

Cowboy Chicken Menu Analysis Book

| Cowboy Plates | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
|---|-----|------|------|-----|---------|--------------|-----------|-----|----------|-----------|-------------------|--|-------------|
| Brisket Meal, Single or Combo | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Brisket and Chicken with 1/4 Chicken, All White | N | N | Y | N | N | N | N | N | N | N | Y | N | Y |
| with 1/4 Chicken, Dark | N | N | Y | N | N | N | N | N | N | N | Y | N | Y |
| Chicken Wings | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Buffalo Wing Sauce | N | N | N | N | N | N | N | Y | N | N | N | N | Y |
| with Cowboy Chicken Barbecue Sauce | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Lemon Pepper Seasoning | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Nashville Hot Chicken Seasoning | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Five Crispy Drumsticks | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Dry Rub Choice Lemon Pepper | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Dry Rub Choice Texas Dust | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Sauce Choice Barbecue | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Sauce Choice Buffalo | N | N | N | N | N | N | N | Y | N | N | N | N | Y |
| Four Crispy Tenders | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| with Cowboy Chicken Barbecue Sauce | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| with Honey Blaze Sauce | Y | N | Y | N | N | N | N | Y | Y | N | Y | N | N |
| with Honey Mustard | Y | N | Y | N | N | N | N | Y | Y | N | Y | N | N |
| with Ranch Dressing | Y | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Half Chicken | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Cowboy Plates | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
| Half Chicken, All White | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Quarter White | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Three Piece Dark | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Veggie Plate | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Baked Mac and Cheese | Y | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Baked Sweet Potatoes | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Corn Fritters | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Dinner Roll | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice French Fries | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Fried Okra | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Garden Salad | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Green Beans | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Kaleblazer Slaw | N | N | N | N | N | N | N | N | Y | Y | N | N | Y |
| with Side Choice Ranchero Beans | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Spanish Rice | N | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| with Side Choice Sweet Corn | N | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| with Side Choice Tomato and Cucumber Salad | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Twice Baked Potaters | N | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Whole Chicken | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Wings and Tender Combo | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |

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|---------------------------------------|------------|-------------|-------------|------------|----------------|---------------------|------------------|------------|-----------------|------------------|--------------------------|---|--------------------|
| with Blue Cheese Dressing | Y | N | Y | Y | N | N | N | Y | N | N | Y | N | N |
| with Buffalo Wing Sauce | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| with Cowboy Chicken Barbecue Sauce | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| with Ranch Dressing | Y | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Salads and Bowls | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
| Campfire Bowl | N | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Chicken Tinga Bowl | N | N | Y | N | N | N | N | N | N | N | N | N | Y |
| Durango Bowl | N | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Keto Green Bowl | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Kickin' Cobb Salad | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Monterey Salad | N | N | Y | N | N | N | N | N | Y | N | N | N | Y |
| Strawberry Chicken Salad | N | N | Y | N | N | N | N | N | N | Y | N | N | Y |
| Watermelon Salad | N | N | Y | N | N | N | N | N | N | N | N | N | Y |
| Sandwiches | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
| BBQ Chicken Sandwich | N | N | Y | N | N | N | N | Y | N | N | Y | Y | N |
| Brisket Sandwich | N | N | Y | N | N | N | N | Y | N | N | Y | Y | N |
| Buffalo Chicken Sandwich | N | N | Y | N | N | N | N | Y | N | N | Y | Y | N |
| with Dressing Choice Blue Cheese | Y | N | Y | Y | N | N | N | Y | N | N | Y | Y | N |
| with Dressing Choice Ranch | Y | N | Y | N | N | N | N | Y | N | N | Y | Y | N |
| Laredo Sandwich | Y | N | Y | N | N | N | N | Y | N | N | Y | Y | N |
| Nashville Hot Chicken Sandwich | Y | N | Y | N | N | N | N | Y | Y | N | Y | Y | N |
| Family Meals | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
| Brisket For Four | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Brisket and Chicken For Six | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Chicken for Four | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Chicken for Six | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Crispy Tenders for Four | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Sides for Family Meals | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Baked Mac and Cheese | Y | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Baked Sweet Potatoes | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Corn Fritters | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice French Fries | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Fried Okra | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| with Side Choice Garden Salad | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Green Beans | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Kaleblazer Slaw | N | N | N | N | N | N | N | N | Y | Y | N | N | Y |

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|--|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| with Side Choice Ranchero Beans | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Spanish Rice | N | N | Y | N | N | N | N | Y | N | N | N | N | N | Y |
| with Side Choice Sweet Corn | N | N | Y | N | N | N | N | Y | N | N | N | N | N | Y |
| with Side Choice Tomato and Cucumber Salad | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Side Choice Twice Baked Potaters | N | N | Y | N | N | N | N | Y | N | N | N | N | N | Y |

| Wild West Sides | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
|---|------------|-------------|-------------|------------|----------------|---------------------|------------------|------------|-----------------|------------------|--------------------------|---|--------------------|
| Baked Mac and Cheese, Individual | Y | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Baked Mac and Cheese, Texas Size | Y | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Baked Sweet Potatoes, Individual | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Baked Sweet Potatoes, Texas Size | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Creamed Spinach, Individual | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Creamed Spinach, Texas Size | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| French Fries, Individual | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| French Fries, Texas Size | N | N | N | N | N | N | N | N | N | N | Y | N | N |
| Fried Okra, Individual | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Fried Okra, Texas Size | N | N | Y | N | N | N | N | N | N | N | Y | N | N |
| Garden Salad, Individual | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Dressing Choice Balsamic Vinaigrette | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Blue Cheese | Y | N | Y | Y | N | N | N | N | N | N | N | N | Y |
| with Dressing Choice Chili Lime | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Fuji Apple Cider Vinaigrette | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Honey Mustard | Y | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Ranch | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |

| Wild West Sides | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free |
|---|------------|-------------|-------------|------------|----------------|---------------------|------------------|------------|-----------------|------------------|--------------------------|---|--------------------|
| Garden Salad, Texas Size | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| with Dressing Choice Balsamic Vinaigrette | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Blue Cheese | Y | N | Y | Y | N | N | N | N | N | N | N | N | Y |
| with Dressing Choice Chili Lime | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Fuji Apple Cider Vinaigrette | N | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Honey Mustard | Y | N | N | N | N | N | N | N | Y | N | N | N | Y |
| with Dressing Choice Ranch | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Green Beans, Individual | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Green Beans, Texas Size | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Mashed Potatoes and Gravy, Individual | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Mashed Potatoes and Gravy, Texas Size | N | N | Y | N | N | N | N | Y | N | N | Y | N | N |
| Mexican Street Corn, Individual | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |
| Mexican Street Corn, Texas Size | Y | N | Y | N | N | N | N | Y | N | N | N | N | Y |

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| Diet Coke | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Diet Dr Pepper | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Dr Pepper | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Fanta Orange Soda | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Minute Maid Lemonade | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Mountain Berry Blast Powerade | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Sprite | N | N | N | N | N | N | N | N | N | N | N | N | N | Y |
| Desserts | Egg | Fish | Milk | MSG | Peanuts | Sesame Seeds | Shellfish | Soy | Sulfites | Tree Nuts | Gluten From Wheat | Gluten From Barley, Malt, Non-GF Oats, and Rye | Gluten Free | |
| Banana Pudding, Individual | Y | N | Y | N | N | N | N | Y | N | N | Y | N | N | |
| Banana Pudding, Texas Size | Y | N | Y | N | N | N | N | Y | N | N | Y | N | N | |
| Jeanette's Homemade Peach Cobbler, Individual with Ice Cream | N | N | Y | N | N | N | N | Y | N | N | Y | N | N | |
| Jeanette's Homemade Peach Cobbler, Texas Size with Ice Cream | N | N | Y | N | N | N | N | Y | N | N | Y | N | N | |
| Strawberry Shortcake | Y | N | Y | N | N | N | N | Y | N | N | Y | N | N | |