COWBOY CHICKEN
WOOD FIRE ROTISSERIE

	Portion Size (oz)					Calories					Based on individual	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free
		Individual	Large	TX	Catering		Individual	Large	TX	Catering											
Whole Chicken		17.2					1172					66	18	0	428	2620	2	0	0	132	YES
½ Chicken		8.6					586					33	9	0	214	1310	1	0	0	66	YES
½ Chicken (All White)		10.2					573					22	6	0	242	1296	1	0	0	86	YES
¼ Chicken Dark		3.4					245					15	4	0	87	646	0	0	0	25	YES
¼ Chicken White		5.1					286					11	3	0	121	664	0	0	0	43	YES
3 Piece Chicken Dark		5.1					368					22	6	0	131	961	1	0	0	37	YES
BBQ Drumsticks		7.95					777					45	10.5	0	204	2055	24	0	24	60	
Texas Hot Drumsticks		7.95					675					36	12	0	264	2505	0	0	0	75	
2 Enchiladas		10.2					553					36	18	0	119	1138	24	5	8	32	YES
3 Enchiladas		16					759					48	23	0	164	1501	34	6	11	46	YES
Crispy Chicken Strips		5					220					9	2.5	0	85	75	2	0	0	31	
BBQ Chicken Sandwich		12					640					22.5	10	0	135	1440	74	1	25	34	
Chicken Salad Sandwich		10.4					458					15	3	0	115	536	31	3	5	45	
Cowboy Chicken Sandwich		10.6					850					21.5	6	0	135	2140	112	6	35	54	
Laredo Sandwich		10.6					740					31.5	14	0	165	1260	60	2	11	51	
Crispy Chicken Sandwich		10.6					760					36.5	8	0	105	1370	64	1	20	37	
Apples		3.2					47					0.15	0.05	0	0	1	12.5	2.2	9.5	0.25	YES
Corn Fritters		4	8	12.0			408	816	1224			25	4	0	0	580	42	3	3	4	
Creamed Spinach		5	10	15.0	5		220	440	660	220		18	9	0	29	601	10	2	2	6	
Twice Baked Potatoes		5	10	15.0	6		174	348	522	209		9	5	0	15	275	20	2	3	4	YES
French Fries		6	12	18.0			210	420	630			10.6	1.4	0	0	164	26	3	1.2	3	
Fried Okra		4	8	12.0			273	546	819			17	3	0	0	892	26	3	2	4	
Green Beans		4	8	12.0	5		56	112	168	56		3	0	0	0	248	8	4	1	2	YES
Kaleblazer		5	10	15.0	5		176	352	528	176		14.9	1.2	0	0	730.5	33.8	5.8	6.9	3.5	
Mac and Cheese		5	10	15.0	5		308	616	924	308		16	7	2	26	950	31	1	5	9	
Ranchero Beans		5	10	15.0	5		110	220	330	110		2	0	0	0	778	19	6	1	6	YES
Small Garden Salad		4	8	12.0	4		21	42	63			0	0	0	0	9.2	4	2	2	1	YES
Spanish Rice		5	10	15.0	5		100	200	300	100		0.25	0	0	0	245	22	0.5	1	2	YES
Sweet Corn		5	10	15.0	5		178	356	534	178		8	3	0	0	523	27	3	0	4	YES
Sweet Potatoes		5	10	15.0	5		127	254	381	127		0	0	0	0	51	29	5	9	3	YES
Tangy Tomato and Cucumber Salad		5	10	15.0	5		91	182	273	91		4.2	0.3	0	0	252	13.2	2	13.2	1	YES
Texas Style Jalapeño		1.5					22					2	0	0	0	0.1	1	0	1	0	
Tortilla Soup		6	12				161	322				9	4	0	24	592	13	2	4	8	YES
Dinner Roll		1.5			2		256			256		2.5	0	0	0	170	20	1	3	3	
Farmhouse Salad no dressing		16					750					31	10	0	165	1210	74	9	55	55	
Farmhouse Salad w/Blush Vinaigrette		16					1110					52	11.5	0	165	2470	116	9	97	55	
Monterey Salad no dressing		16					580					34	17	0	185	780	14	9	4	57	
Monterey Salad w/Chili Lime Vinaigrette		16					820					55	20	0	185	1440	29	9	16	57	
Southwest Chicken Salad no dressing		15.6					487					19	10	0	129	1167	28	8	4	50	YES
Southwest Chicken Salad w/Ranch		15.6					784					34	12	0	129	1796	44	8	10	50	YES
Fried Chicken Salad w/Honey Mustard		16					1085					67	23	0	205	1535	59	10	30	60	
Fried Chicken Salad no dressing							755					44	19	0	175	745	35	10	10	60	
Balsamic Vinaigrette		3					180					15	1.5	0	0	570	12	0	12	0	YES
House Dressing		3					204					15	2	0	0	629	16	0	6	0	YES
Housemade Ranch		3					297					31	4	0	29	777	2	0	2	1	YES
Chili Lime Vinaigrette		3					240					21	3	0	0	660	15	0	12	0	YES
Blush Wine Vinaigrette		3					360					21	1.5	0	0	1260	42	0	42	0	YES
Apple Crumb Cobbler		5	10	15			246	492	738			8	3	0	0	175	44	3	33	0	
Blackberry Cobbler		5	10	15			292	584	876			9	4	0	0	148	54	5	41	2	
Peach Cobbler		5	10	15			193	386	579			8	3	0	0	139	32	2	23	1	
Chocolate Chunk Cookie		4					540					26	12	0	35	370	67	3	27	10	
Snickerdoodle Cookie		4					500					23	13	0	65	390	68	1	36	6	
Fudge Nut Brownie		3					350					18	7	0	105	120	46	3	36	4	
Vanilla Ice Cream		4		8			140		280			8	5	0	30	40	16	0	12	2	YES
Cowpoke 2 Drumsticks		3.4					225					12	4	0	88	645	0	0	0	25	YES
Cowpoke ½ Breast		2.5					105					2.5	0.5	0	63	240	0	0	0	21	YES
PB&J		7					470					18	3	0	0	565	61	6	20	15	
Kid's Crispy Chicken Strips		3					190					8	2	0	75	65	1	0	0	27	
Chuck Wagon (Chicken Only)					3.4 – 5.1					225 – 286											YES
Chuck Wagon Super (Chicken Only)					5.1 -7.65					338 – 429											YES
2 Enchiladas					10					533											YES
3 Enchiladas					16					759											YES
Sandwich Tray (1 Sandwich)					10.4 – 12					458 – 850											
Dessesrt Tray (1 Cookie & ⅓ Brownie)					5.5					675 – 715											
Peach Cobbler					6					232											
Apple Crumb Cobbler					6					295											
Blackberry Cobbler					6					350											