

WOODY'S MENU CALORIES



JUST FOR STARTERS

	CALORIES
Awesome Onion Rings	366
Awesome Squash	280
Rings and Squash Combo	700
Chicken Tenders	380
Corn Nuggets	220
Garlic Mushrooms	270
Okra	190
Mozzarella Sticks	290
Brunswick Stew	210
Breaded Wings (10)	700
Naked Wings (10)	450
Chili	405
Bar-B-Q Cheese Fries	607
Pork Cheese Fries	907
Beef Cheese Fries	807
Turkey Cheese Fries	787
Super Sampler	720
Potachos	405
Sweet Potato Fries	240
Pork Rinds	400
Catfish Starter	210

SIDES AND EXTRAS

	CALORIES
Cole Slaw	200
BBQ Beans	170
Sweet Potato	180
Baked Potato	280
Green Beans	52
French Fries	186
Tossed Salad	10
Garlic Toast	120
Cobettes	80
Onion Rings	110
Okra	95
Squash	140
Sweet Potato Fries	260
Cinnamon Butter Cup	60
Country Crock Butter Cup	60
Mashed Potatoes & Gravy	100

POWER LUNCH (MEAT)

NO SIDE ITEMS INCLUDED	CALORIES
Baby Backs	260
Turkey	180
Pork	300
Beef	200
Spare Ribs	270
Bar-B-Q Chicken	420
Chicken Tenders	380
Pulled Pork	240
Country Fried Steak	595
Beans N Franks	830
Loaded Chicken	370
Sausage	600
Catfish	200
Veggie Plate	730

EAT YOUR GREENS

DRESSING NOT INCLUDED	CALORIES
Turkey Salad	240
Beef Salad	280
Pork Salad	380
Meat Salad (3 Meat)	330
Mesquite Chicken Salad	240
Chicken Tenders Salad	355
Southwest Salad	397
Chicken Caesar Salad	565
Caesar Salad	385
Salmon Salad	340
Tossed Salad & Mes Chkn	200
Tossed Salad & BBQ Chkn	430
Cobb Salad	37
Bar-B-Q Salad - No Meat	370
Tossed Salad	10



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We take pride in every item on our menu, from our slow-smoked meats and sauces to our extensive collection of comfort food sides. In addition to great barbecue, we're also building quite a reputation for our delicious starters, specialty sandwiches, burgers and home-style dinners, as well as our healthier option of salads and wraps.

DRESSING AND SAUCES

SERVING SIZE = 2 TBSP.	CALORIES
Ranch	120
Blue Cheese	150
Honey Mustard	160
French	130
Chipotle	140
Italian	60
Petal Sauce	160
Tangy Mustanrd	10
Caesar	130
Carolina Sauce	0
Sweet Sauce	35
Hot Sauce	10

HANDHELD GRUB

NO SIDE ITEMS INCLUDED	CALORIES
Pork	590
Beef	400
Turkey	470
Sloppy Woody	560
Bacon Cheddar Burger	1002
Pulled Pork	540
Beef Brisket	674
Turkey BBQ Wrap	320
Beef BBQ Wrap	380
Pork BBQ Wrap	440
Prime Rib	650
Pulled Cheese Steak	605
Hot Dog	430
Chili Cheese Dog	630
Slaw Dog	580
Sausage Dog	830
Chicken Breast	450
Pulled Chicken	480
Caesar Wrap	654
Santa Fe Wrap	642
Catfish Sandwich	440
Combo Lunch	876
Steakhouse Burger	1510
Ultimate Pork Sandwich	1600

THE MAIN EVENT (MEAT)

NO SIDE ITEMS INCLUDED	CALORIES
Baby Backs	520
Spare Rib	675
Classic Pork	450
Classic Beef	300
Classic Turkey	270
1/2 Chicken	640
Carollina Pulled Pork	375
Beef Brisket	520
Taste of Woody's	1220
Southern Trio	860
Add 1/2 Rack Baby Backs	260
Beef Prime Rib	760
Pork Sampler	1010
Shrimp Dinner	360
New York Strip	490
Ribeye Strak	734
Baby Back & Shrimp	440
Add 6 Shrimp	180
Baby Backs Combo	680
Loaded Chicken Breast	740
Feast for 2	1980
Feast for 4	3450
Chicken Feast	1680
Backyard Feast	5970
Combo Dinner	1811
Memphis Ribs	810
Hawaiian Burger	1415
Catfish Dinner	600
Bar-B-Q Combo	450 - 930

SATISFY YOUR SWEET TOOTH

	CALORIES
Bread Pudding	250
Chocolate Cream Pie	750
Banana Pudding	250

WOODY'S
Bar-B-Q®
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