COTTON PATCH CAFE
NUTRITION FACTS & ALLERGENS

PREPARED BY JILL ELLIOTT, RDN

		Nutrition										Allergens							
	Portion/Description	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)	Dairy	Eggs	Fish	Crustacean Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans
APPETIZERS																			
Jumbo Crispy 'Shrooms *with Ranch*	9 oz	1430	150	27	0	35	780	13	3	7	10	✓	✓					✓	✓
Cadillac Queso & Chips		1530	105	39	1	145	3470	97	9	13	34	✓						✓	✓
Skillet Cornbread		1200	67	27	0	55	2260	130	2	68	14	✓	✓					✓	✓
Big Bend Sampler		2440	156	44	0	140	7170	198	15	20	42	✓	✓					✓	✓
Fried Pickles		1420	85	15	0	35	4820	141	6	3	20	✓	✓					✓	✓
Fried Green Tomatoes *with Ranch*	8 ea	890	67	12	0	35	2950	64	4	8	10	✓	✓					✓	✓
Texas Caviar		840	46	7	0	0	1550	91	12	10	13	✓						*mc*	✓
Brisket Queso		1500	95	36	0	145	3550	107	7	28	37	✓						✓	✓
SOUPS & SALADS (with dressing)																			
Caesar Salad	full	550	46	12	0	40	1050	28	5	7	13	✓	✓	✓				✓	✓
	half	290	24	6	0	25	560	14	3	3	8	✓	✓	✓				✓	✓
Strawberry Pecan Salad	full	710	58	11	0	20	690	37	6	27	8	✓	*mc*			✓	*mc*	*mc*	*mc*
	half	550	47	8	0	10	480	26	3	21	4	✓	*mc*			✓	*mc*	*mc*	*mc*
Tex Mex Salad	full	970	81	18	0	60	1430	54	19	9	19	✓						*mc*	✓
	half	710	64	14	0	50	1290	31	11	7	11	✓						*mc*	✓
Big Ol Cobb Salad	full	830	75	18	0	385	1350	23	11	9	25	✓	✓						✓
	half	590	56	12	0	210	1000	12	5	6	13	✓	✓						✓
Seasonal Soup																			
Potato Cheese Soup	cup	300	21	10	0	60	1120	14	<1	2	13	✓						✓	✓
	bowl	450	31	15	0	90	1890	28	1	4	18	✓						✓	✓
Tomato Basil Soup	cup	230	16	6	0	25	640	15	2	10	5	✓						✓	✓
	bowl	460	32	12	0	55	1260	31	4	20	10	✓						✓	✓
Vegetable Soup	cup	120	1.5	0	0	0	1020	22	5	6	3							✓	✓
	bowl	240	3	0	0	0	2030	44	11	13	6							✓	✓
Chicken N' Dumplings	cup	160	4.5	1	0	20	780	19	0	<1	10	✓						✓	
	bowl	330	9	2	0	45	1560	38	0	1	20	✓						✓	
Texas Chili	cup	410	32	13	0.5	65	900	18	3	2	16	✓						✓	✓
	bowl	820	64	26	1.5	130	1800	36	7	5	32	✓						✓	✓
Soup & Salad Combo	cup/half salad																		
Texas Chili/Tex Mex	high range	1120																	
Vegetable/Caesar	low range	410																	
Pick your Protein																			
Grilled Chicken	5 oz	190	7	205	0	90	350	0	0	0	30	✓							✓
Chicken Fried Chicken	4 oz	270	11	2	0	90	690	18	2	0	26	✓	*mc*					✓	✓
Grilled Shrimp, steak rub	4 ea	270	23	9	0	105	630	0	0	0	11	✓			✓				✓
Fried Shrimp	4 ea	220	15	2.5	0	105	440	6	0	0	12	✓	✓		✓			✓	*mc*
Lemon Herb Grilled Salmon	6 oz	540	44	13	0	110	500	<1	0	0	34	✓		✓					✓
COUNTRY BASKETS *(with 9 oz fries)*																			
Chicken Tenders	Regular	1440	87	15	0	85	4590	111	8	3	45	✓	*mc*					✓	✓
	Small	1290	79	14	0	65	4050	101	8	2	35	✓	*mc*					✓	✓
Fried Shrimp	Regular	1490	96	15	0	215	3870	112	9	19	32	✓	✓		✓			✓	*mc*
	Small	1330	84	13	0	135	3540	108	9	19	24	✓	✓		✓			✓	*mc*
Steak Fingers	Regular	1680	97	19	0	115	3660	135	14	2	62	✓	*mc*					✓	✓
	Small	1400	84	16	0	80	3240	113	12	2	43	✓	*mc*					✓	✓
Fried Fish	Regular	2000	155	26	0	165	3660	99	8	5	43	✓	✓	✓				✓	✓
	Small	1690	134	22	0	105	3140	88	8	5	25	✓	✓	✓				✓	✓
Super Combo Fish & Shrimp		2560	186	31	0	380	5390	137	10	22	68	✓	✓	✓	✓			✓	✓
BURGERS & SANDWICHES *(with 9 oz fries)*																			
Big TX BLT		1480	110	17	0	20	3610	97	9	3	18		✓					✓	*mc*
Mushroom Patty Melt		2340	187	47	3.5	190	3850	98	9	4	55	✓	✓					✓	✓
Avocado Grilled Chicken Sandwich		1700	114	21	0	90	3260	116	21	5	48	✓	✓					✓	✓
Dr. Pepper BBQ Bacon Burger		2170	154	41	3.5	195	3510	126	14	22	59	✓	✓					✓	✓
Cheeseburger	with American cheese	1940	142	35	3.5	175	3440	109	15	6	53	✓	✓					✓	*mc*
	with Swiss cheese	1940	141	34	3.5	170	3440	108	15	5	53	✓	✓					✓	*mc*
	with Jack cheese	1980	145	37	3.5	180	3330	108	15	5	55	✓	✓					✓	*mc*
	with Cheddar cheese	1960	143	36	3.5	175	3280	109	15	5	54	✓	✓					✓	*mc*
Triple Cheese Bacon Burger		2260	166	49	3.5	240	4110	111	15	6	70	✓	✓					✓	*mc*
Roasted Turkey Club		1930	143	24	0	100	4310	108	16	5	45	✓	✓					✓	*mc*
add avocado	1/2 avocado	160	15	2	0	0	5	9	7	0	2								
Chicken Fried Chicken Sandwich		1670	108	16	0	105	3380	125	17	4	43	✓	✓					✓	*mc*
SIDES																			
Baked Potato, plain		280	3.5	1.5	0	0	2360	56	7	3	7	✓							✓
Loaded Baked Potato		440	18	8	0	20	2610	57	7	3	11	✓							✓
Baked Sweet Potato		640	13	5	0	0	310	122	13	61	8	✓	✓						
Fresh Broccoli	5 oz	140	12	2	3	0	250	7	0	0	4	✓							✓
Bacon Green Beans	1/2 cup	35	1	0	0	<5	560	4	1	2	2	✓							✓
Broccoli Rice Casserole	1/2 cup	260	12	7	0	30	970	23	<1	4	10	✓						✓	✓
Garlic Mashed Potatoes	1/2 cup	160	8	3.5	0	5	400	21	2	2	3	✓						✓	✓
Sweet Potato Fries	7 oz	640	42	7	0	0	560	60	2	20	2								
French Fries	6 oz	500	35	5	0	0	1410	40	4	0	4								
French Fries	9 oz	750	53	8	0	0	1820	60	6	0	6								
Cinnamon Apples	1/2 cup	180	0.5	0	0	0	60	45	1	39	0	✓						✓	
Fried Okra	1/2 cup	310	28	5	0	0	220	12	2	2	2	✓						✓	
Roasted Corn	1/2 cup	140	4.5	1	0	0	180	23	2	13	3	✓							✓

Macaroni & Cheese	1/2 cup	140	8	5	0	20	350	12	0	3	6	✓	*mc*					✓	✓
House Salad-no dressing		90	3	1	0	0	140	15	3	5	3							✓	
Seasoned Rice Pilaf	1/2 cup	250	1	0	0	0	830	53	1	2	5	✓						✓	✓
Cornbread Dressing	1/2 cup	280	15	6	0	55	780	32	2	11	6	✓	✓					✓	✓
Dressings																			
Homemade Ranch	3 fl oz	330	38	7	0	35	650	2	0	2	1	✓	✓						✓
BBQ Ranch Dressing	3 fl oz	260	19	3.5	0	20	700	24	0	19	<1	✓	✓						✓
Honey Mustard	3 fl oz	390	33	4.5	0	15	270	24	0	21	0		✓						
Avocado Ranch	3 fl oz	370	40	7	0	35	870	6	1	3	2	✓	✓						✓
Thousand Island	3 fl oz	390	38	6	0	35	650	9	0	8	0		✓						
Homemade Caesar	3 fl oz	460	51	9	0	40	880	4	0	2	2	✓	✓	✓				✓	✓
Balsamic Vinaigrette	3 fl oz	360	36	6	0	0	720	6	0	6	0	*mc*	*mc*					*mc*	*mc*
Blue Cheese	3 fl oz	450	48	9	0	45	750	3	0	3	3	✓	✓			*mc*		*mc*	*mc*
Raspberry Walnut Vinaigrette	3 fl oz	390	36	6	0	0	270	15	0	15	0	*mc*	*mc*			✓		*mc*	*mc*
TEXAS OPEN FLAME GRILL																			
Chuckwagon Chicken		580	16	5	0	115	1900	53	1	3	51	✓						✓	✓
Chipotle Maple Chicken		760	16	6	0	125	2830	94	5	21	56	✓						✓	✓
Lemon Herb Grilled Salmon		990	54	17	0	120	2280	78	5	6	44	✓		✓				✓	✓
Grilled Shrimp		780	35	13	0	225	2550	78	5	6	32	✓			✓			✓	✓
10 oz Center Cut Pork Chop		1040	65	25	0	190	2810	51	4	27	63	✓						✓	✓
6 oz Sirloin		810	55	23	0	165	1600	25	3	3	51	✓						✓	✓
8 oz Bacon Wrapped Filet		700	48	23	0	110	2000	26	3	3	41	✓						✓	✓
12 oz Ribeye		1310	95	42	0	275	1700	25	3	3	89	✓						✓	✓
add-on Grilled Shrimp, steak rub	4 ea	270	23	9	0	105	630	0	0	0	11	✓			✓				✓
add-on Fried Shrimp	4 ea	220	15	2.5	0	105	440	6	0	0	12	✓	*mc*		✓			✓	✓
CHICKEN FRIED FAVORITES																			
Chicken Fried Steak	Regular-original	1150	55	16	0	125	2980	102	12	5	61	✓	*mc*					✓	✓
	Regular-jalapeno	1150	56	16	0	125	2980	102	12	6	61	✓	*mc*					✓	✓
Chicken Fried Steak	Small-original	720	35	12	0	70	2360	69	7	5	33	✓	*mc*					✓	✓
	Small-jalapeno	730	36	12	0	70	2360	69	8	6	33	✓	*mc*					✓	✓
Chicken Fried Chicken	Regular-original	850	37	12	0	190	3120	72	8	5	57	✓	*mc*					✓	✓
	Regular-jalapeno	850	37	12	0	190	3120	72	8	6	57	✓	*mc*					✓	✓
Chicken Fried Chicken	Small-original	570	26	10	0	100	2430	54	6	5	31	✓	*mc*					✓	✓
	Small-jalapeno	580	26	10	0	100	2430	54	6	6	31	✓	*mc*					✓	✓
Chicken Fried Brisket	Regular-original	1650	91	30	0	165	5220	147	6	58	53	✓	*mc*					✓	✓
	Regular-jalapeno	1660	91	30	0	165	5220	148	6	58	53	✓	*mc*					✓	✓
Chicken Fried Brisket	Small-original	1080	53	19	0	85	3700	120	5	58	29	✓	*mc*					✓	✓
	Small-jalapeno	1090	53	19	0	85	3700	120	5	58	29	✓	*mc*					✓	✓
HOMESTYLE COOKING																			
Mimi's Cajun Pasta		1490	87	36	3.5	305	3020	95	3	14	70	✓			✓			✓	✓
Roasted Turkey & Dressing		540	25	8	0	145	1400	44	3	18	36	✓	✓					✓	✓
Blackened Tilapia	Regular	860	36	15	0	100	2170	78	5	6	56	✓		✓				✓	✓
	Jr	650	23	10	0	55	1970	78	5	6	33	✓		✓				✓	✓
Vegetable Platter (5 sides)	Low Range	560																	
	High Range	2900																	
Meatloaf		980	58	23	0	250	3260	56	7	18	54	✓	✓	✓				✓	✓
Grilled Cajun Duo		1360	54	23	0	340	4100	137	6	11	70	✓		✓	✓			✓	✓
LTOs																			
Pecan Crusted Tilapia with rice		1300	67	20	0	90	1600	115	5	44	57	✓	*mc*	✓		✓	*mc*	✓	✓
DESSERT																			
Southern Banana Pudding		390	15	8	0	30	390	57	0	40	6	✓	✓					✓	✓
BEVERAGES *(no ice)*																			
Soft Drinks																			
Diet Pepsi	12 fl oz	0	0	0	0	0	35	0	0	0	0								
Pepsi Zero Sugar	12 fl oz	0	0	0	0	0	40	0	0	0	0								
Pepsi	12 fl oz	150	0	0	0	0	35	41	0	41	0								
Mug Root Beer	12 fl oz	160	0	0	0	0	65	43	0	43	0								
Sierra Mist	12 fl oz	140	0	0	0	0	140	37	0	37	0								
Mountain Dew	12 fl oz	170	0	0	0	0	65	46	0	46	0								
Diet Mountain Dew	12 fl oz	5	0	0	0	0	50	0	0	0	0								
Dr. Pepper	12 fl oz	150	0	0	0	0	60	40	0	38	0								
Diet Dr. Pepper	12 fl oz	0	0	0	0	0	70	0	0	0	0								
Iced Tea																			
Iced Tea-unsweetened	12 fl oz	0	0	0	0	0	0	0	0	0	0								
Iced Tea -sweetened	12 fl oz	80	0	0	0	0	0	20	0	20	0								
Raspberry	12 fl oz	110	0	0	0	0	15	26	0	26	0								
Peach	12 fl oz	110	0	0	0	0	15	26	0	26	0								
Lemonade, hand crafted																			
Lemon	12 fl oz	80	0	0	0	0	15	21	0	20	0								
Strawberry	12 fl oz	110	0	0	0	0	15	28	0	27	0								
COCKTAILS																			
Pappaw's Sweet Tea																			
Texas Old Fahsioned																			
Ranch Water																			
Hard Cherry Limeade																			

Legend:

✓ = does contain

mc = may contain *(manufactured in a facility that processes the allergens-may be added unintentionally as the result of cross-contact.)*

blank field = does not contain