



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 Mushrooms (small) No Sauce	550	10	60	5	1	4
Salads (no protein or dressing)						
Strawberry Pecan Salad	320	5	420	22	6	8
Cobb Salad	500	11	690	20	11	24
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)						
The BLT	730	10	1790	36	3	12
Grilled Favorites (Entrée only)						
Grilled Shrimp (w/rice)	590	9	1600	53	1	28
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	790	13	1330	53	1	39





Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
10 for \$10						
Chicken N' Dumplins	290	4.5	1070	24	0	20
Meatloaf (lunch size)	420	9	1530	19	3	25
Chicken Fried Chicken Jr. (no gravy)	270	2	690	18	2	26
Grilled Chicken Strips (4 each)	180	2	700	0	0	33
Sides						
Baked Squash (1/2 cup)	190	3	320	26	3	5
Fresh Broccoli (5 oz)	140	2	250	7	0	4
Whole Kernel Corn (1/2 cup)	100	0.5	210	20	2	3
Southern Green Beans (1/2 cup)	35	0	560	4	1	2
House Salad (not dressed)	90	1	140	15	3	3

Summer 2024

