



COWBOY CHICKEN

WOOD FIRE ROTISSERIE

	Portion Size (oz)	Calories				Based on individual				Calories from fat	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			595					136	15	4	0	323	6470	4	1	1	103	YES
½ Chicken		8.6			297					68	8	2	0	161	3235	2	0	0	52	YES
½ Chicken (All White)		10.2			269					74	8	2	0	129	2703	2	0	0	44	YES
¼ Chicken Dark		3.4			137					48	5	1	0	84	1355	1	0	0	20	YES
¼ Chicken White		5.1			204					43	5	1	0	96	2174	1	0	0	36	YES
3 Piece Chicken Dark		5.1			205					72	8	2	0	126	2033	1	0	0	30	YES
5 Crispy Drumsticks – Plain		6.6			404					239	27	6	2	161	165	0	0	0	38	
5 BBQ Drumsticks		6.6			484					239	27	6	2	161	545	20	0	18	38	
5 Crispy Drumsticks - Lemon Pepper		6.6			407					240	27	6	2	161	559	1	0	0	38	
5 Crispy Drumsticks - Texas Dust		6.6			404					239	27	6	2	161	559	0	0	0	38	
5 Crispy Drumsticks -Buffalo		6.6			436					262	29	7	2	161	1406	2	0	1	38	
3 Crispy Drumsticks – Plain		4			240					141	16	4	1	96	99	0	0	0	23	
3 BBQ Drumsticks		4			279					141	16	4	1	96	281	10	0	9	23	
3 Crispy Drumsticks - Lemon Pepper		4			242					142	16	4	1	96	298	0	0	0	23	
3 Crispy Drumsticks - Texas Dust		4			240					141	16	4	1	96	299	0	0	0	23	
3 Crispy Drumsticks -Buffalo		4			256					152	17	4	1	97	695	1	0	1	23	

2 Enchiladas		10.2			810					448	50	32	0	221	2683	39	7	8	46	YES
3 Enchiladas		16			942					484	54	33	0	248	3188	50	8	8	59	YES

BBQ Chicken Sandwich		12			882					415	46	28	0	203	1639	69	1	33	49	
Buffalo Chicken Sandwich with Bleu Cheese		10.6			983					578	64	15	1	121	4786	57	2	13	44	
Buffalo Chicken Sandwich with Ranch		10.6			806					402	45	10	1	98	5135	58	3	13	43	
Laredo Sandwich		10.6			910					469	52	24	0	222	1111	42	2	8	68	
The Original Cowboy		10.6			525					163	18	6	0	102	595	43	3	8	47	

Durango Bowl		16			833					216	24	10	0	113	3352	96	11	16	53	YES
Triple Green Bowl		16			977					477	53	8	1	160	1301	57	24	14	66	
Monterey Salad		16			838					485	54	24	0	259	743	14	8	5	73	
Southwest Chicken Salad		15.6			1350					770	86	32	0	256	2671	65	13	13	79	

Chips and Salsa		6	12	18	6	232	464	928	232	55	6	0	0	0	955	41	6	4	5	
Corn Fritters		4	8	12		244	487	731		84	9	1	0	0	711	36	2	2	4	
French Fries		6	12	18		335	670	1005		178	20	5	1	0	904	36	4	0	4	
Fried Okra		4	8	12		155	310	465		20	2	0	0	0	687	28	1	3	4	
Small Garden Salad		4	8	12	4	32	64	97	32	3	0	0	0	0	14	6	3	2	2	YES
Green Beans		4	8	12	5	169	339	508	169	127	14	1	0	0	337	8	4	2	2	YES
Jalapeno Coleslaw		5	10	15	5	176	352	528	176	133	15	4	0	17	283	8	2	4	2	YES
Mac and Cheese		5	10	15	5	246	492	738	246	109	12	6	0	24	743	27	1	5	7	
Mexican Street Corn		5	10	15	5	270	536	802	270	168	19	8	0	10	567	19	3	4	5	YES

	Portion					Calories					Based on	Calories	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars (g)	Protein (g)	Gluten
	Size (oz)	Individual	Large	TX	Catering	Individual	Large	TX	Catering	individual	from fat	(g)	Fat (g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	Free
Ranchero Beans		5	10	15	5	75	149	224	75	4	0	0	0	0	501	13	3	1	4	YES		
Spanish Rice		5	10	15	5	168	336	504	168	24	3	1	0	0	1067	32	1	2	3	YES		
Sweet Potatoes		5	10	15	5	124	247	371	124	1	0	0	0	0	79	29	4	6	2	YES		
Twice Baked Potatoes		5	10	15	6	202	404	606	242	98	11	7	0	26	338	21	2	3	5	YES		
Dinner Roll		1.5			2	120			120	23	3	0	0	0	170	20	1	3	3			
Corn		5	10	15	5	95	189	284	159	39	4	2	0	0	592	12	2	2	2	YES		
Kaleblazer		5	10	15	5	266	531	797	266	139	15	3	0	0	242	27	4	21	2			
Tangy Tomato and Cucumber Salad		5	10	15	5	30	61	91	30	2	0	0	0	0	12	6	2	3	1			

Balsamic Vinaigrette		2				120		240	120	90	10	1	0	0	380	8	0	8	0	YES
Blue Cheese		2				340		680	340	324	36	7	0	30	360	2	0	2	2	YES
Chili Lime Vinaigrette		2				160		320	160	126	14	2	0	0	440	10	0	8	0	YES
Chipotle Ranch		2				201		402	201	186	21	3	0	13	644	3	0	2	1	YES
House Dressing		2				136		372	136	171	10	1	0	0	419	11	0	4	0	YES
Ranch		2				199		397	199	184	20	3	0	12	639	3	0	2	1	YES

Apple Crumb Cobbler		4		12		262		787	262	99	11	6	0	0	197	39	2	25	1	
Apple Crumb Cobbler with Ice Cream		8		20		402		1067		162	18	10	0	25	242	55	2	35	4	
Blackberry Cobbler		4		12		276		827	276	114	13	7	0	0	178	38	4	25	2	
Blackberry Cobbler with Ice Cream		8		20		416		1107		177	20	11	0	25	223	54	4	35	5	
Peach Cobbler		4		12		214		642	214	99	11	6	0	0	159	28	1	19	2	
Peach Cobbler with Ice Cream		8		20		354		922		162	18	10	0	25	204	44	1	29	5	
Chocolate Chunk Cookie		4				520		520		216	24	14	0	20	360	68	4	40	4	
Snickerdoodle Cookie		4				480		480		180	20	12	0	60	480	68	0	40	4	
Fudge Nut Brownie		3				360		360		189	21	2	1	90	135	45	3	35	5	
Vanilla Ice Cream		4				140		280		63	7	4	0	25	45	16	0	10	3	YES

Cowpoke 2 Drumsticks		3.4				137				48	5	1	0	84	1355	1	0	0	20	YES
Cowpoke ½ Breast		2.5				102				22	3	0.5	0	48	1087	0.5	0	0	18	YES
Kids Slider		7				488				218	24	11	0	64	1113	44	1	12	22	

CATERING

Chuck Wagon (Chicken Only)					3.4 – 5.1				137-204		43-48	5	1	0	84-96	1355-2174	1	0	0	20-36	YES
Chuck Wagon Super (Chicken Only)					5.1 -7.65				205-403		65-72	8	2	0	126-144	2032-3261	2	0	0	30-54	YES
2 Enchiladas					10				810		448	50	32	0	221	2683	39	7	8	46	YES
3 Enchiladas					16				942		484	54	33	0	248	3188	50	8	8	59	YES
Sandwich Tray (1 Sandwich)					10.4 – 12				525-983		163-578	18-64	6-28	0-1	98-222	595-5135	42-69	1-3	8-33	43-68	
Sliders									732		327	36	17	0	96	1670	66	1	18	33	

Dessert Tray (1 Cookie & ½ Brownie)					5.5				660-700		275-311	31-35	13-15	0-0.5	65-105	428-548	91	2-6	58	7	
Apple Crumb Cobbler					4				262		99	11	6	0	197	39	2	25	1		
Blackberry Cobbler					4				276		114	13	7	0	178	38	4	25	2		
Peach Cobbler					4				214		99	11	6	0	159	28	1	19	2		

