BUFFALO WILD WINGS™

NUTRITION GUIDE

* NUTRITION ABBREVIATION KEY ON PAGE 18	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
BONELESS WINGS Nutritional values below reflect boneless wings and the sauces or dry rubs they are hand-spun in and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.										
6 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub	360	19	7	1	85	1260	20	1	0	29
SIGNATURE SAUCES										
Asian Zing®	130	0	0	0	0	860	31	1	29	1
Blazin'® Knockout	80	3	0	0	0	1370	12	1	10	0
Buffalo Ranch	80	8	1.5	0	10	1290	3	1	0	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Golden Fire	90	2	0	0	0	760	19	1	17	1
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Honey Garlic	120	0.5	0	0	0	1060	29	0	26	1
Hot	70	6	1	0	0	1650	3	1	0	1
Hot BBQ	50	2.5	0	0	0	1010	8	1	5	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	230	23	4.5	0	15	850	4	1	2	0
Lemon Pepper Hot - *limited time*	160	17	3.5	0	5	1400	2	1	0	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
NEW Pickle - *limited time*	90	0	0	0	0	945	22	0	15	0
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
NEW Sweet Chili Crisp - *limited time*	130	0.5	0	0	0	650	30	1	25	1
NEW Teriyaki	100	3	0	0	0	3885	180	3	149	5
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild®	70	6	1	0	0	1280	4	1	1	0
DRY RUBS										
Buffalo Dry Rub	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Dry Rub	5	0	0	0	0	360	1	0	1	0
Desert Heat® Dry Rub	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Dry Rub	5	0	0	0	0	540	1	0	0	0
10 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub	610	31	12	2	140	2090	34	1	1	48
SIGNATURE SAUCES										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin'® Knockout	100	4	0.5	0	0	1820	16	1	13	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Golden Fire	130	2.5	0	0	0	1020	25	1	22	1
Honey BBQ	140	0	0	0	0	830	34	0	28	0
Honey Garlic	160	1	0	0	0	1410	39	0	34	1
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	300	31	6	0.5	25	1130	5	1	2	1
Lemon Pepper Hot - *limited time*	210	23	4.5	0	5	1860	3	1	0	1
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1

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Mild	100	9	1.5	0	10	1850	3	0	0	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
NEW Pickle - *limited time*	120	0	0	0	0	1260	29	0	20	0
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
NEW Sweet Chili Crisp - *limited time*	170	0.5	0	0	0	860	40	1	33	1
NEW Teriyaki	130	0	0	0	0	1449	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
DRY RUBS										
Buffalo Dry Rub	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Dry Rub	10	0	0	0	0	480	2	0	1	0
Desert Heat® Dry Rub	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Dry Rub	5	0	0	0	0	710	1	0	1	0
15 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub	910	46	18	3	215	3140	51	2	1	72
SIGNATURE SAUCES										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin'® Knockout	150	6	1	0	0	2740	24	2	19	1
Buffalo Ranch	170	15	3	0	20	2580	5	2	1	1
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
Golden Fire	190	4	0	0	0	1530	38	2	34	2
Honey BBQ	200	0	0	0	0	1240	50	1	41	1
Honey Garlic	250	1.5	0	0	0	2120	59	1	51	1
Hot	140	12	2	0	0	3300	6	1	0	1
Hot BBQ	110	5	1	0	0	2010	15	1	10	1
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	450	47	9	1	35	1690	8	2	4	1
Lemon Pepper Hot - *limited time*	320	34	7	0	5	2790	4	2	1	1
Mango Habanero™	220	1.5	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
NEW Pickle - *limited time*	180	0	0	0	0	1890	44	0	30	0
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
NEW Sweet Chili Crisp - *limited time*	260	1	0	0	0	1300	60	1	49	2
NEW Teriyaki	210	0	0	0	1	2160	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1
DRY RUBS										
Buffalo Dry Rub	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Dry Rub	10	0	0	0	0	720	3	0	1	0
Desert Heat® Dry Rub	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Dry Rub	10	0	0	0	0	1070	2	0	1	0

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20 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub	1210	62	24	4	285	4190	68	2	1	96
SIGNATURE SAUCES										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin'® Knockout	200	8	1	0	0	3650	32	2	26	1
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Golden Fire	250	5	0.5	0	0	2040	50	3	45	3
Honey BBQ	270	0	0	0	0	1650	67	1	55	1
Honey Garlic	330	2	0	0	0	2820	78	1	68	2
Hot	180	16	2.5	0	0	4400	7	1	1	2
Hot BBQ	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	600	62	12	1	45	2260	10	2	5	1
Lemon Pepper Hot - *limited time*	430	46	9	0.5	10	3730	5	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
NEW Pickle - *limited time*	240	0	0	0	0	2520	59	0	40	0
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
NEW Sweet Chili Crisp - *limited time*	340	1.5	0	0	0	1730	80	2	66	2
NEW Teriyaki	280	0	0	0	1	2880	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1
DRY RUBS										
Buffalo Dry Rub	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Dry Rub	15	0	0	0	0	840	3	0	2	0
Desert Heat® Dry Rub	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Dry Rub	10	0	0	0	0	1250	2	0	1	0
30 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub	1820	93	36	6	425	6280	102	4	2	144
SIGNATURE SAUCES										
Asian Zing®	520	1.5	0	0	0	3440	124	3	115	2
Blazin'® Knockout	300	12	1.5	0	0	5470	48	3	38	2
Buffalo Ranch	330	31	6	0.5	40	5160	11	3	1	2
Caribbean Jerk	450	15	3	0	0	1980	77	3	69	2
Golden Fire	380	8	1	0	0	3050	75	4	67	4
Honey BBQ	410	0	0	0	0	2480	101	1	83	1
Honey Garlic	490	2.5	0	0	0	4230	118	1	103	3
Hot	270	24	4	0	0	6610	11	2	1	2
Hot BBQ	220	10	1.5	0	0	4030	30	3	21	2
Jammin' Jalapeño	540	0	0	0	0	4080	120	0	96	0
Lemon Pepper	910	93	18	1.5	70	3390	16	3	7	2
Lemon Pepper Hot - *limited time*	640	69	13	1	15	5590	8	3	1	2
Mango Habanero™	450	3	0	0	0	2610	106	3	79	1
Medium	190	17	3	0	35	6520	8	1	0	2
Mild	290	28	4.5	0	35	5540	8	1	0	2

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Original Buffalo	670	71	14	1	0	5930	7	1	0	1
Parmesan Garlic	770	75	14	1	70	3750	18	2	7	7
NEW Pickle - *limited time*	360	0	0	0	0	3780	88	0	60	0
Spicy Garlic	270	24	4	0	45	6800	11	1	0	3
NEW Sweet Chili Crisp - *limited time*	520	2	0	0	0	2590	120	2	99	3
NEW Teriyaki	420	0	0	0	1	4320	90	2	71	11
Thai Curry	880	86	16	1	50	5410	23	4	13	4
Wild®	290	25	4	0	0	5120	15	2	5	2
DRY RUBS										
Buffalo Dry Rub	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Dry Rub	25	0	0	0	0	1450	6	1	3	0
Desert Heat® Dry Rub	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Dry Rub	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Dry Rub	15	0	0	0	0	2140	4	0	2	0
BONE-IN WINGS Nutritional values below reflect bone-in wings and the sauces or dry rubs they are hand-spun in and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.										
6 COUNT BONE-IN WINGS, add Signature Sauce or Dry Rub	430	24	8	0.5	215	160	0	0	0	53
6 COUNT BONE-IN WINGS (FLATS ONLY), add Signature Sauce or Dry Rub	410	25	8	0.5	210	140	0	0	0	46
6 COUNT BONE-IN WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub	450	23	8	0.5	215	180	0	0	0	60
SIGNATURE SAUCES										
Asian Zing®	90	0	0	0	0	570	21	0	19	0
Blazin' Knockout	50	2	0	0	0	910	8	1	6	0
Buffalo Ranch	60	5	1	0	5	860	2	1	0	0
Caribbean Jerk	80	2.5	0	0	0	330	13	0	11	0
Golden Fire	60	1.5	0	0	0	510	13	1	11	1
Honey BBQ	70	0	0	0	0	410	17	0	14	0
Honey Garlic	80	0	0	0	0	710	20	0	17	0
Hot	45	4	0.5	0	0	1100	2	0	0	0
Hot BBQ	35	1.5	0	0	0	670	5	0	3	0
Jammin' Jalapeño	90	0	0	0	0	680	20	0	16	0
Lemon Pepper	150	16	3	0	10	560	3	1	1	0
Lemon Pepper Hot - *limited time*	110	11	2	0	0	930	1	1	0	0
Mango Habanero™	70	0.5	0	0	0	430	18	0	13	0
Medium	30	3	0	0	5	1090	1	0	0	0
Mild	50	4.5	1	0	5	920	1	0	0	0
Original Buffalo	110	12	2.5	0	0	990	1	0	0	0
Parmesan Garlic	130	13	2.5	0	10	630	3	0	1	1
NEW Pickle - *limited time*	60	0	0	0	0	630	15	0	10	0
Spicy Garlic	45	4	0.5	0	5	1130	2	0	0	0
NEW Sweet Chili Crisp - *limited time*	90	0	0	0	0	430	20	0	16	1
NEW Teriyaki	70	0	0	0	0	720	15	0	12	2
Thai Curry	150	14	2.5	0	10	900	4	1	2	1
Wild®	50	4	0.5	0	0	850	3	0	1	0
DRY RUBS										
Buffalo Dry Rub	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Dry Rub	5	0	0	0	0	360	1	0	1	0
Desert Heat® Dry Rub	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Dry Rub	5	0	0	0	0	540	1	0	0	0

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10 COUNT BONE-IN WINGS, add Signature Sauce or Dry Rub	720	41	13	1	360	270	0	0	0	88
10 COUNT BONE-IN WINGS (FLATS ONLY), add Signature Sauce or Dry Rub	680	42	14	1	350	230	0	0	0	77
10 COUNT BONE-IN WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub	750	39	13	1	360	300	0	0	0	100
SIGNATURE SAUCES										
Asian Zing®	130	0	0	0	0	860	31	1	29	1
Blazin' Knockout	80	3	0	0	0	1370	12	1	10	0
Buffalo Ranch	80	8	1.5	0	10	1290	3	1	0	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Golden Fire	90	2	0	0	0	760	19	1	17	1
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Honey Garlic	120	0.5	0	0	0	1060	29	0	26	1
Hot	70	6	1	0	0	1650	3	1	0	1
Hot BBQ	50	2.5	0	0	0	1010	8	1	5	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	230	23	4.5	0	15	850	4	1	2	0
Lemon Pepper Hot - *limited time*	160	17	3.5	0	5	1400	2	1	0	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
NEW Pickle - *limited time*	90	0	0	0	0	945	22	0	15	0
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
NEW Sweet Chili Crisp - *limited time*	130	0.5	0	0	0	650	30	1	25	1
NEW Teriyaki	100	0	0	0	0	1080	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild®	70	6	1	0	0	1280	4	1	1	0
DRY RUBS										
Buffalo Dry Rub	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Dry Rub	10	0	0	0	0	480	2	0	1	0
Desert Heat® Dry Rub	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Dry Rub	5	0	0	0	0	710	1	0	1	0
15 COUNT BONE-IN WINGS, add Signature Sauce or Dry Rub	1080	61	20	1.5	540	400	0	0	0	132
15 COUNT BONE-IN WINGS (FLATS ONLY), add Signature Sauce or Dry Rub	1020	63	20	1.5	530	350	0	0	0	115
15 COUNT BONE-IN WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub	1120	58	20	1.5	545	450	0	0	0	150
SIGNATURE SAUCES										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin' Knockout	100	4	0.5	0	0	1820	16	1	13	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Golden Fire	130	2.5	0	0	0	1020	25	1	22	1
Honey BBQ	200	0	0	0	0	1240	50	1	41	1
Honey Garlic	160	1	0	0	0	1410	39	0	34	1
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ	70	3.5	0.5	0	0	1340	10	1	7	1

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Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	300	31	6	0.5	25	1130	5	1	2	1
Lemon Pepper Hot - *limited time*	210	23	4.5	0	5	1860	3	1	0	1
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
NEW Pickle - *limited time*	120	0	0	0	0	1260	29	0	20	0
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
NEW Sweet Chili Crisp - *limited time*	170	0.5	0	0	0	860	40	1	33	1
NEW Teriyaki	130	0	0	0	0	1449	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
DRY RUBS										
Buffalo Dry Rub	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Dry Rub	10	0	0	0	0	720	3	0	1	0
Desert Heat® Dry Rub	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Dry Rub	10	0	0	0	0	1070	2	0	1	0
20 COUNT BONE-IN WINGS, add Signature Sauce or Dry Rub	1440	82	27	2	720	530	0	0	0	177
20 COUNT BONE-IN WINGS (FLATS ONLY), add Signature Sauce or Dry Rub	1370	84	27	1.5	705	470	0	0	0	154
20 COUNT BONE-IN WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub	1490	77	26	2	725	600	0	0	0	200
SIGNATURE SAUCES										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin' Knockout	150	6	1	0	0	2740	24	2	19	1
Buffalo Ranch	170	15	3	0	20	2580	5	2	1	1
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
Golden Fire	190	4	0	0	0	1530	38	2	34	2
Honey BBQ	200	0	0	0	0	1240	50	1	41	1
Honey Garlic	250	1.5	0	0	0	2120	59	1	51	1
Hot	140	12	2	0	0	3300	6	1	0	1
Hot BBQ	110	5	1	0	0	2010	15	1	10	1
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	450	47	9	1	35	1690	8	2	4	1
Lemon Pepper Hot - *limited time*	320	34	7	0	5	2790	4	2	1	1
Mango Habanero™	220	1.5	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
NEW Pickle - *limited time*	180	0	0	0	0	1890	44	0	30	0
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
NEW Sweet Chili Crisp - *limited time*	260	1	0	0	0	1300	60	1	49	2
NEW Teriyaki	210	0	0	0	1	2160	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1

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* NUTRITION ABBREVIATION KEY ON PAGE 18	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
DRY RUBS										
Buffalo Dry Rub	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Dry Rub	15	0	0	0	0	840	3	0	2	0
Desert Heat® Dry Rub	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Dry Rub	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Dry Rub	10	0	0	0	0	1250	2	0	1	0
30 COUNT BONE-IN WINGS, add Signature Sauce or Dry Rub	2160	122	40	2.5	1080	800	0	0	0	265
30 COUNT BONE-IN WINGS (FLATS ONLY), add Signature Sauce or Dry Rub	2050	125	41	2.5	1055	700	0	0	0	230
30 COUNT BONE-IN WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub	2240	116	39	3	1085	900	0	0	0	299
SIGNATURE SAUCES										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin'® Knockout	200	8	1	0	0	3650	32	2	26	1
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Golden Fire	250	5	0.5	0	0	2040	50	3	45	3
Honey BBQ	270	0	0	0	0	1650	67	1	55	1
Honey Garlic	330	2	0	0	0	2820	78	1	68	2
Hot	180	16	2.5	0	0	4400	7	1	1	2
Hot BBQ	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	600	62	12	1	45	2260	10	2	5	1
Lemon Pepper Hot - *limited time*	430	46	9	0.5	10	3730	5	2	1	1
Mango Habanero™	210	2	0	0	0	1470	52	1	40	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
NEW Pickle - *limited time*	240	0	0	0	0	2520	59	0	40	0
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
NEW Sweet Chili Crisp - *limited time*	340	1.5	0	0	0	1730	80	2	66	2
NEW Teriyaki	280	0	0	0	1	2880	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1
DRY RUBS										
Buffalo Dry Rub	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Dry Rub	25	0	0	0	0	1450	6	1	3	0
Desert Heat® Dry Rub	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Dry Rub	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Dry Rub	15	0	0	0	0	2140	4	0	2	0
CAULIFLOWER WINGS Nutritional values below reflect cauliflower wings and the sauces and dry rubs they are hand-spun in and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for nutrition information.										
SMALL CAULIFLOWER WINGS, add Signature Sauce or Dry Rub	520	29	11	1.5	35	650	58	5	4	8
SIGNATURE SAUCES										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin'® Knockout	100	4	0.5	0	0	1820	16	1	13	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Golden Fire	130	2.5	0	0	0	1020	25	1	22	1
Honey BBQ	140	0	0	0	0	830	34	0	28	0

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Honey Garlic	160	1	0	0	0	1410	39	0	34	1
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	300	31	6	0.5	25	1130	5	1	2	1
Lemon Pepper Hot - *limited time*	210	23	4.5	0	5	1860	3	1	0	1
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
NEW Pickle - *limited time*	120	0	0	0	0	1260	29	0	20	0
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
NEW Sweet Chili Crisp - *limited time*	170	0.5	0	0	0	860	40	1	33	1
NEW Teriyaki	130	0	0	0	0	1450	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
DRY RUBS										
Buffalo Dry Rub	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Dry Rub	10	0	0	0	0	480	2	0	1	0
Desert Heat® Dry Rub	10	0	0	0	0	340	2	0	1	1
Lemon Pepper Dry Rub	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Dry Rub	5	0	0	0	0	710	1	0	1	0
LARGE CAULIFLOWER WINGS, add Signature Sauce or Dry Rub	1040	57	22	3.5	65	1300	116	11	8	16
SIGNATURE SAUCES										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin'® Knockout	200	8	1	0	0	3650	32	2	26	1
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Golden Fire	250	5	0.5	0	0	2040	50	3	45	3
Honey BBQ	270	0	0	0	0	1650	67	1	55	1
Honey Garlic	330	2	0	0	0	2820	78	1	68	2
Hot	180	16	2.5	0	0	4400	7	1	1	2
Hot BBQ	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	600	62	12	1	45	2260	10	2	5	1
Lemon Pepper Hot - *limited time*	430	46	9	0.5	10	3730	5	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
NEW Pickle - *limited time*	240	0	0	0	0	2520	59	0	40	0
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
NEW Sweet Chili Crisp - *limited time*	340	1.5	0	0	0	1730	80	2	66	2
NEW Teriyaki	280	0	0	0	1	2880	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1

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DRY RUBS										
Buffalo Dry Rub	10	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Dry Rub	15	0	0	0	0	840	3	0	2	0
Desert Heat® Dry Rub	15	1	0	0	0	590	4	1	1	0
Lemon Pepper Dry Rub	10	0	0	0	0	680	2	1	0	0
Salt & Vinegar Dry Rub	10	0	0	0	0	1250	2	0	1	0
VEGGIES & DIPS										
Carrots	50	0	0	0	0	90	11	3	7	1
Celery Sticks	15	0	0	0	0	75	3	2	1	1
Carrots & Celery Sticks	35	0	0	0	0	90	8	2	5	1
Bleu Cheese Dressing	280	29	6	0	35	550	2	0	2	2
Bleu Cheese Dressing - Large	1130	117	23	2	140	2190	9	1	7	8
Ranch Dressing	320	34	5	0.5	10	510	2	0	2	1
Ranch Dressing - Large	1270	136	21	2	30	2040	9	1	7	2
Honey Mustard	220	20	3	0	15	650	11	1	9	1
Honey Mustard - Large	890	78	12	1	60	2580	43	2	35	6
Southwestern Ranch	340	37	6	0.5	15	800	2	0	1	1
Southwestern Ranch - Large	1360	146	24	2	50	3180	9	1	6	3
SAUCES, DRY RUBS & EXTRAS										
SIGNATURE SAUCES										
Asian Zing® - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin' Knockout - 2 fl oz	100	4	0.5	0	0	1820	16	1	13	1
Buffalo Ranch - 2 fl oz	110	10	2	0	15	1720	4	1	0	1
Caribbean Jerk - 2 fl oz	150	5	1	0	0	660	26	1	23	1
Golden Fire - 2 fl oz	130	2.5	0	0	0	1020	25	1	22	1
Honey BBQ - 2 fl oz	140	0	0	0	0	830	34	0	28	0
Honey Garlic - 2 fl oz	160	1	0	0	0	1410	39	0	34	1
Hot - 2 fl oz	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ - 2 fl oz	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño - 2 fl oz	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper - 2 fl oz	300	31	6	0.5	25	1130	5	1	2	1
Mango Habanero™ - 2 fl oz	160	1	0	0	0	890	36	1	26	0
Medium - 2 fl oz	60	6	1	0	10	2170	3	0	0	1
Mild - 2 fl oz	100	9	1.5	0	10	1850	3	0	0	1
Original Buffalo - 2 fl oz	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic - 2 fl oz	260	25	4.5	0	25	1250	6	1	2	2
NEW Pickle - 2 fl oz - *limited time*	120	0	0	0	0	1260	29	0	20	0
Spicy Garlic - 2 fl oz	90	8	1.5	0	15	2270	4	0	0	1
NEW Sweet Chili Crisp - 2 fl oz	170	0.5	0	0	0	860	40	1	33	1
NEW Teriyaki - 2 fl oz	130	0	0	0	0	1450	30	1	24	4
Thai Curry - 2 fl oz	290	29	5	0	15	1800	8	1	4	1
Wild® - 2 fl oz	100	8	1.5	0	0	1710	5	1	2	1
DRY RUBS										
Buffalo Dry Rub - 1 tsp	10	0	0	0	0	670	1	0	0	0
Desert Heat® Dry Rub - 1 tsp	10	0	0	0	0	290	2	0	1	0
Chipotle BBQ Dry Rub - 1 tsp	5	0	0	0	0	330	1	0	1	0
Lemon Pepper Dry Rub - 1 tsp	5	0	0	0	0	460	1	0	0	0
Salt & Vinegar Dry Rub - 1 tsp	5	0	0	0	0	520	1	0	0	0

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EXTRAS										
Caramel Sauce	130	0.5	0	0	5	75	30	0	23	0
Chile-Lime Dressing	260	28	4.5	0	30	720	3	0	1	1
Crema	110	10	6	0	40	55	5	0	2	2
Hatch Queso	110	8	4.5	0	25	520	4	0	2	6
House-Made Guacamole	100	10	1.5	0	0	125	6	4	0	2
Marinara	45	1.5	0	0	0	300	8	2	5	2
New Belgium Fat Tire® Beer Cheese	120	9	5	0	20	430	5	0	3	5
Pico de Gallo	15	0	0	0	0	120	3	1	2	1
Salsa	25	0	0	0	0	410	6	1	3	1
CHICKEN DIPPERS All dippers are listed without French fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
2 count Original Chicken Dippers	380	16	6	1	90	1280	35	2	2	25
3 count Original Chicken Dippers	570	24	9	1.5	135	1910	52	4	2	37
5 count Original Chicken Dippers	960	40	15	2.5	230	3190	87	6	3	62
10 count Original Chicken Dippers	1910	80	30	4.5	455	6380	173	12	6	124
15 count Original Chicken Dippers	2870	121	46	7	685	9570	260	18	10	186
2 count Spicy Chicken Dippers	330	16	6	0.5	80	1130	25	2	1	22
3 count Spicy Chicken Dippers	500	24	8	1	120	1700	38	4	2	33
5 count Spicy Chicken Dippers	830	39	14	2	195	2840	63	6	3	55
10 count Spicy Chicken Dippers	1650	79	28	3.5	390	5670	127	12	6	109
15 count Spicy Chicken Dippers	2480	118	42	5	590	8510	190	18	10	164
2 count Grilled Chicken Dippers	100	0.5	0	0	0	760	0	0	0	25
3 count Grilled Chicken Dippers	160	1	0	0	0	1140	0	0	0	37
5 count Grilled Chicken Dippers	260	2	0.5	0	0	1910	0	0	0	61
10 count Grilled Chicken Dippers	520	3.5	1.5	0	5	3810	0	0	0	123
15 count Grilled Chicken Dippers	780	6	2	0	5	5720	0	0	0	184
MAKE 'EM SAUCY Add a Signature Sauce to your 3 / 5 count Chicken Dippers										
Asian Zing®	170 / 260	0 / 0.5	0 / 0	0 / 0	0 / 0	1150 / 1720	41 / 62	1 / 1	38 / 57	1 / 1
Blazin'® Knockout	100 / 150	4 / 6	0.5 / 1	0 / 0	0 / 0	1820 / 2740	16 / 24	1 / 2	13 / 19	1 / 1
Buffalo Ranch	110 / 170	10 / 15	2 / 3	0	15 / 20	1720 / 2580	4 / 5	1 / 2	0 / 1	1
Caribbean Jerk	150 / 230	5 / 8	1 / 1.5	0 / 0	0 / 0	660 / 990	26 / 39	1 / 1	23 / 34	0 / 0
Golden Fire	130 / 190	2.5 / 4	0 / 0	0 / 0	0 / 0	1020 / 1530	25 / 38	1 / 2	22 / 34	1 / 2
Honey BBQ	140 / 200	0 / 0	0 / 0	0 / 0	0 / 0	830 / 1240	34 / 50	0 / 1	28 / 41	0 / 1
Honey Garlic	160 / 250	1 / 1.5	0 / 0	0 / 0	0 / 0	1410 / 2120	39 / 59	0 / 1	34 / 51	1 / 1
Hot	90 / 140	8 / 12	1.5 / 2	0 / 0	0 / 0	2200 / 3300	4 / 6	1 / 1	0 / 0	1 / 1
Hot BBQ	70 / 110	3.5 / 5	0.5 / 1	0 / 0	0 / 0	1340 / 2010	10 / 15	1 / 1	7 / 10	1 / 1
Jammin' Jalapeño	180 / 270	0 / 0	0 / 0	0 / 0	0 / 0	1360 / 2040	40 / 60	0 / 0	32 / 48	0 / 0
Lemon Pepper	300 / 450	31 / 47	6 / 9	0.5 / 2	25 / 35	1130 / 1690	5 / 8	1 / 2	2 / 4	1 / 1
Mango Habanero™	150 / 220	1 / 1.5	0 / 0	0 / 0	0 / 0	870 / 1300	35 / 53	1 / 1	26 / 40	0 / 1
Medium	60 / 100	6 / 8	1 / 1.5	0 / 0	10 / 20	2170 / 3260	3 / 4	0 / 0	0 / 0	1 / 1
Mild	100 / 150	9 / 14	1.5 / 2.5	0 / 0	10 / 15	1850 / 2770	3 / 4	0 / 0	0 / 0	1 / 1
Original Buffalo	220 / 330	24 / 36	4.5 / 7	0 / 0	0 / 0	1980 / 2960	2 / 3	0 / 0	0 / 0	0 / 1
Parmesan Garlic	260 / 390	25 / 38	4.5 / 7	0 / 0.5	25 / 35	1250 / 1880	6 / 9	1 / 1	2 / 3	2 / 3
NEW Pickle - *limited time*	120 / 180	0	0	0	0	1260 / 1890	29 / 44	0	20 / 30	0
NEW Sweet Chili Crisp - *limited time*	170 /260	0.5 / 1	0	0	0	860 / 1300	40 / 60	1	33 / 49	1 / 2
Spicy Garlic	90 / 140	8 / 12	1.5 / 2	0 / 0	15 / 20	2270 / 3400	4 / 6	0 / 0	0 / 0	1 / 1
NEW Teriyaki	130 / 210	0 / 0	0 / 0	0 / 0	0 / 1	1450 / 2160	30 / 45	1 / 1	24 / 35	4 / 6
Thai Curry	290 / 440	29 / 43	5 / 8	0 / 0.5	15 / 25	1800 / 2710	8 / 11	1 / 2	4 / 7	1 / 2
Wild®	100 / 150	8 / 12	1.5 / 2	0 / 0	0 / 0	1710 / 2560	5 / 8	1 / 1	2 / 3	1 / 1

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ADD A DRY RUB										
Buffalo Dry Rub	5 / 10	0 / 0	0 / 0	0 / 0	0 / 0	640 / 950	1 / 2	0 / 0	0 / 0	0 / 0
Chipotle BBQ Dry Rub	10 / 10	0 / 0	0 / 0	0 / 0	0 / 0	480 / 720	2 / 3	0 / 0	1 / 1	0 / 0
Desert Heat® Dry Rub	10 / 15	0 / 0	0 / 0	0 / 0	0 / 0	340 / 500	2 / 3	0 / 1	1 / 1	1 / 0
Lemon Pepper Dry Rub	5 / 5	0 / 0	0 / 0	0 / 0	0 / 0	390 / 580	1 / 2	0 / 1	0 / 0	0 / 0
Salt & Vinegar Dry Rub	5 / 10	0 / 0	0 / 0	0 / 0	0 / 0	710 / 1070	1 / 2	0 / 0	1 / 1	0 / 0
DIPPING SAUCE										
B-Dubs Dip	260	26	4	0	20	800	7	1	5	1
APPETIZERS										
Cheeseburger Sliders with Golden Fire & Ranch	1030	64	19	2	135	2120	78	2	36	34
Cheddar Cheese Curds, with B-Dubs Dip	1320	102	49	4.5	240	3160	43	4	8	58
Chips & Dip Trio	1490	87	33	2.5	105	4210	155	26	20	37
Chips & House-made Guacamole - *at select locations*	1060	62	19	1.5	25	1320	122	10	2	16
Chips & Salsa	860	35	14	1.5	25	1990	122	14	9	14
Everything Pretzel Knots, with New Belgium Fat Tire® Beer Cheese and Honey Mustard	890	43	10	0	35	3000	106	3	13	20
Fried Pickles, with B-Dubs Dip	710	51	15	2	45	3190	56	6	5	8
Hatch Queso with Chips	1110	59	28	2.5	105	2370	119	11	8	28
Add Chili	110	6	2.5	0	20	350	5	2	2	8
Add House-made Guacamole	45	4.5	1	0	0	85	3	2	0	1
Mozzarella Sticks, with Marinara	520	25	13	1	55	1700	53	7	7	21
NEW Spinach Artichoke Dip	1280	74	29	3	100	2630	128	4	10	28
Onion Rings, with B-Dubs Dip	1350	86	30	4	70	2270	134	11	24	11
Ultimate Nachos	1760	95	46	4	180	4370	184	18	15	48
Add Chili	440	24	10	0	80	1380	21	6	6	30
Add Chicken	120	4	2	0	60	470	1	0	0	21
Add House-made Guacamole	90	9	1.5	0	0	170	5	3	0	2
ULTIMATE SAMPLER										
Choice of 4 of the following apps:										
Beer-Battered Onion Rings	550	31	13	1.5	25	750	65	5	10	5
Bone-In Wings	290	16	5	0	145	105	0	0	0	35
Add Signature Sauce	15-80	0-9	0-1.5	0	0-5	210-570	1-11	0-1	0-10	0-1
Boneless Wings	300	15	6	1	70	1050	17	1	0	24
Add Signature Sauce	30-170	0-19	0-3	0	0-10	420-1140	1-21	0-1	0-19	0-2
Buffalo Chips	370	15	5	1	10	750	54	5	0	6
Cauliflower Wings	520	29	11	1.5	35	650	58	5	4	8
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
Cheddar Cheese Curds	530	38	22	2	110	1180	18	1	2	28
Cheeseburger Sliders - *at select locations*	360	15	7	0.5	65	810	38	1	17	17
Crispy Chicken Dippers	380	16	6	1	90	1280	35	2	0	25
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
Spicy Chicken Dippers	330	16	6	0.5	80	1130	25	2	1	22
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
Everything Pretzel Knots	330	9	1	0	0	1150	54	2	1	9
Fried Pickles	450	25	11	1.5	25	2390	49	5	1	7
Mozzarella Sticks	310	16	8	1	35	940	30	4	1	13
Choice of 4 of the following sauces:										
B-Dubs Dip	260	26	4	0	20	800	7	1	5	1
Bleu Cheese Dressing	280	29	6	0	35	550	2	0	2	2

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Caramel Sauce - *at select locations*	130	0.5	0	0	5	75	30	0	23	0
Hatch Queso - *at select locations*	110	8	4.5	0	25	520	4	0	2	6
Honey Mustard - *at select locations*	220	20	3	0	15	650	11	1	9	1
Marinara	45	1.5	0	0	0	300	8	2	5	2
New Belgium Fat Tire® Beer Cheese - *at select locations*	120	9	5	0	20	430	5	0	3	5
Ranch Dressing	320	34	5	0.5	10	510	2	0	2	1
Southwestern Ranch Dressing	340	37	6	0.5	15	800	2	0	1	1
BURGERS Protein substitutions are available upon request. All burgers are listed without French fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
All-American Cheeseburger	820	53	22	2.5	145	2040	38	3	7	48
All-American Single Cheeseburger - *at select locations*	540	32	13	1	80	1270	36	3	6	27
All-American Bacon Cheeseburger	1020	69	28	2.5	185	2500	39	3	8	60
B-Dubs Smasher - *at select locations*	930	61	23	3	155	2410	45	3	10	48
B-Dubs Single Smasher - *at select locations*	650	39	14	1.5	80	1800	45	3	10	28
Bacon Mac & Cheese Burger	1160	76	31	3	195	2710	55	3	11	63
Bacon-Smashed Hatch Chile Burger	990	64	27	2	200	2370	42	3	9	60
BBQ Bacon Burger	1140	75	31	3	190	2660	54	3	12	61
Mushroom Swiss Burger - *at select locations*	960	64	25	2.5	155	1560	41	4	9	55
Southwestern Black Bean Burger	720	40	11	0	30	1750	74	16	12	31
Triple-Bacon Cheeseburger	1200	83	34	2.5	240	3130	41	4	9	72
PROTEIN OPTIONS										
Hamburger Patty	210	16	6	1	50	320	0	0	0	17
Black Bean Burger Patty	200	6	1	0	0	540	31	11	4	18
TOPPINGS										
American Cheese	70	6	3.5	0	20	290	1	0	1	3
Bleu Cheese Crumbles	50	4	3	0	10	160	0	0	0	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
Sautéed Mushrooms	10	0	0	0	0	0	2	1	1	2
Grilled White Onions	10	0	0	0	0	85	3	1	2	0
Thick-Cut Bacon	100	8	3	0	15	370	0	0	0	8
Guacamole	45	4.5	1	0	0	85	3	2	0	1
NEW Crispy Onions - *at select locations*	50	4	0	0	0	20	5	0	0	1
Mayo - 1 tbsp	120	13	2	0	10	10	1	0	0	0
Ketchup - 1 tbsp	20	0	0	0	0	160	5	0	4	0
Yellow Mustard - 1 tsp	0	0	0	0	0	60	0	0	0	0
SANDWICHES All sandwiches are listed without French fries; see Sides and Substitutions for more nutrition information.										
Bacon Patty Melt	1300	98	33	3	245	2290	46	3	8	60
Beer Cheese Beef Cheesesteak	700	28	14	0.5	210	2080	55	4	8	57
add Sautéed Mushrooms	40	2	0	0	0	220	4	1	1	2
Beer Cheese Chicken Cheesesteak	720	29	16	0	225	2870	56	4	9	57
Buffalo Ranch Chicken Sandwich	750	42	11	1	95	3820	60	6	7	32
Classic Chicken Sandwich	640	33	10	1	95	1800	55	4	4	31
Grilled Classic Chicken Sandwich	410	19	4.5	0	60	1170	34	2	4	27
Kickin' Chicken Sandwich	970	64	18	1	135	3080	62	5	7	39
Saucy Chicken Sandwich	570-840	19-57	7-13	1-1.5	80-105	2540-3980	57-97	4-6	5-43	31-35

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PROTEIN OPTIONS										
Original Crispy Chicken Breast	330	16	6	1	80	1190	21	2	0	25
Grilled Chicken Breast	90	1	0	0	45	560	1	0	0	21
MAKE IT DELUXE										
American Cheese	70	6	3.5	0	20	290	1	0	1	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Shredded Iceberg Lettuce	5	0	0	0	0	0	1	0	0	0
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
Tomato Slice	5	0	0	0	0	0	1	0	1	0
SIDES & SUBSTITUTIONS										
Buffalo Chips, Regular / Large	370 / 740	15 /29	5 / 9	1 / 1	10 /20	750 / 1510	54 / 108	5 / 10	0 / 1	6 / 13
NEW Bacon Ranch Fries *- at select locations*	370	25	8	1	30	930	26	1	1	5
Carrots & Celery, with Ranch Dressing	380	34	5	0.5	10	680	16	5	10	3
Cheddar Cheese Curds, with B-Dubs Dip	790	64	27	2.5	130	1980	25	2	6	29
Chips & Salsa	520	22	9	1	15	890	72	1	3	8
NEW Crispy Battered French Fries, Regular / Large	370 / 740	18 / 37	7 / 14	1 / 2	15 / 29	950 / 1900	47 / 94	2 / 5	0 / 1	5 / 9
Garden Side Salad, see Big Salads for Dressings	90	4.5	2.5	0	15	115	8	3	4	5
Mac & Cheese	590	33	14	0	70	1630	50	2	13	21
Onion Rings, with B-Dubs Dip, Regular	820	56	17	2	45	1550	71	6	14	6
Potato Wedges, Regular / Large	370 / 750	19 / 38	8 / 17	1 / 2	15 / 30	1030 / 2060	45 / 90	6 / 12	1	6 / 12
Rice (Hawaii only)	180	0	0	0	0	0	40	0	0	3
NEW Potato Trio	1120	52	20	3	40	2740	150	8	1	17
Tots, Regular / Large	620 / 1240	40 / 80	17 / 34	2.5 / 4.5	30 / 60	980 / 1950	60 / 120	7 / 14	0 / 1	5 / 10
OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS (REGULAR / LARGE)										
New Belgium Fat Tire® Beer Cheese	120 / 350	9 / 26	5 / 16	0	20 / 65	430 / 1300	5 / 14	0	3 / 9	5 / 14
Shredded Cheddar Jack Cheese	110 / 320	9 / 26	5 / 15	0 / 1	25 / 80	170 / 520	1 / 3	0	0	7 / 20
Hatch Queso	110 / 330	8 / 24	4. 5 / 14	0 / 1	25 / 80	520 / 1550	4 / 12	0 / 1	2 / 7	6 / 18
Chili	110 / 330	6 / 18	2.5 / 7	0	20 / 60	350 / 1040	5 / 16	2 / 5	2 / 5	8 / 23
Bacon Crumbles	60 / 170	4 / 12	1.5 / 5	0	20 / 55	210 / 640	0 / 1	0	0	5 / 14
Buffalo Dry Rub	5 /10	0	0	0	0	240 / 710	1	0	0	0
Chipotle BBQ Dry Rub	5 / 10	0	0	0	0	180 / 540	1 / 2	0	0 / 1	0
Desert Heat® Dry Rub	5 / 10	0	0	0	0	125 / 380	1 / 2	0	0 / 1	0
Lemon Pepper Dry Rub	0 / 5	0	0	0	0	150 / 440	0 / 1	0	0	0
Salt & Vinegar Dry Rub	0 / 5	0	0	0	0	270 / 800	0 / 1	0	0 / 1	0
WRAPS & TACOS All wraps & tacos are listed without French fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
Buffalo Ranch Chicken Wrap	860	49	15	1.5	95	3240	71	3	6	35
Classic Chicken Wrap with Pulled Chicken or Boneless Wings	680/670	25/29	11/12	0/1	145/85	2000/1900	57/68	2/3	6/5	56/34
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
New Chicken Caesar Wrap, Crispy Chicken *- at select locations*	1040	63	16	1	95	3300	81	3	7	36
New Chicken Caesar Wrap, Grilled Chicken *- at select locations*	890	52	12	0	85	3020	68	2	7	37
New Zesty Chicken Caesar Wrap, Crispy Chicken *- at select locations*	1050	63	16	1	95	3530	82	3	7	36
New Zesty Chicken Caesar Wrap, Grilled Chicken *- at select locations*	900	52	12	0	85	3250	70	2	7	37
Street Tacos	630	39	9	0	80	2140	43	3	4	28

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BIG SALADS The following salads include dressing. Alternate dressings available upon request.										
Crispy Buffalo Chicken Salad with Bleu Cheese Dressing	1180	78	22	2	215	4080	71	12	9	50
Chicken Caesar Salad with Caesar Dressing	1020	73	15	0.5	155	3890	36	7	9	56
Honey BBQ Chicken Salad with Ranch Dressing	1060	70	15	1	150	2960	50	8	22	60
DRESSINGS										
Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	0	2	2
Caesar Dressing - 2 fl oz	260	26	5	0	20	720	4	0	2	2
Lite Balsamic with Olive Oil Vinaigrette - 2 fl oz	140	12	2	0	0	540	6	0	4	0
Ranch Dressing - 2 fl oz	320	34	5	0.5	10	510	2	0	2	1
Southwestern Ranch Dressing - 2 fl oz	340	37	6	0.5	15	800	2	0	1	1
KIDS All kids items are listed without French fries or low-fat milk. See Sides and Beverages below for more nutritional information.										
Bone-In Wings	290	16	5	0	145	105	0	0	0	35
Add Signature Sauce	15-80	0-9	0-1.5	0	0-5	210-570	1-11	0-1	0-10	0-1
Boneless Wings	240	12	5	1	55	840	14	0	0	19
Add Signature Sauce	30-170	0-19	0-3	0	0-10	420-1140	1-21	0-1	0-19	0-2
Cheeseburger	470	25	11	1.5	70	930	34	2	5	27
Grilled Cheese Sandwich	470	25	14	0	110	1380	43	2	6	18
Crispy Chicken Dippers	380	16	6	1	90	1280	35	2	0	25
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
Grilled Chicken Dippers	100	0.5	0	0	0	760	0	0	0	25
Add Signature Sauce - 2 fl oz	60-330	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
New King's Hawaiian® Cheeseburger Sliders *- at select locations*	320	14	7	0.5	65	510	30	0	10	16
Mac & Cheese	590	33	14	0	70	1630	50	2	13	21
SIDES										
Carrots	50	0	0	0	0	90	11	3	7	1
NEW Crispy Battered French Fries	370	18	7	1	15	950	47	2	0	5
Unsweetened Applesauce	80	0	0	0	0	0	18	1	16	0
DESSERTS All desserts are listed without accompaniments and toppings. See Accompaniments & Toppings for more nutrition information.										
Chocolate Fudge Cake	530	24	9	0	20	650	76	1	52	7
Ghirardelli® Chocolate Chunk Brownie	350	15	4	0	20	210	52	3	32	4
New York Style Cheesecake	670	46	27	2	225	490	52	1	42	12
Triple Chocolate Chip Cookie	410	19	11	0.5	55	320	56	1	32	4
Triple Chocolate Chip Cookie Skillet	660	29	17	0.5	90	400	95	1	64	7
ACCOMPANIMENTS										
Caramel Sauce	30	0	0	0	0	20	8	0	6	0
Chocolate Sauce	45	0	0	0	0	20	11	0	10	0
Maraschino Cherry	5	0	0	0	0	0	1	0	1	0
Vanilla Ice Cream	160	9	5	0	35	50	17	0	14	3
Whipped Cream	40	4.5	2.5	0	15	0	0	0	0	0
BREAKFAST At participating locations only.										
American Breakfast, with Bacon or Sausage, JFK Airport	590/660	32/42	13/16	0	580/595	6870/6730	40	2	3/2	33/29
B-Dubs Breakfast Bowl	1250	85	33	3.5	465	2860	77	1	2	45
Add Boneless	240	12	5	1	55	840	14	0	0	19
Add Signature Sauce	30-180	0-19	0-3	0	0-10	420-1140	1-21	0-1	0-19	0-2
Bacon, Egg & Cheese Sandwich	580	33	16	0	405	1550	37	2	6	30
Boneless Breakfast Wrap	1220	74	26	1.5	460	3360	85	0	6	51
Breakfast Sandwich, with Bacon or Sausage, JFK Airport	560/640	31/41	13/16	0	580/595	6960/6820	35	2	6/5	34/31
Breakfast Wrap, with Bacon or Sausage, JFK Airport	690/770	36/46	14/17	0	580/595	7350/7220	52	1	3	38/34

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PARTY MENU										
WINGS & ACCOMPANIMENTS Nutritional values below reflect wings and does not include the sauce they are hand-spun in. Each 50 wings and cauliflower wings are served with your choice of 2 sauces (8 fl oz each). See below for more sauce nutrition information.										
50 Count Boneless Wings	3030	155	60	9	710	10470	170	6	3	240
100 Count Boneless Wings	6070	310	120	19	1425	20950	340	12	6	479
150 Count Boneless Wings	9100	465	180	28	2135	31420	509	18	9	719
50 Count Bone-In Wings	3600	204	67	4.5	1805	1340	0	0	0	442
100 Count Bone-In Wings	7200	408	135	9	3605	2670	0	0	0	883
150 Count Bone-In Wings	10800	612	202	14	5410	4010	0	0	0	1325
Cauliflower Wings	4180	229	90	13	260	5200	465	1	34	64
ACCOMPANIMENTS Each 50 wings are served with 1 serving of carrots and celery and 8 fl oz ranch or bleu cheese dressing.										
Carrots and Celery Sticks	130	0	0	0	0	340	28	9	17	4
Bleu Cheese Dressing - 8 fl oz	1130	117	23	2	140	2190	9	1	7	8
Ranch Dressing - 8 fl oz	1270	136	21	2	30	2040	9	1	7	2
Pickles - 6 ea (6 ea per 50 Nashville Hot wings)	5	0	0	0	0	400	1	0	1	0
SIGNATURE SAUCES										
Asian Zing® - 8 fl oz	690	1.5	0	0	0	4580	166	4	153	3
Blazin'® Knockout - 8 fl oz	410	16	2	0	0	7300	64	4	51	2
Buffalo Ranch - 8 fl oz	440	41	8	0.5	55	6870	14	4	2	3
Caribbean Jerk - 8 fl oz	600	21	4	0	0	2640	103	4	92	3
Golden Fire - 8 fl oz	500	10	1	0	0	4070	101	5	89	5
Honey BBQ - 8 fl oz	540	0.5	0	0	0	3310	134	2	110	2
Honey Garlic - 8 fl oz	660	3.5	0.5	0	0	5640	157	1.76	137	3
Hot - 8 fl oz	370	32	5	0	0	8810	15	3	1	3
Hot BBQ - 8 fl oz	290	13	2	0	0	5370	40	4	27	3
Jammin' Jalapeño - 8 fl oz	720	0	0	0	0	5440	160	0	128	0
Lemon Pepper - 8 fl oz	1210	124	24	2	90	4520	21	4	10	2
Mango Habanero™ - 8 fl oz	600	4.5	0.5	0	0	3470	141	3	105	2
Medium - 8 fl oz	260	22	4	0	45	8700	10	1	0	3
Mild - 8 fl oz	390	37	6	0.5	45	7390	11	1	0	2
NEW Pickle - 8 fl oz	480	0	0	0	0	5040	118	1	80	1
Original Buffalo - 8 fl oz	890	95	18	1	0	7900	9	1	1	2
Parmesan Garlic - 8 fl oz	1030	101	19	1.5	95	5000	24	3	9	9
Spicy Garlic - 8 fl oz	370	32	6	0	55	9060	15	1	0	3
NEW Sweet Chili Crisp - 8 fl oz	690	2.5	0	0	0	3460	160	3	132	4
NEW Teriyaki - 8 fl oz	560	0	0	0	2	5760	120	2	94	15
Thai Curry - 8 fl oz	1170	115	22	1.5	70	7220	30	5	18	5
Wild® - 8 fl oz	390	33	5	0	0	6820	20	3	7	3
DIPPERS & MORE See Signature Sauce for more nutrition information.										
Original Chicken Dippers (25 ea)	4780	201	76	12	1140	15950	433	31	0	310
B-Dubs Dip - 8 fl oz	1050	103	17	1.5	80	3200	26	2	19	4
Spicy Chicken Dippers (25 ea)	4140	196	69	9	980	14180	317	29	16	274
B-Dubs Dip - 8 fl oz	1050	103	17	1.5	80	3200	26	2	19	4
Grilled Chicken Dippers (25 ea)	2370	29	9	0	1150	14000	17	0	0	514
B-Dubs Dip - 8 fl oz	1050	103	17	1.5	80	3200	26	2	19	4
Classic Chicken Wraps with Pulled Chicken or Boneless Wings (6 ea)	4050/4030	149/174	68/73	2.5/7	870/500	12030/11380	341/410	17	32	206
Add Signature Sauce - 12 fl oz	390-1970	0-227	0-37	0-3.5	0-150	3960-13590	12-246	0-11	0-228	0-24

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APPETIZERS										
Chili con Queso with Chips	3320	189	93	7	455	9330	286	30	38	122
Chips & House-made Guacamole	2420	152	42	3.5	50	3200	262	30	7	36
Everything Pretzel Knots, with New Belgium Fat Tire® Beer Cheese and Honey Mustard	2120	113	29	1	110	7070	226	7	37	47
Hatch Queso with Chips	2880	165	83	7	370	7950	265	24	32	92
Party Sampler	4250	297	91	10	245	11570	332	18	53	67
SIDES										
Baked Mac & Cheese	3870	227	102	3.5	505	10280	303	11	76	148
Caesar Salad with Caesar Dressing	1570	121	25	0	95	4000	89	11	15	31
Chips & Salsa	1770	71	29	3.5	50	4790	256	31	24	29
Potato Wedges	2240	113	50	7	95	6190	270	36	4	36
Add Bacon Crumbles	460	33	13	0	140	1700	4	1	1	37
Add Beer Cheese	470	34	21	0	85	1730	18	0	11	18
Add Cheddar Jack Cheese	650	52	31	2	160	1040	5	1	0	40
Add Hatch Queso	440	32	18	1	110	2060	16	1	9	23
SWEETS										
Whole Cheesecake with Caramel Sauce	11110	738	433	32	3610	8070	923	16	740	193
Whole Cheesecake with Chocolate Sauce	11270	739	434	32	3600	8090	965	16	790	197
Whole Chocolate Fudge Cake	7420	336	126	0	280	9100	1064	14	728	98
BEVERAGES										
HANDCRAFTED & ZERO PROOF										
Deluxe Shirley Temple - *at select locations*	310	3	0	0	0	30	71	0	70	0
Passionita	120	0	0	0	0	100	29	0	26	0
Peach Tea - *at select locations*	130	0	0	0	0	25	34	0	32	0
Red Bull Watermelon Refresher	290	0	0	0	0	110	73	0	67	1
Spicy Marg-No-Rita	100	0	0	0	0	95	24	1	19	0
Strawberry Dirty Soda - *at select locations*	280	3	0	0	0	40	65	0	64	0
Strawberry Lemonade	170	0	0	0	0	115	46	1	43	0
SODAS & MORE (Nutritional values for soda are based on 20 oz cups with standardized ice fill)										
Diet Pepsi®	0	0	0	0	0	35	0	0	0	0
Dr Pepper®	100	0	0	0	0	50	26	0	26	0
Mountain Dew®	110	0	0	0	0	50	30	0	30	0
Mug® Root Beer	100	0	0	0	0	30	26	0	26	0
Pepsi®	100	0	0	0	0	30	28	0	28	0
Pepsi Zero®	0	0	0	0	0	45	0	0	0	0
Starry™	100	0	0	0	0	20	26	0	26	0
Tropicana® Lemonade	100	0	0	0	0	105	27	0	27	0
Fresh-Brewed Lipton® Unsweetened Iced Tea	0	0	0	0	0	10	1	0	0	0
Sweet Tea - *at select locations*	110	0	0	0	0	10	29	0	28	0
Lipton Brisk® Iced Tea - *at select locations*	70	0	0	0	0	50	18	0	18	0
Coffee	0	0	0	0	0	0	0	0	0	0
Aquafina Bottled Water	0	0	0	0	0	0	0	0	0	0
Mug® Root Beer Bottle	260	0	0	0	0	105	72	0	71	0
Lowfat Milk - *at select locations*	110	2.5	1.5	0	10	110	12	0	12	8
Chocolate Milk - *at select locations*	140	2.5	1.5	0	10	130	22	1	22	9
Apple Juice - *at select locations*	80	0	0	0	0	10	20	0	19	0
Orange Juice - *at select locations*	80	0	0	0	0	45	22	0	22	1

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.

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* NUTRITION ABBREVIATION KEY ON PAGE 18	Cals	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
FLAVORS										
Black Cherry	50	0	0	0	0	0	12	0	12	0
Mango	50	0	0	0	0	0	13	0	13	0
Passion Fruit	50	0	0	0	0	0	12	0	12	0
Peach	50	0	0	0	0	0	12	0	12	0
Pineapple	50	0	0	0	0	0	13	0	13	0
Strawberry	50	0	0	0	0	0	12	0	12	0
Watermelon	50	0	0	0	0	0	12	0	12	0
MIXERS *At participating locations only*										
Ginger Beer	80	0	0	0	0	15	20	0	18	0
Tonic	50	0	0	0	0	12	12	0	9	0
Club Soda	0	0	0	0	0	35	0	0	0	0
Q Hibiscus Ginger Beer	90	0	0	0	0	10	20	0	20	0
Red Bull®	110	0	0	0	0	105	28	0	27	0
Red Bull® Sugarfree	10	0	0	0	0	100	3	0	0	0
Red Bull® Peach Edition (White Peach)	110	0	0	0	0	90	28	0	27	0
Red Bull® Sea Blue Edition (Juneberry)	110	0	0	0	0	90	28	0	26	0
Red Bull® Red Edition (Watermelon)	110	0	0	0	0	90	28	0	26	0
COCKTAILS *At participating locations only*										
B-Dubs Bloody Mary - *at select locations*	140	1.5	0	0	0	1450	8	2	4	2
Blue Long Island Iced Tea	220	0	0	0	0	40	26	0	24	0
Blue Watermelon Cooler	190	0	0	0	0	20	29	0	26	0
Boozy Dunkin' Cold Brew	300	8	5	0	30	25	31	0	28	1
Bourbon Old Fashioned - *at select locations*	200	0	0	0	0	0	16	0	15	0
Buffalo Trace Old Fashioned - *at select locations*	220	0	0	0	0	0	18	0	18	0
Buffalo Zoo - *limited time*	240	0	0	0	0	20	30	0	26	1
Caesar - *at select locations (ND & SD only)*	180	0	0	0	0	1370	19	1	7	1
Classic Espresso Martini	210	0	0	0	0	25	24	0	21	0
House Margarita	230	0	0	0	0	800	27	1	21	0
Old Fashioned	220	0	0	0	0	0	16	0	15	0
Modelo Michelada	140	0	0	0	0	1320	16	1	2	1
Old Fashioned	200	0	0	0	0	0	16	0	15	0
Patrón Margarita	220	0	0	0	0	0	24	1	15	0
Red Bull® Sunrise	400	0	0	0	0	105	74	1	67	1
Red, White & Booze - *at select locations*	380	0	0	0	0	40	60	0	57	0
Salted Caramel Espresso Martini	330	6	3	0	30	40	36	0	32	0
Spicy Margarita	230	0	0	0	0	190	23	1	19	0
Spicy Mango Margarita	290	0	0	0	0	190	39	1	34	0
Spicy Pickle Bloody Mary	140	1.5	0	0	0	1750	7	2	3	2
Strawberry Margarita	260	0	0	0	0	800	34	1	29	0
Tito's® Spiked Lemonade	270	0	0	0	0	35	37	0	35	0
Top Shelf Long Island Iced Tea	290	0	0	0	0	60	35	0	33	0
Tropical Margarita	280	0	0	0	0	95	40	1	34	0
WINE *At participating locations only*										
Barefoot, Pinot Grigio / 6.7 fl oz	160	0	0	0	0	30	4	0	6	0
Butter, Chardonnay / 8.4 fl oz	210	0	0	0	0	10	5	0	2	0
Josh, Chardonnay / 12.7 fl oz	310	0	0	0	0	20	8	0	4	0
Barefoot, Cabernet Sauvignon / 6.7 fl oz	160	0	0	0	0	--	5	0	--	0
Josh, Cabernet Sauvignon / 12.7 fl oz	310	0	0	0	0	--	10	0	--	0
Francis Coppola, Prosecco / 187 mL	160	0	0	0	0	0	2	0	0	0
Due to the rotating nature of our beer menu, please visit beerboard.com for all nutrition information related to beers, ciders and seltzers on tap, cans, or bottles.										

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*NUTRITION ABBREVIATION KEY				
CALS = CALORIES	SAT FAT = SATURATED FAT	CHOLEST = CHOLESTEROL	CARB = TOTAL CARBOHYDRATES	SUGAR = SUGAR
FAT = TOTAL FAT	TRANS FAT = TRANS FAT	SODIUM = SODIUM	FIBER = TOTAL FIBER	PROTEIN = PROTEIN

The nutritional content included in this guide was calculated using nutritional values sourced from suppliers, independent laboratories, and the USDA Agricultural Research Service Nutrient Data Laboratory. The rounding of figures is based on Food and Drug Administration guidelines.

None of our menu items contain artificial trans fat. However, our menu items may contain small amounts of naturally-occurring trans fat, commonly found in some meat and dairy products, which is permissible by law.

While we strive to provide complete and accurate nutrition information, ingredient variations may occur due to natural variability within ingredients or variations that occur due to the hand-crafted nature of our menu items, guest substitutions, and regional availability of products. In addition, menu offerings may vary by restaurant and may not be available at all locations; test products, test recipes, limited time offers, or regional items may not be included. If you have any questions about this information, please visit our Contact page.

This guide is updated periodically; we suggest you check back each time you dine with us.

Menu items marked with the protein icon contain more than 50 grams of protein, adjusted for quality and digestibility using Protein Digestibility-Corrected Amino Acid Score (PDCAAS). This method reflects how efficiently the body can use the protein in the food.

Only standard menu builds were evaluated, and modifications or substitutions may change the total protein and affect eligibility for the icon. Shareable or large-format menu items were not included, as they do not have defined individual portion sizes.

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