

# SMOKEY BONES NUTRITION INFORMATION

Bar & Fire Grill

Variations in ingredients and preparation, as well as substitutions, will increase or decrease any stated nutritional values.

MENU SELECTION	CALORIES
<b>Fire Starters</b>	
Crowd Pleaser	2500
Crowd Pleaser with Pulled Pork	2609
Buffalo Chicken Dip	1231
Loaded Nachos	1543
Loaded Nachos with Double Cheddar Jack Cheese	1878
Loaded Nachos with Roasted Chicken	1760
Loaded Nachos with Pulled Pork	1871
Side of Fresh Guacamole	83
Fried Pickles	926
Pretzel Bones	1100
Skillet Cornbread	1037
Loaded Cheese Fries	1721
Onion Rings	1233
<b>Wings</b>	
8 Smoked Wings	850
16 Smoked Wings	1700
8 Chicken Wings	781
16 Chicken Wings	1562
<b>Tossin' Sauces</b>	
Bones Sweet & Tangy	50
KC BBQ	70
Chipotle BBQ	57
Mustard BBQ	60
Carolina Mopping Sauce	47
Garlic Parmesan	157
Sweet Brown Sugar	120
Buffalo	30
Memphis Dry Rub	51
Buff-A-Que™	39
Spicy Garlic Buffalo	79
Sweet Glaze	100



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## CALORIES

### Burgers

Loaded BBQ Burger	1167
Big Time BLT	1207
Smokehouse Burger	1111
Avocado Turkey Burger	1131
Smoke Stack Burger	2349
Morning Glory Burger	1090

### Build Your Own Burger

Angus Beef ½ LB Patty	338
Angus Beef 1 LB Patty	678
Premium Beef ½ LB Patty	421
Premium Beef 1 LB Patty	841
Turkey Burger Single Patty	426
Turkey Burger Double Patty	852
Grilled Chicken Single Patty	156
Grilled Chicken Double Patty	312
Veggie Burger Single Patty	243
Veggie Burger Double Patty	486

### Burger Buns

Traditional Bun	342
Ciabatta Bun	240

### Burger Toppings

Lettuce	7
Tomato	2
Red Onion	3
Pickles	1
Cheddar Cheese	90
American Cheese	70
Swiss Cheese	80
Provolone Cheese	80
Pepper Jack Cheese	83
Bleu Cheese	100
Mozzarella	45
Smoked Gouda	48
Sautéed Onions	18
Grilled Jalapeños	15
Onion Tangles	95
BBQ'd Onions	34
Grilled Red Peppers	14
Jumbo Onion Rings	63



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Peppered Bacon	81
Fried Egg	74
Fried Pickles	122
Smoked Spiced Sausage	280
Hickory Smoked Pulled Pork	164
Portobello Mushrooms	38
Texas-Style Beef Brisket	217
Mac & Cheese	378
Guacamole	42
Sliced Avocado	68
Baby Spinach	9
Cole Slaw	140
Garlic Mayo	202
Chipotle Ketchup	38
Mushroom Sauce	32
Bones Sweet & Tangy	50
Chipotle Mayo	175
Spicy Garlic Buffalo	79
Tomato Sauce	10
<b>Side Items</b>	
Natural Cut Fries	267
Mashed Potatoes & Brown Gravy	284
Creamy Cole Slaw	350
Cinnamon Apples	238
Fresh Steamed Broccoli	212
BBQ Baked Beans	179
Baked Potato	344
Fire-Roasted Corn	203
Dirty Rice	227
Onion Rings	441
Loaded Baked Potato	498
Sweet Potato Stix	462
Loaded Mashed Potatoes	423
Big Cheese Macaroni	508
Loaded Cheese Fries	599
<b>BBQ Platters - Does not include side items</b>	
Hand-Pulled Pork Platter	635
Texas Style Brisket Platter	651
Sliced Smoked Chicken Breast Platter	355

MENU SELECTION	CALORIES
<b>Ribs - Does not include side items</b>	
Baby Back Ribs - 1/3 Rack	527
Baby Back Ribs - House Rack	926
Baby Back Ribs - Full Rack	1313
Smoked St. Louis Ribs - 1/3 Rack	494
Smoked St. Louis Ribs - House Rack	860
Smoked St. Louis Ribs - Full Rack	1214
Double Trouble	881
<b>Create Your Own Combos - Garlic bread &amp; sides not included</b>	
Hand-Pulled Pork	246
Grilled Bourbon BBQ Chicken Breast	156
Texas-Style Beef Brisket	325
Chicken Fingers	376
Chicken Wings	351
Sliced Smoked Chicken Breast	148
1/4 BBQ Chicken	397
Smoked Wings	334
Slow-Smoked Spiced Sausage	1120
<b>Fire-Grilled Favorites - Does not include side items</b>	
USDA Choice Petite Sirloin	467
USDA Choice Sirloin	692
Fire-Grilled Pork Tenderloin	381
<b>Flavor Your Meat - Does not include side items</b>	
Steakhouse Butter	340
Mushroom Red Wine Sauce	204
Teriyaki Glaze	180
Chipotle Soy Drizzle	237
Garlic Butter Sauce	380
Blackened with Bleu Cheese & Bacon	130
<b>Chicken &amp; Seafood</b>	
Hickory Smoked Salmon	887-1879
Fish & Chips	1901
Chicken Fingers	1461-2253
1/2 BBQ Chicken	1301-2093
Smokehouse Chicken	1163-1955

MENU SELECTION	CALORIES
<b>Salads</b>	
Stacked Baked Potato & Salad	851-875
Charbroiled Chicken Caesar Salad	716
Steak & Spinach Salad	761
Nutty Chicken Salad	909
Hickory Smoked Salmon Salad	958
Pulled Chicken Chopped Salad	797
Garden Greens Side Salad	72
Caesar Side Salad	248
<b>Salad Dressings</b>	
Peppercorn Ranch	130
Honey Mustard	130
Balsamic Vinaigrette	60
Caesar	190
Light Bacon Vinaigrette	80
Chunky Bleu Cheese	140
Oil & Vinegar	127
Bacon Ranch	138
<b>Soups - Does not include crackers</b>	
Homemade Brunswick Stew - Cup	195
Homemade Brunswick Stew - Bowl	279
Broccoli & Cheese - Cup	223
Broccoli & Cheese - Bowl	319
Loaded Potato Cheddar - Cup	212
Loaded Potato Cheddar - Bowl	303
<b>Sandwiches - Does not include side items</b>	
Smoked Brisket Sandwich	1051
Pulled Pork Sammy	588
Smokehouse Chicken Sandwich	878
The California Club	985
The Cuban	1541
Chicken Parmesan	916
Bones Buffalo Chicken Sandwich	956
<b>Desserts</b>	
Leaning Tower of Chocolate Cake	1305
Hot Bag O' Donuts	1120
Berries & Cream Sundae	410
World's Best Dad Root Beer Float	383



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## CALORIES

### Pasta

Tomato Basil Cavatappi

722

### Gourmet Mac & Cheese

Southwest Mac & Cheese

1739

Philly Steak Mac Melt

1576

Tuscan Mac & Cheese

1461

Spicy Bacon Chicken Mac

1680