

Bob's Smokehouse Menu Board

1/28/20 ts

Product Name	Serving Size (oz)	Calories	Total Fat (g)	Sat. Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Includes g added Sugar	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Gluten Free	Allergens		
Bob's BBQ Menu Board																				
Brisket, Smoked, Plain	4 oz.	220	7	2.5	0	115	390	2	0	2		38	0	31	3	598	Y			
Brisket, Smoked, with BBQ	4 oz.	200	4	1.5	0	70	590	18	0	16		23	0	18	2	358	Y			
Chicken, Bone-In Breast with Glaze	1pc	230	11	3	0	45	1520	22	0	20		12	0	12	0	53	Y			
Chicken, Bone-In Breast with BBQ	1pc	520	21	6	0	180	2330	18	<1	12		64	0	10	0	52	Y			
Chicken, Jumbo Drumsticks with Glaze	1pc	330	16	4	0	155	1250	15	<1	13		31	0	25	2	413	Y			
Chicken, Quesadilla, Smoked Plain	4 oz.	270	14	7	0	60	610	18	1	2		19	0	222	4	236				
Chicken Salad, Smoked Craisin Almond	4 oz.	350	30	5	0	55	400	10	1	8		10	0	21	0	214	Y	Almonds, Egg		
Chicken, Smoked, Pulled, Plain	4 oz.	210	7	2	0	100	690	11	0	10		27	0	19	1	124	Y			
Chicken, Smoked, Pulled, with BBQ	4 oz.	200	4	1	0	60	720	24	0	21		16	0	11	1	74	Y			
Chicken, Whole, Smoked with Glaze	4 oz	270	16	4	0	60	500	18	0	14		13	0	3	1	9	Y			
Chicken, Wings, Smoked with Asian Teriyaki	4 oz.	250	12	3	0	45	1320	26	0	20		10	0	6	1	29	N	Soy, Wheat		
Chicken, Wings, Smoked with Buffalo	4 oz.	240	14	3	0	45	1340	19	0	14		10	0	10	1	57	Y	Milk		
Chicken, Wings, Smoked with Glaze	4 oz.	270	16	4	0	60	500	18	0	14		13	0	3	1	9	Y			
Chicken, Wings, Smoked with Mango Chipotle	4 oz.	290	13	3	0	45	1140	32	0	17		11	0	8	1	34	Y			
Chicken, Wings, Smoked with Thai Chili	4 oz.	260	12	3	0	45	1120	28	0	24		10	0	7	1	32	Y			
Meatloaf, Bacon Cheddar with Mango BBQ	10oz	580	15	7	0	145	2200	97	2	31		14	0	180	2	234	N	Milk, Wheat, Egg, Soy		
Platter, Smkd Chicken Bone-In, 21.37oz-22.52oz																			840-1150 Kcal per platter	
Platter, Smkd Chicken Drumstick, 21.64oz-22.79oz																				900-1210 Kcal per platter
Platter, Smkd Chicken Wing, 19.33oz-20.49oz																				1020-1320 Kcal per platter
Platter, Smkd 4-Rib, 17.09oz-18.25oz																				940-1250 Kcal per platter
Platter, Smkd 1/2 Slab, 21.09oz-22.25oz																				1240-1550 Kcal per platter
Platter, Smkd Salmon, 14.09oz-15.25oz																				660-970 Kcal per platter
Platter, Turkey Drumstick, 13oz.																				430-797 Kcal per platter
Platter, Smoked Sausage, Whole, 23oz-24oz																				1469-1917 Kcal per platter
Platter, Smoked Sausage, Half, 16oz-17oz																				839-1287 Kcal per platter
Pork, Smoked, Pulled, with BBQ	4 oz.	260	11	5	0	65	410	17	0	15		23	0	0	1	0	Y			
Pork, Ribs with Glaze	4 oz.	300	20	7	0	85	300	7	0	6		23	1	40	1	310	Y			
Pork, Ribs, with BBQ	4 oz.	290	19	7	0	80	330	9	0	8		22	1	38	1	291	Y			
Pork, Steaks with BBQ	4 oz.	250	17	6	0	85	320	2	0	2		24	1	24	2	440	Y			
Pork, Rib Tips with BBQ	4 oz.	320	24	8	0	95	390	0	0	0		26	0	22	1		Y	Soy		
Salmon, Smoked Burger, with Glaze	4 oz.	380	21	5	0	115	310	15	0	7		32	0	19	1	561	N	Wheat, Egg,		
Salmon, Smoked, with Glaze	4 oz.	260	14	3	0	55	350	14	0	13		11	0	0	35	383	Y	Fish(Salmon)		
Sausage, BBQ Sauce	4 oz.	318	25	9	0	63	1086	11	0	8		9	0	9	5	15	Y			
Sausage, Mango Chipotle	4 oz.	300	21	8	0	50	1140	20	0	8		9	0	2	5	15	Y			
Sausage, Plain	4 oz.	350	32	12	0	80	1200	2	0	2		14	0	0	8		Y			
Shrimp, Smoked	4 oz.	310	21	12	0	260	320	2	0	<1		28	0	78	3	265	Y	Milk		
Turkey Drumstick w/ Glz	6oz	330	16	4	0	155	1250	15	<1	13		31	0	25	2	413	Y	Soy		
Turkey, Smoked, Pulled, with BBQ	4 oz	140	1	0	0	30	640	17	0	15		17	0	0	0	0	Y			