

# 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)

**BONELESS WINGS** 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.

<b>6 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	360	19	2.5	0	65	1260	20	1	0	29
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**SIGNATURE SAUCES**

Asian Zing®	130	0	0	0	0	860	31	1	29	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
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	1010	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
Smoky Adobo	35	0	0	0	0	840	8	0	4	0
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

**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 BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	610	31	4.5	0	110	2090	34	1	1	48
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**SIGNATURE SAUCES**

Asian Zing®	170	0	0	0	0	1150	41	1	38	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
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	1380	3	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

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* 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)
Smoky Adobo	50	0	0	0	0	1120	11	1	6	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>7</b>	<b>0.5</b>	<b>165</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
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
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	15	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
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	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>9</b>	<b>1</b>	<b>215</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
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1

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* 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)
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Honey BBQ	270	0	0	0	0	1650	67	1	55	1
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
Smoky Adobo	100	1	0	0	0	2230	22	1	12	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>13</b>	<b>1.5</b>	<b>325</b>	<b>6280</b>	<b>102</b>	<b>4</b>	<b>2</b>	<b>144</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	520	15	0	0	0	3440	124	3	115	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
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
Smoky Adobo	150	1	0	0	0	3350	33	2	18	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

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<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>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.										
<b>6 COUNT TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	430	24	3	0	165	160	0	0	0	53
<b>6 COUNT TRADITIONAL WINGS (FLATS ONLY)</b> , add Signature Sauce or Dry Seasoning	410	25	3	0	160	140	0	0	0	46
<b>6 COUNT TRADITIONAL WINGS (DRUMS ONLY)</b> , add Signature Sauce or Dry Seasoning	450	23	3	0	165	180	0	0	0	60
<b>SIGNATURE SAUCES</b>										
Asian Zing®	90	0	0	0	0	570	21	0	19	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
Smoky Adobo	25	0	0	0	0	560	5	0	3	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
<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 TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	720	41	5	0	275	270	0	0	0	88
<b>10 COUNT TRADITIONAL WINGS (FLATS ONLY)</b> , add Signature Sauce or Dry Seasoning	680	42	5	0	265	230	0	0	0	77
<b>10 COUNT TRADITIONAL WINGS (DRUMS ONLY)</b> , add Signature Sauce or Dry Seasoning	750	39	5	0	275	300	0	0	0	100
<b>SIGNATURE SAUCES</b>										
Asian Zing®	130	0	0	0	0	860	31	1	29	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
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

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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
Smoky Adobo	35	0	0	0	0	840	8	0	4	0
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>	1080	61	7	0	410	400	0	0	0	132
<b>15 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	1020	63	7	0	405	350	0	0	0	115
<b>15 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	1120	58	7	0	415	450	0	0	0	150
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	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
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
Smoky Adobo	50	0	0	0	0	1120	11	1	6	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	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	10	0.5	550	530	0	0	0	177
<b>20 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	1370	84	10	0.5	540	470	0	0	0	154
<b>20 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	1490	77	9	0.5	555	600	0	0	0	200

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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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SIGNATURE SAUCES										
Asian Zing®	220	0.5	0	0	0	1430	52	1	48	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
Caribbean Jerk	190	6	1	0	0	820	32	1	29	1
Honey BBQ	170	0	0	0	0	1030	42	1	34	1
Hot	110	10	1.5	0	0	2750	5	1	0	1
Jammin' Jalapeño	220	0	0	0	0	1700	50	0	40	0
Lemon Pepper	530	57	9	1	0	2120	5	2	1	1
Mango Habanero™	190	1.5	0	0	0	1090	44	1	33	1
Medium	80	7	1	0	15	2720	3	0	0	1
Mild	120	12	2	0	15	2310	3	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	280	30	6	0	0	2470	3	0	0	1
Parmesan Garlic	320	31	6	0.5	30	1560	8	1	3	3
Smoky Adobo	60	0.5	0	0	0	1390	14	1	7	1
Spicy Garlic	110	10	1.5	0	20	2830	5	0	0	1
Sweet BBQ	120	0	0	0	0	1400	29	1	21	1
Teriyaki	170	0	0	0	0	1810	37	1	30	5
Thai Curry	360	36	7	0.5	20	2250	9	2	5	2
Wild®	120	10	1.5	0	0	2130	6	1	2	1
DRY SEASONINGS										
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>	<b>2160</b>	<b>122</b>	<b>14</b>	<b>1</b>	<b>825</b>	<b>800</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>265</b>
<b>30 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Seasoning</b>	<b>2050</b>	<b>125</b>	<b>15</b>	<b>0.5</b>	<b>805</b>	<b>700</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>230</b>
<b>30 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Seasoning</b>	<b>2240</b>	<b>116</b>	<b>14</b>	<b>1</b>	<b>830</b>	<b>900</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>299</b>
SIGNATURE SAUCES										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	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
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	710	76	12	1	0	2860	7	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
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	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	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
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

# 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)
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.										
<b>SMALL CAULIFLOWER WINGS</b> , add Signature Sauce or Dry Seasoning	520	29	4	0	25	650	58	5	4	8
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper	80	6	1	0	0	910	6	2	2	2
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	830	34	0	28	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	1380	3	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	1
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	0
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	1
Parmesan Cheese	260	25	4.5	0	25	1250	6	1	2	3
Smoky Adobo	50	0	0	0	0	1120	11	1	6	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	6
Thai Curry	290	29	5	0	15	1800	8	1	4	2
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	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</b> , add Signature Sauce or Dry Seasoning	1040	57	8	1	50	1300	116	11	8	16
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
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
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 Cheese	520	50	9	1	45	2500	12	2	5	5
Spicy Garlic	100	1	0	0	0	2230	22	1	12	1
Smoky Adobo	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

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* 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)
Wild®	190	17	2.5	0	0	3410	10	2	3	1
<b>DRY SEASONINGS</b>										
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
<b>SAUCES &amp; SEASONINGS</b>										
<b>SIGNATURE SAUCES</b>										
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
Caribbean Jerk - 2 fl oz	150	5	1	0	0	660	26	1	23	1
Honey BBQ - 2 fl oz	140	0	0	0	0	830	34	0	28	0
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
Smoky Adobo - 2 fl oz	50	0	0	0	0	1120	11	1	6	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>SANDWICH &amp; TENDERS</b>										
Classic Chicken Sandwich	620	32	8	1.5	60	1220	54	3	5	30
3 / 5 count Hand-Breaded Chicken Tenders	490 / 820	24 / 40	3 / 6	0 / 0.5	85 / 140	1490 / 2480	34 / 56	2 / 3	0	35 / 58
Add Signature Sauce - 2 fl oz	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
<b>BURGERS</b>										
All-American Cheeseburger	820	53	22	2.5	145	2040	38	3	7	48
All-American Bacon Cheeseburger	930	61	25	2.5	165	2210	38	3	8	56
BBQ Bacon Burger	1090	70	27	2.5	150	2360	58	2	13	57
<b>PROTEIN OPTIONS</b>										
Hamburger Patty	210	16	6	1	50	320	0	0	0	17
Hand-Breaded Chicken Breast	310	15	4	1	45	690	20	1	0	24
<b>TOPPINGS</b>										
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
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
Bacon	100	8	3	0	15	370	0	0	0	8
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



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* 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)
Yellow Mustard - 1 tsp	0	0	0	0	0	60	0	0	0	0
<b>SIDES &amp; EXTRAS</b>										
Carrots	50	0	0	0	0	90	11	3	7	1
Celery Sticks	15	0	0	0	0	75	3	2	1	1
Cheddar Cheese Curds, with Southwestern Ranch Dressing, Regular / Large	920 / 1490	78 / 119	11/37	1 / 4	100 / 195	2080 / 3370	22 / 43	2 / 4	3 / 5	32 / 63
French Fries, Regular / Large	420 / 840	11 / 22	2 / 3	0	0	730 / 1460	78 / 155	6 / 11	0	4 / 7
Fried Pickles, with Southwestern Ranch Dressing	850	65	14	2	20	3500	58	6	2	8
Mozzarella Sticks, with Marinara	520	25	5	0	40	1700	53	7	7	21
Onion Rings, with Southwestern Ranch Dressing, Regular / Large	980 / 1590	72 / 105	21 / 35	2.5 / 4.5	40 / 70	1650 / 2480	76 / 148	6 / 12	12 / 23	6 / 12
Potato Wedges, Regular / Large	370 / 750	19 / 38	3 / 6	0 / 0.5	10 / 20	1030 / 2060	45 / 90	6 / 12	1	6 / 12
Tots, Regular / Large	620 / 1240	40 / 80	6 / 12	0.5 / 1	20 / 40	980 / 1950	60 / 120	7 / 14	0 / 1	5 / 10
<b>DRESSINGS</b>										
Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	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
<b>PARTY MENU</b>										
<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
<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
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
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)	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
Smoky Adobo - 8 fl oz	200	1.5	0	0	0	4460	44	3	23	2
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</b>										
Hand-Breaded Chicken Tenders (25 ea)	4100	200	78	11	920	12390	282	15	0	292
Add Signature Sauce - 8 fl oz	200-1420	0-152	0-24	0-2.5	0-95	2640-9180	9-166	0-6	0-153	0-15

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\* 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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BEVERAGES										
SODAS & MORE										
Diet Pepsi®	0	0	0	0	0	60	0	0	0	0
Dr Pepper®	250	0	0	0	0	100	66	0	64	0
Mountain Dew®	290	0	0	0	0	105	77	0	77	0
Pepsi®	250	0	0	0	0	55	69	0	69	0
Sierra Mist®	240	0	0	0	0	60	61	0	61	0
Fresh-Brewed Lipton® Unsweetened Iced Tea	0	0	0	0	0	10	1	0	0	0
Aquafina Bottle Water	0	0	0	0	0	0	0	0	0	0

*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.