



# NUTRITION GUIDE



# 4R NUTRITION GUIDE

|  <b>SIDES</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>BBQ BAKED BEANS</b>                                                                         | 350      | 4.5g          | 1.5g         | 0g             | 15mg              | 510 mg      | 71g            | 2g                | 62g              | 61g              | 6g          | 0mcg            | 281 mg          | 79 mg        | 1mg       |
| <b>MAC &amp; CHEESE</b>                                                                        | 280      | 11.6g         | 6.6g         | 0.4g           | 32mg              | 1070 mg     | 32g            | 1.4g              | 6.2g             | 0g               | 12.6g       | 0.2mcg          | 158 mg          | 246.4 mg     | .12mg     |
| <b>COLESLAW</b>                                                                                | 260      | 20g           | 3g           | 0g             | 10mg              | 370 mg      | 20g            | 3g                | 17g              | 12g              | 2g          | 0mcg            | 245 mg          | 55 mg        | 1mg       |
| <b>TEXAS CORNBREAD</b>                                                                         | 330      | 16g           | 9g           | 0g             | 60mg              | 620 mg      | 42g            | 0g                | 11g              | 5g               | 9g          | 0mcg            | 59mg            | 278 mg       | 1mg       |
| <b>FRENCH FRIES</b>                                                                            | 280      | 9g            | 2g           | 0g             | 0mg               | 1040 mg     | 46g            | 0g                | 0g               | 0g               | 4g          | 0mcg            | 796 mg          | 22 mg        | 1mg       |
| <b>FRIED OKRA</b>                                                                              | 160      | 7g            | 1.5g         | 0g             | 40mg              | 150 mg      | 21g            | 0g                | 1g               | 0g               | 4g          | 0mcg            | 195 mg          | 48 mg        | 1mg       |
| <b>CRISPY CREAM</b>                                                                            | 570      | 35g           | 21g          | 1g             | 125 mg            | 100 mg      | 63g            | 0g                | 56g              | 50g              | 3g          | 0mcg            | 141 mg          | 104 mg       | 1mg       |
| <b>SIDE SALAD</b>                                                                              | 60       | 2.5g          | 1.5g         | 0g             | 5mg               | 80 mg       | 6g             | 1g                | 3g               | 0g               | 3g          | 0mcg            | 126 mg          | 83 mg        | 1mg       |

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| <br><b>SANDWICHE</b><br><b>NO SAUCE</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|--------------------------------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>BRISKET</b>                                                                                                           | 700      | 38g           | 13g          | 0g             | 110 mg            | 470 mg      | 50g            | 2g                | 0g               | 0g               | 38g         | 0mcg            | 465 mg          | 18 mg        | 3mg       |
| <b>PULLED PORK</b>                                                                                                       | 560      | 26g           | 8g           | 0g             | 95mg              | 940 mg      | 46g            | 2g                | 1g               | 1g               | 34g         | 0mcg            | 8mg             | 29 mg        | 1mg       |
| <b>PULLED CHICKEN</b>                                                                                                    | 430      | 11g           | 2g           | 0g             | 90mg              | 1480 mg     | 54g            | 2g                | 14g              | 14g              | 30g         | 0mcg            | 19mg            | 8 mg         | 1mg       |
| <b>TEXAS SAUSAGE</b>                                                                                                     | 680      | 26g           | 10g          | 0g             | 95mg              | 1610 mg     | 62g            | 4g                | 4g               | 0g               | 37g         | 0mcg            | 137 mg          | 97 mg        | 6mg       |
| <b>TURKEY</b>                                                                                                            | 530      | 24g           | 4.5g         | 0g             | 80mg              | 1280 mg     | 47g            | 3g                | 2g               | 0g               | 35g         | 0mcg            | 69 mg           | 30 mg        | 2mg       |
| <b>STREET TACOS</b>                                                                                                      | 1130     | 59g           | 24g          | 0g             | 140 mg            | 1560 mg     | 99g            | 4g                | 6g               | 3g               | 50g         | 0mcg            | 645 mg          | 343 mg       | 9mg       |
|                                                                                                                          |          |               |              |                |                   |             |                |                   |                  |                  |             |                 |                 |              |           |
| <b>FARMHOUSE SALAD</b><br>(NO MEAT/NO DRESSING)                                                                          | 480      | 16g           | 8g           | 0g             | 40mg              | 590 mg      | 62g            | 12g               | 29g              | 1g               | 23g         | 0mcg            | 1247 mg         | 455 mg       | 5mg       |

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| <br><b>PLATTERS</b><br><b>7 OZ. MEAT</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|---------------------------------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>BRISKET</b>                                                                                                            | 480      | 36g           | 14g          | 0g             | 130 mg            | 0mg         | 1g             | 0g                | 0g               | 0g               | 35g         | 0mcg            | 565 mg          | 21 mg        | 3mg       |
| <b>PULLED PORK</b>                                                                                                        | 370      | 23g           | 8g           | 0g             | 110 mg            | 2720 mg     | 9g             | 1g                | 6g               | 6g               | 33g         | 0mcg            | 51mg            | 51 mg        | 2mg       |
| <b>PULLED CHICKEN</b>                                                                                                     | 250      | 6g            | 1.5g         | 0g             | 110 mg            | 1480 mg     | 21g            | 0g                | 18g              | 18g              | 31g         | 0mcg            | 25mg            | 11 mg        | 2mg       |
| <b>TEXAS SAUSAGE</b>                                                                                                      | 530      | 39g           | 14g          | 0g             | 140 mg            | 1400 mg     | 0g             | 0g                | 0g               | 0g               | 39g         | 0mcg            | 0mg             | 0mg          | 4mg       |
| <b>TURKEY</b>                                                                                                             | 260      | 12g           | 3.5g         | 0g             | 105 mg            | 1190 mg     | 2g             | 0g                | 2g               | 0g               | 35g         | 0mcg            | 10 mg           | mg           | 2mg       |
| <b>STREET TACOS</b>                                                                                                       | 1130     | 59g           | 24g          | 0g             | 140 mg            | 1560 mg     | 99g            | 4g                | 6g               | 3g               | 50g         | 0mcg            | 645 mg          | 343 mg       | 9mg       |

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|  <b>ADD-ON MEAT</b><br><b>3 OZ. MEAT</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|---------------------------------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>BRISKET</b>                                                                                                            | 210      | 15g           | 6g           | 0g             | 55 mg             | 0mg         | 1g             | 0g                | 0g               | 0g               | 15g         | 0mcg            | 242 mg          | 9mg          | 1mg       |
| <b>PULLED PORK</b>                                                                                                        | 160      | 10g           | 3.5g         | 0g             | 50 mg             | 290 mg      | 1g             | 0g                | 1g               | 1g               | 15g         | 0mcg            | 5mg             | 16 mg        | 1mg       |
| <b>PULLED CHICKEN</b>                                                                                                     | 120      | 2.5g          | 0.5g         | 0g             | 50mg              | 540 mg      | 2g             | 0g                | 1g               | 1g               | 22g         | 0mcg            |                 | 0mg          | 2mg       |
| <b>TEXAS SAUSAGE</b>                                                                                                      | 230      | 17g           | 6g           | 0g             | 60 mg             | 600 mg      | 0g             | 0g                | 0g               | 0g               | 17g         | 0mcg            | 0mg             | 0mg          | 2mg       |
| <b>TURKEY</b>                                                                                                             | 110      | 5g            | 1.5g         | 0g             | 45 mg             | 510 mg      | 1g             | 0g                | 1g               | 0g               | 15g         | 0mcg            | 4mg             | 2mg          | 1mg       |

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|  <b>SAUCES &amp; CONDIMENTS</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|------------------------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>RANCH</b><br>(1.5 oz. or 43g)                                                                                 | 160      | 17g           | 3.5g         | 0g             | 15mg              | 190 mg      | 1g             | 0g                | 1g               | 0g               | 1g          | 0mcg            | 14mg            | 15 mg        | 0mg       |
| <b>BALSAMIC</b><br>(1.5 oz. or 43g)                                                                              | 230      | 24g           | 3.5g         | 0g             | 0mg               | 80 mg       | 2g             | 0g                | 1g               | 0g               | 0g          | 0mcg            | 16mg            | 4mg          | 0mg       |
| <b>BLUE CHEESE</b><br>(1.5 oz. or 43g)                                                                           | 150      | 15g           | 4.5g         | 0g             | 20mg              | 240 mg      | 2g             | 0g                | 1g               | 0g               | 3g          | 0mcg            | 46 mg           | 68 mg        | 0mg       |
| <b>SIGNATURE SAUCE</b><br>(1.5 oz. or 43g)                                                                       | 70       | 1g            | 0.5g         | 0g             | 0mg               | 220 mg      | 16g            | 0g                | 15g              | 15g              | 0g          | 0mcg            | 3mg             | 3mg          | 0mg       |
| <b>HOT SIGNATURE</b><br>(1.5 oz. or 43g)                                                                         | 70       | 1g            | 0.5g         | 0g             | 0mg               | 220 mg      | 16g            | 0g                | 15g              | 15g              | 0g          | 0mcg            | 6mg             | 3mg          | 0mg       |
| <b>BURGER SAUCE</b><br>1 Tbsp or 15g                                                                             | 60       | 6g            | 1g           | 0g             | 5mg               | 110 mg      | 2g             | 0g                | 2g               | 2g               | 0g          | 0mcg            | 0mg             | 0mg          | 0mg       |
| <b>MUSTARD BBQ</b><br>(1.5 oz. or 43g)                                                                           | 45       | 2g            | 1g           | 0g             | 5mg               | 350 mg      | 9g             | 0g                | 8g               | 8g               | 0g          | 0mcg            | 6mg             | 3mg          | 0mg       |
| <b>LONHORN RELISH</b><br>1.5 Tbsp or 19g                                                                         | 5        | 0g            | 0g           | 0g             | 0mg               | 210 mg      | 1g             | 0g                | 0g               | 0g               | 0g          | 0mcg            | 27mg            | 9mg          | 0mg       |
| <b>GUASACACA</b>                                                                                                 | 70       | 7g            | 1g           | 0g             | 0mg               | 95 mg       | 1g             | 0g                | 0g               | 0g               | 0g          | 0mcg            | 32mg            | 4mg          | 0mg       |
| <b>PICO DE GALLO</b><br>(1.5 oz. or 43g)                                                                         | 10       | 0g            | 0g           | 0g             | 0mg               | 85 mg       | 2g             | 1g                | 1g               | 0g               | 0g          | 0mcg            | 91mg            | 6mg          | 0mg       |
| <b>CREME FRAICHE</b>                                                                                             | 50       | 5g            | 3g           | 0g             | 15mg              | 10 mg       | 1g             | 0g                | 1g               | 0g               | 1g          | 0mcg            | 7mg             | 18mg         | 0mg       |

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|  <b>SPECIALS</b> | CALORIES | TOTAL FAT (g) | SAT. FAT (g) | TRANS. FAT (g) | CHLORESTEROL (mg) | SODIUM (mg) | TOTAL CARB (g) | DIETARY FIBER (g) | TOTAL SUGARS (g) | ADDED SUGARS (g) | PROTEIN (g) | VITAMIN D (mcg) | POTASSIUM (mcg) | CALCIUM (mg) | IRON (mg) |
|---------------------------------------------------------------------------------------------------|----------|---------------|--------------|----------------|-------------------|-------------|----------------|-------------------|------------------|------------------|-------------|-----------------|-----------------|--------------|-----------|
| <b>TEXAS DESTROYER</b>                                                                            | 780      | 42g           | 16g          | 0g             | 115 mg            | 2010 mg     | 64g            | 3g                | 20g              | 17g              | 38g         | 0mcg            | 451 mg          | 299 mg       | 3mg       |
| <b>LONGHORN</b>                                                                                   | 1010     | 51g           | 25g          | 0g             | 150 mg            | 2110 mg     | 75g            | 3g                | 21g              | 16g              | 54g         | 0mcg            | 541 mg          | 659 mg       | 6mg       |
| <b>SPUD LOVE (NO MEAT)</b>                                                                        | 570      | 43g           | 22g          | 0g             | 125 mg            | 860 mg      | 38g            | 4g                | 13g              | 6g               | 13g         | 0mcg            | 619 mg          | 312 mg       | 1mg       |
| <b>BBQ TOTCHOS</b>                                                                                | 1140     | 68g           | 23g          | 0g             | 150 mg            | 4330 mg     | 86g            | 10g               | 24g              | 16g              | 48g         | 0mcg            | 869 mg          | 607 mg       | 2mg       |
| <b>PILGRIM</b>                                                                                    | 590      | 21g           | 5g           | 0g             | 90mg              | 1700 mg     | 61g            | 3g                | 14g              | 5g               | 35g         | 0mcg            | 110 mg          | 29 mg        | 2mg       |
| <b>BRISKET HOT DOG</b>                                                                            | 500      | 252g          | 13g          | 0g             | 65 mg             | 1390 mg     | 39g            | 2g                | 11g              | 2g               | 13g         | 0mcg            | 161 mg          | 92 mg        | 3mg       |