

# Cowboy Chicken Menu Analysis Book

Cowboy Plates	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Brisket Meal, Single or Combo	N	N	N	N	N	N	N	N	N	N	N	N
Brisket and Chicken	N	N	Y	N	N	N	N	N	N	N	Y	N
with 1/4 Chicken, All White	N	N	Y	N	N	N	N	N	N	N	Y	N
with 1/4 Chicken, Dark	N	N	Y	N	N	N	N	N	N	N	Y	N
Chicken Wings	N	N	N	N	N	N	N	N	N	N	N	N
with Buffalo Wing Sauce	N	N	N	N	N	N	N	Y	N	N	N	N
with Cowboy Chicken Barbecue Sauce	N	N	N	N	N	N	N	N	N	N	N	N
with Lemon Pepper Seasoning	N	N	N	N	N	N	N	N	N	N	N	N
with Nashville Hot Chicken Seasoning	N	N	N	N	N	N	N	N	N	N	N	N
Enchiladas, Three	N	N	Y	N	N	N	N	Y	N	N	N	N
Enchiladas, Two	N	N	Y	N	N	N	N	Y	N	N	N	N
Five Crispy Drumsticks	N	N	N	N	N	N	N	N	N	N	N	N
with Dry Rub Choice Lemon Pepper	N	N	N	N	N	N	N	N	N	N	N	N
with Dry Rub Choice Texas Dust	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Barbecue	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Buffalo	N	N	N	N	N	N	N	Y	N	N	N	N
Four Crispy Tenders	N	N	Y	N	N	N	N	Y	N	N	Y	N
with Cowboy Chicken Barbecue Sauce	N	N	Y	N	N	N	N	Y	N	N	Y	N
with Honey Blaze Sauce	Y	N	Y	N	N	N	N	Y	Y	N	Y	N
with Honey Mustard	Y	N	Y	N	N	N	N	Y	Y	N	Y	N
with Ranch Dressing	Y	N	Y	N	N	N	N	Y	N	N	Y	N
Half Chicken	N	N	N	N	N	N	N	N	N	N	N	N
Half Chicken, All White	N	N	N	N	N	N	N	N	N	N	N	N
Quarter White	N	N	N	N	N	N	N	N	N	N	N	N
Three Piece Dark	N	N	N	N	N	N	N	N	N	N	N	N
Veggie Plate	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Baked Mac and Cheese	Y	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice Baked Sweet Potatoes	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Corn Fritters	N	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice Dinner Roll	N	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice French Fries	N	N	N	N	N	N	N	N	N	N	Y	N
with Side Choice Fried Okra	N	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice Garden Salad	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Green Beans	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Kaleblazer Slaw	N	N	N	N	N	N	N	N	Y	Y	N	N
with Side Choice Ranchero Beans	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Spanish Rice	N	N	Y	N	N	N	N	Y	N	N	N	N
with Side Choice Sweet Corn	N	N	Y	N	N	N	N	Y	N	N	N	N
with Side Choice Tomato and Cucumber Salad	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Twice Baked Potaters	N	N	Y	N	N	N	N	Y	N	N	N	N
Whole Chicken	N	N	N	N	N	N	N	N	N	N	N	N
Wings and Tender Combo	N	N	Y	N	N	N	N	Y	N	N	Y	N
with Blue Cheese Dressing	Y	N	Y	Y	N	N	N	Y	N	N	Y	N
with Buffalo Wing Sauce	N	N	Y	N	N	N	N	Y	N	N	Y	N
with Cowboy Chicken Barbecue Sauce	N	N	Y	N	N	N	N	Y	N	N	Y	N
with Ranch Dressing	Y	N	Y	N	N	N	N	Y	N	N	Y	N
<b>Salads and Bowls</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
Durango Bowl	N	N	Y	N	N	N	N	Y	N	N	N	N
Keto Green Bowl	Y	N	Y	N	N	N	N	Y	N	N	N	N
Kickin' Cobb Salad	Y	N	Y	N	N	N	N	Y	N	N	N	N
Monterey Salad	N	N	Y	N	N	N	N	N	Y	N	N	N
<b>Sandwiches</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
BBQ Chicken Sandwich	N	N	Y	N	Y	N	N	Y	N	N	Y	N
Brisket Sandwich	N	N	Y	N	Y	N	N	Y	N	N	Y	N
Buffalo Chicken Sandwich	N	N	Y	N	Y	N	N	Y	N	N	Y	N
with Dressing Choice Blue Cheese	Y	N	Y	Y	Y	N	N	Y	N	N	Y	N
with Dressing Choice Ranch	Y	N	Y	N	Y	N	N	Y	N	N	Y	N
Laredo Sandwich	Y	N	Y	N	Y	N	N	Y	N	N	Y	N
Nashville Hot Chicken Sandwich	Y	N	Y	N	Y	N	N	Y	Y	N	Y	N
<b>Family Meals</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>

Brisket For Four	N	N	N	N	N	N	N	N	N	N	N	N
Brisket and Chicken For Six	N	N	N	N	N	N	N	N	N	N	N	N
Chicken for Four	N	N	Y	N	N	N	N	N	N	N	Y	N
Chicken for Six	N	N	Y	N	N	N	N	N	N	N	Y	N
Crispy Tenders for Four	N	N	Y	N	N	N	N	Y	N	N	Y	N
Sides for Family Meals	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Baked Mac and Cheese	Y	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice Baked Sweet Potatoes	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Corn Fritters	N	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice French Fries	N	N	N	N	N	N	N	N	N	N	Y	N
with Side Choice Fried Okra	N	N	Y	N	N	N	N	N	N	N	Y	N
with Side Choice Garden Salad	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Green Beans	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Kaleblazer Slaw	N	N	N	N	N	N	N	N	Y	Y	N	N
with Side Choice Ranchero Beans	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Spanish Rice	N	N	Y	N	N	N	N	Y	N	N	N	N
with Side Choice Sweet Corn	N	N	Y	N	N	N	N	Y	N	N	N	N
with Side Choice Tomato and Cucumber Salad	N	N	N	N	N	N	N	N	N	N	N	N
with Side Choice Twice Baked Potaters	N	N	Y	N	N	N	N	Y	N	N	N	N

**Wild West Sides**

	Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
Baked Mac and Cheese, Individual	Y	N	Y	N	N	N	N	N	N	N	Y	N
Baked Mac and Cheese, Texas Size	Y	N	Y	N	N	N	N	N	N	N	Y	N
Baked Sweet Potatoes, Individual	N	N	N	N	N	N	N	N	N	N	N	N
Baked Sweet Potatoes, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N
Creamed Spinach, Individual	N	N	Y	N	N	N	N	Y	N	N	Y	N
Creamed Spinach, Texas Size	N	N	Y	N	N	N	N	Y	N	N	Y	N
French Fries, Individual	N	N	N	N	N	N	N	N	N	N	Y	N
French Fries, Texas Size	N	N	N	N	N	N	N	N	N	N	Y	N
Fried Okra, Individual	N	N	Y	N	N	N	N	N	N	N	Y	N
Fried Okra, Texas Size	N	N	Y	N	N	N	N	N	N	N	Y	N
Garden Salad, Individual	N	N	N	N	N	N	N	N	N	N	N	N
with Dressing Choice Balsamic Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Blue Cheese	Y	N	Y	Y	N	N	N	N	N	N	N	N
with Dressing Choice Chili Lime	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Fuji Apple Cider Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Honey Mustard	Y	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Ranch	Y	N	Y	N	N	N	N	Y	N	N	N	N
Garden Salad, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N
with Dressing Choice Balsamic Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Blue Cheese	Y	N	Y	Y	N	N	N	N	N	N	N	N
with Dressing Choice Chili Lime	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Fuji Apple Cider Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Honey Mustard	Y	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Ranch	Y	N	Y	N	N	N	N	Y	N	N	N	N
Green Beans, Individual	N	N	N	N	N	N	N	N	N	N	N	N
Green Beans, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N
Mexican Street Corn, Individual	Y	N	Y	N	N	N	N	Y	N	N	N	N
Mexican Street Corn, Texas Size	Y	N	Y	N	N	N	N	Y	N	N	N	N
Ranchero Beans, Individual	N	N	N	N	N	N	N	N	N	N	N	N
Ranchero Beans, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N
Roasted Broccoli, Individual	N	N	N	N	N	N	N	N	N	N	N	N
Roasted Broccoli, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N
Spanish Rice, Individual	N	N	Y	N	N	N	N	Y	N	N	N	N
Spanish Rice, Texas Size	N	N	Y	N	N	N	N	Y	N	N	N	N
Twice Baked Potaters, Individual	N	N	Y	N	N	N	N	Y	N	N	N	N
Twice Baked Potaters, Texas Size	N	N	Y	N	N	N	N	Y	N	N	N	N

**Desserts**

Egg	Fish	Milk	MSG	Other Gluten	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat	Sesame Seeds
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Banana Pudding, Individual	Y	N	Y	N	N	N	N	Y	N	N	Y	N
Banana Pudding, Texas Size	Y	N	Y	N	N	N	N	Y	N	N	Y	N
Jeanette's Homemade Peach Cobbler, Individual with Ice Cream	N	N	Y	N	N	N	N	Y	N	N	Y	N
Jeanette's Homemade Peach Cobbler, Texas Size with Ice Cream	N	N	Y	N	N	N	N	Y	N	N	Y	N
<b>Drinks</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
Barq's Root Beer	N	N	N	N	N	N	N	N	N	N	N	N
Coke	N	N	N	N	N	N	N	N	N	N	N	N
Coke Zero	N	N	N	N	N	N	N	N	N	N	N	N
Diet Coke	N	N	N	N	N	N	N	N	N	N	N	N
Diet Dr Pepper	N	N	N	N	N	N	N	N	N	N	N	N
Dr Pepper	N	N	N	N	N	N	N	N	N	N	N	N
Fanta Orange Soda	N	N	N	N	N	N	N	N	N	N	N	N
Minute Maid Lemonade	N	N	N	N	N	N	N	N	N	N	N	N
Mountain Berry Blast Powerade	N	N	N	N	N	N	N	N	N	N	N	N
Sprite	N	N	N	N	N	N	N	N	N	N	N	N
<b>Crispy Drumsticks</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
Crispy Drumsticks Snack	N	N	N	N	N	N	N	N	N	N	N	N
with Dry Rub Choice Lemon Pepper	N	N	N	N	N	N	N	N	N	N	N	N
with Dry Rub Choice Texas Dust	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Barbecue	N	N	N	N	N	N	N	N	N	N	N	N
with Sauce Choice Buffalo	N	N	N	N	N	N	N	Y	N	N	N	N
<b>Salad Dressings</b>	<b>Egg</b>	<b>Fish</b>	<b>Milk</b>	<b>MSG</b>	<b>Other Gluten</b>	<b>Peanuts</b>	<b>Shellfish</b>	<b>Soy</b>	<b>Sulfites</b>	<b>Tree Nuts</b>	<b>Wheat</b>	<b>Sesame Seeds</b>
Dressings	N	N	N	N	N	N	N	N	N	N	N	N
with Dressing Choice Balsamic Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Blue Cheese	Y	N	Y	Y	N	N	N	N	N	N	N	N
with Dressing Choice Chili Lime	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Fuji Apple Cider Vinaigrette	N	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Honey Mustard	Y	N	N	N	N	N	N	N	Y	N	N	N
with Dressing Choice Ranch	Y	N	Y	N	N	N	N	Y	N	N	N	N