



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		
The Original Cowboy		10.6				570					15.5	6	0	125	1210	62	3	14	49		
Laredo Sandwich		10.6				740					31.5	14	0	165	1260	60	2	12	54		
Crispy Chicken Sandwich		10.6				760					36.5	8	0	105	1370	64	1	20	37		
Campfire Bowl		16				770					21	8	0	150	1000	84	22	31	58	YES	
Durango Bowl		16				840					27	10	0	140	2750	84	13	11	60	YES	
Triple Green Bowl		16				766					35	5	0	131	1894	46	19	14	63		
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		

