

Allergen Information

Note: Allergen information is not available on seasonal items (lunch specials) and individual restaurant's daily specials

√ Denotes the allergen is in the product

	Egg	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Other Gluten
Appetizers										
Cajun Firecracker Sticks	√	√			√	√	√		√	
Calabash, Wings & Cheese Fries w/o side sauces		√	√						√	
Carolina Crab Cakes	√	√			√	√	√		√	√
Cheese Fries		√	√							
Chicken Wings (BBQ, Hot, Mild)										
FATZ Onyum Rings w/o side sauce		√							√	
Firecrackers, Wings & Rings w/o side sauces	√	√			√	√	√		√	√
Fried Green Tomatoes & Cheese Grits	√	√	√			√			√	
Hand-Breaded Fried Mushrooms									√	√
Honey BBQ Chicken Nachos w/o side sauce		√	√						√	
Spinach & Artichoke Bread Bowl		√	√			√	√		√	√

Salads & Soups										
Caesar Salad (w/o dressing)		√							√	
Calabash Chicken Salad		√	√						√	
Chicken and Rice Soup			√			√			√	
Country Club Chicken Salad (w/o dressing)	√		√					√		
FATZ Cobb Salad (w/o dressing)	√	√	√							
House Salad		√							√	
Loaded Potato Soup		√	√			√	√			
Ultimate Spinach Salad (w/o dressing)	√									
Ultimate Spin Salad with Grilled Chicken (w/o dressing)	√					√			√	
Ultimate Spin Salad with Grilled Shrimp (w/o dressing)	√	√			√					
Ultimate Spin Salad with Key West Fish (w/o dressing)	√					√				
Ultimate Chopped Chef Salad (w/o dressing)	√	√					√	√		
Veggie Salad										

Salad Dressings, Sauces and Gravies										
BBQ Sauce										
Bleu Cheese Dressing	√	√				√				
Burgundy Mushroom Gravy		√				√	√		√	
Caesar Dressing	√	√					√			
Fat Free Italian Vinaigrette										
Gourmet Italian Dressing										
Honey Mustard Dressing	√									
Hot Bacon Vinaigrette Dressing										
Lemon Butter Sauce		√				√	√			
Lite Olive Oil Vinaigrette Dressing							√			
Lite Ranch Dressing	√	√	√							
Onyum Sauce	√	√	√							
Ranch Dressing	√	√	√							
Raspberry Walnut Vinaigrette Dressing								√		
Southern Gold BBQ Sauce						√				
Spicy Ranch Dressing	√	√	√							
Sundried Tomato Vinaigrette										
Sweet Vidalia Onion Dressing										
Thousand Island Dressing	√									

Chicken and Pasta										
Aloha Chicken						√			√	
Baja Chicken Pasta		√				√	√		√	
Blue Ridge Mountain Chicken		√				√			√	
Carolina Stacked Chicken		√				√				
Chicken Pot Pie	√	√	√			√			√	√
World Famous Calabash Chicken® w/o Honey Mustard		√	√						√	

Sampler Platters & Combos										
FATZ Sampler w/o side sauces		√	√		√				√	√

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Sampler Platters & Combos										
Killer Shrimp & Ribs			√		√					
Ribs, Shrimp & Chicken Trio w/o side sauce			√		√	√			√	√
Southern Gold Ribs & Calabash w/o side sauce		√	√			√			√	
Steak & Ribs			√			√				
TC's Hard Cider Sampler w/o side sauces		√	√		√				√	√
Steak , Ribs & Chops										
BBQ Babyback Ribs, Full Rack			√							
BBQ Babyback Ribs, Half Rack			√							
FATZ Sampler w/o side sauces		√	√		√				√	√
Premium Grilled Pork Chops						√				
Ribeye						√				
Smothered Chopped Steak		√				√	√		√	
TC's Hard Cider Sampler w/o side sauces		√	√		√				√	√
Top Sirloin, 10 oz.						√				
Top Sirloin, 6 oz.						√				
Steak Toppers										
Bleu Cheese & Peppercorn		√								
Bourbon Butter		√			√				√	
Cajun Crusted		√				√	√		√	
Smothered						√	√			
Signature Burgers										
Black Jack Burger	√	√				√			√	√
Ciabatta Turkey Burger	√					√			√	√
Double Down Three Cheese Patty Melt		√				√			√	
Hickory Burger	√	√							√	
FATZ Onyum Burger	√	√	√			√			√	
Old-Fashioned Cheeseburger	√	√				√			√	
Old-Fashioned Hamburger	√								√	
Pimento Cheeseburger w/Fried Green Tomatoes	√	√	√						√	
Burger Toppers										
Applewood Smoked Bacon										
Avocado										
Bleu Cheese Crumbles		√								
Sauteed Mushrooms & Onions						√	√			
Wraps & Sandwiches										
Big City Reuben	√	√				√	√		√	
Blackened Fish Sandwich w/o tarter sauce									√	
Calabash Wrap		√	√						√	
FATZ Club	√	√				√			√	
Grilled Chicken Club	√		√			√	√		√	
Sizzlin' Ribeye Steak Sandwich						√	√		√	
Sundown Chicken Wrap		√				√			√	
Seafood										
Big Easy Fish Shrimop & Fish Fry w/o side sauces			√		√				√	√
Calabash Popcorn Shrimp w/o side sauce					√				√	√
Carolina Crab Cake Dinner	√	√			√	√	√		√	√
Edisto Shrimp & Grits		√	√		√		√		√	
FATZ Famous Fish, Blackened w/o side sauces						√				
FATZ Famous Fish, Broiled w/o side sauces						√				
FATZ Famous Fish, Fried w/o side sauces									√	√
FATZ Famous Fish, Key West w/o side sauces						√				
Fried Shrimp w/o side sauces					√				√	√
Grilled Shrimp & Veggie Harpoons w/o side sauces		√			√	√				
Parmesan Encrusted Basa	√	√				√	√		√	

*Other Gluten: Oats, Barley, Malt, Rye

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Seafood										
Southern Surf Mahi Mahi	√					√				
Desserts										
Banana Split Straight Up		√				√		√		
Brownie Bites and Ice Cream	√	√				√			√	
Carolina Peach Cobbler		√							√	
Cheesecake & Strawberries	√	√							√	
Double Fudge Brownie	√	√				√		√	√	
FATZ "OMG" Ice Cream Cookie	√	√				√		√	√	√
Peanut Butter Milkshake Pie		√		√		√			√	
Traditional Sides										
Baked Potato (plain)										
Baked Sweet Potato (plain)										
Cinnamon Apples		√				√				
French Fries			√							
Garden Blend Rice						√			√	
Red-Skinned Mashed Potatoes		√				√				
Sauteed Sliced Mushrooms						√	√			
Steamed Broccoli										
Steamed Seasonal Veggies		√				√				
Stone-ground Cheese Grits		√				√				
Sweet Vadila Onion Cole Slaw	√									
Premium Sides										
Baked Sweet Potato										
Fried Corn			√							
Grilled Asparagus		√	√			√	√			
Grilled Veggie Skewers		√								
Onyum Rings		√							√	
Add-Ons										
Fried Shrimp (4 pieces)		√			√	√				
World Famous Calabash Chicken (3 pieces)		√	√						√	
Shrimp Skewer		√			√	√				
Fatz Light Side										
Lite Aloha Chicken						√			√	
Lite Blackened Fish Sandwich						√			√	
Lite Carolina Mahi Mahi	√	√				√				
Lite Chopped Steak										
Lite Grilled Chicken Salad		√				√			√	
Lite Grilled Top Sirloin						√				
Lite Key West Basa		√				√			√	
Lite Supreme Spinach Salad	√									
Lite Shrimp & Grilled Veggie Harpoons		√			√	√			√	
Lite Veggie Salad & Bowl of Chicken & Rice Soup			√			√			√	
Classic Tuesdays										
Classic Calabash Chicken w/o side sauce		√	√						√	
Classic Calabash & Gold Ribs		√	√			√			√	
Classic Cheeseburger	√	√				√			√	
Classic Smothered Chopped Steak		√				√	√		√	
Fish & Chips w/o side sauce	√		√						√	√
FATZ Famous Fish Blackened (single)						√				
FATZ Famous Fish Fried (single)									√	√
FATZ Famous Fish Key West Style (single)						√				
Sunday Home-Style Specials										
Buttermilk Fried Chicken	√	√				√			√	

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Sunday Home-Style Specials										
Country Fried Steak	√	√				√			√	
Pot Roast	√	√				√	√		√	
Turkey & Dressing		√				√			√	

Lunch										
Calabash Combo		√	√		√				√	√
Fish & Chips			√						√	√
Lunch Calabash		√	√						√	
Grilled Cheese Sandwich		√				√			√	
Grilled Pimento Cheese Sandwich	√	√				√			√	
Half Club Sandwich	√	√				√	√		√	
Half Calabash Chicken Wrap		√	√						√	
Half Chicken Salad Sandwich	√	√					√		√	

Lunch Add-Ons										
Smoked Turkey & Ham						√				
Fire Grilled Chipotle Chicken		√								
World Famous Calabash Chicken (3 pieces)		√	√						√	

Bread										
Poppyseed Rolls (1 - 1 oz roll)	√								√	