

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)
Fire Starters											
Crowd Pleaser	2,550	1,040	115	42	-	260	7,700	248	12	37	72
Pretzel Bones	1,040	270	45	23	-	120	1,950	123	4	5	34
BBQ Potato Chip and Dips	1,900	605	39	14	-	43	3,338	104	4	33	7
Onion Rings	1,030	420	47	6	-	30	4,960	132	7	27	15
Loaded Nachos	1,470	740	82	45	-	240	4,810	130	10	6	52
The Mag-Nacho	2,530	1,300	144	73	-	500	7,770	142	11	15	118
Fresh Guacamole	80	60	7	1	-	-	150	53	3	41	1
BBQ Street Tacos											
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	-	-	-	-	-	-	-	-	-	-	-
Bologna Sliders	700	459	51	16	-	156	1,905	54	1	20	35
Brisket Sliders	500	274	30	13	-	135	1,350	58	-	52	33
Pulled Pork Sliders	520	205	23	7	-	133	1,934	101	2	51	36
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
Burnt Ends	950	414	46	17	-	116	2,842	61	3	31	37
Skillet Cornbread	1,040	310	34	9	3	10	1,040	167	5	72	17
Wings											
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
Tossin' Sauces (2 oz)											
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	-
Bones Burgers (excludes side)											
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
Build A Burger											
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

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Buns	-	-	-	-	-	-	-	-	-	-	-
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
Toppings on the House	-	-	-	-	-	-	-	-	-	-	-
Lettuce	5	-	-	-	-	-	-	-	2	-	-
Tomato	5	-	-	-	-	-	-	1	-	1	-
Red Onion	5	-	-	-	-	-	-	1	-	1	-
Pickles	5	-	-	-	-	-	260	1	-	-	-
Cheese	-	-	-	-	-	-	-	-	-	-	-
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
Sauce	-	-	-	-	-	-	-	-	-	-	-
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	-
Cold Toppings	-	-	-	-	-	-	-	-	-	-	-
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
Hot Toppings	-	-	-	-	-	-	-	-	-	-	-
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	-
Specialty Toppings	-	-	-	-	-	-	-	-	-	-	-
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
Slow Smoked BBQ (excludes sides and garlic bread)	-	-	-	-	-	-	-	-	-	-	-
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 Turkey Breast 6.5 Oz	195	65	7	2	-	73	780	2	-	2	33
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
Create Your Own Combo Protein Selections (excludes sides)	-	-	-	-	-	-	-	-	-	-	-
Pitmaster Selection	1,700	780	86	26	-	406	4,305	138	10	77	86
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
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 Sausage (2)	560	400	44	16	-	180	1,500	2	-	-	38
Fire-Grilled Favorites (excludes sides)	-	-	-	-	-	-	-	-	-	-	-
USDA Choice Sirloin (10oz)	620	390	43	14	-	150	480	-	-	-	57
USDA Choice Sirloin (9 oz New)	610	288	32	13	-	117	135	-	-	-	52
USDA Choice Sirloin (6oz)new	390	230	26	10	-	90	288	-	-	-	54
Filet Medallions (8 oz. New)	540	349	40	15	-	219	123	-	-	-	59
Ribeye (14oz)	760	440	49	21	3	180	560	-	-	-	79
Flavor Your Meat	-	-	-	-	-	-	-	-	-	-	-
Steakhouse Butter	120	100	11	4	-	-	500	1	-	1	-
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
Chicken & Seafood (excludes sides unless noted)	-	-	-	-	-	-	-	-	-	-	-
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	-
Sides (Regular)	-	-	-	-	-	-	-	-	-	-	-
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
Sides (Premium)	-	-	-	-	-	-	-	-	-	-	-
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 Fries	340	110	12	-	-	-	720	57	4	19	3
Loaded Mashed Potatoes	420	200	22	9	-	45	1,040	39	3	4	15
Sides (Ultra Premium)	-	-	-	-	-	-	-	-	-	-	-
Big Cheese Macaroni	390	220	24	9	-	50	1,120	29	2	1	16
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	-
Other Sides	-	-	-	-	-	-	-	-	-	-	-
Garlic Bread (1 slice)	140	70	8	2	-	-	190	15	1	1	3
Pasta	-	-	-	-	-	-	-	-	-	-	-
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
Power Hour Protein Selections (excludes sides and garlic bread)	-	-	-	-	-	-	-	-	-	-	-
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

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Grilled Bourbon BBQ Chicken Breast	160	20	2	-	-	80	90	-	-	-	33
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
Chicken Fingers	380	100	11	1	-	70	1,420	38	2	2	28
Sandwiches (excludes side)	-	-	-	-	-	-	-	-	-	-	-
Brisket Sandwich (New)	700	245	27	11	-	90	1,480	86	1	45	36
Pulled Pork Sammy	590	240	27	8	-	80	1,080	55	2	9	41
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
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
Salads	-	-	-	-	-	-	-	-	-	-	-
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
Soups	-	-	-	-	-	-	-	-	-	-	-
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
Salad Dressings (1 oz)	-	-	-	-	-	-	-	-	-	-	-
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
Desserts	-	-	-	-	-	-	-	-	-	-	-
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
Berry Cheesecake	1,100	500	56	30	-	144	700	125	2	106	12
Smokin' Turtle Cheesecake (Seasonal)	1,200	612	68	31	-	145	1,039	187	6	154	15
Cookie Skillet Sundae	960	414	46	26	-	148	523	127	3	113	12
Belgian Waffle Sundae	890	340	38	18	-	120	820	118	4	54	16
Hot Bag O' Donuts (5)	1,150	80	37	6	1	80	880	193	2	127	12
Limited Time Offers	190	140	15	5	-	45	350	1	-	-	11
The Bone-Fire for 2	1,130	660	72	19	1	220	4,750	58	2	23	58
The Bone-Fire for 3	3,370	1,900	213	57	3	690	12,900	174	6	84	189
The Bone-Fire for 4	5,280	3,070	340	96	4	1,200	20,080	252	8	104	296
Beverages	-	-	-	-	-	-	-	-	-	-	-
Coke	100	-	-	-	-	-	30	25	-	25	-
Diet Coke	-	-	-	-	-	-	40	-	-	-	-
Dr. Pepper	100	-	-	-	-	-	35	25	-	24	-
Sprite	100	-	-	-	-	-	40	24	-	24	-

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)
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	-