



## BLACKBOARD BURGERS

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
The Farm Burger	750	400	46	15	1.5	3.5	11	145	780	510	41	3	8	40
The No. 3 - Pasture Pig	850	500	56	22	0	6	20	140	730	420	53	4	18	32
The No. 4	720	340	39	15	0	6	11	120	980	450	54	4	16	38
The No. 5	750	400	45	20	1.5	2.5	17	150	630	500	41	2	10	42
The No. 6	990	570	65	26	1.5	5.0	24	385	1320	730	37	3	7	59
The Pastured Pig	980	600	68	21	0	6	19	135	1680	450	63	3	21	29
The Quinoa Burger	650	290	32	7	0	2.0	2.0	75	780	390	71	7	15	17



## PLAIN BURGERS

Beef Burger	640	340	38	16	1.5	2.0	16	135	560	410	34	2	5	36
Chicken Burger	540	250	28	12	0	4.0	11	110	690	280	35	2	5	33
Pork Burger	660	400	45	18	0	5	19	115	560	300	35	2	5	26
Vegan Burger	590	200	23	3.0	0	2.5	3.5	0	780	560	78	11	8	20



## BUILD IT TOPPINGS

Arugula	0	0	0	0	0			0	0	50	1	0	0	0
Blue Cheese	50	35	4.0	2.5	0			10	200		0	0	0	3
Bone Marrow	70	60	7	1.0	0			4	0		0	0	0	0
Caramelized Onion Dip	50	50	5	1.5	0			10	220		1	0	0	0
Caramelized Onions	70	35	4.0	0.5	0	2.5	1.0	0	290	120	8	1	3	1
Chili	50	20	2.5	1.0	0		1.0	10	65	140	4	1	0	4
Chili Mayo	180	170	20	2.5	0			20	200		2	0	0	0
Crispy Red Onions	70	40	4.5	1.0	0	2.5	1.0	0	5	55	6	0	1	1
Farm Burger Sauce	120	110	13	1.5	0			10	150	20	2	0	0	0
Feta	60	40	4.5	3.0	0			15	230		1	0	0	4
Fresh Jalapenos	0	0	0	0	0			0	0	30	1	0	0	0
Ginger Aioli	90	90	10	1.5	0			10	70		1	0	0	0
Goat Cheese	70	50	6	4.0	0			10	130		1	0	0	4
Gouda	70	50	6	3.5	0			10	270		1	0	0	4
Grainy Mustard	60	25	3.0	0	0			0	400		6	0	0	0
House Pickles	10	0	0	0	0			0	10		1	0	1	0
Lettuce	0	0	0	0	0			0	0	50	1	0	0	0
Local Bacon	150	100	11	4.0	0	1.5	5	30	690	170	0	0	0	11
Mayo	200	200	22	3.0	0			20	150		2	0	0	0
Oxtail	70	60	6	2.0	0	0.5	2.5	20	300	45	2	0	0	3
Pepper Jack	80	50	6	4.0	0			25	130		0	0	0	5
Pepper Relish	5	0	0	0	0			0	10	25	1	0	0	0
Pesto	60	50	6	1.0	0		0.5	0	85	25	1	0	0	1
Pickled Jalapenos	5	0	0		0			0	45	25	1	0	0	0
Pimento Cheese	170	140	16	6	0		1.5	35	200	10	1	0	0	7
Pork Belly	230	210	23	8	0	2.5	11	30	410	105	1	0	0	4
Red Onion	10	0	0	0	0			0	0	40	3	0	1	0
Roasted Garlic	80	80	9	0.5	0			0	0	20	2	0	0	0
Roasted Jalapeno Cream	25	20	2.0	1.5	0			10	65		1	0	0	0



## BUILD IT TOPPINGS CONTINUED

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sauteed Mushrooms	50	35	4.0	0.5	0	2.0	1.0	0	190	240	3	0	0	1
Smoked Paprika Mayo	200	190	22	3.0	0			20	160	10	2	0	0	0
Swiss	80	50	6	4.0	0			20	50		1	0	0	6
Tomato	5	0	0	0	0			0	0	80	1	0	0	0
White BBQ Sauce	150	140	16	2.0	0			15	320	20	3	0	0	0
White Cheddar	80	60	6	3.5	0			20	125		1	0	0	5
Wisconsin Cheddar	80	60	6	3.5	0			20	130		1	0	0	5



## FARM SALADS (NO DRESSING)

Superfood Salad - Large	590	360	41	4.5	0	9	21	0	380	830	52	11	30	11
Superfood Salad - Small	290	180	21	2.5	0	4.5	11	0	190	420	26	5	15	5



## SALAD DRESSINGS

Green Goddess Dressing	130	120	14	2.5	0		2.0	15	115	40	2	0	0	1
Ranch Dressing	100	90	10	2.5	0			15	260	15	2	0	0	1



## FRIES

Add Pimento Cheese	510	410	46	17	0	0.5	4.0	105	580	35	4	0	0	22
Add Spicy Garlic, Herbs, And Parmesan	60	30	3.5	2.0	0			10	190	25	2	0	0	5
Add Spicy Garlic, Herbs, And Parmesan - Bucket	110	60	7	4.0	0			20	390	50	4	0	0	10
Fries	560	300	34	6	0	20	7	0	1820	930	57	5	2	5
Fries - Bucket	1120	610	69	12	0	39	15	0	3640	1860	113	10	5	10
Onion Rings	710	360	41	7	0	23	9	0	510	280	66	4	6	8
Onion Rings - Bucket	1420	720	82	15	0	47	17	0	1010	570	133	8	12	17
Sweet Potato Fries	530	300	34	6	0	20	7	0	75	650	50	7	16	4
Sweet Potato Fries - Bucket	1060	610	69	12	0	39	15	0	150	1300	100	14	33	8



## SIDES

Braised Collards	150	5	1.0	0	0			0	1170	370	35	6	24	5
Cheese Grits	340	150	16	10	0	0.5	2.5	40	390	190	36	2	6	11
Kale Slaw	80	45	5	0.5	0			5	55	190	8	1	3	1
Nut/seed Butter	790	620	70	7	0	33	9	0	590	850	29	11	8	19
Red Bean Chili - Bowl	290	120	13	6	0.5	1.0	4.5	60	320	690	22	6	4	21
Red Bean Chili - Cup	200	80	10	4.0	0	0.5	3.0	40	220	450	15	4	3	14



## SNACKS

Boiled Peanuts	650	490	56	8	0	18	28	0	6290	830	20	10	5	29
Chicken Pot Pie Fritters	580	340	38	7	0	15	7	60	1340	390	40	2	22	17
FB Deviled Eggs	190	130	15	3.5	0	1.0	2.5	295	240	150	4	0	1	10
Fried Chicken Livers	650	470	53	6	0	10	4.0	225	310	170	26	0	3	13
Sweet Potato Hush Puppies	1110	570	65	22	0	25	15	60	2120	560	118	7	26	15



## LIL FARMERS (INCLUDES FRIES)

Fried Chicken Lollipops	620	340	38	7	0	16	7	50	1990	510	45	3	11	20
Grilled Cheese	670	350	40	17	0	8	4.5	80	1370	330	56	4	5	22
Lil Cheeseburger	580	320	36	13	0.5	7	9	75	1210	480	44	3	4	20



## DRINKS

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Abita Root Beer	180	0	0	0	0			0	15		44	0	38	0
Buchi - Fire Kombucha	70	0	0	0	0			0	20		16	0	16	0
Buchi - Sovereign Kombucha	70	0	0	0	0			0	20		16	0	16	0
Coke	150	0	0	0	0			0	45		40	0	40	0
Diet Coke	0	0	0	0	0			0	40		0	0		0
Iced Tea - Sweetened	160	0	0	0	0			0	15	35	42	0	42	0
Iced Tea - Unsweetened	5	0	0	0	0			0	20	220	2	0		0
Jarritos Lime	170	0	0	0	0			0	40		44	0	42	0
San Pellegrino Orange	140	0	0	0	0			0	0		34	0	32	0



## DESSERTS

Banana Pudding Shake	700	260	29	18	0	1.0	1.5	115	290	250	96	0	82	11
Black Cow Float	300	110	12	7	0			55	85		43	0	37	3
Brown Cow Float	260	110	12	7	0			55	90		34	0	31	3
Chocolate Milkshake	460	250	28	17	0		1.0	100	230	160	48	0	48	13
Salted Caramel Shake	840	470	54	33	0	1.0	8	210	230	210	78	0	71	11
Vanilla Milkshake	490	250	28	17	0		1.0	115	200	160	48	0	42	10



## ADULT FLOATS

Original Sin Cider Float	410	110	12	7	0			55	85		50	0	41	3
Terrapin Chocolate PB Float	520	110	12	7	0			55	110		53	0	18	6
Wells Banana Bread Float	370	110	12	7	0			55	75		33	0	19	4

### Disclaimer Language for Posted Nutritional Information:

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