



# SPRING CREEK BARBEQUE NUTRITIONAL INFORMATION

	Serving Size	Calories	Cal From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat(g)	Total Carbs (g)	Sodium (mg)	Protein (g)	Allergens						
										Milk	Egg	Tree Nut	Peanut	Wheat	Soy	
<b>Dinner w/o Sides &amp; Bread</b>																
Beef	As Served	368	101	11	5	1	2	199	65							
Ham	As Served	216	58	6	2	0	4	2376	35							
Traditional Mild Sausage	As Served	583	437	49	19	0	13	1588	19	✓					✓	
Cracked Black Pepper Sausage	As Served	384	264	29	10	0	3	1478	26							
Turkey Breast	As Served	162	29	3	0	0	3	1490	32							
Ribs	As Served	679	424	47	20	0	0	520	66						✓	
Half Chicken	As Served	537	271	30	10	0	3	364	63						✓	
Chopped Brisket	As Served	384	135	15	6	1	2	253	61							
<b>Popular Combinations</b>																
Sliced Beef / Sausage	As Served	586	320	36	14	1	9	1049	55	✓					✓	
Sliced Beef / Ribs	As Served	523	238	26	11	1	1	344	70						✓	
Sliced Beef / Sausage / Ribs	As Served	645	374	42	17	0	6	940	60	✓					✓	
<b>Child's Plate's w/o Sides</b>																
Beef	As Served	224	62	7	3	1	1	122	39							
Ham	As Served	135	36	4	1	0	3	1485	22							
Traditional Mild Sausage	As Served	364	273	30	12	0	8	992	12	✓					✓	
Cracked Black Pepper Sausage	As Served	240	165	18	6	0	2	924	16							
Turkey Breast	As Served	101	18	2	0	0	2	931	20							
Ribs	As Served	272	170	19	8	0	0	208	26						✓	
Chicken	As Served	269	136	15	5	0	2	182	32						✓	
Chopped Brisket	As Served	224	62	7	3	1	1	122	39							
<b>Sandwiches w/o Sides</b>																
Sliced Beef	As Served	501	109	12	4	1	44	536	53	✓	✓	✓		✓	✓	
Ham	As Served	401	81	9	3	0	46	2063	33	✓	✓	✓		✓	✓	
Traditional Mild Sausage	As Served	658	347	39	15	0	52	1511	23	✓	✓	✓		✓	✓	
Cracked Black Pepper Sausage	As Served	519	225	25	8	0	45	1434	27	✓	✓	✓		✓	✓	
Turkey	As Served	363	61	7	1	0	45	1443	32	✓	✓	✓		✓	✓	
Chopped Beef	As Served	501	109	12	4	1	44	536	53	✓	✓	✓		✓	✓	
<b>Entrée Salads (w/o Dressing)</b>																
Garden Salad	As Served	209	104	12	6	0	16	348	10	✓				✓		
Turkey Signature Salad	As Served	225	89	10	4	0	13	930	22	✓				✓		
Ham Signature Salad	As Served	250	102	11	5	0	14	1333	23	✓				✓		
Chicken Southwest Salad	As Served	507	193	21	8	0	37	1177	43	✓						
<b>Home-style Sides</b>																
Barbeque Pinto Beans	6 fl. oz(s)	397	10	1	0	0	78	1390	19							
Potato Salad	6 fl. oz(s)	259	93	10	2	0	41	915	2		✓				✓	
Macaroni and Cheese	6 fl. oz(s)	723	21	21	9	0	114	2862	21	✓	✓			✓	✓	
Cole Slaw	6 fl. oz(s)	208	155	19	3	0	12	109	2		✓				✓	
Green Beans	6 fl. oz(s)	91	29	3	1	0	11	827	5					✓	✓	
Corn on the Cob	1 ea	80	10	1	0	~	18	10	3							
<b>Premium Sides</b>																
Okra Basket	As Served	501	264	29	7	4	52	1056	7						✓	
Fry Basket	As Served	597	263	29	7	4	76	1259	8							
Child's Fry Basket	As Served	298	131	15	3	2	38	629	4							



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										Milk	Egg	Tree Nut	Peanut	Wheat	Soy	
<b>Premium Sides (Cont'd)</b>																
Side Salad	1 ea	77	37	4	2	0	6	128	4	✓				✓		
Baked Potato	1 ea	422	5	1	0	0	96	45	11							
Butter	As Served	132	132	15	3	2	0	143	0	✓					✓	
Sour Cream	As Served	40	32	4	3	0	2	24	1	✓						
Cheddar Cheese	As Served	111	82	9	5	0	1	182	7	✓						
Bacon Bits	As Served	27	18	2	1	0	0	143	3							
Chives	As Served	0	0	0	0	0	0	0	0							
Baked Potato "All the Way"	As Served	733	269	31	12	2	99	538	22							
<b>Desserts</b>																
Peach Cobbler	As Served	370	106	12	5	0	62	269	3					✓	✓	
Cobbler with Vanilla Ice Cream	As Served	718	262	29	17	0	101	404	11	✓				✓	✓	
Chocolate Cream Pie	As Served	545	306	34	28	0	57	325	4	✓				✓	✓	
Coconut Cream Pie	As Served	556	328	36	31	0	55	316	3	✓				✓	✓	
Pecan Pie	As Served	735	389	43	11	0	76	452	7		✓	✓	✓	✓	✓	
Banana Pudding	As Served	467	203	23	22	0	64	285	4	✓	✓			✓	✓	
Jell-O	As Served	100	0	0	0	0	24	154	1							
Blue Bell® Ice Cream																
Homemade Vanilla	As Served	348	156	17	12	0	39	135	8	✓						
Dutch Chocolate	As Served	368	186	21	11	0	39	115	7	✓				✓	✓	
Strawberry	As Served	322	124	14	9	0	41	103	7	✓						
Cookies & Cream	As Served	414	186	21	11	0	46	184	7	✓				✓	✓	
<b>Dressings</b>																
Homemade Hidden Valley Ranch Dressing	2 fl. oz(s)	214	203	24	5	0	3	397	1	✓	✓				✓	
Homemade Jalapeno Ranch Dressing	2 fl. oz(s)	197	187	22	4	0	4	472	1	✓	✓				✓	
Homemade Hidden Valley Light Ranch	2 fl. oz(s)	40	9	1	1	0	8	549	1	✓	✓			✓	✓	
Italian Dressing	2 fl. oz(s)	133	106	12	1	0	6	609	0							
Blue Cheese Dressing	2 fl. oz(s)	260	234	26	5	0	4	340	2	✓	✓			✓	✓	
Lite Italian Dressing	2 fl. oz(s)	84	57	6	1	0	6	537	1	✓				✓	✓	
Honey Mustard Dressing	2 fl. oz(s)	223	146	16	2	0	18	535	0		✓				✓	
1000 Island Dressing	2 fl. oz(s)	195	152	17	3	0	10	708	1						✓	
<b>Sauce</b>																
Barbeque Sauce	2 fl. oz(s)	60	0	0	~	~	14	360	0						✓	
Special Sauce	2 fl. oz(s)	114	5	1	0	0	27	285	1						✓	
<b>Misc.</b>																
Bread	1 ea	190	28	3	2	0	35	297	5	✓				✓	✓	
Hamburger Bun	1 ea	250	41	5	1	0	43	400	9	✓	✓	✓		✓	✓	
Cherry Peppers*	1 oz(s)	7	1	0	0	0	1	4	0							
Jalapeno Peppers*	100 grams	15	4	0	0	0	3	250	0							
Italian Peppers (pepperoncini)*	1 oz(s)	3	0	0	~	~	6	335	14							
Louisiana Hot Sauce*	1 tsp	0	0	0	~	~	0	140	0							
Tabasco*	1 tsp	0	0	0	0	0	0	40	0							
Dill Spears*	1 oz(s)	0	0	0	0	0	0	320	0							
Hamburger Pickle Slices*	1 oz(s)	0	0	0	0	0	0	370	0							
Margarine Reddies*	3 ea	75	68	8	2	2	0	120	0							
Sweet Relish*	0.5 oz(s)	15	0	0	~	~	4	1	0							