



# Menu Nutrition Report

## A La Carte

| Menu Item                      | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium  | Sugars       | Total Carbohydrates | Total Fat | Vitamin C |
|--------------------------------|----------|-------------|---------------|------|---------|---------------|---------|--------------|---------------------|-----------|-----------|
| Beef 1/2 Pound                 | 290      | 120mg       | 0g            | 30%  | 49g     | 0g            | 120mg   | 0g           | 0g                  | 8g        | 0%        |
| Beef 1 Pound                   | 580      | 245mg       | 0g            | 70%  | 97g     | 0g            | 240mg   | 0g           | 0g                  | 16g       | 0%        |
| Sliced Pork 1/2 Pound          | 380      | 140mg       | 0g            | 10%  | 39g     | 9g            | 350mg   | 0g           | 0g                  | 25g       | 0%        |
| Sliced Pork 1 Pound            | 770      | 285mg       | 0g            | 25%  | 78g     | 17g           | 700mg   | 0g           | less than 1g        | 51g       | 0%        |
| Pulled Pork 1/2 Pound          | 700      | 170mg       | 0g            | 15%  | 34g     | 20g           | 210mg   | less than 1g | 2g                  | 59g       | 2%        |
| Pulled Pork 1 Pound            | 1400     | 345mg       | 0g            | 25%  | 69g     | 40g           | 410mg   | 2g           | 3g                  | 117g      | 4%        |
| St Louis Ribs 1/2 Slab         | 650      | 195mg       | 0g            | 15%  | 39g     | 20g           | 360mg   | 5g           | 5g                  | 55g       | 0%        |
| St. Louis Ribs Full Slab       | 1310     | 395mg       | 0g            | 35%  | 79g     | 39g           | 730mg   | 10g          | 11g                 | 111g      | 0%        |
| Baby Back Ribs (full Rack)     | 600      | 180mg       | 0g            | 15%  | 36g     | 18g           | 600mg   | 4g           | 4g                  | 51g       | 0%        |
| BBQ Chicken Half               | 710      | 250mg       | 0g            | 8%   | 59g     | 14g           | 790mg   | 6g           | 7g                  | 50g       | 0%        |
| BBQ Chicken Whole              | 1420     | 495mg       | 0g            | 15%  | 118g    | 28g           | 1580mg  | 13g          | 14g                 | 99g       | 0%        |
| Smoked Turkey 1/2 Pound        | 200      | 120mg       | 0g            | 8%   | 45g     | 0g            | 1660mg  | 4g           | 4g                  | 0g        | 0%        |
| Smoked Turkey 1 Pound          | 400      | 245mg       | 0g            | 15%  | 89g     | 0g            | 3320mg  | 8g           | 8g                  | 0g        | 0%        |
| Cole Slaw Pint (serves 4)      | 540      | 30mg        | 4g            | 6%   | 2g      | 5g            | 430mg   | 43g          | 49g                 | 37g       | 140%      |
| Cole Slaw Quart (serves 8)     | 1080     | 65mg        | 9g            | 10%  | 4g      | 10g           | 850mg   | 86g          | 97g                 | 74g       | 290%      |
| Cole Slaw Gallon (serves 24)   | 4300     | 250mg       | 35g           | 45%  | 17g     | 40g           | 3420mg  | 344g         | 388g                | 298g      | 1150%     |
| Baked Beans Pint (serves 4)    | 630      | 0mg         | 17g           | 45%  | 25g     | 0g            | 1600mg  | 66g          | 130g                | 0g        | 8%        |
| Baked Beans Quart (serves 8)   | 1270     | 0mg         | 34g           | 90%  | 51g     | 0g            | 3200mg  | 132g         | 260g                | 0g        | 15%       |
| Baked Beans Gallon (serves 24) | 5070     | 0mg         | 137g          | 360% | 204g    | 0g            | 12810mg | 527g         | 1039g               | 1g        | 60%       |

# Menu Nutrition Report



## Appetizers

| Menu Item                             | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|---------------------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Onion Rings (serves 4)                | 790      | 0mg         | 4g            | 15%  | 18g     | 2g            | 1930mg | 18g    | 153g                | 15g       | 15%       |
| Half Order Onion Rings (serves 2)     | 400      | 0mg         | 2g            | 8%   | 9g      | 1g            | 970mg  | 9g     | 76g                 | 7g        | 8%        |
| Half Pound Tenders (plain) (serves 2) | 270      | 100mg       | 0g            | 8%   | 40g     | 1.5g          | 140mg  | 0g     | 0g                  | 9g        | 4%        |
| Pound Tenders (plain) (serves 4)      | 540      | 200mg       | 0g            | 15%  | 81g     | 2.5g          | 280mg  | 0g     | 0g                  | 19g       | 8%        |
| Fried Okra (serves 4)                 | 450      | 0mg         | 8g            | 8%   | 0g      | 2g            | 1870mg | 8g     | 78g                 | 13g       | 30%       |
| Buffalo Shrimp (plain) (serves 4)     | 590      | 170mg       | 2g            | 20%  | 30g     | 4.5g          | 1670mg | 2g     | 62g                 | 23g       | 6%        |
| Three Cheese Fries (serves 4)         | 1540     | 255mg       | 8g            | 15%  | 63g     | 45g           | 2770mg | 0g     | 87g                 | 105g      | 35%       |

# Menu Nutrition Report



## Combo Dinners

| Menu Item  | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|--|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Pick 2 (1/2 rack, 4 oz pork, 4 oz beef, 4 oz turkey, or 1/4 BBQ chicken) | 0        | 0mg         | 0g            | 0%   | 0g      | 0g            | 0mg    | 0g     | 0g                  | 0g        | 0%        |
| Pick 3 (1/2 rack, 4 oz pork, 4 oz beef, 4 oz turkey, or 1/4 BBQ chicken) | 0        | 0mg         | 0g            | 0%   | 0g      | 0g            | 0mg    | 0g     | 0g                  | 0g        | 0%        |
| Choice 1/2 rack  | 300      | 90mg        | 0g            | 8%   | 18g     | 9g            | 300mg  | 2g     | 2g                  | 26g       | 0%        |
| Choice 4 oz Pork   | 190      | 70mg        | 0g            | 6%   | 20g     | 4.5g          | 180mg  | 0g     | 0g                  | 13g       | 0%        |
| Choice 4 oz Beef   | 150      | 60mg        | 0g            | 15%  | 24g     | 0g            | 60mg   | 0g     | 0g                  | 4g        | 0%        |
| Choice 4 oz Turkey   | 100      | 60mg        | 0g            | 4%   | 22g     | 0g            | 830mg  | 2g     | 2g                  | 0g        | 0%        |
| Choice 1/4 BBQ Chicken   | 360      | 125mg       | 0g            | 4%   | 29g     | 7g            | 390mg  | 3g     | 3g                  | 25g       | 0%        |
| Rib & Rib Combo Dinner   | 760      | 230mg       | 0g            | 20%  | 46g     | 23g           | 550mg  | 6g     | 6g                  | 64g       | 0%        |
| Tony's Combo Full Rack plus 1 (1/4 chicken, 4 oz pork or 4 oz beef)      | 600      | 180mg       | 0g            | 15%  | 36g     | 18g           | 600mg  | 4g     | 4g                  | 51g       | 0%        |
| Shrimp & Ribs  | 650      | 250mg       | 2g            | 30%  | 44g     | 10g           | 1280mg | 4g     | 31g                 | 33g       | 10%       |
| Fried Shrimp Dinner  | 820      | 370mg       | 4g            | 50%  | 60g     | 2.5g          | 2280mg | 4g     | 67g                 | 18g       | 30%       |
| Feast For Two  | 1820     | 625mg       | 0g            | 60%  | 161g    | 39g           | 1740mg | 11g    | 11g                 | 126g      | 0%        |

# Menu Nutrition Report



## Desserts

| Menu Item                            | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|--------------------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Chocolate, Chocolate Mania (1 slice) | 490      | 40mg        | 2g            | 6%   | 7g      | 10g           | 430mg  | 40g    | 62g                 | 25g       | 0%        |
| Raspberry Cheese Cake (1 slice)      | 640      | 90mg        | less than 1g  | 6%   | 8g      | 25g           | 500mg  | 34g    | 50g                 | 46g       | 0%        |
| Key Lime Pie (1 slice)               | 560      | 145mg       | 0g            | 4%   | 14g     | 33g           | 250mg  | 81g    | 89g                 | 24g       | 10%       |
| Southern Pecan Pie (1 slice)         | 610      | 30mg        | less than 1g  | 2%   | 2g      | 12g           | 430mg  | 13g    | 25g                 | 56g       | 0%        |
| Coconut Cream Pie (1 slice)          | 550      | 5mg         | 5g            | 4%   | 4g      | 25g           | 570mg  | 45g    | 65g                 | 31g       | 2%        |

# Menu Nutrition Report



## Dinners

| Menu Item                   | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars       | Total Carbohydrates | Total Fat | Vitamin C |
|-----------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------------|---------------------|-----------|-----------|
| Baby Back Dinner            | 600      | 180mg       | 0g            | 15%  | 36g     | 18g           | 600mg  | 4g           | 4g                  | 51g       | 0%        |
| 1 1/2 Rack Baby Back Dinner | 910      | 275mg       | 0g            | 20%  | 55g     | 27g           | 890mg  | 6g           | 6g                  | 77g       | 0%        |
| BBQ Chicken Dinner          | 710      | 250mg       | 0g            | 8%   | 59g     | 14g           | 790mg  | 6g           | 7g                  | 50g       | 0%        |
| St. Louis Rib Dinner        | 650      | 195mg       | 0g            | 15%  | 39g     | 20g           | 360mg  | 5g           | 5g                  | 55g       | 0%        |
| Sliced Pork Dinner          | 290      | 105mg       | 0g            | 10%  | 29g     | 6g            | 260mg  | 0g           | 0g                  | 19g       | 0%        |
| Beef Dinner                 | 220      | 90mg        | 0g            | 25%  | 36g     | 0g            | 90mg   | 0g           | 0g                  | 6g        | 0%        |
| Turkey Dinner               | 150      | 90mg        | 0g            | 6%   | 33g     | 0g            | 1250mg | 3g           | 3g                  | 0g        | 0%        |
| Rib City Sirloin Dinner     | 630      | 115mg       | less than 1g  | 2%   | 53g     | 13g           | 1040mg | 4g           | 26g                 | 34g       | 2%        |
| Riblet Dinner               | 580      | 215mg       | 0g            | 10%  | 64g     | 12g           | 280mg  | 1g           | 1g                  | 33g       | 0%        |
| Pulled Pork Dinner          | 700      | 170mg       | 0g            | 15%  | 34g     | 20g           | 210mg  | less than 1g | 2g                  | 59g       | 2%        |

# Menu Nutrition Report



## Dressings

| Menu Item              | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars       | Total Carbohydrates | Total Fat | Vitamin C |
|------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------------|---------------------|-----------|-----------|
| Ranch (per oz)         | 140      | 15mg        | 0g            | 0%   | 0g      | 2g            | 240mg  | less than 1g | less than 1g        | 15g       | 0%        |
| Spicy Ranch (per oz)   | 140      | 15mg        | 0g            | 0%   | 0g      | 2g            | 240mg  | less than 1g | less than 1g        | 15g       | 0%        |
| Bleu Cheese (per oz)   | 150      | 20mg        | 0g            | 0%   | 1g      | 3g            | 170mg  | 0g           | 0g                  | 15g       | 0%        |
| Honey Mustard (per oz) | 150      | 15mg        | 0g            | 0%   | 0g      | 2g            | 110mg  | 5g           | 5g                  | 14g       | 2%        |
| 1000 Island (per oz)   | 130      | 10mg        | 0g            | 0%   | 0g      | 1.5g          | 200mg  | 3g           | 3g                  | 12g       | 0%        |
| Light Italian (per oz) | 10       | 0mg         | 0g            | 0%   | 0g      | 0g            | 280mg  | 2g           | 3g                  | 0g        | 0%        |
| Oil & Vinegar (per oz) | 130      | 0mg         | 0g            | 0%   | 0g      | 1g            | 0mg    | 0g           | 0g                  | 14g       | 0%        |

# Menu Nutrition Report



## Kids Meals

| Menu Item               | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|-------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Grilled Cheese Sandwich | 420      | 30mg        | less than 1g  | 15%  | 14g     | 10g           | 1210mg | 4g     | 37g                 | 25g       | 2%        |
| Kids Chicken Nuggets    | 230      | 70mg        | 0g            | 6%   | 23g     | 3.5g          | 70mg   | 0g     | 0g                  | 14g       | 0%        |
| Kids Ribs               | 240      | 75mg        | 0g            | 6%   | 15g     | 7g            | 240mg  | 2g     | 2g                  | 20g       | 0%        |
| Kids BBQ Chicken        | 360      | 125mg       | 0g            | 4%   | 29g     | 7g            | 390mg  | 3g     | 3g                  | 25g       | 0%        |
| Kids Under 4 - Free     | 180      | 60mg        | 0g            | 2%   | 15g     | 3.5g          | 200mg  | 2g     | 2g                  | 12g       | 0%        |
| Kids Mini Corn Dogs     | 350      | 35mg        | 3g            | 6%   | 10g     | 9g            | 870mg  | 4g     | 30g                 | 22g       | 0%        |
| Kids Fried Shrimp       | 290      | 130mg       | 1g            | 20%  | 21g     | 1g            | 820mg  | 1g     | 24g                 | 6g        | 10%       |

# Menu Nutrition Report



## Lunch Plates

| Menu Item                     | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|-------------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Pork Plate                    | 190      | 70mg        | 0g            | 6%   | 20g     | 4.5g          | 180mg  | 0g     | 0g                  | 13g       | 0%        |
| Beef Plate                    | 150      | 60mg        | 0g            | 15%  | 24g     | 0g            | 60mg   | 0g     | 0g                  | 4g        | 0%        |
| Turkey Plate                  | 100      | 60mg        | 0g            | 4%   | 22g     | 0g            | 830mg  | 2g     | 2g                  | 0g        | 0%        |
| BBQ Chicken Plate             | 360      | 125mg       | 0g            | 4%   | 29g     | 7g            | 390mg  | 3g     | 3g                  | 25g       | 0%        |
| Baby Back Plate               | 300      | 90mg        | 0g            | 8%   | 18g     | 9g            | 300mg  | 2g     | 2g                  | 26g       | 0%        |
| BBQ Chicken & Pork            | 500      | 175mg       | 0g            | 8%   | 44g     | 10g           | 530mg  | 3g     | 4g                  | 34g       | 0%        |
| BBQ Chicken & Beef            | 460      | 170mg       | 0g            | 15%  | 48g     | 7g            | 440mg  | 3g     | 3g                  | 28g       | 0%        |
| Chicken Tender Basket (plain) | 270      | 100mg       | 0g            | 8%   | 40g     | 1.5g          | 140mg  | 0g     | 0g                  | 9g        | 4%        |
| Grilled Chicken Breast Plate  | 340      | 125mg       | 0g            | 8%   | 41g     | 5g            | 125mg  | 0g     | 0g                  | 18g       | 0%        |
| Beans & Franks                | 880      | 120mg       | 4g            | 30%  | 32g     | 30g           | 400mg  | 22g    | 40g                 | 64g       | 2%        |
| Riblet Plate                  | 490      | 175mg       | 0g            | 10%  | 53g     | 10g           | 230mg  | 1g     | 1g                  | 28g       | 0%        |



# Menu Nutrition Report



## Salads

| Menu Item                     | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|-------------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Turkey Deluxe                 | 110      | 60mg        | 1g            | 6%   | 23g     | 0g            | 840mg  | 4g     | 5g                  | 0g        | 10%       |
| Beef Salad                    | 160      | 60mg        | 1g            | 20%  | 25g     | 0g            | 75mg   | 2g     | 3g                  | 4g        | 10%       |
| Chicken on the Green          | 350      | 125mg       | 1g            | 10%  | 42g     | 5g            | 140mg  | 2g     | 3g                  | 18g       | 10%       |
| BBQ Chicken & Salad           | 370      | 125mg       | 1g            | 6%   | 30g     | 7g            | 410mg  | 5g     | 6g                  | 25g       | 10%       |
| Crispy Shrimp Salad           | 600      | 170mg       | 3g            | 20%  | 31g     | 4.5g          | 1680mg | 4g     | 65g                 | 23g       | 15%       |
| Rib City Club                 | 490      | 160mg       | 1g            | 6%   | 44g     | 14g           | 1910mg | 4g     | 7g                  | 32g       | 15%       |
| Buffalo Chicken Salad (plain) | 280      | 100mg       | 1g            | 10%  | 41g     | 1.5g          | 160mg  | 2g     | 3g                  | 9g        | 15%       |

# Menu Nutrition Report



## Sandwiches

| Menu Item   | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|---|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| Pork (on 2 slices of garlic toast)                                    | 470      | 70mg        | less than 1g  | 20%  | 25g     | 6g            | 710mg  | 4g     | 37g                 | 25g       | 2%        |
| Beef (on 2 slices of garlic toast)                                    | 430      | 60mg        | less than 1g  | 30%  | 30g     | 2g            | 590mg  | 4g     | 37g                 | 17g       | 2%        |
| Turkey (on 2 slices of garlic toast)                                  | 380      | 60mg        | less than 1g  | 15%  | 28g     | 2g            | 1360mg | 6g     | 39g                 | 13g       | 2%        |
| Grilled Chicken (with Lettuce, Tomato and Onion, on seeded bun)       | 580      | 125mg       | 2g            | 25%  | 48g     | 6g            | 530mg  | 6g     | 43g                 | 22g       | 6%        |
| Sloppy City (on seeded bun)   | 530      | 90mg        | 2g            | 30%  | 35g     | 5g            | 1150mg | 19g    | 57g                 | 18g       | 0%        |
| The Big Fish (with Lettuce, Tomato and Onion, on seeded bun)          | 440      | 60mg        | 2g            | 20%  | 35g     | 2g            | 740mg  | 6g     | 43g                 | 14g       | 6%        |
| Skyscraper Pork (on 2 slices of garlic toast)                         | 640      | 135mg       | less than 1g  | 25%  | 43g     | 10g           | 860mg  | 4g     | 37g                 | 36g       | 2%        |
| Skyscraper Beef (on 2 slices of garlic toast)                         | 550      | 115mg       | less than 1g  | 45%  | 51g     | 2g            | 640mg  | 4g     | 37g                 | 20g       | 2%        |
| Skyscraper Turkey (on 2 slices of garlic toast)                       | 470      | 115mg       | less than 1g  | 20%  | 48g     | 2g            | 2090mg | 8g     | 41g                 | 13g       | 2%        |
| Rib City Steak Burger (with Lettuce, Tomato and Onion, on seeded bun) | 810      | 160mg       | 2g            | 40%  | 46g     | 19g           | 550mg  | 6g     | 43g                 | 49g       | 6%        |
| Hot Diggity Dog (on hot dog bun)                                      | 490      | 60mg        | 1g            | 20%  | 17g     | 15g           | 250mg  | 6g     | 28g                 | 34g       | 0%        |
| Kickin Chicken (on seeded bun with LTO and pepper jack cheese)        | 640      | 140mg       | 2g            | 25%  | 51g     | 9g            | 860mg  | 6g     | 43g                 | 27g       | 8%        |
| Pulled Pork Sandwich (on seeded bun)                                  | 580      | 85mg        | 2g            | 20%  | 24g     | 11g           | 500mg  | 5g     | 43g                 | 33g       | 2%        |

# Menu Nutrition Report



## Sauces

| Menu Item                      | Calories | Cholesterol | Dietary Fiber | Iron | Protein | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|--------------------------------|----------|-------------|---------------|------|---------|---------------|--------|--------|---------------------|-----------|-----------|
| BBQ Sweet Sauce (per oz)       | 45       | 0mg         | 0g            | 2%   | 0g      | 0g            | 420mg  | 10g    | 11g                 | 0g        | 0%        |
| BBQ Tangy Sauce (per oz)       | 30       | 0mg         | 0g            | 2%   | 0g      | 0g            | 410mg  | 6g     | 7g                  | 0g        | 0%        |
| BBQ Hot Sauce (per oz)         | 10       | 0mg         | 0g            | 2%   | 0g      | 0g            | 250mg  | 2g     | 2g                  | 0g        | 2%        |
| BBQ Mustard Sauce (per oz)     | 10       | 0mg         | 0g            | 0%   | 0g      | 0g            | 210mg  | 2g     | 2g                  | 0g        | 0%        |
| Regular Buffalo Sauce (per oz) | 130      | 0mg         | 0g            | 0%   | 0g      | 3g            | 440mg  | 0g     | 0g                  | 14g       | 0%        |
| Hot Buffalo Sauce (per oz)     | 0        | 0mg         | 0g            | 0%   | 0g      | 0g            | 690mg  | 0g     | 0g                  | 0g        | 0%        |
| Cocktail Sauce (per oz)        | 25       | 0mg         | 0g            | 0%   | 0g      | 0g            | 310mg  | 7g     | 7g                  | 0g        | 0%        |
| Tartar Sauce (per oz)          | 170      | 15mg        | 0g            | 0%   | 0g      | 2.5g          | 150mg  | 1g     | 1g                  | 18g       | 0%        |

# Menu Nutrition Report



## Side Dishes

| Menu Item                      | Calories | Cholesterol | Dietary Fiber | Iron | Protein      | Saturated Fat | Sodium | Sugars | Total Carbohydrates | Total Fat | Vitamin C |
|--------------------------------|----------|-------------|---------------|------|--------------|---------------|--------|--------|---------------------|-----------|-----------|
| Corn On the Cob                | 160      | 0mg         | 2g            | 2%   | 2g           | 1.5g          | 50mg   | 3g     | 19g                 | 7g        | 8%        |
| Apple Sauce                    | 100      | 0mg         | less than 1g  | 0%   | 0g           | 0g            | 0mg    | 22g    | 24g                 | 0g        | 20%       |
| French Fries                   | 170      | 0mg         | 3g            | 6%   | 3g           | 1.5g          | 35mg   | 0g     | 24g                 | 6g        | 15%       |
| Sweet Potato Fries             | 260      | 0mg         | 6g            | 4%   | 2g           | 0g            | 220mg  | 14g    | 45g                 | 9g        | 20%       |
| Baked Beans                    | 160      | 0mg         | 4g            | 10%  | 6g           | 0g            | 400mg  | 16g    | 32g                 | 0g        | 2%        |
| Cole Slaw                      | 130      | 10mg        | 1g            | 2%   | less than 1g | 1.5g          | 105mg  | 11g    | 12g                 | 9g        | 35%       |
| Sliced Tomatoes                | 20       | 0mg         | less than 1g  | 2%   | less than 1g | 0g            | 0mg    | 2g     | 4g                  | 0g        | 25%       |
| Baked Potato                   | 250      | 50mg        | 3g            | 6%   | 4g           | 10g           | 110mg  | 4g     | 27g                 | 16g       | 45%       |
| Garden Salad                   | 15       | 0mg         | 1g            | 2%   | less than 1g | 0g            | 15mg   | 2g     | 3g                  | 0g        | 10%       |
| Garlic Toast (1 Slice)         | 140      | 0mg         | 0g            | 6%   | 3g           | 1g            | 260mg  | 2g     | 18g                 | 6g        | 2%        |
| Garlic Toast Basket (3 slices) | 420      | 0mg         | 1g            | 20%  | 9g           | 3g            | 790mg  | 7g     | 55g                 | 19g       | 4%        |
| Mandarin Oranges               | 40       | 0mg         | less than 1g  | 2%   | 0g           | 0g            | 0mg    | 10g    | 11g                 | 0g        | 60%       |
| Sour Cream (1oz)               | 50       | 20mg        | 0g            | 0%   | 0g           | 3g            | 20mg   | 1g     | 1g                  | 5g        | 0%        |
| Butter Chip (1 ea)             | 60       | 15mg        | 0g            | 0%   | 0g           | 4g            | 50mg   | 0g     | 0g                  | 6g        | 0%        |
| Garlic Toast (2 slices)        | 280      | 0mg         | less than 1g  | 15%  | 6g           | 2g            | 530mg  | 4g     | 37g                 | 13g       | 2%        |
| Sesame Seed Bun                | 230      | 0mg         | 2g            | 15%  | 7g           | 1g            | 400mg  | 5g     | 42g                 | 4g        | 0%        |