



NUTRITIONAL INFORMATION

Please be aware that during normal kitchen operations involving shared cooking and preparation areas, including common fryer oil, the possibility exists for food items to come in contact with other food products. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens. Due to the individualized nature of allergies and food sensitivities, FATZ cannot make recommendations that are suitable for your dietary needs. Please consult your physician.

UPDATED 9/19/16	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Appetizers											
Cajun Firecrackers	1366	804	89	31	0	203	3570	102	6	8	39
Calabash Trio Appetizer	628	273	30	5	0	86	1972	53	0	6	34
Calabash Trio Appetizer with Combo Choice Cheese Fries	1297	671	75	19	0	150	4008	105	5	11	51
Calabash Trio Appetizer with Combo Choice Firecracker Stick	1203	658	73	17	0	161	3422	89	2	10	47
Calabash Trio Appetizer with Combo Choice Fried Green Tomatoes	953	434	48	11	0	109	3400	87	1	13	43
Calabash Trio Appetizer with Combo Choice Pimento Choice	1152	624	69	18	0	152	2820	78	1	12	50
Calabash Trio Appetizer with Combo Choice Popcorn Shrimp	915	311	35	6	0	240	3075	86	1	14	61
Calabash Trio Appetizer with Combo Choice Wings	1030	612	68	14	0	155	2468	56	1	8	47
Calabash Trio Appetizer with Choice Bourbon Street	770	293	33	6	0	86	2454	82	0	33	34
Calabash Trio Appetizer with Choice Buffalo Hot Sauce	753	345	38	6	0	86	3131	66	1	17	34
Calabash Trio Appetizer with Choice Buffalo Mild Sauce	770	346	38	6	0	86	2998	70	0	22	34
Calabash Trio Appetizer with Choice Five Pepper Hot Sauce	694	301	33	6	0	86	2167	62	0	12	34
Calabash Trio Appetizer with Choice Honey BBQ Sauce	740	273	30	5	0	86	2643	80	0	31	34
Calabash Trio Appetizer with Choice House Dry Rub	635	274	30	5	0	86	2635	55	1	7	34
Calabash Trio Appetizer with Choice Southern Gold Barbecue Sauce	728	273	30	5	0	86	2592	79	0	30	34
Cheese Fries	1222	724	80	26	1	123	3712	92	9	9	33
Fried Green Tomatoes	648	322	36	11	0	45	2852	67	2	13	17
Jumbo Wings, 12	485	329	37	10	0	141	271	3	1	1	34
Jumbo Wings, 12 with Bleu Cheese Dressing	885	712	79	18	0	179	946	5	1	4	37
Jumbo Wings, 12 with Ranch Dressing	735	577	64	13	0	166	946	5	1	4	34
Jumbo Wings, 12 with Choice Bourbon Street	910	389	43	11	1	141	1717	89	1	79	35
Jumbo Wings, 12 with Choice Buffalo Hot Sauce	860	545	61	12	0	141	3746	40	3	32	35
Jumbo Wings, 12 with Choice Buffalo Mild Sauce	912	548	61	12	0	141	3347	53	1	46	34
Jumbo Wings, 12 with Choice Five Pepper Hot Sauce	682	413	46	11	0	141	854	30	2	17	35
Jumbo Wings, 12 with Choice Honey BBQ Sauce	821	329	37	10	0	141	2282	83	1	73	34
Jumbo Wings, 12 with Choice House Dry Rub	507	334	37	10	0	141	2259	6	2	1	35
Jumbo Wings, 12 with Choice Southern Gold Barbecue Sauce	785	329	37	10	0	141	2131	81	1	73	34
Jumbo Wings, 8	324	219	24	6	0	94	180	2	1	1	23
Jumbo Wings, 8 with Bleu Cheese Dressing	724	602	67	15	0	132	855	4	1	3	25
Jumbo Wings, 8 with Ranch Dressing	574	467	52	10	0	119	855	4	1	3	23
Jumbo Wings, 8 with Choice Bourbon Street	607	259	29	7	1	94	1144	59	1	53	23
Jumbo Wings, 8 with Choice Buffalo Hot Sauce	573	364	40	8	0	94	2498	27	2	21	23
Jumbo Wings, 8 with Choice Buffalo Mild Sauce	608	365	41	8	0	94	2231	35	1	31	23
Jumbo Wings, 8 with Choice Five Pepper Hot Sauce	455	275	31	7	0	94	569	20	1	11	23
Jumbo Wings, 8 with Choice Honey BBQ Sauce	547	219	24	6	0	94	1521	55	1	49	23
Jumbo Wings, 8 with Choice House Dry Rub	338	222	25	6	0	94	1506	4	1	1	23
Jumbo Wings, 8 with Choice Southern Gold Barbecue Sauce	524	219	24	6	0	94	1420	54	1	49	23
Pimento Cheese Plate	678	341	38	12	0	58	1475	57	2	12	23
Soups											
Loaded Baked Potato Soup, Bowl	170	62	7	4	0	10	974	23	2	1	4
Loaded Baked Potato Soup, Cup	85	31	3	2	0	5	487	12	1	1	2
Soup of the Day, Bowl	0	0	0	0	0	0	0	0	0	0	0
Soup of the Day, Bowl with Broccoli and Cheese Soup	270	175	19	9	0	48	904	11	0	6	13
Soup of the Day, Bowl with Chicken Tenders Stew	106	29	3	2	0	21	544	10	0	1	9
Soup of the Day, Bowl with Chicken and Rice Soup	103	12	1	0	0	22	1103	12	0	1	10
Soup of the Day, Bowl with Clam Chowder	227	108	12	7	0	29	958	21	0	2	9
Soup of the Day, Bowl with Fatz Award Winning Chili	291	117	13	4	0	58	1125	20	6	7	21
Soup of the Day, Bowl with Fatz Chicken Gumbo Soup	166	13	1	0	0	20	1365	27	2	5	11
Soup of the Day, Bowl with French Onion Soup	52	15	2	1	0	1	1384	8	1	3	1
Soup of the Day, Bowl with Kicking Crab and Sweet Corn Chowder	225	57	6	5	0	37	1241	34	1	6	8
Soup of the Day, Bowl with Loaded Baked Potato Soup	170	62	7	4	0	10	974	23	2	1	4
Soup of the Day, Bowl with Shrimp Bisque	195	70	8	6	0	35	866	26	0	2	5
Soup of the Day, Bowl with Tuscan Tomato Soup	196	112	12	7	0	39	845	19	2	10	2
Soup of the Day, Cup	0	0	0	0	0	0	0	0	0	0	0
Soup of the Day, Cup with Broccoli and Cheese Soup	135	87	10	4	0	24	452	6	0	3	7
Soup of the Day, Cup with Chicken Tenders Stew	53	14	2	1	0	11	272	5	0	1	4
Soup of the Day, Cup with Chicken and Rice Soup	51	6	1	0	0	11	551	6	0	0	5
Soup of the Day, Cup with Clam Chowder	113	54	6	3	0	14	479	10	0	1	4
Soup of the Day, Cup with Fatz Award Winning Chili	146	59	7	2	0	29	563	10	3	3	11
Soup of the Day, Cup with Fatz Chicken Gumbo Soup	83	7	1	0	0	10	683	14	1	3	5
Soup of the Day, Cup with French Onion Soup	26	7	1	0	0	1	692	4	0	1	1
Soup of the Day, Cup with Kicking Crab and Sweet Corn Chowder	113	29	3	3	0	19	620	17	1	3	4
Soup of the Day, Cup with Loaded Baked Potato Soup	85	31	3	2	0	5	487	12	1	1	2

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	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soup of the Day, Cup with Shrimp Bisque	97	35	4	3	0	18	433	13	0	1	3
Soup of the Day, Cup with Tuscan Tomato Soup	98	56	6	4	0	20	422	9	1	5	1

Salads	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asian Chicken Salad	530	112	12	2	0	82	699	57	9	15	41
Asian Chicken Salad with Apple Cider Vinaigrette	830	360	40	6	0	95	874	72	9	25	41
Asian Chicken Salad with Blue Cheese Dressing	930	495	55	11	0	120	1374	59	9	17	43
Asian Chicken Salad with Fat Free Sun Dried Tomato Vinaigrette	680	112	12	2	0	82	1299	92	9	42	41
Asian Chicken Salad with Honey Mustard Dressing	905	450	50	7	0	107	1124	67	9	25	41
Asian Chicken Salad with Housemade Balsamic Vinaigrette	958	517	57	8	0	82	1117	63	10	20	41
Asian Chicken Salad with Italian Dressing	880	427	47	7	0	82	1424	62	9	20	41
Asian Chicken Salad with Ranch Dressing	780	360	40	6	0	107	1374	59	9	17	41
Asian Chicken Salad with Raspberry Walnut Vinaigrette	855	382	42	6	0	82	924	69	9	27	41
Asian Chicken Salad with Sesame Oriental Dressing	755	214	24	3	0	82	1499	87	9	37	41
Asian Chicken Salad with Thousand Island Dressing	830	360	40	6	0	95	1449	69	9	25	41
Blackened Chicken Caesar Salad	909	577	64	13	0	128	2125	27	6	11	54
Calabash Chicken Salad	669	209	23	9	0	111	2274	62	4	5	49
Side Caesar Salad	310	219	24	5	0	22	814	12	3	3	11
Side House Salad	197	111	12	6	0	35	396	9	2	2	11
Side House Salad with Apple Cider Vinaigrette	437	309	34	9	0	45	536	21	2	10	11
Side House Salad with Blue Cheese Dressing	517	417	46	13	0	65	936	11	2	4	13
Side House Salad with Fat Free Sun Dried Tomato Vinaigrette	317	111	12	6	0	35	876	37	2	24	11
Side House Salad with Honey Mustard Dressing	497	381	42	10	0	55	736	17	2	10	11
Side House Salad with Housemade Balsamic Vinaigrette	540	434	48	11	0	35	730	13	2	6	12
Side House Salad with Italian Dressing	477	363	40	10	0	35	976	13	2	6	11
Side House Salad with Ranch Dressing	397	309	34	9	0	55	936	11	2	4	11
Side House Salad with Raspberry Walnut Vinaigrette	457	327	36	9	0	35	576	19	2	12	11
Side House Salad with Sesame Oriental Dressing	377	192	21	7	0	35	1036	33	2	20	11
Side House Salad with Thousand Island Dressing	437	309	34	9	0	45	996	19	2	10	11
Spinach and Bacon Salad	400	234	26	8	0	32	786	20	5	11	17
Spinach and Bacon Salad with Add Citrus Grilled Chicken	644	316	35	9	0	115	1102	26	5	16	49
Spinach and Bacon Salad with Add Fresh Hand-Cut Grilled Atlantic Salmon	761	429	48	12	0	149	1338	22	5	12	56
Spinach and Bacon Salad with Apple Cider Vinaigrette	640	432	48	11	0	42	926	32	5	19	17
The Chopped Salad	566	293	33	15	0	324	2029	15	5	8	48
The Chopped Salad with Apple Cider Vinaigrette	806	491	55	18	0	334	2169	27	5	16	48
The Chopped Salad with Blue Cheese Dressing	886	599	67	22	0	354	2569	17	5	10	50
The Chopped Salad with Fat Free Sun Dried Tomato Vinaigrette	686	293	33	15	0	324	2509	43	5	30	48
The Chopped Salad with Honey Mustard Dressing	866	563	63	19	0	344	2369	23	5	16	48
The Chopped Salad with Housemade Balsamic Vinaigrette	909	617	69	20	0	324	2363	19	5	12	49
The Chopped Salad with Italian Dressing	846	545	61	19	0	324	2609	19	5	12	48
The Chopped Salad with Ranch Dressing	766	491	55	18	0	344	2569	17	5	10	48
The Chopped Salad with Raspberry Walnut Vinaigrette	826	509	57	18	0	324	2209	25	5	18	48
The Chopped Salad with Sesame Oriental Dressing	746	374	42	16	0	324	2669	39	5	26	48
The Chopped Salad with Thousand Island Dressing	806	491	55	18	0	334	2629	25	5	16	48

Salad Dressings	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple Cider Vinaigrette (1 fluid ounce)	120	99	11	2	0	5	70	6	0	4	0
Apple Cider Vinaigrette (2.5 fluid ounces)	300	248	28	4	0	13	175	15	0	10	0
Apple Cider Vinaigrette (3 fluid ounces)	360	297	33	5	0	15	210	18	0	12	0
Bleu Cheese Dressing (1 fluid ounce)	160	153	17	4	0	15	270	1	0	1	1
Bleu Cheese Dressing (2.5 fluid ounces)	400	383	43	9	0	38	675	3	0	3	3
Bleu Cheese Dressing (3 fluid ounces)	480	459	51	11	0	45	810	3	0	3	3
Fat-Free Sundried Tomato Vinaigrette (1 fluid ounce)	60	0	0	0	0	0	240	14	0	11	0
Fat-Free Sundried Tomato Vinaigrette (2.5 fluid ounces)	150	0	0	0	0	0	600	35	0	28	0
Fat-Free Sundried Tomato Vinaigrette (3 fluid ounces)	180	0	0	0	0	0	720	42	0	33	0
Honey Mustard Dressing (1 fluid ounce)	150	135	15	2	0	10	170	4	0	4	0
Honey Mustard Dressing (2.5 fluid ounces)	375	338	38	5	0	25	425	10	0	10	0
Honey Mustard Dressing (3 fluid ounces)	450	405	45	6	0	30	510	12	0	12	0
Housemade Balsamic Vinaigrette (1 fluid ounce)	171	162	18	3	0	0	167	2	0	2	0
Housemade Balsamic Vinaigrette (2.5 fluid ounces)	429	404	45	6	0	0	417	6	0	5	0
Housemade Balsamic Vinaigrette (3 fluid ounces)	514	485	54	8	0	0	501	7	0	6	0
Italian Dressing (1 fluid ounce)	140	126	14	2	0	0	290	2	0	2	0
Italian Dressing (2.5 fluid ounces)	350	315	35	5	0	0	725	5	0	5	0
Italian Dressing (3 fluid ounces)	420	378	42	6	0	0	870	6	0	6	0
Ranch Dressing (1 fluid ounce)	100	99	11	2	0	10	270	1	0	1	0
Ranch Dressing (2.5 fluid ounces)	250	248	28	4	0	25	675	3	0	3	0
Ranch Dressing (3 fluid ounces)	300	297	33	5	0	30	810	3	0	3	0

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	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Raspberry Walnut Vinaigrette (1 fluid ounce)	130	108	12	2	0	0	90	5	0	5	0
Raspberry Walnut Vinaigrette (2.5 fluid ounces)	325	270	30	4	0	0	225	13	0	13	0
Raspberry Walnut Vinaigrette (3 fluid ounces)	390	324	36	5	0	0	270	15	0	15	0
Sesame Oriental Dressing	270	122	14	2	0	0	960	36	0	27	0
Thousand Island Dressing (1 fluid ounce)	120	99	11	2	0	5	300	5	0	4	0
Thousand Island Dressing (2.5 fluid ounces)	300	248	28	4	0	13	750	13	0	10	0
Thousand Island Dressing (3 fluid ounces)	360	297	33	5	0	15	900	15	0	12	0

Chicken Entrees	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Blackened Chicken Pasta	1065	391	43	12	3	111	1972	101	3	8	62
Blackened Chicken Pasta with Ciabatta Garlic Bread	1292	498	55	14	6	111	2484	126	4	9	67
Calabash Chicken	1031	343	38	7	0	157	3690	101	0	7	68
Calabash Combo	1140	348	39	6	0	335	3774	109	2	14	82
California Calabash	1065	486	54	13	0	200	3869	67	4	6	72
California Calabash with Ranch Dressing	1265	684	76	16	0	220	4409	69	4	8	72
Citrus Grilled Chicken	724	167	19	3	0	165	1226	63	1	17	71

Down Home Dishes	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
JPs Pot Roast Pie	834	483	54	21	0	153	1635	43	5	7	41
Old-Fashioned Chicken Pot Pie	783	445	49	33	0	98	1681	54	1	8	31

Burgers	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Burger	1087	637	71	27	0	216	2687	46	5	17	62
Carolina Burger with French Fries	1380	735	82	28	0	216	3691	90	10	18	67
Hometown Hero Burger	1159	725	81	32	0	240	3085	37	1	9	65
Hometown Hero Burger with French Fries	1453	824	92	34	0	240	4090	81	6	9	70
Jammin' Pimento Cheese Burger	1107	718	80	19	3	171	1941	48	2	14	44
Jammin' Pimento Cheese Burger with French Fries	1401	817	91	21	3	171	2945	93	7	14	49
Old Fashioned Hamburger	817	526	58	14	0	150	1471	29	3	5	40
Old Fashioned Hamburger with Add Cheddar Cheese	939	617	69	20	0	181	1666	29	3	5	48
Old Fashioned Hamburger with French Fries	1111	625	69	16	0	150	2476	74	7	5	45
Onyum Burger	865	466	52	13	0	132	1442	55	2	7	43
Onyum Burger with French Fries	1159	565	63	15	0	132	2447	100	6	7	48
Triple B Burger	747	398	44	15	0	157	1794	36	1	11	47
Triple B Burger with French Fries	1041	497	55	17	0	157	2798	81	6	12	52

Steaks	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Center Cut Top Sirloin, 10 oz	666	418	46	17	0	147	1037	1	0	1	57
Center Cut Top Sirloin, 10 oz with Bleu Cheese and Peppercorn Steak Topper	771	490	54	22	0	172	1413	3	1	1	63
Center Cut Top Sirloin, 10 oz with Bourbon Butter Steak Topper	800	524	58	20	3	147	1228	7	0	6	57
Center Cut Top Sirloin, 10 oz with Smothered Steak Topper	811	511	57	19	0	147	1435	12	3	5	59
Center Cut Top Sirloin, 6 oz	398	249	28	10	0	88	535	1	0	0	34
Center Cut Top Sirloin, 6 oz with Bleu Cheese and Peppercorn Steak Topper	502	321	36	15	0	113	910	2	1	0	40
Center Cut Top Sirloin, 6 oz with Bourbon Butter Steak Topper	532	355	39	13	3	88	725	6	0	6	34
Center Cut Top Sirloin, 6 oz with Smothered Steak Topper	542	342	38	12	0	88	932	11	2	5	37
Ribeye Reserve	968	577	64	23	0	428	643	1	0	0	90
Ribeye Reserve with Bleu Cheese and Peppercorn Steak Topper	1073	648	72	28	0	453	1018	2	1	0	97
Ribeye Reserve with Bourbon Butter Steak Topper	1102	683	76	26	3	428	833	6	0	6	90
Ribeye Reserve with Smothered Steak Topper	1113	669	74	25	0	428	1040	11	2	5	93
Steakhouse Chop	845	514	57	18	0	211	1299	15	3	6	63

Seafood Entrees	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabash Popcorn Shrimp Platter	1318	526	58	9	0	334	3700	134	8	20	60
Coastal Combo	1852	800	89	14	0	449	6267	165	10	28	95

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Fatz Famous Fish Platter	1669	841	93	15	0	246	6256	128	9	17	79
Garlic Shrimp Pasta	943	354	39	5	0	197	1668	99	3	5	44
Garlic Shrimp Pasta with Ciabatta Garlic Bread	1170	461	51	7	2	197	2180	124	4	6	48
Grilled Salmon with Cilantro Lime Rice	524	201	22	4	0	117	1088	34	3	3	47
Grilled Salmon with Herb Cream Sauce	652	275	31	6	0	122	1204	48	1	3	45
Lowcountry Shrimp and Grits	744	388	43	15	0	284	4040	38	1	6	50
Shrimp Boat Platter	1216	415	46	8	0	304	4013	142	10	27	56

Duos and Trios	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabash Chicken and Ribs	1312	580	64	18	0	213	5666	116	1	50	65
Ribs, Chicken and Shrimp	1194	388	43	13	0	284	5263	130	2	102	70
Steak and Calabash Chicken	1026	522	58	15	0	174	2507	54	0	7	68
Steak and Ribs	786	441	49	18	0	161	3120	33	0	27	49
Steak, Calabash Chicken and Shrimp	1084	530	59	15	0	230	2898	63	2	14	72
The Original Fatz Sampler	1239	571	63	17	0	252	5847	102	2	47	60

Sandwiches	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabash Wrap	1043	525	58	16	0	123	3103	87	3	7	42
Calabash Wrap with French Fries	1336	624	69	18	0	123	4107	132	8	8	47
Chicken Provolone Sandwich	820	478	53	13	0	143	1483	33	1	9	49
Chicken Provolone Sandwich with French Fries	1114	577	64	14	0	143	2488	78	6	9	54
Peppered Bacon and Turkey Sandwich	1082	479	53	20	2	156	3737	85	4	11	63
Peppered Bacon and Turkey Sandwich with French Fries	1375	578	64	22	2	156	4742	130	9	11	68
The Reuben	809	414	46	17	0	139	2957	52	4	5	43

For Goodness Sake Items	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
10 oz Top Sirloin and Broccoli	718	423	47	17	0	147	1075	9	3	3	61
6 oz Top Sirloin and Broccoli	449	254	28	10	0	88	573	8	3	2	38
Carolina Peach Citrus Chicken	423	85	9	2	0	82	1081	45	1	9	37
Chile Lime Shrimp	481	180	20	4	0	208	1194	43	2	4	31
Mediterranean Tilapia	316	119	13	2	0	73	469	14	4	6	34

Signature Sidekicks	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Potato	329	24	3	0	0	0	140	68	5	2	8
Baked Potato with Butter	393	87	10	2	2	0	207	68	5	2	8
Baked Potato with Sour Cream	348	38	4	2	0	6	144	69	5	3	8
Cinnamon Apples	119	0	0	0	0	0	357	29	5	24	0
French Fries	294	99	11	2	0	0	1005	45	5	0	5
Red Skinned Mashed Potatoes	295	150	17	11	0	49	833	30	3	3	5
Steamed Broccoli	51	4	0	0	0	0	38	7	3	2	4
Sweet Vidalia Onion Coleslaw	232	159	18	3	0	9	603	16	3	13	2

Premium Sidekicks	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baked Sweet Potato	856	298	33	8	7	0	453	131	13	81	8
Cheese Fries	669	398	44	13	0	64	2035	51	5	5	17
Housemade Mac and Cheese	479	177	20	11	1	47	859	55	2	9	18

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	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Loaded Baked Potato	475	143	16	5	2	19	378	69	5	3	12
Poppyseed Rolls (1 roll)	100	27	3	1	0	1	111	16	1	2	3
Poppyseed Rolls (1 roll) with Cinnamon Honey Butter	273	173	19	4	4	1	266	22	1	7	3
Sweet Fried Brussels	194	24	3	0	0	0	549	39	4	28	4
Sweet Potato Fries	581	388	43	5	0	27	617	45	5	12	4

Sweets	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Peach Cobbler	980	604	67	38	0	25	419	77	6	33	16
Chocolate Chip Cookie	1294	562	62	32	0	92	900	166	4	108	17
Classic Cheesecake	720	396	44	25	2	205	470	69	1	59	11

Ribs and Chops	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Baby Back Ribs, Full Rack	1176	580	64	24	0	220	7809	97	1	81	45
Baby Back Ribs, Half Rack	588	290	32	12	0	110	3904	48	1	41	22
Premium Grilled Pork Chops	547	337	37	13	0	152	1298	1	0	0	53

Lunch Specials	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Provolone Sandwich	820	478	53	13	0	143	1483	33	1	9	49
Chicken Provolone Sandwich with French Fries	1114	577	64	14	0	143	2488	78	6	9	54
Chicken, Bacon and Spinach Salad	884	514	57	12	0	125	1242	38	5	24	49
Fish and Chips	1043	545	61	10	0	130	3714	84	8	14	42
Fried Bologna Sandwich	1061	765	85	28	0	190	3119	44	4	14	35
Fried Bologna Sandwich with French Fries	1355	864	96	30	0	190	4124	88	9	14	39
Fried Fish Sandwich	709	326	36	6	0	53	1553	65	3	8	33
Fried Fish Sandwich with French Fries	1003	425	47	8	0	53	2557	110	8	8	38
Hometown Hero Burger	1159	725	81	32	0	240	3085	37	1	9	65
Hometown Hero Burger with French Fries	1453	824	92	34	0	240	4090	81	6	9	70
JP's Pot Roast Pie	646	384	43	15	0	106	1293	35	4	6	28
Jammin' Pimento Cheese Burger	1107	718	80	19	3	171	1941	48	2	14	44
Jammin' Pimento Cheese Burger with French Fries	1401	817	91	21	3	171	2945	93	7	14	49
Lunch Pick 2 Combo	0	0	0	0	0	0	0	0	0	0	0
Lunch Pick 2 Combo with Salad Choice Side Caesar Salad	310	219	24	5	0	22	814	12	3	3	11
Lunch Pick 2 Combo with Salad Choice Side House Salad	197	111	12	6	0	35	396	9	2	2	11
Lunch Pick 2 Combo with Sandwich Choice Half Calabash Wrap	521	262	29	8	0	62	1551	44	1	4	21
Lunch Pick 2 Combo with Sandwich Choice Half Peppered Bacon and Turkey Sar	541	239	27	10	1	78	1869	43	2	6	32
Lunch Pick 2 Combo with Soup Choice Broccoli and Cheese Soup	270	175	19	9	0	48	904	11	0	6	13
Lunch Pick 2 Combo with Soup Choice Chicken Tenders Stew	106	29	3	2	0	21	544	10	0	1	9
Lunch Pick 2 Combo with Soup Choice Chicken and Rice Soup	103	12	1	0	0	22	1103	12	0	1	10
Lunch Pick 2 Combo with Soup Choice Clam Chowder	227	108	12	7	0	29	958	21	0	2	9
Lunch Pick 2 Combo with Soup Choice Fatz Award Winning Chili	291	117	13	4	0	58	1125	20	6	7	21
Lunch Pick 2 Combo with Soup Choice Fatz Chicken Gumbo Soup	166	13	1	0	0	20	1365	27	2	5	11
Lunch Pick 2 Combo with Soup Choice French Onion Soup	52	15	2	1	0	1	1384	8	1	3	1
Lunch Pick 2 Combo with Soup Choice Kicking Crab and Sweet Corn Chowder	225	57	6	5	0	37	1241	34	1	6	8
Lunch Pick 2 Combo with Soup Choice Loaded Baked Potato Soup	170	62	7	4	0	10	974	23	2	1	4
Lunch Pick 2 Combo with Soup Choice Shrimp Bisque	195	70	8	6	0	35	866	26	0	2	5
Lunch Pick 2 Combo with Tuscan Tomato Soup	196	112	12	7	0	39	845	19	2	10	2
Shaved Ribeye Steak Salad	501	290	32	15	0	160	954	12	5	4	37
Shaved Ribeye Steak Salad with Apple Cider Vinaigrette	681	439	49	17	0	168	1059	21	5	10	37
Shaved Ribeye Steak Salad with Blue Cheese Dressing	741	520	58	20	0	183	1359	14	5	6	39
Shaved Ribeye Steak Salad with Fat Free Sun Dried Tomato Vinaigrette	591	290	32	15	0	160	1314	33	5	21	37
Shaved Ribeye Steak Salad with Honey Mustard Dressing	726	493	55	18	0	175	1209	18	5	10	37
Shaved Ribeye Steak Salad with Housemade Balsamic Vinaigrette	758	533	59	19	0	160	1204	15	5	7	37
Shaved Ribeye Steak Salad with Italian Dressing	711	479	53	18	0	160	1389	15	5	7	37
Shaved Ribeye Steak Salad with Ranch Dressing	651	439	49	17	0	175	1359	14	5	6	37
Shaved Ribeye Steak Salad with Raspberry Walnut Vinaigrette	696	452	50	17	0	160	1089	20	5	12	37
Shaved Ribeye Steak Salad with Sesame Oriental Dressing	636	351	39	16	0	160	1434	30	5	18	37
Shaved Ribeye Steak Salad with Thousand Island Dressing	681	439	49	17	0	168	1404	20	5	10	37
Southern Turkey Chow Chow	842	436	48	13	0	115	2386	63	4	11	41
Southern Turkey Chow Chow with French Fries	1136	535	59	15	0	115	3390	107	9	11	46

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	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
The Local Fried Bologna Sandwich	1035	793	88	25	0	175	3087	39	2	9	26
The Local Fried Bologna Sandwich with French Fries	1329	892	99	27	0	175	4091	83	7	9	31
The Reuben	809	414	46	17	0	139	2957	52	4	5	43
The Reuben with French Fries	1103	513	57	18	0	139	3961	96	9	5	48
The Southern Melt	726	477	53	12	0	64	1472	42	2	6	18
The Southern Melt with French Fries	1020	576	64	14	0	64	2476	87	6	6	23
Veggie Trio	0	0	0	0	0	0	0	0	0	0	0
Veggie Trio with California Veggie Casserole	346	248	28	9	1	45	535	13	3	2	11
Veggie Trio with Cinnamon Apples	119	0	0	0	0	0	357	29	5	24	0
Veggie Trio with Steamed Broccoli	51	4	0	0	0	0	38	7	3	2	4
Veggie Trio with Sweet Fried Brussels	194	24	3	0	0	0	549	39	4	28	4
Veggie Trio with Sweet Vidalia Onion Coleslaw	232	159	18	3	0	9	603	16	3	13	2
Veggie Trio with Veggie Slaw	125	63	7	1	0	0	121	15	3	10	2

Lunch World Famous Calabash Chicken Items	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabash Chicken	729	290	32	6	0	103	2402	65	0	7	43
Calabash Chicken Club	903	478	53	14	0	95	2734	67	2	10	37
Calabash Chicken Club with French Fries	1197	577	64	16	0	95	3739	111	6	11	42
Calabash Chicken Salad	348	105	12	5	0	56	1145	33	3	4	25
Calabash Chicken Salad with Apple Cider Vinaigrette	588	303	34	8	0	66	1285	45	3	12	25
Calabash Chicken Salad with Blue Cheese Dressing	668	411	46	12	0	86	1685	35	3	6	27
Calabash Chicken Salad with Fat Free Sun Dried Tomato Vinaigrette	468	105	12	5	0	56	1625	61	3	26	25
Calabash Chicken Salad with Honey Mustard Dressing	648	375	42	9	0	76	1485	41	3	12	25
Calabash Chicken Salad with Housemade Balsamic Vinaigrette	691	429	48	10	0	56	1479	38	3	8	25
Calabash Chicken Salad with Italian Dressing	628	357	40	9	0	56	1725	37	3	8	25
Calabash Chicken Salad with Ranch Dressing	548	303	34	8	0	76	1685	35	3	6	25
Calabash Chicken Salad with Raspberry Walnut Vinaigrette	608	321	36	8	0	56	1325	43	3	14	25
Calabash Chicken Salad with Sesame Oriental Dressing	528	186	21	6	0	56	1785	57	3	22	25
Calabash Chicken Salad with Thousand Island Dressing	588	303	34	8	0	66	1745	43	3	12	25
Calabash Combo	814	294	33	5	0	222	2645	74	1	13	52
Grilled Cali-Bash Chicken	589	166	18	4	0	155	1085	38	1	3	62
The Calabash Chicken Burger	581	249	28	4	0	68	1554	54	1	8	28
The Calabash Chicken Burger with French Fries	874	348	39	6	0	68	2559	99	6	8	32

Lunch Custom Combos	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fatz Club Sandwich	1362	934	104	25	0	189	3148	53	2	17	53
Fatz Club Sandwich with French Fries	1656	1033	115	27	0	189	4153	97	7	17	57
Fresh Blackened Tilapia	294	52	6	1	0	71	688	28	2	3	32
Fresh Blackened Tilapia with Steamed Broccoli	345	57	6	1	0	71	726	35	5	5	36
Fresh Mozzarella Tomato Salad	366	273	30	11	0	40	395	7	2	3	13
Old Fashioned Burger	817	526	58	14	0	150	1471	29	3	5	40
Old Fashioned Burger with Add Cheddar Cheese	939	617	69	20	0	181	1666	29	3	5	48
Old Fashioned Burger with French Fries	1111	625	69	16	0	150	2476	74	7	5	45
Pulled Pork Sliders	666	369	41	10	0	69	2017	50	3	23	26
Pulled Pork Sliders with French Fries	959	468	52	12	0	69	3021	94	7	23	30
Southern Turkey Reuben	842	436	48	14	0	115	2586	60	4	11	44
The Charleston	674	425	47	13	0	40	933	43	2	9	17
Tomato Basil Pasta	461	209	23	4	0	6	1254	50	2	5	11
Tomato Basil Pasta with Ciabatta Garlic Bread	689	316	35	6	2	6	1765	75	3	6	16

Lunch Sweets	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Carolina Peach Cobbler	980	604	67	38	0	25	419	77	6	33	16
Classic Cheesecake	720	396	44	25	2	205	470	69	1	59	11
Deep Dish Chocolate Chip Cookie	1294	562	62	32	0	92	900	166	4	108	17

Classic Tuesday Items	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
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	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Calabash Chicken Dinner	729	290	32	6	0	103	2402	65	0	7	43
Calabash and Baby Backs	1281	563	63	17	0	207	5203	114	1	49	64
Chicken Fried Chicken	621	166	18	10	2	122	2689	67	3	4	43
Classic Cheeseburger	630	379	42	13	0	101	1364	31	3	5	29
Classic Grilled Chicken	377	84	9	2	0	82	615	35	1	12	35
Classic Steakhouse Chop	743	437	49	19	0	160	1561	33	3	5	40
Fatz Famous Fried Fish	711	420	47	7	0	129	2609	36	3	12	37
Fish 'N Chips	1005	519	58	9	0	129	3614	81	8	12	41
Grilled Chicken Spinach Salad	521	305	34	7	0	65	726	25	4	18	25
Popcorn Shrimp	287	39	4	0	0	154	1102	32	1	7	27
Soup and Salad, Caesar Salad	310	219	24	5	0	22	814	12	3	3	11
Soup and Salad, Caesar Salad with Broccoli and Cheese Soup	579	394	44	14	0	70	1718	23	3	10	24
Soup and Salad, Caesar Salad with Chicken Tenders Stew	416	247	27	8	0	44	1359	22	3	5	20
Soup and Salad, Caesar Salad with Chicken and Rice Soup	412	231	26	6	0	44	1917	24	3	4	21
Soup and Salad, Caesar Salad with Clam Chowder	536	327	36	12	0	51	1773	33	3	5	20
Soup and Salad, Caesar Salad with Fatz Award Winning Chili	601	336	37	10	0	80	1939	32	9	10	32
Soup and Salad, Caesar Salad with Fatz Chicken Gumbo Soup	476	232	26	6	0	42	2179	39	5	8	22
Soup and Salad, Caesar Salad with French Onion Soup	362	234	26	6	0	24	2198	20	4	6	12
Soup and Salad, Caesar Salad with Kicking Crab and Sweet Corn Chowder	535	276	31	10	0	60	2055	46	4	9	19
Soup and Salad, Caesar Salad with Loaded Baked Potato Soup	480	281	31	9	0	32	1788	35	5	4	15
Soup and Salad, Caesar Salad with Shrimp Bisque	504	289	32	11	0	58	1681	37	3	5	16
Soup and Salad, Caesar Salad with Tuscan Tomato Soup	506	331	37	12	0	62	1659	30	5	13	13
Soup and Salad, House Salad	197	111	12	6	0	35	396	9	2	2	11
Soup and Salad, House Salad with Broccoli and Cheese Soup	466	286	32	15	0	83	1300	20	2	9	25
Soup and Salad, House Salad with Chicken Tenders Stew	303	139	15	9	0	57	940	19	2	4	20
Soup and Salad, House Salad with Chicken and Rice Soup	300	123	14	7	0	57	1499	21	2	3	21
Soup and Salad, House Salad with Clam Chowder	424	219	24	13	0	64	1354	30	3	4	20
Soup and Salad, House Salad with Fatz Award Winning Chili	488	228	25	11	0	93	1521	29	8	9	33
Soup and Salad, House Salad with Fatz Chicken Gumbo Soup	363	124	14	7	0	55	1761	36	4	8	22
Soup and Salad, House Salad with French Onion Soup	249	126	14	7	0	37	1780	17	3	5	13
Soup and Salad, House Salad with Kicking Crab and Sweet Corn Chowder	422	168	19	11	0	73	1637	43	3	9	19
Soup and Salad, House Salad with Loaded Baked Potato Soup	367	173	19	10	0	45	1370	32	4	4	15
Soup and Salad, House Salad with Shrimp Bisque	392	181	20	12	0	70	1263	34	2	5	17
Soup and Salad, House Salad with Tuscan Tomato Soup	393	223	25	13	0	75	1241	27	4	13	14

Sunday Homestyle Items	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicken Fried Chicken	860	302	34	12	0	131	4322	89	10	18	47
Country Fried Steak	1020	537	60	21	2	88	3654	94	12	19	25
Fish Fry	1270	653	73	12	0	133	4355	110	10	21	44
Slow Cooked Pot Roast	786	422	47	16	0	101	3371	55	10	19	37
Turkey and Dressing	734	247	27	12	0	98	5197	77	8	9	46

Kids Entrees	Total Cal (kcal)	Fat Cal (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Kids Calabash Chicken	527	255	28	5	0	68	1543	42	0	6	26
Kids Cheese Quesadilla	653	375	42	16	0	76	1529	49	2	5	21
Kids Cheeseburger	510	284	32	12	0	96	1014	26	1	3	28
Kids Chicken and Cheese Quesadilla	774	416	46	17	0	117	1688	51	2	7	38
Kids Grilled Cheese Sandwich	424	216	24	11	0	39	891	36	1	3	13
Kids Grilled Chicken Sandwich	458	180	20	3	0	89	612	30	1	8	37
Kids Mac and Cheese	507	191	21	11	1	48	1029	58	2	11	19
Kids Popcorn Shrimp	283	39	4	0	0	155	1105	31	1	7	27
Kids Soup and Salad	27	2	0	0	0	0	14	5	2	3	1
Kids Soup and Salad with Bleu Cheese Dressing	267	232	26	5	0	23	419	6	2	4	3
Kids Soup and Salad with Fat Free Sun Dried Tomato Vinaigrette	117	2	0	0	0	0	374	26	2	19	1
Kids Soup and Salad with Honey Mustard Dressing	252	205	23	3	0	15	269	11	2	9	1
Kids Soup and Salad with Housemade Balsamic Vinaigrette	284	245	27	4	0	0	264	8	2	5	2

