



Cotton Patch Café



Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Appetizers						
Fried Green Tomatoes (4)	280	2.5	1740	31	2	4
Jumbo Crispy 'Shrooms (small)	550	10	60	5	1	4
Soups (soup of the day item)						
Chicken Tortilla Soup - Cup	230	4.5	710	16	3	10
Salads (no dressing)						
Strawberry Pecan Salad	320	5	420	22	6	8
Southwest Salad	430	9	460	41	6	12
Protein						
Grilled Chicken (5 oz)	190	2.5	350	0	0	30
Fried Shrimp (4 each)	220	2.5	440	6	0	12
Dressings (3 fl oz)						
Balsamic Vinaigrette Dressing	360	6	720	6	0	0
Raspberry Walnut Vinaigrette	390	6	270	15	0	0
Sandwiches (French Fries not included)						
Chicken Sandwich	830	9	1660	40	3	28
The BLT	730	10	1790	36	3	12
Chicken Salad Sandwich	830	9	1660	40	3	28
Grilled Favorites (Entrée only)						
Grilled Shrimp	590	9	1600	53	1	28
Blackened Tilapia	670	11	1210	53	1	51
Chipotle Maple Grilled Salmon (w/ rice)	860	13	1330	70	1	39
Chipotle Maple Chicken (w/ rice)	570	2	1880	70	1	51
Lemon Herb Grilled Salmon	540	13	500	0	0	34



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Signature Specials						
Chicken and Dumplings Entrée	290	4.5	1070	24	0	20
Meatloaf (lunch size)	420	9	1530	19	3	25
Chicken Fried Chicken (lunch size, no gravy)	270	2	690	18	2	26
Sides						
Baked Squash Casserole	190	3	320	26	3	5
Skinny Steamed Veggies	41	0	43	8	1	3
Fresh Broccoli	140	2	250	7	0	4
Whole Kernel Corn	100	0.5	210	20	2	3
Black eyed peas	140	1.5	450	18	3	7
Southern Green Beans	35	0	560	4	1	2
Side House Salad (not dressed)	90	1	140	15	3	3
Steamed Veggies	140	2	250	8	2	3
Kids						
Garlic Mashed Potatoes	80	0.5	95	12	1	2
Grilled Chicken Tenders	150	2	70	0	0	29
Steak Finger Dinner	246	4	454	10	0	10

Fall 2022