



## Nutritional Information

### Dinners - Meat (No Side Items Included)

Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Baby Backs	520	360	40g	18g	0g	220mg	720mg	2g	0g	2g	38g
Spare Ribs	675	470	43g	14g	0g	160mg	110mg	0g	0g	0g	40g
Classic Pork	450	255	28g	15g	0g	195mg	172mg	2g	0g	0g	48g
Classic Beef	300	105	11g	5g	0g	128mg	105mg	0g	0g	0g	96g
Classic Turkey	270	45	6g	0g	0g	135mg	1720mg	2g	0g	1g	45g
1/2 Chicken	840	510	56g	15g	0g	580mg	530mg	0g	0g	0g	83g
Carolina Pulled Pork	375	255	29g	11g	0g	98mg	855mg	6g	0g	6g	24g
Beef Brisket	520	340	38g	14g	0g	140mg	1160mg	0g	0g	0g	42g
Taste of Woody's	1220	645	65g	21g	0g	510mg	740mg	2g	0g	1g	120g
Southern Trio	860	533	55g	18g	0g	414mg	1277mg	2g	0g	2g	78g
Add 1/2 Rack Baby Backs	260	180	20g	9g	0g	110mg	360mg	1g	0g	1g	19g
Beef Prime Rib	760	565	62g	26g	0g	185mg	1400mg	1g	0g	1g	46g
Pork Sampler	1010	605	62g	25g	0g	280mg	745mg	4g	0g	4g	105g
Shrimp Dinner	360	20	2g	0g	0g	150mg	1700mg	55g	0g	2g	22g
New York Strip	490	320	36g	15g	0g	135mg	530mg	2g	0g	0g	38g
Ribeye Steak	735	480	54g	22g	0g	202mg	795mg	2g	0g	0g	57g
Baby Backs & Shrimp	440	190	21g	9g	0g	185mg	1210mg	28g	0g	1g	30g
Add 6 Shrimp	180	10	1g	0g	0g	75mg	850mg	33g	0g	1g	11g
Baby Back Combo	680	435	48g	16g	0g	400mg	624mg	1g	0g	1g	6g
Loaded Chicken Breast	740	350	35g	16g	0g	257mg	2460mg	6g	0g	2g	85g
Feast for 2	1980	1320	137g	49g	0g	1000mg	870mg	2g	0g	0g	187g
Feast for 4	3450	2235	233g	81g	0g	1790mg	1745mg	3g	0g	0g	322g
Chicken Feast	1680	1020	112g	30g	0g	1160mg	1060mg	0g	0g	0g	166g
Backyard Feast	5970	4155	416g	144g	0g	3040mg	2615mg	0g	0g	0g	512g



## Nutritional Information

Sandwiches - No Sides Items Included											
Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Regular Pork	490	240	26g	11g	0g	130mg	395mg	29g	2g	2g	38g
Regular Beef	390	140	14g	4g	0g	85mg	350mg	28g	2g	2g	40g
Regular Turkey	370	100	11g	1g	0g	90mg	1560mg	30g	2g	3g	36g
Large Pork	740	340	37g	17g	0g	195mg	692mg	46g	2g	4g	57g
Large Beef	590	190	20g	7g	0g	128mg	625mg	44g	2g	4g	102g
Large Turkey	560	130	15g	2g	0g	135mg	2440mg	56g	2g	5g	54g
Sloppy Woody	560	195	22g	7g	0g	80mg	1310mg	59g	2g	17g	31g
Bacon Cheddar Burger	1002	560	62g	30g	0g	184mg	1006mg	49g	2g	6g	59g
Pulled Pork	540	215	23g	7g	0g	90mg	1190mg	48g	2g	7g	33g
Beef Brisket	674	318	36g	13g	0g	116mg	1436mg	44g	2g	4g	44g
Turkey BBQ Wrap	320	90	10g	3.5g	0g	55mg	1320mg	32g	12g	6g	32g
Beef BBQ Wrap	380	120	13g	6g	0g	70mg	790mg	31g	12g	6g	41g
Pork BBQ Wrap	440	190	21g	10g	0g	100mg	820mg	31g	12g	5g	40g
Prime Rib	650	410	45g	17g	0g	110mg	1160mg	30g	2g	4g	34g
Pulled Cheese Steak	605	220	30g	13g	0g	114mg	1275mg	46g	7g	9g	35g
Hot Dog	430	280	32g	10g	0g	65mg	1130mg	22g	1g	2g	17g
Chili Cheese Dog	630	424	48g	22g	0g	113mg	1570mg	26g	0g	2g	29g
Slaw Dog	580	385	44g	12g	0g	76mg	1386mg	32g	2g	12g	18g
Sausage Dog	830	610	68g	23g	0g	165mg	2630mg	26g	3g	4g	35g
Chicken Breast	450	70	8g	2g	0g	85mg	1632mg	53g	2g	8g	41g
Pulled Chicken	480	85	10g	3g	0g	120mg	1460mg	61g	2g	19g	37g
Caesar Wrap	654	269	28g	9g	0g	115mg	1440mg	44g	2g	4g	50g
Sante Fe Wrap	642	252	27g	7g	0g	102mg	1044mg	57g	6g	8g	44g
Big Fish Sandwich	525	132	18g	2g	0g	11mg	836mg	42g	2g	6g	48g
Hawaiian Bar-B-Q Burger	1110	584	65g	32g	0g	234mg	1092mg	61g	2g	11g	70g



## Nutritional Information

Lunches - Meat (No Side Items Included)											
Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Baby Backs	260	180	20g	9g	0g	110mg	360mg	1g	0g	1g	19g
Turkey	180	30	4g	0g	0g	90mg	1280mg	1g	0g	1g	30g
Pork	300	170	19g	10g	0g	130mg	115mg	0g	0g	0g	32g
Beef	200	70	7g	3g	0g	85mg	70mg	0g	0g	0g	34g
Spare Ribs	270	190	21g	7g	0g	80mg	50mg	0g	0g	0g	20g
Bar-B-Q Chicken	420	255	28g	7g	0g	290mg	265mg	0g	0g	0g	42g
Chicken Tenders	380	120	14g	2g	0g	50mg	1080mg	36g	1g	0g	30g
Pulled Pork	240	144	16g	1g	0g	72mg	576mg	4g	0g	2g	20g
Country Fried Steak	595	315	35g	14g	3g	95mg	1145mg	12g	0g	0g	24g
Beans N Franks	830	570	64g	23g	0g	155mg	3170mg	36g	3g	4g	23g
Loaded Chicken	370	260	28g	10g	0g	124mg	1027mg	1g	2g	1g	43g
Sausage	600	440	48g	18g	0g	120mg	1400mg	0g	0g	4g	40g
Beans N Franks	830	610	68g	23g	0g	165mg	2630mg	26g	3g	4g	35g
Catfish	200	42	4g	1g	0g	75mg	1032mg	20g	2g	2g	24g



## Nutritional Information

### Salads - Dressing Not Included

Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Turkey Salad	190	60	6g	0g	0g	240mg	940mg	9g	3g	7g	25g
Beef Salad	280	100	11g	3.5g	0g	265mg	160mg	8g	3g	7g	39g
Pork Salad	380	210	23g	10g	0g	310mg	200mg	9g	3g	6g	38g
Meat Salad (3 Meat)	330	140	16g	6g	0g	295mg	520mg	9g	3g	7g	41g
Mesquite Chicken Salad	240	120	13g	2.5g	0g	230mg	490mg	11g	3g	6g	25g
Chicken Tenders Salad	355	125	15g	1g	0g	218mg	895mg	35g	4g	5g	28g
Southwest Salad	397	128	13g	4g	0g	98mg	636mg	34g	6g	6g	43g
Chicken Caesar Salad	720	480	54g	9g	0g	90mg	1890mg	3g	5g	11g	28g
Cesar Salad	550	400	44g	7g	0g	40mg	1480mg	3g	5g	11g	8g
Salmon Salad	340	185	20	3	0	205	195	8	3	5	38
Tossed Salad & Mes Chk	200	35	4g	1g	0g	85mg	1175mg	8g	2g	4g	33g
Tossed Salad & BBQ Chk	430	255	28g	7g	0g	290mg	280mg	4g	2g	2g	43g
Cobb Salad	204	115	12	6	0	234	346	9	1	5	13
Bar-B-Q Salad - no meat	70	35	3.5g	0g	0g	180mg	85mg	8g	3g	5g	5g
Tossed Salad	10	0	0g	0g	0g	0mg	15mg	4g	2g	2g	1g



## Nutritional Information

Starters											
Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Awesome Onion Rings	366	20	1g	0g	0g	0g	2200mg	83mg	10g	10g	10g
Awesome Squash	280	10	1g	0g	0g	0g	1000mg	56mg	4g	4g	4g
Chicken Tenders	380	120	14g	2g	0g	50mg	1080mg	36mg	2g	0g	30g
Corn Nuggets	220	110	12g	1.5g	0g	0mg	480mg	27g	1g	7g	2g
Garlic Mushrooms	90	5	.5g	0g	0g	0mg	410mg	19g	1g	<1g	3g
Okra	190	10	1g	0g	0g	0g	700mg	42g	3g	2g	5g
Mozzarella Sticks	60	25	3g	2g	0g	5mg	200mg	5g	0g	<1g	4g
Brunswick Stew	210	10	5.5g	0g	0g	10mg	340mg	11g	2g	3g	5g
Breaded Wings (10)	700	433	47g	13g	0g	233mg	1930mg	13g	0g	0g	57g
Naked Wings (10)	450	275	30g	9g	0g	150mg	1550mg	3g	0g	0g	38g
Chili	405	196	20g	8g	1g	40mg	530mg	10g	2g	0g	10g
Bar-B-Q Cheese Fries	607	290	31g	14g	0g	44mg	502mg	63g	6g	2g	16g
Pork Chili Cheese Fries	907	460	50g	24g	1g	174mg	617mg	63g	6g	2g	48g
Beef Chili Cheese Fries	807	360	38g	17g	1g	129mg	572mg	63g	6g	2g	50g
Turkey Chili Cheese Fries	787	320	35g	14g	1g	134mg	1782mg	64g	6g	3g	62g
Super Sampler	720	232	31g	11g	0g	20mg	2580mg	83g	10g	9g	10g
Potachos	1233	667	73g	21g	0g	166mg	917mg	91g	6g	5g	56g



# Nutritional Information

Extras											
Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Cole Slaw	200	140	16g	3g	0g	15mg	210mg	14g	1g	13g	1g
BBQ Beans	170	70	8g	3g	0g	35mg	530mg	20g	3g	4g	9g
Sweet Potato	180	0	0g	0g	0g	0mg	72mg	41g	7g	13g	4g
Baked Potato	280	0	0g	0g	0g	0mg	30mg	63g	7g	4g	7g
Green Beans	52	18	2.5g	.5g	0g	5mg	330mg	6g	4g	2g	3g
French Fries	186	60	7g	2g	0g	0mg	33mg	28g	3g	1g	3g
Tossed Salad	10	0	0g	0g	0g	0mg	15mg	4g	2g	2g	1g
Garlic Toast	120	60	6g	1g	0g	0mg	165mg	14g	1g	1g	3g
Cobettes	80	10	1g	0g	0g	0mg	10mg	18g	1g	4g	3g
Onion Rings	110	0	0g	0	0g	0g	660mg	25g	3g	3g	3g
Okra	95	5	1g	0g	0g	0g	350mg	21g	2g	1g	3g
Squash	140	5	1g	0g	0g	0g	500mg	28g	2g	2g	2g
Sweet Potato Fries	260	80	10g	0g	0g	0mg	220mg	44g	3g	14g	2g
Cinnamon Butter Cup	60	45	5g	1g	0g	0mg	55mg	3g	0g	3g	0g
Country Crock Butter Cup	60	60	7g	1.5g	0g	0mg	115mg	0g	0g	0g	0g



# Nutritional Information

## Dressings and Sauces - Serving Size = 2 Tbsp.

Menu Item	Calories	Calories From Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein
Woody's Ranch	120	100	11g	1.5g	0g	10mg	250mg	3g	0g	1g	1g
Woody's Blue Cheese	150	140	16g	3g	0g	15mg	180mg	1g	0g	1g	1g
Woody's Honey Mustard	160	130	14g	2g	0g	10mg	135mg	8g	0g	7g	0g
Woody's French	130	110	12g	2g	0g	0mg	210mg	7g	0g	6g	0g
Woody's Chipotle	140	130	14g	2g	0g	5mg	240mg	4g	0g	3g	0g
Woody's Italian	60	50	6g	1g	0g	0mg	260mg	3g	0g	2g	0g
Woody's Petal Sauce	160	160	17g	3g	0g	15mg	160mg	1g	0g	1g	0g
Woody's Tangy Mustard	10	0	0g	0g	0g	0mg	210mg	2g	0g	2g	0g
Woody's Caesar	130	120	13g	3g	0g	10mg	380mg	2g	0g	1g	2g
Woody's Carolina Sauce	20	0	0g	0g	0g	0mg	170mg	0g	0g	0g	0g
Woody's Sweet Sauce	35	0	0g	0g	0g	0mg	420mg	8g	0g	7g	0g
Woody's Hot Sauce	10	0	0g	0g	0g	0mg	125mg	2g	0g	2g	0g



Nutritional Information

# Gluten Free Menu

**Starters**

Grilled Smoked Wings  
Brunswick Stew

**Salads**

Bar-B-Q Salad  
Mesquite Grilled Chicken Breast  
Southwest Salad w/out croutons  
3 Meat Salad  
Chicken Caesar Salad

**Lunches & Dinners**

Baby Back Ribs  
Spare Ribs  
Bar-B-Q Sliced Pork, Turkey or Beef  
Pulled Chicken or Pulled Pork  
Bar-B-Q Chicken  
Texas Beef Brisket

**Lunches & Dinners**

Grilled Prime Rib  
Loaded Mesquite Chicken

**Sides & Extras**

Bar-B-Q Beans  
Cole Slaw  
Baked or Sweet Potato  
Tossed Salad  
Collard Greens  
Black Eyed Peas  
Buttered Corn  
Corn on the Cob  
Green Beans  
Sausage Link







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