COTTON PATCH CAFE
NUTRITION FACTS & ALLERGENS
PREPARED BY JILL ELLIOTT, RDN

		Nutrition										Allergens								Revision Date
	Portion/Description	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																				
Jumbo Crispy 'Shrooms *with Ranch*	9 oz	1430	150	27	0	35	780	13	3	7	10	✓	✓					✓	✓	05/31/24
Classic Queso & Chips	full size	920	61	18	0	40	1460	75	.	5	14	✓						*mc*	✓	04/21/26
	personal s	460	30	9	0	20	850	38	3	3	7	✓						*mc*	✓	04/21/26
Skillet Cornbread		1200	67	27	0	55	2260	130	2	68	14	✓	✓					✓	✓	
Trio Grand Sampler		2100	133	31	0	75	5790	186	15	14	32	✓	✓					✓	✓	04/21/26
Fried Pickles		1420	85	15	0	35	4820	141	6	3	20	✓	✓					✓	✓	05/31/24
Fried Green Tomatoes *with Ranch*	8 ea	890	67	12	0	35	2950	64	4	8	10	✓	✓					✓	✓	05/31/24
Texas Caviar		840	46	7	0	0	1310	91	13	10	13	✓						*mc*	✓	04/21/26
Brisket Queso		1080	72	23	0	85	1760	76	6	5	26	✓						*mc*	✓	04/21/26
Crispy Cajun Cheese Bites		1240	105	40	0	185	2290	40	5	7	36	✓	✓					✓	✓	03/24/25
TX Wings		1400	102	23	0	265	1130	66	2	52	56	✓	✓						✓	03/24/25
SOUPS, SALADS & SPUDS																				
Soups																				
Chicken N' Dumplings	cup	160	4.5	1	0	20	780	19	0	<1	10	✓						✓		05/31/24
bowl plus side (fries)	high range	1080	61	9	0	45	3380	98	6	1	26									03/24/25
bowl plus side (green beans)	low range	360	10	2.5	0	45	2120	42	1	3	22									03/24/25
Chicken Tortilla Soup	cup	270	15	4.5	0	30	1000	23	3	3	12	✓						*mc*	*mc*	04/21/26
bowl plus side (fries)	high range	1130	70	12	0	50	3700	100	12	5	25									04/21/26
bowl plus side (green beans)	low range	410	18	4.5	0	55	2430	44	7	7	21									04/21/26
Salads with dressing																				
Strawberry Pecan Salad	full	710	58	11	0	20	690	37	6	27	8	✓	*mc*			✓	*mc*	*mc*	*mc*	05/31/24
	half	550	47	8	0	10	480	26	3	21	4	✓	*mc*			✓	*mc*	*mc*	*mc*	05/31/24
Tex Mex Salad	full	990	84	19	0	60	1920	51	16	13	18	✓	✓					*mc*	✓	03/24/25
	half	680	62	13	0	50	1390	28	9	8	10	✓	✓					*mc*	✓	03/24/25
Big Ol Cobb Salad	full	830	75	18	0	385	1350	23	11	9	25	✓	✓						✓	05/31/24
	half	580	56	12	0	210	1000	12	5	6	13	✓	✓						✓	05/31/24
House Salad with Ranch		330	28	5	0	25	570	21	3	8	4	✓	✓					✓	✓	03/24/25
Pick your Protein																				
Grilled Chicken	4 oz	130	3	1	0	60	520	0	0	0	23	✓							✓	06/17/25
Crispy Chicken	4 oz	270	11	2	0	90	690	18	2	0	26	✓	*mc*					✓	✓	12/31/24
Grilled Shrimp, steak rub	4 ea	270	23	9	0	105	630	0	0	0	11	✓			✓				✓	
Fried Shrimp	4 ea	370	29	5	0	100	730	11	<1	0	16	✓	✓		✓			✓	*mc*	06/17/25
Lemon Herb Grilled Salmon	6 oz	540	44	13	0	110	500	<1	0	0	34	✓		✓					✓	
Spuds																				
Colassal Brisket Stuffed Baked Potato		920	48	30	0	85	850	92	12	15	40	✓							✓	06/10/25
COUNTRY BASKETS *(with 9 oz fries)*																				
Chicken Tenders	Regular	1440	34	79	87	87	-1733	27	81	87	81	✓	*mc*					✓	✓	09/30/26
	Small	1290	26	6	0	65	2230	41	2	2	29	✓	*mc*					✓	✓	09/30/26
Fried Shrimp	Regular	1790	70	12	0	200	2630	63	4	19	35	✓	✓		✓			✓	*mc*	09/30/26
	Small	1510	48	8	0	125	2090	55	3	19	23	✓	✓		✓			✓	*mc*	09/30/26
Steak Fingers	Regular	1680	44	11	0	115	1840	75	8	2	56	✓	*mc*					✓	✓	09/30/26
	Small	1400	31	8	0	80	1420	53	6	2	37	✓	*mc*					✓	✓	09/30/26
Fried Fish	Regular	2000	102	18	0	165	1840	39	2	5	37	✓	✓	✓				✓	✓	09/30/26
	Small	1690	81	14	0	105	1320	28	2	5	19	✓	✓	✓				✓	✓	09/30/26
Super Combo Fish & Shrimp		2860	160	28	0	365	4160	88	5	22	71	✓	✓	✓	✓			✓	✓	09/30/26
BURGERS & SANDWICHES *(with 9 oz fries)*																				
Big TX BLT		1480	57	9	0	20	1790	37	3	3	12		✓					✓	*mc*	09/30/26
Mushroom Patty Melt		2340	134	39	3.5	190	2030	38	3	4	49	✓	✓					✓	✓	09/30/26
Avocado Grilled Chicken Sandwich		1700	61	13	0	90	1440	56	15	5	42	✓	✓					✓	✓	09/30/26
Dr. Pepper BBQ Bacon Burger		2170	101	33	3.5	195	1690	66	8	22	53	✓	✓					✓	✓	09/30/26
Cheeseburger	with Amer	1940	89	27	3.5	175	1620	49	9	6	47	✓	✓					✓	*mc*	09/30/26
	with Swiss	1940	88	26	3.5	170	1620	48	9	5	47	✓	✓					✓	✓	12/31/24
	with Jack	1980	92	29	3.5	180	1510	48	9	5	49	✓	✓					✓	*mc*	12/31/24
	with Ched	1960	90	28	3.5	175	1460	49	9	5	48	✓	✓					✓	*mc*	12/31/24
Triple Cheese Bacon Burger		2260	113	41	3.5	240	2290	51	9	6	64	✓	✓					✓	*mc*	09/30/26
Roasted Turkey Club		1930	90	16	0	100	2490	48	10	5	39	✓	✓					✓	*mc*	09/30/26
add avocado	1/2 avoca	910	15	2	0	0	5	9	7	0	2									
Chicken Fried Chicken Sandwich	no cheese	805	8	0	105	1560	65	11	4	37	43	✓	✓					✓	*mc*	09/30/26
add-on American cheese	1 slice	820	6	4	0	20	300	1	0	1	4	✓								03/24/25
add-on Swiss cheese	1 slice	830	6	4	0	20	85	1	0	1	6	✓							✓	03/24/25
add-on Cheddar cheese	1 slice	840	7	4.5	0	20	140	1	0	0	5	✓								03/24/25
add-on Jack cheese	1 slice	860	9	6	0	25	190	0	0	0	6	✓								03/24/25
Colassal Brisket Stuffed Loaded Baked Potato		1670	48	30	0	85	850	92	12	15	40	✓							✓	06/10/25
SIDES																				
Baked Potato, plain		280	3.5	1.5	0	0	2360	56	7	3	7	✓							✓	
Loaded Baked Potato		440	18	8	0	20	2610	57	7	3	11	✓							✓	
Baked Sweet Potato		310	13	5	0	0	310	122	13	61	8	✓	✓							08/16/23

Fresh Broccoli	5 oz	140	12	2	3	0	250	7	0	0	4	✓						✓	
Bacon Green Beans	1/2 cup	70	5	2	0	5	700	4	1	2	2	✓						✓	✓	06/17/25
Broccoli Rice Casserole	1/2 cup	260	12	7	0	30	970	23	<1	4	10	✓						✓	✓	
Garlic Mashed Potatoes with original cream g	1/2 cup	210	11	5	0	10	790	26	2	3	3	✓	*mc*					✓	✓	03/24/25
Garlic Mashed Potatoes with jalapeno cream	1/2 cup	210	11	5	0	10	790	26	2	3	3	✓	*mc*					✓	✓	03/24/25
French Fries	9 oz	750	53	8	0	0	1820	60	6	0	6									12/31/24
Cinnamon Apples	1/2 cup	180	0.5	0	0	0	60	45	1	39	0	✓								
Fried Okra	1/2 cup	310	28	5	0	0	220	12	2	2	2	✓						✓		
Roasted Corn	1/2 cup	140	4.5	1	0	0	180	23	2	13	3	✓							✓	05/31/24
Macaroni & Cheese	1/2 cup	140	8	5	0	20	350	12	0	3	6	✓	*mc*					✓	✓	
House Salad with Ranch		330	28	5	0	25	570	21	3	8	4	✓	✓					✓	✓	03/24/25
Seasoned Rice Pilaf	1/2 cup	250	1	0	0	0	830	53	1	2	5	✓						✓	✓	12/31/24
Black-Eyed Peas	1/2 cup	140	4	1.5	0	<5	450	18	3	0	7									
Baked Squash Cassarole	1/2 cup	190	7	3	0	30	320	26	3	14	5	✓	✓					✓	✓	
Cornbread Dressing	1/2 cup	280	15	6	0	55	780	32	2	11	6	✓	✓					✓	✓	12/31/24
Dressings																				
Homemade Ranch	3 fl oz	330	38	7	0	35	650	2	0	2	1	✓	✓						✓	
BBQ Ranch Dressing	3 fl oz	260	19	3.5	0	20	700	24	0	19	<1	✓	✓						✓	04/25/23
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*	*mc*	
Blue Cheese	3 fl oz	450	48	9	0	45	750	3	0	3	3	✓	✓			*mc*		*mc*	*mc*	
Raspberry Walnut Vinaigrette	3 fl oz	390	36	6	0	0	270	15	0	15	0	*mc*	*mc*			✓		*mc*	*mc*	
TEXAS OPEN FLAME GRILL ***(with mashed pot & green beans)***																				
Chuckwagon Chicken		860	15	5	0	115	1890	53	2	2	51	✓	*mc*					✓	✓	09/30/26
Lemon Herb Grilled Salmon		1070	45	13	0	110	1320	54	2	2	39	✓	*mc*	✓				✓	✓	09/30/26
Grilled Shrimp		870	25	9	0	210	1590	54	2	2	28	✓	*mc*		✓			✓	✓	09/30/26
10 oz Center Cut Pork Chop		960	44	17	0	150	630	23	1	19	47	✓	*mc*					✓	✓	09/30/26
6 oz Sirloin		890	46	19	0	155	640	1	0	0	46	✓	*mc*					✓	✓	09/30/26
8 oz Bacon Wrapped Filet		790	39	19	0	100	1050	2	0	0	36	✓	*mc*					✓	✓	09/30/26
12 oz Ribeye		1400	85	38	0	265	740	1	0	0	84	✓	*mc*					✓	✓	09/30/26
add-on Grilled Shrimp, steak rub	4 ea	270	23	9	0	105	630	0	0	0	11	✓			✓				✓	
add-on Fried Shrimp	4 ea	370	29	5	0	100	730	11	<1	0	16	✓	✓		✓			✓	*mc*	09/30/26
add-on Sauteed Onions		30	3	1	0	0	35	1	0	<1	0	✓							✓	03/24/25
add-on Sauteed Mushrooms		60	6	2.5	0	0	140	2	<1	1	2	✓							✓	03/24/25
add-on Bleu Cheese Crumbles		100	8	4.5	0	25	360	2	1	0	5	✓								03/24/25
CHICKEN FRIED FAVORITES ***(with mashed pot & green beans)***																				
Chicken Fried Steak	Regular-o	1230	46	12	0	115	2030	77	9	2	56	✓	*mc*					✓	✓	09/30/26
	Regular-ja	1240	46	12	0	115	2030	78	9	2	56	✓	*mc*					✓	✓	09/30/26
Chicken Fried Steak	Small-orig	810	26	8	0	60	1400	44	4	2	28	✓	*mc*					✓	✓	09/30/26
	Small-jala	910	26	8	0	60	1400	45	5	2	28	✓	*mc*					✓	✓	09/30/26
Chicken Fried Chicken	Regular-o	930	27	8	0	180	2160	47	5	2	52	✓	*mc*					✓	✓	09/30/26
	Regular-ja	940	28	8	0	180	2160	47	5	2	52	✓	*mc*					✓	✓	09/30/26
Chicken Fried Chicken	Small-orig	660	17	6	0	90	1470	29	3	2	26	✓	*mc*					✓	✓	09/30/26
	Small-jala	660	17	6	0	90	1140	29	3	2	26	✓	*mc*					✓	✓	09/30/26
Chicken Fried Brisket	Regular-o	1740	82	26	0	150	4260	123	3	55	49	✓	*mc*					✓	✓	09/30/26
	Regular-ja	1750	82	26	0	150	4260	123	3	55	49	✓	*mc*					✓	✓	09/30/26
Chicken Fried Brisket	Small-orig	1170	44	15	0	75	2740	95	2	54	24	✓	*mc*					✓	✓	09/30/26
	Small-jala	1180	44	15	0	75	2740	95	2	54	24	✓	*mc*					✓	✓	09/30/26
HOMESTYLE COOKING ***(with mashed pot & green beans)***																				
Roasted Turkey & Dressing		680	19	4	0	110	1090	24	2	8	34	✓	✓					✓	✓	09/30/26
Blackened Tilapia	Regular	950	27	11	0	90	1210	54	2	2	51	✓	*mc*	✓				✓	✓	09/30/26
	Jr	740	14	6	0	45	1020	54	2	2	28	✓	*mc*	✓				✓	✓	09/30/26
Vegetable Platter (5 sides)	Low Rang	590																		06/17/25
	High Rang	2470																		03/24/25
Meatloaf		1040	50	20	0	240	1540	26	2	7	48	✓	✓	✓				✓	✓	09/30/26
Grilled Cajun Duo		1450	45	19	0	330	3140	113	3	7	65	✓	*mc*	✓	✓			✓	✓	09/30/26
DESSERTS																				
Blackberry Cobbler with Ice Cream		810	36	17	1	45	650	120	4	78	8	✓						✓	✓	05/11/26
Layered Strawberry Shortcake		710	40	21	0	150	600	78	2	54	6	✓	✓					✓	✓	04/21/26
Peach Cobbler with Ice cream		750	29	14	0	35	470	113	0	82	8	✓						✓	✓	05/11/26
Mama's Special Butter Cake		820	38	24	0.5	165	720	109	0	80	8	✓	✓					✓	✓	
Dr. Pepper Chocolate Cake		860	37	15	0	90	360	127	3	##	10	✓	✓					✓	✓	
Bread Pudding		880	36	15	0	210	930	126	2	64	19	✓	✓					✓	*mc*	05/11/26
Root Beer Float		460	20	12	0	70	180	70	0	69	8	✓								05/11/26
BEVERAGES ***(no ice)***																				
Soft Drinks																				
Diet Pepsi	12 fl oz	0	0	0	0	0	35	0	0	0	0									03/01/23
Pepsi Zero Sugar	12 fl oz	0	0	0	0	0	40	0	0	0	0									03/01/23
Pepsi	12 fl oz	150	0	0	0	0	35	41	0	41	0									03/01/23
Mug Root Beer	12 fl oz	160	0	0	0	0	65	43	0	43	0									03/01/23
Starry	12 fl oz	140	0	0	0	0	35	39	0	39	0									04/21/26
Mountain Dew	12 fl oz	170	0	0	0	0	65	46	0	46	0									03/01/23
Diet Mountain Dew	12 fl oz	5	0	0	0	0	50	0	0	0	0									03/01/23
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									03/01/23

Iced Tea																				
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									
Peach Cobbler	12 fl oz	70	0	0	0	0	0	19	0	18	0									04/21/26
Mint	12 fl oz	20	0	0	0	0	0	5	0	5	0									04/21/26
Blackberry	12 fl oz	50	0	0	0	0	0	14	0	14	0									04/21/26
Peach	12 fl oz	50	0	0	0	0	0	14	0	14	0									04/21/26
Lavender	12 fl oz	70	0	0	0	0	0	17	0	17	0									04/21/26
TX Spiced Chai	12 fl oz	100	0	0	0	0	0	27	0	26	0									04/21/26
Chai Palmer	12 fl oz	90	0	0	0	0	0	24	0	23	0									04/21/26
Pumpkin Pie	12 fl oz	70	0	0	0	0	0	18	0	18	0									04/21/26
Lemonade, hand crafted																				
Lemonade, hand crafted	12 fl oz	80	0	0	0	0	15	21	0	20	0									

Legend:

✓ = does contain

mc = may contain *(manufactured in a facility that processes the allergens-may be added unintentionally as the result of cross-contact.)*

blank field = does not contain