



Allergen Profile

NOTE: Allergen information is not available on seasonal items (lunch specials) and individual restaurant's daily specials.

√ denotes the allergen is in the product.

Egg	Milk	MSG	Peanuts	Shellfish	Soy	Sulfites	Tree Nuts	Wheat
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Sides

Baked Potato (plain)								
Baked Sweet Potato (plain)								
Cinnamon Apples		√			√			
French Fries			√					
Garden Blend Rice					√			√
Red-skinned Mashed Potatoes		√			√			
Grilled Veggie Skewers					√			
Sauteed Sliced Mushrooms						√		
Steamed Seasonal Veggies		√			√			√
Steamed Broccoli with Cheese Sauce		√						
Stone-ground Cheese Grits		√	√		√			
Sweet Vadila Onion Cole Slaw	√							

Appetizers

Cajun Firecracker Sticks	√	√	√		√	√	√	√
Cheese Fries		√	√					√
Chicken Wings								√
Fried Green Tomatoes & Stone-ground Cheese Grits	√	√	√		√			√
Honey BBQ Chicken Nachos		√	√					√
Three Cheese Spinach Dip		√	√		√	√		√
Loaded Potato Soup		√	√		√	√		
Chicken and Rice Soup			√		√			√

Chicken

Aloha Chicken					√			√
Carolina Stacked Chicken		√			√			√
Chicken Pot Pie	√	√	√		√			√
Roasted BBQ Half Chicken		√			√			
World Famous Calabash Chicken®		√	√					√

Pasta

Baja Chicken Pasta		√			√	√		√
Chicken Carbonara		√	√		√	√		√

Ribs

BBQ Babyback Ribs, Full Rack			√					
BBQ Babyback Ribs, Half Rack			√					
Fatz Sampler		√	√		√			√

Beef

Ribeye					√			
Top Sirloin, 10 oz.					√			
Top Sirloin, 6 oz.					√			
Smothered Chopped Steak		√	√		√	√		√
TC's Hard Cider Sampler		√	√	√	√			√

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Seafood

Calabash Popcorn Shrimp		✓			✓			✓
Edisto Shrimp & Grits		✓	✓		✓		✓	✓
Fatz Famous Fish, Broiled		✓			✓			
Fatz Famous Fish, Fried								✓
Fatz Famous Fish, Blackened					✓			
Fatz Famous Fish, Key West					✓			
Fried Jumbo Shrimp				✓				✓
Grilled Shrimp & Veggie Harpoons				✓	✓			✓
Maple Plank Salmon					✓			✓

Salads

Calabash Chicken Salad		✓	✓					✓
Caesar Salad (Side)	✓	✓						✓
Fire-grilled Chicken Caesar Salad	✓	✓	✓		✓			✓
House Salad (Side)		✓						✓
Seabreeze Spinach Salad with Grilled Chicken	✓	✓					✓	
Soup & Salad								
Southwest Chicken Salad	✓	✓	✓		✓			✓
Traditional Caesar Salad	✓	✓						✓
Ultimate Chopped Chef Salad (w/ dressing)	✓	✓					✓	
Veggie Salad (Side)								

Burgers

Old-Fashioned Cheeseburger		✓			✓			✓
Fatz Onyum Burger	✓	✓	✓		✓			✓
Pimento Cheeseburger w/Fried Green Tomatoes	✓	✓	✓		✓			✓

Sandwiches

Big City Reuben	✓	✓			✓	✓		✓
Blackened Fish Sandwich								✓
Calabash Wrap		✓	✓					✓
Fatz Club		✓			✓			
Fatz Cheese Steak		✓			✓			
Honey Mustard Chicken Sandwich					✓			

Desserts

Brownie Bites and Ice Cream	✓				✓			✓
Carolina Peach Cobbler	✓	✓			✓		✓	✓
Cheesecake & Strawberries	✓	✓						✓
Cheesecake Bites	✓	✓						✓
Double Fudge Brownie	✓	✓		✓	✓		✓	✓
Peanut Butter Pie		✓		✓	✓			✓

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Soups

Chicken and Rice Soup			✓			✓		✓
Loaded Potato Soup		✓	✓			✓	✓	

Salad Dressings

Bleu Cheese Dressing	✓	✓				✓		
Caesar Dressing	✓	✓						
Gourmet Italian Dressing								
Honey Mustard Dressing								
Hot Bacon Vinaigrette Dressing								
Lite Olive Oil Vinaigrette Dressing						✓		
Lite Ranch Dressing	✓	✓	✓					
Ranch Dressing	✓	✓	✓					
Raspberry Walnut Vinaigrette Dressing							✓	
Spicy Ranch Dressing	✓	✓	✓					
Sundried Tomato Vinaigrette								
Thousand Island Dressing	✓							

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