



NUTRITIONAL CONTENT

	Serving Size	Total Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Gluten Free*
MEAT													
Brisket	4 oz	280	198	22	9	0	75	80	0	0	0	21	✓
Chicken	4 oz	270	135	4	4.5	0	100	160	0	0	0	31	✓
Half Chicken	As served	600	378	4	12	0	210	540	0	0	0	52	✓
Whole Chicken	As served	1210	765	32	24	0.5	420	1090	0	0	0	104	✓
Turkey	4 oz	120	36	4	0	0	50	1010	2	0	0	18	✓
Sausage	4 oz	390	288	32	12	0	75	820	1	0	0	15	✓
Pulled Pork	4 oz	320	180	20	7	0	110	710	3	0	2	29	✓
Ham	4 oz	160	54	6	2	0	60	1100	2	0	0	24	✓
Hot Links	1 link	210	135	15	6	0	75	570	5	0	0	13	✓
Ribs	4 oz	320	243	27	9	0	90	880	<1	0	0	18	✓
Ribs - Half Slab	As served	740	549	61	20	0.5	210	3330	2	0	0	41	✓
Ribs - Whole Slab	As served	1480	1098	122	40	1	420	6660	4	0	0	82	✓
SIDES													
Green Beans	4 oz	10	0	0	0	0	0	660	2	0	<1	0	✓
Coleslaw	4 oz	130	117	13	2	0	5	100	5	<1	3	0	✓
Fried Cabbage	4 oz	40	23	2.5	0.5	0	0	135	3	1	2	1	✓
Mac & Cheese	4 oz	170	81	9	4.5	0	20	550	17	2	2	7	
Mashed Potatoes	4 oz	70	23	2.5	0	0	0	340	12	1	2	2	✓
Pinto Beans	4 oz	110	0	0	0	0	0	490	21	5	<1	7	✓
Ranch House Beans	4 oz	120	9	1	0	0	<5	520	21	5	<1	7	✓
Potato Salad	4 oz	130	63	7	1	0	<5	680	16	2	3	2	✓
Spicy Potatoes	4 oz	140	81	9	1.5	0	0	530	14	2	2	2	
Texas Style Creamed Corn	4 oz	160	40	4.5	2	0	5	450	28	3	0	4	
Fried Okra	4 oz	130	54	6	1	0	0	260	16	<1	2	2	
French Fries	4 oz	235	144	16	2.5	0	0	155	20.5	1.5	0.5	2.5	
Texas Toast	1 slice	120	45	5	0.5	0	0	220	17	0	2	3	
SAUCES													
Brown Gravy	2 oz	15	0	0	0	0	0	310	3	0	0	0	
White Peppered Gravy	2 oz	45	18	2	1	0	0	250	6	0	0	0	
BBQ Sauce	1 fl oz	40	0	0	0	0	0	240	10	0	9	0	
Tartar Sauce	1 fl oz	150	144	16	2.5	0	15	160	1	0	1	0	
YOUNG UN'S													
Corn Dogs	As served	400	234	26	9	1	35	880	30	3	4	10	
Chicken Fingers	As served	380	216	24	4	0	50	670	17	1	0	21	
BIG TIME TATERS													
Baked Potato	1 potato	360	0	0	0	0	0	25	82	6	3	10	✓
Margarine	1 fl oz	200	207	23	3.5	0	0	220	0	0	0	<1	✓
Sour Cream	1 tsp	10	9	1	0.5	0	<5	10	0	0	0	0	✓
Cheese	2 tsp	20	14	1.5	1	0	<5	30	0	0	0	1	✓
Bacon Bits	1 oz	100	54	6	2	0	20	890	0	0	0	12	✓



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BOWLS													
SoulBowl	As served	1500	837	93	36	0	250	3250	84	13	4	75	
The Rambler	As served	1220	648	72	26	0	225	3420	94	9	6	58	
The Tyler	As served	1470	882	98	34	0	185	3340	78	7	6	61	
Frontier Fries	As served	1360	846	94	28	1	205	1780	67	5	5	58	
SANDWICHES													
Round Up - Brisket	As served	360	170	19	7	0	60	300	26	0	4	21	
Round Up - Sausage	As served	440	243	27	10	0	60	900	27	0	4	16	
Round Up - Pulled Pork	As served	380	162	18	6	0	90	810	28	0	6	27	
Round Up - Turkey	As served	230	40	4.5	0	0	40	1050	28	0	4	19	
Round Up - Ham	As served	260	54	6	1.5	0	50	1120	27	0	4	23	
Round Up - Hot Link	As served	340	144	16	6	0	75	810	31	0	4	17	
Soulman's Sandwich - Brisket	As served	490	216	24	9	0	75	490	41	<1	6	27	
Soulman's Sandwich - Sausage	As served	600	306	34	13	0	75	1230	42	<1	6	21	
Soulman's Sandwich - Pork	As served	530	198	22	8	0	110	1120	44	1	8	35	
Soulman's Sandwich - Turkey	As served	330	54	6	0	0	50	1420	43	<1	6	24	
Soulman's Sandwich - Ham	As served	370	72	8	2.5	0	60	1510	43	<1	6	30	
Soulman's Sandwich - Hot Link	As served	420	153	17	6	0	75	980	46	<1	6	19	
FISH FRY													
Medium Catch	As served	430	234	26	4.5	0	45	1190	16	0	0	33	
Big Catch	As served	650	350	39	7	0	70	1780	24	<1	0	50	
Hushpuppies	As served	320	117	13	2.5	0	0	1030	45	4	5	4	
DESSERTS													
Pecan Pie	1 slice	720	351	39	9	0.5	10	540	98	2	73	4	
Buttermilk Pie	1 slice	620	288	32	8	0.5	10	610	90	0	63	5	
Banana Pudding	As served	270	90	10	4	2	0	240	41	1	22	2	
Fried Apple Pie	As served	270	135	15	3	0	0	250	31	2	8	3	
Fried Peach Pie	As served	290	144	16	3	2	0	210	34	4	12	3	
Peach Cobbler	As served	270	117	13	6	0	5	230	38	1	18	2	
Apple Cobbler	As served	280	117	13	6	0	5	300	39	1	19	2	
DRINKS - NO ICE													
Coke	16 fl oz	200	0	0	0	0	0	50	53	0	53	0	
Diet Coke	16 fl oz	0	0	0	0	0	0	65	0	0	0	0	
Sprite	16 fl oz	180	0	0	0	0	0	90	49	0	49	0	
Coke Zero	16 fl oz	0	0	0	0	0	0	55	0	0	0	0	
Minute Maid Lemonade	16 fl oz	180	0	0	0	0	0	130	50	0	48	0	
Fanta Strawberry	16 fl oz	220	0	0	0	0	0	55	59	0	59	0	
Barq's Root Beer	16 fl oz	210	0	0	0	0	0	70	58	0	58	0	
Dr. Pepper	16 fl oz	200	0	0	0	0	0	80	53	0	52	0	
Powerade Mountain Berry Blast	16 fl oz	110	0	0	0	0	0	150	29	0	29	0	
Unsweet Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	0	
Sweet Tea	16 fl oz	100	0	0	0	0	0	0	30	0	30	0	

*While we can't guarantee our food to be gluten free due to the potential for cross contamination, by nature, a lot of our menu items are made with gluten free ingredients. If you, or the person in question, has a severe allergic reaction to gluten, please make the manager aware so they can take additional steps to ensure safety. Please don't hesitate to ask them to change gloves, wash their hands and sanitize their block and knife before cutting the plate.