

Cowboy Chicken Menu Analysis Book

Cowboy Plates	Egg	Fish	Milk	MSG	Peanuts	Sesame	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	N	N	Y	N	N	N	N	N	N	N	Y	N	Y
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	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
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

	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
Salads and Bowls													
Buffalo Chicken Salad	Y	N	Y	N	N	N	N	Y	N	N	Y	N	N
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
Cilantro Lime Chicken Salad	Y	N	Y	N	N	N	N	Y	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													
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													
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
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

Wild West Sides	Egg	Fish	Milk	MSG	Peanuts	Sesame	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	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, Individual and Texas Size	N	N	Y	N	N	N	N	N	N	N	N	N	Y
Mashed Potatoes and Gravy, Individual and 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
Ranchero Beans, Individual	N	N	N	N	N	N	N	N	N	N	N	N	Y
Ranchero Beans, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N	Y
Roasted Broccoli, Individual	N	N	N	N	N	N	N	N	N	N	N	N	Y
Roasted Broccoli, Texas Size	N	N	N	N	N	N	N	N	N	N	N	N	Y

Wild West Sides	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
-----------------	-----	------	------	-----	---------	--------	-----------	-----	----------	-----------	-------------------	--	-------------

Southern Brown Gravy	N	N	Y	N	N	N	N	Y	N	N	Y	N	N
Spanish Rice, Individual	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Spanish Rice, Texas Size	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Twice Baked Potaters, Individual	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Twice Baked Potaters, Texas Size	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Crispy Drumsticks	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
Crispy Drumsticks Snack	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
Famous Chicken Enchiladas	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
Chicken Enchiladas, Three	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Chicken Enchiladas, Two	N	N	Y	N	N	N	N	Y	N	N	N	N	Y
Chicken Tinga Enchiladas, Three	N	N	Y	N	N	N	N	Y	N	N	Y	N	N
Chicken Tinga Enchiladas, Two	N	N	Y	N	N	N	N	Y	N	N	Y	N	N
Salad Dressings	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
Dressings	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
Drinks	Egg	Fish	Milk	MSG	Peanuts	Sesame	Shellfish	Soy	Sulfites	Tree Nuts	Gluten From Wheat	Gluten From Barley, Malt, Non-GF Oats, and Rye	Gluten Free
Barq's Root Beer	N	N	N	N	N	N	N	N	N	N	N	N	Y
Coke	N	N	N	N	N	N	N	N	N	N	N	N	Y
Coke Zero	N	N	N	N	N	N	N	N	N	N	N	N	Y
Diet Coke	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	Y
Dr Pepper	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	Y
Minute Maid Lemonade	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	Y
Sprite	N	N	N	N	N	N	N	N	N	N	N	N	Y
Desserts	Egg	Fish	Milk	MSG	Peanuts	Sesame	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
	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
	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