



NUTRITIONAL CONTENT

	Serving Size	Total 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	22	9	0	75	80	0	0	0	21	✓
Chicken	4 oz	270	4	4.5	0	100	160	0	0	0	31	✓
Half Chicken	As served	600	4	12	0	210	540	0	0	0	52	✓
Whole Chicken	As served	1210	32	24	0.5	420	1090	0	0	0	104	✓
Turkey	4 oz	120	4	0	0	50	1010	2	0	0	18	✓
Sausage	4 oz	390	32	12	0	75	820	1	0	0	15	✓
Pulled Pork	4 oz	320	20	7	0	110	710	3	0	2	29	✓
Ham	4 oz	160	6	2	0	60	1100	2	0	0	24	✓
Hot Links	1 link	210	15	6	0	75	570	5	0	0	13	✓
Ribs	4 oz	320	27	9	0	90	880	<1	0	0	18	✓
Ribs - Half Slab	As served	740	61	20	0.5	210	3330	2	0	0	41	✓
Ribs - Whole Slab	As served	1480	122	40	1	420	6660	4	0	0	82	✓
SIDES												
Green Beans	4 oz	10	0	0	0	0	660	2	0	<1	0	✓
Coleslaw	4 oz	130	13	2	0	5	100	5	<1	3	0	✓
Fried Cabbage	4 oz	40	2.5	0.5	0	0	135	3	1	2	1	✓
Baked Mac & Cheese	4 oz	220	14	6	0	25	650	17	2	3	8	
Mashed Potatoes	4 oz	70	2.5	0	0	0	340	12	1	2	2	✓
Pinto Beans	4 oz	110	0	0	0	0	490	21	5	<1	7	✓
Ranch House Beans	4 oz	120	1	0	0	<5	520	21	5	<1	7	✓
Potato Salad	4 oz	130	7	1	0	<5	680	16	2	3	2	✓
Spicy Potatoes	4 oz	140	9	1.5	0	0	530	14	2	2	2	
Texas Style Creamed Corn	4 oz	160	4.5	2	0	5	450	28	3	0	4	
Fried Okra	4 oz	130	6	1	0	0	260	16	<1	2	2	
French Fries	4 oz	235	16	2.5	0	0	155	20.5	1.5	0.5	2.5	
Texas Toast	1 slice	120	5	0.5	0	0	220	17	0	2	3	
SAUCES												
Brown Gravy	2 oz	15	0	0	0	0	310	3	0	0	0	
White Peppered Gravy	2 oz	45	2	1	0	0	250	6	0	0	0	
BBQ Sauce	1 fl oz	40	0	0	0	0	240	10	0	9	0	
Tartar Sauce	1 fl oz	150	16	2.5	0	15	160	1	0	1	0	
YOUNG UN'S												
Corn Dogs	As served	400	26	9	1	35	880	30	3	4	10	
Chicken Fingers	As served	380	24	4	0	50	670	17	1	0	21	
BIG TIME TATERS												
Baked Potato	1 potato	360	0	0	0	0	25	82	6	3	10	✓
Margarine	1 fl oz	200	23	3.5	0	0	220	0	0	0	<1	✓
Sour Cream	1 tsp	10	1	0.5	0	<5	10	0	0	0	0	✓
Cheese	2 tsp	20	1.5	1	0	<5	30	0	0	0	1	✓
Bacon Bits	1 oz	100	6	2	0	20	890	0	0	0	12	✓



NUTRITIONAL CONTENT

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