456	0	2316	7388	1373	13	1030	58	24642	1092	3077	15
Pumpkin Crunch Pudding (1 serving)	490	492	264	29	18	0	95	356	49	1	37	4	4081	0	170	1
Pumpkin Crunch Pudding (4 servings)	1970	1966	1055	117	72	0	381	1424	194	5	148	16	16324	1	679	3
Whole Apple Cobbler (1 serving)	720	723	193	21	13	0	70	111	128	4	101	4	904	7	61	1
Whole Apple Cobbler (16 servings)	11570	11569	3085	343	204	0	1117	1780	2045	59	1618	66	14465	113	983	21
Whole 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	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Iced Tea, Gallon (1 gallon)	70	65	3	0	0	0	0	4	14	6	4	2	38	100	79	1
Lucille's Peach Lemonade, Gallon (1 gallon)	1380	1379	0	0	0	0	0	36	342	3	318	3	3637	289	54	0
Lucille's Sidewalk Fresh Lemonade, Gallon (1 gallon)	1180	1178	2	0	0	0	0	41	292	5	267	2	78	194	101	1
Lucille's Strawberry Lemonade, Gallon (1 gallon)	1380	1379	8	1	0	0	0	35	340	6	310	3	87	315	100	1
Lucille's Watermelon Lemonade, Gallon (1 gallon)	1490	1488	0	0	0	0	0	210	372	7	362	0	7	18	41	0
Peach Iced Tea, Gallon (1 gallon)	80	82	3	0	0	0	0	68	25	3	13	1	324	77	57	0
Sweet Tea, Gallon (1 gallon)	770	775	0	0	0	0	0	3	194	0	194	0	24	0	4	0
Watermelon Iced Tea, Gallon (1 gallon)	30	27	2	0	0	0	0	69	12	0	4	0	323	5	4	0

Kids Menu Items	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Abita Root Beer Float (1 serving)	270	270	84	9	5	0	27	81	46	0	41	3	399	0	106	0
Aunt Mari's Chicken Supper (1 serving)	250	253	13	1	0	0	66	314	30	0	26	26	184	3	44	2

Chocolate Cookies 'n Cream (1 serving)	540	539	238	26	17	0	84	325	78	1	58	8	2112	0	174	3
Grandma's Noodles (1 serving)	260	265	44	5	2	0	13	159	42	2	2	12	100	0	184	2
Grandma's Noodles (1 serving) with Alfredo Sauce	590	593	341	38	23	0	121	657	46	2	6	15	728	1	260	2
Grandma's Noodles (1 serving) with Parmesan Butter Sauce	580	577	308	34	20	0	98	419	42	2	2	22	1110	0	534	2
Grandpa Joe's Tri Tip Supper (1 serving)	150	150	73	8	3	0	61	229	1	0	1	18	0	0	25	1
Homemade Macaroni-n-Cheese (1 serving)	340	342	179	20	11	0	56	1166	25	1	5	17	18	1	363	1
Jr. Banana Pudding (1 serving)	500	500	269	30	18	0	102	279	49	1	31	3	1016	35	147	1
Jr. Sundae (1 serving)	300	297	164	18	10	0	42	98	29	0	24	4	441	0	100	0
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	Total	Fat	Total Fat	Saturate	Trans	Choleste	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	d	Calories	Calories	(g)	d Fat (g)	Fat (g)	rol (mg)	(mg)	Carbs	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Four Item Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Four Item Combo (1 serving) with Meat Choice BBQ Chicken Breast	230	232	8	1	0	0	43	331	36	0	30	17	204	3	46	2
Four Item Combo (1 serving) with Meat Choice BBQ Half Chicken	260	260	109	12	3	0	60	532	21	0	18	15	342	6	31	2
Four Item Combo (1 serving) with Meat Choice Baby Back Ribs	460	464	272	30	11	0	103	1246	24	0	20	21	311	2	69	2
Four Item Combo (1 serving) with Meat Choice Bayou Shrimp	250	247	119	13	7	0	203	520	8	1	3	24	890	13	92	4
Four Item Combo (1 serving) with Meat Choice Beef Brisket Link Sausage	360	355	221	25	11	0	70	950	11	0	8	19	225	1	10	2
Four Item Combo (1 serving) with Meat Choice Beef Ribs	370	374	58	6	3	0	53	785	58	0	49	18	415	4	70	4
Four Item Combo (1 serving) with Meat Choice Blackened Catfish	210	213	101	11	3	0	67	1278	5	2	0	23	1212	2	40	2
Four Item Combo (1 serving) with Meat Choice Grilled Salmon	100	100	59	7	1	0	29	134	0	0	0	10	26	2	7	0
Four Item Combo (1 serving) with Meat Choice Jalapeno Cheddar Sausage	360	360	288	32	12	0	80	780	2	0	0	16	200	0	80	1
Four Item Combo (1 serving) with Meat Choice Pulled Chicken	240	237	32	4	1	0	49	411	29	0	24	20	169	3	40	2
Four Item Combo (1 serving) with Meat Choice Pulled Pork	200	196	104	12	4	0	56	458	8	1	7	15	103	2	25	1

Four 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
Four Item Combo (1 serving) with Meat Choice Smoked Beef Brisket	560	557	293	33	13	0	116	899	32	0	27	32	151	2	51	4
Four Item Combo (1 serving) with Meat Choice Smoked Ham	120	124	36	4	1	0	45	906	6	0	6	15	5	0	1	1
Four Item Combo (1 serving) with Meat Choice Smoked Rib Tips	250	247	115	13	5	0	44	441	24	0	18	9	207	1	24	1
Four Item Combo (1 serving) with Meat Choice Smoked Tri Tip	170	167	74	8	3	0	61	391	5	0	4	18	27	1	30	1
Four Item Combo (1 serving) with Meat Choice Smoked Turkey	150	147	70	8	1	0	45	882	2	0	2	17	2	0	1	1
Four Item Combo (1 serving) with Meat Choice St Louis Ribs	470	468	272	30	11	0	100	655	24	0	20	22	291	2	67	2
Three Item Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Three Item Combo (1 serving) with Meat Choice BBQ Chicken Breast	230	232	8	1	0	0	43	331	36	0	30	17	204	3	46	2
Three Item Combo (1 serving) with Meat Choice BBQ Half Chicken	350	353	165	18	5	0	91	728	22	0	18	23	467	9	37	2
Three Item Combo (1 serving) with Meat Choice BBQ Tri Tip	270	268	99	11	4	0	82	952	18	0	14	24	106	1	54	2
Three Item Combo (1 serving) with Meat Choice Baby Back Ribs	460	464	272	30	11	0	103	1246	24	0	20	21	311	2	69	2
Three Item Combo (1 serving) with Meat Choice Bayou Shrimp	250	247	119	13	7	0	203	520	8	1	3	24	890	13	92	4
Three Item Combo (1 serving) with Meat Choice Beef Brisket Link Sausage	360	355	221	25	11	0	70	950	11	0	8	19	225	1	10	2
Three Item Combo (1 serving) with Meat Choice Beef Ribs	370	374	58	6	3	0	53	785	58	0	49	18	415	4	70	4
Three Item Combo (1 serving) with Meat Choice Blackened Catfish	90	85	41	5	1	0	27	511	2	1	0	9	485	1	16	1
Three Item Combo (1 serving) with Meat Choice Grilled Salmon	100	100	59	7	1	0	29	134	0	0	0	10	26	2	7	0
Three Item Combo (1 serving) with Meat Choice Jalapeno Cheddar Sausage	360	360	288	32	12	0	80	780	2	0	0	16	200	0	80	1
Three Item Combo (1 serving) with Meat Choice Pulled Chicken	320	316	43	5	1	0	66	548	38	0	32	26	225	4	53	2
Three Item Combo (1 serving) with Meat Choice Pulled Pork	260	261	138	15	5	0	75	610	11	1	9	21	137	3	33	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	48	5	1	0	60	1209	8	0	8	20	6	0	1	1
Three Item Combo (1 serving) with Meat Choice Smoked Rib Tips	330	330	153	17	7	0	59	589	31	0	24	12	277	2	32	1
Three Item Combo (1 serving) with Meat Choice Smoked Turkey	200	196	94	10	1	0	60	1176	2	0	2	22	2	0	1	1
Three Item Combo (1 serving) with Meat Choice St Louis Ribs	470	468	272	30	11	0	100	655	24	0	20	22	291	2	67	2
Two Item Combo (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Two Item Combo (1 serving) with Meat Choice BBQ Chicken Breast	230	232	8	1	0	0	43	331	36	0	30	17	204	3	46	2
Two Item Combo (1 serving) with Meat Choice BBQ Half Chicken	260	260	109	12	3	0	60	532	21	0	18	15	342	6	31	2
Two Item Combo (1 serving) with Meat Choice BBQ Tri Tip	370	368	148	16	6	0	123	1105	18	0	15	36	106	2	70	3
Two Item Combo (1 serving) with Meat Choice Baby Back Ribs	610	609	361	40	15	0	138	1088	31	0	26	27	177	2	87	3
Two Item Combo (1 serving) with Meat Choice Bayou Shrimp	370	370	179	20	11	0	305	780	12	1	5	36	1335	19	138	6
Two Item Combo (1 serving) with Meat Choice Beef Brisket Link 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 Sausage	360	360	288	32	12	0	80	780	2	0	0	16	200	0	80	1
Two Item Combo (1 serving) with Meat Choice Pulled Chicken	470	473	65	7	1	0	99	822	57	0	48	39	337	6	79	3
Two Item Combo (1 serving) with Meat Choice Pulled Pork	390	392	207	23	8	0	113	915	16	1	13	31	205	4	49	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	72	8	2	0	90	1813	12	0	12	30	9	0	1	1
Two Item Combo (1 serving) with Meat Choice Smoked Rib Tips	500	504	235	26	10	0	90	897	47	0	36	18	420	3	49	2
Two Item Combo (1 serving) with Meat Choice Smoked Turkey	290	295	140	16	2	0	90	1764	3	0	3	33	4	0	1	1
Two Item Combo (1 serving) with Meat Choice St Louis Ribs	620	618	362	40	15	0	133	864	31	0	26	29	382	2	88	3

Catering Appetizers

Round Calories	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)
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BBQ Rib Tips (1 serving)	590	592	313	35	13	0	120	1046	44	0	32	24	460	3	45	2
BBQ Rib Tips (30 servings)	17750	17753	9400	1044	401	0	3600	31387	1323	9	966	725	13792	79	1340	49
Bayou Spicy Shrimp Platter (1 serving)	260	262	121	13	8	0	211	528	10	1	4	25	981	22	101	4
Bayou Spicy Shrimp Platter (10 servings)	2620	2625	1207	134	75	0	2108	5282	101	13	42	251	9805	223	1013	40
Cheese Platter, Large (1 serving)	380	380	260	29	18	0	93	690	1	0	1	22	96	0	58	0
Cheese Platter, Large (50 servings)	18990	18985	13003	1445	883	0	4659	34519	73	0	64	1106	4800	0	2888	0
Crab Cake Platter (1 serving)	1120	1122	813	90	16	0	181	1817	52	2	11	24	1717	92	108	3
Crab Cake Platter (12 servings)	13460	13463	9756	1084	187	0	2173	21806	624	29	127	291	20601	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	16220	1353	63	95	208	0	0	253	71
Deviled Eggs (1 egg)	80	83	65	7	2	0	109	94	0	0	0	4	147	1	14	0
Deviled Eggs (60 eggs)	4980	4983	3894	433	103	0	6524	5661	19	2	15	225	8820	44	824	29
Fresh Fruit Platter, Large (1 serving)	50	50	2	0	0	0	0	7	11	1	9	1	635	29	11	0
Fresh Fruit Platter, Large (50 servings)	2510	2513	95	11	2	0	0	353	570	72	450	34	31754	1442	547	15
Grilled Hot Links (1 serving)	1120	1120	840	93	32	0	213	3403	24	3	19	43	2100	4	127	4
Grilled Hot Links (12 servings)	13440	13440	10080	1120	384	0	2560	40840	292	32	224	512	25200	53	1520	43
Mini Crab Cakes, 1 oz (1 serving)	70	70	42	5	1	0	14	103	5	0	1	2	115	8	10	0
Mini Crab Cakes, 1 oz (60 servings)	4220	4217	2500	278	50	0	847	6153	281	12	44	136	6892	480	600	15
Mini Crab Cakes, 2 oz (1 serving)	140	141	83	9	2	0	28	205	9	0	1	5	230	16	20	1
Mini Crab Cakes, 2 oz (30 servings)	4220	4217	2500	278	50	0	847	6153	281	12	44	136	6892	480	600	15
Southern Chicken Strips (1 serving)	340	341	196	22	3	0	50	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	1318	94	7	10	25	6348	15	643	3
Spinach and Cheese Dip (12 servings)	9400	9402	3703	411	151	0	450	15821	1122	86	114	299	76175	180	7719	37
Vegetable Platter, Large (1 serving)	20	21	1	0	0	0	0	32	4	1	2	1	2815	37	20	0
Vegetable Platter, Large (50 servings)	1030	1031	60	7	1	0	0	1613	206	71	110	40	140768	1839	978	19

	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Grilled Veggie Burger (1 serving)	1280	1277	841	93	25	0	132	1980	84	6	17	23	2131	10	324	6
Pulled Chicken Sandwich Platter (1 sandwich)	700	703	213	24	8	0	164	832	70	2	25	48	737	3	119	6
Pulled Pork Sandwich Platter (1 sandwich)	830	827	411	46	15	0	194	1154	61	4	15	44	2840	36	150	6
Texas Style Beef Brisket Sandwich Platter (1 sandwich)	920	922	475	53	21	0	194	1490	66	2	21	44	672	2	117	8
Tri Tip Sandwich Platter (1 sandwich)	770	768	312	35	13	0	201	1250	64	2	20	48	671	1	149	7

Catering Salads and Specialties		Round d	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ Chicken Salad Platter (1 serving)	770	771	404	45	9	0	106	1222	50	5	23	38	5180	18	187	6	
BBQ Chicken Salad Platter (12 servings)	9250	9255	4849	539	103	0	1268	14666	603	55	280	456	62154	215	2239	68	
Jambalaya Me-Oh-My-A (1 serving)	1530	1534	843	94	29	0	236	2633	112	5	15	55	4173	130	158	9	
Jambalaya Me-Oh-My-A (12 servings)	18400	18403	10116	1124	346	0	2834	31595	1339	63	182	657	50074	1554	1901	105	
New Orleans Gumbo Platter (1 serving)	510	507	204	23	6	0	85	995	50	2	2	25	672	41	64	3	
New Orleans Gumbo Platter (12 servings)	6080	6080	2442	271	72	0	1026	11941	596	23	27	295	8062	492	772	39	
Smoked Chicken Pasta (1 serving)	1010	1010	655	73	27	1	175	1362	55	3	10	32	1371	82	325	3	
Tri Tip Salad Platter (1 serving)	590	592	276	31	7	0	68	835	53	8	34	26	11013	281	202	10	
Tri Tip Salad Platter (12 servings)	7100	7104	3311	368	79	0	816	10022	640	100	404	308	132156	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		Round d	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Chunk Cookie (1 cookie)	220	220	90	10	6	0	20	180	31	1	19	3	0	0	10	1	
Fudge Brownie, Individual (1 serving)	400	402	90	10	3	0	0	386	74	0	50	3	0	0	0	4	
Half Texas Sheet Cake (1 piece)	1030	1025	363	40	12	0	20	786	155	2	109	10	334	0	77	7	
Half Texas Sheet Cake (5 pieces)	5130	5126	1815	202	61	0	101	3931	775	10	546	49	1670	0	385	37	
Old Fashioned Banana Pudding (1 serving)	1300	1296	680	76	46	0	232	739	137	1	103	6	2464	109	308	1	
Whole Apple Cobbler (1 serving)	720	723	193	21	13	0	70	111	128	4	101	4	904	7	61	1	
Whole Berry Cobbler (1 serving)	300	298	57	6	3	0	21	59	57	3	40	3	289	59	38	1	
Whole Peach Cobbler (1 serving)	400	403	67	7	4	0	38	91	80	1	60	4	534	5	52	1	
Whole Texas Sheet Cake (1 piece)	1030	1025	363	40	12	0	20	786	155	2	109	10	334	0	77	7	
Whole Texas Sheet Cake (10 pieces)	10250	10252	3629	403	121	0	203	7863	1551	21	1093	99	3340	0	770	74	

Celebration Menu Appetizers		Round d	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Buffalo Cauliflower (1 serving)	240	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	640	51	4	4	14	3047	16	357	2
Celebration Menu Soups and Salads	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
New Orleans Gumbo (1 serving)	190	194	77	9	2	0	36	379	18	1	1	10	256	15	23	1
Celebration Menu Southern Specialties	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Jambalaya (1 serving)	910	911	502	56	14	0	174	1622	60	3	5	40	2826	97	87	5
Southern Fried Chicken (1 serving)	740	740	237	26	12	0	124	2437	81	10	18	45	15871	58	314	5
Celebration Menu Desserts	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Apple Cobbler (1 serving)	460	464	117	13	7	0	39	109	83	2	66	3	542	4	65	1
Fudge Brownie, Individual (1 serving)	400	402	90	10	3	0	0	386	74	0	50	3	0	0	0	4
Key Lime Cheesecake (1 serving)	300	298	183	20	11	0	42	183	26	0	20	3	2371	1	83	0
Old Fashioned Banana Pudding (1 serving)	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)	570	573	209	23	8	0	19	413	85	1	60	6	300	0	74	4

Lucilles BBQ Menu Analysis Book for Alcoholic Beverages for Core

Alcoholic Beverages	Round d Calories	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Choleste rol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Agave Love (1 drink)	200	204	0	0	0	0	0	3	24	0	22	0	12	18	5	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	2722	29	2	9	5	653	8	62	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)	350	349	113	13	9	0	45	62	33	1	21	5	1412	0	136	0
Brown Derby (1 drink)	160	160	0	0	0	0	0	4	14	0	13	0	0	15	0	0
Captain and Coke (1 drink)	130	130	0	0	0	0	0	2	12	0	10	0	0	0	0	0
Cherry Blossom (1 drink)	260	262	0	0	0	0	0	0	34	0	33	0	6	14	2	0
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)	350	351	96	11	7	0	38	53	51	0	45	2	765	0	59	0
El Pepino (1 drink)	260	265	1	0	0	0	0	161	38	1	34	0	44	13	14	0
Five Rum Punch (1 drink)	300	302	0	0	0	0	0	19	41	1	34	1	333	64	23	0
Gentleman's Old Fashioned (1 drink)	200	198	0	0	0	0	0	1	16	0	15	0	43	10	8	0
Gin and Sin Martini (1 drink)	240	237	0	0	0	0	0	1	23	0	20	0	38	10	8	0
Gold Rush (1 drink)	200	196	0	0	0	0	0	0	22	1	20	0	7	17	7	0
Irish Mule (1 drink)	200	196	0	0	0	0	0	0	27	0	25	0	16	8	6	0
Jack and Coke (1 drink)	240	238	0	0	0	0	0	2	10	0	10	0	0	0	0	0
Jack and the Giant Peach (1 drink)	180	181	0	0	0	0	0	1	20	1	18	0	298	13	0	0
Jameson and Ginger (1 drink)	130	129	0	0	0	0	0	13	9	0	9	0	0	0	0	0
Kentucky Cooler (1 drink)	240	237	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	1	25	1	23	0	7	17	7	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	0	1	1361	30	2	11	3	429	15	40	2
Maple Milk Punch (1 drink)	370	371	82	9	6	0	45	47	39	39	1	21	3	314	0	171	1
Margarita (1 drink)	270	268	1	0	0	0	0	0	1	40	1	36	0	27	16	12	0
Margarita (1 drink) with Salt Rim	270	268	1	0	0	0	0	0	961	40	1	36	0	27	16	12	0
Mint Julep (1 drink)	80	78	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Booker's Bourbon Whiskey	290	288	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Buffalo Trace Bourbon Whiskey	220	222	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Bulleit Rye Whiskey	220	223	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Gentleman Jack	210	207	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with High West Double Rye Whiskey	210	212	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Jack Daniels Tennessee Whiskey	210	212	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Jim Beam Bourbon Whiskey	210	211	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Knob Creek Bourbon Whiskey	240	238	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Makers Mark Bourbon Whiskey	220	218	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Michter's US1 Single Rye	240	240	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Templeton Rye Whiskey	220	223	0	0	0	0	0	0	1	19	0	19	0	15	0	2	0
Mint Julep (1 drink) with Whistle Pig Rye Whiskey	230	230	0	0	0	0	0	0	1	19	0	19	0	15	0	2	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)	180	177	2	0	0	0	0	1	1354	28	2	9	2	429	15	40	2
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
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

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
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 Love Hazy IPA	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 CitraholiC IPA	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 Lightning Hazy IPA	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 Double IPA	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 Haze IPA	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 Supercharged IPA	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 IPA	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 Outstanding IPA	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 Hazy IPA	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 Ranger IPA	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 Hazy IPA	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 Crush Hazy IPA	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 Thing	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 Love Hazy IPA	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 CitraholiC IPA	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 Lightning Hazy IP,	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 Double IPA	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 Skull	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 Haze IPA	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 IPA	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 Supercharged IPA	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 IPA	250	247	0	0	0	0	0	0	21	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Kern River Just Outstanding IPA	250	253	0	0	0	0	0	13	21	1	0	4	0	0	0
Pale Ales and IPAs (16 fluid ounces) with King Harbor Tiki Hut IPA	230	227	0	0	0	0	0	13	13	0	0	4	0	0	27
Pale Ales and IPAs (16 fluid ounces) with Knee Deep Breaking Bud	240	242	0	0	0	0	0	17	15	0	0	3	0	0	28
Pale Ales and IPAs (16 fluid ounces) with Lovelady Love Juice Hazy IPA	290	285	0	0	0	0	0	0	27	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Modern Times Orderville	280	284	0	0	0	0	0	39	21	0	0	3	0	0	0
Pale Ales and IPAs (16 fluid ounces) with New Belgium Voodoo Ranger IPA	250	253	0	0	0	0	0	13	20	0	0	0	0	0	36
Pale Ales and IPAs (16 fluid ounces) with Offshoot Relax It's Just A Hazy IPA	270	273	0	0	0	0	0	4	19	0	0	1	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Refuge Brewing Baja Crush Hazy IPA	260	256	0	0	0	0	0	37	23	0	0	4	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Revision Disco Ninja	310	305	0	0	0	0	0	0	30	0	0	0	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Sierra Nevada Hazy Little Thing	290	285	0	0	0	0	0	0	27	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	19	0	0	2	0	0	0
Pale Ales and IPAs (16 fluid ounces) with Smog City Hoptonic IPA	220	220	0	0	0	0	0	0	14	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	13	16	0	0	4	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
Pale Ales and IPAs (20 fluid ounces) with Almanac Beer Company Love Hazy IPA	290	292	0	0	0	0	0	17	25	0	2	5	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Ballast Point Sculpin IPA	410	408	0	0	0	0	0	25	39	0	0	3	0	0	23
Pale Ales and IPAs (20 fluid ounces) with Beachwood BBQ Citraholic IPA	290	292	0	0	0	0	0	17	25	2	0	3	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Brouwerij West Picnic Lightning Hazy IPA	350	350	0	0	0	0	0	0	30	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Drakes Denogginizer Double IPA	450	453	0	0	0	0	0	0	27	0	0	4	0	0	0
Pale Ales and IPAs (20 fluid ounces) with El Segundo Broken Skull	350	350	0	0	0	0	0	17	23	0	2	3	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Elysian Space Dust IPA	380	382	0	0	0	0	0	0	25	0	0	5	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Firestone Brewing Mind Haze IPA	340	342	0	0	0	0	0	0	26	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Four Peaks Hopknot IPA	340	335	0	0	0	0	0	42	25	0	3	3	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Fremont Sky Kraken	280	275	0	0	0	0	0	25	25	0	0	3	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Garage Brewing Supercharged IPA	350	350	0	0	0	0	0	0	26	0	0	2	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Gunwhale Bait Ball IPA	380	383	0	0	0	0	0	33	33	0	0	5	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Hangar 24 Mango Island IPA	310	308	0	0	0	0	0	0	27	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Kern River Just Outstanding IPA	320	317	0	0	0	0	0	17	27	2	0	5	0	0	0
Pale Ales and IPAs (20 fluid ounces) with King Harbor Tiki Hut IPA	280	283	0	0	0	0	0	17	17	0	0	5	0	0	33
Pale Ales and IPAs (20 fluid ounces) with Knee Deep Breaking Bud	300	302	0	0	0	0	0	21	19	0	0	3	0	0	35
Pale Ales and IPAs (20 fluid ounces) with Lovelady Love Juice Hazy IPA	360	357	0	0	0	0	0	0	34	0	0	0	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Modern Times Orderville	360	355	0	0	0	0	0	49	26	0	0	4	0	0	0
Pale Ales and IPAs (20 fluid ounces) with New Belgium Voodoo Ranger IPA	320	317	0	0	0	0	0	17	25	0	0	0	0	0	45
Pale Ales and IPAs (20 fluid ounces) with Offshoot Relax It's Just A Hazy IPA	340	342	0	0	0	0	0	5	23	0	0	2	0	0	0
Pale Ales and IPAs (20 fluid ounces) with Refuge Brewing Baja Crush Hazy IPA	320	320	0	0	0	0	0	47	29	0	0	5	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 Little Thing	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 Love Hazy IPA	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 IPA	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 Citraholic IPA	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 Lightning Hazy IPA	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 Double IPA	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 Skull	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 Haze IPA	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 IPA	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	0
Pale Ales and IPAs (21 fluid ounces) with Garage Brewing Supercharged IPA	370	367	0	0	0	0	0	0	28	0	0	2	0	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	0
Pale Ales and IPAs (21 fluid ounces) with Hangar 24 Mango Island IPA	320	324	0	0	0	0	0	0	28	0	0	0	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Kern River Just Outstanding IPA	330	333	0	0	0	0	0	18	28	2	0	5	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with King Harbor Tiki Hut IPA	300	298	0	0	0	0	0	18	18	0	0	5	0	0	35	0
Pale Ales and IPAs (21 fluid ounces) with Knee Deep Breaking Bud	320	317	0	0	0	0	0	22	20	0	0	4	0	0	37	0
Pale Ales and IPAs (21 fluid ounces) with Lovelady Love Juice Hazy IPA	370	375	0	0	0	0	0	0	36	0	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	0
Pale Ales and IPAs (21 fluid ounces) with New Belgium Voodoo Ranger IPA	330	333	0	0	0	0	0	18	26	0	0	0	0	0	47	0
Pale Ales and IPAs (21 fluid ounces) with Offshoot Relax It's Just A Hazy IPA	360	359	0	0	0	0	0	5	24	0	0	2	0	0	0	0
Pale Ales and IPAs (21 fluid ounces) with Refuge Brewing Baja Crush Hazy IPA	340	336	0	0	0	0	0	49	31	0	0	5	0	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	0
Pale Ales and IPAs (21 fluid ounces) with Sierra Nevada Hazy Little Thing	370	375	0	0	0	0	0	0	36	0	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	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	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	0
Pale Ales and IPAs (30 fluid ounces)	0	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 Love Hazy IPA	440	438	0	0	0	0	0	25	38	0	3	8	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Ballast Point Sculpin IPA	610	611	0	0	0	0	0	38	59	0	0	4	0	0	35	0
Pale Ales and IPAs (30 fluid ounces) with Beachwood BBQ Citraholic IPA	440	438	0	0	0	0	0	25	37	3	0	5	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Brouwerij West Picnic Lightning Hazy IPA	530	525	0	0	0	0	0	0	45	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Drakes Denogginizer Double IPA	680	680	0	0	0	0	0	0	40	0	0	7	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with El Segundo Broken Skull	530	525	0	0	0	0	0	25	35	0	3	5	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Elysian Space Dust IPA	570	573	0	0	0	0	0	0	38	0	0	8	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Firestone Brewing Mind Haze IPA	510	513	0	0	0	0	0	0	38	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Four Peaks Hopknot IPA	500	503	0	0	0	0	0	62	38	0	5	5	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Fremont Sky Kraken	410	413	0	0	0	0	0	38	38	0	0	5	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Garage Brewing Supercharged IPA	520	525	0	0	0	0	0	0	40	0	0	3	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Gunwhale Bait Ball IPA	570	575	0	0	0	0	0	50	50	0	0	8	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Hangar 24 Mango Island IPA	460	463	0	0	0	0	0	0	40	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Kern River Just Outstanding IPA	480	475	0	0	0	0	0	25	40	3	0	8	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with King Harbor Tiki Hut IPA	430	425	0	0	0	0	0	25	25	0	0	8	0	0	50	0
Pale Ales and IPAs (30 fluid ounces) with Knee Deep Breaking Bud	450	453	0	0	0	0	0	32	28	0	0	5	0	0	53	0
Pale Ales and IPAs (30 fluid ounces) with Lovelady Love Juice Hazy IPA	540	535	0	0	0	0	0	0	52	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Modern Times Orderville	530	533	0	0	0	0	0	73	39	0	0	6	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with New Belgium Voodoo Ranger IPA	480	475	0	0	0	0	0	25	38	0	0	0	0	0	68	0
Pale Ales and IPAs (30 fluid ounces) with Offshoot Relax It's Just A Hazy IPA	510	513	0	0	0	0	0	8	35	0	0	3	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Refuge Brewing Baja Crush Hazy IPA	480	480	0	0	0	0	0	70	44	0	0	8	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Revision Disco Ninja	570	573	0	0	0	0	0	0	57	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Sierra Nevada Hazy Little Thing	540	535	0	0	0	0	0	0	52	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Sierra Nevada Pale Ale	440	438	0	0	0	0	0	0	35	0	0	4	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Smog City Hoptonic IPA	410	413	0	0	0	0	0	0	26	0	0	0	0	0	0	0
Pale Ales and IPAs (30 fluid ounces) with Societe The Pupil IPA	500	500	0	0	0	0	0	25	30	0	0	8	0	0	0	0
Stone Buenaveza Michelada (1 drink)	190	191	2	0	0	0	1	1378	27	2	9	2	429	15	40	2
Twisted Tea, Draft (1 drink)	260	260	0	0	0	0	0	13	37	0	23	0	2	4	2	0
Twisted Tea, Happy Hour (1 drink)	200	196	0	0	0	0	0	10	28	0	18	0	2	4	2	0

Twisted Tea, Small (1 drink)	200	196	0	0	0	0	0	10	28	0	18	0	2	4	2	0
Wheats and Whites (16 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheats and Whites (16 fluid ounces) with Blue Moon Belgian White	220	219	0	0	0	0	0	10	17	0	0	3	0	0	0	0
Wheats and Whites (16 fluid ounces) with Golden Road Mango Cart	180	179	0	0	0	0	0	13	17	0	4	3	0	0	0	0
Wheats and Whites (16 fluid ounces) with Hangar 24 Orange Wheat	210	213	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheats and Whites (16 fluid ounces) with Karl Strauss Windansea	220	220	0	0	0	0	0	13	21	0	0	2	0	0	0	0
Wheats and Whites (16 fluid ounces) with Refuge Blood Orange Wit	190	189	0	0	0	0	0	37	15	0	0	4	0	0	0	0
Wheats and Whites (21 fluid ounces)	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 White	290	287	0	0	0	0	0	13	23	0	0	4	0	0	0	0
Wheats and Whites (21 fluid ounces) with Golden Road Mango Cart	230	235	0	0	0	0	0	18	23	0	5	4	0	0	0	0
Wheats and Whites (21 fluid ounces) with Hangar 24 Orange Wheat	280	280	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wheats and Whites (21 fluid ounces) with Karl Strauss Windansea	290	289	0	0	0	0	0	18	28	0	0	3	0	0	0	0
Wheats and Whites (21 fluid ounces) with Refuge Blood Orange Wit	250	248	0	0	0	0	0	49	19	0	0	6	0	0	0	0

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