



5424 Old Jacksonville Highway  
Tyler, TX 75703  
903.509.4222

## Menu Items approved for the Healthy Figures Weight Loss plan



### Sam's Smoked Brisket Salad

Sam's Famous Smoked Brisket thinly sliced and served over mixed field greens and Romaine lettuce, tomato and sweet onion. (Ask for light dressing.)



### Grilled Salmon Salad

Lightly seasoned and grilled filet of salmon with mixed field greens and dried cranberries. (Ask for light dressing.)

## Sam's Famous BBQ



### Smoked Ribs

A pound and a half of slow smoked, fall off the bone pork ribs.



### Smoked Ham

The hind leg or 'Fresh Ham' portion, slow smoked and sliced.



### Smoked Pulled Pork

Tender, hand pulled slow smoked port shoulder.



### Smoked Brisket

Beef brisket that is slow cooked and 'fall apart'.



### Smoked Turkey

Well seasoned, smoked and sliced (our leanest meat for the health conscious).



### Hot Smoked Chicken

Slow smoked and juicy tender.

*\*\* For all entrees, Healthy Figures recommends a side dish of grilled asparagus or steamed veggies.*