



Exchange Information

From the Grill

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Bull Of The Brazos - 12oz.	0	0	0	0	0	0	1	1
Wild Whiskey Burger	0	6	0	0	3	3	1	11
Honey Kissed Chicken Sandwich	0	13	0	0	0	3	0	4
Texas BBQ Chicken Sandwich	0	1	9	0	0	3	0	5
Saloon Cheeseburger	0	7	0	0	3	3	1	10
Saloon Cheeseburger with Bacon	0	8	0	0	0	3	1	11
Saloon Cheeseburger with Chili	0	7	0	0	2	3	1	10
Sauteed Onions (2 oz.)	0	0	0	0	0	0	1	1
Sauteed Mushrooms (2 oz.)	0	0	0	0	0	0	0	1
Bacon	0	1	0	0	0	0	0	6
Chili (2 oz.)	0	1	0	0	0	0	0	0
Mild Cheddar Cheese	0	1	0	0	0	0	0	0
Monterey Jack Cheese	0	1	0	0	0	0	0	0
American Cheese	0	1	0	0	0	0	0	1
Provolone Cheese	0	1	0	0	0	0	0	1
Swiss Cheese	0	1	0	0	0	0	0	1
Lump Crab Cake	0	0	4	0	0	1	1	12

Gulf Coast Favorites

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Lump Crab Cake	0	0	4	0	0	1	1	12
Grilled Mahi Mahi	0	0	8	0	0	0	1	5
Blackened Mahi	0	0	5	0	0	0	1	3
Mahi Mahi with Kickin Crab Crust	0	1	9	0	0	0	1	5
Texas Coconut Shrimp	0	0	2	0	1	0	1	7
Grilled Shrimp	0	0	1	0	1	0	1	1
Garlic Shrimp	0	0	1	0	0	1	1	7
Fried Catfish	0	0	9	0	1	0	1	10
Blackened Catfish	0	0	9	0	0	0	1	4
Chipotle Bourbon Glazed Salmon	0	7	0	0	0	4	1	4

Iron Skillets	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Beef Skillet	0	7	0	0	1	1	3	10
Chicken Skillet	0	0	7	0	1	1	3	2
Lunch Beef Skillet	0	4	0	0	1	1	3	8
Lunch Chicken Skillet	0	0	6	0	1	1	3	3
Texas Skillet	0	8	2	0	1	1	3	4
Tex Mex Skillet	0	8	0	0	1	1	2	9
Lunch Tex Mex Skillet	0	4	0	0	1	1	1	5

Mesquite Masterpieces (Dinner)	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Filet Mignon - 9oz.	0	0	7	0	0	0	0	1
Filet Mignon - 7oz.	0	0	6	0	0	0	0	1
Ribeye - 16oz.	0	0	11	0	0	0	0	11
Ribeye - 12oz.	0	0	9	0	0	0	0	8
Ribeye - 10oz.	0	0	8	0	0	0	0	6
New York Strip - 12oz.	0	9	0	0	0	0	0	9
Porterhouse - 20oz.	0	14	0	0	0	0	0	9
Prime Rib - 16 oz.	0	0	13	0	0	0	0	6
Prime Rib - 12 oz.	0	0	10	0	0	0	0	4
Texas Sirloin - 11oz.	0	0	9	0	0	0	0	4
Texas Sirloin - 7oz.	0	0	6	0	0	0	0	3
Cattleman's Ribeye with Mashed Potatoes	0	0	13	0	0	2	0	11
Marshal Dillon Ribeye	0	0	8	0	1	0	0	11
Sirloin and Lump Crab Cake and Slaw	0	0	7	0	1	0	1	9
Ribeye and Ribs	0	4	8	0	2	0	0	8
Sirloin and Coconut Shrimp and Slaw	0	0	6	0	2	1	1	7
Sirloin and Garlic Shrimp and Slaw	0	0	6	0	2	0	1	8
Sirloin and Grilled Shrimp and Slaw	0	0	6	0	1	0	1	6
Blue Cheese & Peppercorn Crusted Steak Topper	0	0	1	0	0	0	0	2
Sauteed Mushrooms - Steak Topper	0	0	0	0	0	0	1	1
Sauteed Onions - Steak Topper	0	0	0	0	0	0	2	1

Ribs and Chicken	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Whole Rack of Ribs	0	16	0	0	8	0	0	17
Half Rack of Ribs	0	8	0	0	4	0	0	9
Texas Chicken Tenders	0	1	12	0	2	0	0	5
Hickory Cheezy Chicken	0	1	9	0	1	0	0	1

Taste of Texas with Slaw	0	5	5	0	3	0	2	7
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Soup & Salad (Dinner)

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Black & Blue Sirloin Salad	0	7	0	0	0	0	4	6
Bowl of Chili	0	3	0	0	2	0	1	1
Bowl of Loaded Potato Soup	0	0	2	0	0	1	0	3
Bowl of Loaded Potato Soup & House Salad	0	0	1	0	0	1	2	3
Caesar Salad with Grilled Chicken Breast	0	0	6	0	0	1	1	4
Caesar Tender Salad	0	10	0	0	1	0	4	6
Chicken Fajita Salad	0	0	6	0	1	0	4	6
Chicken Tender House Salad	0	10	0	0	1	0	3	4
Cup of Chili	0	2	0	0	1	0	1	1
Cup of Loaded Potato Soup	0	0	1	0	0	1	0	3
French Onion Soup	0	0	1	0	0	0	2	1
Grilled Chicken House Salad	0	0	6	0	0	0	2	1
House Salad (Free or Add On)	0	0	0	0	0	0	2	2
Tureky Chop Chop Salad	0	0	6	0	2	0	5	7
Tortilla Chicken Soup Bowl	0	0	2	0	1	0	1	2
Tortilla Chicken Soup Cup	0	0	1	0	1	0	1	1
Steak Fajita Salad	0	3	0	0	1	0	3	5
West Texas Wedge	0	1	0	0	0	0	2	7

Side Kicks

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Broccoli Florets	0	0	0	0	0	0	2	0
Spicy Breaded Okra	0	0	0	0	1	0	2	3
Red Bliss Potatoes	0	0	0	0	1	0	0	2
Grilled Veggie Skewers	0	0	0	0	0	0	1	1
Seasonal Vegetable Blend	0	0	0	0	0	0	2	1
Kicked Up Mashed Potatoes	0	0	0	0	0	2	0	2
Seasoned Fries	0	0	0	0	0	3	0	4
Loaded Seasoned Fries	0	0	2	0	0	3	0	8
Baked Potato - Plain	0	0	0	0	0	4	0	0
Baked Potato with Butter & Sour Cream	0	0	0	0	0	4	0	2
Loaded Baked Potato	0	2	0	0	0	2	0	1
Sweet Potato- Plain	0	0	0	0	0	2	0	0
Sweet Potato with Butter and Cinnamon	0	0	0	0	0	2	0	2
Loaded Sweet Potato	0	0	0	0	2	1	0	2

Cole Slaw	0	0	0	0	1	0	1	2
Yeast Rolls	0	0	0	0	0	2	0	1
Blossom Petals	0	0	0	0	0	0	2	3

Starters from the Saloon

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Blossom Petals	0	0	0	0	0	3	3	3
Half Blossom Petals	0	0	0	0	0	0	1	2
Campfire Cheese Fries	0	0	2	0	0	3	0	3
Campfire Chili Cheese Fries	0	0	2	0	0	3	0	3
Chili Con Queso with Chips	0	0	1	0	0	3	0	3
Con Queso with Chips	0	0	1	0	0	3	0	3
Texas Potato Skins	0	3	0	0	0	2	0	1
Half Texas Potato Skins	0	2	0	0	0	1	0	1
Kickin Crab Dip	0	1	2	0	0	0	0	5
Sundown Spinach Dip	0	0	0	0	1	0	2	5
Texas Heatwave Wings	0	3	0	0	0	0	0	5
Half Texas Heatwave Wings	0	2	0	0	0	0	0	2
BBQ Bacon Jalapenos	0	2	0	0	0	0	1	4

Burgers & Sandwiches (Lunch)

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Saloon Cheeseburger	0	7	0	0	3	3	1	10
Saloon Cheeseburger with Bacon	0	8	0	0	0	3	1	11
Saloon Cheeseburger with Chili	0	7	0	0	2	3	1	10
Western Blue Burger	0	7	0	0	0	3	1	10
Wild Whiskey Burger	0	6	0	0	3	3	1	11
Ribeye Steak Sandwich	0	4	0	0	0	3	0	5
Prime Rib Sandwich	0	0	4	0	0	3	0	2
Blazin' Chicken Sandwich	0	0	5	0	0	3	0	9
Texas BBQ Chicken Sandwich	0	1	9	0	0	3	0	5
Honey Kissed Chicken Sandwich	0	13	0	0	0	3	0	4
Sauteed Onions (2 oz.)	0	0	0	0	0	0	1	1
Sauteed Mushrooms (2 oz.)	0	0	0	0	0	0	0	1
Bacon	0	1	0	0	0	0	0	6
Chili (2 oz.)	0	1	0	0	0	0	0	0
Mild Cheddar Cheese	0	1	0	0	0	0	0	0
Monterey Jack Cheese	0	1	0	0	0	0	0	0
American Cheese	0	1	0	0	0	0	0	1

Provolone Cheese	0	1	0	0	0	0	0	1
Swiss Cheese	0	1	0	0	0	0	0	1

Lunch Sized Texas Favorites

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Beef Skillet	0	0	7	0	1	1	3	14
Chicken Skillet	0	0	4	0	1	1	3	5
Texas Coconut Shrimp	0	0	2	0	1	0	1	7
Texas Chicken Tenders	0	1	8	0	1	0	0	3
Bull Of The Brazos - 12oz.	0	0	0	0	0	0	1	1
Taste of Texas with Slaw	0	5	5	0	3	0	2	7
Whole Rack of Ribs	0	16	0	0	8	0	0	17
Half Rack of Ribs	0	8	0	0	4	0	0	9

Mesquite Masterpieces (Lunch)

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Filet Mignon - 7oz.	0	0	6	0	0	0	0	1
Texas Sirloin - 11oz.	0	0	9	0	0	0	0	4
Texas Sirloin - 7oz.	0	0	6	0	0	0	0	3
Ribeye - 12oz.	0	0	9	0	0	0	0	8
Ribeye - 10oz.	0	0	8	0	0	0	0	6
Marshal Dillon Ribeye	0	0	8	0	1	0	0	11
Blue Cheese & Peppercorn Crusted Steak Topper	0	0	1	0	0	0	0	2
Sauteed Mushrooms - Steak Topper	0	0	0	0	0	0	1	1
Sauteed Onions - Steak Topper	0	0	0	0	0	0	2	1

Young Texans (Entrees)

	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Chicken Tenders	0	0	3	0	1	0	0	2
Cheeseburger	0	0	4	0	0	2	0	4
Rodeo Ribeye	0	4	0	0	0	0	0	5
Rib Wrangler	0	4	0	0	2	0	0	5
Buckaroo Salad	0	0	0	0	0	0	1	3
Mac & Cheese	0	1	0	0	0	3	0	2
Prarie Dogs	0	1	0	0	0	2	0	2
Young Texan Dole Mixed Fruit	1	0	0	0	0	0	0	0
Young Texan Motts Applesauce	1	0	0	0	0	0	0	0
Young Texan Tortilla Chips	0	0	0	0	0	6	0	7

Desserts	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Blue Bell Sundae (raspberry)	0	0	0	2	6	0	0	5
Brownie Sundae	0	0	0	1	6	0	0	4
Caramel Apple Crunch	0	0	0	2	4	0	0	3
Cookies 'n Texas Cream	0	0	0	2	5	0	0	2
Texas Birthday Party	0	0	0	1	6	0	0	3

Burgers and Sandwiches (Dinner)	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Bull Of The Brazos - 12oz.	0	0	0	0	0	0	1	1
Wild Whiskey Burger	0	6	0	0	3	3	1	11
Honey Kissed Chicken Sandwich	0	13	0	0	0	3	0	4
Texas BBQ Chicken Sandwich	0	1	9	0	0	3	0	5
Saloon Cheeseburger	0	7	0	0	3	3	1	10
Saloon Cheeseburger with Bacon	0	8	0	0	0	3	1	11
Saloon Cheeseburger with Chili	0	7	0	0	2	3	1	10
Sauteed Onions (2 oz.)	0	0	0	0	0	0	1	1
Sauteed Mushrooms (2 oz.)	0	0	0	0	0	0	0	1
Bacon	0	1	0	0	0	0	0	6
Chili (2 oz.)	0	1	0	0	0	0	0	0
Mild Cheddar Cheese	0	1	0	0	0	0	0	0
Monterey Jack Cheese	0	1	0	0	0	0	0	0
American Cheese	0	1	0	0	0	0	0	1
Provolone Cheese	0	1	0	0	0	0	0	1
Swiss Cheese	0	1	0	0	0	0	0	1

Salad & Soup (Lunch)	Fruit	Meat	Very Lean Meat	Milk	Other Carbs	Starch	Vegetables	Fat
Black & Blue Sirloin Salad	0	7	0	0	0	0	2	7
Chicken Fajita Salad	0	0	6	0	1	0	4	8
Steak Fajita Salad	0	3	0	0	1	0	3	5
Grilled Chicken House Salad	0	0	6	0	0	0	2	1
Chicken Tender House Salad	0	10	0	0	1	0	3	2
House Salad (Free or Add On)	0	0	0	0	0	0	2	2
Caesar Salad with Grilled Chicken Breast	0	0	6	0	0	1	1	7
Caesar Tender Salad	0	10	0	0	1	0	4	6
Caesar Salad (free or add on)	0	1	0	0	0	0	2	5
Cup of Chili	0	2	0	0	1	0	1	1
Bowl of Chili	0	3	0	0	2	0	1	1

Cup of Loaded Potato Soup	0	0	1	0	0	1	0	3
Bowl of Loaded Potato Soup	0	0	2	0	0	1	0	3
French Onion Soup	0	0	1	0	0	0	2	1