



COTTON PATCH CAFE
NUTRITION FACTS & ALLERGENS

PREPARED BY JILL ELLIOTT, RDN

Portion/Description	Nutrition										Allergens							
	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																		
Skillet Cornbread	1200	67	27	0	55	2260	130	2	68	14	✓	✓						✓
Spinach Dip with salsa	1050	68	21	0	50	2320	94	15	10	28	✓						mc	✓
Homemade Queso & Salsa	1280	86	31	0	120	3230	88	7	12	29	✓						mc	✓
Cadillac Queso	1470	98	33	0.5	150	6610	116	7	13	40	✓							✓
Chicken Fried Bacon-no gravy	700	50	13	0	45	1730	33	2	<1	19	✓							✓
Mozzarella Sticks with marinara	890	61	20	0	80	1880	57	2	6	28	✓							✓
	Regular	580	39	13	0	50	1450	39	1	6	18	✓						✓
Fried Green Tomatoes-no dressing	560	29	5	0	0	2300	62	4	5	9	✓							✓
	Regular (4)	280	15	2.5	0	1740	31	2	9	4	✓							✓
Fried Pickles-no dressing	1100	47	8	0	0	4170	139	6	1	18	✓							✓
	Regular	730	32	6	0	2970	93	4	<1	12	✓							✓
Onion Rings with Ranch	1500	123	22	0	35	2320	86	8	18	11	✓	✓						✓
	Regular (8)	1110	95	17	0	35	1770	58	6	13	8	✓	✓					✓
Bacon Cheese Fries with Ranch	2780	239	70	0	225	5300	89	8	2	66	✓	✓						✓
	Regular	1440	126	36	0	120	2760	45	4	33	✓	✓						✓
Fried Mushrooms-no sauce	1110	113	20	0	0	125	10	3	5	8	✓							✓
	small	550	56	10	0	60	5	1	3	4	✓							✓
	Homemade Ranch	330	38	7	0	35	650	2	0	2	1	✓	✓					✓
	Honey Mustard	390	33	4.5	0	15	270	24	0	21	0	✓	✓					✓
Chips, Queso, Salsa & Guacamole	1490	105	34	0	120	3580	100	16	13	31	✓						mc	✓
Brisket Queso	1500	97	35	0	160	4130	110	7	29	39	✓						mc	✓
Coconut Shrimp	860	29	11	0	130	1170	124	2	66	20	✓		✓	✓				✓
SOUPS and such																		
Potato Cheese Soup	770	50	29	1.5	75	2170	55	5	8	21	✓							✓
	cup	450	31	17	0.5	50	1260	28	3	15	✓							✓
Chicken Tortilla Soup	280	15	4.5	0	40	1270	23	5	7	16	✓							✓
	cup	230	14	4.5	0	25	710	16	3	10	✓							✓
Chicken N' Dumplings	290	13	4.5	0	85	1070	24	<1	<1	20	✓							✓
	cup	150	6	2	0	40	540	12	0	<1	10	✓						✓
Tomato Basil Soup	460	32	12	0	55	1260	31	4	20	10	✓							✓
	cup	230	16	6	0	25	630	15	2	10	5	✓						✓
Soup of the Day-cup	150										✓							✓
	high range	450									✓							✓
Soup of the Day-bowl	280										✓							✓
	high range	460									✓							✓
BEVERAGES																		
Soft Drinks (no ice)																		
Coke	12 fl oz	140	0	0	0	45	39	0	39	0								
Diet Coke	12 fl oz	0	0	0	0	40	0	0	0	0								
Sprite	12 fl oz	140	0	0	0	70	38	0	38	0								
Dr. Pepper	12 fl oz	150	0	0	0	60	40	0	38	0								
Barg's Rootbeer	12 fl oz	160	0	0	0	70	45	0	45	0								
Minute Maid Lemonade	12 fl oz	150	0	0	0	50	42	0	40	0								
Coke Zero	12 fl oz	0	0	0	0	40	0	0	0	0								
Iced Tea																		
Iced Tea-unsweetened	12 fl oz	0	0	0	0	0	0	0	0	0								
Iced Tea -sweetened	12 fl oz	80	0	0	0	0	20	0	20	0								
Raspberry	12 fl oz	110	0	0	0	15	26	0	26	0								
Peach	12 fl oz	110	0	0	0	15	26	0	26	0								
Lemonade																		
Strawberry Lemonade	12 fl oz	110	0	0	0	15	28	0	27	0								
Frozen Lemonade-non-alcoholic	17 fl oz	120	0	0	0	20	30	0	29	0								
DRINKS-Alcohol																		
Frozen Lemonade																		
Texas Two Step		210	0	0	0	15	33	0	32	0								
Bluebonnet		240	0	0	0	15	37	0	23	0								
Longhorn		200	0	0	0	15	27	0	26	0								
Sunset		210	0	0	0	15	30	0	29	0								
SOUTHERN SIGNATURES (no fixin's)																		
Chicken Fried Brisket-no gravy		1630	103	29	0	175	3630	112	3	53	54	✓						✓
	jalapeno gravy 4 fl oz	110	7	3.5	0	0	780	11	0	2	0	✓	mc					✓
	cream gravy 4 fl oz	100	6	3.5	0	0	780	11	0	2	0	✓	mc					✓
	brown gravy 4 fl oz	45	1	0	0	0	800	9	0	0	0	✓						✓
Chicken Fried Steak-no gravy		850	40	9	0	115	1250	66	8	0	56	✓						✓
	jalapeno gravy 4 fl oz	110	7	3.5	0	0	780	11	0	2	0	✓	mc					✓
	cream gravy 4 fl oz	100	6	3.5	0	0	780	11	0	2	0	✓	mc					✓
Chicken Fried Chicken-no gravy		550	22	4.5	0	180	1380	36	5	0	52	✓						✓
Chicken Fried Pork-no gravy		2000	125	24	0	165	3310	131	5	41	70	✓						✓
	cinnamon apples 1/2 cup	180	0.5	0	0	0	60	45	1	39	0	✓						✓
Alfredo Pasta		760	35	18	0	45	1360	83	2	10	18	✓	mc					✓
Alfredo Pasta-grilled chicken		950	43	20	0	135	1710	83	2	10	48	✓	mc					✓
Alfredo Pasta-grilled shrimp		1100	60	27	0	255	2130	83	2	10	41	✓	mc					✓
Super Combo Fish & Shrimp-no sauce		1490	103	19	0	335	2940	67	4	2	63	✓	✓	✓	✓			✓
	8 shrimp	1270	87	16	0	225	2500	62	4	2	51	✓	✓	✓	✓			✓
	4 shrimp	80	0	0	0	0	570	18	1	11	1	✓						✓
	cocktail sauce 2 fl oz	80	0	0	0	0	570	18	1	11	1	✓						✓
	tartar sauce 2 fl oz	300	32	5	0	30	320	2	0	2	0	✓						✓
Fried Catfish-no sauce		1050	72	14	0	120	2060	56	4	2	39	✓	✓	✓				✓
Fried Shrimp-no sauce		870	61	10	0	215	1900	45	3	2	27	✓	✓	✓				✓
Meatloaf		780	50	19	0	240	2310	31	4	15	49	✓	✓					✓
Vegetable Platter-5 fixin's		560										✓						✓
	low range	560										✓						✓
	high range	2810										✓						✓
Vegetable Platter-3 fixin's		280										✓						✓
	low range	280										✓						✓



At Cotton Patch Cafe, we are committed to the health and safety of our customers. Our Allergen menu contains the most current information available from our food suppliers, in order for our guests to make informed selections. Please note that due to shared food preparation and cooking areas, the possibility exists for food items to contact foods and/or fryer oil containing allergens.

***Due to the above stated conditions, we are unable to guarantee that any menu items are completely allergen free. Please always alert the manager to your food allergy prior to placing your order.**

Half Caesar Salad, dressed		390	28	8	0	70	740	14	3	3	23	✓	✓	✓				✓	✓
Half Greek Salad, dressed		350	25	5	0	60	1240	13	2	6	18	✓							✓
Signature Specials (no fixin')																			
Chicken Fried Chicken-no gravy	lunch size	270	11	2	0	90	690	18	2	0	26	✓						✓	
Chicken Fried Steak-no gravy	lunch size	430	20	4.5	0	60	620	33	4	0	28	✓						✓	
Chicken Fried Pork-no gravy	lunch size	1090	63	12	0	80	1680	88	3	40	35	✓						✓	
	jalapeno gravy 4 fl oz	110	7	3.5	0	0	780	11	0	2	0	✓	mc					✓	✓
	cream gravy 4 fl oz	100	6	3.5	0	0	780	11	0	2	0	✓	mc					✓	✓
Meatloaf	lunch size	420	26	9	0	120	1530	19	3	10	25	✓	✓					✓	✓
Chicken Spaghetti	regular portion	760	32	17	0	230	2330	55	3	13	65	✓	mc					✓	
Chicken and Dumplings Entrée		290	13	4.5	0	85	1070	24	<1	1	20	✓						✓	✓
Weekend Roast (no fixin's)																			
Pot Roast		780	22	7	0.5	240	2250	48	6	7	99	✓						✓	✓
Roasted Turkey & Dressing		540	25	8	0	145	1400	44	3	18	36	✓	✓					✓	✓
OTHER																			
Steak fingers-no fries, no gravy	3 ea	640	30	6	0	85	940	50	6	0	42	✓						✓	
House Salad-no dressing		90	3	1	0	0	140	15	3	5	3	✓	mc					✓	✓
dressings for house salad																			
Homemade Ranch	2 fl oz	220	25	4.5	0	25	440	1	0	1	<1	✓	✓						✓
Honey Mustard	2 fl oz	260	22	3	0	10	180	16	0	14	0	✓							
Avocado Ranch	2 fl oz	240	27	5	0	25	580	4	<1	2	1	✓							✓
Thousand Island	2 fl oz	260	26	4	0	25	440	6	0	5	0	✓							
Homemade Caesar	2 fl oz	300	34	6	0	25	580	3	0	1	1	✓	✓	✓				✓	✓
Honey Lime	2 fl oz	260	24	4	0	20	280	16	0	16	0	mc	✓			mc		mc	mc
Balsamic Vinaigrette	2 fl oz	240	24	4	0	0	480	4	0	4	0	mc	mc					mc	mc
Low fat Ranch	2 fl oz	70	0	0	0	0	820	16	2	6	0	✓	mc			mc		mc	mc
Blue Cheese	2 fl oz	300	32	6	0	30	500	2	0	2	2	✓	✓			mc		mc	mc
Raspberry Walnut Vinaigrette	2 fl oz	260	24	4	0	0	180	10	0	10	0	mc	mc			✓		mc	mc
	Add cup of soup	150																	
	low range	450																	
	high range	450																	
Upgrade to sweet potato fries		640	42	7	0	0	560	60	2	20	2	✓						✓	✓
Upgrade to onion rings	6 ea w/Ranch	920	80	14	0	35	1490	44	4	10	6	✓	✓					✓	✓
Dipping Sauces																			
Brown Gravy	3 fl oz	35	1	0	0	0	600	7	0	0	0	✓						✓	✓
Cream Gravy	3 fl oz	80	4.5	2.5	0	0	590	8	0	2	0	✓	mc					✓	✓
Jalapeno Gravy	3 fl oz	80	5	2.5	0	0	590	8	0	2	0	✓	mc					✓	✓
Avocado Ranch	3 fl oz	370	40	7	0	35	870	6	1	3	2	✓	✓					✓	
Homemade Ranch	3 fl oz	330	38	7	0	35	650	2	0	2	1	✓	✓					✓	
Honey Mustard	3 fl oz	390	33	4.5	0	15	270	24	0	21	0	✓							
Ketchup	3 fl oz	120	0	0	0	0	960	30	0	24	0								
Dr. Pepper BBQ Sauce	3 fl oz	230	0	0	0	0	520	58	0	52	0								
Honey BBQ Sauce	3 fl oz	220	0	0	0	0	580	56	0	48	0								
Buffalo	3 fl oz	60	0	0	0	0	5280	12	0	0	0								
Sweet Thai Chili	3 fl oz	180	0	0	0	0	1020	42	0	36	0								
DESSERTS																			
Pecan Pie		750	38	11	0	75	350	99	3	72	6	✓	✓				✓	✓	✓
Pumpkin Crunch		870	44	17	0	60	690	110	2	80	6	✓	✓				✓	mc	✓
Cobbler	Blackberry	430	11	4.5	0	0	250	77	7	45	5	✓						✓	✓
Cobbler	Peach	500	16	7	0	0	360	83	0	52	5	✓						✓	✓
Ice Cream	scoop	210	11	6	0	45	90	25	0	25	5	✓							
Dr Pepper Chocolate Cake		860	37	15	0	90	360	127	3	102	10	✓	✓					✓	✓
Mama's Special Butter Cake		820	38	24	0.5	165	720	109	0	80	8	✓	✓					✓	✓
Texas Hummingbird Cake		720	42	14	0	90	510	81	2	54	8	✓	✓				✓	✓	✓
Funnel Cake Fries		680	36	9	0	40	350	84	0	42	4	✓	✓					✓	✓
Legend:																			
✓ = does contain																			



At Cotton Patch Cafe, we are committed to the health and safety of our customers. Our Allergen menu contains the most current information available from our food suppliers, in order for our guests to make informed selections. Please note that due to shared food preparation and cooking areas, the possibility exists for food items to contact foods and/or fryer oil containing allergens. (9.2022)

***Due to the above stated conditions, we are unable to guarantee that any menu items are completely allergen free. Please always alert the manager to your food allergy prior to placing your order.**