

## SPRING CREEK BARBEQUE NUTRITIONAL INFORMATION

			Total Dietary Fiber														
	Serving Size	Calories	Cal From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat(g)	Cholesterol (mg)			tal Sugar (g)	Sodium (mg)	Protein (mg)	Milk	Egg	Tree Nut Pear	ut Wheat	Soy
Dinner w/o Sides & Bread																	
Beef	As Served	490	264	29	13	2	170	1	0	0	640	57					
Ham	As Served	205	55	6	2	0	92	4	0	4	2257	33					
Traditional Mild Sausage	As Served	560	420	47	19	0	109	12	0	12	1524	19					
Cracked Black Pepper Sausage	As Served	375	257	29	10	0	129	3	1	0	1441	25					
Turkey Breast	As Served	160	14	2	0	0	64	3	0	3	1536	35					
Ribs	As Served	630	360	39	12	0	225	0	0	0	255	69					
Chicken	As Served	530	260	29	11	0	346	0	0	0	1520	70					
Pulled Pork	As Served	415	172	19	7	0	126	24	4	11	550	37					
Chopped Brisket	As Served	490	240	27	11	1	141	16	0	15	934	47					
Popular Combinations																	
Sliced Beef / Sausage	As Served	634	412	46	19	1	169	8	0	7	1303	46					
Sliced Beef / Ribs	As Served	719	401	44	16	1		0	0	0	561	81					
Sliced Beef / Sausage / Ribs	As Served	595	367	40	15	1		5	0	4	856	52					
Child's Plate's w/o Sides or bread						_						, , ,					
Beef	As Served	215	116	13	6	1	75	0	0	0	281	25					
Ham	As Served	105	28	3	1	0		2	0	2	1156	17					
Fraditional Mild Sausage	As Served	285	214	24	10	0		6	0	6	776	10					
Cracked Black Pepper Sausage	As Served	190	131	15	5	0		2	0	0	731	13					
Turkey Breast	As Served	80	7	13	0	0	32	2	0	2	768	18					
Ribs	As Served	320	183	20	6	0		0	0	0	130	35					
Chicken	As Served	265	129	14	6	0	173	0	0	0	758	35					
Pulled Pork	As Served	205	85	9	4	0		12	2	6	272	18					
	As Served	310	151	17	7	1		10	0	9	590	30					
Chopped Brisket Sandwiches w/o Sides	As Served	310	151	17		1	89	10	U	9	590	30					
Sliced Beef	As Served	512	201	22	10	1	112	30	2	3	701	42	·	<b>√</b>	<b>√</b>	<b>√</b>	<b>√</b>
						1											· /
Ham	As Served	342	69	8	3	0		32	2	6	1943	29		•	•	•	·
Traditional Mild Sausage	As Served	599	334	37	15	0		38	2	12	1391	19		•	•	•	<b>v</b>
Cracked Black Pepper Sausage	As Served	459	213	24	9	0		31	3	3	1314	23		•	•	•	<b>v</b>
Turkey	As Served	304	38	4	2	0		31 44	2	5	1369	30		•	<b>v</b>	•	·
Pulled Pork	As Served	447	134	15	6	0			5	10	620	28		•	•	•	
Chopped Beef	As Served	465	162	18	8	1	79	38	2	11	803	31	✓	_	· ·		✓
Entrée Salads (w/o Dressing)																	
Furkey Signature Salad	As Served	311	119	13	6	0		15	2	5	1418	33				<b>√</b>	
Ham Signature Salad	As Served	324	138	15	7	0		15	2	5	1835	30				✓	
Chicken Southwest Salad	As Served	592	238	26	8	0	264	31	5	7	1426	59	✓				
Home-style Sides																	
Barbeque Pinto Beans	6 fl. oz(s)	190	4	0	0	0		36	7	10	644	10	l				
Potato Salad	6 fl. oz(s)	259	93	10	2	0		41	3	12	915	2	1	✓			✓
Macaroni and Cheese	6 fl. oz(s)	275	69	8	4	0		39	2	6	618	11	<b>_</b>	✓		✓	✓
Cole Slaw	6 fl. oz(s)	185	155	17	3	0		8	2	6	88	1	l	✓			✓
Green Beans	6 fl. oz(s)	53	8	1	0	0		8	3	2	787	3	l			✓	✓
Corn on the Cob	1 ea	90	5	1	0	0	0	19	1	5	0	3					
Premium Sides																	
Okra Basket	As Served	444	147	16	2	0	0	68	7	0	1051	5				✓	✓
Fry Basket	As Served	501	264	29	7	4	0	52	1	4	1056	7	l			✓	✓
Child's Fry Basket	As Served	222	74	8	1	0	0	34	4	0	525	2	l			✓	✓



## SPRING CREEK BARBEQUE NUTRITIONAL INFORMATION

BARBEQU															Allergens		
	Serving Size	Calories	Cal From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat(g)	Cholesterol (mg)	Total Carbs (g)	Total Dietary Fiber (g) To	otal Sugar (g)	Sodium (mg)	Protein (mg)	Milk	Egg	Tree Nut Peanut	Wheat	Soy
Premium Sides (Cont'd)																	
Side Salad	1 ea	97	51	6	3	0	13	7	1	1	175	4	✓			✓	
Baked Potato	1 ea	422	5	1	0	0	0	96	10	5	45	11					
Margerine	As Served	121	121	14	3	2	0	0	0	0	131	0	✓				✓
Sour Cream	As Served	47	35	4	4	0	0	2	. 0	1	47	1	✓				
Cheddar Cheese	As Served	115	115	9	5	0	31	1	. 0	0	188	7	✓				
Bacon Bits	As Served	25	13	1	1	0	7	0	0	0	76	2					
Chives	As Served	0	0	0	0	0	0	0	0	0	0	0					
Baked Potato "All the Way"	As Served	730	290	29	13	2	38	99	10	6	487	21					
Desserts																	
Peach Cobbler	As Served	405	165	20	9	0	8	57	. 2	27	345	3	<b>✓</b>			✓	✓
Cobbler with Vanilla Ice Cream	As Served	675	285	33	18	0	60	87	2	56	450	9	✓			✓	✓
Chocolate Cream Pie	As Served	614	282	31	27	0	0	78	5	47	549	5	✓			✓	✓
Coconut Cream Pie	As Served	291	169	19	14	C	0	30		13	179	2	✓			✓	✓
Pecan Pie	As Served	735	390	35	11	0		99		45	806	7	l	✓	✓ ✓	✓	
Banana Pudding	As Served	635	266	30	28	0		87		65	402	5	✓	✓		✓	✓
Jell-O	As Served	70	0	0	0	C	0	17		17	105	1					
Blue Bell ® Ice Cream																	
Homemade Vanilla	As Served	270	120	14	9	C	53	30	0	29	105	6	1				
Dutch Chocolate	As Served	240	120	14	8	0		24		24	75	5	1			✓	✓
Strawberry	As Served	210	90	9	6	0		27		27	68	5	<b>√</b>				
Cookies & Cream	As Served	270	120	14	8	0		32		26	135	5	<b>√</b>			✓	1
Dressings	AS SCIVEU	270	120	14			+3	32		20	133						_
Reduced Calorie Ranch Dressing	2 fl. oz(s)	37	9	1	1	C	4	5	0	3	262	1	<b>√</b>	<b>√</b>		<b>√</b>	<b>√</b>
Blue Cheese Dressing	2 fl. oz(s)	140	126	14	3	0		1		1	220	1	·	_		· /	· /
Lite Italian Dressing	2 fl. oz(s)	71	48	5	1	0	•	5	=	4	478	1	1				_
Honey Mustard Dressing	2 fl. oz(s)	183	105	12	2	0		17		13	450	0	-	1			1
1000 Island Dressing	2 fl. oz(s)	67	0	0	0	0		15		8	467	0		-			_
Hidden Valley Ranch Dressing	2 fl. oz(s)	241	229	25	5	0	-	2		2	164	1		./			
Jalapeno Ranch Dressing	2 fl. oz(s)	232	229	24	5	0		2		2	158	1					
· ·	2 fl. oz(s)	113	85	9	2	0		8		8	435	1	· /				· /
Balsamic Vinaigrette Sauce	2 11. 02(5)	113	85	9	2	U	U	8		8	435	U	_				_
Barbeque Sauce	2 fl. oz(s)	60	0	0	0	C	0	14	. 0	14	360						<b>√</b>
						0		27		27	285	0					′
Special Sauce Misc.	2 fl. oz(s)	114	5	0	0	U	U	27	U	27	285	U					
	4	400	20					20			200	_	1			<b>√</b>	<b>√</b>
Bread	1 ea	190	28	3	2	C		29		3	280	5	· /	,	,	·	·
Hamburger Bun	1 ea	260	60	,	2	0		43		5	430	/		•	•	•	•
Cherry Peppers*	1 oz(s)	6	0	0	0	C		1		0	471	0	l				
Jalapeño Peppers*	100 grams	15	4	0	0 ~	C		3		0	250	0	l				
Italian Peppers (pepperoncini)*	1 oz(s)	3	0	0	~			6		0	335	14	l				
Louisiana Hot Sauce*	1 tsp	0	0	0	~	^		0	_	0	140	0	1				
Tabasco*	1 tsp	0	0	0	0	C		0	-	0	40	0	l				
Dill Spears*	1 oz(s)	0	0	0	0	C		0		0	320	0	l				
Hamburger Pickle Slices*	1 oz(s)	0	0	0	0	C		0		0	370	0	l				
Margarine Reddies*	3 ea	75	68	8	2	2	2	0	0	0	120	0	l				
Sweet Relish*	0.5 oz(s)	15	0	0	~	^	~	4	0	3	1	0					