

# 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)
<b>BONELESS WINGS</b> 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.										
<b>6 COUNT BONELESS WINGS,</b> add Signature Sauce or Dry Rub	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
Blazin® Knockout	80	3	0	0	0	1370	12	1	10	0
Cajun - <i>limited time</i>	80	7	1	0	5	1050	3	1	1	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
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
Maple Chipotle - <i>limited time</i>	120	0	0	0	0	1000	30	0	26	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 - <i>limited time</i>	130	0	0	0	0	1130	32	1	28	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 RUBS</b>										
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
<b>10 COUNT BONELESS WINGS,</b> add Signature Sauce or Dry Rub	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
Blazin® Knockout	100	4	0.5	0	0	1820	16	1	13	1
Cajun - <i>limited time</i>	110	10	1.5	0	10	1410	5	1	1	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
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
Maple Chipotle - <i>limited time</i>	160	0	0	0	0	1330	40	0	35	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

# 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)
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 - limited time	200	0	0	0	0	1700	48	1	41	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 RUBS</b>										
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
<b>15 COUNT BONELESS WINGS,</b> add Signature Sauce or Dry Rub	910	46	18	3	215	3140	51	2	1	72
<b>SIGNATURE SAUCES</b>										
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
Cajun - limited time	170	15	2.5	0	15	2110	7	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
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
Maple Chipotle - limited time	230	0	0	0	0	1990	60	0	52	0
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 - limited time	270	0.5	0	0	0	2260	65	2	55	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 RUBS</b>										
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
<b>20 COUNT BONELESS WINGS,</b> add Signature Sauce or Dry Rub	1210	62	24	4	285	4190	68	2	1	96
<b>SIGNATURE SAUCES</b>										
Asian Zing*	340	1	0	0	0	2290	83	2	77	2
Blazin* Knockout	200	8	1	0	0	3650	32	2	26	1
Cajun - limited time	220	20	3.5	0	15	2810	9	3	2	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)
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
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
Maple Chipotle - limited time	310	0	0	0	0	2650	80	1	69	0
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 - limited time	400	1	0	0	0	3390	97	3	83	2
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 RUBS</b>										
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
<b>30 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub</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
Blazin™ Knockout	300	12	1.5	0	0	5470	48	3	38	2
Cajun - limited time	330	30	5	0	25	4220	14	4	3	3
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
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
Maple Chipotle - limited time	470	0.5	0	0	0	3980	30	3	21	2
Medium	190	17	3	0	35	6520	119	1	104	1
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 - limited time	540	1	0	0	0	4530	129	4	110	3
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



\* 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)
<b>DRY RUBS</b>										
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
<b>TRADITIONAL WINGS</b> Nutritional values below reflect traditional 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.										
<b>6 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub</b>	430	24	8	0.5	215	160	0	0	0	53
<b>6 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub</b>	410	25	8	0.5	210	140	0	0	0	46
<b>6 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub</b>	450	23	8	0.5	215	180	0	0	0	60
<b>SIGNATURE SAUCES</b>										
Asian Zing*	90	0	0	0	0	570	21	0	19	0
Blazin™ Knockout	50	2	0	0	0	910	8	1	6	0
Cajun - limited time	60	5	1	0	5	700	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
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
Maple Chipotle - limited time	80	0	0	0	0	660	20	0	17	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 - limited time	130	0	0	0	0	1130	32	1	28	1
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 RUBS</b>										
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
<b>10 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub</b>	720	41	13	1	360	270	0	0	0	88
<b>10 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub</b>	680	42	14	1	350	230	0	0	0	77
<b>10 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub</b>	750	39	13	1	360	300	0	0	0	100
<b>SIGNATURE SAUCES</b>										
Asian Zing*	130	0	0	0	0	860	31	1	29	1
Blazin™ Knockout	80	3	0	0	0	1370	12	1	10	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)
Cajun - limited time	80	7	1	0	5	1050	3	1	1	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
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
Maple Chipotle - limited time	120	0	0	0	0	1000	30	0	26	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 - limited time	200	0	0	0	0	1700	48	1	41	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 RUBS</b>										
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
<b>15 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub</b>	1080	61	20	1.5	540	400	0	0	0	132
<b>15 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub</b>	1020	63	20	1.5	530	350	0	0	0	115
<b>15 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub</b>	1120	58	20	1.5	545	450	0	0	0	150
<b>SIGNATURE SAUCES</b>										
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
Cajun - limited time	110	10	1.5	0	10	1410	5	1	1	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
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
Maple Chipotle - limited time	160	0	0	0	0	1330	40	0	35	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 - limited time	270	0.5	0	0	0	2260	65	2	55	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)
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 RUBS</b>										
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
<b>20 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub</b>	1440	82	27	2	720	530	0	0	0	177
<b>20 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub</b>	1370	84	27	1.5	705	470	0	0	0	154
<b>20 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub</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
Blazin™ Knockout	150	6	1	0	0	2740	24	2	19	1
Cajun - <i>limited time</i>	170	15	2.5	0	15	2110	7	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
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
Maple Chipotle - <i>limited time</i>	230	0	0	0	0	1990	60	0	52	0
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 - <i>limited time</i>	400	1	0	0	0	3390	97	3	83	2
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 RUBS</b>										
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
<b>30 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub</b>	2160	122	40	2.5	1080	800	0	0	0	265
<b>30 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub</b>	2050	125	41	2.5	1055	700	0	0	0	230
<b>30 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub</b>	2240	116	39	3	1085	900	0	0	0	299

# 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)
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin® Knockout	200	8	1	0	0	3650	32	2	26	1
Cajun - <i>limited time</i>	220	20	3.5	0	15	2810	9	3	2	2
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
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™	210	2	0	0	0	1470	52	1	40	1
Maple Chipotle - <i>limited time</i>	310	0	0	0	0	2650	80	1	69	0
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 - <i>limited time</i>	540	1	0	0	0	4530	129	4	110	3
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 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.

<b>SMALL CAULIFLOWER WINGS,</b> 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
Cajun - <i>limited time</i>	110	10	1.5	0	10	1410	5	1	1	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
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
Maple Chipotle- <i>limited time</i>	160	0	0	0	0	1330	40	0	35	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

# 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)
Sauce Sauce - limited time	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 RUBS</b>										
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
<b>LARGE CAULIFLOWER WINGS, add Signature Sauce or Dry Rub</b>	1040	57	22	3.5	65	1300	116	11	8	16
<b>SIGNATURE SAUCES</b>										
Asian Zing*	340	1	0	0	0	2290	83	2	77	2
Blazin™ Knockout	200	8	1	0	0	3650	32	2	26	1
Cajun - limited time	220	20	3.5	0	15	2810	9	3	2	2
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
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
Maple Chipotle - limited time	310	0	0	0	0	2650	80	1	69	0
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 - limited time	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 RUBS</b>										
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
<b>COMBO &amp; ACCOMPANIMENTS</b> 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 Dry Rub nutrition)	1360	68	22	2.5	325	2530	101	7	2	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 - 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



# 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)
<b>SAUCES &amp; DRY RUBS</b>										
<b>SIGNATURE SAUCES</b>										
Asian Zing <sup>®</sup> - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin <sup>™</sup> Knockout - 2 fl oz	100	4	0.5	0	0	1820	16	1	13	1
Cajun - 2 fl oz - <i>limited time</i>	110	10	1.5	0	10	1410	5	1	1	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
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 <sup>™</sup> - 2 fl oz	150	1	0	0	0	870	35	1	26	0
Maple Chipotle - 2 fl oz - <i>limited time</i>	160	0	0	0	0	1330	40	0	35	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
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 <sup>®</sup> - 2 fl oz	100	8	1.5	0	0	1710	5	1	2	1
<b>DRY RUBS</b>										
Buffalo Dry Rub - 1 tsp	10	0	0	0	0	670	1	0	0	0
Desert Heat <sup>®</sup> 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
<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	2-42	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	2-42	0-2	0-38	0-4
<b>BAR FOOD</b>										
Asian Zing <sup>®</sup> 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
Everything Pretzel Knots, with New Belgium Fat Tire <sup>®</sup> 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
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 - Boneless/Traditional	2410/2330	144/142	55/53	6/8	275/330	6660/5510	199/178	19	28	81/88
Add Bleu Cheese or Ranch Dressing	280/320	29/34	6/5	0/0.5	35/10	550/510	2	0	2	2/1
Add Signature Sauce	30-180	0-19	0-3	0	0-10	420-1140	1-21	0-1	0-19	0-2

# 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)
House Sampler, with Traditional Wings	2650	176	58	6	340	6020	181	19	29	88
Add Signature Sauce	15-90	0-9	0-1.5	0	0-5	210-570	1-11	0-1	0-10	0-1
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 Chicken	120	4	2	0	60	470	1	0	0	21
Add Guacamole	150	13	2	0	0	340	10	6	1	2

**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 Mac & Cheese Burger	1160	76	31	3	195	2710	55	3	11	63
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
Mushroom Swiss Burger	960	64	25	2.5	155	1560	41	4	9	55
Southwestern Black Bean Burger	740	42	11	0	30	1780	74	17	11	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	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.

Bacon Patty Melt	1300	98	33	3	245	2290	46	3	8	60
BLT Sandwich	890	62	21	0	145	2050	48	3	8	36
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	930	62	15	1.5	75	3290	65	5	10	33
Southern Chicken Sandwich	950	64	19	1.5	115	1970	58	4	6	38

**TACOS** Tacos are listed without chips and salsa unless otherwise noted; see Sides and Substitutions for more nutrition information.

Baja Crispy Fish Tacos	750	38	13	1	90	1650	72	5	6	30
Carolina BBQ Chicken Tacos	790	43	14	0	120	2620	65	5	25	38
Crispy Fried Chicken Tacos	1010	67	19	1.5	135	1980	64	5	7	38
Queso Beef Tacos	690	41	17	2.5	115	1970	38	3	5	43
Sweet & Spicy Pork Tacos	790	31	10	0	100	3490	89	5	48	38

**SIDES & SUBSTITUTIONS**

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

# 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)
Chips & Salsa	520	22	9	1	15	890	72	1	3	8
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 Big Salads & Wraps 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 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

**OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS (REGULAR / LARGE)**

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 Crumbles	60 / 120	4 / 8	1.5 / 3	0	20 / 35	210 / 430	0 / 1	0	0	5 / 9
Buffalo Dry Rub	5	0	0	0	0	240 / 480	1	0	0	0
Chipotle BBQ Dry Rub	5	0	0	0	0	180 / 360	1	0	0 / 1	0
Desert Heat® Dry Rub	5	0	0	0	0	125 / 250	1	0	0 / 1	0
Lemon Pepper Dry Rub	0 / 5	0	0	0	0	150 / 290	0 / 1	0	0	0
Salt & Vinegar Dry Rub	0 / 5	0	0	0	0	270 / 540	0 / 1	0	0	0

**BIG SALADS & WRAPS** All wraps are listed without chips & salsa unless otherwise noted; see Sides and Substitutions for more nutrition information. All salads include dressing. Alternate dressings available upon request.

Crispy Buffalo Chicken Salad with Bleu Cheese Dressing	1100	78	22	2	190	3650	53	10	9	48
Chicken Caesar Salad with Caesar Dressing	890	60	13	0	140	3270	33	6	7	55
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	2-42	0-2	0-38	0-4
Honey BBQ Chicken Salad with Ranch Dressing	960	68	15	1	100	2400	50	8	22	39

**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
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.

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	2-42	0-2	0-38	0-4
Mac & Cheese	590	33	14	0	70	1630	50	2	13	21
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
Ghiradelli® Chocolate Chunk Brownie	350	15	4	0	20	210	52	3	32	4
Loaded Ice Cream	490	21	11	1	45	410	71	1	47	6
Triple Chocolate Chip Cookie	410	19	11	0.5	55	320	56	1	32	4

# 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)
<b>BREAKFAST</b> At participating locations only.										
American Breakfast, with Bacon or Sausage	590/660	32/42	13/16	0	580/595	6870/6730	40	2	3/2	33/29
Breakfast Sandwich, with Bacon or Sausage	560/640	31/41	13/16	0	580/595	6960/6820	35	2	6/5	34/31
Breakfast Wrap, with Bacon or Sausage	690/770	36/46	14/17	0	580/595	7350/7220	52	1	3	38/34

## 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 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

**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

## SAUCES

Asian Zing <sup>®</sup> - 8 fl oz	690	1.5	0	0	0	4580	166	4	153	3
Blazin <sup>™</sup> Knockout - 8 fl oz	410	16	2	0	0	7300	64	4	51	2
Cajun - 8 fl oz - <i>limited time</i>	440	40	7	0.5	35	5620	18	6	3	4
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
Hot - 8 fl oz	370	32	5	0	0	8810	15	3	1	3
Jammin <sup>™</sup> 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 <sup>™</sup> - 8 fl oz	600	4.5	0.5	0	0	3470	141	3	105	2
Maple Chipotle - 8 fl oz - <i>limited time</i>	630	1	0	0	0	5310	159	1	139	1
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
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 <sup>™</sup> - 8 fl oz	390	33	5	0	0	6820	20	3	7	3

## TENDERS & MORE

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	9-168	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	9-168	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	9-168	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

# 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)
<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
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	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 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</b> (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
MTN DEW Legend™	110	0	0	0	0	35	29	0	29	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
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
Lowfat Milk - at select locations	80	0	0	0	5	120	11	0	11	7
Chocolate Milk - at select locations	150	2.5	2	0	10	170	25	0	23	7
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
<b>MIXERS</b>										
0 Ginger Beer	80	0	0	0	0	15	19	0	18	0
0 Tonic	40	0	0	0	0	10	10	0	9	0
0 Club Soda	0	0	0	0	0	50	0	0	0	0
Red Bull®	110	0	0	0	0	105	28	0	27	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)
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 - <i>at select locations</i>	140	1.5	0	0	0	1450	8	2	4	2
Black Cherry Mezgarita	270	0	0	0	0	190	32	1	27	0
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
Bourbon Pineapple Punch - <i>at select locations</i>	210	0	0	0	0	0	20	0	16	0
Bourbon Old Fashioned - <i>at select locations</i>	200	0	0	0	0	0	16	0	15	0
Buffalo Trace Old Fashioned - <i>at select locations</i>	220	0	0	0	0	0	18	0	18	0
House Margarita	230	0	0	0	0	800	27	1	21	0
Old Fashioned	220	0	0	0	0	0	18	0	18	0
Mango Habanero Margarita	260	0	0	0	0	200	33	1	27	0
Modelo Michelada	140	0	0	0	0	1320	16	1	2	1
Patrón Margarita	220	0	0	0	0	0	24	1	15	0
Pineapple Mojito	210	0	0	0	0	0	30	1	27	0
Red Bull Sunrise	400	0	0	0	0	105	74	1	67	1
Spiked Cherry Limeade	290	0	0	0	0	5	43	1	38	0
Spiked Peach Lemonade	220	0	0	0	0	20	25	0	20	0
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
<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
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**

<b>CALS = CALORIES</b>	<b>SAT FAT = SATURATED FAT</b>	<b>CHOLEST = CHOLESTEROL</b>	<b>CARB = TOTAL CARBOHYDRATES</b>	<b>SUGAR = SUGAR</b>
<b>FAT = TOTAL FAT</b>	<b>TRANS FAT = TRANS FAT</b>	<b>SODIUM = SODIUM</b>	<b>FIBER = TOTAL FIBER</b>	<b>PROTEIN = PROTEIN</b>

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.