



PORTION SIZE

CALORIES

TOTAL FAT (g)

SATURATED FAT (g)

TRANS FAT (g)

CHOLESTEROL (mg)

SODIUM (mg)

TOTAL CARBOHYDRATE (g)

DIETARY FIBER (g)

SUGARS (g)

PROTEIN (g)

VITAMIN A (%DV)

VITAMIN C (%DV)

CALCIUM (%DV)

IRON (%DV)

ITEM CONTAINS GLUTEN\*

### CHICKEN

½ Rotisserie Chicken	8.6 oz	450	20	5	0	235	2120	0	0	0	67	2	0	4	8	N
½ Rotisserie Chicken (all white)	10.2 oz	540	24	6	0	280	2040	0	0	0	80	4	0	4	8	N
¼ White Rotisserie Chicken	5.1 oz	270	12	3	0	140	1020	0	0	0	40	2	0	2	4	N
¼ Dark Rotisserie Chicken	3.4 oz	220	15	4	0	125	840	0	0	0	22	2	0	2	6	N
3 pc. Dark Rotisserie Chicken	5.1 oz	340	23	6	0	190	1260	0	0	0	33	2	0	2	8	N
BBQ Drumsticks	5.3 oz	430	18	4.5	0	235	1970	25	0	18	40	6	2	4	10	N
Grilled Chicken Breast	6 oz	290	8	2.5	0	135	160	1	0	1	51	2	2	0	0	N
Vaquero Chicken Breast	6 oz	290	7	2.5	0	120	630	8	0	6	46	6	4	2	2	Y

### FAMOUS CHICKEN ENCHILADAS

3 Enchiladas	16 oz	760	43	23	0	155	930	49	7	6	45	80	40	40	10	N
2 Enchiladas	10.2 oz	550	32	18	0	120	720	33	5	5	33	70	35	30	10	N

### TEXAS SIZED TACOS

Cowboy Taco	12 oz	400	7	2	0	125	1250	39	5	12	46	10	40	6	15	Y
BBQ Chicken Taco	12 oz	630	25	9	1	135	1610	69	2	25	32	35	6	30	10	Y
Buffalo Chicken Taco	12 oz	790	56	16	1.5	115	1330	39	3	4	32	90	8	40	15	Y

### RANCH HAND SANDWICHES

Chicken Salad Sandwich	10.4 oz	500	26	4	0	75	530	33	4	7	30	100	6	6	8	Y
Grilled Chicken Sandwich	12 oz	540	20	4	0	130	730	40	6	12	52	100	45	10	10	Y
Rotisserie Chicken Sandwich	10.6 oz	590	18	3	0	135	1660	65	6	29	47	110	45	10	15	Y
BBQ Chicken Sandwich	7.2 oz	470	20	8	0	135	1140	44	4	19	30	10	2	25	10	Y

### WILD WEST SIDES

Famous Twice Baked Potatoes	5 oz	230	11	6	0	25	300	28	2	3	6	10	15	15	4	N
Mac and Cheese	5 oz	210	12	6	0	30	560	19	1	2	6	8	0	10	4	Y
Ranchero Beans	5 oz	120	0.5	0	0	0	590	20	6	1	6	8	10	4	10	N
Sweet Potatoes	5 oz	110	0	0	0	0	70	26	4	5	2	370	6	4	4	N
Black Beans	5 oz	110	1.5	0	0	0	700	22	7	2	7	6	15	6	10	N
Black Eyed Peas	5 oz	170	7	4	0	0	300	20	5	2	6	20	40	4	15	N
Creamed Spinach	5 oz	180	15	8	0	25	430	8	2	2	5	150	8	15	8	Y
French Fries	6 oz	330	20	4.5	0	0	720	35	3	0	3	0	40	2	6	Y
Campfire Veggies	5 oz	30	0	0	0	0	15	6	2	4	2	20	100	2	4	Y
Spanish Rice	5 oz	180	7	3.5	0	0	490	25	1	2	3	6	0	2	6	N
Sweet Corn	5 oz	130	7	3.5	0	0	760	18	2	6	3	10	10	0	4	N
Corn Fritters	4 oz	350	26	7	2	10	560	29	2	7	5	2	0	4	8	Y
Tangy Tomato and Cucumber (w dressing)	5 oz	70	3.5	0.5	0	0	120	9	1	6	1	6	25	4	2	N
Small Garden Salad	4.2 oz	25	0	0	0	0	10	5	2	2	1	100	15	4	4	N
Butternut Squash	5 oz	140	0	0	0	0	10	35	6	7	3	640	110	15	10	N
Fried Okra	4 oz	150	4	1	0.5	0	1190	27	3	0	3	0	0	6	4	Y
Green Beans	4 oz	35	0	0	0	0	135	8	3	4	2	15	25	4	8	N
Wheat Roll	1.5oz	70	1.5	0	0	0	110	14	2	2	2	0	0	4	4	Y
Kettle Chips	4 oz	200	13	3	2	0	130	20	2	2	3	0	35	2	6	Y

### SOUPS & SALADS

Southwest Chicken Salad	15.6 oz	510	20	10	0	170	1460	26	6	8	59	80	60	35	15	N
Deb's Chicken Salad	22.6 oz	860	51	8	0	150	770	43	5	4	55	200	35	15	20	Y
Grilled Chicken Salad	16 oz	420	19	9	0	160	380	8	3	4	56	210	20	30	8	N
Bowl of Tortilla Soup	12 oz	250	10	5	0	60	620	18	2	2	22	10	2	15	4	N
Cup of Tortilla Soup	5 oz	160	8	4.5	0	35	320	11	1	1	11	8	2	15	2	N
Texas Ranch Dressing	3 oz	210	22	3	0	10	300	1	0	1	1	0	2	4	0	N
Low Fat Italian	3 oz	45	3	0	0	0	1650	6	0	6	0	12	0	0	0	N
Cowboy Vinaigrette	3 oz	270	24	3	0	0	900	12	0	9	0	0	0	0	0	N
Blue Cheese	3 oz	430	46	7	1	30	940	4	0	3	1	2	2	4	0	N
Southwest Dressing	3 oz	140	4.5	1	0	0	850	24	0	17	0	2	2	2	2	N

### DESSERT

Peach Cobbler	5 oz	240	9	4.5	0	4	260	39	2	28	2	15	4	2	8	Y
Peach Cobbler w/ Ice cream	7 oz	310	13	6	0	15	290	47	2	35	3	15	6	6	8	Y
Peach Cobbler Family Size	15 oz	720	27	13.5	0	12	780	117	6	84	6	45	12	6	24	Y
Chocolate Chip Cookie	4 oz	500	23	8	0	25	240	69	2	0	5	2	0	4	15	Y
Oatmeal Raisin Cookie	4 oz	450	14	5	0	35	360	73	4	26	9	0	0	0	0	Y
Fudge Nut Brownie	3 oz	400	25	6	0	60	290	43	0	0	5	15	0	6	10	Y
Vanilla Ice cream (1 scoop)	2 oz	70	3.5	2	0	15	25	8	0	7	1	4	0	4	0	N

### KID'S MENU BUCKAROOS

Cowpoke-chicken only(2 legs)	3.4 oz	220	15	4	0	125	840	0	0	0	22	2	0	2	6	N
Kid's Quesadilla	7.0 oz	440	17	9	0	115	860	34	1	0	37	10	0	35	8	Y

\*Cowboy Chicken does use flour as an ingredient, and there is always the risk of cross contamination between items.

WE PROUDLY SERVE FRESH, NATURAL & HORMONE FREE CHICKEN!

cowboychicken.com