



## 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			Protein (mg)	Allergens																	
									(g)	Total Sugar (g)	Sodium (mg)		Milk	Egg	Tree Nut	Peanut	Wheat	Soy												
<b>Dinner w/o Sides &amp; Bread</b>																														
Beef	As Served	490	264	29	13	2	170	1	0	0	0	640	57																	
Ham	As Served	205	55	6	2	0	92	4	0	4	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																		
<b>Popular Combinations</b>																														
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																		
<b>Child's Plate's w/o Sides or bread</b>																														
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																		
<b>Sandwiches w/o Sides</b>																														
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	✓	✓	✓				✓	✓										
<b>Entrée Salads (w/o Dressing)</b>																														
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	✓																	
<b>Home-style Sides</b>																														
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																		
<b>Premium Sides</b>																														
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											✓	✓						
Child's Fry Basket	As Served	222	74	8	1	0	0	34	4	0	525	2											✓	✓						

