



Nutrition and Allergen Information

At Virginia Barbeque we take great pride in serving delicious, wholesome "Genuine Southern" comfort foods made with the finest ingredients. Our Sandwich and side choices can be a part of a well balanced diet. We offer this nutritional and allergen guide to help you make choices based on your nutritional needs.

Menu Item Name	Major food allergens listed in RED.	Serving Size	Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein
4" Sesame seed bun *	Contains Wheat and Milk	69 g	177	30	3.3 g	0.8 g	0 g	0 g	314 mg	34.0 g	1.0 g	5.0 g	5.0 g
Virginia Barbeque sauce		2 Tbs (30 g)	30	0	0 g	0 g	0 g	0 g	430 mg	6 g	0 g	6 g	0 g
Sandwiches													
VA Pulled Pork Sandwich	Contains Wheat and Milk (in Bun)	197 g	456	130	14.3 g	4.8 g	0 g	101 mg	864 mg	40 g	1 g	11 g	40 g
NC Pulled Pork Sandwich	Contains Wheat and Milk (in Bun)	197 g	436	130	14.3 g	4.8 g	0 g	101 mg	674 mg	34 g	1 g	8 g	40 g
Texas Pulled Beef Brisket Sandwich	Contains Wheat and Milk (in Bun)	197 g	465	150	17.3 g	5.8 g	0 g	123 mg	634 mg	34 g	1 g	5 g	44 g
Smoked Chicken BBQ Sandwich	Contains Wheat and Milk (in Bun)	170 g	418	68	7.5 g	2 g	0 g	108 mg	832 mg	40 g	1 g	11 g	46 g
Jumbo All Beef Hot Dog (no bun)	Contains Wheat and Milk (in Bun)	175 g	230	190	21 g	9 g	0 g	45 mg	700 mg	1 g	0 g	0 g	9 g
Jr Pulled VA Pork Sandwich	Contains Wheat and Milk (in Bun)	99 g	316	80	8.8 g	2.8 g	0 g	51 mg	589 mg	37 g	1 g	8 g	22 g
Jr Pulled NC Pork Sandwich	Contains Wheat and Milk (in Bun)	99 g	306	80	8.8 g	2.8 g	0 g	51 mg	494 mg	34 g	1 g	6.5 g	22 g
Jr Pulled Texas Beef Sandwich	Contains Wheat and Milk (in Bun)	99 g	321	90	10.3 g	3.2 g	0 g	62 mg	474 mg	34 g	1 g	5 g	24 g
Jr Pulled Chicken Sandwich	Contains Wheat and Milk (in Bun)	85 g	297	49	5.4 g	1.4 g	0 g	54 mg	573 mg	37 g	1 g	11 g	25 g
BBQ Meats (no bun)													
VA Pulled Smoked Pork		.5 cup (128 g)	279	100	11 g	4 g	0 g	101 mg	550 mg	6 g	0 g	6 g	35 g
NC Pulled Smoked Pork		.5 cup (128 g)	259	100	11 g	4 g	0 g	101 mg	360 mg	0 g	0 g	3 g	35 g
Texas Pulled Smoked Brisket*		.5 cup (128 g)	288	120	14 g	5 g	0 g	123 mg	320 mg	0 g	0 g	0 g	39 g
Smoked Pulled Chicken		.5 cup (100 g)	241	38	4.2 g	1.2 g	0 g	108 mg	518 mg	6 g	0 g	6 g	41 g
St Louis Smoked Ribs (half rack)*		12 ozs (with bones)	692	482	53 g	19.2 g	0 g	194 mg	109 mg	0 g	0 g	0 g	49 g
St Louis Smoked Ribs (full rack)*		24 ozs (with bones)	1384	964	106 g	38.5 g	0 g	388 mg	218 mg	0 g	0 g	0 g	98 g
Corn Dog		1 each (112 g)	310	170	19 g	7 g	0 g	25 mg	740 mg	25 g	1 g	9 g	10 g
Chicken Tenders		3 pieces											
Menu Item Name		Serving Weight	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Side Orders													
Bomb Fries		(100 g)	283	130	19 g	2.4 g	.1 g	0 mg	387 mg	25 g	3 g	.22 g	2.5 g
Southern Shredded Slaw	Contains Eggs	4 ounces (123g)	279	237	26g	0 g	0 g	6 mg	119 mg	13 g	1 g	6 g	0 g
Roasted Red Potato Salad	Contains Eggs	4 ounces (98g)	175	100	11 g	1.5 g	0 g	10 mg	55 mg	16 g	3 g	0 g	3 g
Baked Beans		.5 cup (130 g)	140	10	1 g	0 g	0 g	0 mg	550 mg	29 g	5 g	12 g	6 g
Mini Corn Muffins	Contains Wheat, Milk, Eggs and Soy	2 muffins (45 g)	190	50	6 g	1 g	0 g	35 mg	400 mg	32 g	0 g	13 g	3 g
Mac and Cheese	Contains Wheat and Milk	.5 cup (130 g)	160	50	6 g	1 g	0 g	10 mg	420 mg	18 g	6 g	6 g	3 g
Seasoned Collard Greens		.5 cup (118 g)	35	0	0 g	0 g	0 g	0 mg	930 mg	6 g	2 g	3 g	2 g
Red Skin Mashed Potatoes	Contains Milk	5 ounces (140 g)	190	60	7 g	1.5 g	0 g	5 mg	430 mg	28 g	2 g	3 g	4 g
Country Green Beans		.5 cup (128 g)	40	0	0 g	0 g	0 g	0 mg	420 mg	6 g	2 g	2 g	0 g
Onion Rings	Contains Wheat and Milk	6 pieces (85 g)	300	135	14.5 g	2 g	0 g	0 mg	480 mg	38 g	1 g	4 g	4 g
Hush Puppies	Contains Wheat, Milk and Soy	6 pieces (102 g)	344	175	19 g	3 g	0 g	0 mg	920 mg	22 g	2 g	3 g	2 g
Chili		.25 cup (56 g)	70	30	3.5 g	1.5 g	0 g	5 mg	150 mg	6 g	2 g	3 g	4 g
Cheese Sauce	Contains Wheat and Milk	.25 cup (63 g)	90	50	6 g	2.5 g	0 g	10 mg	580 mg	6 g	0 g	0 g	2 g
Chicken Gravy	Contains Milk	2 ounces	35	10	1 g	0 g	1 g	0 mg	390 mg	6 g	0 g	0 g	0 g
Beverages													
Sweet Tea		20 oz Cup	180	0	0 g	0 g	0 g	0 mg	10 mg	45 g	0 g	45 g	1 g
Coca Cola Classic		20 oz Cup	210	0	0 g	0 g	0 g	0 mg	15 mg	58 g	0 g	58 g	0 g
Diet Coke		20 oz Cup	0	0	0 g	0 g	0 g	0 mg	30 mg	0 g	0 g	0 g	0 g
Sprite		20 oz Cup	210	0	0 g	0 g	0 g	0 mg	55 mg	56 g	0 g	56 g	0 g
Fruit Punch		20 oz Cup	240	0	0 g	0 g	0 g	0 mg	10 mg	64 g	0 g	64 g	0 g
<p>Notice to Virginia Barbeque® Customers: VA BBQ's menu items and nutritional information, as listed at www.virginiabbq.com may vary based on product offerings, regional variability and in individual unit compliance with VA BBQ's standard operating procedures. Periodically, VA BBQ'S restaurants offer test products or regional favorites that may not be offered in all locations. For information on any products not listed here, please call 1.800.429-9965. Information on Virginia Barbeque's® products contained herein is approximate based on calculated analyses of ingredients as of January 2011. Actual nutritional information may vary based on regional variability in product availability and in individual unit</p>													
* Source www.NutritionData.com													

