

**Buffets Inc. Nutrition Information**  
**Entrées**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
BBQ Beef	57 (1 tongs)	70	2.5	1	0	10	5	8	6	<1	500
BBQ Beef Ribs	143 (1 serving)	300	23	9	0	60	17	7	6	0	350
BBQ Pork Ribs	41 (1 rib)	140	9	3.5	0	35	9	5	5	0	320
Beef Stroganoff	140 (1 spoon)	190	8	2.5	0	55	13	19	<1	1	200
Butter Crumb Alaskan Pollack	50 (1 piece)	110	5	1.5	0	45	13	2	0	0	160
Butterfly Shrimp	11 (1 shrimp)	35	1.5	0	0	5	1	4	0	0	70
Carved Ham	85 (3 oz)	100	5	3	0	40	14	0	0	0	990
Carved Grilled Pork Loin	85 (3 oz)	140	10	3.5	0	45	13	0	0	0	370
Carved Roast Beef	85 (3 oz)	230	15	7	0	70	23	0	0	0	55
Carved Rope Sausage	85 (3 oz)	270	24	11	0	35	10	3	3	0	660
Carved Salmon Filet	85 (3 oz)	190	11	2	0	55	19	0	0	0	390
Carved Sirloin Steak	85 (3 oz)	180	9	3.5	0	70	25	0	0	0	170
Chicken & Dumplings	140 (1 spoon)	160	5	1	0	30	11	17	3	<1	620
Chicken Strips	56 (1 spoon)	170	10	2.5	0	25	10	10	<1	0	430
Chinese Chicken Livers	85 (1 spoon)	200	11	2.5	0	225	14	14	<1	2	670
Clam Strips	85 (1 tongs)	320	20	3.5	0	15	9	28	1	2	630
Country BBQ Chicken-breast	165 (1 breast)	310	16	5	0	165	40	6	3	2	780
Country BBQ Chicken-drumstick	75 (1 drumstick)	100	6	1.5	0	55	10	2	2	0	280
Country BBQ Chicken -wing	58 (1 wing)	80	4.5	1	0	40	10	3	2	<1	280
Country BBQ Chicken-thigh	122 (1 thigh)	180	11	3	0	105	20	5	4	<1	540
Country Fried Steak-with Gravy	74 (1 piece)	220	13	4	0.5	25	9	16	0	<1	700
Country Fried Steak-without Gravy	62 (1 piece)	210	13	4	0.5	25	9	15	0	<1	630
Country Pasta Gratine	140 (spoon)	160	4	1	0	20	8	24	2	1	720
Creamy Penne Carbonara	140 (1 spoon)	250	15	4.5	0	30	10	20	3	2	870
Fire Grilled Chicken Alfredo	140 (1 spoon)	220	14	4	0	40	10	14	3	2	480
Fried Catfish	46 (1 piece)	100	5	0	0	25	9	4	0	0	160
Fried Fish	30 ( 1 piece)	80	4	0.5	0	10	3	9	0	<1	200
Fried Shrimp	44 (11 shrimp)	120	6	1	0	35	4	12	<1	<1	590
Grilled BBQ Pork Steak	60 (1 steak)	150	9	3	0	50	14	3	2	0	540
Grilled BBQ Smoked Sausage	80 (1 spoon)	170	13	6	0	20	6	8	6	<1	520
Grilled Cheese	93 (1 sandwich)	310	18	7	0	25	10	28	3	1	830
Grilled Italian Sausage Penne	140 (1 spoon)	180	11	3.5	0	20	7	14	3	1	480

Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.

**Buffets Inc. Nutrition Information**  
**Entrées**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Grilled Pork Steak	57 (1 steak)	140	9	3	0	50	14	0	0	0	440
Grilled Smoked Sausage	56 (1 link)	190	17	8	0	25	7	2	0	0	460
Grilled Teriyaki Pineapple Chicken	85 (1 spoon)	130	6	1.5	0	50	14	6	5	0	320
Hand Breaded Fried Chicken-breast	154 (1 breast)	360	22	6	0	170	41	0	0	2	470
Hand Breaded Fried Chicken-drumstick	45 (1 drumstick)	100	7	2	0	60	10	0	0	0	120
Hand Breaded Fried Chicken-thigh	122 (1 thigh)	200	13	3.5	0	105	20	0	0	<1	230
Hand Breaded Fried Chicken-wing	58 (1 wing)	90	6	1.5	0	45	10	0	0	0	115
Honey BBQ Pork Riblets	34 (1 riblet)	120	9	3	0	35	8	3	2	0	170
Honey Glazed Baked Ham	85 (1 slice)	120	5	3	0	40	14	3	3	0	990
Italian Sausage	80 (1 spoon)	150	13	4.5	0	30	6	3	1	<1	350
Macaroni & Cheese	100 (1 spoon)	110	2.5	1	0	5	4	18	1	<1	500
Meatloaf	85 (3 oz)	180	11	4.5	0	60	12	7	4	0	440
New Orleans Bourbon Street Chicken	85 (1 spoon)	180	8	1.5	0	55	17	9	1	0	580
Orange Chicken	85 (1 spoon)	340	22	4.5	0	55	12	26	4	1	520
Oven Roasted Rotisserie Style Turkey	85 (3 oz)	100	4	1	0	40	14	<1	<1	0	450
Pepperoni & Sausage Calzone	69 (1 slice)	150	6	3	0	45	7	15	4	0	390
Perfect Pot Roast	140 (1 spoon)	160	7	2.5	0	40	15	9	3	1	780
Pizza, Cheese	76 (1 slice)	150	4	2	0	10	8	22	2	1	350
Roasted Jerk Chicken-breast	154 (1 breast)	320	18	5	0	165	40	0	0	0	820
Roasted Jerk Chicken-drumstick	45 (1 drumstick)	100	7	2	0	55	10	0	0	0	340
Roasted Jerk Chicken-thigh	122 (1 thigh)	180	11	3	0	105	20	0	0	0	660
Roasted Jerk Chicken-wing	58 (1 wing)	80	4.5	1.5	0	40	10	0	0	0	260
Rotisserie Chicken-breast	154 (1 breast)	310	17	5	0	165	40	1	1	2	680
Rotisserie Chicken-drumstick	45 (1 drumstick)	90	6	1.5	0	55	10	0	0	0	170
Rotisserie Chicken-thigh	122 (1 thigh)	140	11	3	0	105	20	<1	0	0	340
Rotisserie Chicken-wing	58 (1 wing)	80	4.5	1.5	0	45	10	0	0	0	180
Salisbury Steak	100 (1 piece)	150	9	3.5	0.5	25	9	8	1	1	300
Sauerkraut	28 (1spoon)	5	0	0	0	0	0	1	0	0	110
Seafood Patties	57 (1 patty)	120	6	1	0	30	3	13	1	1	460
Shrimp Scampi	140 (1 spoon)	280	15	4.5	0	125	16	20	0	1	400
Sizzling BBQ Beef Brisket	85 (3 oz)	170	6	2	0	30	23	6	6	0	500
Traditional Baked Chicken-breast	154 (1 breast)	310	17	5	0	165	40	<1	0	2	630

Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.

**Buffets Inc. Nutrition Information**  
**Entrées**

Subject to change without notice.  
Items vary daily.

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Traditional Baked Chicken-drumstick	45 (1 drumstick)	80	6	2	0	55	10	<1	0	0	230
Traditional Baked Chicken-thigh	122 (1 thigh)	180	11	3	0	105	20	<1	0	<1	340
Traditional Baked Chicken-wing	58 (1 wing)	80	4.5	1	0	40	10	0	0	0	170
Turkey Hot Dogs	56 (1 hot dog)	130	11	3.5	0	50	6	2	1	0	570
Wood Seared Salmon	85 (1 piece)	220	16	3	0	55	19	0	0	0	280



Nutritional information does not apply to restaurants compliant with trans fat legislation in their city or county: #756 Philadelphia, PA; #271 Gaithersburg, MD; #223 Levittown, NY; #197 Bellevue, WA; #310 Federal Way, WA; #814 Kent, WA; #172 Catonsville, MD. For a typical adult who consumes 2,000 calories a day, the recommended limits are 20 grams of saturated fat and 2,400 milligrams of sodium. Nutritional data calculated using standardized recipes and a combination of laboratory analysis and nutrition software analysis and is rounded according to FDA labeling guidelines. Nutrition information presented is based on the individual piece or serving utensil measure for each menu item. There may be variations in nutrient content across servings, due to preparation, variable serving sizes, ingredients, or custom orders. Any changes in amount or type of ingredients or preparation that deviates from the standardized recipe invalidates the nutrient content as listed. Please be advised that not all foods on this list are offered every day, nor are all foods offered at all locations.