

**Smokey Bones Nutritional Information**

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the nutritional databases, and nutritional consultants. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Information could vary. Updated May 2019.

Nutritional Information	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Fire Starters</b>											
<b>Crowd Pleaser</b>	2,340	1,040	115	42	-	260	7,700	248	12	37	72
Pulled Pork	110	60	7	3	-	35	240	1	-	-	16
<b>Pretzel Bones</b>	1,040	270	45	23	-	120	1,950	123	4	5	34
<b>Onion Rings</b>	1,030	420	47	6	-	30	4,960	132	7	27	15
<b>Fried Green Tomatoes</b>	600	330	37	11	-	30	2,570	58	3	5	9
<b>Loaded Nachos</b>	1,470	740	82	45	-	240	4,810	130	10	6	52
Double Cheddar Jack Cheese	440	320	36	22	2	110	720	2	-	-	28
Roasted Chicken	390	200	22	6	-	120	120	-	-	-	39
Pulled Pork	330	190	21	9	-	110	710	3	-	-	48
<b>The Mag-Nacho</b>	2,340	1,300	144	73	-	500	6,890	142	11	15	118
Fresh Guacamole	80	60	7	1	-	-	150	5	3	1	1
<b>BBQ Street Tacos</b>	-	-	-	-	-	-	-	-	-	-	-
House Smoked Pulled Pork Tacos (3 tacos)	1,000	420	47	7	-	10	2,400	99	7	16	38
Grilled Chicken Tacos (3 tacos)	800	380	42	14	1	130	1,280	62	11	5	54
Smoked Brisket Tacos (3 tacos)	1,100	480	53	22	-	180	2,810	83	4	9	70
Grilled Choice Steak Tacos (3 tacos)	990	560	62	33	-	60	1,590	67	13	5	40
Pick Any Three Tacos	-	-	-	-	-	-	-	-	-	-	-
Loaded Cheese Fries	1,720	1,130	125	30	-	160	4,400	111	6	45	30
Fried Pickles	930	530	59	8	-	60	5,410	80	3	4	12
Skillet Cornbread	1,040	310	34	9	3	10	1,040	167	5	72	17
<b>Wings</b>	-	-	-	-	-	-	-	-	-	-	-
Smoked Wings (8)	820	420	47	13	-	420	1,620	12	-	10	82
Smoked Wings (16)	1,640	850	94	26	-	840	3,240	24	-	20	163
Chicken Wings (excludes sauce) (8)	850	450	50	14	-	450	2,260	21	-	-	87
Chicken Wings (excludes sauce) (16)	1,690	890	100	27	-	900	4,520	42	Less than 1 gram	-	174
<b>Tossin' Sauces (2 oz)</b>	-	-	-	-	-	-	-	-	-	-	-
Bones Sweet & Tangy	200	-	-	-	-	-	880	48	-	40	-
KC BBQ	140	-	-	-	-	-	660	34	-	28	-
Chipotle BBQ	120	-	-	-	-	-	780	29	-	24	1
Mustard BBQ	140	-	-	-	-	-	760	30	2	26	2
Carolina Mopping Sauce	90	-	-	-	-	-	470	22	-	18	-
Ketchup	60	-	-	-	-	-	640	16	-	16	-
Cider Vinegar	-	-	-	-	-	-	-	-	-	-	-
Garlic Parmesan	310	290	33	21	-	90	880	3	-	-	2
Sweet Brown Sugar	160	-	-	-	-	-	810	40	Less than 1 gram	39	-
Buffalo	80	60	7	-	-	-	1,960	5	-	-	-
Memphis Dry Rub	80	-	1	-	-	-	2,220	17	2	14	1
Buff-A-Que	60	10	1	-	-	-	-	13	1	10	1
Spicy Garlic Buffalo	160	150	15	7	-	30	1,520	4	-	-	-
Sweet Glaze	200	-	-	-	-	-	880	48	-	40	-
<b>Bones Burgers (excludes side)</b>	-	-	-	-	-	-	-	-	-	-	-
Smokehouse Burger	1,250	730	82	33	3	210	2,340	70	5	20	52
Avocado Turkey Burger	1,000	620	69	18	-	170	2,490	49	6	9	44
Smoke Stack	2,970	2,010	224	89	9	640	4,660	77	6	18	148
Big Time BLT	1,310	900	100	35	3	230	3,710	47	6	8	53
Loaded BBQ Burger	1,320	10	90	34	3	260	2,410	60	4	21	63
Morning Glory Burger	1,170	710	79	33	3	420	4,180	53	4	16	55
Waffle Brunch Burger	1,500	800	89	35	3	420	4,470	117	4	59	55
Chicken n' Waffle	1,110	220	24	4	-	70	2,520	192	4	100	34
<b>Build A Burger</b>	-	-	-	-	-	-	-	-	-	-	-
Angus Beef 1/2 LB	670	510	57	23	3	170	150	-	-	-	36
Angus Beef 1 LB	1,330	1,030	114	46	6	340	300	-	-	-	72
Premium Beef 1/2 LB	670	510	57	23	3	170	150	-	-	-	36
Premium Beef 1 LB	1,330	1,030	114	46	6	340	300	-	-	-	72
Turkey Burger (1)	440	300	33	9	-	130	760	2	-	1	31
Turkey Burger (2)	880	600	66	18	-	260	1,520	4	-	2	62
Grilled Chicken (1)	160	35	4	-	-	80	90	-	-	-	33
Grilled Chicken (2)	320	70	8	-	-	160	180	-	-	-	66
Veggie Burger (1)	210	70	7	1	-	-	280	25	7	4	10
Veggie Burger (2)	420	140	14	1	-	-	560	50	14	8	20

Nutritional Information	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Buns</b>	-	-	-	-	-	-	-	-	-	-	-
Traditional	210	25	3	1	-	-	370	40	1	7	6
Ciabatta	240	45	5	1	-	-	450	40	2	2	9
Lettuce	-	-	-	-	-	-	-	1	-	1	-
Belgian Waffle Bun	350	80	9	3	-	-	940	61	1	14	5
<b>Toppings on the House</b>	-	-	-	-	-	-	-	-	-	-	-
Lettuce	5	-	-	-	-	-	-	-	2	-	-
Tomato	5	-	-	-	-	-	-	1	-	1	-
Red Onion	5	-	-	-	-	-	-	1	-	1	-
Pickles	5	-	-	-	-	-	260	1	-	-	-
<b>Cheese</b>	-	-	-	-	-	-	-	-	-	-	-
American	70	45	5	4	-	20	270	1	-	1	3
Asiago	100	80	8	-	-	25	280	1	-	-	8
Bleu	100	70	8	5	-	20	400	1	-	-	6
Cheddar	90	60	7	4	-	20	140	1	-	-	5
Shredded Cheddar Jack	110	80	9	5	-	25	180	Less than 1 gram	-	-	7
Feta	80	50	6	4	-	25	260	1	-	-	4
Mozzarella	80	50	6	4	-	20	190	2	-	-	7
Parmesan Grated	50	30	4	2	1	10	210	3	-	-	3
Pepper Jack	80	50	6	4	-	25	140	1	-	-	5
Provolone	70	50	6	3	-	15	190	-	-	-	5
Homemade Queso	90	70	8	6	-	30	140	1	-	-	3
Smoked Gouda	80	60	6	4	-	15	180	-	-	-	4
Swiss	80	60	6	4	-	20	130	1	-	-	6
<b>Sauce</b>	-	-	-	-	-	-	-	-	-	-	-
Garlic Mayo	200	200	22	3	-	20	320	-	-	-	-
Chipotle Mayo	180	170	19	3	-	15	330	-	-	-	-
Bones Sweet & Tangy	100	-	-	-	-	-	440	24	-	20	-
Chipotle Ketchup	40	-	-	-	-	-	450	9	1	7	-
Spicy Garlic Buffalo	80	60	7	4	-	20	910	3	-	1	-
Mushroom Sauce	50	25	3	1	-	-	250	4	-	-	1
Tomato Sauce	20	-	-	-	-	-	200	4	1	3	1
Homemade Salsa	15	-	-	-	-	-	40	4	4	2	-
<b>Cold Toppings</b>	-	-	-	-	-	-	-	-	-	-	-
Sliced Avocado	60	45	5	1	-	-	-	3	3	-	1
Fresh Made Creamy Cole Slaw	140	110	12	2	-	15	200	7	1	6	1
Fresh Guacamole	80	60	7	1	-	-	150	5	3	1	1
Baby Spinach	5	-	-	-	-	-	25	1	1	-	1
<b>Hot Toppings</b>	-	-	-	-	-	-	-	-	-	-	-
Peppered Bacon	80	60	7	3	-	15	290	-	-	-	4
Sautéed Onions	20	-	-	-	-	-	-	4	1	2	-
Fried Egg	90	60	7	2	-	210	95	-	-	-	6
Onion Tangles	100	50	6	1	-	-	95	9	1	1	1
Grilled Jalapeños	15	10	1	-	-	-	45	2	1	1	-
Jumbo Onion Rings	80	-	-	-	-	-	220	17	1	3	2
Grilled Red Peppers	25	-	-	-	-	-	45	6	2	4	1
BBQ'd Onions	60	20	2	1	-	-	110	9	1	4	-
Fried Pickles	190	100	12	2	-	10	1,080	16	Less than 1 gram	Less than 1 gram	2
Grilled Pineapple	30	-	-	-	-	-	-	7	1	6	-
<b>Specialty Toppings</b>	-	-	-	-	-	-	-	-	-	-	-
House Smoked Hand-Pulled Pork	160	100	11	4	-	60	360	1	-	-	24
Grilled Portobello Mushroom	60	25	3	-	-	-	790	7	1	4	2
Mac & Cheese	260	140	16	6	-	30	740	19	1	1	11
Smoked Spiced Sausage	280	210	23	8	-	70	530	1	-	-	16
Texas Style Beef Brisket	220	150	16	7	-	60	130	5	-	5	16
Fried Green Tomatoes	110	50	6	1	-	-	590	12	1	1	2
<b>Slow Smoked BBQ (excludes sides and garlic bread)</b>	-	-	-	-	-	-	-	-	-	-	-
Hand-Pulled Pork	330	100	12	3	-	110	900	18	1	1	39
Texas-Style Beef Brisket	590	390	43	18	-	160	340	14	-	12	42
Sliced Smoked Chicken Breast	190	45	5	2	-	100	1,080	2	1	-	34
Smoked Baby Back Ribs 1/3 Rack	450	210	23	10	-	70	1,260	48	1	5	16
Smoked Baby Back Ribs 2/3 Rack	900	410	46	20	-	150	2,510	96	2	60	33
Smoked Baby Back Ribs Full Rack	1,350	670	74	26	-	230	3,420	113	2	89	48
Smoked St. Louis Ribs 1/3 Rack	440	230	25	10	-	80	1,630	39	1	20	16
Smoked St. Louis Ribs 2/3 Rack	880	450	50	20	-	150	3,260	78	2	40	32

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Smoked St. Louis Ribs Full Rack	1,310	680	75	30	-	230	4,890	117	3	60	48
Double Trouble	880	440	48	20	-	150	2,890	87	2	50	32
<b>Create Your Own Combo Protein Selections (excludes sides)</b>	-	-	-	-	-	-	-	-	-	-	-
Smoked St. Louis Ribs 1/3 Rack	530	290	32	10	-	80	1,630	39	1	20	20
Smoked Baby Back Ribs 1/3 Rack	450	210	23	10	-	70	1,260	48	1	30	16
House Smoked Hand-Pulled Pork	250	70	8	2	-	76	623	11	-	1	27
Grilled Bourbon BBQ Chicken Breast	160	20	2	-	-	80	90	-	-	-	33
Texas-Style Beef Brisket	330	220	24	10	-	90	190	8	-	7	24
Chicken Fingers	380	100	11	1	-	70	1,420	38	2	2	28
Chicken Wings	420	220	25	7	-	230	1,130	11	-	-	44
Sliced Smoked Chicken Breast	130	35	4	2	-	70	740	1	-	-	23
1/4 BBQ Chicken	330	150	16	7	-	220	1,222	8	1	8	38
Smoked Wings	410	210	24	7	-	210	810	6	-	5	41
Slow-Smoked Spiced Sausage (2)	560	400	44	16	-	180	1,500	2	-	-	38
<b>Fire-Grilled Favorites (excludes sides)</b>	-	-	-	-	-	-	-	-	-	-	-
USDA Choice Sirloin (10oz)	620	390	43	14	-	150	480	-	-	-	57
USDA Choice Sirloin (6oz)	370	230	26	10	-	90	288	-	-	-	34
Slow-Smoked Prime Rib (16 oz)	1,580	1,140	127	57	7	380	3,890	12	-	5	96
Giant Hawaiian Ribeye (14oz)	760	440	49	21	3	180	800	8	-	6	79
1 LB Smoked Pork Chop	1,080	650	73	30	-	-	560	7	6	6	91
<b>Flavor Your Meat</b>	-	-	-	-	-	-	-	-	-	-	-
Steakhouse Butter	120	100	11	4	-	-	500	1	-	1	-
Mushroom Red Wine Sauce	130	20	10	6	-	100	650	7	2	3	3
Teriyaki Glaze	10	-	-	-	-	-	160	2	-	2	-
Garlic Butter Sauce	380	45	5	3	-	15	45	-	-	-	-
Blackened with Bleu Cheese & Bacon	210	140	16	7	-	25	1,370	5	1	2	7
<b>Chicken &amp; Seafood (excludes sides unless noted)</b>	-	-	-	-	-	-	-	-	-	-	-
1/2 BBQ Chicken	650	290	32	10	-	440	2,444	16	-	14	77
Fire-Grilled Salmon	590	410	46	5	-	90	440	3	-	-	39
Fish & Chips (includes fries and cole slaw)	1,600	1,020	115	14	-	60	2,400	107	6	20	35
Smokehouse Chicken	1,020	470	52	19	-	250	1,910	44	3	23	90
Chicken Fingers (includes fries)	1,060	410	45	7	-	110	3,220	110	7	15	46
Homestyle Ranch	100	100	11	2	-	10	270	1	-	1	1
Honey Mustard	130	100	11	2	-	10	160	8	-	7	-
<b>Sides (Regular)</b>	-	-	-	-	-	-	-	-	-	-	-
Natural Cut Fries	270	100	11	2	-	-	830	39	4	-	4
Fresh Steamed Broccoli	140	110	12	6	1	25	290	6	2	2	3
Fresh Steamed Broccoli - No Butter	40	-	1	-	-	-	35	7	3	2	3
House Made BBQ Baked Beans	180	10	1	-	-	-	510	38	5	22	6
Baked Potato	250	10	1	-	-	-	800	49	5	2	6
Fresh Made Creamy Cole Slaw	350	270	30	5	-	40	500	18	2	15	1
Mashed Potatoes & Brown Gravy	290	100	11	3	-	5	870	40	3	4	6
Fire-Roasted Corn	200	80	9	4	-	15	200	25	6	9	4
<b>Sides (Premium)</b>	-	-	-	-	-	-	-	-	-	-	-
Loaded Baked Potato	500	240	27	17	-	60	1,380	52	2	4	15
Cinnamon Apples	240	35	4	1	-	-	110	51	3	34	-
Onion Rings	440	150	17	4	-	-	1,188	61	3	14	11
Sweet Potato Waffle Fries	340	110	12	-	-	-	720	57	4	19	3
Loaded Mashed Potatoes	420	200	22	9	-	45	1,040	39	3	4	15
<b>Sides (Ultra Premium)</b>	-	-	-	-	-	-	-	-	-	-	-
Big Cheese Macaroni	390	220	24	9	-	50	1,120	29	2	1	16
Fried Green Tomatoes	220	110	12	2	-	-	1,170	24	1	2	4
Loaded Cheese Fries	820	500	55	14	-	70	2,230	64	4	22	15
Large Belgian Waffle	350	80	9	3	-	-	940	61	1	14	5
Whipped Butter	140	130	14	5	-	-	110	-	-	-	-
Maple Syrup	260	-	-	-	-	-	-	68	-	68	-
<b>Other Sides</b>	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread (1 slice)	140	70	8	2	-	-	190	15	1	1	3
<b>Pasta</b>	-	-	-	-	-	-	-	-	-	-	-
Four Cheese Mac & Cheese	1,000	600	84	53	-	280	1,320	35	-	30	19
Southwest Chicken Mac & Cheese	1,370	780	103	59	-	350	2,210	58	5	34	47
Sausage & Asiago Melt	1,400	890	115	61	-	360	2,340	41	1	33	44
Spicy Bacon Chicken Melt	1,440	880	114	61	-	390	2,870	43	3	38	48
Tomato Basil Cavatappi	690	140	15	2	-	-	1,280	119	9	19	22
Add Grilled Chicken	160	15	2	1	-	80	90	-	-	-	33

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Add USDA Choice Petite Sirloin (6 oz)	290	210	24	7	-	80	1,250	-	-	-	20
Add Grilled Sausage	280	200	22	8	-	90	750	1	-	-	19
<b>Power Hour Protein Selections (excludes sides and garlic bread)</b>											
House Smoked Hand-Pulled Pork	250	70	8	2	-	76	623	11	-	1	27
Smoked Wings	410	210	24	7	-	210	810	6	-	5	41
Grilled Bourbon BBQ Chicken Breast	160	20	2	-	-	80	90	-	-	-	33
Slow-Smoked Spiced Sausage (2)	560	400	44	16	-	180	1,500	2	-	-	38
1/4 BBQ Chicken	330	150	16	7	-	220	1,222	8	1	8	38
Chicken Wings	420	220	25	7	-	230	1,130	11	-	-	44
Sliced Smoked Chicken Breast	130	35	4	2	-	70	740	1	-	-	23
Chicken Fingers	380	100	11	1	-	70	1,420	38	2	2	28
<b>Sandwiches (excludes side)</b>											
Pulled Pork Sammy	590	240	27	8	-	80	1,080	55	2	9	41
Smoked Brisket Sandwich	1,230	750	83	33	-	180	2,440	63	3	5	55
Smokehouse Chicken Sandwich	870	320	36	12	-	130	1,650	80	4	22	54
Bones Buffalo Chicken Sandwich	900	230	26	6	-	100	3,300	113	4	12	50
Prime Rib French Dip	1,560	700	77	29	2	140	3,080	61	2	5	51
The Cuban	960	520	58	16	-	130	2,040	70	2	15	42
Specialty Soup & Sandwich - Pulled Pork Sammy + Brunswick Stew	760	300	33	10	-	110	1,910	76	4	20	41
Specialty Soup & Sandwich - Grilled Chicken + Brunswick Stew	1,040	380	42	14	-	150	2,480	101	6	33	63
Specialty Soup & Sandwich - Cuban + Brunswick Stew	1,130	580	64	18	-	160	2,870	91	4	26	51
Specialty Soup & Sandwich - Pulled Pork Sammy + Tomato Soup	910	430	48	14	-	110	1,900	82	7	26	37
Specialty Soup & Sandwich - Grilled Chicken + Tomato Soup	1,200	510	57	18	-	160	2,470	107	9	39	59
Specialty Soup & Sandwich - Cuban + Tomato Soup	1,290	710	79	22	-	160	2,860	97	7	32	47
<b>Salads</b>											
Stacked Baked Potato & Salad w/Brisket & Caesar Salad	1,190	600	66	27	-	170	2,720	84	6	16	49
Stacked Baked Potato & Salad w/Brisket & House Salad (no dressing)	990	410	45	24	-	150	2,350	84	5	17	48
Stacked Baked Potato & Salad w/Pork & Caesar Salad	1,140	550	61	24	-	160	2,960	84	6	15	57
Stacked Baked Potato & Salad w/Pork & House Salad (no dressing)	940	360	40	21	-	140	2,340	59	3	6	50
Charbroiled Chicken Caesar Salad	850	480	53	9	-	120	1,320	39	5	15	46
Charbroiled Caesar Salad w/Steak	980	670	76	16	-	120	2,490	40	5	15	34
Charbroiled Caesar Salad w/Salmon	1,060	670	74	13	-	130	1,280	39	5	15	52
Steak & Spinach Salad	970	740	82	19	-	110	3,460	26	6	12	37
Side Salad (no dressing)	70	-	-	-	-	-	250	14	2	10	4
Side Caesar Salad	330	190	21	3	-	20	620	27	3	9	8
Nutty Chicken Salad w/ Grilled Chicken	860	470	55	12	-	140	950	52	5	39	42
Nutty Chicken Salad w/ Fried Chicken	1,000	520	61	12	-	110	1,920	87	7	41	29
Fire-Grilled Salmon Salad	1,000	710	79	14	-	110	1,190	29	7	19	51
Pulled Chicken Chopped Salad	800	550	62	8	-	80	1,800	38	14	22	32
<b>Soups</b>											
Homemade Brunswick Stew - Bowl	240	80	9	3	-	30	1,190	30	4	16	13
Homemade Brunswick Stew - Cup	170	50	6	2	-	20	830	21	2	11	9
Tomato & Grilled Cheese Soup- Bowl	490	280	31	9	-	40	1,690	39	7	24	8
Tomato & Grilled Cheese Soup - Cup	330	190	21	6	-	30	820	27	5	17	5
Specialty Soup & Salad - Tomato Soup and House Salad (no dressing)	450	190	21	6	-	30	1,060	52	7	27	11
Specialty Soup & Salad - Tomato Soup and Caesar Salad	660	380	42	9	-	45	1,440	52	8	26	12
Specialty Soup & Salad - Brunswick Stew and House Salad (no dressing)	300	60	6	2	-	20	1,080	46	4	21	15
Specialty Soup & Salad - Brunswick Stew and Caesar Salad	500	250	27	5	-	40	1,450	46	5	20	16
<b>Salad Dressings (1 oz)</b>											
Homestyle Ranch	100	100	11	2	-	10	270	1	-	1	1
Honey Mustard	130	100	11	2	-	10	160	8	-	7	-
Balsamic Vinaigrette	60	45	5	1	-	-	190	4	-	4	-
Bacon Vinaigrette	140	130	14	2	-	-	310	5	-	5	-
Caesar Dressing	190	180	20	3	-	15	350	1	-	-	1
Chunky Bleu Cheese	160	150	17	4	-	15	270	1	-	1	1
Bacon Ranch	130	110	12	2	-	15	300	3	-	1	2
<b>Desserts</b>											
Hot Bag O' Donuts	1,150	80	37	6	1	80	880	193	2	127	12
Leaning Tower of Chocolate Cake	1,320	600	67	24	-	130	930	174	4	127	11
Fried Krispy Cookies	1,150	570	63	21	-	120	800	125	6	92	14
Belgian Waffle Sundae	890	340	38	18	-	120	820	118	4	54	16
<b>Brunch</b>											
Southern Buttermilk Biscuit (each)	210	100	11	11	-	-	630	23	1	2	3
Honey Butter	370	310	35	11	-	-	260	17	-	16	-
Smoked St. Louis Ribs - 1/3 Rack	440	230	25	10	-	80	1,630	39	1	20	16

Nutritional Information	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Baby Back Ribs - 1/3 Rack</b>	450	210	23	10	-	70	1,260	48	1	30	16
<b>Southern Eggs Meaty Skillet (base)</b>	670	440	49	33	-	100	1,070	25	1	2	23
Brisket	280	200	22	10	-	90	170	1	-	1	22
Pork	240	70	8	3	-	60	1,070	29	Less than 1 gram	26	36
Sausage	280	200	22	8	-	90	750	1	-	-	19
Chicken Fingers	380	100	11	1	-	70	1,420	38	2	2	28
Grilled Chicken Breast	160	20	2	-	-	80	90	-	-	-	33
<b>Large Belgian Waffle (with Butter)</b>	560	290	32	9	-	-	1,180	59	1	13	7
Maple Syrup side	210	-	-	-	-	-	-	53	-	53	-
<b>Full Skillet of Cornbread</b>	1,040	310	34	9	3	10	1,040	167	5	72	17
Pecan Butter	390	320	35	11	-	-	260	17	-	16	-
<b>Waffle Sundae</b>	890	340	38	18	-	120	820	118	4	54	16
<b>Hot Bag O' Donuts (5)</b>	1,150	80	37	6	1	80	880	193	2	127	12
<b>Limited Time Offers</b>	190	140	15	5	-	45	350	1	-	-	11
<b>The Bone-Fire for 2</b>	1,130	660	72	19	1	220	4,750	58	2	23	58
<b>The Bone-Fire for 3</b>	3,370	1,900	213	57	3	690	12,900	174	6	84	189
<b>The Bone-Fire for 4</b>	5,280	3,070	340	96	4	1,200	20,080	252	8	104	296
<b>Beverages</b>	-	-	-	-	-	-	-	-	-	-	-
Coke	100	-	-	-	-	-	30	25	-	25	-
Diet Coke	-	-	-	-	-	-	40	-	-	-	-
Dr. Pepper	100	-	-	-	-	-	35	25	-	24	-
Sprite	100	-	-	-	-	-	40	24	-	24	-
Hi C Fruit Punch	100	-	-	-	-	-	-	25	-	25	-
Lemonade	100	-	-	-	-	-	35	25	-	25	-
Unsweetened Tea	-	-	-	-	-	-	-	1	-	-	-
Sweet Tea	45	-	-	-	-	-	10	12	-	12	-
Hot Coffee	-	-	-	-	-	-	10	-	-	-	-
Hot Tea	-	-	-	-	-	-	-	-	-	-	-
Passion Limeade	170	-	-	-	-	-	5	41	-	40	-
Strawberry Lemonade	260	-	-	-	-	-	35	64	-	61	-
Mango Bubbleade	250	-	-	-	-	-	30	64	2	60	-
Strawberry Bubbleade	250	-	-	-	-	-	45	63	2	60	-
Dasani Bottled Water	-	-	-	-	-	-	-	-	-	-	-
Red Bull Regular	110	-	-	-	-	-	100	28	-	27	-
Red Bull Sugar Free	15	-	-	-	-	-	290	4	-	-	-
Red Bull Editions	110	-	-	-	-	-	100	28	-	27	-
IBC Root Beer	160	-	-	-	-	-	60	40	-	40	-
IBC Cream Soda	180	-	-	-	-	-	70	44	-	44	-

Smokey Bones Nutritional Information - Catering & Bulk

The nutritional values provided herein are based on standard company recipes. The nutritional analyses which produced the nutritional values of the company recipes were derived from supplier nutrition information, the nutritional databases, and nutritional consultants. Menu items are hand-prepared and nutritional values may vary from the stated amount. This information is updated periodically to reflect our current product offerings. Information could vary. Updated May 2019.

Item	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Party Pack Protein Selections (excludes sides)</b>											
House Smoked Pulled Pork	1,750	1,080	120	42	-	600	3,800	8	-	8	164
Texas-Style Beef Brisket	1,170	770	85	35	-	320	675	2	-	25	85
Whole BBQ Chicken	2,280	1,010	112	30	-	870	1,670	48	-	40	266
Sliced Smoked Chicken Breast	1,060	240	24	10	-	480	5,300	10	4	-	168
Smoked Wings	2,460	1,260	144	42	-	1,260	4,860	36	-	30	246
Chicken Wings	2,550	1,320	150	42	-	1,380	6,780	66	-	3	264
Upgrade to Ribs	2,630	1,250	150	60	-	460	9,790	234	6	120	96
<b>Party Packs Protein Selections (per person)</b>											
House Smoked Hand- Pulled Pork	250	70	8	2	-	76	623	11	-	1	27
Grilled Bourbon Chicken Breast	160	20	2	-	-	80	90	-	-	-	33
Sliced Smoked Chicken Breast	130	35	4	2	-	70	740	1	-	-	23
BBQ Chicken 1/4	330	150	16	7	-	220	1,222	8	1	8	38
Upgrade to Texas-Style Beef Brisket	510	320	35	14	-	130	470	11	-	9	34
Upgrade to Smoked St. Louis Ribs	440	230	25	10	-	80	1,630	39	1	20	16
Upgrade to Smoked Baby Back ribs	450	210	23	10	-	70	1,260	48	1	30	16
<b>Pulled Pork Party Pack (per person)</b>											
Pulled Pork Party Pack	390	230	25	8	-	80	720	16	1	2	36
<b>Family Meals (excludes sides and sauce)</b>											
Family Feast	3,330	1,940	166	33	-	884	3,580	148	14	189	313
Family Reunion	79,740	32,200	3,596	1,154	-	18,720	251,056	7,420	124	4,788	4,184
Upgrade to Baby Back Ribs	16,320	8,040	888	31	-	2,760	41,040	1,356	24	1,068	576
Upgrade to Brisket	15,720	10,660	1,120	492	-	4,237	8,202	55	-	55	1,162
<b>Wings &amp; Chicken Fingers (excludes sauces)</b>											
Chicken Wings (24)	2,460	1,270	141	39	-	1,260	4,860	36	-	30	245
Chicken Wings (48)	4,910	2,540	282	78	-	2,530	9,730	72	-	60	489
Chicken Wings (96)	9,830	5,080	564	156	-	5,050	19,450	144	-	120	978
Smoked Chicken Wings(24)	2,540	1,340	150	41	-	1,360	6,780	63	Less than 1 gram	-	261
Smoked Chicken Wings Smoked (48)	5,080	2,680	300	81	-	2,710	13,550	126	2	-	522
Smoked Chicken Wings (96)	10,160	5,360	600	162	-	5,420	27,110	252	4	-	1,044
Chicken Fingers	2,820	740	83	8	-	530	10,640	285	15	15	210
<b>Tossin' Sauces (2 oz)</b>											
Bones Sweet & Tangy	100	-	-	-	-	-	760	28	-	25	2
KC BBQ	140	-	-	-	-	-	660	34	-	28	-
Chipotle BBQ	110	-	-	-	-	-	620	36	-	32	1
Carolina Mopping	90	-	-	-	-	-	440	13	-	2	1
Mustard BBQ	140	-	-	-	-	-	760	30	2	26	2
Garlic Parmesan	310	230	25	15	-	70	2,600	9	2	4	5
Sweet Brown Sugar	240	-	-	-	-	-	2,700	98	2	93	3
Buffalo	60	35	4	2	-	10	4,850	13	2	7	2
Memphis Dry Rub	100	-	-	-	-	-	2,610	19	2	15	-
Buff-A-Que	80	10	1	-	-	-	2,860	24	3	19	3
Spicy Garlic Buffalo	160	140	15	9	-	40	4,130	13	2	6	4
Sweet Glaze	200	-	-	-	-	-	3,140	52	1	46	-
<b>A La Carte</b>											
Nutty Salad Half Pan	2,150	1,380	163	34	-	140	2,470	159	15	122	23
Nutty Salad Full Pan	4,600	2,900	344	74	-	290	5,130	345	34	261	54
House Salad Half Pan	640	15	-	-	-	-	1,240	125	10	50	30
House Salad Full Pan	1,270	35	-	-	-	-	2,470	350	20	100	60
Caesar Salad Half Pan	1,660	970	105	15	-	100	3,110	125	15	45	35
Caesar Salad Full Pan	3,310	1,930	210	30	-	190	6,210	250	30	90	70
Add Fried Chicken to any Half Pan	470	50	6	-	-	260	280	-	-	-	99
Add Fried Chicken to any Full Pan	1,090	130	14	-	-	620	640	-	-	-	231
Add Grilled Chicken to any Half Pan	850	220	25	3	-	160	3,190	86	5	5	63
Add Grilled Chicken to any Full Pan	1,970	520	58	5	-	370	7,450	210	11	11	147

Item	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Skillet Cornbread</b>	1,040	300	34	9	3	10	1,040	167	5	72	17
<b>Bulk Cornbread (4 skillet)</b>	4,150	1,210	136	36	12	40	4,160	668	20	288	68
<b>Soups</b>											
<b>Tomato &amp; Grilled Cheese Soup Pint</b>	780	450	50	14	-	60	2,710	63	11	38	12
<b>Tomato &amp; Grilled Cheese Soup Quart</b>	1,560	890	100	29	-	130	5,410	126	22	77	24
<b>Brunswick Stew Pint</b>	390	130	14	5	-	50	1,900	48	6	26	21
<b>Brunswick Stew Quart</b>	780	260	28	10	-	100	3,790	96	13	51	42
<b>Bigger Regular Sides</b>											
<b>Fresh Steamed Broccoli - Pint</b>	570	430	48	24	4	100	1,160	24	8	8	12
<b>Fresh Steamed Broccoli - Quart</b>	1,140	860	96	48	16	210	2,330	48	16	16	24
<b>Fresh Steamed Broccoli - no butter - Pint</b>	150	-	-	-	-	-	150	30	10	10	15
<b>Fresh Steamed Broccoli - no butter - Quart</b>	300	-	-	-	-	-	80	60	20	20	30
<b>Fresh Made Creamy Cole Slaw - Pint</b>	1,120	870	96	16	-	130	610	57	6	48	3
<b>Fresh Made Creamy Cole Slaw - Quart</b>	2,240	1,740	192	32	-	260	320	115	13	96	6
<b>House Made BBQ Baked Beans - Pint</b>	570	20	3	-	-	10	1,630	122	16	70	19
<b>House Made BBQ Baked Beans - Quart</b>	1,150	40	6	-	-	20	3,260	243	32	141	38
<b>Mashed Potatoes &amp; Brown Gravy - Pint</b>	950	330	36	10	-	20	820	130	10	13	19
<b>Mashed Potatoes &amp; Brown Gravy - Quart</b>	1,890	670	71	19	-	50	560	259	19	26	39
<b>Fire-Roasted Corn - Pint</b>	650	270	29	13	-	40	630	80	19	29	13
<b>Fire-Roasted Corn - Quart</b>	1,300	540	58	26	-	80	1,270	160	38	58	26
<b>Natural Cut Fries - Bulk Small</b>	800	300	33	6	-	-	2,500	117	12	-	12
<b>Natural Cut Fries - Bulk Large</b>	1,600	590	66	12	-	-	5,000	234	24	-	24
<b>Baked Potato (per piece)</b>	250	5	1	5	-	-	800	49	2	2	6
<b>Bigger Premium Sides</b>											
<b>Cinnamon Apples - Pint</b>	630	100	11	3	-	-	290	136	8	91	-
<b>Cinnamon Apples - Quart</b>	1,270	190	22	6	-	-	590	272	16	181	-
<b>Loaded Mashed Potatoes - Pint</b>	1,340	-	71	29	-	150	350	126	10	13	49
<b>Loaded Mashed Potatoes - Quart</b>	2,680	1,310	142	58	-	290	670	253	19	26	97
<b>Loaded Baked Potato (per piece)</b>	500	210	24	11	-	45	1,360	53	4	2	16
<b>Onion Rings - Bulk Small</b>	1,330	140	15	3	-	-	6,410	264	6	33	33
<b>Onion Rings - Bulk Large</b>	2,650	280	30	6	-	-	12,820	528	12	66	66
<b>Sweet Potato Waffle Fries - Bulk Small</b>	1,020	320	36	-	-	-	2,150	171	12	57	9
<b>Sweet Potato Waffle Fries - Bulk Large</b>	2,040	650	72	-	-	-	4,290	342	24	114	18
<b>Loaded Baked Potato (per piece)</b>	500	290	33	17	-	60	1,380	54	2	4	17
<b>Bigger Ultra Premium Sides</b>											
<b>Big Cheese Macaroni - Pint</b>	1,020	590	88	53	-	280	1,390	32	-	27	29
<b>Big Cheese Macaroni - Quart</b>	2,040	1,170	176	107	-	550	2,770	64	-	53	59
<b>Fried Green Tomatoes (2 pieces)</b>	220	110	12	2	-	-	1,170	24	1	2	4
<b>Loaded Cheese Fries - Bulk Small</b>	2,440	1,490	165	42	-	210	6,690	192	12	66	45
<b>Loaded Cheese Fries - Bulk Large</b>	4,880	2,980	330	84	-	430	13,390	384	24	132	90
<b>Large Belgian Waffle (per piece)</b>	600	240	27	5	-	60	500	78	3	18	12
<b>BBQ + Slow Smoked - add pound et.</b>											
<b>House Smoked Pulled Pork</b>	870	540	60	21	-	300	1,900	4	-	4	82
<b>Texas-Style Beef Brisket</b>	1,150	780	85	36	-	310	600	4	-	4	85
<b>Whole BBQ Chicken</b>	1,320	580	64	20	-	880	4,888	32	-	28	154
<b>Sliced Smoked Chicken Breast</b>	530	120	12	5	-	240	2,650	5	2	-	84
<b>Whole Smoked Turkey</b>	7,710	2,910	325	106	5	5,280	9,590	31	-	Less than 1 gram	1,165
<b>Whole Smoked Prime Rib</b>	1,400	1,030	114	53	6	350	1,730	-	-	2	93
<b>Smoked Sausage (each)</b>	280	200	22	8	-	90	750	1	-	-	19
<b>Ribs by the Rack</b>											
<b>Smoked Baby Back</b>	1,360	670	74	26	-	230	3,420	113	2	89	48
<b>Smoked St. Louis</b>	1,310	710	79	28	-	230	4,560	86	2	58	55
<b>Additional Favorites</b>											
<b>Grilled Chicken Breast</b>	160	20	2	-	-	80	90	-	-	-	33
<b>Giant Hawaiian Ribeye</b>	760	440	49	21	3	180	800	8	-	6	79
<b>1 LB Smoked Pork Chop</b>	1,080	650	73	30	-	-	560	7	6	6	91
<b>7 oz Fire Grilled Salmon</b>	370	210	23	5	-	90	45	-	-	-	39
<b>Bulk BBQ Street Tacos</b>											
<b>Smoked Pulled Pork Taco (1)</b>	330	140	16	3	-	-	800	33	2	5	13
<b>Grilled Chicken Taco (1)</b>	270	130	14	5	-	45	430	21	4	2	18
<b>Smoked Brisket Taco (1)</b>	370	160	18	7	-	60	940	28	1	3	23
<b>Grilled Choice Steak Tacos (1)</b>	330	190	21	11	-	20	530	22	4	2	13
<b>Add Chips &amp; Salsa</b>	940	400	44	9	-	-	160	135	29	8	13

Item	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Sauces</b>											
KC BBQ Sauce - Pint	1,120	-	-	-	-	-	5,280	272	-	224	-
KC BBQ Sauce - Quart	2,240	-	-	-	-	-	10,560	554	-	448	-
Mustard BBQ Sauce - Pint	1,120	70	8	-	-	-	6,080	240	16	208	-
Mustard BBQ Sauce - Quart	2,240	140	16	-	-	-	12,160	480	32	416	-
Chipotle BBQ Sauce - Pint	1,820	-	-	-	-	-	9,920	576	-	512	16
Chipotle BBQ Sauce - Quart	3,650	-	-	-	-	-	19,240	1,152	-	1,024	32
Carolina Mopping Sauce - Pint	940	-	-	-	-	-	6,140	247	-	188	-
Carolina Mopping Sauce - Quart	1,890	-	-	-	-	-	12,290	494	-	376	-
<b>Teas &amp; Lemonades</b>											
Lemonade - Gallon	1,600	-	-	-	-	-	560	400	-	400	-
Lemonade w/ Blackberry, Passion, Mango - Gallon	2,050	-	-	-	-	-	560	512	-	508	-
Unsweetened Tea - Gallon	-	-	-	-	-	-	-	-	-	-	-
Unsweet Tea w/ Blackberry, Passion, Mango - Gallon	450	-	-	-	-	-	-	112	-	108	-
Sweet Tea - Gallon	720	-	-	-	-	-	160	192	-	192	-
Sweet Tea w/ Blackberry, Passion, Mango - Gallon	1,170	-	-	-	-	-	160	304	-	300	-
<b>Cans &amp; Bottles</b>											
Coke	140	-	-	-	-	-	45	39	-	39	-
Diet Coke	-	-	-	-	-	-	40	-	-	-	-
Dr. Pepper	150	-	-	-	-	-	40	39	-	39	-
Sprite	140	-	-	-	-	-	65	38	-	38	-
Dasani Bottled Water	-	-	-	-	-	-	-	-	-	-	-
Red Bull Regular	110	-	-	-	-	-	100	28	-	27	-
Red Bull Sugar Free	15	-	-	-	-	-	290	4	-	-	-
Red Bull Editions	110	-	-	-	-	-	100	28	-	27	1
IBC Root Beer	160	-	-	-	-	-	60	40	-	40	-
IBC Cream Soda	180	-	-	-	-	-	70	44	-	44	-
<b>Desserts</b>											
Dozen Donuts	2,750	200	89	15	3	180	2,120	462	4	305	29
Half Chocolate Cake	6,090	3,400	377	90	-	720	5,560	914	-	664	-
Whole Chocolate Cake	12,190	6,810	753	179	-	1,430	11,110	1,828	-	1,327	-



Smokey Bones Nutritional Information - Kid's

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Item	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Kids Meals (excludes sides and beverages)</b>											
Kid's 1/4 BBQ Chicken	330	150	15	7	-	220	1,222	8	1	8	38
Kid's Cheeseburger	690	450	50	19	2	110	1,490	31	1	5	27
Kid's Mac & Cheese	330	200	30	19	-	100	370	12	-	10	4
Kid's Chicken Fingers	300	70	10	1	-	50	1,060	36	2	2	20
Loaded Chicken Fingers	540	200	20	8	-	100	1,820	55	2	16	31
Kid's BBQ Pork Sammy	330	120	15	5	-	60	680	31	1	4	30
Kid's Brisket Sandwich	390	170	20	7	-	60	330	31	1	5	24
Grilled Cheese Sandwich	650	170	40	15	-	30	1,310	58	2	8	20
Kid's Chicken N' Waffle	650	100	10	4	-	20	1,300	124	2	68	12
<b>Kids Sides</b>											
Kid's Broccoli	40	-	1	-	-	-	35	7	3	2	3
Homestyle Ranch	100	100	10	2	-	10	270	1	-	1	1
Kid's French Fries	150	50	5	1	-	-	450	22	2	-	2
Kid's Applesauce	40	-	-	-	-	-	5	10	1	8	-
<b>Kids Beverages</b>											
Milk	150	70	10	5	-	35	125	12	-	12	8
Chocolate Milk	190	20	5	2	-	15	190	33	1	30	8
Sweet Tea	45	-	-	-	-	-	10	12	-	12	-
Unsweet Tea	-	-	-	-	-	-	-	Less than 1 gram	-	-	-
Apple Juice	120	-	-	-	-	-	25	31	-	26	-
Coke	100	-	-	-	-	-	30	25	-	25	-
Diet Coke	-	-	-	-	-	-	30	-	-	-	-
Dr. Pepper	100	-	-	-	-	-	35	25	-	24	-
Sprite	100	-	-	-	-	-	40	24	-	24	-
Hi C Fruit Punch	100	-	-	-	-	-	-	25	-	25	-
Lemonade	100	-	-	-	-	-	35	25	-	25	-
Mango Bubbleade	250	-	-	-	-	-	30	64	2	60	-
Strawberry Bubbleade	250	-	-	-	-	-	45	63	2	60	-
Root Beer Float	280	40	5	3	-	20	60	49	-	47	1