



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Chicken						
Fried Chicken Wing	165	4	573	5	0	12
Fried Chicken Leg	198	4.5	684	7	0	18
Fried Chicken Tender	140	3.5	400	8	1	11
Fish						
Fried Fish Fillet	100	1	40	25	0	0
Hushpuppies	130	0	400	20	1	2
Sides						
Fried Okra	190	0	700	42	3	5
French Fries	60	1	360	22	2	2
Corn on the Cob	80	0	10	18	1	3
Seasoned Italian Green Beans	40	0	600	6	2	0
Biscuits	178	3	390	22	1	3
Corn Nuggets	190	1	420	31	2	3
Mashed Potatoes without Gravy	100	1	380	17	0	1
Yeast Roll	110	0	140	22	1	3
Sauces						
Ketchup	10	0	85	3	0	0
Honey	25	0	0	7	0	0
Cocktail Sauce	35	0	450	8	0	0
BBQ Sauce	45	0	480	11	0	0

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Steaks and Ribs						
6oz. Top Sirloin Steak	250	7	480	0	0	22
8oz Top Sirloin Steak	330	9	640	0	0	30
Seafood						
Grilled Whitefish - Lemon Pepper (includes bed of seasoned rice)	490	5	1650	34	0	52
Grilled Whitefish - Blackened (includes bed of seasoned rice)	510	5	2190	36	2	53
8oz. Grilled Salmon (includes bed of seasoned rice)	590	7	1260	33	0	44
Grilled Mahi Mahi	350	2.5	1400	37	1	34
5oz Grilled Salmon (includes bed of seasoned rice)	440	5	1060	33	0	
5oz Grilled Salmon - Blackened (includes bed of seasoned rice)	450	5	1370	34	1	29
5oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	560	5	1510	60	1	29
8oz Grilled Salmon - Blackened (includes bed of rice)	600	8	1740	35	1	44
8oz Grilled Salmon - Bourbon Glazed (includes bed of seasoned rice)	750	8	1850	70	1	25
5oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	600	6	2230	55	1	42
8oz Bourbon-Glazed Salmon and Shrimp (includes bed of seasoned rice)	750	8	2420	55	1	57
Combinations						
6oz Top Sirloin Steak with Grilled Shrimp	560	10	1770	49	1	38
Chicken Tenders and Grilled Shrimp	1240	12	2590	96	4	74

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Made From Scratch Sides (Veggie Plate)						
Buttered Off-The-Cob Corn	110	0.5	80	22	2	4
Fresh Steamed Broccoli	100	3.5	105	6	3	3
Sweet Baby Carrots	35	0	75	9	3	0
Southern Green Beans	60	1	190	8	2	0
Freshly Made Coleslaw	170	2	200	14	1	0
House Salad (dressing not included)	140	4	210	9	3	7
Caesar Salad	290	7	810	9	2	8
Fried Plantains	260	0	40	56	3	2
Kids						
Kids Chicken Tenders	630	7	1050	18	0	44
Kids Grilled Chicken	280	2.5	1250	21	0	34
Comfort Food						
Country Fried Chicken Single (no gravy)	610	7	1770	44	2	40
Country Fried Chicken Single with Southern Green beans and sweet baby carrots	705	8	2035	61	7	40

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