

SHACK POTATO	YEAR	SHACK POTATO	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	Pork Potato	1 potato	1940	1130	136	38	0.5	215	3490	163	13	38	69
	2017	BBQ Chicken Potato	1 potato	1800	990	119	33	0.5	210	3690	149	13	24	78

SALADS (all without dressing)	YEAR	SALADS	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	Garden Salad	one salad with one slice Garlic Toast	620	380	42	19	0	65	1010	41	5	8	23
	2017	Pork Salad	one salad with one slice Garlic Toast	950	560	66	25	0	145	1650	63	5	28	46
	2017	BBQ Chicken Salad	one salad with one slice Garlic Toast	800	420	49	19	0	145	1860	48	6	14	55
	2017	Tender Salad (FRIED)	one salad base with 2 fried tenders	1160	610	69	23	0	205	1550	63	6	8	73
	2017	Tender Salad (Grilled)	one salad base with 2 grilled tenders	910	460	52	20	0	180	1690	41	6	8	69

TENDERS	YEAR	TENDERS	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	FRIED Tender & regular (5 oz) fries	3 pieces	1150	470	53	8	0	210	2220	82	4	0	77
	2017	FRIED Tender & regular (5 oz) fries	4 pieces	1420	590	66	10	0	280	2500	93	4	1	102
	2017	FRIED Tender & regular (5 oz) fries	6 pieces	1950	830	93	14	0.5	415	3040	115	5	1	152
	2017	Grilled Tender & regular (5 oz) fries	3 pieces	770	240	27	4.5	0	170	2430	50	3	0	72
	2017	Grilled Tender & regular (5 oz) fries	4 pieces	910	290	32	5	0	225	2770	50	3	0	95
	2017	Grilled Tender & regular (5 oz) fries	6 pieces	1200	380	42	6	0	340	3460	51	3	0	141

WINGS	YEAR	WINGS	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	FRIED Wings	6 pieces	520	410	46	9	0	160	120	0	0	0	25
	2017	FRIED Wings	10 pieces	860	680	77	15	0	270	200	0	0	0	42
	2017	FRIED Wings	20 pieces	1730	1360	153	31	1	535	410	0	0	0	85
	2017	Smoked Fried Wings	6 pieces	520	410	46	9	0	160	1530	1	0	0	26
	2017	Smoked Fried Wings	10 pieces	870	680	77	16	0	270	2540	2	1	0	43
	2017	Smoked Fried Wings	20 pieces	1750	1370	153	31	1	535	5090	4	1	0	85

BONELESS WINGS	YEAR	BONELESS WINGS	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	Boneless Wings & regular (5 oz) fries	6 pieces	980	410	46	8	0	210	1570	76	3	1	56
	2017	Boneless Wings & regular (5 oz) fries	10 pieces	1400	610	69	11	0	355	1680	94	4	2	93

KIDS MEALS	YEAR	KIDS MEALS	Serving Size	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	2 tenders, no sauce (grilled), low side, low drink	1 plate, 12 fl oz	360	130	15	4	0	130	840	4	1	1	51
			1 plate, 12 fl oz	860	310	35	5	0	115	1310	87	2	55	49
	2017	2 tenders, no sauce (fried), low side, low drink	1 plate, 12 fl oz	610	280	32	7	0	155	700	25	2	1	54
			1 plate, 12 fl oz	1110	460	52	8	0	140	1170	108	2	55	53
	2017	4 boneless wings, no sauce, low side, low drink	1 plate, 12 fl oz	500	240	27	6	0	160	260	21	2	2	41
			1 plate, 12 fl oz	1000	420	48	8	0	140	730	104	2	56	39
	2017	grilled cheese (2 texas toast, 2 slices cheese), low side, 1 plate, 12 fl oz	1 plate, 12 fl oz	510	270	30	13	0	45	1320	43	2	5	19
			1 plate, 12 fl oz	1020	450	51	14	0	30	1790	126	3	59	17
	2017	Mac n Cheese (8 oz portion), low side, low drink	1 plate, 12 fl oz	640	360	40	18	0	90	1130	43	3	5	29
			1 plate, 12 fl oz	1140	540	60	19	0	70	1600	127	4	59	27
	2017	Ribs (2 bones or 1/6 full rack), low side, low drink	1 plate, 12 fl oz	370	250	31	10	0	95	630	11	1	7	26
			1 plate, 12 fl oz	880	430	51	11	0	75	1100	94	2	61	24
	2017 - DC	Kids Wings - FRIED (4) low side, low drink	1 plate, 12 fl oz	420	320	36	9	0	125	230	3	1	1	22
			1 plate, 12 fl oz	920	500	56	10	0	110	700	87	2	55	20
	2017 - DC	Kids Wings - SMOKED (4) low side, low drink	1 plate, 12 fl oz	420	320	36	9	0	125	1170	4	1	1	22
			1 plate, 12 fl oz	930	500	56	10	0	110	1640	87	2	55	20
	2017 - DC	Kids Cheese Burger - low side, low drink	1 plate, 12 fl oz	620	370	41	17	1	110	890	31	1	5	32
			1 plate, 12 fl oz	1120	550	61	18	2	95	1360	114	2	59	31

DESSERTS	YEAR	DESSERTS	Serving Size (fl oz)	Total Calories (cal)	Calories from Fat (fat cal)	Total Fat (grams)	Saturated Fat (grams)	Trans Fat (grams)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugar (grams)	Protein (grams)
	2017	Peach Cobbler	reg	350	100	12	2	0	0	115	60	2	43	2
			lg	590	170	19	3.5	0	1	190	100	3	72	4
	2017 - DC	Peach Cobbler	pint	1180	340	39	7	0.5	2	380	200	6	145	7
	2013	Brownie	4.25 oz	470	160	18	2	0	50	350	75	2	47	5

TOSSED SAUCES												
	BUFF-0	MILD BUFFALO	MEDIUM BUFFALO	HOT BUFFALO	LEMON PEPPER	TERIYAKI	ORIGINAL BBQ	HONEY BBQ	SPICY BBQ	HOT BBQ	CAROLINA MUSTARD BBQ	
Serving Size	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz	1 oz
Total Calories	40	60	40	25	180	50	40	40	40	35	35	
Total Fat (g)	6	7	4	2.5	20	0	0	0	0	0	0	
Total Fat Calories	40	60	35	25	180	0	0	0	0	0	0	
Saturated Fat (g)	.5	1.5	1	0	3.5	0	0	0	0	0	0	
Trans Fat (g)	.5	2	1	.5	0	0	0	0	0	0	0	
Cholesterol (mg)	0	0	0	0	0	0	0	0	0	0	0	
Sodium (mg)	450	280	630	640	620	400	260	230	260	320	270	
Total Carbs (g)	6	1	1	1	0	12	10	10	10	8	7	
Dietary Fiber (g)	0	0	0	0	0	0	0	0	0	0	0	
Sugar (g)	4	0	0	0	0	11	8	8	8	7	6	
Protein (g)	0	0	0	0	0	1	0	0	0	0	1	