

Famous Dave's Bar-B-Que
Nutrition Information for Selected Menu Items

Menu Item	Serving Size, g	Calories	Cals from fat	Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol,mg	Protein, g	Carbo-hydrate,g	Sodium, mg	Sugars, g	Fiber, g	Vit A % DV	Vit C % DV	Calcium % DV	Iron % DV
APPETIZERS (order sizes vary-see menu)																
St. Louis Style BBQ Sparerib	1 rib (37)	120	70	7	2.5	0	30	7	6	570	5	0	2	0	2	2
Buffalo Chicken Wing	1 wing (33)	80	40	4	1	0	40	8	2	230	2	0	0	0	0	4
BBQ Chicken Wings	1 wing (33)	80	40	4	1	0	40	8	2	230	2	0	0	0	0	4
Chicken Tender	1 tender (46)	120	50	6	1.5	0	20	9	7	310	1	1	0	0	2	2
Sweetwater Catfish Finger	1 finger (31)	70	25	3	0.5	0	20	4	6	290	0	0	0	0	2	4
Onion String	1 oz (28)	160	110	12	2.5	0	0	2	11	70	0	<1	0	0	0	2
Rib Tips	1 oz (28)	90	50	6	2	0	20	5	6	470	5	0	0	0	0	2
Famous Fries	1/6 order (1 oz)	70	30	3	0.5	0	0	1	9	110	0	1	0	4	0	0
Smoked Salmon Spread	1/12 order (10)	25	20	2.5	1.5	0	10	1	<1	50	0	0	2	0	0	0
w/ Fire Grilled Flatbread	1 wedge (18)	50	20	2.5	1	0	2	1	7	120	<1	0	2	0	0	2
SOUPS & SALADS																
Dave's Famous Chili	cup (260)	330	190	21	11	0	60	19	20	940	6	5	25	25	20	15
	bowl (376)	420	240	27	13	0	75	24	29	1320	9	7	35	35	30	20
Chicken Wild Rice Soup	1 cup (240)	210	130	15	7	0	40	5	12	950	2	1	20	0	2	2
	1 bowl (340)	300	200	22	10	0	60	7	18	1340	3	1	30	0	4	4
Crispy Chicken Salad, Lunch	1 salad (352)	610	330	37	10	0	90	26	48	1990	20	5	90	35	15	15
Crispy Chicken Salad, Lunch-no dressing	1 salad (307)	510	300	33	10	0	80	25	32	1560	4	5	90	35	15	15
Caesar Salad, Lunch	1 salad (236)	420	340	38	9	0	55	7	15	1140	2	2	80	50	10	10
Caesar Salad, Lunch-no dressing	1 salad (180)	190	130	14	5	0	25	5	13	340	1	2	80	50	10	10
Caesar Salad w/ Chicken, Lunch	1 salad (313)	540	370	41	10	0	115	29	16	1340	3	2	80	50	15	15
Caesar Salad w/ Chicken, Lunch-no dressing	1 salad (217)	250	140	15	5	0	55	16	14	420	1	2	80	50	10	15
Caesar Salad, Jumbo	1 salad (456)	770	600	67	18	0	105	15	31	2010	4	5	100	100	30	25
Caesar Salad, Jumbo-no dressing	1 salad (371)	430	290	32	12	0	60	12	28	810	1	5	100	100	25	25
Caesar Salad w/ Chicken, Jumbo	1 salad (545)	960	680	76	19	0	170	37	33	2380	4	5	100	100	30	30
Caesar Salad w/ Chicken, Jumbo-no dressing	1 salad (446)	540	320	35	13	0	120	33	29	980	2	5	100	100	30	30
Caesar Salad, Smoked Salmon, Jumbo	1 salad (569)	1000	730	81	20	0	170	39	34	2580	5	5	100	100	30	30
Caesar Salad, Smoked Salmon, Jumbo-no drs	1 salad (484)	660	410	46	15	0	130	36	31	1380	3	5	100	100	30	30
Dave's Sassy BBQ Salad, Dinner																
w/ BBQ Chicken	1 order (602)	740	320	36	12	0	130	39	73	2910	53	7	190	70	30	25
w/ BBQ Pork	1 order (602)	890	480	53	20	0	150	48	62	2950	46	7	170	70	30	25

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	w/ Beef	1 order (602)	890	480	53	20	0	150	48	62	2950	46	7	170	70	30	25
Dave's Sassy BBQ Salad, Lunch																	
	w/ BBQ Chicken	1 order (314)	430	190	21	7	0	70	21	42	1590	29	4	90	35	15	10
	w/ BBQ Pork	1 order (320)	450	210	24	8	0	90	26	37	1790	26	4	90	35	15	15
	w/ Beef	1 order (314)	500	270	30	11	0	80	25	36	1610	25	4	80	35	15	15
Menu Item		Serving Size, g	Calories	Cals from fat	Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol,mg	Protein, g	Carbo-hydrate,g	Sodium, mg	Sugars, g	Fiber, g	Vit A % DV	Vit C % DV	Calcium % DV	Iron % DV
ENTREES (order sizes vary-see menu)																	
BBQ Chicken (full order=1/2 chicken)		1/4 chicken-dark	490	290	32	9	0	165	30	19	2430	14	0	25	4	6	15
		1/4 chicken-light	460	210	23	7	0	155	43	19	2430	14	0	25	4	8	10
Country-Roasted Chicken (full order=1/2 chick)		1/4 chicken-dark	440	290	32	9	0	165	30	7	2100	3	0	25	0	6	15
		1/4 chicken-light	410	210	23	7	0	155	43	7	2100	3	0	25	0	8	10
Sweetwater Catfish Fingers (full order= 8 fingers)		1 strip (31)	90	40	4.5	1	0	20	7	6	270	0	0	0	0	2	4
Georgia Chopped Pork		1 order (226)	500	200	22	8	0	170	58	17	3640	14	1	10	4	8	20
Texas Beef Brisket		1 order (226)	690	410	46	19	0	190	62	8	2800	8	0	0	0	0	25
St. Louis Style BBQ Sparerib		1 rib (37)	120	70	7	2.5	0	30	7	6	570	5	0	2	0	2	2
Baby Back Ribs		1 rib (35)	120	60	7	2.5	0	25	6	8	550	6	0	4	0	2	2
Rib Tips (full order=18 oz.)		1 oz (28)	90	50	6	2	0	20	5	6	470	5	0	0	0	0	2
Smoked Salmon Fillet w/ Pineapple Glaze		1 fillet (216)	450	230	26	5	0	120	43	11	1130	9	<1	4	0	4	6
SANDWICHES																	
BBQ Chicken Sandwich,	Lunch	1 sandwich (249)	560	150	17	7	0	90	38	68	2150	15	3	10	4	25	25
	Real Que	1 sandwich (327)	730	230	26	11	0	150	54	75	2950	20	3	25	6	40	30
Cajun Chicken Sandwich		1 sandwich (417)	1230	630	70	19	5	190	69	83	2690	1	2	40	25	30	20
California Burger		1 burger (288)	760	310	35	13	2	140	52	63	2260	1	3	2	8	10	40
Char Grilled Chicken Sandwich		1 sandwich (337)	510	90	10	2.5	0	120	54	53	880	3	3	10	6	10	25
Cheeseburger		1 burger (330)	940	440	49	21	2	180	63	64	2520	2	3	10	8	20	40
Ultimate BBQ Burger		1 burger (444)	1160	530	59	25	2	240	81	80	3920	16	3	10	8	45	45
Devil's Spit Burger		1 burger (373)	1050	490	54	23	2	200	68	74	3120	10	3	15	8	40	50
Georgia Chopped Pork Sandwich,	Lunch	1 sandwich (228)	510	130	15	4.5	0	80	37	62	2390	12	3	4	4	10	25
	Real Que	1 sandwich (285)	640	180	20	6	0	120	51	66	3250	15	3	4	4	10	30
Hickory Chicken Sandwich		1 sandwich (306)	730	250	28	12	0	170	70	50	1390	1	2	10	6	40	25

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Texas Beef Brisket,	Lunch	1 sandwich (256)	630	240	27	10	0	95	41	59	2180	11	2	2	0	6	25
	Real Que	1 sandwich (313)	810	350													
Hot Link Sausage		1 oz (28)	90	70	8	3	0	20	5	1	250	1	0	0	0	0	25
Menu Item		Serving Size, g	Calories	Cals from fat	Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol,mg	Protein, g	Carbohydrate,g	Sodium, mg	Sugars, g	Fiber, g	Vit A % DV	Vit C % DV	Calcium % DV	Iron % DV
SIDES																	
Corn on the Cob, 2 cobs		2 cobs (187)	370	250	28	5	5	5	4	29	590	5	4	30	4	0	4
Drunkin 'Apples		1 side (116)	150	45	5	1	1	0	0	26	45	21	2	4	4	0	0
Fire Cracker Green Beans		1 side (99)	60	30	3	1	0	10	4	7	440	2	3	10	10	4	4
Garlic Red Skin Mashed Potatoes,		1 side (185)	190	80	9	2.5	0	0	3	27	630	3	3	8	4	2	2
Caesar Salad-side		1 salad (224)	380	290	32	8	0	50	7	15	980	2	2	80	50	15	10
Garden Salad-no dressing		1 side (270)	350	230	26	12	0	120	16	17	730	5	3	100	35	25	10
Wilbur Beans		1 side (120)	150	30	3.5	1	0	10	8	26	450	13	4	0	0	6	8
Corn Bread Muffin		1 muffin (109)	390	180	20	5	6	45	5	48	360	23	<1	0	0	4	6
Potato Salad		1 side (185)	230	90	10	1.5	0	75	4	32	850	9	2	8	25	4	4
Famous Fries		1 side (170)	380	150	17	3	4	0	6	54	730	0	3	0	30	0	6
Coleslaw		1 side (200)	270	160	18	3	0	15	4	29	410	24	4	60	70	6	8
	Memphis Style	1.5 oz (43)	60	35	4	0.5	0	5	<1	6	90	5	<1	10	10	0	2
Loaded Baked Potato		1 potato (392)	630	310	34	16	0	65	19	68	630	4	7	25	30	25	20
	Meat Sauce add-on	3 oz (85)	60	5	0.5	0	0	0	1	13	330	12	<1	0	0	0	0
	BBQ Chicken add-on	3 oz (85)	150	40	4.5	1	0	50	17	11	1000	7	0	10	0	2	6
	Texas Beef Brisket add-on	3 oz (85)	250	140	15	6	0	60	19	9	900	3	0	0	0	0	10
	Georgia Chopped Pork add-on	3 oz (85)	170	70	8	2.5	0	60	20	6	1290	5	0	4	0	2	6
Texas Toast		1 slice (50)	150	45	5	1.5	0	5	4	22	270	2	<1	2	0	0	8
Hell-Fire Pickle Chips		1 oz (28)	25	0	0	0	0	0	0	6	210	6	<1	0	0	0	0
LIL' WILBUR MEALS-does not include sides																	
Country-Roasted Chicken		1/4 chicken-dark	440	290	32	9	0	165	30	7	2100	3	0	25	0	6	15
		1/4 chicken-light	410	210	23	7	0	155	43	7	2100	3	0	25	0	8	10
BBQ Chicken		1/4 chicken-dark	490	290	32	9	0	165	30	19	2430	14	0	25	4	6	15

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	1/4 chicken-light	460	210	23	7	0	155	43	19	2430	14	0	25	4	8	10
Rib Dinner	1 order (74)	230	130	14	5	0	55	14	11	1130	10	<1	2	0	2	6
Chicken Tenders	3 tenders (149)	340	160	18	3.5	2	60	28	22	720	0	4	0	0	4	10
Menu Item	Serving Size, g	Calories	Cals from fat	Fat, g	Saturated Fat, g	Trans Fat, g	Cholesterol,mg	Protein, g	Carbo-hydrate,g	Sodium, mg	Sugars, g	Fiber, g	Vit A % DV	Vit C % DV	Calcium % DV	Iron % DV
Georgia Chopped Pork Sandwich	1 sandwich (161)	380	80	9	3	0	40	23	53	1480	9	2	4	4	6	15
Kid's Burger	1 burger (166)	420	150	17	6	1	65	27	43	550	0	2	2	0	8	20
Kid's Cheeseburger	1 burger (187)	500	210	24	10	0	90	32	43	680	0	2	6	0	20	25
Macaroni & Cheese	1 order (198)	350	110	12	4	0	20	12	48	650	10	2	6	0	15	8
Lil'Wilbur Sides																
Carrot & Celery Sticks w/ Ranch Dressings	1 side (162)	300	260	29	4.5	0	20	2	12	520	6	3	100	10	4	4
Garlic Red Skin Mashed Potatoes	1 side (85)	80	35	4	1	0	0	1	12	290	1	1	4	0	0	0
Fire Cracker Green Beans	1 side (85)	60	30	3	1	0	0	3	6	380	2	2	10	6	2	4
Famous Fries	1 side (113)	250	100	11	2	4	0	4	36	490	0	2	0	20	0	4
Drunkin 'Apples	1 side (116)	140	50	5	2	0	5	<1	26	60	13	2	4	4	0	0
Wilbur Beans	1 side (120)	150	30	3.5	1	0	10	8	26	450	13	4	0	0	6	8
Coleslaw	1 side (170)	240	140	15	2.5	0	15	3	25	350	20	3	50	50	4	6
Potato Salad	1 side (159)	200	80	9	1.5	0	60	4	27	720	8	2	6	20	2	2
Chocolate Oreo Cookies	1 pack (22)	100	40	4.5	1.5	0	0	1	16	120	9	<1	0	0	0	6
SAUCES/DRESSINGS																
Beam Cola Sauce	2 oz. (56)	70	0	0	0	0	0	<1	16	330	14	<1	0	0	0	0
Blue Cheese Dressing	2 oz (58)	300	270	30	6	0	30	0	2	360	0	0	0	0	8	0
Dave's Own Remoulade Sauce	2 oz (57)	340	340	38	5	0	50	0	1	500	0	0	0	4	0	0
Jalapeno Sweet & Sour Sauce	2 oz (56)	90	10	1	0	0	0	0	21	350	19	0	0	0	0	0
Caesar Dressing	2 oz (58)	240	220	24	4	0	30	2	2	820	<1	0	0	0	4	0