

Nutritional Information

	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Appetizers									
Cajun Firecracker Sticks	1221	74	31	0	216	2779	87	4	51
Calabash Chicken, Wings, and Cheese Fries	1109	51	14	2	161	2895	98	6	61
Cheese Fries	1027	55	14	2	50	3690	110	11	24
Chicken Wings, 12	467	35	9	0	141	179	2	1	34
Chicken Wings, 8	311	23	6	0	94	119	1	1	22
Fiesta Nachos	914	46	19	3	104	2266	98	11	29
Fiesta Nachos with Tangy Ground Beef	1090	57	22	3	167	2808	107	11	39
Fiesta Nachos with Fire Grilled Chipotle Chicken	1073	56	21	5	145	2430	99	12	46
Lite Shrimp Skewer	125	2	0	0	148	396	7	2	21
Fried Green Tomatoes	585	23	8	1	42	2841	74	2	20
Large Fiesta Nachos	1637	78	30	6	161	3458	188	20	49
Large Fiesta Nachos with Tangy Ground Beef	1989	100	36	6	232	4542	205	20	69
Large Fiesta Nachos with Fire Grilled Chipotle Chicken	1955	97	34	9	243	3786	190	21	82
Garlic Calamari	721	34	6	2	404	1815	66	2	37
Traditional Calamari	513	14	2	0	404	1694	61	2	36
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Soups									
Loaded Potato Soup Cup	96	5	3	1	6	532	11	1	3
Loaded Potato Soup Bowl	178	9	3	2	10	1024	21	2	5
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Salads									
Asian Chicken Salad	355	7	1	1	82	493	30	7	42
Calabash Chicken Salad	783	32	14	0	142	1657	62	5	56
FATZ Cobb Salad	529	32	15	0	260	977	12	6	45
House Salad	379	24	12	0	71	740	15	5	22
Popcorn Shrimp Salad	539	28	12	0	174	1028	26	5	38
Seabreeze Spinach Salad	382	24	6	0	168	437	28	6	16
Seabreeze Spinach Salad with Grilled Aloha Chicken	563	26	7	0	250	647	33	6	49
Side Caesar Salad	79	2	0	0	0	126	10	4	4
Side House Salad	210	13	6	0	35	402	11	3	12
Side Veggie Salad	43	0	0	0	0	23	8	4	2
Ultimate Chopped Chef Salad	586	36	12	0	255	2020	19	6	48
Traditional Caesar Salad	109	3	0	0	0	187	13	5	6
Veggie Salad	59	1	0	0	0	29	11	5	3
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Rolls & Butter									
Poppyseed Rolls (1 roll)	100	3	0	0	1	111	16	1	3
Cinnamon Honey Butter (1 ounce)	173	16	4	4	0	155	6	0	0
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Chicken & Pasta									
Aloha Chicken	492	3	1	0	115	659	61	1	51
Chicken Pot Pie w/o salad	981	56	21	0	137	2669	77	3	44
Parmesan Encrusted Chicken Pasta	1518	71	36	2	330	1697	130	8	86
World Famous Calabash Chicken	808	16	3	0	142	1833	94	0	68
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Sampler Platters & Combos									
Killer Shrimp & Ribs	989	55	19	0	320	4953	64	1	57
Ribs, Shrimp and Chicken Trio	838	35	12	0	260	3291	67	0	59
Southern Gold Ribs & Calabash Chicken	880	36	12	0	157	3644	90	1	47
Steak & Ribs	957	61	22	0	192	4005	39	1	55
TCs Hard Cider Sampler	870	34	12	0	256	1293	58	1	77
The Original FATZ Sampler	1238	56	19	0	325	5191	102	1	75
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Steaks, Ribs & Chops									
Babyback Ribs, Full Rack	1440	92	34	0	314	7449	84	1	64
Babyback Ribs, Half Rack	755	46	17	0	157	4144	50	1	32
Certified Angus Beef Ribeye (12 ounces)	946	62	23	0	428	633	1	0	90
Certified Angus Beef Sirloin (10 ounces)	630	42	16	0	147	588	1	0	56
Certified Angus Beef Sirloin (6 ounces)	381	26	10	0	88	528	1	0	34
Certified Angus Beef Tenderloin Tips	780	37	9	0	143	2309	62	2	48
Premium Pork Chops, BBQ	876	52	15	0	218	791	26	0	73
Premium Pork Chops, Blackened	805	53	15	0	218	179	5	3	74
Premium Pork Chops, Grilled	783	52	15	0	218	1040	1	0	73
Smothered Chopped Steak	1328	86	27	2	238	2982	63	7	69
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Steak Toppers									
Bleu Cheese and Peppercorn Steak Topper	106	8	5	0	25	380	1	0	6
Smothered Steak Topper	137	9	1	0	0	429	11	2	3
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Seafood									
Big Easy Shrimp & Fish Fry	1322	49	6	0	288	3636	143	7	76
Calabash Popcorn Shrimp	366	10	1	0	231	648	27	1	37
Edisto Shrimp & Grits	1165	60	16	1	300	5786	78	1	69
FATZ Famous Fish, Blackened (1 Fillet)	459	12	2	0	30	1995	59	5	30
FATZ Famous Fish, Blackened (2 Fillets)	610	23	3	0	60	1204	54	3	51
FATZ Famous Fish, Fried (1 Fillet)	301	11	1	0	30	783	25	1	26
FATZ Famous Fish, Fried (2 Fillets)	597	22	3	0	60	1567	49	1	51
FATZ Famous Fish, Key West Style (1 Fillet)	446	11	2	0	30	2361	59	2	29

	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Seafood									
FATZ Famous Fish Platter, Key West Style (2 Fillets)	628	22	3	0	60	2778	59	2	51
Grilled Salmon with Corn, Tomato and Avocado Relish	791	39	7	0	134	1535	59	4	52
Grilled Shrimp & Veggie Harpoons	850	51	6	0	297	1679	51	3	46
Parmesan Encrusted Basa	834	42	16	0	367	1463	74	2	49
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Signature Burgers									
Black Jack Bacon Burger	752	50	16	0	111	1910	39	2	36
Farmhouse Burger	735	49	15	0	318	1294	31	1	40
FATZ Onyum Burger	1010	57	14	0	151	1608	71	2	51
Hickory Burger	777	46	15	0	116	2456	52	1	36
Old Fashioned Cheeseburger	1049	70	20	0	187	1756	46	4	53
Southwestern Jalapeño Burger	1005	70	21	0	179	1896	39	4	53
Turkey Burger	974	66	14	0	137	1584	58	4	38
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Wraps & Sandwiches									
Big City Reuben	899	56	17	0	140	3203	51	3	44
Calabash Chicken Wrap	792	31	13	0	98	1828	85	3	43
FATZ Club Sandwich	956	64	19	0	158	2600	43	3	52
FATZ Famous Fish Sandwich, Blackened	446	15	3	0	32	1211	47	4	31
FATZ Famous Fish Sandwich, Fried	622	23	3	0	32	1604	71	4	34
FATZ Famous Fish Sandwich, Key West Style	435	15	3	0	32	1431	46	2	30
Grilled Chicken Club	1118	63	16	0	187	1828	64	5	68
Popcorn Shrimp Wrap	649	29	11	0	148	1428	61	3	33
Shrimp Po Boy	1188	72	10	0	200	2362	101	3	37
Vegetable Wrap	784	49	14	1	33	1848	66	7	20
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Signature Side Items									
Baked Potato	329	3	0	0	0	140	68	5	8
Cinnamon Apples	119	0	0	0	0	357	29	5	0
French Fries	334	15	2	0	0	1193	45	5	5
Garden Blend Rice	210	0	0	0	0	360	46	0	5
Red Skinned Mashed Potatoes	303	16	8	2	27	1027	33	3	5
Steamed Broccoli	51	1	0	0	0	38	7	3	4
Stone Ground Cheese Grits	537	27	13	1	74	3011	48	0	24
Vidalia Sweet Onion Cole Slaw	232	18	3	0	9	603	16	3	2
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Premium Side Items									
Baked Sweet Potato	366	1	0	0	0	143	82	13	8
Cheese Fries	449	24	6	1	22	1614	48	5	11
Fresh Grilled Asparagus with Lemon Butter Sauce	115	9	3	0	11	115	5	2	2
Lite Side Veggie Skewers (2 skewers)	33	0	0	0	0	249	6	1	2
Loaded Baked Potato	458	15	5	2	16	318	69	5	11
Sauteed Spinach	211	21	5	5	0	443	3	2	2
Sweet Potato Fries	425	19	1	0	0	385	61	7	5
Veggie Skewers (2 skewers)	225	19	2	0	0	188	11	2	3
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Add Ons									
World Famous Calabash Chicken Tenders (3 pieces)	303	6	1	0	53	688	35	0	26
Fried Shrimp (3 pieces)	175	4	1	0	115	359	16	0	17
Grilled Shrimp Skewer	146	7	1	0	148	190	2	0	20
Killer Shrimp	336	16	6	0	188	1366	14	0	32
Smoked Ham	54	3	1	0	19	442	0	0	7
Smoked Turkey	31	1	0	0	13	300	0	0	7
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Dressings, Sauces & Gravies									
BBQ Sauce (1 fluid ounce)	35	0	0	0	0	420	8	0	0
Blue Cheese Dressing (1 fluid ounce)	160	17	4	0	15	310	1	0	1
Bourbon Street Sauce (1 fluid ounce)	70	1	0	0	0	231	14	0	0
Burgundy Mushroom Gravy (1 fluid ounce)	79	7	1	0	0	366	5	0	0
Caesar Dressing (1 fluid ounce)	140	15	3	0	15	420	2	0	2
Cocktail Sauce (1 fluid ounce)	23	0	0	0	0	375	5	0	1
Fat Free Italian Dressing (1 fluid ounce)	10	0	0	0	0	490	3	0	0
Golden Italian Dressing (1 fluid ounce)	140	14	2	0	0	290	2	0	0
Honey BBQ Wing Sauce, from Recipe (1 fluid ounce)	56	0	0	0	0	335	13	0	0
Honey Mustard Dressing (1 fluid ounce)	150	15	2	0	10	170	4	0	0
Hot Bacon Vinaigrette Dressing (1 fluid ounce)	150	14	2	0	0	300	5	0	0
Hot Wing Sauce (1 fluid ounce)	62	4	0	0	0	579	6	0	0
House Dry Rub (1 fluid ounce)	43	1	0	0	0	3976	7	2	2
Lemon Butter Sauce (1 fluid ounce)	88	9	5	0	23	133	1	0	0
Lite Olive Oil Vinaigrette (1 fluid ounce)	60	6	1	0	0	230	3	0	0
Mild Wing Sauce (1 fluid ounce)	71	4	0	0	0	513	8	0	0
Onyum Sauce (1 serving)	140	15	2	0	5	250	3	0	0
Ranch Dressing (1 fluid ounce)	100	11	2	0	10	270	1	0	0
Raspberry Walnut Vinaigrette Dressing (1 fluid ounce)	130	12	2	0	0	90	5	0	0
Sesame Oriental (1 fluid ounce)	90	4	0	0	0	320	12	0	0
Southern Gold BBQ Sauce (1 fluid ounce)	50	0	0	0	0	310	13	0	0
Spicy Ranch Dressing (1 fluid ounce)	100	11	2	0	10	270	1	0	0
Sundried Tomato Vinaigrette Dressing (1 fluid ounce)	60	0	0	0	0	240	14	0	0
Sweet Vidalia Onion Dressing (1 fluid ounce)	120	9	2	0	0	115	10	0	0
Tartar Sauce (1 fluid ounce)	150	16	3	0	15	210	3	0	0

Thousand Island Dressing (1 fluid ounce)

120

11

2

0

5

300

5

0

0

	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Kids Menu Items									
Ice Cream, Vanilla (4 fluid ounces)	140	7	5	0	20	40	15	0	3
Kids Banana Freeze	247	9	2	0	0	104	53	0	0
Kids Calabash Chicken	335	7	2	0	57	756	39	0	27
Kids Cheese Quesadilla	503	25	14	0	61	1124	47	2	21
Kids Cheeseburger	506	31	11	0	91	988	28	1	28
Kids Chicken and Cheese Quesadilla	559	26	14	0	87	1190	49	2	31
Kids Fish and Chips	577	26	3	0	30	1780	57	5	29
Kids Grilled Cheese Sandwich	423	25	11	0	39	891	37	1	13
Kids Grilled Chicken Sandwich	336	11	2	0	60	416	29	1	27
Kids Grilled Salmon with Broccoli	338	23	4	0	67	360	8	3	27
Kids Hamburger	420	24	7	0	72	327	26	1	24
Kids Pasta with Alfredo Sauce	430	15	8	1	40	417	53	3	18
Kids Pasta with Cheese Sauce	380	10	3	2	10	712	56	3	15
Kids Peach Freeze	221	2	2	0	0	60	51	1	0
Kids Popcorn Shrimp	329	7	0	0	154	760	37	0	28
Kids Salad	124	9	5	0	30	194	4	1	8
Kids Specialty Soda, Cherry Diet Pepsi	100	0	0	0	0	48	24	0	0
Kids Specialty Soda, Cherry Pepsi	225	0	0	0	0	41	58	0	0
Kids Specialty Soda, Cherry Sprite	221	0	0	0	0	38	57	0	0
Kids Specialty Soda, Orange Diet Pepsi	110	0	0	0	0	38	27	0	0
Kids Specialty Soda, Orange Pepsi	235	0	0	0	0	31	61	0	0
Kids Specialty Soda, Orange Sprite	231	0	0	0	0	28	60	0	0
Kids Strawberry Freeze	233	2	2	0	0	60	53	1	0
Kids Sugar Free Chocolate Mousse Shooter	139	4	2	0	3	639	32	2	3
Kids Sundae	250	7	5	0	20	48	41	1	3
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Desserts									
Carolina Peach Cobbler	950	58	21	0	60	444	96	3	6
Strawberries and Cheesecake	700	44	25	2	205	470	64	1	11
Fried Chocolate Cream Cookies (3 cookies)	495	18	7	0	0	525	80	5	6
Double Fudge Brownie	1352	54	28	0	150	417	161	6	13
Peanut Butter Pie	974	65	30	0	109	472	81	6	14
Poppyseed Bread Pudding	681	33	20	0	144	397	75	2	9
Lite Chocolate Mousse	381	6	5	0	10	1894	94	0	10
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Lunch Menu									
Calabash BLT	1162	62	11	0	112	2229	105	2	48
Chicken Pot Pie	981	56	21	0	137	2669	77	3	44
Farmhouse Cheese Burger	735	49	15	0	318	1294	31	1	40
Lunch 1/2 Calabash Wrap	398	16	8	0	50	916	45	2	22
Lunch Calabash Chicken	505	10	2	0	88	1146	59	0	43
Lunch Calabash Combo	1119	49	7	0	228	3099	110	6	57
Calabash Wrap	792	31	13	0	98	1828	85	3	43
Lunch Fish and Chips	792	38	5	0	36	2383	81	7	32
Lunch Grilled Cheese Sandwich	429	23	12	0	61	794	35	1	20
Lunch Grilled Shrimp and Veggie Harpoons	334	2	0	0	148	752	54	1	26
Lunch Half Calabash BLT	662	43	7	0	66	1186	46	1	23
Lunch Half Club	674	53	14	0	95	1542	29	2	28
Lunch Lite Grilled Chicken Salad	255	11	5	0	71	386	12	2	26
Popcorn Shrimp Wrap	649	29	11	0	148	1428	61	3	33
Lunch 1/2 Popcorn Shrimp Wrap	326	15	7	0	75	716	33	2	17
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Lite Side Menu									
Lite Aloha Chicken	543	4	1	0	115	697	69	3	55
Lite Chocolate Mousse	381	6	5	0	10	1894	94	0	10
Lite FATZ Famous Fish Sandwich, Blackened	497	16	3	0	32	1249	55	6	35
Lite FATZ Famous Fish Sandwich, Key West Style	486	16	3	0	32	1469	53	5	34
Lite Grilled Chicken Salad	508	23	12	0	148	824	18	3	52
Lite Grilled Chopped Steak with Steamed Broccoli	518	29	10	0	141	612	16	6	46
Lite Grilled Salmon with Corn, Tomato & Avocado Relish	488	27	5	0	117	3159	18	5	45
Lite Grilled Shrimp and Veggie Harpoons	454	4	1	0	295	1142	59	2	47
Lite Grilled Top Sirloin with Broccoli	526	32	11	0	88	611	16	6	40
Lite Key West Basa	466	12	2	0	30	1344	59	4	33
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Classic Menu									
Classic Calabash Chicken Dinner	505	10	2	0	88	1146	59	0	43
Classic Cheeseburger	628	42	13	0	101	1362	30	2	29
Classic FATZ Famous Fish, Blackened	427	12	2	0	30	787	54	3	29
Classic FATZ Famous Fish, Fried	303	12	1	0	30	760	22	0	26
Classic FATZ Famous Fish, Key West Style	462	18	2	0	30	992	48	0	28
Classic FATZ Fish and Chips	792	38	5	0	36	2383	81	7	32
Classic Lite Grilled Shrimp Skewer	318	2	0	0	148	627	50	1	25
Classic Smothered Chopped Steak	953	64	19	2	162	2308	43	5	47
Classic Calabash and Gold Ribs	1214	51	14	0	157	4837	135	5	52
Salad for Classic Soup and Salad	52	1	0	0	0	88	8	1	2
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Sunday Homestyle Specials									
Buttermilk Fried Chicken	992	46	12	2	152	3418	82	10	60
Country Fried Steak	1044	62	18	3	72	3793	96	13	26
Pot Roast	935	57	16	1	97	4100	63	10	43
Turkey and Dressing	719	25	9	1	82	5010	78	8	46

	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Party Trays									
BBQ Slider Tray (per slider)	196	11	3	0	21	471	15	1	10
Chips and Salsa Tray (per serving)	194	4	0	0	0	572	37	4	4
Club Sandwich Tray with Hoagie Rolls (per 1/2 sandwich)	348	18	8	0	70	1271	21	1	26
Club Sandwich Tray with Texas Toast (per 1/2 sandwich)	333	17	7	0	69	1219	20	1	26
Club Sandwich Tray with Tomato Basil Wraps(per 1/2 sandwich)	381	20	9	0	69	1409	25	1	27
Club Sandwich Tray with Wheat Bread (per 1/2 sandwich)	233	16	7	0	69	1029	1	0	23
Seasoned Potato Wedge Tray (per wedge)	125	5	0	0	0	298	18	1	2
Fried Green Tomato Slider Tray (per serving)	141	4	0	0	1	450	23	1	4
Large Brownie and Cheesecake Combo Tray (per serving)	394	21	11	1	86	185	37	1	5
Large Brownie Tray (per serving)	435	18	9	0	65	125	43	3	5
Large Calabash and Wings Combo Tray (per serving)	268	12	3	0	62	385	18	0	21
Large Salad Tray (per serving)	77	5	3	0	16	128	3	1	5
Large Veggie Tray (per serving)	62	0	0	0	0	34	5	2	1
Large Wing Party Tray (per serving)	230	18	4	0	71	75	0	0	17
Large World Famous Calabash Chicken Tray (per serving)	303	6	1	0	53	688	35	0	26
Pint of Cinnamon Apples, Plating (8 ounces)	159	0	0	0	0	477	39	7	0
Pint of Garden Blend Rice (8 ounces)	280	0	0	0	0	480	61	0	7
Pint of Pasta Salad (16 ounces)	879	30	4	0	0	1171	123	7	23
Pint of Pasta Salad (8 ounces)	440	15	2	0	0	586	62	4	12
Pint of Sweet Vidalia Coleslaw (8 ounces)	309	24	4	0	12	804	21	4	2
Quart of Cinnamon Apples, Plating (16 ounces)	318	0	0	0	0	953	77	14	0
Quart of Garden Blend Rice (16 ounces)	560	0	0	0	0	960	122	0	14
Quart of Sweet Vidalia Onion Coleslaw (16 ounces)	618	48	8	0	24	1608	42	8	4
Rib Tray (per serving)	342	23	9	0	78	1652	17	0	16
Small Brownie and Cheesecake Combo Tray	392	21	11	1	86	185	36	1	5
Small Brownie Tray	435	18	9	0	65	125	43	3	5
Small Calabash and Wings Combo Tray	238	10	3	0	55	341	16	0	19
Small Salad Tray	91	6	3	0	20	153	3	1	6
Small Veggie Tray	29	0	0	0	0	40	6	2	1
Small Wing Party Tray	205	16	4	0	63	66	0	0	15
Small World Famous Calabash Chicken Tray	269	5	1	0	47	611	31	0	23
World Famous Calabash Chicken Slider Tray	201	7	1	0	20	388	24	0	10
	Total Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbs	Fiber	Protein
	(kcal)	(g)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)
Rolls & Butter									
Cinnamon Honey Butter (1 ounce)	173	16	4	4	0	155	6	0	0
Poppy Seed Rolls (1 roll)	100	3	0	0	1	111	16	1	3