



Nutritional Information

Entree Information

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Pork	4 oz.	300	170	19g	10g	0g	130mg	115mg	1g	0g	0g	32g
Beef	4 oz.	200	70	7g	3g	0g	85mg	70mg	0g	0g	0g	34g
Turkey	2 oz.	90	15	2g	0g	0g	45mg	640mg	1g	0g	1g	15g
Spare Ribs	112g	270	190	21g	7g	0g	80mg	50mg	0g	0g	0g	20g
Baby Backs	14 ribs	520	360	40g	18g	0g	220mg	720mg	2g	0g	2g	38g
Pulled Pork	1/2 cup	250	170	19g	7g	0g	65mg	570mg	4g	0g	4g	16g
Sausage	5 pieces	260	150	16g	5g	0g	25mg	610mg	20g	1g	2g	7g
Chicken Breast	1 piece	250	120	14g	3g	0g	80mg	610mg	4g	0g	1g	30g
Chicken Tenders	2 pieces	190	60	7g	1g	0g	25mg	540mg	18g	1g	0g	15g
Chicken Wings	2 pieces	210	120	13g	4g	0g	55mg	840mg	4g	0g	0g	18g
Spicy Breaded Chicken Breast	1 piece	200	80	8g	1.5g	0g	35mg	870mg	14g	2g	1g	17g
1/2 Chicken	296g	840	510	56g	15g	0g	580mg	530mg	0g	0g	0g	83g
BBQ Wrap Fillings w/out wrap	84g	70	45	5g	3g	0g	15mg	230mg	4g	4g	4g	5g
Turkey BBQ Wrap	8.75 oz.	320	90	10g	3.5g	0g	55mg	1320mg	32g	12g	6g	32g
Beef BBQ Wrap	8.75 oz.	380	120	13g	6g	0g	70mg	790mg	31g	12g	6g	41g
Pork BBQ Wrap	8.75 oz.	440	190	21g	10g	0g	100mg	820mg	31g	12g	5g	40g
Homestyle Meat loaf	4 oz.	340	240	26g	11g	0g	60mg	500mg	10g	2g	2g	16g
Beef Prime Rib	3 oz.	230	170	19g	8g	0g	55mg	440mg	1g	0g	1g	14g
Shrimp	6 shrimp	180	10	1g	0g	0g	75mg	850mg	33g	0g	1g	11g
Shrimp Tenders	9 shrimp	160	60	7g	1.5g	1.5g	50mg	650mg	16g	0g	0g	9g
Hot Dog	114g	330	250	28g	10g	0g	60mg	1320mg	8g	0g	0g	7g

Salad Information

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Tossed Salad w/ Chicken	8 oz.	430	250	28g	8g	0g	290mg	280mg	4g	2g	5g	42g
Ceasar Salad	8oz.	550	400	44g	7g	0g	40mg	1480mg	35g	5g	11g	8g
Ceasar w/ Grilled Chicken	12oz.	720	480	54g	9g	0g	90mg	1890mg	38g	5g	11g	28g
Salad Base	8oz.	70	35	3.5g	0g	0g	180mg	85mg	8g	3g	5g	5g
Meat Salad (Turkey & Beef)	13oz.	280	90	10g	2.5g	0g	270mg	660mg	9g	3g	7g	39g
Meat Salad (Turkey & Pork)	13 oz.	340	160	17g	7g	0g	300mg	690mg	9g	3g	6g	39g
Meat Salad (Beef & Pork)	13 oz	390	180	20g	9g	0g	315mg	200mg	9g	3g	7g	47g
Meat Salad (3 Meat)	13 oz.	330	140	16g	6g	0g	295mg	520mg	9g	3g	7g	41g
Turkey Salad	12oz.	190	60	6g	0g	0g	240mg	940mg	9g	3g	7g	25g
Beef Salad	12oz.	280	100	11g	3.5g	0g	265mg	160mg	8g	3g	7g	39g
Pork Salad	12oz.	380	210	23g	10g	0g	310mg	200mg	9g	3g	6g	38g
Tossed Salad	97g.	10	0	0g	0g	0g	0mg	15mg	4g	2g	2g	1g
Mesquite Grilled Chicken Salad	12oz.	240	120	13g	2.5g	0g	230mg	490mg	11g	3g	6g	25g

Sides and Sauce Information

Menu Item	Serving Size	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein
Cole Slaw	4oz.	200	140	16g	3g	0g	15mg	210mg	14g	1g	13g	1g
BBQ Beans	4oz.	170	70	8g	3g	0g	35mg	530mg	20g	3g	4g	9g
Cobettes	1 ear	80	10	1g	0g	0g	0mg	10mg	18g	1g	4g	3g
Green Beans	4oz.	52	18	2.5g	.5g	0g	5mg	330mg	6g	4g	2g	3g
Corn Nuggets	6pcs.	220	110	12g	1.5g	0g	0mg	480mg	27g	1g	7g	2g
Cheese Sticks	1pc.	60	25	3g	2g	0g	5mg	200mg	5g	0g	<1g	4g
Garlic Mushrooms	6pcs.	90	5	.5g	0g	0g	0mg	410mg	19g	1g	<1g	3g
Breaded Okra	26pcs.	190	10	1g	0g	0g	0g	700mg	42g	3g	2g	5g

Onion Rings	3pcs.	110	0	0g	0	0g	0g	660mg	25g	3g	3g	3g
Cream Cheese Jalapenos	4pcs.	290	140	15g	10g	0g	30mg	800mg	31g	2g	9g	6g
Cheddar Cheese Jalapenos	4pcs.	270	110	13g	7g	0g	30mg	1070mg	28g	3g	6g	10g
Brunswick Stew	1/2 cup	70	10	1.5g	0g	0g	10mg	340mg	11g	2g	3g	5g
Bacon	2 slices	90	60	7g	2.5g	0g	15mg	240mg	0g	0g	0g	5g
Garlic Butter	1 tbsp.	100	100	11g	2g	unknown	0mg	100mg	0g	0g	0g	0g
Cinnamon Spread	10g	60	45	5g	1g	unknown	0mg	55mg	3g	0g	3g	0g
Country Crock Mlg.	14g	60	60	7g	1.5g	unknown	0mg	115mg	0g	0g	0g	0g
Au Jus	1tsp.	10	0	0g	0g	0g	0mg	390mg	2g	0g	0g	0g
Woody's Ranch	2tbsp.	120	100	11g	1.5g	0g	10mg	250mg	3g	0g	1g	1g
Woody's Blue Cheese	2tbsp.	150	140	16g	3g	0g	15mg	180mg	1g	0g	1g	1g
Woody's Original BBQ Sauce	2tbsp.	10	0	0g	0g	0g	0mg	210mg	2g	0g	2g	0g
Woody's Carolina Sauce	2tbsp.	20	0	0g	0g	0g	0mg	170mg	0g	0g	0g	0g
Woody's Hickory Sauce	2 tbsp.	35	0	0g	0g	0g	0mg	420mg	8g	0g	7g	0g
Woody's Hot Sauce	2 tbsp.	10	0	0g	0g	0g	0mg	125mg	2g	0g	2g	0g

Gluten Free Menu Items

Baby Back Ribs
 Spare Ribs
 Sliced Pork
 Smoked BBQ Chicken
 Mesquite Grilled Chicken Breast
 Un-Breaded Chicken Wings
 Hamburgers
 Hot Dogs
 Cole Slaw
 Bar-B-Q Beans
 Corn on the Cob
 Green Beans
 Salads
 French Fries

Sugar Free Menu Items

Country Vegetables
 Turkey w/out sauce

Diet Drinks
Salads w/out Dressing
Plain Un-Breaded Wings
French Fries
Hamburgers
Black Angus Chopped Steak
Hot Dogs w/out topping
Tossed Salad
Baked Potato
Fried Corn on the Cob
Sugar Free Cheesecake

Dairy Free Menu Items

Baby Back Ribs
Spare Ribs
Turkey Breast
Bar-B-Q Chicken
Mesquite Grilled Chicken Breast
Sloppy Woody
Carolina Pulled Pork
Sliced Pork
Chopped Beef Brisket
Pulled Chicken
Naked Chicken Wings
French Fries
Salads w/Italian Dressing
All Vegetables
Baked Potato
Sweet Potato