

True Texas BBQ Nutrition Facts																		
Item Description	Allergens	Servings	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Potassium	Total Carbs	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<b>Meats</b>																		
1/2 LB Brisket Lean		1	640	370	41	16	1.5	205	2590		9	1	0	60	0%	0%	2%	35%
1/2 LB Brisket Fatty		1	730	490	54	22	2.5	190	2210	590	8	1	0	53	0%	0%	2%	35%
1/2 LB Turkey		1	380	130	14	4.5	0	135	1220		10	0	8	53	0%	0%	2%	2%
1/2 LB Pulled Pork	Soy	1	560	280	32	11	0	160	890		28	2	24	41	10%	2%	4%	15%
1/2 LB Chopped Brisket	Soy	1	530	270	30	11	1	100	1450		37	5	28	27	10%	15%	4%	20%
Natural 1/2 Chicken		1 each	1030	400	44	15	0	525	2580		40	2	27	120	2%	0%	15%	10%
Natural Chicken - Leg Quarter		Leg Qtr	460	220	24	8	0	240	1080		18	1	12	44	0%	0%	6%	4%
Natural Chicken - Breast Quarter		Breast Qtr	570	180	20	7	0	285	1500		22	1	15	76	2%	0%	8%	6%
Sausage Ring		1	300	290	33	12	0	120	1130		0	0	0	33	0%	0%	0%	33%
1/2 Rack of St Louis Pork Ribs			1210	790	88	32	0	300	1410		31	3	24	75	2%	0%	15%	30%
Whole Rack of St Louis Pork Ribs			2410	1570	175	64	0	595	2810		62	6	47	149	2%	0%	30%	60%
<b>Plates</b>																		
1 Meat Plate - (1) 1/4lb of Meat, Chicken Quarter or Sausage and (2) 3/4 cup sides			270-1270															
2 Meat Plate - (2) 1/4lb of Meat, Chicken Quarter or Sausage and (2) 3/4 cup sides			460-1840															
3 Meat Plate - (3) 1/4lb of Meat, Chicken Quarter or Sausage and (2) 3/4 cup sides			650-2410															
3 rib plate			680-1300															
6 rib plate			1290 - 1910															
<b>Meat Choices:</b>																		
Natural Brisket - Moist		4oz	360	240	27	11	1	95	1100		4	0	0	26	0%	0%	0%	15%
Natural Brisket - Lean		4oz	320	180	20	8	1	100	1300		4	0	0	30	0%	0%	2%	20%
Chopped Brisket		4oz	260	130	15	6	0.5	50	720		19	3	14	13	4%	6%	2%	10%
Pulled Pork		4oz	280	140	16	6	0	80	450		14	1	12	20	6%	0%	2%	8%
Natural Turkey		4oz	190	60	7	2.5	0	65	610		5	0	4	26	0%	0%	2%	0%
Natural Chicken - Breast Quarter		Breast Qtr	570	180	20	7	0	285	1500		22	1	15	76	2%	0%	8%	6%
Natural Chicken - Leg Quarter		Leg Qtr	460	220	24	8	0	240	1080		18	1	12	44	0%	0%	6%	4%
Natural 1/2 Chicken		1 each	1030	400	44	15	0	525	2580		40	2	27	120	2%	0%	15%	10%
Natural Hand-Tied Sausage		1 each	300	290	33	12	0	120	1130		0	0	0	33	0%	0%	0%	20%
<b>Side Choices:</b>																		
Creamed Corn - 3/4 cup (plate portion)	Milk, Wheat	1	330	180	20	15	0	75	440		29	2	10	8	15%	0%	15%	0%
Cole Slaw - 3/4 cup (plate portion)	Egg, Milk, Soy	1	140	90	10	1.5	0	5	170	160	10	2	8	1	45%	40%	4%	2%
Potato Salad - 3/4 Cup (plate portion)	Egg, Soy	1	270	160	18	3	0	50	570		21	3	1	4	2%	20%	2%	6%
Green Beans - 3/4 cup (plate portion)		1	50	0	0	0	0	0	320		11	2	5	2	15%	25%	6%	6%
Mac N Cheese - 3/4 cup (plate portion)	Egg, Milk, Soy, Wheat	1	350	190	21	11	0.5	50	970		25	1	4	15	10%	0%	25%	6%
Brisket Beans - 3/4 cup (plate portion)		1	150	35	3.5	1.5	0	15	790		19	5	2	10	2%	10%	4%	10%
Side Garden Salad		1	40	0	0	0	0	0	55		8	3	5	1	130%	45%	6%	6%
Cup of Grapes		1	60	0	0	0	0	0	0	160	15	1	13	1	2%	4%	0%	2%
<b>All Plates come with:</b>																		
White Bread	Wheat	2 slices	140	20	2	0	0	0	200		28	0	4	4	0%	0%	4%	8%
Onions		2 oz.	30	0	0	0	0	0	0		5	1	2	1	0%	6%	2%	0%
Pickles		2 oz.	10	0	0	0	0	0	930		2	1	1	0	0%	0%	0%	0%
<b>Texas Sized Potatoes</b>																		
Baked Potato		1	400	50	6	1	0	0	960		78	8	4	10	0%	50%	6%	20%
Baked Potato w/Pulled Pork	Soy	1	680	190	22	7	0	80	1410	2270	92	9	16	30	6%	50%	8%	30%
Baked Potato w/Chopped Brisket	Soy	1	660	180	21	7	0.5	50	1680	2290	97	11	18	23	6%	60%	8%	35%
Baked Potato w/ Turkey		1	590	120	13	3	0	65	1570		83	9	8	36	0%	50%	8%	25%
Baked Potato w/Smoked Sausage		1	700	350	39	13	0	120	2100		78	8	4	42	0%	50%	6%	40%
<b>Free Add-Ons:</b>																		
Butter	Milk	1	100	100	11	7	0	30	0		0	0	0	0	4%	0%	0%	0%
Cheddar Cheese	Milk	1	60	40	4.5	2.5	0	15	90		1	0	0	4	0%	0%	0%	0%
Sour Cream	Milk	1	30	20	2.5	1.5	0	10	5		0	0	0	0	2%	0%	0%	0%
Green Onions		1	0	0	0	0	0	0	0		0	0	0	0	0%	2%	0%	0%
<b>Salads</b>																		
Turkey Club Salad	Milk	1	420	230	25	7	0	95	940	16	6	6	36					
Large Garden Salad (w/out dressing)		1	80	0	0	0	0	0	110		16	5	10	3	260%	90%	10%	10%
Side Garden Salad (w/out dressing)		1	40	0	0	0	0	0	55		8	3	5	1	130%	45%	6%	6%
Ranch Dressing	Egg, Milk, Soy	2oz	210	190	21	5	0	30	460	3	1	1	2					
Balsamic Vinaigrette		2oz	45	35	4	0.5	0	0	105	3	0	3	0					
<b>Sandwiches</b>																		

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Pulled Pork Sandwich - Qtr lb	Milk, Soy, Wheat	1	510	210	23	8	0	80	800	270	48	2	16	27	6%	0%	15%	20%
Pulled Pork Sandwich - Half lb	Milk, Soy, Wheat	1	1050	550	63	17	0	160	1390	540	72	3	29	49	10%	2%	15%	30%
Sliced Turkey Sandwich - Qtr lb	Milk, Soy, Wheat	1	420	130	14	4	0	65	970	330	39	1	8	33	0%	0%	15%	10%
Sliced Turkey Sandwich - Half lb	Milk, Soy, Wheat	1	670	200	22	7	0	135	1580	670	55	1	13	61	0%	0%	15%	15%
Chopped Brisket Sandwich - Qtr lb	Milk, Soy, Wheat	1	490	200	22	8	0.5	50	1080	290	53	4	18	20	4%	6%	15%	20%
Chopped Brisket Sandwich - Half lb	Milk, Soy, Wheat	1	820	340	38	13	1	100	1800	580	82	6	33	35	10%	15%	15%	35%
Sliced Brisket Sandwich - Qtr lb	Milk, Soy, Wheat	1	550	250	28	10	1	100	1650	410	38	1	4	37	0%	0%	15%	30%
Sliced Brisket Sandwich - Half lb	Milk, Soy, Wheat	1	940	440	49	17	1.5	205	2950	810	54	2	5	68	0%	0%	15%	50%
Smoked Sausage Sandwich	Milk, Soy, Wheat	1	590	360	41	14	0	120	1490		45	1	5	41	0%	0%	10%	35%
Chipotle Turkey Sandwich	Egg, Milk, Wheat	1	730	370	41	14	0	105	1560	48	6	4	44					
<b>Sides</b>																		
Whole Jalapeno																		
Cole Slaw - Cup	Egg, Milk, Soy	1	190	120	14	2	0	5	230	220	14	3	11	1	60%	50%	6%	2%
Cole Slaw - Pint	Egg, Milk, Soy	1	370	240	27	4	0	15	450	430	27	5	21	3	120%	110%	10%	6%
Cole Slaw - Quart	Egg, Milk, Soy	1	770	490	55	8	0	25	930	880	55	11	44	5	250%	220%	20%	10%
Cole Slaw - TX Size	Egg, Milk, Soy	1	1270	820	91	14	0	45	1540		91	18	73	9	410%	360%	35%	20%
Potato Salad - Cup	Egg, Soy	1	360	220	24	4	0	70	460		28	4	2	6	4%	30%	4%	8%
Potato Salad - Pint	Egg, Soy	1	720	430	48	8	0	140	1520	0	56	8	4	12	8%	60%	8%	15%
Potato Salad - Quart	Egg, Soy	1	1440	860	96	16	0	280	3040		112	16	8	24	15%	120%	15%	30%
Potato Salad - TX Size	Egg, Soy	1	3920	2350	261	44	0	760	8270		305	44	22	65	45%	330%	45%	90%
Brisket Beans - Cup		1	200	45	5	2	0	20	1050	610	25	6	3	13	4%	15%	6%	15%
Brisket Beans - Pint		1	390	90	10	4	0	35	2100	1230	49	13	6	26	6%	30%	15%	30%
Brisket Beans - Quart		1	780	180	20	8	1	70	4210	2460	99	26	13	51	15%	60%	25%	60%
Brisket Beans - TX Size		1	2130	490	54	22	2.5	190	11450		269	70	35	140	35%	1700%	70%	170%
Creamed Corn - Cup	Milk, Wheat	1	440	230	26	20	0	100	590		39	2	13	11	20%	0%	20%	0%
Creamed Corn - Pint	Milk, Wheat	1	870	470	52	39	0	195	1170		78	4	26	22	45%	0%	45%	0%
Creamed Corn - Quart	Milk, Wheat	1	1740	940	104	78	0	390	2350		157	9	52	44	90%	0%	90%	0%
Creamed Corn - TX Size	Milk, Wheat	1	4120	2230	247	186	0	930	5570		371	21	124	103	210%	0%	210%	0%
Mac N Cheese - Cup	Egg, Milk, Soy, Wheat	1	470	260	28	15	1	70	1290		33	1	5	20	15%	0%	35%	8%
Mac N Cheese - Pint	Egg, Milk, Soy, Wheat	1	910	500	55	29	2	135	2520		64	2	9	40	25%	0%	60%	15%
Mac N Cheese - Quart	Egg, Milk, Soy, Wheat	1	1870	1020	114	60	4	280	5160		131	4	19	81	60%	0%	130%	30%
Mac N Cheese - TX Size	Egg, Milk, Soy, Wheat	1	5020	2740	305	161	10	745	13860		351	10	50	218	150%	0%	350%	80%
Green Beans - Cup		1	70	0	0	0	0	0	430		14	3	7	2	20%	30%	8%	8%
Green Beans - Pint		1	140	5	0	0	0	0	850		29	6	14	5	40%	60%	15%	15%
Green Beans - Quart		1	280	10	1	0	0	0	1700		57	13	28	10	80%	120%	30%	30%
Green Beans - TX Size		1	1110	30	3.5	1	0	0	6800		230	52	112	39	340%	500%	110%	120%
Grapes - Cup		1	60	0	0	0	0	0	0	160	15	1	13	1	2%	4%	0%	2%
Grapes - Pint		1	120	0	0	0	0	0	0		31	2	26	1	2%	10%	2%	4%
<b>Kids</b>																		
Kids Mac N Cheese - Cup	Egg, Milk, Soy, Wheat	1	470	260	28	15	1	70	1290		33	1	5	20	15%	0%	35%	8%
Kids Brisket Sandwich			510	190	21	8	0.5	85	1670		50	1	15	28	4%	6%	6%	30%
Kids Pulled Pork Sandwich			560	230	26	9	0.5	105	810		47	1	14	3	4%	4%	8%	25%
Lil' Buckaroo Plate - ((1) 1/4lb of Meat, Chicken Quarter or Sausage and (1) 3/4 cup side, pickles,			460-1300															
<b>Desserts</b>																		
Peach Cobbler - Cup	Milk, Wheat	1	360	70	8	2.5	2.5	0	400	68	0	54	4					
Peach Cobbler - Pint	Milk, Wheat	1	720	140	15	4.5	4.5	0	800	137	0	108	7					
Peach Cobbler - Texas Size (per serving)	Milk, Wheat	24	120	25	2.5	1	1	0	135		23	0	18	1	2%	0%	2%	2%
Banana Pudding - Cup	Egg, Milk, Wheat	1	390	140	15	11	0	25	350	58	1	42	6					
Banana Pudding - Pint	Egg, Milk, Wheat	1	730	270	30	22	0	50	670		106	1	81	12	10%	6%	25%	6%
Banana Pudding - Texas Size (per serving)	Egg, Milk, Wheat	24	230	80	9	6	0	15	200		36	1	25	4	4%	4%	6%	2%
Chocolate Peanut Butter Pudding - Cup	Milk, Peanut, Soy, Wheat	1	430	180	20	12	0	25	280	56	2	35	8					
Chocolate Peanut Butter Pudding - Pint	Milk, Peanut, Soy, Wheat	4	210	90	10	6	0	15	140	28	1	17	4					
Chocolate Raspberry Pudding - Cup	Egg, Milk, Soy, Wheat	1	520	230	25	14	0	25	480	68	4	42	6					
Chocolate Raspberry Pudding - Pint	Egg, Milk, Soy, Wheat	1	900	390	43	26	0	50	850	117	6	76	12					
Pina Colada Pudding - Cup	Egg, Milk, Tree Nuts, Wheat	1	390	180	20	14	0	20	340	50	2	35	5					
Pina Colada Pudding - Pint	Egg, Milk, Tree Nuts, Wheat	4	190	80	9	7	0	10	160	24	1	17	3					
<b>Add-Ons:</b>																		
White Bread	Wheat	2 slices	140	20	2	0	0	0	200		28	0	4	4	0%	0%	4%	8%
Onions		2 oz.	30	0	0	0	0	0	0		5	1	2	1	0%	6%	2%	0%
Pickles		2 oz.	10	0	0	0	0	0	930		2	1	1	0	0%	0%	0%	0%
Sauce			40	0	0	0	0	0	300		10	1	8	0	4%	6%	0%	2%
Butter	Milk	1	100	100	11	7	0	30	0		0	0	0	0	4%	0%	0%	0%
Sour Cream	Milk	1	30	20	2.5	1.5	0	10	5		0	0	0	0	2%	0%	0%	0%

