

Famous Dave's Nutrition Master 2018

Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
APPETIZERS												
Burnt Ends	1 order	920	520	58	16	1.5	135	1760	57	7	31	49
Burnt Buttz	1 order	1200	650	72	20	<1	190	2070	78	5	51	65
Sampler -LOW	1 order	2560	1610	179	39	1.5	420	5650	129	10	59	118
Sampler -HIGH	1 order	3210	1950	217	54	1.5	570	8390	160	13	62	168
Sweetwater Catfish Fingers	1 order	760	520	58	11	0	80	1620	33	3	2	30
Southside Rib Tips	1 order	1450	830	92	34	2	400	4390	29	4	32	130
BBQ Nachos w/ chicken	1 order	1290	650	72	27	1	180	2480	122	17	39	55
BBQ Nachos w/ Georgia Pork	1 order	1410	770	85	31	1	200	2500	115	16	31	62
BBQ Nachos w/ Beef Brisket	1 order	1400	740	82	31	1.5	200	2420	116	16	31	64
Hillbilly Hubcaps	1 order	1490	630	70	10	0	20	4200	195	6	19	25
Onion Strings	1 order	1940	1500	167	33	1	40	1350	109	14	17	16
Buffalo'd Bones	1 order	880	640	71	20	1.5	175	2260	11	1	11	49
Smoked Salmon Spread	1 order	780	340	38	15	0	80	2510	85	5	9	25
Wing Basket												
Traditional Wings-Buffalo	1 order	1070	740	82	18	1.5	370	2160	12	2	11	73
Traditional Wings Rich & Sassy	1 order	1060	710	79	18	0	370	1950	18	2	16	73
Traditional Wings Devil's Spit	1 order	1060	710	79	18	0	370	1960	16	2	15	73
Traditional Wings Wilbur's Revenge	1 order	1040	700	78	18	0	370	1950	14	2	11	72
Traditional Wings Pineapple Rage	1 order	1040	700	78	18	0	370	1800	15	2	13	73
Boneless Wings-Buffalo	1 order	1050	610	68	14	1.5	145	4190	72	5	11	43
Boneless Wings Rich & Sassy	1 order	1050	590	65	13	0	145	3980	77	5	17	43
Boneless Wings Devil's Spit	1 order	1050	590	65	13	0	145	3990	76	5	15	43
Boneless Wings Wilbur's Revenge	1 order	1040	590	65	13	0	145	3980	74	5	11	43
Boneless Wings Pineapple Rage	1 order	1040	590	65	13	0	145	3830	74	5	13	43
Double Winger												
Traditional Wings-Buffalo	1 order	2080	1440	160	36	2	740	3840	40	4	22	145
Traditional Wings Rich & Sassy	1 order	2070	1410	157	35	1	740	3630	24	4	32	145
Traditional Wings Devil's Spit	1 order	2060	1410	157	35	1	740	3640	22	4	20	145
Boneless Wings-Buffalo	1 order	2050	1200	133	27	1.5	290	7900	137	10	17	85
Boneless Wings Rich & Sassy	1 order	2050	1170	130	26	0.5	290	7690	143	10	22	86
Boneless Wings Devil's Spit	1 order	2040	1170	130	26	0.5	290	7700	142	11	21	86
Wisconsin Cheese Curds	1 order	1260	930	103	6	7	190	2010	43	2	19	43
Shack Shrimp Basket	1 order	1200	670	76	15	0	350	3400	106	12	10	34

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Menu Item	Serving Size, g	Calories	Calories from fat	Fat, g	Sat Fat, g	Trans Fat, g	Chole- sterol, mg	Sodium, mg	Carb, g	Fiber, g	Sugars,g	Protein, g
DINNER												
SALADS -served w/ a Corn Bread Muffin-see sides for info on muffin												
Dave's Sassy BBQ Salad w Georgia Pork	1 order	820	450	50	17	0.5	160	2030	48	6	35	50
Dave's Sassy BBQ Salad w Beef Brisket	1 order	790	410	46	16	1.5	165	1930	49	6	34	52
Dave's Sassy BBQ Salad w BBQ Chicken	1 order	660	300	33	11	0.5	135	2010	58	8	46	39
Dave's Sassy BBQ Salad w Crispy Chicken	1 order	820	370	41	12	0.5	125	2250	72	7	33	48
Dave's Sassy BBQ Salad w Grilled Chicken	1 order	650	270	30	10	0.5	55	1760	47	6	35	53
Grilled Chicken Caesar Salad	1 order	740	460	51	14	0	65	2070	29	6	8	48
Caesar Salad-without chicken	1 order	560	430	48	13	0	65	1590	28	6	6	11
Chicken Chopped Salad-grilled chick breast	1 order	800	460	51	12	0	75	1380	42	12	12	54
Chicken Chopped Salad-BBQ chicken	1 order	810	470	53	12	0	160	1780	56	12	26	41
SIDE SALADS-no muffin												
Side Salad-without dressing	1 order	320	210	23	11	0	110	630	17	3	4	14
Caesar Side Salad	1 order	290	210	23	7	0	30	740	16	3	3	6
DRESSINGS												
Blue Cheese	2 fl oz	280	280	30	6	0	0	360	2	2	0	2
Caesar	2 fl oz	240	220	24	4	0	0	820	2	2	0	2
Dijon Honey Mustard	2 fl oz	260	200	22	3	0	0	420	14	12	0	0
Fat Free Italian	2 fl oz	40	0	0	0	0	0	1400	10	6	1	<1
French	2 fl oz	240	200	22	3	0	0	500	10	8	0	<1
Honey BBQ	2 fl oz	140	45	5	1	0	0	570	22	0	22	<1
Light Italian	2 fl oz	60	45	5	0	0	0	740	4	4	0	0
Ranch	2 fl oz	380	360	40	6	0	0	340	4	2	0	2
Thousand Island	2 fl oz	260	240	26	4	0	0	600	8	6	0	<1
Light French	2 fl oz	140	90	10	1	0	0	250	10	8	0	<1
Italian	2 fl oz	210	200	22	2.5	0	0	1010	4	0	3	<1
Lime Chipotle Ranch	2 fl oz	260	250	28	4	0	40	300	3	0	1	1
SOUPS												
Dave's Famous Chili-cup	1 order	380	190	21	9	0.5	65	1300	33	9	7	23
Dave's Famous Chili-bowl	1 order	490	240	27	11	0.5	85	780	45	3	10	31
Bacon Baked Potato Soup-cup	1 order	410	260	29	14	1.5	50	1140	25	4	3	12
Bacon Baked Potato Soup-bowl	1 order	560	360	40	19	2	65	1560	2	7	4	24

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Brunswick Stew-cup	1 order	230	90	10	3	0	35	840	24	2	6	13
Brunswick Stew-bowl	1 order	320	130	14	4.5	0	55	1200	31	3	9	19
Chicken & Wild Rice Soup-cup	1 order	260	150	17	6	2	43	1010	22	1	2	7
Chicken & Wild Rice Soup-bowl	1 order	370	230	26	9	3	65	1430	27	2	4	10
CUP OF SOUP OR CHILI & SIDE SALAD -served w/ Corn Bread Muffin-see SIDES for info on muffin												
CORE LOW-chili & caesar side salad	1 order	670										
CORE HIGH-Bacon Bk. Pot. Soup, Side Salad w/ Ranch Dressing	1 order	1110										
OPTIONAL LOW-Brunswick Stew & Caesar Side Salad	1 order	520										
OPTIONAL HIGH-Bacon Bk. Pot. Soup, Side Salad w/ Ranch D	1 order	1110										
COMBOS-DINNER -served w/ choice of 2 sides & Corn Bread Muffin-see sides section for further info												
2 meat combo												
Georgia Chopped Pork w/ toast	4 oz	500	240	27	8	1	110	1130	29	1	10	38
Texas Beef Brisket w/ toast	4 oz	470	210	23	7	2	110	890	25	1	4	41
Hot Link Sausage w/ toast	6 oz	530	350	39	12	1	75	1200	26	2	8	21
Country Roasted Chicken	¼	330	180	20	6	0	150	630	1	0	1	37
Roasted Barbeque Chicken	¼	360	180	20	6	0	150	760	6	0	7	38
Southside Rib Tips	12 oz	1120	630	70	25	2	300	3560	29	4	30	98
Chicken Tenders	4 tenders	740	260	29	6	0	115	2420	78	3	44	45
Sweetwater Catfish Fingers	4 fingers	620	460	51	10	0	60	1240	23	2	1	20
Beer Battered Cod	4 oz	300	170	19	3	0	75	990	16	0	3	17
Boneless Wings-Buffalo	1/2 portion	350	170	19	4	0.5	60	1890	33	2	4	20
Boneless Wings-Rich & Sassy	1/2 portion	360	160	18	3.5	0	60	1790	36	2	6	20
Traditional Wings-Buffalo	7 oz	360	230	26	6	0.5	170	870	3	0	4	35
Traditional Wings-Rich & Sassy	7 oz	360	220	24	6	0	170	770	6	0	6	35
LOW 2 meat COMBO-roast chick & battered cod	1 order	630										
HIGH COMBO-2 meat Rib Tips & Chick tenders	1 order	1860										
LOW St. Louis Rib-N-Meat Combo-Rst. Chick	1 order	960										
HIGH St. Louis Rib-N-Meat Combo-rib tips	1 order	1750										
LOW Baby Back-N-Meat Combo-Rst. Chick	1 order	920										
HIGH Baby Back-N-Meat Combo-Rib Tips	1 order	1730										
LOW Fried Chicken-N-Meat Combo-Cod	1 order	790										
HIGH Fried Chicken-N-Meat Combo-Rib Tips	1 order	1670										

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
RIBS-served w/ choice of 2 sides & Corn Bread Muffin-see sides section for further info												
St. Louis Full Rack	1 order	1880	1200	133	50	1	485	3750	42	8	34	137
St. Louis Half Rack	1 order	930	590	66	25	0.5	242	1880	21	4	17	68
St. Louis Reg 4-bone	1 order	630	400	44	17	0	160	1250	14	3	11	46
St. Louis Full Rack-NAKED	1 order	1710	1060	118	44	1	510	3530	4	3	8	160
St. Louis Half Rack-NAKED	1 order	850	530	59	22	0.5	250	1770	2	2	4	80
St. Louis Reg 4-bone-NAKED	1 order	560	350	39	15	0	170	1180	1	1	3	53
Baby Back Full Rack	1 order	1230	740	82	28	0.5	370	2350	26	4	22	100
Baby Back Full Rack-Memphis	1 order	1190	740	82	28	0.5	370	2080	8	3	5	107
Baby Back Half Rack	1 order	610	370	41	14	0.5	180	1180	13	2	11	50
Baby Back Half Rack-Memphis	1 order	590	370	41	14	0.5	180	1040	4	1	2	53
PLATTERS-DINNER-served w/ choice of 2 sides & Corn Bread Muffin-see sides section for further info												
Beer Battered Cod Platter	1 order	610	340	38	6	0	150	1980	32	0	6	35
Burnt Buttz Platter	1 order	970	390	44	14	1	190	2230	80	2	54	65
Hot Link Sausage Platter	1 order	720	400	44	13	2	75	1730	56	3	16	26
Boneless Wing Platter-Buffalo	1 order	1030	610	68	14	1.5	150	4190	72	5	11	45
Boneless Wing Platter-Rich & Sassy	1 order	1030	590	65	13	0	145	3980	77	5	17	43
Boneless Wing Platter-Devil's Spit	1 order	1030	590	65	13	0	145	3990	76	5	15	43
Boneless Wing Platter Wilbur's Revenge	1 order	1010	580	64	13	0	145	3980	74	5	11	43
Boneless Wing Platter Pineapple Rage	1 order	1020	590	65	13	0	145	3830	74	5	13	43
Traditional Wing Platter-Buffalo	1 order	1050	740	82	18	1.5	370	2160	12	2	11	73
Traditional Wing Platter-Rich & Sassy	1 order	1050	710	79	18	0.5	370	1950	18	2	16	73
Traditional Wing Platter-Devil's Spit	1 order	1030	700	78	18	0.5	370	1960	16	2	15	73
Traditional Wing Platter Wilbur's Revenge	1 order	1020	700	78	18	0.5	370	1950	14	2	11	73
Traditional Wing Platter Pineapple Rage	1 order	1020	700	78	18	0.5	370	1800	15	2	13	73
Country Roasted Chicken Platter	1 order	650	350	39	12	0.5	300	1260	2	1	3	75
BBQ Chicken Platter	1 order	700	350	39	12	0.5	300	1530	13	1	13	75
Chicken Tender Platter	1 order	720	250	28	6	0	130	2170	65	3	23	55
Georgia Chopped Pork Platter	1 order	870	440	49	16	1.5	210	2010	36	1	18	73
Southside Rib Tip Platter	1 order	1450	830	92	34	2	400	4400	29	4	32	130
Texas Beef Brisket Platter	1 order	790	370	42	14	2.5	225	1530	28	1	6	78
Sweetwater Catfish Platter	1 order	830	550	61	12	0.5	90	1820	38	3	2	35
Cedar Plank Salmon Platter	1 order	220	90	10	1.5	0.5	50	320	5	1	6	28

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Dave's Smokin' Ribeye Platter	1 order	1350	860	95	33	0.5	280	2710	29	4	6	98
Rib Tips Til Payday	1 order	9240	5000	556	186	9	2010	24970	448	67	154	679
Rib-N-Burnt Ends	1 order	1280	660	73	27	2.5	290	3040	67	7	40	95
Fried Chicken Platter w/ Sauce	1 order	1040	500	56	13	0.5	250	2900	62	2	28	75
FEASTS												
All American BBQ Feast												
w/ Georgia Pork		7520	3670	408	120	4.5	1450	14010	618	87	255	432
w/Georgia Pork	1/4 order	1880	920	102	30	1	360	3500	155	22	64	108
w/ Texas Beef Brisket		7480	3600	400	118	6	1460	13810	621	87	254	437
w/ Texas Beef Brisket	1/4 order	1870	900	100	30	1.5	360	3450	155	22	63	109
Feast for Two												
w/ Georgia Pork		4200	2020	224	64	3	740	7960	371	51	138	224
w/Georgia Pork	1/2 order	2100	1010	112	32	1.5	370	3980	186	26	69	112
w/ Texas Beef Brisket		4170	1980	220	63	3.5	740	7860	372	51	137	227
w/ Texas Beef Brisket	1/2 order	2080	990	110	31	1.5	370	3930	186	26	69	113
Feast for One												
w/ Georgia Pork	1 order	2330	1140	127	37	2	420	4480	200	26	73	123
w/ Texas Beef Brisket	1 order	2260	1080	120	35	2.5	410	4300	201	26	72	121
BURGERS -served w/ choice of 1 side-see SIDES section for further info												
Classic Cheeseburger-8 oz	1 order	810	450	50	25	2.5	155	1360	44	2	14	49
Classic Cheeseburger-7 oz	1 order	770	420	47	23	2.5	145	1310	44	2	14	46
Devil's Spit Burger-8 oz	1 order	930	470	52	25	2.5	160	1940	63	2	31	53
Devil's Spit Burger-7 oz	1 order	880	440	49	23	2.5	150	1890	63	2	31	49
Dave's Favorite Burger-8 oz	1 order	890	470	52	24	2.5	155	1720	55	2	25	53
Dave's Favorite Burger-7 oz	1 order	850	440	49	22	2.5	145	1680	55	2	25	49
Ultimate Burger-8 oz	1 order	1060	570	63	27	3	215	2540	58	2	28	67
Ultimate Burger-7 oz	1 order	1020	540	60	26	3	200	2490	58	2	28	63
Jacked-N-Stacked Burger-8 oz	1 order	1160	700	78	29	3	150	1420	70	5	18	50
Jacked-N-Stacked Burger-7 oz	1 order	1130	680	75	28	2.5	140	1370	70	5	18	47
Smoked Cheddar-8 oz	1 order	820	460	51	24	3	160	1270	44	2	14	49

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Smoked Cheddar-7 oz	1 order	780	430	48	23	3	145	1230	44	2	14	46
Brisket Burger add-on	1 order	170	80	9	3.5	0	55	380	3	0	3	19
SANDWICHES -served w/ choice of 1 side-see SIDES section for further info												
The Manhandler Pork	1 order	790	410	46	16	1.5	145	1810	49	2	21	48
The Manhandler Beef	1 order	780	380	42	14	2	150	1700	51	2	21	50
Texas Beef Brisket	1 order	640	260	29	10	2	140	1310	45	1	15	51
Georgia Chopped Pork	1 order	690	310	34	12	1	135	1590	50	1	21	48
BBQ Pulled Chicken	1 order	640	230	25	12	1	150	1820	61	4	35	45
Hickory Chicken	1 order	680	250	28	13	1	70	1770	50	2	21	59
Cajun Chicken	1 order	1250	720	80	24	1.5	80	2570	74	5	20	63
Burnt Ends	1 order	700	280	31	12	2.5	130	1850	59	5	27	50
Beer Battered Cod	1 order	620	290	32	10	1	100	1680	57	1	15	27
Hot Link	1 order	720	380	42	14	1	75	2010	64	3	34	23
BBQ Buddies	1 order	990	400	45	13	1.5	160	2450	94	6	42	59
Burnt Buttz Sandwich	1 order	1000	410	45	17	0	190	2170	84	2	51	66
3 Beef Brisket Tacos	1 order	470	150	17	6	0	45	1130	59	5	10	24
3 Pork Tacos	1 order	500	170	19	7	0	45	1170	64	6	15	24
3 Catfish Tacos	1 order	810	440	49	11	0	50	1810	73	6	9	26
Memphis-Style Coleslaw	1 order	50	30	3	0.5	0	<5	75	5	<1	4	0
SIDES												
Potato Salad	1 side	130	50	6	1	0	60	630	19	3	5	3
Potato Salad-TEST	1 side	230	100	11	2	0	10	550	30	3	9	3
Collard Greens	1 side	160	120	13	4.5	0	25	690	5	2	1	7
BBQ Chips	1 side	410	220	25	5	0	<5	400	4	86	1	4
Down-n-Dirty Rice	1 side	150	45	5	1.5	0	5	630	20	1	1	6
Famous Apples	1 side	110	25	2.5	0.5	0.5	0	50	22	3	19	4
Fire Cracker Green Beans	1 side	50	20	2	0.5	0	<5	340	7	2	2	2
Southern-Style Green Beans	1 side	45	20	2	0.5	0	<5	240	6	1	1	1
Mashed Sweet Potatoes	1 side	90	5	0.5	0	0	0	400	23	3	9	2
Creamy Coleslaw	1 side	200	120	13	2	0	10	290	21	3	17	2
Famous Fries	1 side	350	140	16	3	0	<5	640	53	8	1	5

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Sweet Corn	2 cobbs	130	45	5	1	0	0	40	23	6	10	5
Broccoli	1 side	70	40	4	1	1.5	0	370	8	3	2	3
Garlic Red Skin Mashed Potatoes	1 side	100	30	3.5	1	0	0	410	19	3	2	2
Grilled Pineapple Steaks	1 side	90	0	0	0	0	0	0	23	2	19	<1
Wilbur Beans	1 side	180	45	5	2	0	15	530	31	7	15	9
Dave's Cheesy Mac & Cheese	1 side	150	50	6	2.5	0	5	510	20	3	5	7
Pecan Brussels Sprouts	1 side	130	70	8	1	0.5	0	120	14	5	4	5
Corn Bread Muffin	1 muffin	260	90	10	2	0	15	310	40	2	18	4
Kid Size Fries	4 oz.	170	70	8	1.5	0	0	320	26	4	4	3
Bar-B-Que Potato-served with cornbread muffin-see SIDES section for info on muffin												
Georgia Pork	1 order	810	540	60	24	6	160	1930	69	7	7	52
Texas Beef Brisket	1 order	790	510	57	23	6	165	1850	70	7	6	55
Pulled Chicken	1 order	860	420	47	20	6	140	1910	76	9	15	44
Loaded Baked Potato	1 order	730	390	43	18	6	80	1370	67	7	5	26
Broccoli Stuffed Baked Potato	1 order	760	380	42	18	5	75	1590	77	10	8	28
CORE-LOW -Broccoli		70										
CORE-HIGH-Fries		350										
CORE-OPTIONAL -LOW-Southern Style Green Beans		45										
CORE-OPTIONAL -HIGH-BBQ Chips		410										
LUNCH SALADS-served w/ a Corn Bread Muffin-see sides for info on muffin												
DAVE'S SASSY BBQ SALADS												
Georgia Pork	1 order	430	240	27	9	0	80	1010	24	3	15	26
Texas Beef Brisket	1 order	420	230	25	9	0.5	85	960	24	3	15	27
BBQ Chicken	1 order	340	160	18	6	0	70	100	29	4	21	21
Crispy Chicken	1 order	500	230	25	7	0	75	1280	40	4	15	31
Grilled Chicken	1 order	290	150	17	6	0	30	880	23	3	15	28
Chicken Caesar Salad	1 order	440	280	31	9	0	40	1200	17	3	5	25
Cesar Salad-no chicken	1 order	340	260	29	8	0	40	960	17	3	3	6
Grilled Chicken Chopped Salad	1 order	440	290	32	8	0	15	620	18	5	6	25

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	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
LUNCH SANDWICHES -served w/ choice of 1 side-see SIDES section for further info												
BBQ Pulled Chicken sandwich	1 order	510	160	18	8	1	110	1510	58	4	32	34
Georgia Chopped Pork Sandwich	1 order	610	260	29	10	1	105	1410	50	1	20	39
Texas Beef Brisket Sandwich	1 order	570	230	25	9	2	110	1150	44	1	14	42
LUNCH BURGERS -served w/ choice of 1 side-see SIDES section for further info												
1/2 lb. Double-Stacked Dave's Burger	1 order	890	470	52	24	2.5	155	1810	55	2	25	53
1/2 lb. Double-Stacked Dave's Cheeseburger	1 order	760	410	45	22	1.5	140	1250	43	2	14	46
BBQ Tacos												
Beef Brisket	1 taco	160	50	6	2	0	15	380	20	2	3	8
Pork	1 taco	170	50	6	2	0	15	390	22	2	5	8
Catfish	1 taco	270	140	16	3.5	0	15	610	25	2	3	9
Chili-Cheese Nachos-SIDE	1 order	480	230	25	8	0.5	40	780	55	6	10	14
LUNCH Platters -served w/ Corn Bread muffin & choice of 1 side-see SIDES section for further info												
St. Louis Ribs	3 ribs	470	300	33	12	0	120	940	10	2	8	34
Georgia Chopped Pork	4 oz	500	240	27	8	1	110	1140	30	1	10	38
Texas Beef Brisket	4 oz	470	210	23	7	2	110	890	25	1	4	41
Southside Rib Tips	8 oz	660	360	40	13	1.5	140	2260	30	2	27	47
Country-Roasted Chicken	¼	330	180	20	6	0	150	630	1	0	1	37
BBQ Chicken	¼	360	180	20	6	0	150	760	6	0	7	38
Chicken Tenders	4	590	210	23	5	0	105	1850	56	3	23	44
Sweetwater Catfish Fingers	4	620	460	51	10	0	60	1230	23	2	1	20
Southern Fried Chicken	¼	460	250	28	6	0	125	1390	15	1	1	37
Hot Link	6 oz	530	350	39	12	1	75	1200	26	2	8	21
Beer-Battered Cod	4 oz	300	170	19	3	0	75	990	16	0	3	17
Wings	7 oz	660	490	54	12	0	200	1160	10	1	9	38
Boneless Wings	½ order	650	430	48	10	0	90	2180	40	3	9	23
Mini Pig Roast	1 order	1300	790	88	29	2	300	3620	40	4	37	92

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Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Lunch Combos -choose two different meats from below, served w/ Corn Bread muffin & choice of 1 side-see SIDES section for further info-												
St. Louis Ribs	2 ribs	320	200	22	8	0	80	620	7	1	6	23
Georgia Chopped Pork	3 oz	420	190	21	7	1	80	950	29	1	10	30
Texas Beef Brisket	3 oz	380	160	18	6	1.5	85	730	24	<1	4	32
Southside Rib Tips	8 oz	660	360	40	13	1.5	140	2260	30	2	27	47
Country-Roasted Chicken	¼	330	180	20	6	0	150	630	1	0	1	37
BBQ Chicken	¼	360	180	20	6	0	150	760	6	0	7	38
Chicken Tenders	3	490	170	19	4	0	80	1530	48	2	22	33
Sweetwater Catfish Fingers	3	550	420	47	9	0	50	1040	18	1	1	15
Hot Link	6 oz	530	350	39	12	1	75	1200	26	2	8	21
Beer-Battered Cod	4 oz	300	170	19	3	0	75	990	16	0	3	17
Wings	7 oz	660	490	54	12	0	200	1160	10	1	9	38
Boneless Wings	½ order	650	430	48	10	0	90	2180	40	3	9	23
Platter	300-680											
Combo	620-1350											
DESSERTS												
Hot Fudge Kahula Brownie	1 order	1190	440	49	19	0	160	540	176	5	131	17
Dave's Famous Bread Pudding	1 order	1390	640	71	32	6	260	680	174	7	129	21
Homemade Pecan Pie	1 order	1250	630	70	16	4	120	830	149	8	66	14
Famous Sundae												
Hot Fudge	1 order	1040	490	54	37	0	155	350	129	2	103	10
Praline	1 order	1070	650	72	35	1.5	190	340	99	2	93	8
Cool and Tangy Key Lime Pie	1 order	640	450	50	21	370	15	480	40	22	1	8
Down Home Banana Pudding	1 order	470	110	12	8	0	20	350	87	3	66	7
Small Bites												
Basket of Seasoned Fries	1 order	820	340	37	7	0	5	8690	129	19	9	12
BBQ Nachos												
Chicken	1 order	640	320	36	14	5	90	1240	61	9	20	27
Pork	1 order	700	380	42	16	0.5	100	1250	57	8	16	31
Beef	1 order	700	370	41	15	1	100	1210	58	8	15	32
Chili Cheese Fries	1 order	750	350	38	11	0	35	1700	99	15	6	17

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Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Chicken Tenders	1 order	560	170	19	4	0	95	1620	56	2	21	44
Dave's BBQ Mac & Cheese												
Chicken	1 order	340	110	12	4.5	0	70	1250	36	5	18	27
Beef	1 order	460	190	21	8	1	95	1190	30	3	9	37
Pork	1 order	460	220	25	9	0	90	1270	29	3	10	35
Hillbilly Hubcaps	1 order	950	510	57	8	0	20	4430	100	3	10	13
Onion Strings	1 order	1550	1210	135	26	0	35	1120	82	10	13	12
Lil' WILBUR MEALS												
served with choice of 1 side-see sides plus Oreo cookies & a fountain beverage or milk-												
Country-Roasted Chicken	1 order	330	180	20	6	0	150	630	1	0	1	37
BBQ Chicken	1 order	360	180	20	6	0	150	760	6	0	7	38
Chicken Tenders	1 order	360	130	14	3	0	70	960	26	2	1	33
Georgia Chopped Pork Sandwich	1 order	390	130	14	5	0	55	1020	44	1	17	22
Macaroni & Cheese	1 order	330	100	11	3	0	25	830	48	2	10	12
Burger	1 order	370	140	16	7	1	50	720	38	1	10	21
Cheeseburger	1 order	430	190	21	10	1	70	1000	39	1	11	23
Rib Dinner	1 order	320	200	22	8	0	80	630	7	2	6	23
Mini Corn Dogs	1 order	410	220	24	6	0	80	1050	34	1	9	15
Milk	12 oz	190	60	7	4.5	0	30	170	18	0	19	12
Chocolate Milk	12 oz	260	35	4	2.5	0	10	230	47	2	37	12
Southern-Style Sweet Tea	12 oz	110	0	0	0	0	0	0	27	0	27	0
Fresh Brewed Iced Tea	12 oz	0	0	0	0	0	0	0	0	0	0	0
Tropicana Lemonade	12 oz	170	0	0	0	0	0	45	42	0	38	0
Pepsi	12 oz	160	0	0	0	0	0	30	41	0	41	0
Sierra Mist	12 oz	160	0	0	0	0	0	35	39	0	39	0
Mountain Dew	12 oz	180	0	0	0	0	0	65	46	0	46	0
Dr. Pepper	12 oz	160	0	0	0	0	0	50	41	0	41	0
Mug Root Beer	12 oz	170	0	0	0	0	0	70	43	0	43	0
Kid's Size Fries	4 oz	170	70	8	1.5	0	0	320	26	4	<1	3
Carrots & Celery w/ Ranch Dressing	1 order	310	270	30	4	0	40	420	10	3	6	2
Sweet Corn	1 cob	70	25	2.5	0.5	0	0	20	12	3	5	2

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Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Oreo Cookies	2 cookies	100	40	4.5	1.5	0	0	120	16	<1	9	1
Ice Cream Sundae	1 order	270	130	14	9	0	55	65	32	1	28	3
Root Beer Float	1 order	210	50	6	4	0	25	75	39	0	38	2
TO GO SIDES												
Potato Salad	1 pt	430										
	1 qt.	860										
Collard Greens	1 pt	320										
	1 qt.	640										
Down -n-Dirty Rice	1 pt	560										
	1 qt.	1130										
Drunkin Apples	1 pt	410										
	1 qt.	820										
Fire Cracker Green Beans	1 pt	130										
	1 qt.	260										
Southern Style Green Beans	1 pt	130										
	1 qt.	260										
Mashed Sweet Potatoes	1 pt	300										
	1 qt.	600										
Creamy Coleslaw	1 pt.	770										
	1 qt.	1540										
French fries	1 lb	930										
Sweet Corn -off cob	1 lb	820										
Broccoli	1 pt	270										
	1 qt.	550										
Garlic Red Skin Mashed Potatoes	1 pt.	340										
	1 qt.	680										
Grilled Pineapple Steaks	1 lb.	310										
Wilbur Beans	1 pt.	540										
	1 qt	1080										
Dave's Cheesy Mac & Cheese	1 pt.	650										
	1 qt	1300										
Bacon Baked Potato Soup	1 qt	1240										
Chicken Wild Rice soup	1 qt	1080										

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Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Brunswick Stew	1 qt	850										
Baby Back Ribs	1 slab	1230	740	82	28	0.5	370	2350	26	4	17	68
Traditional Wing Basket	1 order	1060	710	79	18	0	370	1950	18	2	16	73
Boneless Wing Basket	1 order	1050	590	65	13	0	145	3980	77	5	17	43
Traditional Double Winger	1 order	2070	1410	157	35	1	740	3630	24	4	22	145
Boneless Double Winger	1 order	2050	1170	130	26	0.5	290	7690	143	10	22	86
Traditional Party Platter	1 order	4890	3260	362	82	2	1820	8740	54	7	54	361
Boneless Party Platter	1 order	4830	2660	295	60	1.5	700	18890	353	23	54	211
St. Louis Ribs	1 slab	1800	1200	133	50	1	485	3750	42	8	34	137
Southside Rib Tips	1 lb.	1450	830	92	34	2	400	4400	29	4	32	130
Hot link Sausage	1 lb.	1070	850	94	31	0.5	200	2510	12	4	15	46
Georgia Pork	1 lb.	1380	810	90	31	0.5	430	2970	6	0	11	137
Texas Beef Brisket	1 lb.	1300	670	74	26	3.5	450	2550	11	0	9	147
BBQ Pulled Chicken	1 lb.	720	200	22	7	0	330	2880	46	10	56	95
Country Roast Chicken	1 whole	1300	700	78	24	1	610	2520	4	2	5	149
BBQ Roast Chicken	1 whole	1410	710	79	24	1	610	3070	26	2	27	150
Corn Bread Muffins	1/2 dozen	1560										
Corn Bread Muffins	dozen	3120										
Iced Tea	1 gal	0										
Sweet Tea	1 gal	1440										
Lemonade	1 gal	1440										
Get Sauced!												
Rich & Sassy Dave's Original Recipe	2 fl oz	100	5	0.5	0	0	0	550	23	22	0	1
Georgia Mustard	2 fl oz	35	0	0	0	0	0	460	8	6	0	<1
Texas Pit	2 fl oz	70	5	0.5	0	0	0	580	16	14	0	<1
Sweet & Zesty	2 fl oz	110	0	0	0	0	0	500	26	28	0	<1
Devil's Spit	2 fl oz	90	5	0.5	0	0	0	560	20	18	0	1
Pineapple Rage	2 fl oz	70	0	0	0	0	0	250	17	15	4	<1
Wilbur's Revenge	2 fl oz	90	0	0	0	0	0	550	22	11	0	0
Southside BBQ Sauce	2 fl oz	110	50	5	1	0	0	820	16	14	2	1
Buffalo Sauce	2 fl oz	110	70	7	1.5	0	0.5	970	11	11	0	0

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Menu Item	Serving	Calories	Calories	Fat,	Sat	Trans	Chole-	Sodium,	Carb,	Fiber,	Sugars,g	Protein,
	Size, g		from fat	g	Fat, g	Fat, g	sterol, mg	mg	g	g		g
Honey Sauce, Hot	2 fl oz	120	0	0	0	0	0	310	31	0	25	0
Honey Sauce, Mild	2 fl oz	80	0	0	0	0	0	910	22	0	22	0
<p>A 2,000 calorie daily diet is used for general nutrition advice but calorie needs vary. Nutrition information is based on standard recipes and product formulations; however, variations may occur due to differences in preparation, serving sizes, ingredients or special orders. These variations invalidate the calculations listed. Nutrition information was calculated utilizing a combination of laboratory analysis and nutrition software and is rounded according to FDA labeling guidelines.</p>												