



# NUTRITIONAL & ALLERGEN INFORMATION GUIDE

Backyard BBQ	Made Without Gluten*	Calories	Fat (g)	Trans Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Contains Milk	Contains Peanuts	Contains Tree Nuts	Contains Wheat	Contains Gluten	Contains Sesame	Contains Soy	Contains Eggs	Contains Fish	Contains Shellfish	Vegan	Vegetarian	Halal Certified Meats
<b>Protein</b>																								
Pork Ribs	<input checked="" type="checkbox"/>	220	18	0	5.5	59	1940	4	1	3	12													
Smoked Chicken Quarter	<input checked="" type="checkbox"/>	440	30	0	11	160	1600	3	1	2	23													
Plant-based BBQ Chicken		250	3	0	0.5	0	2950	30	2	24	27				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
<b>Sides &amp; Vegetables</b>																								
Coleslaw	<input checked="" type="checkbox"/>	180	14	0	2	8	230	13	2	10	1								<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Caprese Pasta Salad		230	6	0	2	5	300	39	3	5	8	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Green Beans	<input checked="" type="checkbox"/>	110	9	0	1	0	720	7	3	3	2											<input checked="" type="checkbox"/>		
Corn on the Cobb	<input checked="" type="checkbox"/>	110	8	0	5	20	2	11	2	0	2	<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		
Baked Beans	<input checked="" type="checkbox"/>	230	2	0	0	0	530	43	7	19	9											<input checked="" type="checkbox"/>		
Mac & Cheese		280	14	0	8	39	350	27	2	4	12	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>	
Hushpuppies		140	7.5	0	1	0	280	17	1	3	2	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Honey Corn Muffin		230	10	0	6	5	420	43	1	22	3	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
Chocolate Chip Cookie		160	6	0	3.5	0	90	25	1	12	2	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>	
<b>Sauce</b>																								
Kansas City Style BBQ	<input checked="" type="checkbox"/>	90	1	0	0	0	740	20	1	17	1											<input checked="" type="checkbox"/>		
Alabama White Sauce	<input checked="" type="checkbox"/>	330	35	0	5.5	20	430	5	0	4	0							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>				
Georgia Mustard BBQ	<input checked="" type="checkbox"/>	70	1	0	0	0	550	16	1	12	1							<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>				
North Carolina BBQ	<input checked="" type="checkbox"/>	50	0	0	0	0	450	10	0	9	0											<input checked="" type="checkbox"/>		

If you have any food allergies or dietary restrictions, please speak with a member of our team. We are happy to assist and ensure your dining experience is safe and enjoyable.

Please note: Due to shared preparation and cooking areas in our kitchens and the risk of cross-contact, we cannot guarantee that any item is free of any allergen.

Nutritional information does not include additional condiments or ingredients.

\*Made without gluten means the menu item is made with ingredients that do not contain gluten.

IMPORTANT: Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible.