Spring Creek Barbeque Nutritional Information

	Serving Size	Calories	Cal From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat(g)	Cholesterol (mg)	Total Carbs (g)	Total Dietary Fiber (g)	Total Sugar (g)	Sodium (mg)	Protein (mg)	Allergens: Milk	Egg	Tree Nut	Peanut	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	254	0	0	0	561	81						
Sliced Beef / Sausage / Ribs	As Served	595	367	40	15	1	180	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	47	2	0	2	1156	17						
Traditional Mild Sausage	As Served	285	214	24	10	0	55	6	0	6	776	10						
Cracked Black Pepper Sausage	As Served	190	131	15	5	0	66	2	0	0	731	13						
Turkey Breast	As Served	80	7	1	0	0	32	2	0	2	768	18	✓					
Ribs	As Served	320	183	20	6	0	114	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	62	12	2	6	272	18						
Chopped Brisket	As Served	310	151	17	7	1	89	10	0	9	590	30						
Sandwiches w/o Sides																		
Sliced Beef	As Served	512	201	22	10	1	112	30	2	3	701	42	✓	✓	✓		✓	✓
Ham	As Served	342	69	8	3	0	68	32	2	6	1943	29	✓	✓	✓		✓	✓
Traditional Mild Sausage	As Served	599	334	37	15	0	79	38	2	12	1391	19	✓	✓	✓		✓	✓
Cracked Black Pepper Sausage	As Served	459	213	24	9	0	93	31	3	3	1314	23	✓	✓	✓		✓	✓
Turkey	As Served	304	38	4	2	0	45	31	2	5	1369	30	✓	✓	✓		✓	✓
Pulled Pork	As Served	447	134	15	6	0	78	44	5	10	620	28	✓	✓	✓		✓	✓
Chopped Beef	As Served	465	162	18	8	1	79	38	2	11	803	31	✓	✓	✓		✓	✓
Entrée Salads (w/o Dressing)																		
Turkey Signature Salad	As Served	311	119	13	6	0	72	15	2	5	1418	33	✓				✓	
Ham Signature Salad	As Served	324	138	15	7	0	87	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	0	36	7	10	644	10						
Potato Salad	6 fl. oz(s)	259	93	10	2	0	9	41	3	12	915	2		✓				✓
Macaroni and Cheese	6 fl. oz(s)	275	69	8	4	0	20	39	2	6	618	11	✓	✓			✓	✓
Cole Slaw	6 fl. oz(s)	185	155	17	3	0	10	8	2	6	88	1		✓				✓
Green Beans	6 fl. oz(s)	53	8	1	0	0	2	8	3	2	787	3					✓	✓
Corn on the Cob	1 ea	90	5	1	0	0	0	19	1	5	0	3						
Premium Sides																		
Okra Basket	As Served	0	0	0	0	0	0	0	0	0	0	0						
Fry Basket	As Served	440	260	29	10	0	130	5	0	0	1510	39						
Child's Fry Basket	As Served	308	131	15	6	1	44	11	0	10	497	34						

SPRING CREEK BARBEQUE

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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					✓	✓
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	0	0	30	0	13	179	2	✓				✓	✓
Pecan Pie	As Served	735	390	35	11	0	106	99	1	45	806	7		✓	✓	✓	✓	
Banana Pudding	As Served	635	266	30	28	0	4	87	1	65	402	5	✓	✓			✓	✓
Jell-O	As Served	70	0	0	0	0	0	17	0	17	105	1						
Blue Bell ® Ice Cream																		
Homemade Vanilla	As Served	270	120	14	9	0	53	30	0	29	105	6	✓					
Dutch Chocolate	As Served	240	120	14	8	0	53	24	0	24	75	5	✓				✓	✓
Strawberry	As Served	210	90	9	6	0	38	27	0	27	68	5	✓					
Cookies & Cream	As Served	270	120	14	8	0	45	32	0	26	135	5	✓				✓	✓
Dressings																		
Reduced Calorie Ranch Dressing	2 fl. oz(s)	37	9	1	1	0	4	5	0	3	262	1	✓	✓			✓	✓
Blue Cheese Dressing	2 fl. oz(s)	140	126	14	3	0	4	1	1	1	220	1	✓	✓			✓	✓
Lite Italian Dressing	2 fl. oz(s)	71	48	5	1	0	0	5	0	4	478	0	✓					✓
Honey Mustard Dressing	2 fl. oz(s)	183	105	12	2	0	8	17	0	13	450	0		✓				✓
1000 Island Dressing	2 fl. oz(s)	67	0	0	0	0	0	15	0	8	467	0						✓
Hidden Valley Ranch Dressing	2 fl. oz(s)	241	229	25	5	0	25	2	0	2	164	1	✓	✓				✓
Jalapeno Ranch Dressing	2 fl. oz(s)	232	220	24	5	0	24	2	0	2	158	1	✓	✓				✓
Balsamic Vinaigrette	2 fl. oz(s)	113	85	9	2	0	0	8	0	8	435	0	✓	✓				✓
Sauce																		
Barbeque Sauce	2 fl. oz(s)	60	0	0	0	0	0	14	0	14	360	0						✓
Special Sauce	2 fl. oz(s)	114	5	0	0	0	0	27	0	27	285	0						✓
Misc.																		
Bread	1 ea	190	28	3	2	0	0	29	2	3	280	5	✓				✓	✓
Hamburger Bun	1 ea	260	60	7	2	0	0	43	2	5	430	7	✓	✓	✓		✓	✓
Cherry Peppers*	1 oz(s)	6	0	0	0	0	0	1	0	0	471	0						
Jalapeño Peppers*	100 grams	15	4	0	0	0	0	3	3	0	250	0						
Italian Peppers (pepperoncini)*	1 oz(s)	3	0	0	~	~	~	6	6	0	335	14						
Louisiana Hot Sauce*	1 tsp	0	0	0	~	~	~	0	0	0	140	0						
Tabasco*	1 tsp	0	0	0	0	0	0	0	0	0	40	0						
Dill Spears*	1 oz(s)	0	0	0	0	0	0	0	0	0	320	0						
Hamburger Pickle Slices*	1 oz(s)	0	0	0	0	0	0	0	0	0	370	0						
Margarine Reddies*	3 ea	75	68	8	2	2	2	0	0	0	120	0						
Sweet Relish*	0.5 oz(s)	15	0	0	~	~	~	4	0	3	1	0						