

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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<b>BONELESS WINGS</b> Nutritional values below reflect boneless wings and the sauces or dry seasonings 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.										
<b>6 COUNT BONELESS WINGS</b> , add Signature Sauce or Dry Seasoning	360	19	7	1	85	1260	20	1	0	29
<b>SIGNATURE SAUCES</b>										
Asian Zing®	130	0	0	0	0	860	31	1	29	1
Buffalo Ranch	80	8	1.5	0	10	1290	3	1	0	1
Blazin® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
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
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1060	3	1	1	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
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken	90	0	0	0	0	770	22	0	19	1
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
Sauce Sauce	100	0	0	0	0	850	24	1	21	1
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat® Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0
<b>10 COUNT BONELESS WINGS</b> , add Signature Sauce or Dry Seasoning	610	31	12	2	140	2090	34	1	1	48
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Blazin® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	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
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1430	4	1	1	0
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
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
Sauce Sauce	130	0	0	0	0	1130	32	1	28	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	2	0	1	0
Desert Heat® Seasoning	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	710	1	0	1	0
<b>15 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>910</b>	<b>46</b>	<b>18</b>	<b>3</b>	<b>215</b>	<b>3140</b>	<b>51</b>	<b>2</b>	<b>1</b>	<b>72</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Buffalo Ranch	170	15	3	0	20	2580	5	2	1	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
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
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	530	57	9	1	0	2070	5	1	1	0
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
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken	190	0.5	0	0	0	1530	45	1	38	2
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
Sauce Sauce	200	0	0	0	0	1700	48	1	41	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	1	0
Desert Heat® Seasoning	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1070	2	0	1	0
<b>20 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1210</b>	<b>62</b>	<b>24</b>	<b>4</b>	<b>285</b>	<b>4190</b>	<b>68</b>	<b>2</b>	<b>1</b>	<b>96</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1

# NUTRITION GUIDE



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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
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	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
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
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
Sauce Sauce	270	0.5	0	0	0	2260	65	2	55	1
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Seasoning	15	0	0	0	0	840	3	0	2	0
Desert Heat® Seasoning	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
<b>30 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1820</b>	<b>93</b>	<b>36</b>	<b>6</b>	<b>425</b>	<b>6280</b>	<b>102</b>	<b>4</b>	<b>2</b>	<b>144</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	520	1.5	0	0	0	3440	124	3	115	2
Buffalo Ranch	330	31	6	0.5	40	5160	11	3	1	2
Blazin'® Carolina Reaper	230	17	2.5	0	0	2720	18	5	7	2
Caribbean Jerk	450	15	3	0	0	1980	77	3	69	2
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
Jammin' Jalapeño	540	0	0	0	0	4080	120	0	96	0
Lemon Pepper	1070	114	18	1.5	0	4140	10	3	2	1
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
Nashville Hot w/ Pickles	240	19	7	0	15	3740	16	3	7	2
Orange Chicken	370	1	0	0	0	3070	89	1	76	3
Original Buffalo	670	71	14	1	0	5930	7	1	0	1
Parmesan Garlic	770	75	14	1	70	3750	18	2	7	7
Sauce Sauce	400	1	0	0	0	3390	97	3	83	2
Spicy Garlic	270	24	4	0	45	6800	11	1	0	3
Sweet BBQ	290	0.5	0	0	0	3350	70	3	51	2
Teriyaki	400	0	0	0	0	4350	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

# NUTRITION GUIDE



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	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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DRY SEASONINGS										
Buffalo Seasoning	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Seasoning	25	0	0	0	0	1450	6	1	3	0
Desert Heat® Seasoning	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Seasoning	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Seasoning	15	0	0	0	0	2140	4	0	2	0
<b>TRADITIONAL WINGS</b> Nutritional values below reflect traditional wings and the sauces or dry seasonings 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.										
<b>6 COUNT TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	430	24	8	0.5	215	160	0	0	0	53
<b>6 COUNT TRADITIONAL WINGS (FLATS ONLY)</b> , add Signature Sauce or Dry Seasoning	410	25	8	0.5	210	140	0	0	0	46
<b>6 COUNT TRADITIONAL WINGS (DRUMS ONLY)</b> , add Signature Sauce or Dry Seasoning	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
Buffalo Ranch	60	5	1	0	5	860	2	1	0	0
Blazin® Carolina Reaper	40	3	0	0	0	450	3	1	1	0
Caribbean Jerk	80	2.5	0	0	0	330	13	0	11	0
Honey BBQ	70	0	0	0	0	410	17	0	14	0
Hot	45	4	0.5	0	0	1100	2	0	0	0
Jammin' Jalapeño	90	0	0	0	0	680	20	0	16	0
Lemon Pepper	180	19	3	0	0	690	2	0	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
Nashville Hot w/ Pickles	40	3	1	0	5	790	3	0	1	0
Orange Chicken	60	0	0	0	0	510	15	0	13	1
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
Sauce Sauce	70	0	0	0	0	570	16	0	14	0
Spicy Garlic	45	4	0.5	0	5	1130	2	0	0	0
Sweet BBQ	50	0	0	0	0	560	12	1	8	0
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 SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat® Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0
<b>10 COUNT TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	720	41	13	1	360	270	0	0	0	88
<b>10 COUNT TRADITIONAL WINGS (FLATS ONLY)</b> , add Signature Sauce or Dry Seasoning	680	42	14	1	350	230	0	0	0	77
<b>10 COUNT TRADITIONAL WINGS (DRUMS ONLY)</b> , add Signature Sauce or Dry Seasoning	750	39	13	1	360	300	0	0	0	100
SIGNATURE SAUCES										
Asian Zing®	130	0	0	0	0	860	31	1	29	1
Buffalo Ranch	80	8	1.5	0	10	1290	3	1	0	1
Blazin® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0

# NUTRITION GUIDE



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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
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1060	3	1	1	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
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken	90	0	0	0	0	770	22	0	19	1
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
Sauce Sauce	100	0	0	0	0	850	24	1	21	1
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	2	0	1	0
Desert Heat® Seasoning	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	710	1	0	1	0
<b>15 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1080</b>	<b>61</b>	<b>20</b>	<b>1.5</b>	<b>540</b>	<b>400</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>132</b>
<b>15 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	<b>1020</b>	<b>63</b>	<b>20</b>	<b>1.5</b>	<b>530</b>	<b>350</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>115</b>
<b>15 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	<b>1120</b>	<b>58</b>	<b>20</b>	<b>1.5</b>	<b>545</b>	<b>450</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>150</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Blazin'® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	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
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1430	4	1	1	0
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
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	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
Sauce Sauce	130	0	0	0	0	1130	32	1	28	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1

# NUTRITION GUIDE



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Wild®	100	8	1.5	0	0	1710	5	1	2	1
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	1	0
Desert Heat® Seasoning	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1070	2	0	1	0
<b>20 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning</b>	1440	82	27	2	720	530	0	0	0	177
<b>20 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	1370	84	27	1.5	705	470	0	0	0	154
<b>20 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	1490	77	26	2	725	600	0	0	0	200
<b>SIGNATURE SAUCES</b>										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Buffalo Ranch	170	15	3	0	20	2580	5	2	1	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
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
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	530	57	9	1	0	2070	5	1	1	0
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
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken	190	0.5	0	0	0	1530	45	1	38	2
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
Sauce Sauce	200	0	0	0	0	1700	48	1	41	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Seasoning	15	0	0	0	0	840	3	0	2	0
Desert Heat® Seasoning	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
<b>30 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning</b>	2160	122	40	2.5	1080	800	0	0	0	265
<b>30 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	2050	125	41	2.5	1055	700	0	0	0	230
<b>30 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	2240	116	39	3	1085	900	0	0	0	299
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	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
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
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
Sauce Sauce	270	0.5	0	0	0	2260	65	2	55	1
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Seasoning	25	0	0	0	0	1450	6	1	3	0
Desert Heat® Seasoning	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Seasoning	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Seasoning	15	0	0	0	0	2140	4	0	2	0
<b>CAULIFLOWER WINGS</b> Nutritional values below reflect cauliflower wings and the sauces and dry seasonings 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.										
<b>SMALL CAULIFLOWER WINGS</b> , add Signature Sauce or Dry Seasoning	520	29	11	1.5	35	650	58	5	4	8
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Buffalo Ranch	110	10	2	0	15	1720	4	1	0	1
Blazin'® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	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
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1430	4	1	1	0
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
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	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
Sauce Sauce	130	0	0	0	0	1130	32	1	28	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
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

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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DRY SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	2	0	1	0
Desert Heat® Seasoning	10	0	0	0	0	340	2	0	1	1
Lemon Pepper Seasoning	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	710	1	0	1	0
<b>LARGE CAULIFLOWER WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1040</b>	<b>57</b>	<b>22</b>	<b>3.5</b>	<b>65</b>	<b>1300</b>	<b>116</b>	<b>11</b>	<b>8</b>	<b>16</b>
SIGNATURE SAUCES										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Buffalo Ranch	220	21	4	0	25	3440	7	2	1	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
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
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	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
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
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
Sauce Sauce	270	0.5	0	0	0	2260	65	2	55	1
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	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 SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Seasoning	15	0	0	0	0	840	3	0	2	0
Desert Heat® Seasoning	15	1	0	0	0	590	4	1	1	0
Lemon Pepper Seasoning	10	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
COMBO & ACCOMPANIMENTS All wings are served with choice of bleu cheese or ranch dressing and celery and/or carrots by request only.										
Boneless and Traditional Wings Combo (see 6 count wings for sauce and seasoning nutrition)	1290	58	20	2.5	310	2200	105	7	6	86
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 - 1.5 fl oz	210	22	4.5	0	25	410	2	0	1	1
Ranch Dressing - 1.5 fl oz	240	25	4	0	5	380	2	0	1	0
SAUCES & SEASONINGS										
SIGNATURE SAUCES										
Asian Zing® - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper - 2 fl oz	80	6	1	0	0	910	6	2	2	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



# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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
Jammin' Jalapeño - 2 fl oz	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper - 2 fl oz	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™ - 2 fl oz	150	1	0	0	0	870	35	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
Nashville Hot - 2 fl oz	80	6	2.5	0	5	1180	5	1	2	1
Orange Chicken - 2 fl oz	120	0	0	0	0	1020	30	0	25	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
Sauce Sauce - 2 fl oz	130	0	0	0	0	1130	32	1	28	1
Spicy Garlic - 2 fl oz	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ - 2 fl oz	100	0	0	0	0	1120	23	1	17	1
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
<b>DRY SEASONINGS</b>										
Buffalo Seasoning - 1 tsp	10	0	0	0	0	670	1	0	0	0
Desert Heat® Seasoning - 1 tsp	10	0	0	0	0	290	2	0	1	0
Chipotle BBQ Seasoning - 1 tsp	5	0	0	0	0	330	1	0	1	0
Lemon Pepper Seasoning - 1 tsp	5	0	0	0	0	460	1	0	0	0
Salt & Vinegar Seasoning - 1 tsp	5	0	0	0	0	520	1	0	0	0
<b>BAR FOOD</b>										
Asian Zing® Cauliflower Wings	1020	63	16	2.5	40	2470	103	0	44	9
Buffalo Chicken Tots	2110	144	51	6	220	7360	147	0	3	57
Cheddar Cheese Curds, with Southwestern Ranch Dressing	1400	112	51	4.5	235	3160	39	3	5	57
Chips & Dip Trio	1660	99	34	2.5	105	4750	168	35	23	38
Chips & House-made Guacamole	1240	75	20	1.5	25	1860	135	20	6	17
Chips & Salsa	860	35	14	1.5	25	1990	122	14	9	14
Dirty Dubs Tots	1900	120	53	7	195	4570	159	1	14	45
Everything Pretzel Knots, with New Belgium Fat Tire® Beer Cheese and Honey Mustard	870	41	10	0	35	2480	103	4	12	19
Fried Pickles, with Southwestern Ranch Dressing	790	61	17	2	40	3180	52	6	2	7
Hatch Queso with Chips	1110	59	28	2.5	105	2370	119	11	8	28
Make it Wild	25	2	0	0	0	430	1	0	0	0
Add Chili	110	6	2.5	0	20	350	5	2	2	8
Add Guacamole	80	7	1	0	0	170	5	3	1	1
House Sampler	2410	144	55	6	275	6660	199	19	28	81
Add Bleu Cheese or Ranch Dressing	210/240	22/25	4.5/4	0/0	25/5	410/380	2	0	1	1/0
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Mozzarella Sticks, with Marinara	520	25	13	1	55	1700	53	7	7	21
Onion Rings, with Southwestern Ranch Dressing	1590	105	35	4.5	70	2480	148	12	23	12
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 Brisket	260	17	7	2	85	520	2	0	0	24
Add Chicken	120	4	2	0	60	470	1	0	0	21
Add Guacamole	150	13	2	0	0	340	10	6	1	2

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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<b>BIRD DAWGS</b>										
Buffalo Bird Dawg, 1 ea	460	24	8	0.5	100	1490	43	2	7	20
Honey BBQ Bird Dawg, 1 ea	580	23	8	0.5	95	1440	72	2	21	20
Loaded Bird Dawg, 1 ea	510	26	10	0.5	110	1490	49	2	12	22

<b>OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS</b>										
Cheddar Jack Cheese	220	17	10	0.5	55	350	2	0	0	13
Hatch Queso	220	16	9	0.5	55	1030	8	0	5	12
Chili	220	12	5	0	40	690	11	3	3	15
Bacon	120	8	3	0	35	430	1	0	0	9
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat® Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0

**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 Bacon Cheeseburger - <i>at select locations</i>	930	61	25	2.5	165	2210	38	3	8	56
Bacon Smashed Hatch Chile Burger	990	64	27	2.5	200	2380	43	3	9	60
BBQ Bacon Burger - <i>at select locations</i>	1090	70	29	3	170	2360	58	2	13	57
Cheese Curd Bacon Burger	1210	83	35	4	210	2790	50	4	9	68
Smoked Brisket Burger	1020	66	27	3.5	190	2610	44	3	11	61
Southwestern Black Bean Burger	740	42	11	0	30	1780	74	17	11	31

<b>PROTEIN OPTIONS</b>										
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
Smoked Brisket - 1 oz	90	6	2.5	0.5	30	170	1	0	0	8

<b>TOPPINGS</b>										
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
Sauteed White Onions	10	0	0	0	0	85	3	1	2	0
Bacon	100	8	3	0	15	370	0	0	0	8
Guacamole	80	7	1	0	0	170	5	3	1	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 unless otherwise noted; see Sides and Substitutions for more nutrition information.

Buffalo Ranch Chicken Sandwich	730	41	12	1.5	75	3440	59	4	7	31
Classic Chicken Sandwich	620	32	10	1.5	70	1220	54	3	5	30
Nashville Hot Chicken Sandwich	810	47	14	1.5	70	2690	67	4	13	31
Saucy Chicken Sandwich	500	19	8	1	60	1210	53	3	5	30
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Southern Chicken Sandwich	870	53	17	1.5	95	1560	62	3	11	38

<b>PROTEIN OPTIONS</b>										
Grilled Chicken Breast	90	1	0	0	45	560	1	0	0	21
Hand-Breaded Chicken Breast	310	15	6	1	60	690	20	1	0	24

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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<b>WRAPS &amp; TACOS</b> All wraps and tacos are listed without chips and salsa unless otherwise noted; see Sides and Substitutions for more nutrition information.										
Brisket Tacos	610	30	11	2	95	1820	53	6	9	33
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	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Street Tacos	630	39	9	0	80	2140	43	3	4	28
<b>PROTEIN OPTIONS</b>										
Boneless Wings - 4 ea	240	12	5	1	55	840	14	0	0	19
Pulled Chicken - 1 oz	35	1.5	0.5	0	20	140	0	0	0	6
Smoked Brisket - 1 oz	90	6	2.5	0.5	30	170	1	0	0	8
<b>TENDERS</b> All tenders are listed without French fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
3 / 5 count Hand-Breaded Chicken Tenders	490 / 820	24 / 40	9 / 16	1.5 / 2	110 / 185	1490 / 2480	34 / 56	2 / 3	0	35 / 58
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
3 / 5 count Naked Chicken Tenders	160 / 260	1 / 2	0 / 0.5	0	0	1140 / 1910	0	0	0	37 / 61
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
<b>SIDES &amp; SUBSTITUTIONS</b>										
Carrots & Celery, with Ranch Dressing	380	34	5	0.5	10	680	16	5	10	3
Cheddar Cheese Curds, with Southwestern Ranch Dressing	870	74	28	2.5	125	1980	21	2	3	29
French Fries, Regular / Large	420 / 840	11 / 22	4.5 / 9	0.5 / 1.5	10 / 20	730 / 1460	78 / 155	6 / 11	0	4 / 7
Garden Side Salad, see Greens for Dressings	80	4.5	2.5	0	15	100	7	3	3	5
Mac & Cheese	510	26	17	0	85	1160	54	6	11	17
Onion Rings, with Southwestern Ranch Dressing, Regular / Large	900 / 1430	67 / 97	19 / 31	2.5 / 4	40 / 60	1540 / 2270	67 / 130	6 / 11	11 / 20	6 / 10
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
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
<b>OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS (REGULAR / LARGE)</b>										
Cheddar Jack Cheese	110 / 220	9 / 17	5 / 10	0 / 0.5	25 / 55	170 / 350	1 / 2	0	0	7 / 13
Hatch Queso	110 / 220	8 / 16	4.5 / 9	0 / 0.5	25 / 55	520 / 1030	4 / 8	0	2 / 5	6 / 12
Chili	110 / 200	6 / 12	2.5 / 5	0	20 / 40	350 / 690	5 / 11	2 / 3	2 / 3	8 / 15
Bacon	60 / 120	4 / 8	1.5 / 3	0	20 / 35	210 / 430	0 / 1	0	0	5 / 9
Buffalo Seasoning	5	0	0	0	0	240 / 480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	180 / 360	1	0	0 / 1	0
Desert Heat® Seasoning	5	0	0	0	0	125 / 250	1	0	0 / 1	0
Lemon Pepper Seasoning	0 / 5	0	0	0	0	150 / 290	0 / 1	0	0	0
Salt & Vinegar Seasoning	0 / 5	0	0	0	0	270 / 540	0 / 1	0	0	0
<b>GREENS</b> All salads are served with dressing, unless otherwise noted. For alternate dressings, see list below.										
Crispy Buffalo Chicken Salad with Bleu Cheese Dressing	910	70	19	1.5	150	3180	36	5	6	35
Chicken Caesar Salad with Caesar Dressing	780	59	12	0	95	2700	30	5	6	33
Chopped Cobb Salad with Ranch Dressing	830	69	16	1	285	1900	15	5	7	38
Add Guacamole	150	13	2	0	0	340	10	6	1	2
<b>DRESSINGS</b>										
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
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
Vidalia Onion Vinaigrette - 2 fl oz	240	18	3	0	0	150	20	0	18	0

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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**KIDS** All kids items are listed without French fries or low-fat milk. See Sides and Beverages below for more nutritional information.

Boneless Wings	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
Cheeseburger	470	25	11	1.5	70	930	34	2	5	27
Hand-Breaded Chicken Tenders	330	16	6	1	75	990	23	1	0	23
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Mac & Cheese	510	26	17	0	85	1160	54	6	11	17
Traditional Wings	290	16	5	0	145	105	0	0	0	35
Add Signature Sauce	15-90	0-9	0-1.5	0	0-5	210-570	1-11	0-1	0-10	0-1

**SIDES**

Carrots	50	0	0	0	0	90	11	3	7	1
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Mandarin Oranges	40	0	0	0	0	0	9	1	9	0

**SWEETS**

Cheesecake with Caramel Sauce	690	46	27	2	225	500	56	1	45	12
Chocolate Fudge Cake	780	33	15	0	55	740	115	1	85	11
Loaded Ice Cream	490	21	11	1	45	410	71	1	47	6

**B-DUBS EXPRESS EXCLUSIVES**

Entree House Salad, see Greens for Dressings	100	5	2.5	0	15	110	10	5	4	6
Add Crispy Chicken	240	12	5	1	55	840	14	0	0	19
Add Grilled Chicken	90	1	0	0	45	560	1	0	0	21
Hatch Queso with Chips	1100	59	28	2.5	105	2310	117	11	7	28
House Side Salad, see Greens for Dressings	80	4.5	2.5	0	15	100	7	3	3	5

**BREAKFAST** At participating locations only

American Breakfast, with Bacon or Sausage (JFK Airport only)	590/660	32/42	13/16	0	580/595	6870/6730	40	2	3/2	33/29
Biscuit Sandwich, with Bacon and American or Cheddar Cheese	950/970	53/55	24	1.5/1	235	3180/3030	90	9	10/9	30/32
Biscuit Sandwich, with Sausage and American or Cheddar Cheese	1090/1110	69/70	29	1.5/1	260	3110/2960	95	9	9	28/30
Breakfast Club Sandwich	1170	73	31	1	390	2540	88	8	7	45
Breakfast Platter, with Bacon or Sausage	1050/1330	60/90	24/34	1	415/465	3410/3280	91/102	9	10	40/36
Breakfast Quesadilla, with Bacon or Sausage	1430/1460	83/91	36/38	2.5	495/505	3920/3490	108/113	9	9/8	62/52
Breakfast Sandwich, with Bacon or Sausage (JFK Airport only)	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 only)	690/770	36/46	14/17	0	580/595	7350/7220	52	1	3	38/34
Breakfast Wrap, with Bacon	1330	77	26	2	615	3990	114	10	12	45
Breakfast Wrap, with Hand-Breaded Chicken	1430	80	27	2.5	630	4270	124	11	12	52
Breakfast Wrap, with Sausage	1510	96	32	2	640	4080	119	10	12	46
Chicken & Waffles	1270	55	27	2.5	145	1930	159	1	85	33
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Chicken & Waffles (Atlanta Airport Only)	1050	33	11	1	85	2640	158	2	65	34
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Omelet, with Bacon	810	50	21	1.5	605	1990	53	7	5	35
Omelet, with Chicken	880	48	19	1.5	650	2540	54	7	5	59
Omelet, with Sausage	990	69	27	1.5	630	2080	58	7	5	36
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-41	0-2	0-38	0-4
Add Salsa - 2 fl oz	25	0	0	0	0	410	6	1	3	1

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

**CALS**      **FAT (G)**      **SAT FAT (G)**      **TRANS FAT (G)**      **CHOLEST (MG)**      **SODIUM (MG)**      **CARB (G)**      **FIBER (G)**      **SUGAR (G)**      **PROTEIN (G)**

PARTY MENU										
<b>WINGS &amp; ACCOMPANIMENTS</b> 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 Traditional Wings	3600	204	67	4.5	1805	1340	0	0	0	442
100 Count Traditional Wings	7200	408	135	9	3605	2670	0	0	0	883
150 Count Traditional Wings	10800	612	202	14	5410	4010	0	0	0	1325
Cauliflower Wings	4180	229	90	13	260	5200	465	1	34	64
<b>ACCOMPANIMENTS</b> 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
<b>SAUCES</b>										
Asian Zing® - 8 fl oz	690	1.5	0	0	0	4580	166	4	153	3
Blazin® Carolina Reaper - 8 fl oz	310	23	3.5	0	0	3620	24	7	9	3
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
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	2	137	3
Hot - 8 fl oz	370	32	5	0	0	8810	15	3	1	3
Jammin' Jalapeño - 8 fl oz	720	0	0	0	0	5440	160	0	128	0
Lemon Pepper - 8 fl oz	1420	152	24	2.5	0	5370	13	4	3	1
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
Nashville Hot - 8 fl oz (see Pickles in Accompaniments)	320	25	10	0	25	4720	21	4	9	2
Orange Chicken - 8 fl oz	500	1.5	0	0	0	4090	119	1	102	4
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
Sauce Sauce - 8 fl oz	540	1	0	0	0	4530	129	4	110	3
Spicy Garlic - 8 fl oz	370	32	6	0	55	9060	15	1	0	3
Sweet BBQ - 8 fl oz	390	0.5	0	0	0	4470	93	4	68	3
Teriyaki - 8 fl oz	540	0	0	0	0	5800	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
<b>TENDERS &amp; MORE</b>										
Hand-Breaded Chicken Tenders (25 ea)	4100	200	78	11	920	12390	282	15	0	292
Add Signature Sauce - 8 fl oz	260-1420	0-152	0-24	0-2.5	0-95	2640-9060	9-166	0-7	0-153	0-15
Naked Chicken Tenders (25 ea)	1310	9	3	0	10	9530	0	0	0	307
Add Signature Sauce - 8 fl oz	260-1420	0-152	0-24	0-2.5	0-95	2640-9060	9-166	0-7	0-153	0-15
Tenders Combo (25 ea)	2760	109	42	6	485	11020	147	8	0	299
Add Signature Sauce - 8 fl oz	260-1420	0-152	0-24	0-2.5	0-95	2640-9060	9-166	0-7	0-153	0-15
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	390-2130	0-227	0-37	0-3.5	0-150	3960-13590	12-246	0-11	0-228	0-24
<b>BAR FOOD</b>										
Chili con Queso with Chips	3320	189	93	7	455	9330	286	30	38	122
Chips & House-made Guacamole	2950	190	46	3.5	50	4810	300	59	16	40

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Everything Pretzel Knots, with New Belgium Fat Tire® Beer Cheese and Honey Mustard	2100	112	28	1	110	6550	224	9	36	46
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
<b>SIDES</b>										
Baked Mac & Cheese	3390	179	117	1	590	7490	326	34	68	122
Caesar Salad with Caesar Dressing	1540	121	25	0	95	4060	83	9	13	29
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 Bits	460	33	13	0	140	1700	4	1	1	37
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
<b>SWEETS</b>										
Whole Cheesecake with Caramel Sauce	11110	738	433	32	3610	8070	923	16	740	193
Whole Chocolate Fudge Cake	7420	336	126	0	280	9100	1064	14	728	98
<b>BEVERAGES</b>										
<b>SPIRIT-FREE</b>										
Black Cherry Limeade	160	0	0	0	0	45	43	1	38	0
Passionfruit Nojito	220	0	0	0	0	30	57	1	56	0
Red Bull® Watermelon Punch	290	0	0	0	0	105	73	0	67	1
Strawberry Lemonade	170	0	0	0	0	115	46	1	43	0
<b>SODAS &amp; MORE (Nutritional values for soda are based on 20 oz cups with standardized ice fill)</b>										
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
MTN DEW Legend™	110	0	0	0	0	35	29	0	29	0
Pepsi®	100	0	0	0	0	30	28	0	28	0
Starry®	100	0	0	0	0	20	26	0	26	0
Tropicana® Lemonade	100	0	0	0	0	105	27	0	27	0
Tropicana® Pink Lemonade	110	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	110	0	0	0	0	10	29	0	28	0
Lipton Brisk® Iced Tea	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
bubly™ sparkling 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
<b>MIXERS</b>										
Q Ginger Beer	80	0	0	0	0	15	19	0	18	0
Q Tonic	40	0	0	0	0	10	10	0	9	0
Q Club Soda	0	0	0	0	0	50	0	0	0	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® Blue Edition (Blueberry)	110	0	0	0	0	100	29	0	27	0
Red Bull® Yellow Edition (Tropical)	120	0	0	0	0	140	29	0	28	0
Red Bull® Red Edition (Watermelon)	110	0	0	0	0	90	28	0	26	0
<b>COCKTAILS</b>										
B-Dubs Bloody Mary	140	1.5	0	0	0	1450	8	2	4	2
B-Dubs Make it Wild Bloody Mary	140	1	0	0	0	1310	8	2	4	2
Black Cherry Mezgarita	270	0	0	0	0	190	32	1	27	0
Blue Hawaiian	260	2.5	2	0	0	0	35	1	31	0

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Blue Long Island Iced Tea	220	0	0	0	0	40	26	0	24	0
Buffalo Trace Old Fashioned - <i>at select locations</i>	220	0	0	0	0	0	18	0	18	0
Classic Mojito	200	0	0	0	0	15	27	1	23	0
Deep Eddy Crush	200	0	0	0	0	10	32	0	25	0
Henny Hustle	270	0	0	0	0	50	47	1	43	0
House Margarita	230	0	0	0	0	800	27	1	21	0
Legendary Long Island	260	0	0	0	0	55	33	0	31	0
Old Fashioned	220	0	0	0	0	0	18	0	18	0
Modelo Michelada	140	0	0	0	0	1320	16	1	2	1
Pineapple Mojito	210	0	0	0	0	0	30	1	27	0
Platinum Margarita	220	0	0	0	0	0	24	1	19	0
Red Bull Sunrise	400	0	0	0	0	105	74	1	67	1
Red Sangria	270	0	0	0	0	10	43	1	37	0
Spicy Passionfruit Margarita	270	0	0	0	0	100	37	0	32	0
Spiked Lemonade	220	0	0	0	0	35	26	0	24	0
Strawberry Margarita	260	0	0	0	0	800	34	1	29	0
Tito's Mule	180	0	0	0	0	10	12	0	11	0
Top Shelf Long Island Ice Tea	290	0	0	0	0	60	35	0	33	0
Truly Berry Cherry Limeade	180	0	0	0	0	0	23	0	19	0
<b>WINE</b>										
Chateau St. Michelle, Chardonnay - 6 / 9 fl oz	150 / 220	0	0	0	0	10 / 15	4 / 6	0	2 / 3	0
Darkhorse, Rose - 6 / 9 fl oz	150 / 230	0	0	0	0	10 / 15	7 / 10	0	7 / 10	1
Ecco Domani, Pinot Grigio - 6 / 9 fl oz	150 / 220	0	0	0	0	--	4 / 5	--	--	0
Josh Cellars, Cabernet Sauvignon - 6 / 9 fl oz	150 / 220	0	0	0	0	--	5 / 7	--	--	0
Mark West, Pinot Noir - 6 / 9 fl oz	140 / 220	0	0	0	0	--	4 / 6	--	--	0
Pasmosa, Sangria	220	0	0	0	0	0	7	0	--	0
Prosecco	160	0	0	0	0	0	2	0	0	0

Due to the rotating nature of our beer menu, please visit [beerboard.com](http://beerboard.com) for all nutrition information related to beers, ciders and seltzers on tap, cans, or bottles.

## \*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.