

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
SEASONING																
Creole Seasoning	1 tbsp	14.5	3.16	0.36	0	0	0	874.5	2.82	1.25	0.78	0.68	2.2	3.6	1.4	7.8
Satchel's Rub	1 tbsp	20.9	3.35	0.41	0	0	0	620.9	4.39	1.5	2.07	0.64	27.5	3.8	1.2	5
SIDES																
Southern Greens	6 oz	128	61.4	6.4	2.13	0	9.7	311.7	13.2	5.56	7.1	7.2	372.6	18.2	18.2	15.7
	Pint	342	164	17.1	5.68	0	25.9	831.2	35.2	14.8	18.9	19.2	993.6	48.5333	48.5	41.9
	Quart	683	327	34.1	11.4	0	51.7	1662.4	70.4	29.7	37.9	38.4	1987.2	97.0667	97	83.8
Baked Beans	6 oz	175	23.2	2.56	0.85	0	3.9	498.8	32.9	5.76	16.9	5.7	0.5	11.1	5.3	10.3
	Pint	466	61.9	6.83	2.27	0	10.4	1330.1333	87.6	15.4	45.1	15.2	1.33333	29.6	14.1	27.5
	Quart	933	124	13.7	4.54	0	20.8	2660.2667	175	30.7	90.1	30.4	2.66667	59.2	28.3	54.9
Red Beans	6 oz (w/Rice)	133	3.98	0.22	2	0	0	182.18	28.3	3.13	0.92	6.27	0.8	8.16	1.9	13.5
	Pint	533	15.9	1.79	0	0	0	1441.5	98.5	25.1	7.32	34.2	6.6	65.3	15.2	59.7
	Quart	1067	31.7	3.59	0	0	0	2883	197	50.1	14.6	68.3	13	130.7	30.4	120
Black Eyed Peas	6 oz (w/Rice)	105	12.3	1.04	2.4	0	4.8	176	21	1.6	0.97	4.23	4.7	6.4	3.5	8.6
	Pint	316	82.2	8.32	3.2	0	38.4	1391	39.9	12.8	7.77	17.8	37.8	51.2	28.3	20.8
	Quart	632	165	16.6	6.4	0	76.8	2782	79.9	25.6	15.5	35.7	75.5	102.3	56.7	41.6
Corn Bread	1 piece	187	85.7	9.88	3.58	0	30.4	261	22.2	0.23	8.04	3.03	3	0.5	8.8	3.68
Mac N' Cheese	6 oz	147	51.9	6.73	3.2	0	16.1	271.2	16.9	0.63	1.43	7.15	3.5	0.3	16.7	4.09
	Pint	393	138	17.9	8.5	0	42.9	723.2	45.1	1.7	3.8	19.1	9.4	0.8	44.5	10.9
	Quart	786	276	35.8	17	0	85.8	1446.4	90.2	3.4	7.6	38.2	18.8	1.6	89	21.8
Coleslaw	Side (6 oz)	139	110	12.2	1.8	0	6	131.6	7.18	1.84	4.89	2.21	12.5	49.5	3.9	2.5
	Pint	371	292	32.5	4.8	0	16	351	19.1	4.9	13	5.9	33.3	132	10.4	6.5
	Quart	741	585	64.9	9.6	0	32	702	38.3	9.8	26.1	11.8	66.7	264	20.7	13
Potato Salad	Side (6 oz)	401	215	24	2.94	0	70.6	637	46.2	5.54	5.48	8.57	2.5	76.7	4.8	10.3
	Pint	1069	575	63.9	10.5	0	188	1699	123	14.8	14.6	22.9	6.7	204.6	12.7	27.5
	Quart	2137	1149	128	21	0	377	3398	246	29.6	29.2	45.7	13.3	409.2	25.5	55
Satchel's Stew	Side (6 oz)	128	40.9	4.9	2.1	0	20.8	388	13.9	3.66	6.61	7.1	11.1	27.8	5.8	5
	Pint	343	109	13.1	5.59	0	55.5	1034.5	3.94	9.76	17.6	18.9	30	74	15.6	13
	Quart	685	218	26.1	11.2	0	111	2069	73.9	19.5	35.3	37.9	59.2	148	31.1	26.1

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ENTREES																
Pulled Chicken Sandwich	1 sandwich	380	165	18.5	5	0	85	340	26	1	4	25	4	2	6	15.8
Pulled Pork Sandwich	1 sandwich	408	199	22	7	0	80.5	334	26	1	4	23.5	0.25	1.3	5.8	16.5
Brisket Sandwich	1 sandwich	425	210	23	8.5	0	77	335.8	26	1	4	25	0	0	4.8	20.8
Pulled Chicken	1/2 lb	480	300	34	10	0	170	160	0	0	0	42	8	4	4	10.5
Pulled Pork	1/2 lb	535	368	41	14	0	161	148	0	0	0	39	0.5	2.5	3.5	13
Brisket	1/2 lb	569	390	43	17	0	154	156.5	0	0	0	42	0	0	1.5	21.5
Kielbasa	1/2 lb	680	?	56	20	0	136	1840	8	0	4	32	8	8	0	16
Ribs	1/2 slab	694	534	58	24.5	0	159	124.5	0	0	0	37.5	0	0	2	22
	Full Slab	1388	1068	118	49	0	317	249	0	0	0	75	0	0	4	44
SAUCES																
House BBQ Sauce	1 oz	37.1	8.6	0.02	0	0	0	177	9.1	0.28	7.3	0.16	1	3.69648	1	0.8
Sweet BBQ Sauce	1 oz	53.8	0.3	0.03	0	0	0	156	13.5	0.07	12.6	0.04	0.1	0.27441	0.4	0.7
Hot BBQ Sauce	1 oz	19.7	0.2	0	0	0	0	121.5	4.7	0.25	3.4	0.22	1.4	23.4063	0.7	0.7
Carolina Vinegar Sauce	1 oz	84.4	0.5	0.02	0	0	0	178.7	15.9	0.46	14.4	0.45	2.5	6.24844	1.6	3.5
Rib Sauce	1 oz	46.7	2.6	0.22	0	0	0	299.4	11.1	0.34	10	0.28	4.1	2.46875	0.6	1.6
Mustard Sauce	1 oz	23.2	18.3	2.03	0.3	0	1	22	1.2	0.31	0.8	0.37	2.1	8.24238	0.7	0.4
Hot Pepper & Garlic Vinegar	1 oz	6	0	0	0	0	0	1.4	0.1	0.03	0.05	0.03	0.3	4.33477	0.2	0.1