



Nutritional Information

	Serving Size (oz)	Calories	Total Fat (g)	Calories from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Protein (g)
✓ Applesauce	5	140	0	0	0	0	0	50	35	0
Baby Back Ribs	4	410	32	288	12	0	125	970	2	26
✓ BBQ Sauce - <i>Hot</i>	2	120	0	0	0	0	0	960	28	0
✓ BBQ Sauce - <i>Mild</i>	2	100	0	0	0	0	0	800	26	0
✓ BBQ Sauce - <i>Honey</i>	2	160	0	0	0	0	0	980	40	0
Beef Brisket - <i>Chopped or Sliced</i>	4	400	36	324	16	0	85	290	57	18
✓ Bun - <i>Sandwich</i>	2.4	170	4.5	40	.5	0	0	280	28	5
✓ Bun - <i>Sub Bun</i>	2.8	210	2.5	22.5	.5	0	0	340	37	6
Chicken - <i>Half*</i>	16	1080	61	549	17	0	395	1260	2	122
Chicken Tenders	7.3	620	48	130	10	0	40	0	27	23
Chicken Tenders - <i>Kid's Meal</i>	1.3	380	27	333	5	0	25	0	19	16
Chicken Wings	4	280	22	198	6	0	110	870	2	17
Chili	5	130	7	63	3	0	20	480	11	8
✓ Cobbler - <i>Apple</i>	6.6	340	12	108	5	0	0	400	57	3
✓ Cobbler - <i>Blackberry</i>	6.6	400	12	108	5	0	0	380	69	3
✓ Cobbler - <i>Cherry</i>	6.6	400	13	117	5	0	0	370	69	3
✓ Cobbler - <i>Peach</i>	6.6	400	12	108	5	0	0	350	69	3
✓ Coleslaw	4	110	7	63	1	0	0	5	11	0
✓ Corn	4	80	1	9	0	0	0	0	17	1
✓ Cornbread	3	200	4	36	1.5	0	5	440	37	3
✓ Cottage Cheese	4	110	4.5	40.5	3	0	25	430	5	13
✓ French Fries	7	460	29	261	8	0	0	55	45	4
Green Beans	4	35	1.5	13.5	1	0	5	340	4	1
Ham	4	180	9	81	2.5	0	90	1800	0	27
✓ Macaroni & Cheese	4	150	8	72	3	0	15	620	16	6
Mashed Potatoes & Gravy	4	130	4	36	0.5	0	0	400	22	3
Nachos - <i>CHIPS ONLY</i>	4	310	12	108	2.5	0	0	35	42	7
✓ Okra	7	400	19	171	4.5	0	0	1530	52	6
✓ Onion Rings	6	510	38	342	8	0	0	690	41	3
Pork Loin	4	140	6	54	2	0	60	440	50	21
Polish Sausage	5	380	30	270	10	0	90	1240	8	18
Potato Salad	4	170	10	90	2	0	35	280	17	4
Pulled Pork	4	210	13	117	5	0	65	620	3	19
Ranch Beans	4	130	3	27	0.5	0	5	510	20	5
Scalloped Potatoes	4	60	3.5	31.5	1.5	0	10	230	5	2
✓ Sweet Potato Fries	6	340	23	207	4.5	0	0	310	29	3
Texas Tater - <i>Plain</i>	20	470	0	0	0	0	0	35	100	0
✓ Texas Toast	1.4	120	3.5	31.5	0	0	0	180	20	3
Turkey	4	140	3	27	0	0	60	930	2	22
Turkey Gravy	1	10	0	0	0	0	0	140	2	0
✓ Waffle Fries	7	470	35	315	9	0	0	790	41	3
✓ White Queso Sauce	2	150	12	108	8	0	40	440	2	8

At Hickory River we work at providing the most up-to-date ingredient information on our menu items to help people with food allergies or sensitivities make wise food choices. While the website contains the most recent information available to us, we still recommend that you consult your medical professional if you have any concerns about food allergies or sensitivities.

✓ Vegetarian Option