

Buffets Inc. Nutrition Information
Entrées

Subject to change without notice.
Items vary daily.

Menu Item	Serving Size, grams	Calories	Calories from Fat	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	20	2.5	1	0	10	5	8	6	<1	500
BBQ Beef Ribs	143 (1 serving)	300	210	23	9	0	60	17	7	6	0	350
BBQ Pork Ribs	41 (1 rib)	140	80	9	3.5	0	35	9	5	5	0	320
Beef Stroganoff	140 (1 spoon)	190	70	8	2.5	0	55	13	19	<1	1	200
Butter Crumb Alaskan Pollack	50 (1 piece)	110	50	5	1.5	0	45	13	2	0	0	160
Butterfly Shrimp	11 (1 shrimp)	35	10	1.5	0	0	5	1	4	0	0	70
Butterfly & Popcorn Shrimp	44 (1 spoon)	130	50	6	1	0	15	4	14	1	<1	440
Carved Ham	85 (3 oz)	100	50	5	3	0	40	14	0	0	0	990
Carved Grilled Pork Loin	85 (3 oz)	140	90	10	3.5	0	45	13	0	0	0	370
Carved Roast Beef	85 (3 oz)	230	140	15	7	0	70	23	0	0	0	55
Carved Rope Sausage	85 (3 oz)	270	220	24	11	0	35	10	3	3	0	660
Carved Salmon Filet	85 (3 oz)	190	100	11	2	0	55	19	0	0	0	390
Carved Sirloin Steak	85 (3 oz)	180	80	9	3.5	0	70	25	0	0	0	170
Chicken Alfredo	140 (1 spoon)	230	130	14	4	0	35	10	16	3	1	530
Chicken & Dumplings	140 (1 spoon)	160	50	5	1	0	30	11	17	3	<1	620
Chicken Strips	56 (1 spoon)	170	90	10	2.5	0	25	10	10	<1	0	430
Chicken Zucchini Stir-Fry	100 (1 spoon)	100	30	3.5	1	0	25	8	9	7	1	280
Chinese Chicken Livers	85 (1 spoon)	200	100	11	2.5	0	225	14	14	<1	2	670
Clam Strips	85 (1 tongs)	320	180	20	3.5	0	15	9	28	1	2	630
Country BBQ Chicken-breast	165 (1 breast)	310	140	16	5	0	165	40	6	3	2	780
Country BBQ Chicken-drumstick	75 (1 drumstick)	100	50	6	1.5	0	55	10	2	2	0	280
Country BBQ Chicken -wing	58 (1 wing)	80	40	4.5	1	0	40	10	3	2	<1	280
Country BBQ Chicken-thigh	122 (1 thigh)	180	100	11	3	0	105	20	5	4	<1	540
Country Fried Steak-with Gravy	74 (1 piece)	220	120	13	4	0.5	25	9	16	0	<1	700
Country Fried Steak-without Gravy	62 (1 piece)	210	120	13	4	0.5	25	9	15	0	<1	630
Country Pasta Gratine	140 (1 spoon)	160	40	4	1	0	20	8	24	2	1	720
Creamy Penne Carbonara	140 (1 spoon)	260	150	17	5	0	35	11	17	3	2	870
Fire Grilled Chicken Alfredo	140 (1 spoon)	220	130	14	4	0	40	10	14	3	2	480
Fried Catfish	46 (1 piece)	100	50	5	0	0	25	9	4	0	0	160
Fried Fish	30 (1 piece)	80	40	4	0.5	0	10	3	9	0	<1	200
Fried Shrimp	44 (11 shrimp)	120	50	6	1	0	35	4	12	<1	<1	590
Grilled BBQ Pork Steak	60 (1 steak)	150	80	9	3	0	50	14	3	2	0	540

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Grilled BBQ Smoked Sausage	80 (1 spoon)	170	120	13	6	0	20	6	8	6	<1	520
Grilled Cheese	93 (1 sandwich)	310	160	18	7	0	25	10	28	3	1	830
Grilled Italian Sausage Penne	140 (1 spoon)	180	100	11	3.5	0	20	7	14	3	1	480
Grilled Pork Steak	57 (1 steak)	140	80	9	3	0	50	14	0	0	0	440
Grilled Smoked Sausage	56 (1 link)	190	150	17	8	0	25	7	2	0	0	460
Grilled Teriyaki Pineapple Chicken	85 (1 spoon)	130	50	6	1.5	0	50	14	6	5	0	320
Hand Breaded Fried Chicken-breast	154 (1 breast)	360	200	22	6	0	170	41	0	0	2	470
Hand Breaded Fried Chicken-drumstick	45 (1 drumstick)	100	60	7	2	0	60	10	0	0	0	120
Hand Breaded Fried Chicken-thigh	122 (1 thigh)	200	120	13	3.5	0	105	20	0	0	<1	230
Hand Breaded Fried Chicken-wing	58 (1 wing)	90	50	6	1.5	0	45	10	0	0	0	115
Honey BBQ Pork Riblets	34 (1 riblet)	120	80	9	3	0	35	8	3	2	0	170
Honey Glazed Baked Ham	85 (1 slice)	120	50	5	2.5	0	40	16	1	1	0	990
Italian Sausage	80 (1 spoon)	150	120	13	4.5	0	30	6	3	1	<1	350
Macaroni & Cheese	100 (1 spoon)	110	20	2.5	1	0	5	4	18	1	<1	500
Meatloaf	85 (3 oz)	180	100	11	4.5	0	60	12	7	4	0	440
New Orleans Bourbon Street Chicken	85 (1 spoon)	180	70	8	1.5	0	55	17	9	1	0	580
Orange Chicken	85 (1 spoon)	340	200	22	4.5	0	55	12	26	4	1	520
Oven Roasted Rotisserie Style Turkey	85 (3 oz)	100	40	4	1	0	40	14	<1	<1	0	450
Pasta Florentine with Creamy Marinara	140 (1 spoon)	140	70	8	2	0	10	4	14	3	2	270
Pepperoni & Sausage Calzone	69 (1 slice)	150	50	6	3	0	45	7	15	4	0	390
Perfect Pot Roast	140 (1 spoon)	160	60	7	2.5	0	40	15	9	3	1	780
Pizza, BBQ Baked Chicken	120 (1 slice)	250	60	7	3.5	0	30	15	32	11	1	800
Pizza, Cheese	76 (1 slice)	150	40	4	2	0	10	8	22	2	1	350
Pizza, Pepperoni	88 (1 slice)	200	80	9	4	0	25	10	22	2	1	580
Pot Roast Stroganoff	140 (1 spoon)	130	50	6	2	0	25	6	15	3	1	540
Roasted Jerk Chicken-breast	154 (1 breast)	320	160	18	5	0	165	40	0	0	0	820
Roasted Jerk Chicken-drumstick	45 (1 drumstick)	100	60	7	2	0	55	10	0	0	0	340
Roasted Jerk Chicken-thigh	122 (1 thigh)	180	100	11	3	0	105	20	0	0	0	660
Roasted Jerk Chicken-wing	58 (1 wing)	80	40	4.5	1.5	0	40	10	0	0	0	260
Rotisserie Chicken-breast	154 (1 breast)	310	150	17	5	0	165	40	1	1	2	680
Rotisserie Chicken-drumstick	45 (1 drumstick)	90	50	6	1.5	0	55	10	0	0	0	170
Rotisserie Chicken-thigh	122 (1 thigh)	140	100	11	3	0	105	20	<1	0	0	340

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Rotisserie Chicken-wing	58 (1 wing)	80	40	4.5	1.5	0	45	10	0	0	0	180
Salisbury Steak	100 (1 piece)	150	80	9	3.5	0.5	25	9	8	1	1	300
Salmon with Creole Shrimp	102 (1 piece)	140	60	7	1	0	70	18	2	<1	0	140
Sauerkraut	28 (1 spoon)	5	0	0	0	0	0	0	1	0	0	110
Seafood Patties	57 (1 patty)	120	50	6	1	0	30	3	13	1	1	460
Shrimp Scampi	140 (1 spoon)	280	120	13	3.5	0	120	16	21	<1	1	380
Sizzling BBQ Beef Brisket	85 (3 oz)	170	50	6	2	0	30	23	6	6	0	500
Traditional Baked Chicken-breast	154 (1 breast)	310	150	17	5	0	165	40	<1	0	2	630
Traditional Baked Chicken-drumstick	45 (1 drumstick)	80	50	6	2	0	55	10	<1	0	0	230
Traditional Baked Chicken-thigh	122 (1 thigh)	180	100	11	3	0	105	20	<1	0	<1	340
Traditional Baked Chicken-wing	58 (1 wing)	80	40	4.5	1	0	40	10	0	0	0	170
Turkey Hot Dogs	56 (1 hot dog)	130	100	11	3.5	0	50	6	2	1	0	570
Wood Seared Salmon	85 (1 piece)	220	140	16	3	0	55	19	0	0	0	280



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