

Food Menu Report: Hickory House

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
Hickory House Smoked Meats											
Dry Rub Ribs Half Slab	4 oz	260	12	4.5	0	55	2620	25	0	25	12
Meatloaf with Ketchup Topping	4 oz	240	14	5	0	70	490	13	0	5	14
Meatloaf with Mushroom Demiglace Topping	4 oz	200	12	4.5	0	60	410	11	0	4	12
Plain Meatloaf	4 oz	240	14	5	0	75	480	13	0	5	14
Pork Tenderloin	4 oz	260	11	2.5	0	25	860	26	1	0	13
Smoked Brisket, Dry	4 oz	310	25	10	0	100	290	2	0	2	20
Smoked Burnt Ends, Dry	4 oz	310	25	10	0	100	290	2	0	2	20
Smoked Pork Loin, Dry	4 oz	180	9	4	0	55	790	5	0	5	20
Smoked Pulled Pork, Dry	4 oz	160	9	4	0	60	430	1	0	1	20
Smoked Sausage Ring	4 oz	380	32	10	0	70	1020	4	0	2	16
Smoked Whole Turkey Breast	4 oz	150	4	1.5	--	45	690	0	--	--	27
Smoked Brisket, Dry	6 oz	470	37	15	0	145	430	3	0	3	29
Smoked Burnt Ends, Dry	6 oz	470	37	15	0	145	430	3	0	3	29
Dry Rub Ribs Half Slab	8 oz	510	24	9	0	110	5230	50	0	50	24
Meatloaf with Ketchup Topping	8 oz	550	33	12	0	170	1140	30	1	12	32
Meatloaf with Mushroom Demiglace Topping	8 oz	560	33	12	0	170	1120	31	1	11	32
Plain Meatloaf	8 oz	550	33	12	0	170	1120	29	1	11	32
Pork Tenderloin	8 oz	540	22	5	0	55	1800	55	2	0	28
Smoked Pork Loin, Dry	8 oz	360	17	8	0	115	1580	10	0	10	40
Smoked Pulled Pork, Dry	8 oz	320	18	8	0	120	860	2	0	2	39
Smoked Sausage Ring	8 oz	760	64	20	0	140	2040	8	0	4	32
Smoked Whole Turkey Breast	8 oz	300	8	2.5	--	95	1380	0	--	--	54
Sides											
White Cheddar Mac & Cheese	4 oz	210	12	6	0.5	25	620	17	1	3	8
Parmesan Potatoes	4 oz	210	12	3	0	10	190	18	2	1	6
Smoked Baked Beans	4 oz	140	2	1.5	0	0	580	27	3	16	4
Brussels Sprouts with Bacon	4 oz	120	6	1	0	0	220	14	4	7	4
Mashed Potatoes with Beef Gravy	4 oz potatoes, 2 oz gravy	130	5	2.5	0	10	590	20	2	0	2
Mashed Potatoes with Chicken Gravy	4 oz potatoes, 2 oz gravy	140	5	3	0	10	700	21	2	1	2
Cheesy Cornbread Muffins	1 muffin	140	5	1.5	0	15	190	20	1	1	3
Sandwiches											
Burnt Ends Sandwich	1 sandwich	490	29	11	0	110	570	29	1	7	27

BBQ Pork Sandwich	1 sandwich	320	11	4.5	0	65	730	27	1	5	27
Smoked Turkey Sandwich	1 sandwich	310	6	1.5	0	55	1020	26	1	4	35
Pork Tenderloin Sandwich	1 sandwich	770	25	6	0	55	2220	100	4	7	36
Smoked Brisket Sandwich	1 sandwich	490	29	11	0	110	570	29	1	7	27
Kids											
2 Chicken Strips	2 strips	430	26	4.5	0	40	920	26	0	0	22
2 Spicy Chicken Strips	2 strips	380	18	3	0	40	1560	30	2	0	22
1 Fried Chicken Leg	1 leg	180	13	2.5	0	0	280	3	0	0	12
1 Herb Roasted Chicken Leg	1 leg	90	4	1	0	55	730	4	1	1	11
Chicken											
8-Piece Fried Chicken Bucket	1 piece	320	24	4.5	0	55	480	5	0	0	21
8-Piece Spicy Fried Chicken Bucket	1 piece	300	22	4.5	0	70	770	8	0	0	17
8-Piece Herb-Roasted Chicken Bucket	1 piece	230	14	4	0	90	1030	4	1	1	20
12-Piece Fried Chicken Bucket	1 piece	320	24	4.5	0	55	480	5	0	0	21
12-Piece Spicy Fried Chicken Bucket	1 piece	300	22	4.5	0	70	770	8	0	0	17
12-Piece Herb-Roasted Chicken Bucket	1 piece	230	14	4	0	90	1030	4	1	1	20
20-Piece Fried Chicken Bucket	1 piece	320	24	4.5	0	55	480	5	0	0	21
20-Piece Spicy Fried Chicken Bucket	1 piece	300	22	4.5	0	70	770	8	0	0	17
20-Piece Herb-Roasted Chicken Bucket	1 piece	230	14	4	0	90	1030	4	1	1	20
Fried Chicken Breast	1 breast	570	40	8	0	110	870	10	0	0	41
Herb-Roasted Chicken Breast	1 breast	410	24	7	0	155	1650	6	1	2	43
Spicy Fried Chicken Breast	1 breast	470	32	6	0	85	1240	12	1	0	32
Fried Chicken Wing	1 wing	180	15	3	0	30	240	3	0	0	10
Herb-Roasted Chicken Wing	1 wing	160	11	3	0	70	790	4	1	1	11
Spicy Fried Chicken Wing	1 wing	130	10	2.5	0	35	300	3	0	0	6
Fried Chicken Leg	1 leg	180	13	2.5	0	0	280	3	0	0	12
Herb-Roasted Chicken Leg	1 leg	100	4	1	0	60	790	4	1	1	12
Spicy Fried Chicken Leg	1 leg	140	10	2	0	40	400	4	0	0	8
Fried Chicken Thigh	1 thigh	360	29	6	0	70	520	6	0	0	20
Herb-Roasted Chicken Thigh	1 thigh	280	21	6	0	85	1060	4	1	1	17
Spicy Fried Chicken Thigh	1 thigh	450	35	7	0	120	1140	11	0	0	23
3-Piece Fried Chicken Strips	3 pieces	650	39	7	0	60	1380	39	0	0	33
1-Piece Spicy Fried Chicken Strip	1 piece	230	14	2.5	0	20	780	15	1	0	11