

NUTRITION

MEAT ONLY (no bun)	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Full Slab	1370	107	34	1	360	2540	29	2	19	72
1/2 Slab	820	64	20	0.5	215	1530	17	1	11	43
1/3 Slab	390	31	10	0	105	730	8	<1	5	20
Brisket Sandwich	690	41	15	0	275	3220	3	0	0	83
Brisket Combo Portion	430	25	9	0	170	2010	2	0	0	52
Brisket Mini	260	15	6	0	105	1210	1	0	0	31
Pulled Pork Sandwich	250	10	3.5	0	105	770	4	<1	3	33
Pulled Pork Combo Portion	150	6	2	0	65	480	2	0	2	21
Pulled Pork Mini	90	4	1.5	0	40	290	1	0	1	12
Pulled Pork Carolina Style	310	14	3.5	0	105	880	12	2	10	34
Turkey Sandwich	220	7	2.5	0	80	1600	5	0	2	34
Turkey Combo Portion	140	4.5	1.5	0	50	1000	3	0	1	21
Turkey Mini	80	3	1	0	30	600	2	0	<1	13
Chicken Breast Boneless	190	4	1	0	90	1870	7	1	2	31
Chicken Breast Wing Qtr	250	16	4.5	0	75	1850	7	1	2	20
Chicken Tenders (4)	340	6	1.5	0	125	2510	29	4	<1	44
Pulled Chicken Sandwich	180	8	2	0	105	1410	5	<1	1	23
Tar Heel Dogs(2 dogs w/bun)	820	42	15	1	90	2330	79	8	31	27

WINGS	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Wings (3)	380	27	8	0	130	620	2	0	0	32
Wings (5)	650	45	13	0	215	1460	5	<1	1	53
Wings (10)	1280	91	25	0	425	2290	8	1	2	106
Sides	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Brunswick Stew	100	2	0	0	10	590	16	1	11	4
Creamy Cole Slaw	190	12	2	0	20	450	19	3	14	1
Fresh Cut Fries	480	15	2	0	0	1800	77	6	3	9
Green Beans	120	8	2.5	1	25	810	5	2	2	8
Hot Apples	110	4.5	1	1.5	0	10	19	1	16	1
Hushpuppies	330	0	0	0	0	170	76	7	13	10
Baked Beans	170	0	0	0	<5	620	35	5	20	7
Garlic Mashed Potatoes	210	12	2.5	3.5	0	430	25	2	1	3
Vinegar Coleslaw	130	7	0	0	0	220	17	3	15	2
Corn Muffin (each)	150	4.5	2.5	0	10	320	27	<1	10	2
Mac & Cheese	250	7	3	0	15	310	37	2	3	9
Salads	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
House Salad w/out dressing	460	12	7	0	40	700	59	14	28	13
Side Salad w/out dressing	80	5	2.5	0	15	105	6	2	3	1

Salads	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
House Salad w/out dressing	460	12	7	0	40	700	59	14	28	13
Side Salad w/out dressing	80	5	2.5	0	15	105	6	2	3	1
KIDS MEALS	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Kids Chicken Tenders	180	3.5	1	0	65	1300	15	2	0	23
Kids Hot Dog (with Bun)	440	32	13	1	75	1370	21	1	4	17
Kids Pork Sanwich (4oz w/bun)	320	8	2	0	65	800	33	1	7	26
Breads	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Regular bun	170	2	0	0	0	320	31	1	5	5
Slider	90	1	0	0	0	150	16	0	2	3
Hot Dog	110	1.5	0	0	0	180	19	1	3	4
Desserts	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Banana Pudding	440	15	8	0	10	340	70	3	42	5
Boardwalk Bites (single)	1530	90	42	0	60	2220	168	6	63	18
Boardwalk Bites (double)	3280	195	91	0	130	4810	350	13	126	39

Sauces & Condiments	calories	Total fat	Saturated Fat	Transfat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein
Original Classic (1.5oz)	50	0	0	0	0	290	13	0	9	0
Gold Sauce (1.5oz)	70	0.5	0	0	0	280	16	1	18	0
Piedmont #5 (1.5oz)	30	0	0	0	0	400	9	0	8	0
Screaming Beaver (1.5oz)	30	0	0	0	0	390	9	0	8	0
Herbed Mayo (1.5oz)	190	3	3	0	15	140	0	0	0	0
Buttermilk Ranch (1.5oz)	200	3.5	3.5	0	10	320	2	0	1	0
Blue Cheese (1.5oz)	200	4	4	0	25	430	2	0	1	1
Fat Free Ranch (1.5oz)	35	0	0	0	0	480	8	1	3	0
Golden Italian (1.5oz)	140	2	2	0	0	320	4	0	3	0
Honey French (1.5oz)	190	2.5	2.5	0	0	290	13	0	12	0
Lite Italian (1.5oz)	20	0	0	0	0	720	2	0	2	0
Sweet & Sour (1.5oz)	220	2.5	2.5	0	0	460	17	0	17	0