

RIB CRIB NUTRITIONAL INFORMATION



MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
SHAREABLES															
Chips and Salsa	1260	770	84g	11g	11g	0mg	1340mg	107g	16g	6g	16g	10%	45%	15%	2%
Queso, 4 oz.	300	300	23g	15g	0g	55mg	1360mg	8g	0g	4g	15g	0%	0%	30%	0%
Chips and Queso	1610	1180	113g	33g	10g	85mg	2470mg	107g	10g	6g	39g	0%	0%	60%	2%
Brisket Quesadilla	1380	800	90g	45g	0g	280mg	2720mg	64g	7g	6g	81g	60%	20%	120%	60%
Bone in Wings, 10	1160	800	96g	23g	2.5g	275mg	2280mg	2g	0g	1g	82g	0%	0%	4%	0%
Wing Sauce, Hot Buffalo	60	60	6g	0g	0g	0mg	2620mg	1g	< 1g	0g	0g	25%	2%	0%	2%
Wing Sauce, Honey Barbecue	140	0	0g	0g	0g	0mg	760mg	33g	< 1g	36g	0g	0%	15%	2%	2%
Smokin' Chicken Nachos	1370	780	86g	31g	6g	205mg	1720mg	83g	11g	9g	70g	60%	70%	90%	10%
Chicken Quesadilla	1190	620	70g	39g	0g	255mg	2760mg	69g	7g	13g	70g	60%	30%	120%	35%
Spicy Fried Pickles	1150	690	82g	12g	10g	30mg	4130mg	96g	7g	24g	14g	10%	10%	20%	25%
Cheese Fries Appetizer	1360	810	92g	37g	4g	120mg	2030mg	93g	8g	2g	36g	20%	8%	80%	15%
Cheese Fries Appetizer + Brisket	1550	890	101g	40g	4g	200mg	2220mg	94g	8g	2g	62g	25%	8%	80%	30%
Cheese Fries Appetizer + Pork	1570	920	104g	42g	4g	210mg	2130mg	93g	8g	2g	60g	20%	8%	80%	25%
RIBS															
Baby back, half slab	600	210	23g	8g	0g	300mg	1600mg	6g	< 1g	4g	85g	15%	2%	10%	25%
St Louis, half slab	1220	830	92g	34g	0g	365mg	1190mg	4g	< 1g	3g	88g	15%	0%	15%	35%
<i>Endless Ribs</i>															
Baby Back - Initial (Half Rack)	600	210	23g	8g	0g	300mg	1600mg	6g	< 1g	4g	85g	15%	2%	10%	25%
Baby Back - Refill (Quarter Rack)	300	105	13g	4g	0g	150mg	800mg	3g	< 1g	2g	43g	8%	1%	5%	13%
St. Louis - Initial (4 Ribs)	800	560	60g	24g	0g	240mg	800mg	4g	0g	4g	60g	8%	0%	8%	24%
St. Louis - Refill (2 Ribs)	400	280	30g	12g	0g	120mg	400mg	2g	0g	2g	30g	4%	0%	4%	12%
Rib Sauce, Okie	140	0	0g	0g	0g	0mg	760mg	33g	< 1g	36g	0g	0%	15%	2%	2%
Rib Sauce, Carolina	80	0	0g	0g	0g	0mg	810mg	18g	1g	18g	< 1g	2%	15%	2%	2%
MEATS - COMBO PORTIONS (MEAT ONLY, NO PICKLE, SIDES OR TOAST)															
Bologna, one meat	390	300	33g	12g	0g	90mg	1220mg	12g	0g	6g	12g	0%	0%	6%	6%
Bologna, two meat	780	600	66g	24g	0g	180mg	2450mg	24g	0g	12g	24g	0%	0%	10%	10%
Bologna, three meat	1160	900	98g	36g	0g	270mg	3670mg	36g	0g	18g	36g	0%	0%	20%	20%
Bologna, four meat	1550	1190	131g	48g	0g	360mg	4890mg	48g	0g	24g	48g	0%	0%	25%	25%
Brisket, one meat	240	100	11g	4g	0g	100mg	240mg	0g	0g	0g	32g	8%	0%	0%	15%
Brisket, two meat	470	200	22g	8g	0g	200mg	470mg	< 1g	0g	0g	64g	15%	0%	2%	35%
Brisket, three meat	710	290	33g	12g	0g	295mg	710mg	1g	< 1g	< 1g	96g	25%	0%	2%	50%
Brisket, four meat	940	390	43g	15g	0g	395mg	950mg	2g	< 1g	< 1g	128g	35%	0%	4%	70%
Chicken Breast, one meat	170	30	3g	1g	0g	100mg	280mg	5g	0g	6g	30g	15%	2%	0%	2%
Chicken Breast, two meat	340	60	6g	2g	0g	205mg	550mg	10g	0g	11g	60g	35%	4%	2%	6%
Chicken Breast, three meat	510	80	9g	3g	0g	305mg	830mg	15g	0g	17g	90g	50%	6%	2%	8%
Chicken Breast, four meat	680	110	13g	4g	0g	410mg	1110mg	20g	< 1g	22g	120g	70%	8%	4%	10%
Hot Link, one meat	290	200	23g	8g	0g	115mg	1050mg	1g	0g	0g	19g	2%	0%	2%	15%
Hot Link, two meat	580	400	45g	15g	0g	225mg	2090mg	3g	0g	0g	38g	6%	0%	6%	25%
Hot Link, three meat	870	600	68g	23g	0g	340mg	3140mg	4g	0g	0g	57g	8%	0%	8%	40%
Hot Link, four meat	1160	810	91g	30g	0g	455mg	4180mg	5g	0g	0g	76g	10%	0%	10%	50%
Pulled pork, one meat	260	130	15g	6g	0g	115mg	125mg	0g	0g	0g	30g	0%	0%	2%	10%
Pulled pork, two meat	530	270	30g	11g	0g	225mg	250mg	0g	0g	0g	60g	0%	0%	6%	25%
Pulled pork, three meat	790	400	45g	17g	0g	340mg	380mg	0g	0g	0g	90g	0%	0%	8%	35%
Pulled pork, four meat	1050	540	60g	23g	0g	450mg	510mg	0g	0g	0g	120g	0%	0%	10%	45%
Sausage, one meat	360	280	32g	10g	0g	70mg	1030mg	6g	2g	2g	14g	0%	0%	4%	4%
Sausage, two meat	730	570	65g	20g	0g	140mg	2070mg	12g	4g	4g	28g	0%	0%	8%	8%
Sausage, three meat	1090	850	97g	30g	0g	215mg	3100mg	18g	6g	6g	43g	0%	0%	10%	10%
Sausage, four meat	1460	1130	130g	41g	0g	285mg	4130mg	24g	8g	8g	57g	0%	0%	15%	15%
St Louis Ribs, one meat	400	280	30g	12	0g	120mg	400mg	2g	0g	2g	30g	4%	0%	4%	12%
St Louis Ribs, two meat	800	560	108g	40g	0g	440mg	1400mg	4g	0g	2g	104g	8%	0%	8%	24%
St Louis Ribs, three meat	1200	840	162g	60g	0g	660mg	2100mg	6g	0g	3g	156g	12%	0%	12%	36%
St Louis Ribs, four meat	1600	1120	216g	80g	0g	880mg	2800mg	8g	0g	4g	208g	16%	0%	16%	48%
Turkey Breast, one meat	170	30	3.5g	1g	0g	100mg	170mg	0g	0g	0g	32g	20%	0%	2%	10%
Turkey Breast, two meat	340	60	7g	2g	0g	200mg	350mg	0g	0g	0g	65g	35%	0%	4%	20%
Turkey Breast, three meat	510	100	11g	3g	0g	300mg	520mg	0g	0g	0g	97g	50%	0%	4%	30%
Turkey Breast, four meat	680	130	14g	4g	0g	400mg	690mg	0g	0g	0g	129g	70%	0%	6%	40%
Baby Backs + One Meat (Base - add Meat Choice)	590	210	23g	8g	0g	300mg	1470mg	6g	< 1g	4g	85g	15%	2%	10%	20%
SINGLE-MEAT PLATES (ADD TWO SIDES)															
Bologna	900	630	70g	24g	0g	180mg	2750mg	44g	< 1g	14g	27g	0%	0%	15%	20%
Brisket	600	230	26g	8g	0g	200mg	780mg	21g	1g	3g	67g	20%	0%	6%	40%
Chicken Breast	470	90	10g	2.5g	0g	205mg	860mg	30g	< 1g	13g	63g	35%	4%	6%	10%
Hot Link	710	440	49g	16g	0g	225mg	2390mg	23g	< 1g	2g	41g	6%	0%	10%	30%
Pulled Pork	650	300	34g	12g	0g	225mg	560mg	20g	< 1g	2g	63g	0%	0%	10%	30%
Sausage	860	600	69g	21g	0g	140mg	2370mg	33g	5g	6g	31g	0%	0%	15%	15%
Turkey Breast	470	100	11g	2.5g	0g	200mg	650mg	20g	< 1g	2g	68g	35%	0%	8%	25%

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SIDES - SMALL															
Coleslaw	430	360	40g	6g	0g	0mg	610mg	20g	2g	15g	1g	2%	50%	4%	2%
Coleslaw (2 oz.)	170	140	16g	2.5g	0g	0mg	240mg	8g	< 1g	6g	0g	0%	20%	2%	0%
Corn	60	25	3g	0.5g	0g	0mg	120mg	9g	1g	2g	1g	2%	4%	0%	2%
Cowboy Beans	130	10	1g	0g	0g	5mg	830mg	26g	5g	8g	10g	2%	6%	2%	10%
French Fries	430	230	26g	6g	2g	0mg	570mg	45g	4g	1g	4g	0%	4%	0%	8%
Green Beans	80	25	3g	0.5g	0g	10mg	730mg	8g	3g	1g	5g	2%	4%	4%	10%
Mac and Cheese	350	160	18g	9g	0g	20mg	860mg	34g	< 1g	4g	13g	20%	0%	15%	50%
Mashed Potatoes & Gravy	140	50	5g	3.5g	0g	15mg	570mg	19g	2g	3g	3g	2%	4%	4%	4%
Okra	330	170	20g	3g	4.5g	0mg	670mg	34g	5g	4g	5g	0%	0%	8%	8%
Onions Rings	560	280	33g	4.5g	7g	0mg	580mg	62g	4g	12g	6g	0%	0%	0%	4%
Potato Salad	240	130	14g	2g	0g	25mg	740mg	29g	3g	9g	3g	2%	15%	0%	2%
Salad	290	180	21g	8g	2g	25mg	440mg	19g	3g	4g	9g	20%	10%	25%	10%
Sweet & Smoky Beans	200	30	3.5g	1g	0g	10mg	500mg	33g	7g	17g	8g	4%	4%	0%	2%
Salad Dressing - Honey Mustard (2 oz.)	250	210	25g	4g	0g	20mg	300mg	11g	< 1g	10g	< 1g	0%	0%	2%	2%
Salad Dressing - BBQ Ranch (2 oz.)	180	140	17g	3g	0g	15mg	290mg	7g	0g	7g	< 1g	2%	2%	2%	0%
Salad Dressing - Caesar (2 oz.)	280	280	30g	6g	0g	15mg	750mg	2g	0g	2g	2g	0%	0%	4%	0%
Salad Dressing - Ranch (2 oz.)	200	190	23g	4g	0g	20mg	200mg	2g	0g	1g	< 1g	0%	0%	4%	0%
Salad Dressing - Blue Cheese (2 oz.)	250	230	27g	5g	0g	20mg	610mg	2g	0g	2g	2g	0%	0%	0%	0%
Salad Dressing - Golden Italian (2 oz.)	270	250	27g	5g	0g	0mg	570mg	4g	0g	4g	0g	0%	0%	0%	0%
Salad Dressing - Honey Dijon (2 oz.)	90	0	0g	0g	0g	0mg	550mg	17g	2g	9g	2g	0%	0%	4%	0%
Salad Dressing - Italian Light (2 oz.)	70	50	5g	1g	0g	0mg	480mg	5g	0g	4g	0g	0%	0%	0%	0%
Salad Dressing - Lite French (2 oz.)	130	90	9g	1g	0g	0mg	660mg	13g	0g	13g	0g	4%	4%	0%	0%
Salad Dressing - 1000 Island (2 oz.)	290	250	29g	5g	0g	20mg	350mg	8g	0g	8g	0g	0%	0%	0%	0%
SIDES - LARGE															
Coleslaw	1300	1080	120g	18g	1g	0mg	1820mg	61g	6g	44g	3g	6%	160%	10%	6%
Corn (3 Cobs)	180	80	9g	1.5g	0g	0mg	360mg	26g	3g	5g	4g	6%	15%	2%	4%
Cowboy Beans	400	30	3.5g	0.5g	0g	20mg	2500mg	77g	15g	23g	29g	8%	15%	6%	25%
French Fries	740	390	45g	9g	3.5g	0mg	980mg	77g	7g	2g	7g	0%	8%	0%	15%
Green Beans	230	80	9g	2g	0g	25mg	2190mg	23g	9g	4g	15g	4%	15%	15%	35%
Mac and Cheese	1060	470	55g	26g	0g	65mg	2590mg	102g	2g	13g	38g	60%	0%	45%	150%
Mashed Potatoes & Gravy	410	160	16g	11g	0.5g	45mg	1680mg	57g	6g	9g	9g	6%	10%	15%	10%
Okra	1000	520	61g	9g	13g	0mg	2020mg	101g	16g	11g	16g	0%	0%	20%	20%
Onions Rings	1130	570	66g	9g	14g	0mg	1160mg	124g	8g	24g	12g	0%	0%	0%	8%
Potato Salad	720	380	41g	6g	0g	75mg	2220mg	87g	8g	26g	8g	8%	40%	0%	8%
Sweet & Smoky Beans	590	90	10g	3.5g	0g	30mg	1490mg	100g	21g	52g	24g	10%	10%	2%	6%
HAND-BATTERED BASKETS															
Chicken Fried Steak	950	430	49g	12g	6g	60mg	2210mg	98g	8g	9g	30g	4%	4%	20%	30%
Crispy Catfish Basket	1930	1200	134g	24g	4.5g	165mg	3360mg	95g	7g	29g	52g	2%	70%	8%	40%
Crispy Shrimp Basket	1570	930	106g	17g	10g	60mg	2950mg	138g	9g	34g	25g	8%	70%	10%	25%
Crispy Chicken Tender Basket	1690	1040	118g	20g	7g	85mg	3490mg	114g	8g	20g	53g	4%	60%	15%	25%
MAKE IT A COMBO															
<i>¼ Pound of Any Meat</i>															
Bologna	390	300	33g	12g	0g	90mg	1220mg	12g	0g	6g	12g	0%	0%	6%	6%
Brisket	240	100	11g	4g	0g	100mg	240mg	0g	0g	0g	32g	8%	0%	0%	15%
Chicken Breast	170	30	3g	1g	0g	100mg	280mg	5g	0g	6g	30g	15%	2%	0%	2%
Hot Link	290	200	23g	8g	0g	115mg	1050mg	1g	0g	0g	19g	2%	0%	2%	15%
Pulled Pork	260	130	15g	6g	0g	115mg	125mg	0g	0g	0g	30g	0%	0%	2%	10%
Sausage	360	280	32g	10g	0g	70mg	1030mg	6g	2g	2g	14g	0%	0%	4%	4%
Turkey Breast	170	30	3.5g	1g	0g	100mg	170mg	0g	0g	0g	32g	20%	0%	2%	10%
A LA CARTE															
Salad	290	180	21g	8g	2g	25mg	440mg	19g	3g	4g	9g	20%	10%	25%	10%
One St. Louis Rib	200	140	15g	6g	0g	60mg	200mg	< 1g	0g	< 1g	15g	2%	0%	2%	6%
One Hot Link	230	160	18g	6g	0g	90mg	830mg	1g	0g	0g	15g	2%	0%	2%	10%
Chips and Salsa	1260	770	84g	11g	11g	0mg	1340mg	107g	16g	6g	16g	10%	45%	15%	2%
Large Side of Queso - 6 oz.	390	310	34g	20g	0g	100mg	1340mg	3g	0g	0g	19g	45%	0%	50%	0%
Pickle	2	<1	0g	0g	0g	0g	131mg	0g	0g	0g	0g	20%	0%	9%	0%
Toast with Pan and Grill	126	35	4g	1g	0g	0g	170mg	20g	1g	2g	3g	0%	40%	0%	1%
SANDWICHES (ADD ONE SIDE)															
The Club	1050	510	56g	16g	0g	190mg	1950mg	70g	3g	14g	63g	25%	10%	45%	30%
PigMan	870	390	45g	13g	0g	170mg	2000mg	62g	4g	24g	53g	6%	20%	25%	30%
CribWich	730	340	38g	12g	0g	190mg	1570mg	38g	1g	2g	54g	10%	8%	20%	35%
Carolina Pulled Pork	740	360	41g	10g	0g	115mg	1240mg	52g	3g	14g	39g	10%	45%	25%	25%
Smoky Chicken Griller	830	380	43g	14g	0g	185mg	1500mg	52g	2g	14g	56g	30%	6%	40%	15%
Old School BBQ Sandwich Bologna	730	440	49g	16g	0g	105mg	2100mg	51g	1g	10g	22g	0%	10%	25%	20%
Old School BBQ Sandwich Chicken	470	120	13g	3g	0g	125mg	970mg	43g	2g	9g	43g	20%	10%	20%	15%
Old School BBQ Sandwich Hot Links	610	320	37g	11g	0g	135mg	1890mg	39g	1g	2g	30g	4%	10%	20%	25%
Old School BBQ Sandwich Pulled Pork	580	240	28g	8g	0g	135mg	790mg	37g	1g	2g	43g	0%	10%	20%	25%
Old School BBQ Sandwich Sausage	700	420	49g	14g	0g	85mg	1870mg	44g	4g	5g	24g	0%	10%	20%	15%
Old School BBQ Sandwich Brisket	550	200	23g	6g	0g	120mg	920mg	38g	2g	3g	45g	10%	10%	20%	30%
Old School BBQ Sandwich Turkey	470	120	14g	3g	0g	120mg	840mg	37g	1g	2g	46g	25%	10%	20%	20%

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Pile It Higher															
<i>1/5 Pound of Any Meat</i>															
Bologna	310	240	26g	10g	0g	70mg	980mg	10g	0g	5g	10g	0%	0%	4%	4%
Brisket	190	80	9g	3g	0g	80mg	190mg	0g	0g	0g	26g	6%	0%	0%	15%
Chicken Breast	140	25	2.5g	1g	0g	80mg	220mg	4g	0g	4g	24g	15%	2%	0%	2%
Hot Link	230	160	18g	6g	0g	90mg	840mg	1g	0g	0g	15g	2%	0%	2%	10%
Pulled Pork	210	110	12g	4.5g	0g	90mg	100mg	0g	0g	0g	24g	0%	0%	2%	10%
Sausage	290	230	26g	8g	0g	55mg	830mg	5g	2g	2g	11g	0%	0%	4%	4%
Turkey Breast	140	25	3g	1g	0g	80mg	140mg	0g	0g	0g	26g	15%	0%	2%	8%
BURGERS (ADD ONE SIDE)															
BBQ Bacon Cheeseburger	1200	630	72g	27g	1.5g	255mg	1850mg	52g	3g	16g	79g	20%	25%	45%	45%
CribFire Burger	1400	760	85g	31g	3g	330mg	2320mg	59g	2g	16g	90g	10%	15%	50%	50%
Classic Cheeseburger	1030	550	62g	24g	1.5g	240mg	1430mg	39g	2g	4g	74g	20%	20%	45%	45%
ADD-ONS															
Bacon	90	60	7g	2.5g	0g	15mg	270mg	0g	0g	0g	5g	0%	0%	0%	0%
Cheddar	120	80	10g	5g	0g	30mg	180mg	0g	0g	0g	7g	6%	0%	20%	0%
Pepper Jack	80	60	6g	4g	0g	20mg	140mg	0g	0g	0g	4g	4%	0%	15%	0%
Queso - 2 oz.	150	150	11g	8g	0g	30mg	680mg	4g	0g	2g	8g	0%	0%	15%	0%
FRESH SALADS (ADD DRESSING)															
Dynamite Chicken Salad	1210	530	60g	24g	3g	180mg	2370mg	108g	13g	21g	66g	80%	40%	80%	50%
Smoked Chicken Salad	650	350	40g	11g	5g	125mg	860mg	35g	5g	13g	42g	50%	25%	25%	20%
Smoked Brisket Salad	710	410	47g	14g	5g	125mg	820mg	31g	5g	7g	43g	45%	25%	25%	35%
Smoked Pulled Pork Salad	740	450	51g	16g	5g	135mg	710mg	30g	5g	7g	42g	35%	25%	30%	30%
SPUDS															
Super Spud - Smoked Brisket	1320	800	92g	35g	7g	200mg	1290mg	68g	7g	5g	57g	70%	40%	50%	35%
Super Spud - Smoked Chicken	1260	730	84g	32g	7g	205mg	1330mg	73g	7g	11g	56g	70%	45%	50%	20%
Super Spud - Smoked Pulled Pork	1350	840	96g	37g	7g	215mg	1180mg	68g	7g	5g	56g	60%	40%	60%	30%
Spud - Santa Fe	1720	1100	129g	38g	7g	225mg	1720mg	96g	11g	18g	58g	90%	60%	60%	25%
MAKE IT MEATIER															
One Hot Link	230	160	18g	6g	0g	90mg	830mg	1g	0g	0g	15g	2%	0%	2%	10%
One St. Louis Rib	200	140	15g	6g	0g	60mg	200mg	< 1g	0g	< 1g	15g	2%	0%	2%	6%
DESSERTS															
Blackberry Cobbler	630	270	29g	13g	0g	0mg	520mg	85g	7g	36g	5g	10%	35%	8%	4%
Blackberry Cobbler w/ Ice cream	860	370	41g	20g	0g	45mg	600mg	113g	7g	53g	10g	15%	35%	25%	4%
Brownie Sundae	840	410	40g	25g	0g	85mg	210mg	111g	2g	86g	9g	15%	0%	20%	2%
Cheesecake, Plain	940	620	66g	41g	2.5g	275mg	1010mg	71g	2g	61g	14g	40%	0%	15%	4%
Cheesecake w/ Cherry Topping	1010	620	66g	41g	2.5g	275mg	1040mg	87g	2g	71g	14g	45%	2%	15%	4%
Cheesecake w/ Chocolate Syrup	1020	620	66g	41g	2.5g	275mg	1020mg	88g	3g	75g	14g	40%	0%	15%	4%
Cheesecake w/ Chocolate Syrup & Cherry Topping	1110	620	66g	41g	2.5g	275mg	1050mg	111g	3g	91g	14g	45%	2%	15%	4%
Lemonade Cake	520	290	30g	16g	0g	130mg	290mg	57g	0g	38g	4g	10%	8%	4%	8%
Peach Cobbler	610	250	29g	13g	0g	10mg	520mg	85g	2g	40g	5g	4%	4%	4%	0%
Peach Cobbler w/ Ice cream	830	350	41g	20g	0g	55mg	600mg	113g	2g	58g	10g	10%	4%	20%	0%
Pecan Pie	720	470	45g	25g	0g	95mg	270mg	66g	2g	39g	6g	15%	0%	6%	10%
Pecan Pie w/ Ice cream	950	570	57g	32g	0g	140mg	350mg	94g	2g	57g	11g	20%	0%	25%	10%
Root Beer Float	670	210	24g	14g	0g	85mg	240mg	115g	0g	92g	10g	15%	0%	35%	0%
MISCELLANEOUS															
Dynamite Stick	540	250	28g	14g	0g	55mg	1330mg	53g	4g	3g	21g	10%	0%	50%	30%
KID'S MENU (ADD DRINK, SIDE & DESSERT)															
Kid's Bologna BBQ Sliders	650	360	40g	13g	0g	90mg	1770mg	54g	1g	8g	20g	0%	15%	20%	20%
Kid's Brisket BBQ Sliders	500	160	18g	5g	0g	100mg	790mg	43g	1g	2g	40g	10%	15%	15%	35%
Kid's Chicken BBQ Sliders	430	90	10g	2g	0g	100mg	830mg	47g	1g	8g	38g	20%	20%	15%	20%
Kid's Hot Link BBQ Sliders	550	260	30g	9g	0g	115mg	1600mg	44g	1g	2g	27g	2%	15%	15%	30%
Kid's Pulled Pork BBQ Sliders	530	190	22g	7g	0g	115mg	680mg	42g	1g	2g	38g	0%	15%	15%	30%
Kid's Sausage BBQ Sliders	630	340	39g	11g	0g	70mg	1580mg	48g	3g	4g	22g	0%	15%	15%	20%
Kid's Turkey BBQ Sliders	430	90	11g	2g	0g	100mg	720mg	42g	1g	2g	40g	20%	15%	15%	25%
Kids BBQ Dinner - Bologna	520	330	37g	12g	0g	90mg	1520mg	32g	< 1g	8g	15g	0%	0%	10%	10%
Kids BBQ Dinner - Brisket	360	130	15g	4.5g	0g	100mg	540mg	21g	< 1g	2g	35g	10%	0%	6%	25%
Kids BBQ Dinner - Chicken breast	300	60	7g	1.5g	0g	100mg	580mg	25g	< 1g	8g	33g	20%	2%	6%	8%
Kids BBQ Dinner - Hot Links	420	240	27g	8g	0g	115mg	1350mg	22g	< 1g	2g	22g	2%	0%	8%	20%
Kids BBQ Dinner - Pulled Pork	390	170	19g	6g	0g	115mg	430mg	20g	< 1g	2g	33g	0%	0%	8%	20%
Kids BBQ Dinner - Ribs	540	310	35g	12g	0g	120mg	700mg	22g	< 1g	3g	33g	4%	0%	10%	15%
Kids BBQ Dinner - Sausage	470	290	33g	10g	0g	70mg	1330mg	26g	3g	4g	17g	0%	0%	8%	10%
Kids BBQ Dinner - Turkey breast	300	70	8g	1.5g	0g	100mg	470mg	20g	< 1g	2g	35g	20%	0%	6%	15%
Kid's Cheeseburger	590	250	28g	10g	1g	110mg	1090mg	37g	1g	2g	43g	2%	8%	40%	25%
Kid's Cheeseburger Sliders	640	290	33g	12g	1g	120mg	960mg	42g	1g	2g	41g	4%	15%	25%	30%
Kid's Chicken Quesadilla	1050	610	70g	30g	0g	175mg	2010mg	59g	4g	7g	49g	30%	2%	90%	30%
Kid's Chicken Tenders	640	360	43g	7g	0g	45mg	1250mg	51g	2g	13g	20g	0%	0%	6%	10%
Kid's Corndog	230	90	10g	0.5g	0g	0mg	300mg	30g	< 1g	2g	6g	0%	0%	6%	8%
Kid's Grilled Cheese	390	170	20g	8g	0g	40mg	1110mg	40g	1g	4g	14g	8%	0%	30%	10%
Kid's Mac & Cheese	570	250	29g	14g	0g	35mg	1380mg	54g	1g	7g	20g	35%	0%	25%	80%

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
Kid's Menu (Cont'd)															
(Add Drink, Side & Dessert)															
Kid's Sundae	400	200	19g	14g	0g	45mg	90mg	52g	< 1g	39g	6g	8%	0%	20%	0%
Kid's Oreo Cookies (2)	110	40	4.5g	1.5g	0g	0mg	90mg	17g	0g	9g	0g	0%	0%	0%	6%
Kid's Applesauce	90	0	0g	0g	0g	0mg	0mg	24g	1g	22g	0g	0%	20%	0%	0%
SMOKIN' DEALS (Add Accompaniments)															
Chicken 'n' Pork	480	150	17g	6g	0g	255mg	540mg	8g	0g	9g	72g	30%	4%	4%	15%
Rib 'n' Bird	470	180	20g	7g	0g	225mg	640mg	9g	0g	9g	63g	30%	4%	4%	10%
Brisket 'n' Bird	320	100	11g	4g	0g	160mg	410mg	4g	0g	5g	50g	20%	2%	2%	15%
Spicy Yard Bird	500	210	23g	8g	0g	255mg	1270mg	9g	0g	9g	63g	30%	4%	4%	15%
Three-Bone Basket	610	420	46g	17g	0g	185mg	590mg	2g	0g	2g	44g	6%	0%	8%	15%
The Dirty Deed	710	470	53g	18g	0g	210mg	1130mg	6g	2g	2g	50g	2%	0%	8%	20%
The Motherlode	760	370	41g	14g	0g	340mg	1340mg	5g	0g	5g	88g	25%	2%	6%	35%
Accompaniments	790	430	49g	9g	2g	0mg	1560mg	82g	6g	10g	9g	2%	30%	6%	15%
Pigout Packs (Carryout Only)															
Family Pack (Low)	2010	430	49g	11g	0g	615mg	4890mg	203g	11g	111g	197g	120%	90%	30%	60%
Family Pack (High)	5540	3050	345g	94g	29g	795mg	7400mg	378g	21g	124g	225g	30%	50%	50%	120%
Super Pack (Low)	5330	830	94g	20g	0g	1330mg	13550mg	680g	30g	322g	456g	250%	210%	100%	180%
Super Pack (High)	12660	6330	715g	196g	57g	1720mg	18730mg	1027g	50g	343g	512g	70%	140%	160%	310%
Rib Pack (Low)	6570	2420	270g	85g	0g	1285mg	14830mg	632g	30g	263g	399g	80%	190%	140%	250%
Rib Pack (High)	12610	5910	668g	179g	57g	1955mg	20230mg	1033g	51g	347g	594g	80%	140%	160%	320%
ICE-COLD BEER															
12-oz. Bottles															
Angry Orchard	190	0	0g	0g	0g	0mg	15mg	25g	0g	20g	0g	0%	0%	3%	0%
Bud Light	110	0	0g	0g	0g	0mg	0mg	7g	0g	0g	1g	0%	0%	0%	0%
Budweiser	150	0	0g	0g	0g	0mg	0mg	11g	0g	0g	1g	0%	0%	0%	0%
Coors Light	100	0	0g	0g	0g	0mg	0mg	5g	0g	0g	1g	0%	0%	0%	0%
Corona	150	0	0g	0g	0g	0mg	0mg	14g	0g	1g	2g	0%	0%	0%	0%
IPA	150	0	0g	0g	0g	0mg	0mg	14g	0g	0g	0g	0%	0%	0%	0%
Michelob Ultra	95	0	0g	0g	0g	0mg	0mg	3g	0g	0g	<1g	0%	0%	0%	0%
Miller Lite	96	0	0g	0g	0g	0mg	5mg	3g	0g	0g	1g	0%	0%	0%	0%
Shiner Bock	140	0	0g	0g	0g	0mg	0mg	13g	0g	0g	0g	0%	0%	0%	0%
Fat Tire	160	0	0g	0g	0g	0mg	0mg	14g	0g	0g	0g	0%	0%	0%	0%
Guinness Draught (14.9 oz.)	130	0	0g	0g	0g	11mg	7mg	11g	0g	0g	1g	0%	0%	0%	0%
DRAFTS (Small = 16 oz.) (Large = 22 oz.)															
Bud Light (Small)	150	0	0g	0g	0g	0mg	0mg	9g	0g	0g	1g	0%	0%	0%	0%
Bud Light (Large)	200	0	0g	0g	0g	0mg	0mg	12g	0g	0g	2g	0%	0%	0%	0%
Coors Light (Small)	140	0	0g	0g	0g	0mg	15mg	7g	0g	0g	1g	0%	0%	0%	0%
Coors (Large)	190	0	0g	0g	0g	0mg	20mg	9g	0g	0g	2g	0%	0%	0%	0%
Dos Equis Lager (Small)	170	0	0g	0g	0g	0mg	0mg	15g	0g	4g	1g	0%	0%	0%	0%
Dos Equis Lager (Large)	240	0	0g	0g	0g	0mg	0mg	20g	0g	5g	1g	0%	0%	0%	0%
Dos Equis Amber (Small)	200	0	0g	0g	0g	0mg	0mg	19g	0g	0g	<1g	0%	0%	0%	0%
Dos Equis Amber (Large)	270	0	0g	0g	0g	0mg	0mg	26g	0g	0g	1g	0%	0%	0%	0%
Michelob Ultra (Small)	130	0	0g	0g	0g	0mg	0mg	3g	0g	0g	1g	0%	0%	0%	0%
Michelob Ultra (Large)	170	0	0g	0g	0g	0mg	0mg	5g	0g	0g	1g	0%	0%	0%	0%
Sam Adams (Small)	240	0	0g	0g	0g	0mg	25mg	25g	1g	2g	2g	0%	0%	0%	0%
Sam Adams (Large)	330	0	0g	0g	0g	0mg	35mg	35g	2g	4g	4g	0%	0%	0%	0%
SPECIALTY DRINKS (ALCOHOLIC)															
Barrel Old Fashioned	230	0	0g	0g	0g	0mg	0mg	22g	2g	20g	< 1g	2%	60%	4%	0%
Crib Slide	1370	540	55g	37g	0g	130mg	300mg	176g	3g	133g	18g	20%	0%	50%	0%
Crib-A-Rita	260	0	0g	0g	0g	0mg	400mg	29g	0g	32g	0g	0%	45%	0%	0%
Georgia Peach	130	0	0g	0g	0g	0mg	15mg	28g	0g	21	0g	0%	30%	0%	0%
Harvest Sangria	240	0	0g	0g	0g	0mg	35mg	34g	< 1g	30g	0g	2%	25%	2%	2%
Kentucky Mule	240	0	0g	0g	0g	0mg	30mg	27g	< 1g	25g	0g	0%	10%	0%	0%
Kentucky Sunrise	200	0	0g	0g	0g	0mg	5mg	17g	0g	10g	0g	0%	35%	0%	0%
Mango Rita	270	0	0g	0g	0g	0mg	400mg	30g	< 1g	32g	0g	0%	50%	0%	0%
Melon Bomb-A-Rita	300	0	0g	0g	0g	0mg	400mg	41g	2g	37g	< 1g	0%	90%	2%	2%
Moscow Mule	240	0	0g	0g	0g	0mg	30mg	27g	< 1g	25g	0g	0%	10%	0%	0%
Patron Margarita	330	0	0g	0g	0g	0mg	400mg	36g	0g	31g	0g	0%	45%	0%	0%
PitMaster Punch	220	0	0g	0g	0g	0mg	20mg	27g	3g	20g	< 1g	0%	90%	4%	2%
Silver Margarita	330	0	0g	0g	0g	0mg	400mg	36g	0g	31g	0g	0%	45%	0%	0%
Smokin' Mary	180	20	2g	0g	0g	0mg	1910mg	8g	2g	4g	1g	10%	6%	0%	6%
Spiked Cherry Limeade	340	5	0.5g	0g	0g	0mg	35mg	56g	0g	52g	0g	0%	70%	0%	0%
Spiked Lemonade	220	0	0g	0g	0g	0mg	20mg	25g	0g	23g	0g	0%	40%	0%	0%
Spiked Strawberry Lemonade	380	5	0.5g	0g	0g	0mg	40mg	66g	0g	62g	0g	0%	70%	0%	0%
Strawberry-Rita	280	0	0g	0g	0g	0mg	25mg	38g	< 1g	34g	0g	0%	35%	0%	0%
Tall Grass Tea	280	0	0g	0g	0g	0mg	20mg	41g	0g	37g	0g	0%	45%	0%	0%
Top Shelf Rita	350	0	0g	0g	0g	0mg	400mg	38g	< 1g	31g	0g	0%	50%	0%	0%
Watermelon-Rita	280	0	0g	0g	0g	0mg	15mg	38g	< 1g	34g	0g	0%	35%	0%	0%
SOFT DRINKS															
Sprite	240	0	0g	0g	0g	0mg	111mg	64g	0g	64g	0g	0%	0%	0%	0%
Coca-Cola	240	0	0g	0g	0g	0mg	56mg	65g	0g	52g	0g	0%	0%	0%	0%
Diet Coke	0	0	0g	0g	0g	0mg	70mg	0g	0g	0g	0g	0%	0%	0%	0%
Dr. Pepper	250	0	0g	0g	0g	0mg	100mg	66g	0g	64g	0g	0%	0%	0%	0%
Hi-C Fruit Punch	260	0	0g	0g	0g	0mg	120mg	71g	0g	69g	0g	0%	25%	0%	0%

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
SOFT DRINKS (CONT'D)															
Hi-C Poppin' Lemonade	230	0	0g	0g	0g	0mg	160mg	63g	0g	60g	0g	0%	0%	0%	0%
IBC Root Beer	160	0	0g	0g	0g	0mg	60mg	40g	0g	40g	0g	0%	0%	0%	0%
Iced Tea (Unsweet)	3	0	0g	0g	0g	0mg	9mg	0g	0g	0g	<1g	0%	0%	0%	0%
Iced Tea (Sweet)	120	0	0g	0g	0g	0mg	9mg	30g	0g	30g	<1g	0%	0%	0%	0%
Iced Tea Flavored - Peach	215	0	0g	0g	0g	0mg	36mg	55g	0g	54g	<1g	0%	0%	0%	0%
Iced Tea Flavored - Raspberry	98	0	0g	0g	0g	0mg	32mg	23g	0g	23g	<1g	0%	10%	0%	3%
LUNCH COMBO															
INCLUDES TWO MEATS (ADD ONE SIDE)															
Bologna	390	300	33g	12g	0g	90mg	1220mg	12g	0g	6g	12g	0%	0%	6%	6%
Brisket	240	100	11g	4g	0g	100mg	240mg	0g	0g	0g	32g	8%	0%	0%	15%
Chicken	170	30	3g	1g	0g	100mg	280mg	5g	0g	6g	30g	15%	2%	0%	2%
Hot Links	290	200	23g	8g	0g	115mg	1050mg	1g	0g	0g	19g	2%	0%	2%	15%
Pulled Pork	260	130	15g	6g	0g	115mg	125mg	0g	0g	0g	30g	0%	0%	2%	10%
Sausage	360	280	32g	10g	0g	70mg	1030mg	6g	2g	2g	14g	0%	0%	4%	4%
Turkey	170	30	3.5g	1g	0g	100mg	170mg	0g	0g	0g	32g	20%	0%	2%	10%
Two Ribs	400	280	30g	12g	0g	120mg	400mg	2g	0g	2g	30g	4%	0%	4%	12%
Pickle	2	<1	0g	0g	0g	0g	131mg	0g	0g	0g	0g	20%	0%	9%	0%
Toast with Pan and Grill	126	35	4g	1g	0g	0g	170mg	20g	1g	2g	3g	0%	40%	0%	1%

A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs may vary. The nutritional values provided herein are based on our standard recipes at the time the values were calculated. The nutritional analyses which produced the nutritional values of our recipes were derived from supplier nutrition information, the USDA database and an independent lab. Menu items are hand-prepared and nutritional values may vary from the stated amount. Nutritional values may not be available for products in test or offered only for a limited time. Menus may vary by location. This information may not be published or distributed in any manner without prior written consent of Rib Crib Corporation.