



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
Salads												
Chef Salad, no bread side, 20 oz	988	57.5	533	30.5	0	493	2153	12	3	7	94	Yes
Chef Salad w/ cornbread, 20 oz/2 ea	1292	65.5	603	32.5	0	509	3097	64	5	13	100	No
Chef Salad w/ rolls, 20 oz/2 ea	1148	59.5	543	30.5	0	493	2473	44	5	11	100	No
Chef Salad w/ saltines, 20 oz/2 pks	1088	60.5	561	30.5	0	493	2363	28	3	7	96	No
Chef Salad w/ captain's wafers, 20 oz/4 pks	1268	67.5	625	30.5	0	493	2573	48	3	11	98	No
Famous Salad w/ Chicken, no bread side, 13.5 oz	254	4.5	42	0.75	0	128	141	7	2.5	4	42	Yes
Famous Salad w/ Chicken, w/ cornbread, 13.5 oz/2 ea	558	12.5	112	2.75	0	144	1085	59	4.5	10	48	No
Famous Salad w/ Chicken, w/ rolls, 13.5 oz/2 ea	414	6.5	52	0.75	0	128	461	39	4.5	8	48	No
Famous Salad w/ Chicken, w/ saltines, 13.5 oz/ 2 pks	354	7.5	70	0.75	0	128	351	23	2.5	4	44	No
Famous Salad w/ Chicken, w/ captain's wafers, 13.5 oz/4 pks	464	12	111	0.75	0	128	456	34	2.5	7	45	No
Tossed Salad, No Bread Side, 7.5 oz ♥	41	0	0	0	0	0	58	7	2.5	4	1	Yes
Tossed Salad, w/ Cornbread, 7.5 oz/2 ea	345	8	70	2	0	16	1002	59	4.5	10	7	No
Tossed Salad, w/ Rolls, 7.5 oz/2 ea ♥	201	2	10	0	0	0	378	39	4.5	8	7	No
Tossed Salad, w/ Saltines, 7.5 oz/2 pks ♥	141	3	28	0	0	0	268	23	2.5	4	3	No
Tossed Salad, w/ Captain's Wafers, 7.5 oz/4 pks ♥	181	5	46	0	0	0	268	26	2.5	6	3	No
Salad Dressings												
Ranch, 4 oz	400	44	400	6	0	40	1080	4	0	4	4	No
Honey Mustard, 4 oz	680	68	612	10	0	60	540	20	0	16	0	No
Thousand Island, 4 oz	259	22	203	3	0	43	750	14	1	14	1	No
Italian, 4 oz	511	56	488	4	0	0	701	6	0	0	0	No
Blue Cheese, 4 oz	720	76	680	10	0	60	960	4	0	4	4	No
French, 4 oz	520	48	400	8	0	0	600	24	0	20	0	No
Oil & Vinegar, 4 oz	500	56	480	4	0	0	0	4	0	0	0	No
Reduced Calorie Low-Fat Ranch, 4 oz	400	40	360	6	0	40	1080	4	0	4	4	No
Sunday Special												
Southern-Style Pot Roast in Gravy, 5 oz	217	12	105	4.2	0	67	919	2	0	2	24	No
Daily Meat Features												
Sunday – Turkey & Dressing, 9 oz	448	16.5	140.1	3.9	0	219	2583	43.1	2	7.8	30	No
Monday – Chicken & Dumplings, 16 oz	1039	33	294	13	0	162	1087	121	4	2.2	63	No
Tuesday – Fried Chicken Livers**, 7.5 oz	770	67	567	13	12	878	182	0	0	0	41	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
Thursday – Pulled BBQ Pork, 4 oz on bun	486	20.3	185	7.3	0	51	1137	48	2.5	9.4	28	No
Thursday – Liver & Onions 4 oz w/12 oz	692	35.3	323	8.5	0	434	723	45	5	23	42.3	No
Friday – Grilled Boneless Chicken Breast, 15 oz	825	60	540	17	0	300	825	4	0	4	75	Yes
Saturday – BBQ Chicken (White Meat, 15 oz)	912	60	540	17	0	300	1454	25	0.6	20	75	No
Saturday – BBQ Chicken (Dark Meat, 11 oz)	812	46	414	13	0	225	847	21	0.6	16	73	No

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Meats												
Beef Stew, 8 oz	388	2	105	4.8	0	171	1189	13	2	2	56	No
Fried Chicken, White Meat, 11 oz**	690	28	252	7.6	11	277	236	5.1	0.3	0	99	No
Fried Chicken, Dark Meat, 11 oz**	886	53	477	14	11	286	277	13	0	0	85	No
Baked Chicken, White Meat, 15 oz	825	60	540	17	0	300	1051	4	0	4	75	Yes
Baked Chicken, Dark Meat, 11 oz	725	46	414	13	0	225	444	0	0	0	73	Yes
Fried Pork Chop, 4 oz w/bone**	381	32.2	275	6.2	6	78	66	0	0	0	25	No
Chicken Fried Steak, 5 oz w/4 oz gravy**	975	77	676	22.1	8	98	1011	45	1.7	10	28	No
Country Fried Steak, 4 oz**	471	18	167	7	0	80	2971	31	1	0	28	No
Fried Flounder, 6 oz**	475	46	392	7.8	6	77	503	0	0	0	21	No
Fried Flounder, 2 oz, child portion**	158	15	131	2.6	2	26	168	0	0	0	7	No
Baked Ham, CURE81®, 3 oz	100	3.5	32	1.5	0	35	790	2	0	2	14	Yes
Salmon Patty, 5 oz ♥	202	6	53	1	0	80	470	17	1	2	19	No
Smoked Sausage, 5 oz	772	78	680	21.3	7.5	75	1200	5	0	5	18	No
Vegetables												
Cabbage, 6 oz	88.3	5	48	2	0	6.4	1606	9	4	5	2	Yes
Green Beans, 6 oz	56	1.5	14	0.5	0	1.5	1003	9	3.3	2	2.3	Yes
Black-eyed Peas, 6 oz	209	3.4	32	0.8	0	3	1880	39	9	3	15.3	Yes
Fried Okra, 6 oz**	466	42	356	7	6	0	510	26	4	4	4	No
Fried Squash, 6 oz**	543	43	365	7	6	0	1003	39	2	2	5	No
Baby Limas, 6 oz ♥	135	2	11	0.4	0	2	406	23.3	5.5	2.2	6.7	Yes
Fresh Collards, 6 oz	130	5	53	2	0	5.5	1502	15	4	6.6	5	Yes
Okra & Tomatoes, 6 oz	74	1.8	16	0.6	0	2.3	920	12.3	2.3	8.6	1.7	Yes
Rice & Gravy, 6 oz	216	0	22	0	0	0	947	43	0	10	12	No
Macaroni & Cheese, 6 oz	693	12	110	5	0	21	428	138	8	10	26	No
Creamed Corn, 6 oz	181	4	34	0	0	0	847	31	3	7	5	No
Candied Yams, 6 oz ♥	321	4	37	0.7	0	0	76	76	2.5	64	0	Yes
Cole slaw, 6 oz	208	16	146	2.3	0	11.5	292	15	3.4	11.4	1.7	No
Cornbread Dressing w/ Giblet Gravy, 6 oz/2 oz	523	20.8	179.1	5.5	0	186.1	2535	65.1	3	11.8	15	No
Country Skillet Apples, 6 oz ♥	196	5.5	49.5	1	0	0	75	40	3	34	0	Yes
Grilled Mixed Vegetables, 6 oz ♥	40	0	0	0	0	0	40	8	3	2	2	Yes
Mashed Potatoes & Brown Gravy, 6 oz/2 oz	286	4	38	1	0	0	725	45	5	13	13.4	No
Carrot & Raisin Salad, 6 oz	363	29	264	4	0	26	281	24	4	18	1.4	Yes
Squash Casserole, 6 oz	171	11	101	6	0	24.7	792	11	2	4.2	7	No
Applesauce, 6 oz ♥	135	0	0	0	0	0	15	33	3	27	0	Yes
Sliced Peaches, 6 oz ♥	133	0	0	0	0	0	13.3	30	1	25	1	Yes
Alabam' Slaw, 6 oz	249	18	165.5	2.5	0	16.4	959	20.7	4	16.6	2.2	No
Potato Salad, 6 oz	361	21	188	3	0	58.8	509	40	0.7	4.9	1.4	No
Pickled Beets, 6 oz ♥	74	0	1	0	0	0	170	19	3	15	1	Yes
Sliced Tomatoes, 6 oz ♥	31	0	3	0	0	0	10	7	2	4	1	Yes
Gelatin, 6 oz ♥	105	0	0	0	0	0	135	26	0	26	1.5	Yes

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Side Orders												
French Fries, 7 oz**	719	61	520	11.5	7	0	284	42	4.7	0	4.7	No
Cheese Potato, 1 large w/ 1 oz cheese	404	9.4	88.6	6.1	0	30	222	64	7	3	15	Yes
Sour Cream, 2 oz	109	12	100	7.3	0	24	24	0	0	0	0	Yes
Low Carb Special												
Boneless Chicken Breast, 6 oz	204	4	40	0.72	0	122	79	0	0	0	39	Yes
Green Beans, 6 oz	56	1.5	14	0.5	0	1.5	1003	9	3.3	2	2.3	Yes
Cabbage, 6 oz	88.3	5	48	2	0	6.4	1606	9	4	5	2	Yes
Collards, 6 oz	130	5	53	2	0	5.5	1502	15	4	6.6	5	Yes
Pickled Beets, 6 oz ♥	74	0	1	0	0	0	170	19	3	15	1	Yes
Cole Slaw, 6 oz	208	16	146	2.3	0	11.5	292	15	3.4	11.4	1.7	No
Grilled Mixed Vegetables, 6 oz ♥	40	0	0	0	0	0	40	8	3	2	2	Yes
Country Dinners – Rib Eye												
Rib Eye, Tossed Salad, Cornbread, 9 oz/7 oz/2 ea	972	48	430	16	0	210	1221	62.9	4.5	10	70	No, yes w/o cornbread
Rib Eye, French Fries**, Cornbread, 9 oz/7 oz/2 ea	1650	109	950	27.5	7	210	1447	97.9	6.7	6	73.7	No
Rib Eye, Cheese Potato, Cornbread, 9 oz/1 large/2 ea	1335	57.4	518.6	22.1	0	240	1385	119.9	9	9	84	No, yes w/o cornbread
Rib Eye, Tossed Salad, Rolls, 9 oz/7 oz/2 ea	828	42	370	14	0	194	597	42.9	4.5	8	70	No, Yes w/o rolls
Rib Eye, French Fries**, Rolls, 9 oz/7 oz/2 ea	1506	103	890	25.5	7	194	823	77.9	6.7	4	73.7	No,
Rib Eye, Cheese Potato, Rolls, 9 oz/1 large/2 ea	1191	51.4	458.6	20.1	0	224	761	99.9	9	7	84	No, Yes w/o rolls
Country Dinners – Hamburger Steak												
Hamburger Steak, Tossed Salad, Cornbread, 12 oz/7 oz/2 ea	1181	62.2	557.8	22	0	302	1284	59	4.5	10	89	No, Yes w/o cornbread
Hamburger Steak, French Fries**, Cornbread, 12 oz/7 oz/2 ea	1859	123.2	1077.8	33.5	7	302	1510	94	6.7	6	92.7	No
Hamburger Steak, Cheese Potato, Cornbread, 12 oz/1 large/2 ea	1544	71.6	646.4	28.1	0	332	1448	116	9	9	103	No, yes w/o cornbread
Hamburger Steak, Tossed Salad, Rolls 12 oz/7 oz/2 ea	1037	56.2	497.8	20	0	286	660	39	4.5	8	89	No, yes w/o rolls
Hamburger Steak, French Fries**, Rolls, 12 oz/7 oz/2 ea	1715	117.2	1017.8	31.5	7	286	886	74	6.7	4	92.7	No
Hamburger Steak, Cheese Potato, Rolls, 12 oz/1 large/2 ea	1400	65.6	586.4	26.1	0	316	824	96	9	7	103	No, yes w/o rolls
Hamburger Steak Toppings												
Onions, 2.5 oz	94	8	72	1	0	0	9	6	1.2	0	0.7	Yes
Bell Peppers, 2.5 oz	90	8	72	1	0	0	12	3	1.3	1.5	0.6	Yes
Mushrooms, 1.5 oz	11	0	0	0	0	0	5	1.7	0.8	0	1.5	Yes
Country Dinner – Chicken Strips												
Chicken Strips**, Honey Mustard, Tossed Salad, Cornbread, 6 oz/4 oz/7 oz/2 ea	1711	142	1254	26	6	196	1872	80.5	4.5	27.5	37	No
Chicken Strips**, Honey Mustard, French Fries**, Cornbread, 6 oz/4 oz/7 oz/2 ea	2389	203	1774	37.5	13	196	2098	115.5	6.7	23.5	40.7	No


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Chicken Strips**, Honey Mustard, Cheese Potato, Cornbread, 6 oz/4 oz/1 large/2 ea	2074	151.4	1342.6	32.1	6	226	2036	137.5	9	26.5	51	No
Chicken Strips**, Honey Mustard, Tossed Salad, Rolls, 6 oz/4 oz/7 oz/2 ea	1567	136	1194	24	6	180	1248	60.5	4.5	25.5	37	No
Chicken Strips**, Honey Mustard, French Fries**, Rolls, 6 oz/4 oz/7 oz/2 ea	2245	197	1714	35.5	13	180	1474	95.5	6.7	21.5	40.7	No
Chicken Strips**, Honey Mustard, Cheese Potato, Rolls, 6 oz/4 oz/1 large/2 ea	1930	145.4	1282.6	30.1	6	210	1412	117.5	9	24.5	51	No
Country Dinners – Calabash Shrimp												
Calabash Shrimp**, Tossed Salad, Cornbread, 8.5 oz/7 oz/2 ea	1303	94	803	30	13	257	1746	93	7.5	10	30	No
Calabash Shrimp**, French Fries**, Cornbread, 8.5 oz/7 oz/2 ea	1981	15	1323	41.5	20	257	1972	128	9.7	6	33.7	No
Calabash Shrimp**, Cheese Potato, Cornbread, 8.5 oz/1 large/2 ea	1666	103.4	891.6	36.1	13	287	1910	150	12	9	44	No
Calabash Shrimp**, Tossed Salad, Rolls, 8.5 oz/7 oz/2 ea	1159	88	743	28	13	241	1122	73	7.5	8	30	No
Calabash Shrimp**, French Fries**, Rolls, 8.5 oz/7 oz/2 ea	1837	149	126	39.5	20	241	1348	108	9.7	4	33.7	No
Calabash Shrimp**, Cheese Potato, Rolls, 8.5 oz/1 large/2 ea	1522	97.4	831.6	34.1	13	271	1286	130	12	7	44	No
Country Dinners – Country Ham												
Country Ham, Tossed Salad, Cornbread, 4 oz/7 oz/2 ea	565	22	172	6	0	69	3552	59	4.5	10	35	No, Yes w/o cornbread
Country Ham, French Fries**, Cornbread, 4 oz/7 oz/2 ea	1243	83	692	17.5	7	69	3778	94	6.7	6	38.7	No
Country Ham, Cheese Potato, Cornbread, 4 oz/1 large/2 ea	928	31.4	260.6	12.1	0	99	3716	116	9	9	49	No, yes w/o cornbread
Country Ham, Tossed Salad, Rolls, 4 oz/7 oz/2 ea	421	16	112	4	0	53	2928	39	4.5	8	35	No, yes w/o rolls
Country Ham, French Fries**, Rolls, 4 oz/7 oz/2 ea	1099	77	632	15.5	7	53	3154	74	6.7	4	38.7	No
Country Ham, Cheese Potato, Rolls, 4 oz/1 large/2 ea	784	25.4	200.6	10.1	0	83	3092	96	9	7	49	No, yes w/o rolls
Southern Fried Catfish												
Southern Fried Catfish**, 6 oz	521	51	437	16	6	53	211	5	0	0.5	27	No
Chicken and Waffles												
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
Soups												
Vegetable Soup w/ Beef, Bowl, 16 oz	418	8	69	2.9	0	101	1031	43	4.8	12.3	40.3	No
Vegetable soup w/ Beef, Cup, 8 oz 	209	4	35	1.4	0	50	515	22	1	6.2	20	No
Chicken and Rice Soup, Bowl, 16 oz	136	7.2	64	2	0	52	930	6	1		8	No
Chicken and Rice Soup, Cup, 8 oz	68	3.6	32	1	0	26	465	3	0		4	No
Spicy black-eyed Pea Soup, Bowl, 16 oz	411	11	104	2.7	0	28	2609	61	13.5	7	30	No
Spicy Black-Eyed Pea Soup, Cup, 8 pz	205.5	5.5	52	1.35	0	16	1304.5	30.5	6.75	3.5	15	No
Chili & Beans, Bowl, 16 oz	550	25	225	9.2	0	123	1868	34	9.3	1.2	46	No
Chili & Beans, Cup, 8 oz	274	12	112	4.6	0	61	934	17	4.7	5.9	23	No

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Soups Served with Choice of:												
Cornbread, 2 ea	304	8	70	2	0	16	944	52	2	6	6	No
Rolls, 2 ea	160	2	10	0	0	0	320	32	2	4	6	No
Saltines, per pkg	50	1.5	14	0	0	0	105	8	0	0	1	No
Captain's Wafers, per pkg	70	2.5	23	0	0	0	105	9	0	1	1	No
Small Plates – Fried Chicken												
Fried Chicken, Leg, 3.5 oz**	254	14.4	130	3.9	3.5	94	88	2.5	0	0	27	No
Fried Chicken, Thigh, 3.5 oz**	262	14.9	134	4.1	3.5	97	88	3.2	0	0	27	No
Small Plates – Fried Flounder												
Fried Flounder, 3 oz**	238	23	196	3.9	3	39	252	0	0	0	10.5	No
Small Plates – Beef Stew												
Beef stew, 4 oz ❤️	194	1	52.25	2.4	0	85.5	549.5	6.5	1	1	28	No
Small Plates – Baked Ham												
Baked Ham, 1.5 oz	82.5	5	38	1.5	0	20	956	0	0	0	10.5	Yes
Small Plates – Smoked Sausage												
Smoked Sausage, 2.5 oz	238	21	192	7.5	0	37.5	600	2.5	0	2.5	9	Yes
Small Plates – Chicken Strips												
Chicken Strips, 2 ea**	229	26	91	4.6	2	40	110	0.5	0	0.5	10	No
Sandwiches												
Hamburger on Bun, French Fries**, 6 oz/1 ea/7 oz	1421	102.4	897	26.8	9	110.7	1333	92.3	6.8	10.3	35.5	No
BBQ Pork on Bun, French Fries**, 4oz/1 ea/7 oz	1205	81.3	705	18.8	7	51	1421	90	7.2	9.4	32.7	No
Baked Ham Sandwich on Texas Toast, French Fries**, 3 oz/2 sl/7 oz	999	66.5	572	13	7	35	1434	78	6.7	6	24.7	No
Baked Ham Sandwich on Bun, French Fries**, 3 oz/1 ea/7 oz	1039	66.5	572	13.5	7	35	1504	87	5.7	8	25.7	No
Flounder Filet** on Bun, Tartar Sauce, French Fries**, 6 oz/1 ea/1 oz/7 oz	1554	124	1072	22.3	13	92	1467	86	5.7	7	32.7	No
Pork Chop on Bun, French Fries**, 4 oz/1 ea/7 oz	1161	73	630	16	7	83	764	85	5.7	6	41.7	No
Chicken Filet** on Bun, French Fries**, 6 oz/1 ea/7 oz	1291	77	666	15.8	12.5	139	834	89.1	6.4	7	62.1	No
Chicken Filet (baked) on Bun, French Fries**, 6 oz/1 ea/7 oz	1230	69	596	13	7	170	826	86.5	6.2	7	66.1	No
Country Fried Steak** on Bun, French fries**, 4 oz/1 ea/7 oz	1492	81	707	19	7	80	3995	125.8	7.2	14.5	47.1	No
Classic BLT on Texas Toast, French Fries**, 6 oz/2 sl/7 oz	1599	129.4	1141	32.3	7	105.7	1693	78.4	7.5	5.4	31.3	No
Smoked Sausage on Bun, French Fries**, 5 oz/1 ea/7 oz												
Fried Bologna** on Texas Toast, French Fries**, 4 oz/2 sl/7 oz	1467	121.1	1037	28.5	13	50	1850	78.4	7.5	5.4	23.3	No
Grilled Cheese on Texas Toast, French Fries**, 4 sl/2 sl/7 oz	1150	82	715	22.5	7.5	75	1624	82	6.7	8	23.7	No
Desserts												
Apple Pie, 1 sl	430	20	180	8	0	25	410	57	1	32	6	No
Pecan Pie, 1 sl	520	25	225	8	0	80	530	69	1	28	5	No
Banana Pudding, 8 oz	576	22.4	199.6	29	5.3	5	435	93	3	59	5.5	No
Peach Cobbler, 1 sl	500	18	162	4	4	0	500	80	2	34	4	No

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Lunch/Dinner Nutritional Analysis

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
Blackberry Cobbler, 1 sl	560	18	162	4	4	0	500	94	4	44	4	No
Carrot Cake, 1 sl	480	27	243	8	1.5	125	300	56	4	38	4	No
Chocolate Cake, 1 sl	370	14	130	4	1.5	30	330	59	2	40	3	No
Lemon Meringue Pie, 1 sl	270	8	72	3	0	0	300	48	0	30	2	No
Chocolate Meringue Pie, 1 sl	350	16	144	8	1	5	260	49	1	29	4	No
Grilled Pound Cake, 5.5 oz	601	38	328	12	4	109	491	82	0	76	11	No
Ice Cream, ½ c scoop	130	7	60	4	0	20	35	14	0	14	3	Yes
Beverages												
Real Southern Tea, Sweet, 20 oz	213	0	0	0	0	0	0.5	55	0	55	0	Yes
Real Southern Tea, Unsweetened, 20 oz	0	0	0	0	0	0	0	0	0	0	0	Yes
Yuban Coffee®, 8 oz	2	0	0	0	0	0	0	5	0	0	0	Yes
Maxwell House®, Decaf, 8 oz	0	0	0	0	0	0	0	0	0	0	0	Yes
Lipton® Hot Tea, 2 bags	0	0	0	0	0	0	0	0	0	0	0	Yes
Hot Chocolate, 1 pkg	110	2	20	2	0	0	140	23	1	19	1	Yes
Coke®, 20 oz	240	0	0	0	0	0	75	65	0	65	0	Yes
Diet Coke®, 20 oz	0	0	0	0	0	0	70	0	0	0	0	Yes
Sprite®, 20 oz	240	0	0	0	0	0	110	64	0	64	0	Yes
Orange Soda, 20 oz	270	0	0	0	0	0	90	74	0	74	0	Yes
Lemonade, 20 oz	260	0	0	0	0	0	80	70	0	67	0	Yes
Milk, 2%, 12 oz	180	7.5	68	4.5	0	30	180	18	0	16.5	12	Yes
Milk, 2%, 20 oz	300	12.5	113	7.5	0	50	300	30	0	28	20	Yes
Milk, Chocolate, 12 oz	240	4	54	2.3	0	22.5	270	41	0	38	11	Yes
Milk, Chocolate, 20 oz	400	6.3	56	3.8	0	37.5	450	68	0	63	18	Yes

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