



Cotton Patch Café

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Appetizers						
Chips and Salsa	565	3	1552	81	5	11
Fried Green Tomatoes (4)	394	1	977	37	8	5
Soups						
Chicken Tortilla Soup - Cup	80	0	760	10	2	7
Salads						
Dinner Salad	111	3	185	11	2	6
Caesar Salad	55	0	114	8	2	3
Grilled Caesar Salad with Chicken	370	6	910	16	5	37
Grilled Caesar Salad with Salmon	442	6	1147	18	6	46
Strawberry Pecan Salad	330	7	440	18	5	10
Dressings (1 fl oz)						
Balsamic Vinaigrette Dressing	60	1	260	3	0	0
Light Olive Oil Vinaigrette	60	1	260	3	0	0
Low Fat Ranch	30	0	300	6	0	0
Raspberry Walnut Vinaigrette	130	0	90	5	0	0
Sandwiches (French Fries not included)						
Avocado Chicken Sandwich	708	10	1645	45	9	49
Grilled Favorites (Entrée only)						
CPC Special Sirloin Steak (6 oz)	234	4	301	2	1	36
Grilled Cajun Duo (4 shrimp)	432	6	1431	11	2	51
Bayou Shrimp	240	2	350	0	0	26
"Right Size Plate" Blackened Tilapia	158	1	800	3	1	22
"Right Size Plate" Grilled Chicken Breast	230	1.5	527	0	0	43
"Right Size Plate" Grilled Pork Chops	282	6	956	2	0	29



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Lighter Plate Items						
Grilled Tilapia	158	2	800	3	1	22
Grilled Salmon	272	2	697	2	1	35
Grilled Chicken	306	2	702	0	0	57
Seasoned Rice	214	1	136	28	0	4
Skinny Steamed Vegetables	41	0	43	8	1	3
Specials of the Day						
Roasted Turkey	210	3	900	2	0	30
Sunday Dressing (2 oz)	239	3	312	35	1	6
Cranberry Sauce (1 oz)	55	0	5	13	0	0
Sides						
Baked Squash Casserole	178	2	306	25	3	5
Sweet Potato Casserole	340	1	116	70	7	5
Dinner Roll	201	2	336	26	1	4
Fruit Cup	40	0	5	10	2	1
Garlic Mashed Potatoes	103	1	118	16	2	2
Rice for Specials	205	1	130	27	0	4
Seasoned Rice	214	1	136	28	0	4
Skinny Steamed Vegetables	41	0	43	8	1	3
Steamed Broccoli	138	2	273	7	0	4
Whole Kernel Corn	109	0	449	23	2	3
Kids						
Cheesy Broccoli	45	0.5	50	6	0	4
Garlic Mashed Potatoes	80	0.5	95	12	1	2
Grilled Chicken Tenders	150	2	70	0	0	29
Salad - Kid Size (no dressing)	45	0	200	9	1	1
Steak Finger Dinner	246	4	454	10	0	10