

**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	
<b>APPETIZERS</b>																			
Skillet Cornbread	1200	67	27	0	55	2260	130	2	68	14	✓	✓						✓	
Homemade Queso & Salsa	1280	86	31	0	120	3230	88	7	12	29	✓						mc	✓	
Chicken Fried Bacon-no gravy	700	50	13	0	45	1730	33	2	<1	19	✓							✓	
Fried Green Tomatoes-no dressing	Texas Size (8)	560	29	5	0	2300	62	4	5	9	✓							✓	
	Regular (4)	280	15	2.5	0	1740	31	2	9	4	✓							✓	
Fried Pickles-no dressing	Texas Size	1100	47	8	0	4170	139	6	1	18	✓							✓	
	Regular	730	32	6	0	2970	93	4	<1	12	✓							✓	
Bacon Cheese Fries with Ranch	Texas Size	2780	239	70	0	225	5300	89	8	2	66	✓	✓					✓	
	Regular	1440	126	36	0	120	2760	45	4	1	33	✓	✓					✓	
Fried Mushrooms-no sauce	Texas size	1110	113	20	0	125	10	3	5	8	✓							✓	
	small	550	56	10	0	60	5	1	3	4	✓							✓	
	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	✓	✓					✓	
Chicken Quesadilla	half	530	28	16	0	100	1330	39	4	5	35	✓	mc					✓	
<b>SOUPS and such</b>																			
Potato Cheese Soup	bowl	770	50	29	1.5	75	2170	55	5	8	21	✓						✓	
	cup	450	31	17	0.5	50	1260	28	3	4	15	✓						✓	
Chicken Tortilla Soup	bowl	280	15	4.5	0	40	1270	23	5	7	16	✓						✓	
	cup	230	14	4.5	0	25	710	16	3	4	10	✓						✓	
Chicken N' Dumplings	bowl	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	bowl	460	32	12	0	55	1260	31	4	20	10	✓						✓	
	cup	230	16	6	0	25	630	15	2	10	5	✓						✓	
Vegetable Soup	bowl	210	6	1	0	5	25	35	2	10	6	✓						✓	
	cup	100	3	0.5	0	<5	1250	18	3	5	3	✓						✓	
Soup of the Day-cup	low range	100																	
	high range	450																	
Soup of the Day-bowl	low range	210																	
	high range	460																	
<b>BEVERAGES (no ice)</b>																			
<b>Soft Drinks</b>																			
Diet Pepsi	12 fl oz	0	0	0	0	0	35	0	0	0	0								
Pepsi Zero Sugar	12 fl oz	0	0	0	0	0	40	0	0	0	0								
Pepsi	12 fl oz	150	0	0	0	0	35	41	0	41	0								
Mug Root Beer	12 fl oz	160	0	0	0	0	65	43	0	43	0								
Sierra Mist	12 fl oz	140	0	0	0	0	140	37	0	37	0								
Mountain Dew	12 fl oz	170	0	0	0	0	65	46	0	46	0								
Diet Mountain Dew	12 fl oz	5	0	0	0	0	50	0	0	0	0								
Dr. Pepper	12 fl oz	150	0	0	0	0	60	40	0	38	0								
Diet Dr. Pepper	12 fl oz	0	0	0	0	0	70	0	0	0	0								
<b>Iced Tea</b>																			
Iced Tea-unsweetened	12 fl oz	0	0	0	0	0	0	0	0	0	0								
Iced Tea-sweetened	12 fl oz	80	0	0	0	0	0	20	0	20	0								
Raspberry	12 fl oz	110	0	0	0	0	15	26	0	26	0								
Peach	12 fl oz	110	0	0	0	0	15	26	0	26	0								
<b>Lemonade, hand crafted</b>																			
Lemon	12 fl oz	80	0	0	0	0	15	21	0	20	0								
Strawberry	12 fl oz	110	0	0	0	0	15	28	0	27	0								
<b>SIGNATURES (no sides)</b>																			
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	✓						✓	
Super Combo Fish & Shrimp-no sauce	8 shrimp	1490	103	19	0	335	2940	67	4	2	63	✓	✓	✓	✓			✓	
	4 shrimp	1270	87	16	0	225	2500	62	4	2	51	✓	✓	✓	✓			✓	
	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	with fries	1300	90	16	0	120	2770	76	6	2	41	✓	✓	✓				✓	
Fried Shrimp-no sauce	with fries	1120	78	12	0	215	2610	65	6	2	29	✓	✓		✓			✓	
Meatloaf		780	50	19	0	240	2310	31	4	15	49	✓	✓					✓	
Steak Fingers-no gravy	4 ea	1350	75	14	0	115	2660	107	12	0	60	✓						✓	
Vegetable Platter-5 fixin's	low range	560																	
	high range	2810																	
Chicken N' Dumplings	bowl	290	13	4.5	0	85	1070	24	<1	<1	20	✓						✓	
Chicken Tenders-no gravy	4 ea	610	30	5	0	85	2180	43	2	<1	38	✓						✓	
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					✓	
<b>STEAKHOUSE (no sides)</b>																			
Sirloin	6 oz	610	46	19	0	155	640	0	0	0	46	✓						✓	
Ribeye	12 oz	1120	86	38	0	265	740	0	0	0	84	✓						✓	
Bacon Wrapped Filet	8 oz	510	39	19	0	100	1050	1	0	0	36	✓						✓	
<b>Steak Add ons</b>																			
Shrimp-grilled (blackened)	4 shrimp	270	23	9	0	105	520	0	0	0	11	✓						✓	
Shrimp-fried	4 shrimp	220	15	2.5	0	105	440	6	0	0	12	✓	✓		✓			✓	
<b>GRILL (no sides)</b>																			
Chipotle Maple Chicken	with rice	570	7	2	0	115	1880	70	1	18	51	✓						✓	
Center Cut Pork Chops		850	56	21	0	180	1850	27	<1	24	58	✓						✓	
Grilled Cajun Duo	8 shrimp	1170	45	19	0	330	3140	112	3	8	65	✓		✓	✓			✓	
	4 shrimp	1100	44	19	0	220	2890	112	3	8	54	✓		✓	✓			✓	
Grilled Shrimp		590	26	9	0	215	1600	53	1	3	28	✓		✓	✓			✓	
Lemon Herb Grilled Salmon		540	44	13	0	110	500	<1	0	0	34	✓		✓	✓			✓	



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Chipotle Maple Salmon	with rice	860	45	13	0	110	1330	70	1	18	39	✓	✓	✓	✓	✓	✓
Blackened Tilapia		670	27	11	0	90	1210	53	1	3	51	✓	✓	✓	✓	✓	✓
<b>SALADS</b>																	
Caesar Salad, no protein, dressed		550	46	12	0	40	1050	28	5	7	13	✓	✓	✓	✓	✓	✓
Tex Mex Salad, no protein, no dressing		610	40	11	0	25	560	48	18	7	17	✓	✓	✓	✓	mc	✓
Strawberry Pecan Salad, no protein, no dressing		320	22	5	0	20	420	22	6	12	8	✓	mc	✓	✓	mc	mc
Cobb Salad, no protein, no dressing		500	37	11	0	350	690	20	11	7	24	✓	✓	✓	✓	✓	✓
grilled chicken breast	5 oz	190	7	205	0	90	350	0	0	0	30	✓	✓	✓	✓	✓	✓
<b>Upgrades</b>																	
Grilled Shrimp, blackened	4 ea	270	23	9	0	105	520	0	0	0	11	✓	✓	✓	✓	✓	✓
Grilled Shrimp, steak rub	4 ea	270	23	9	0	105	630	0	0	0	11	✓	✓	✓	✓	✓	✓
Fried Shrimp	4 ea	220	15	2.5	0	105	440	6	0	0	12	✓	mc	✓	✓	✓	mc
Lemon Herb Grilled Salmon	6 oz	540	44	13	0	110	500	<1	0	0	34	✓	✓	✓	✓	✓	✓
<b>Dressings</b>																	
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	✓	✓	✓	✓	✓	✓
Avocado Ranch	3 fl oz	370	40	7	0	35	870	6	1	3	2	✓	✓	✓	✓	✓	✓
Thousand Island	3 fl oz	390	38	6	0	35	650	9	0	8	0	✓	✓	✓	✓	✓	✓
Homemade Caesar	3 fl oz	460	51	9	0	40	880	4	0	2	2	✓	✓	✓	✓	✓	✓
Balsamic Vinaigrette	3 fl oz	360	36	6	0	0	720	6	0	6	0	✓	mc	✓	✓	mc	mc
Blue Cheese	3 fl oz	450	48	9	0	45	750	3	0	3	3	✓	✓	✓	✓	mc	mc
Raspberry Walnut Vinaigrette	3 fl oz	390	36	6	0	0	270	15	0	15	0	✓	mc	✓	✓	mc	mc
<b>SIDES</b>																	
Garlic Mashed Potatoes	1/2 cup	160	8	3.5	0	5	400	21	2	2	3	✓	✓	✓	✓	✓	✓
Macaroni & Cheese	1/2 cup	140	8	5	0	20	350	12	0	3	6	✓	mc	✓	✓	✓	✓
French Fries	6 oz	500	35	5	0	0	1410	40	4	0	4	✓	✓	✓	✓	✓	✓
Baked Squash	1/2 cup	190	7	3	0	30	320	26	3	14	5	✓	✓	✓	✓	✓	✓
Fried Okra	1/2 cup	310	28	5	0	0	220	12	2	2	2	✓	✓	✓	✓	✓	✓
Southern Green Beans	1/2 cup	35	1	0	0	<5	560	4	1	2	2	✓	✓	✓	✓	✓	✓
Whole Kernel Corn	1/2 cup	100	3	0.5	0	0	210	20	2	9	3	✓	✓	✓	✓	✓	✓
Black-Eyed Peas	1/2 cup	140	4	1.5	0	<5	450	18	3	0	7	✓	✓	✓	✓	✓	✓
Cinnamon Apples	1/2 cup	180	0.5	0	0	0	60	45	1	39	0	✓	✓	✓	✓	✓	✓
Broccoli Rice Casserole	1/2 cup	260	12	7	0	30	970	23	<1	4	10	✓	✓	✓	✓	✓	✓
<b>Premium Sides</b>																	
Loaded Baked Potato	1/2 cup	440	18	8	0	20	2610	57	7	3	11	✓	✓	✓	✓	✓	✓
Sweet Potato Fries	7 oz	640	42	7	0	0	560	60	2	20	2	✓	✓	✓	✓	✓	✓
House Salad-no dressing		90	3	1	0	0	140	15	3	5	3	✓	✓	✓	✓	✓	✓
Caesar Salad-dressed		290	24	6	0	25	560	14	3	3	8	✓	✓	✓	✓	✓	✓
Soup of the Day-cup	low range	100										✓	✓	✓	✓	✓	✓
	high range	450										✓	✓	✓	✓	✓	✓
Funnel Cake Fries		680	36	9	0	40	350	84	0	42	4	✓	✓	✓	✓	✓	✓
Steamed Veggies	1/2 cup	140	12	2	3	0	250	8	2	3	3	✓	✓	✓	✓	✓	✓
Fresh Broccoli	5 oz	140	12	2	3	0	250	7	0	0	4	✓	✓	✓	✓	✓	✓
<b>HANDHELDS</b>																	
<b>Sandwiches (no fries)</b>																	
Avocado Grilled Chicken		1040	77	16	0	90	1480	43	9	3	38	✓	✓	✓	✓	✓	✓
The BLT		730	57	10	0	20	1790	36	3	3	12	✓	✓	✓	✓	✓	mc
	add avocado 1/2 avocado	160	15	2	0	0	5	9	7	0	2	✓	✓	✓	✓	✓	mc
Turkey Club		1180	91	17	0	100	2490	47	10	5	38	✓	✓	✓	✓	✓	mc
Triple Grilled Cheese		830	62	20	0	70	1310	35	2	3	22	✓	✓	✓	✓	✓	mc
<b>Texas Toast Burgers (no fries)</b>																	
Patty Melt		1480	123	35	3.5	190	2300	37	2	3	47	✓	✓	✓	✓	✓	✓
Texas Classic Melt	american cheese	1210	95	29	3.5	175	1580	37	3	4	43	✓	✓	✓	✓	✓	mc
	cheddar cheese	1200	95	29	3.5	170	1350	36	3	3	43	✓	✓	✓	✓	✓	mc
	pepper jack cheese	1220	97	31	3.5	142	1400	35	3	3	44	✓	✓	✓	✓	✓	mc
	swiss cheese	1180	93	28	3.5	465	1510	35	3	3	42	✓	✓	✓	✓	✓	mc
	low range	1180										✓	✓	✓	✓	✓	mc
	high range	1220										✓	✓	✓	✓	✓	mc
Three Cheese Bacon Melt		1500	118	42	3.5	235	2180	38	3	4	59	✓	✓	✓	✓	✓	mc
<b>Add on</b>																	
Chicken Fried Bacon	2 slices	230	16	4	0	15	570	11	<1	0	6	✓	✓	✓	✓	✓	✓
<b>Quesadillas</b>																	
Chicken Quesadilla		1000	53	31	0	195	2280	71	5	6	69	✓	mc	✓	✓	✓	✓
<b>LTOs</b>																	
Avocado Burger		1420	110	33	3.5	190	1930	55	13	6	53	✓	✓	✓	✓	✓	✓
Dr. Pepper Jalapeno Burger		1440	103	33	3.5	195	3100	70	10	24	54	✓	✓	✓	✓	✓	✓
Firecracker Burger		1290	95	31	3.5	180	1650	56	11	10	50	✓	✓	✓	✓	✓	✓
Firecracker Sandwich		850	49	13	0	90	1870	56	11	10	41	✓	✓	✓	✓	✓	✓
Ranch Hand	(no sides)	1140	80	36	3.5	175	3770	60	0	<1	48	✓	✓	✓	✓	✓	✓
Fried Chicken Salad	no dressing	650	38	12	0	395	1640	33	5	7	42	✓	✓	✓	✓	✓	mc
	BBQ Ranch Dressing 3 fl oz	260	19	3.5	0	20	700	24	0	19	<1	✓	✓	✓	✓	✓	✓
Shrimp Cocktail		260	1	0	0	210	1460	35	3	19	28	✓	✓	✓	✓	✓	✓
Lemon Herb Grilled Flounder	with rice	790	41	16	0	150	2540	53	1	3	47	✓	✓	✓	✓	✓	✓
Pecan Crusted Flounder	with rice	1000	54	19	0	150	2410	72	3	7	51	✓	mc	✓	✓	✓	✓
Shiner Bock Fried Flounder	with fries/tartar	1460	108	17	0	120	3000	82	6	4	29	✓	✓	✓	✓	✓	✓
<b>WEEKDAY LUNCH SPECIALS (no sides)</b>																	
Chicken Fried Steak-no gravy	lunch size	430	20	4.5	0	60	620	33	4	0	28	✓	✓	✓	✓	✓	✓
Chicken Fried Chicken-no gravy	lunch size	270	11	2	0	90	690	18	2	0	26	✓	✓	✓	✓	✓	✓
Beef Tips	lunch size	470	25	11	0	115	600	24	3	3	40	✓	mc	✓	✓	✓	✓
Meatloaf	lunch size	420	26	9	0	120	1530	19	3	10	25	✓	✓	✓	✓	✓	✓
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	✓	✓	✓	✓
Chicken Tenders-no fries, no gravy	lunch (3)	460	22	4	0	65	1640	32	2	<1	29	✓	✓	✓	✓	✓	✓
Steak fingers-no fries, no gravy	lunch (3)	640	30	6	0	85	940	50	6	0	42	✓	✓	✓	✓	✓	✓
<b>Pick your half sandwich</b>																	
Half BLT		370	29	5	0	10	1130	19	1	2	6	✓	✓	✓	✓	✓	mc
Half Turkey Club		590	45	8	0	50	1480	24	5	2	19	✓	✓	✓	✓	✓	mc
Half Triple Grilled Cheese		410	31	10	0	35	650	18	1	2	11	✓	✓	✓	✓	✓	mc
<b>Weekend Roast (no sides)</b>																	
Beef Tips		810	43	20	0	180	1140	46	5	5	63	✓	mc	✓	✓	✓	✓
Roasted Turkey & Dressing		540	25	8	0	145	1400	44	3	18	36	✓	✓	✓	✓	✓	✓
<b>OTHER</b>																	
<b>Dipping Sauces</b>																	
Cream Gravy	3 fl oz	80	4.5	2.5	0	0	590	8	0	2	0	✓	mc	✓	✓	✓	✓



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