

Rudy's

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Meat-4 oz (.25 pound)						
Pork Loin	125	1	575	0	0	23
Turkey Breast	105	0	1163	1	0	23
Half Chicken	265	5	596	1	0	22
Sandwiches						
Turkey	391	4	N/A	43	1	37
Pork Loin	416	6	N/A	51	1	28
Pulled Pork	530	7	N/A	55	2	30
Breakfast Tacos						
Bacon & Egg	230	4	N/A	22	0	12
Bean & Cheese	270	5	N/A	30	3	10
Brisket & Egg	260	5	N/A	22	0	14
Sides						
Jumbo Smoked Potato	417*	0	678	80	6	9
Green Chile Stew	123	2	621	18	1	7
Three Bean Salad	196	1	600	11	2	1
Cole Slaw	132	2	247	16	3	1
Rudy's Beans	143	0	476	24	7	6
Corn-on-the-Cob	90	0	14	17	2	2
Potato Salad	340	2	623	24	2	2

*Estimated calories based on 1-pound potato