

**Bob's Signature BBQ Meats & Salads**

<b>Product Name</b>	<b>Serving Size (oz)</b>	<b>Calories</b>	<b>Calories from fat</b>	<b>Total Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Trans fats (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Gluten Free Ingrid.</b>	<b>Allergens</b>
Beef, Quesadilla, Smoked	4 oz.	257	107	11.9	3.2	0.1	48.2	589.5	12.4	0.6	7.8	16.1	N	Wheat, Milk
Beef, Smoked, Pulled, with BBQ	4 oz.	179	29	3.3	1.1	0.1	50.6	606	17.4	0	15.2	20.3	Y	
Brisket, Smoked, Plain	4 oz.	231	61	7	2.5	0	113	475	2	0	2	38	Y	
Brisket, Smoked, with Au Jus	4 oz.	144	37	4	1.5	0	69	501	2	0	1	23	Y	
Brisket, Smoked, with BBQ	4 oz.	205	37	4	1.5	0	68	590	19	0	16	23	Y	
Chicken, Bone-In Breast with Glaze	1 ea	490	192	21	6	0	180	2235	12.5	1	8	63	Y	
Chicken, Bone-In Breast with BBQ	1 ea	510	192	21	6	0	180	2326	18	1	12	63	Y	
Chicken, Jumbo Drumsticks with Glaze	4 oz.	214	66	7	2	0	64	816	23	0.5	22	15	Y	
Chicken, Quesadilla, Smoked	4 oz.	270	123	13.7	6.9	0.3	61.4	604.9	17.4	1.1	1.7	19.1	N	Wheat, Milk,
Chicken Salad, Smoked Craisin Almond	4 oz.	409	302	34	6	0	55	447.6	10	1	8	11	Y	Egg, Almonds
Chicken, Smoked, Pulled, Plain	4 oz.	177	34	3.8	0.8	0	106	522.8	0.4	0	0	32.8	Y	
Chicken, Smoked, Pulled, with BBQ	4 oz.	173	21	2.3	0.5	0	63.7	618.4	17.4	0	15.2	19.7	Y	
Chicken, Whole, Smoked with Glaze	4 oz.	234	95	11	3	0	44	1519	22	1	20	12	Y	
Chicken, Wings, Smoked with Asian BBQ	4 oz.	254	111	12	3	0	44	1506	24	0	18.5	10	N	Wheat, Soy
Chicken, Wings, Smoked with Asian Teriyaki	4 oz.	257	109	12	3	0	44	1324	26	0	20	10	N	Wheat, Soy
Chicken, Wings, Smoked with Buffalo	4 oz.	246	128	14	3	0	44	1340	19	0.5	15	10	Y	Milk
Chicken, Wings, Smoked with Glaze	4 oz.	273	144	16	4	0	59	517	18	0	14	14	Y	
Chicken, Wings, Smoked with Mango Chipotle	4 oz.	293	116	13	3	0	47	1138	33	0.5	17	11	Y	
Chicken, Wings, Smoked with Thai Chili	4 oz.	273	109	12	3	0	44	1122	28	0	24	10	Y	
Meatloaf, Bacon Cheddar with Mango BBQ	5 oz	293	66	7.4	3.3	0.1	72.1	1087	48.1	1.2	15.2	7.6	N	Wheat, Egg, Soy, Milk
Pork, Smoked, Pulled, Plain	4 oz.	337	162	18	8	0	102	632	4	0	3.5	37	Y	
Pork, Smoked, Pulled, with BBQ	4 oz.	269	97	11	5	0	61	684	20	0	17	22	Y	
Pork, Ribs with Glaze	4 oz.	299	179	20	7	0	84	297	7	0	6	23	Y	
Pork, Ribs, with BBQ	4 oz.	290	168	19	7	0	79	326	9	0	8	22	Y	
Pork, Steaks	4 oz.	259	150	17	6	0	83	318	2	0	2	24	Y	
Pork, Rib Tips with BBQ	4 oz.	325	188	21	7	0	84	513	10	0	9	23	Y	
Salmon, Smoked Burger, with Glaze	1 ea	384	188	20	5	0	115	311	15	0	7	32	N	Wheat, Egg, Salmon
Salmon, Smoked, with Glaze	4 oz.	265	123	14	3	0	55.6	354	14	0	14	21	Y	Salmon
Salmon, Smoked, Pulled	4 oz.	231	80	9	2	0	34	1634	25	0	20	13	N	Wheat, Soy, Salmon
Shrimp, Smoked	4 oz.	315	190	21	12	0	260	322	2	0	1	28	Y	Shellfish (shrimp)
Turkey, Breast, Smoked (deli meat)	2 oz.	84	22	2.5	1	0	30	472.6	1	0	1	15	Y	

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Turkey Salad, Smoked Chipotle	4 oz.	379	304	34	7	0	44	424	1	0	0.5	10	Y	Egg
Turkey, Smoked, Pulled, with BBQ	4 oz.	163	3	0	0	0	3	733.9	39	0	39	2	Y	
<b>Bob's BBQ Meat Salads</b>														
Chicken, Smkhouse Chipotle Salad	4 oz	264	116	12.9	2.4	0	27.4	369.1	23.2	1.5	6	8.4	N	Wheat, Milk, Egg