

Bob's Smokehouse Menu Board

Product Name	Serving Size (oz)	Allergens	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
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.	Almonds, Egg	350	30	5	0	55	400	10	1	8		10	0	21	0	214	Y
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.	Soy, Wheat	250	12	3	0	45	1320	26	0	20		10	0	6	1	29	N
Chicken, Wings, Smoked with Buffalo	4 oz.	Milk	240	14	3	0	45	1340	19	0	14		10	0	10	1	57	Y
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	Milk, Wheat, Egg, Soy	580	15	7	0	145	2200	97	2	31		14	0	180	2	234	N
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

Product Name	Serving Size (oz)	Allergens	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
Pork, Rib Tips with BBQ	4 oz.	Soy	320	24	8		95	390	0	0	0		26		22	1		Y
Salmon, Smoked Burger, with Glaze	4 oz.	Wheat, Egg,	380	21	5	0	115	310	15	0	7		32	0	19	1	561	N
Salmon, Smoked, with Glaze	4 oz.	Fish(Salmon)	260	14	3	0	55	350	14	0	13		21	11	13	0	383	Y
Sausage, Mango Chipolte	4 oz.		300	21	8	0	50	1140	20	0	8		9	0	2	5	15	Y
Sausage, Plain	4 oz.		360	32	10	0	70	1000	6	0	2		12	0	0	1	0	Y
Shrimp, Smoked	4 oz.	Milk	310	21	12	0	260	320	2	0	<1		28	0	78	3	265	Y
Turkey Drumstick w/ Glz	6oz	Soy	330	16	4	0	155	1250	15	<1	13		31	0	25	2	413	Y
Turkey, Smoked, Pulled, with BBQ	4 oz		140	1	0	0	30	640	17	0	15		17	0	0	0	0	Y