



**Counting calories doesn't have to be boring and bland. Take a look at some friendly favorites from City Barbeque!**

## Guilt-free dining options at City Barbeque

You don't have to sacrifice flavor when you are trying to take it down a notch—a belt notch that is. Whether you are counting calories, fat, carbohydrates, or fiber, we have some guilt-free options that will make your stomach smile!

### Smoked Meats

Our meats are hand rubbed and then slowly smoked to tender, juicy perfection. No sauce is needed to enjoy these moist and flavorful entrees. Ask for these meats naked—without the bun. Or, ask about our multi grain, wheat and rye breads if you prefer.

#### Turkey Breast

(8 oz of meat—enough to share!)

Calories	340
Fat (g)	12
Fiber (g)	0
Carbs (g)	0

#### Beef Brisket

(8 oz of meat—take half home!)

Calories	510
Fat (g)	22
Fiber (g)	0
Carbs (g)	1

#### Chicken

We proudly serve Gerber Brand Chicken—5 lb naturally fed birds that are free of stimulants and growth hormones. Ask for this chicken “skin free” and save on calories and fat!

#### Breast/Wing

(10.5 edible oz, without skin)

Calories	516
Fat (g)	13
Fiber (g)	0
Carbs (g)	1

#### Boneless Chicken Breast

(5.4 oz, without skin)

Calories	241
Fat (g)	5
Fiber (g)	0
Carbs (g)	1

#### Leg/Thigh

(5.5 edible oz, without skin)

Calories	320
Fat (g)	15
Fiber (g)	0
Carbs (g)	1

### Premium Salad

Our Premium Salad starts with crisp Spring Mix and Romaine and is topped with lots of extras including tomatoes, onions, cucumbers, dried cranberries and Parmigiano-Reggiano cheese. Lite dressings are available on request.

#### Premium Salad

Calories	336
Fat (g)	9
Fiber (g)	8
Carbs (g)	50

Top this salad with 4 ounces of skinless chicken breast or turkey to add a lean protein to your meal!

### City Sides

All sides are house made daily using fresh ingredients and lots of tender loving care!

	Green Beans	Greens w/ Pork	3-Meat Chili	Side Salad
Calories	71	136	181	36
Fat (g)	3	9	7	0
Fiber (g)	3	4	4	2
Carbs (g)	8	9	14	8

### Dessert

Dessert isn't always out of the question. Our banana pudding is made with fresh bananas and Nilla wafers—a sweet ending without the guilt!

#### Banana Pudding

Calories	245
Fat (g)	6
Fiber (g)	1
Carbs (g)	45

*The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to the season of the year, use of an alternate supplier, region of the country and/or small differences in product assembly.*