



Lunch/Dinner Nutritional Analysis

Lunch/Dinner Menu													
Food Item, Portion	Calories	Total Fat (g)	Calories from Fat	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten free? Yes*/ No	Dairy free? Yes/No
<b>Salads</b>													
Chef Salad, 1 order, 20 oz	988	57.5	533	30.5	0	493	2153	12	3	7	94	Yes	No
Famous Salad w/ Chicken, 1 order, 13.5 oz	254	4.5	42	0.75	0	128	141	7	2.5	4	42	Yes	No
Tossed Salad, 1 order, 7.5 oz	41	0	0	0	0	0	58	7	2.5	4	1	Yes	Yes
<b>Salad Sides</b>													
Cornbread, 1 ea	152	4	35	1	0	8	472	26	1	3	3	No	No
Rolls, 1 ea	80	1	5	0	0	0	160	16	1	2	3	No	No
Saltines, 1 pks	50	1.5	14	0	0	0	105	8	0	0	1	No	Yes
Captain's Wafers, 1 pkg	70	2.5	23	0	0	0	105	9	0	1	1	No	Yes
<b>Salad Dressings</b>													
Ranch, 4 oz	400	44	400	6	0	40	1080	4	0	4	4	No	No
Honey Mustard, 4 oz	680	68	612	10	0	60	540	20	0	16	0	No	Yes
Thousand Island, 4 oz	259	22	203	3	0	43	750	14	1	14	1	No	Yes
Italian, 4 oz	511	56	488	4	0	0	701	6	0	0	0	No	Yes
Blue Cheese, 4 oz	720	76	680	10	0	60	960	4	0	4	4	No	No
French, 4 oz	520	48	400	8	0	0	600	24	0	20	0	No	No
Oil & Vinegar, 4 oz	500	56	480	4	0	0	0	4	0	0	0	Yes	Yes
Reduced Calorie Low-Fat Ranch, 4 oz	400	40	360	6	0	40	1080	4	0	4	4	No	No
<b>Daily Meat Features</b>													
Sunday – Southern-Style Pot Roast in Gravy, 5 oz	217	12	105	4.2	0	67	919	2	0	2	24	No	No
Sunday – Turkey & Dressing, 9 oz	448	16.5	140.1	3.9	0	219	2583	43.1	2	7.8	30	No	No
Monday – Chicken & Dumplings, 16 oz	1039	33	294	13	0	162	1087	121	4	2.2	63	No	No
Tuesday – Fried Chicken Livers, 7.5 oz**	770	67	567	13	12	878	182	0	0	0	41	No	No
Wednesday – Meat Loaf, 6 oz w/ 2 oz	390	23.7	213	8.5	0	105	775	22.3	0.6	7.1	22.2	No	No
Thursday – Pulled BBQ Pork, 6 oz	729	30.5	278	11	0	77	1706	72	4	14	42	No	Yes
Thursday – Liver & Onions, 4 oz w/ 2 oz	265	10.3	94	3.9	0	434	138	10.8	0.8	2.2	30.6	No	No
Friday – Grilled Boneless Chicken Breast, 6 oz	204	4	40	0.72	0	122	79	0	0	0	39	Yes	Yes

\*Item ingredients are gluten-free & remain gluten-free if prepared on separate cooking surfaces and in oils reserved for gluten-free preparation and cooking.

However, unable to ensure that all ingredients originated from gluten-free manufacturing facilities.

\*\*Nutrition information calculated using 16.5% average oil absorption for fried menu items.

Heart healthy option meeting the standards of the American Heart Association.



*Pamela Wray, RD, LD*

SC Lic#1272  
CDR 1069890  
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Saturday – BBQ Chicken (White Meat, 15 oz)	912	60	540	17	0	300	1454	25	0.6	20	75	No	Yes
Saturday – BBQ Chicken (Dark Meat, 11 oz)	812	46	414	13	0	225	847	21	0.6	16	73	No	Yes
<b>Meats</b>													
Beef Stew, 8 oz	388	2	105	4.8	0	171	1189	13	2	2	56	No	Yes
Fried Chicken, White Meat, 11 oz**	690	28	252	7.6	11	277	236	5.1	0.3	0	99	No	No
Fried Chicken, Dark Meat, 11 oz**	886	53	477	14	11	286	277	13	0	0	85	No	No
Baked Chicken, White Meat, 15 oz	825	60	540	17	0	300	1051	4	0	4	75	Yes	Yes
Baked Chicken, Dark Meat, 11 oz	725	46	414	13	0	225	444	0	0	0	73	Yes	Yes
Fried Pork Chop, 4 oz w/ bone**	381	32.2	275	6.2	6	78	66	0	0	0	25	No	No
Chicken Fried Steak, 5 oz w/ 2 oz gravy**	837	69.5	609	19.8	8	89	760	31	1.4	5	23.5	No	No
Country Fried Steak, 4 oz w/ 2 oz gravy**	471	18	167	7	0	80	2971	31	1	0	28	No	No
Fried Flounder, 6 oz**	475	46	392	7.8	6	77	503	0	0	0	21	No	No
Fried Flounder, 2 oz, child portion**	158	15	131	2.6	2	26	168	0	0	0	7	No	No
Baked Ham, CURE81®, 3 oz	100	3.5	32	1.5	0	35	790	2	0	2	14	Yes	Yes
Salmon Patty, 5 oz ❤️	202	6	53	1	0	80	470	17	1	2	19	No	No
Smoked Sausage, 5 oz	772	78	680	21.3	7.5	75	1200	5	0	5	18	No	Yes
<b>Vegetables</b>													
Cabbage, 6 oz	88.3	5	48	2	0	6.4	1606	9	4	5	2	Yes	No
Green Beans, 6 oz	56	1.5	14	0.5	0	1.5	1003	9	3.3	2	2.3	Yes	No
Black-eyed Peas, 6 oz	209	3.4	32	0.8	0	3	1880	39	9	3	15.3	Yes	No
Fried Okra, 6 oz**	466	42	356	7	6	0	510	26	4	4	4	No	No
Fried Squash, 6 oz**	543	43	365	7	6	0	1003	39	2	2	5	No	No
Baby Limas, 6 oz ❤️	135	2	11	0.4	0	2	406	23.3	5.5	2.2	6.7	Yes	No
Fresh Collards, 6 oz	130	5	53	2	0	5.5	1502	15	4	6.6	5	Yes	No
Okra & Tomatoes, 6 oz	74	1.8	16	0.6	0	2.3	920	12.3	2.3	8.6	1.7	Yes	No
Rice & Gravy, 6 oz	216	0	22	0	0	0	947	43	0	10	12	No	No
Macaroni & Cheese, 6 oz	693	12	110	5	0	21	428	138	8	10	26	No	No
Creamed Corn, 6 oz	181	4	34	0	0	0	847	31	3	7	5	No	No
Candied Yams, 6 oz ❤️	321	4	37	0.7	0	0	76	76	2.5	64	0	Yes	No

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Cole Slaw, 6 oz	208	16	146	2.3	0	11.5	292	15	3.4	11.4	1.7	No	No
Cornbread Dressing w/ Giblet Gravy, 6 oz w/ 2 oz	523	20.8	179.1	5.5	0	186.1	2535	65.1	3	11.8	15	No	No
Country Skillet Apples, 6 oz ♥	196	5.5	49.5	1	0	0	75	40	3	34	0	Yes	No
Grilled Mixed Vegetables, 6 oz ♥	40	0	0	0	0	0	40	8	3	2	2	Yes	No
Mashed Potatoes & Brown Gravy, 6 oz w/ 2 oz	286	4	38	1	0	0	725	45	5	13	13.4	No	No
Carrot & Raisin Salad, 6 oz	363	29	264	4	0	26	281	24	4	18	1.4	Yes	No
Squash Casserole, 6 oz	171	11	101	6	0	24.7	792	11	2	4.2	7	No	No
Applesauce, 6 oz ♥	135	0	0	0	0	0	15	33	3	27	0	Yes	Yes
Sliced Peaches, 6 oz ♥	133	0	0	0	0	0	13.3	30	1	25	1	Yes	Yes
Alabam' Slaw, 6 oz	249	18	165.5	2.5	0	16.4	959	20.7	4	16.6	2.2	No	No
Potato Salad, 6 oz	361	21	188	3	0	58.8	509	40	0.7	4.9	1.4	No	No
Pickled Beets, 6 oz ♥	74	0	1	0	0	0	170	19	3	15	1	Yes	Yes
Sliced Tomatoes, 6 oz ♥	31	0	3	0	0	0	0	7	2	4	1	Yes	Yes
Gelatin, 6 oz ♥	105	0	0	0	0	0	135	26	0	26	1.5	Yes	Yes
<b>Side Orders</b>													
French Fries, 7 oz**	719	61	520	11.5	7	0	284	42	4.7	0	4.7	No	No
Cheese Potato, 1 large w/ 1 oz cheese	404	9.4	88.6	6.1	0	30	222	64	7	3	15	Yes	No
Sour Cream, 2 oz	109	12	100	7.3	0	24	24	0	0	0	0	Yes	No
Honey Mustard, 4 oz	680	68	612	10	0	60	540	20	0	16	0	No	Yes
<b>Low Carb Special</b>													
Boneless Chicken Breast, 6 oz	204	4	40	0.72	0	122	79	0	0	0	39	Yes	Yes
Green Beans, 6 oz	56	1.5	14	0.5	0	1.5	1003	9	3.3	2	2.3	Yes	No
Cabbage, 6 oz	88.3	5	48	2	0	6.4	1606	9	4	5	2	Yes	No
Collards, 6 oz	130	5	53	2	0	5.5	1502	15	4	6.6	5	Yes	No
Pickled Beets, 6 oz ♥	74	0	1	0	0	0	170	19	3	15	1	Yes	Yes
Cole Slaw, 6 oz	208	16	146	2.3	0	11.5	292	15	3.4	11.4	1.7	No	No
Grilled Mixed Vegetables, 6 oz ♥	40	0	0	0	0	0	40	8	3	2	2	Yes	Yes

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<b>Country Dinners – Meats</b>													
Ribeye, 9 oz	627	40	360	14	0	194	219	3.9	0	0	63	Yes	Yes
Hamburger Steak, 12 oz	836	54.2	487.8	20	0	286	282	0	0	0	82	Yes	Yes
...w/ onions, 2.5 oz	94	8	72	1	0	0	9	6	1.2	0	0.7	Yes	Yes
...w/ bell peppers, 2.5 oz	90	8	72	1	0	0	12	3	1.3	1.5	0.6	Yes	Yes
...w/ mushrooms, 1.5 oz	11	0	0	0	0	0	5	1.7	0.8	0	1.5	Yes	Yes
Chicken Strips, 6 oz**	686	66	572	14	6	120	330	1.5	0	1.5	30	No	No
Calabash Shrimp, 8.5 oz**	958	86	733	28	13	241	744	34	3	0	23	No	No
Country Ham, 4 oz	220	14	102	4	0	53	2550	0	0	0	28	Yes	Yes
<b>Southern Fried Catfish</b>													
Fried Catfish, 6 oz**	521	51	437	16	6	53	211	5	0	0.5	27	No	No
<b>Chicken &amp; Waffles</b>													
Chicken Breast** and Waffle, 11 oz w/ 1 Waffle	1032	44	392	15.6	11	386	929	48.1	1.3	1	105.5	No	No
<b>Soups</b>													
Vegetable Soup w/ Beef, Bowl, 16 oz	418	8	69	2.9	0	101	1031	43	4.8	12.3	40.3	No	Yes
Vegetable Soup w/ Beef, Cup, 8 oz	209	4	35	1.4	0	50	515	22	2.4	6.2	20	No	Yes
Chicken & Rice Soup, Bowl, 16 oz	1382	51	458	14	0	263	2033	100	2	9	73.5	No	Yes
Chicken & Rice Soup, Cup, 8 oz	715	25.5	234	7	0	132	1017	56	1	4.6	37.4	No	Yes
Spicy Black-Eyed Pea Soup, Bowl, 16 oz	411	11	104	2.7	0	28	2609	61	13.5	7	30	No	Yes
Spicy Black-Eyed Pea Soup, Cup, 8 oz	205.5	5.5	52	1.35	0	16	1304.5	30.5	6.75	3.5	15	No	Yes
Chili & Beans, Bowl, 16 oz	550	25	225	9.2	0	123	1868	34	9.3	1.2	46	No	Yes
Chili & Beans, Cup, 8 oz	274	12	112	4.6	0	61	934	17	4.7	5.9	23	No	Yes
<b>Soup Sides</b>													
Cornbread, 2 ea	304	8	70	2	0	16	944	52	2	6	6	No	No
Rolls, 2 ea	160	2	10	0	0	0	320	32	2	4	6	No	No
Saltines, per pkg	50	1.5	14	0	0	0	105	8	0	0	1	No	Yes
Captain's Wafers, per pkg	70	2.5	23	0	0	0	105	7	0	1	1	No	Yes

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<b>Small Plates</b>													
Fried Chicken, Leg, 3.5 oz**	254	14.4	130	3.9	3.5	94	88	2.5	0	0	27	No	No
Fried Chicken, Thigh, 3.5 oz**	262	14.9	134	4.1	3.5	97	88	3.2	0	0	27	No	No
Fried Flounder, 3 oz**	238	23	196	3.9	3	39	252	0	0	0	10.5	No	No
Beef Stew, 4 oz	194	1	52.3	2.4	0	85.5	549.5	6.5	1	1	28	No	Yes
Baked ham, 1.5 oz	82.5	5	38	1.5	0	20	956	0	0	0	10.5	Yes	Yes
Smoked Sausage, 2.5 oz	238	21	192	7.5	0	37.5	600	2.5	0	2.5	9	Yes	Yes
Chicken Strips, 2 ea**	229	26	91	4.6	2	40	110	0.5	0	0.5	10	No	No
<b>Sandwiches</b>													
Hamburger Patty on Bun, 6 oz on 1	613	35	318	14.5	2	105	800	44	1	6	30	No	No
BBQ Pork on Bun, 4 oz on 1	486	20.3	185	7.3	0	51	1137	48	2.5	9.4	28	No	No
Baked Ham CURE81® on Texas Toast, 3 oz on 2 sl	280	5.5	52	1.5	0	35	1150	36	2	6	20	No	No
Baked Ham CURE81® on Bun, 3 oz on 1	320	5.5	52	2	0	35	1220	45	1	8	21	No	No
Flounder Filet on Bun, 6 oz on 1**	695	48	412	8.3	6	77	933	43	1	6	28	No	No
Pork Chop on Bun, 4 oz boneless on 1	442	12	110	4.5	0	83	480	43	1	6	37	No	No
Chicken Filet on Bun, fried, 6 oz on 1**	565	16	146	4.3	5.5	139	548	45.6	1.2	6	57	No	No
Chicken Filet on Bun, baked, 6 oz on 1	515	8.1	76	1.5	0	170	600	45.4	1.8	7.4	61.6	No	No
Country Fried Steak on Bun, 4 oz on 1	773	20	187	7.5	0	80	3711	83.8	2.5	14.5	42.4	No	No
Classic BLT on Texas Toast, 6 oz on 2 sl	880	68.4	621	20.8	0	105.7	1409	36.4	2.8	5.4	26.6	No	No
Smoked Sausage on Bun, 5 oz on 1	695	44.5	403	15.5	0	75	1630	48	1	11	24.5	No	No
Fried Bologna on Texas Toast, 4 oz on 2 sl**	748	60.1	517	17	6	50	1566	36.4	2.8	5.4	18.6	No	No
Grilled Cheese on Texas Toast, 4 sl on 2 sl	431	21	195	11	0.5	75	1340	40	2	8	19	No	No
<b>Desserts</b>													
Apple Pie, 1 sl	430	20	180	8	0	25	410	57	1	32	6	No	No
Pecan Pie, 1 sl	520	25	225	8	0	80	530	69	1	28	5	No	No
Banana Pudding, 1 order, 7 oz	576	22.4	199.6	29	5.3	5	435	93	3	59	5.5	No	No
Peach Cobbler, 1 order, 7 oz	500	18	162	4	4	0	500	80	2	34	4	No	Yes
Blackberry Cobbler, 1 order, 7 oz	560	18	162	4	4	0	500	94	4	44	4	No	Yes

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Carrot Cake, 1 sl	480	27	243	8	1.5	125	300	56	4	38	4	No	No
Chocolate Cake, 1 sl	370	14	130	4	1.5	30	330	59	2	40	3	No	No
Lemon Meringue Pie, 1 sl	270	8	72	3	0	0	300	48	0	30	2	No	No
Chocolate Meringue Pie, 1 sl	350	16	144	8	1	5	260	49	1	29	4	No	No
Grilled Pound Cake, 5.5 oz	601	38	328	12	4	109	491	82	0	76	11	No	No
Ice Cream, ½ c scoop	130	7	60	4	0	20	35	14	0	14	3	Yes	No
<b>Beverages</b>													
Real Southern Tea, Sweet, 20 oz	213	0	0	0	0	0	0.5	55	0	55	0	Yes	Yes
Real Southern Tea, Unsweetened, 20 oz	0	0	0	0	0	0	0	0	0	0	0	Yes	Yes
Yuban Coffee®, 8 oz	2	0	0	0	0	0	0	0	0	0	0	Yes	Yes
Decaf Coffee, Maxwell House®, 8 oz	0	0	0	0	0	0	0	0	0	0	0	Yes	Yes
Lipton®, Hot Tea, 2 bags	0	0	0	0	0	0	0	0	0	0	0	Yes	Yes
Hot Chocolate, 1 pk	110	2	20	2	0	0	140	23	1	19	1	Yes	No
Coke®, 20 oz	240	0	0	0	0	0	75	65	0	65	0	Yes	Yes
Diet Coke®, 20 oz	0	0	0	0	0	0	70	0	0	0	0	Yes	Yes
Sprite®, 20 oz	240	0	0	0	0	0	110	64	0	64	0	Yes	Yes
Orange Soda, 20 oz	270	0	0	0	0	0	90	74	0	74	0	Yes	Yes
Lemonade, 20 oz	260	0	0	0	0	0	80	70	0	67	0	Yes	Yes
Milk, 2%, 12 oz	180	7.5	68	4.5	0	30	180	18	0	16.5	12	Yes	No
Milk, 2%, 20 oz	300	12.5	113	7.5	0	50	300	30	0	28	20	Yes	No
Milk, Chocolate, 12 oz	240	4	54	2.3	0	22.5	270	41	0	38	11	Yes	No
Milk, Chocolate, 20 oz	400	6.3	56	3.8	0	37.5	450	68	0	63	18	Yes	No

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