

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| BONELESS WINGS Nutritional values below reflect boneless wings and the sauces or dry rubs they are hand-spun in and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information. | | | | | | | | | | |
| 6 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub | 360 | 19 | 7 | 1 | 85 | 1260 | 20 | 1 | 0 | 29 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing™ | 130 | 0 | 0 | 0 | 0 | 860 | 31 | 1 | 29 | 1 |
| Blazin™ Knockout | 80 | 3 | 0 | 0 | 0 | 1370 | 12 | 1 | 10 | 0 |
| Buffalo Bacon - <i>limited time</i> | 45 | 3.5 | 0.5 | 0 | 10 | 1240 | 3 | 0 | 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 |
| Hot BBQ - <i>limited time</i> | 50 | 2.5 | 0 | 0 | 0 | 1010 | 8 | 1 | 5 | 1 |
| 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 - <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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 5 | 0 | 0 | 0 | 0 | 480 | 1 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 5 | 0 | 0 | 0 | 0 | 360 | 1 | 0 | 1 | 0 |
| Desert Heat™ Dry Rub | 5 | 0 | 0 | 0 | 0 | 250 | 1 | 0 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 290 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub | 5 | 0 | 0 | 0 | 0 | 540 | 1 | 0 | 0 | 0 |
| 10 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub | 610 | 31 | 12 | 2 | 140 | 2090 | 34 | 1 | 1 | 48 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing™ | 170 | 0 | 0 | 0 | 0 | 1150 | 41 | 1 | 38 | 1 |
| Blazin™ Knockout | 100 | 4 | 0.5 | 0 | 0 | 1820 | 16 | 1 | 13 | 1 |
| Buffalo Bacon - <i>limited time</i> | 60 | 4.5 | 1 | 0 | 10 | 1650 | 4 | 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 |
| Hot BBQ - <i>limited time</i> | 70 | 3.5 | 0.5 | 0 | 0 | 1340 | 10 | 1 | 7 | 1 |
| Mango Habanero™ | 150 | 1 | 0 | 0 | 0 | 870 | 35 | 1 | 26 | 0 |
| Medium | 60 | 6 | 1 | 0 | 10 | 2170 | 3 | 0 | 0 | 1 |
| Mild | 100 | 9 | 1.5 | 0 | 10 | 1850 | 3 | 0 | 0 | 1 |
| Nashville Hot w/ Pickles | 80 | 6 | 2.5 | 0 | 5 | 1380 | 5 | 1 | 2 | 1 |

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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) |
|---|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 | 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 5 | 0 | 0 | 0 | 0 | 640 | 1 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 10 | 0 | 0 | 0 | 0 | 480 | 2 | 0 | 1 | 0 |
| Desert Heat* Dry Rub | 10 | 0 | 0 | 0 | 0 | 330 | 2 | 0 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 390 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub | 5 | 0 | 0 | 0 | 0 | 710 | 1 | 0 | 1 | 0 |
| 15 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub | 910 | 46 | 18 | 3 | 215 | 3140 | 51 | 2 | 1 | 72 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing* | 260 | 0.5 | 0 | 0 | 0 | 1720 | 62 | 1 | 57 | 1 |
| Blazin™ Knockout | 150 | 6 | 1 | 0 | 0 | 2740 | 24 | 2 | 19 | 1 |
| Buffalo Bacon - limited time | 90 | 7 | 1.5 | 0 | 20 | 2480 | 6 | 1 | 2 | 2 |
| 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 |
| Hot BBQ - limited time | 110 | 5 | 1 | 0 | 0 | 2010 | 15 | 1 | 10 | 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 | 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 10 | 0 | 0 | 0 | 0 | 950 | 2 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 10 | 0 | 0 | 0 | 0 | 720 | 3 | 0 | 1 | 0 |
| Desert Heat* Dry Rub | 15 | 0 | 0 | 0 | 0 | 500 | 3 | 1 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 580 | 2 | 1 | 0 | 0 |
| Salt & Vinegar Dry Rub | 10 | 0 | 0 | 0 | 0 | 1070 | 2 | 0 | 1 | 0 |
| 20 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub | 1210 | 62 | 24 | 4 | 285 | 4190 | 68 | 2 | 1 | 96 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing* | 340 | 1 | 0 | 0 | 0 | 2290 | 83 | 2 | 77 | 2 |
| Blazin™ Knockout | 200 | 8 | 1 | 0 | 0 | 3650 | 32 | 2 | 26 | 1 |
| Buffalo Bacon - limited time | 120 | 9 | 2 | 0 | 25 | 3300 | 8 | 1 | 3 | 2 |

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|--|-------------|-----------|-------------|---------------|--------------|-------------|------------|-----------|-----------|-------------|
| 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 |
| Hot BBQ - limited time | 150 | 7 | 1 | 0 | 0 | 2680 | 20 | 2 | 14 | 2 |
| 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 - 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 15 | 0 | 0 | 0 | 0 | 1110 | 2 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 15 | 0 | 0 | 0 | 0 | 840 | 3 | 0 | 2 | 0 |
| Desert Heat* Dry Rub | 15 | 0.5 | 0 | 0 | 0 | 590 | 3 | 1 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 680 | 2 | 1 | 0 | 0 |
| Salt & Vinegar Dry Rub | 10 | 0 | 0 | 0 | 0 | 1250 | 2 | 0 | 1 | 0 |
| 30 COUNT BONELESS WINGS, add Signature Sauce or Dry Rub | 1820 | 93 | 36 | 6 | 425 | 6280 | 102 | 4 | 2 | 144 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing* | 520 | 1.5 | 0 | 0 | 0 | 3440 | 124 | 3 | 115 | 2 |
| Blazin' Knockout | 300 | 12 | 1.5 | 0 | 0 | 5470 | 48 | 3 | 38 | 2 |
| Buffalo Bacon - limited time | 180 | 13 | 2.5 | 0 | 35 | 4950 | 12 | 2 | 4 | 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 |
| Hot BBQ - limited time | 220 | 10 | 1.5 | 0 | 0 | 4030 | 30 | 3 | 21 | 2 |
| Mango Habanero™ | 450 | 3 | 0 | 0 | 0 | 2610 | 106 | 3 | 79 | 1 |
| Medium | 190 | 17 | 3 | 0 | 35 | 6520 | 8 | 1 | 0 | 2 |
| Mild | 290 | 28 | 4.5 | 0 | 35 | 5540 | 8 | 1 | 0 | 2 |
| 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 |

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|--|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 |
| TRADITIONAL WINGS 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. | | | | | | | | | | |
| 6 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub | 430 | 24 | 8 | 0.5 | 215 | 160 | 0 | 0 | 0 | 53 |
| 6 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub | 410 | 25 | 8 | 0.5 | 210 | 140 | 0 | 0 | 0 | 46 |
| 6 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub | 450 | 23 | 8 | 0.5 | 215 | 180 | 0 | 0 | 0 | 60 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing® | 90 | 0 | 0 | 0 | 0 | 570 | 21 | 0 | 19 | 0 |
| Blazin™ Knockout | 50 | 2 | 0 | 0 | 0 | 910 | 8 | 1 | 6 | 0 |
| Buffalo Bacon - <i>limited time</i> | 30 | 2 | 0 | 0 | 5 | 830 | 2 | 0 | 1 | 1 |
| 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 |
| Hot BBQ - <i>limited time</i> | 35 | 1.5 | 0 | 0 | 0 | 670 | 5 | 0 | 3 | 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 - <i>limited time</i> | 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 5 | 0 | 0 | 0 | 0 | 480 | 1 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 5 | 0 | 0 | 0 | 0 | 360 | 1 | 0 | 1 | 0 |
| Desert Heat® Dry Rub | 5 | 0 | 0 | 0 | 0 | 250 | 1 | 0 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 290 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub | 5 | 0 | 0 | 0 | 0 | 540 | 1 | 0 | 0 | 0 |
| 10 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub | 720 | 41 | 13 | 1 | 360 | 270 | 0 | 0 | 0 | 88 |
| 10 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub | 680 | 42 | 14 | 1 | 350 | 230 | 0 | 0 | 0 | 77 |
| 10 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub | 750 | 39 | 13 | 1 | 360 | 300 | 0 | 0 | 0 | 100 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing® | 130 | 0 | 0 | 0 | 0 | 860 | 31 | 1 | 29 | 1 |
| Blazin™ Knockout | 80 | 3 | 0 | 0 | 0 | 1370 | 12 | 1 | 10 | 0 |

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|--|-------------|-----------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| Buffalo Bacon - limited time | 45 | 3.5 | 0.5 | 0 | 10 | 1240 | 3 | 0 | 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 |
| Hot BBQ - limited time | 50 | 2.5 | 0 | 0 | 0 | 1010 | 8 | 1 | 5 | 1 |
| 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 - 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 5 | 0 | 0 | 0 | 0 | 640 | 1 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 10 | 0 | 0 | 0 | 0 | 480 | 2 | 0 | 1 | 0 |
| Desert Heat® Dry Rub | 10 | 0 | 0 | 0 | 0 | 330 | 2 | 0 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 390 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub | 5 | 0 | 0 | 0 | 0 | 710 | 1 | 0 | 1 | 0 |
| 15 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub | 1080 | 61 | 20 | 1.5 | 540 | 400 | 0 | 0 | 0 | 132 |
| 15 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub | 1020 | 63 | 20 | 1.5 | 530 | 350 | 0 | 0 | 0 | 115 |
| 15 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub | 1120 | 58 | 20 | 1.5 | 545 | 450 | 0 | 0 | 0 | 150 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing® | 170 | 0 | 0 | 0 | 0 | 1150 | 41 | 1 | 38 | 1 |
| Blazin® Knockout | 100 | 4 | 0.5 | 0 | 0 | 1820 | 16 | 1 | 13 | 1 |
| Buffalo Bacon - limited time | 60 | 4.5 | 1 | 0 | 10 | 1650 | 4 | 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 |
| Hot BBQ | 70 | 3.5 | 0.5 | 0 | 0 | 1340 | 10 | 1 | 7 | 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 |
| Hot BBQ - limited time | 70 | 3.5 | 0.5 | 0 | 0 | 1340 | 10 | 1 | 7 | 1 |
| Mango Habanero™ | 150 | 1 | 0 | 0 | 0 | 870 | 35 | 1 | 26 | 0 |
| Medium | 60 | 6 | 1 | 0 | 10 | 2170 | 3 | 0 | 0 | 1 |
| Mild | 100 | 9 | 1.5 | 0 | 10 | 1850 | 3 | 0 | 0 | 1 |
| 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 |

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|---|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 10 | 0 | 0 | 0 | 0 | 950 | 2 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 10 | 0 | 0 | 0 | 0 | 720 | 3 | 0 | 1 | 0 |
| Desert Heat® Dry Rub | 15 | 0 | 0 | 0 | 0 | 500 | 3 | 1 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 580 | 2 | 1 | 0 | 0 |
| Salt & Vinegar Dry Rub | 10 | 0 | 0 | 0 | 0 | 1070 | 2 | 0 | 1 | 0 |
| 20 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub | 1440 | 82 | 27 | 2 | 720 | 530 | 0 | 0 | 0 | 177 |
| 20 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub | 1370 | 84 | 27 | 1.5 | 705 | 470 | 0 | 0 | 0 | 154 |
| 20 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub | 1490 | 77 | 26 | 2 | 725 | 600 | 0 | 0 | 0 | 200 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing® | 260 | 0.5 | 0 | 0 | 0 | 1720 | 62 | 1 | 57 | 1 |
| Blazin™ Knockout | 150 | 6 | 1 | 0 | 0 | 2740 | 24 | 2 | 19 | 1 |
| Buffalo Bacon - <i>limited time</i> | 90 | 7 | 1.5 | 0 | 20 | 2480 | 6 | 1 | 2 | 2 |
| 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 |
| Hot BBQ - <i>limited time</i> | 110 | 5 | 1 | 0 | 0 | 2010 | 15 | 1 | 10 | 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 | 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 15 | 0 | 0 | 0 | 0 | 1110 | 2 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 15 | 0 | 0 | 0 | 0 | 840 | 3 | 0 | 2 | 0 |
| Desert Heat® Dry Rub | 15 | 0.5 | 0 | 0 | 0 | 590 | 3 | 1 | 1 | 0 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 680 | 2 | 1 | 0 | 0 |
| Salt & Vinegar Dry Rub | 10 | 0 | 0 | 0 | 0 | 1250 | 2 | 0 | 1 | 0 |
| 30 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Rub | 2160 | 122 | 40 | 2.5 | 1080 | 800 | 0 | 0 | 0 | 265 |
| 30 COUNT TRADITIONAL WINGS (FLATS ONLY), add Signature Sauce or Dry Rub | 2050 | 125 | 41 | 2.5 | 1055 | 700 | 0 | 0 | 0 | 230 |
| 30 COUNT TRADITIONAL WINGS (DRUMS ONLY), add Signature Sauce or Dry Rub | 2240 | 116 | 39 | 3 | 1085 | 900 | 0 | 0 | 0 | 299 |

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|------------------------------|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing™ | 340 | 1 | 0 | 0 | 0 | 2290 | 83 | 2 | 77 | 2 |
| Blazin™ Knockout | 200 | 8 | 1 | 0 | 0 | 3650 | 32 | 2 | 26 | 1 |
| Buffalo Bacon - limited time | 120 | 9 | 2 | 0 | 25 | 3300 | 8 | 1 | 3 | 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 |
| Hot BBQ - limited time | 150 | 7 | 1 | 0 | 0 | 2680 | 20 | 2 | 14 | 2 |
| Mango Habanero™ | 210 | 2 | 0 | 0 | 0 | 1470 | 52 | 1 | 40 | 1 |
| Medium | 130 | 11 | 2 | 0 | 25 | 4350 | 5 | 0 | 0 | 1 |
| Mild | 200 | 19 | 3 | 0 | 25 | 3700 | 5 | 0 | 0 | 1 |
| 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 | 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.

| | | | | | | | | | | |
|---|-----|----|----|-----|----|-----|----|---|---|---|
| SMALL CAULIFLOWER WINGS, add Signature Sauce or Dry Rub | 520 | 29 | 11 | 1.5 | 35 | 650 | 58 | 5 | 4 | 8 |
|---|-----|----|----|-----|----|-----|----|---|---|---|

SIGNATURE SAUCES

| | | | | | | | | | | |
|------------------------------|-----|-----|-----|-----|----|------|----|---|----|---|
| Asian Zing™ | 170 | 0 | 0 | 0 | 0 | 1150 | 41 | 1 | 38 | 1 |
| Blazin™ Knockout | 100 | 4 | 0.5 | 0 | 0 | 1820 | 16 | 1 | 13 | 1 |
| Buffalo Bacon - limited time | 60 | 4.5 | 1 | 0 | 10 | 1650 | 4 | 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 |
| Hot BBQ - limited time | 70 | 3.5 | 0.5 | 0 | 0 | 1340 | 10 | 1 | 7 | 1 |
| Mango Habanero™ | 150 | 1 | 0 | 0 | 0 | 870 | 35 | 1 | 26 | 0 |
| Medium | 60 | 6 | 1 | 0 | 10 | 2170 | 3 | 0 | 0 | 1 |
| Mild | 100 | 9 | 1.5 | 0 | 10 | 1850 | 3 | 0 | 0 | 1 |
| 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 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| Sauce Sauce - <i>limited time</i> | 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 5 | 0 | 0 | 0 | 0 | 640 | 1 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 10 | 0 | 0 | 0 | 0 | 480 | 2 | 0 | 1 | 0 |
| Desert Heat* Dry Rub | 10 | 0 | 0 | 0 | 0 | 340 | 2 | 0 | 1 | 1 |
| Lemon Pepper Dry Rub | 5 | 0 | 0 | 0 | 0 | 390 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub | 5 | 0 | 0 | 0 | 0 | 710 | 1 | 0 | 1 | 0 |
| LARGE CAULIFLOWER WINGS, add Signature Sauce or Dry Rub | 1040 | 57 | 22 | 3.5 | 65 | 1300 | 116 | 11 | 8 | 16 |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing* | 340 | 1 | 0 | 0 | 0 | 2290 | 83 | 2 | 77 | 2 |
| Blazin™ Knockout | 200 | 8 | 1 | 0 | 0 | 3650 | 32 | 2 | 26 | 1 |
| Buffalo Bacon - <i>limited time</i> | 120 | 9 | 2 | 0 | 25 | 3300 | 8 | 1 | 3 | 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 |
| Hot BBQ - <i>limited time</i> | 150 | 7 | 1 | 0 | 0 | 2680 | 20 | 2 | 14 | 2 |
| 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 - <i>limited time</i> | 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 RUBS | | | | | | | | | | |
| Buffalo Dry Rub | 10 | 0 | 0 | 0 | 0 | 1110 | 2 | 0 | 0 | 0 |
| Chipotle BBQ Dry Rub | 15 | 0 | 0 | 0 | 0 | 840 | 3 | 0 | 2 | 0 |
| Desert Heat* Dry Rub | 15 | 1 | 0 | 0 | 0 | 590 | 4 | 1 | 1 | 0 |
| Lemon Pepper Dry Rub | 10 | 0 | 0 | 0 | 0 | 680 | 2 | 1 | 0 | 0 |
| Salt & Vinegar Dry Rub | 10 | 0 | 0 | 0 | 0 | 1250 | 2 | 0 | 1 | 0 |
| 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 Dry Rub 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 - 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 |

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* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|-----------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| SAUCES & DRY RUBS | | | | | | | | | | |
| SIGNATURE SAUCES | | | | | | | | | | |
| Asian Zing® - 2 fl oz | 170 | 0 | 0 | 0 | 0 | 1150 | 41 | 1 | 38 | 1 |
| Blazin® Knockout - 2 fl oz | 100 | 4 | 0.5 | 0 | 0 | 1820 | 16 | 1 | 13 | 1 |
| Buffalo Bacon - 2 fl oz - <i>limited time</i> | 60 | 4.5 | 1 | 0 | 10 | 1650 | 4 | 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 |
| Hot BBQ - 2 fl oz - <i>limited time</i> | 70 | 3.5 | 0.5 | 0 | 0 | 1340 | 10 | 1 | 7 | 1 |
| 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 |
| 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 |
| DRY RUBS | | | | | | | | | | |
| Buffalo Dry Rub - 1 tsp | 10 | 0 | 0 | 0 | 0 | 670 | 1 | 0 | 0 | 0 |
| Desert Heat® Dry Rub - 1 tsp | 10 | 0 | 0 | 0 | 0 | 290 | 2 | 0 | 1 | 0 |
| Chipotle BBQ Dry Rub - 1 tsp | 5 | 0 | 0 | 0 | 0 | 330 | 1 | 0 | 1 | 0 |
| Lemon Pepper Dry Rub - 1 tsp | 5 | 0 | 0 | 0 | 0 | 460 | 1 | 0 | 0 | 0 |
| Salt & Vinegar Dry Rub - 1 tsp | 5 | 0 | 0 | 0 | 0 | 520 | 1 | 0 | 0 | 0 |
| TENDERS 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 |
| BAR FOOD | | | | | | | | | | |
| 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 |
| 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 |
| 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 - 2 fl oz | 60-360 | 0-38 | 0-6 | 0-0.5 | 0-25 | 830-2270 | 2-42 | 0-2 | 0-38 | 0-4 |
| Mozzarella Sticks, with Marinara | 520 | 25 | 13 | 1 | 55 | 1700 | 53 | 7 | 7 | 21 |

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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) |
|---|------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 - at select locations | 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 - at select locations | 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 and tacos are listed without chips and salsa; 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 |
| Barbecubano - at select locations | 1030 | 55 | 22 | 0 | 230 | 3100 | 68 | 4 | 21 | 66 |
| Beer Cheese Beef Cheesesteak - at select locations | 700 | 28 | 14 | 0.5 | 210 | 2080 | 55 | 4 | 8 | 57 |
| add Grilled Mushrooms | 40 | 2 | 0 | 0 | 0 | 220 | 4 | 1 | 1 | 2 |
| Beer Cheese Chicken Cheesesteak - at select locations | 720 | 29 | 16 | 0 | 225 | 2870 | 56 | 4 | 9 | 57 |
| Chicken Parm Melt - at select locations | 1100 | 56 | 23 | 2 | 190 | 3220 | 96 | 6 | 12 | 56 |
| Thick-Cut Bacon Grilled Cheese - at select locations | 930 | 61 | 27 | 0.5 | 175 | 2490 | 53 | 2 | 12 | 42 |
| 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 |
| Southern Chicken Sandwich | 870 | 53 | 17 | 1.5 | 95 | 1560 | 62 | 3 | 11 | 38 |
| Street Tacos | 630 | 39 | 9 | 0 | 80 | 2140 | 43 | 3 | 4 | 28 |

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 |
| 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 |

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|------------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 |
| Vidalia Onion Vinaigrette - 2 fl oz | 240 | 18 | 3 | 0 | 0 | 150 | 20 | 0 | 18 | 0 |

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 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|---------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| BREAKFAST At participating locations only. | | | | | | | | | | |
| American Breakfast, with Bacon or Sausage, JFK Airport | 590/660 | 32/42 | 13/16 | 0 | 580/595 | 6870/6730 | 40 | 2 | 3/2 | 33/29 |
| B-Dubs Breakfast Bowl | 1250 | 85 | 33 | 3.5 | 465 | 2860 | 77 | 1 | 2 | 45 |
| Add Boneless | 240 | 12 | 5 | 1 | 55 | 840 | 14 | 0 | 0 | 19 |
| Add Signature Sauce | 30-180 | 0-19 | 0-3 | 0 | 0-10 | 420-1140 | 1-21 | 0-1 | 0-19 | 0-2 |
| Bacon, Egg & Cheese Sandwich | 580 | 33 | 16 | 0 | 405 | 1550 | 37 | 2 | 6 | 30 |
| Boneless Breakfast Wrap | 1220 | 74 | 26 | 1.5 | 460 | 3360 | 85 | 0 | 6 | 51 |
| Breakfast Sandwich, with Bacon or Sausage, JFK Airport | 560/640 | 31/41 | 13/16 | 0 | 580/595 | 6960/6820 | 35 | 2 | 6/5 | 34/31 |
| Breakfast Wrap, with Bacon or Sausage, JFK Airport | 690/770 | 36/46 | 14/17 | 0 | 580/595 | 7350/7220 | 52 | 1 | 3 | 38/34 |
| 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 [™] - 8 fl oz | 690 | 1.5 | 0 | 0 | 0 | 4580 | 166 | 4 | 153 | 3 |
| Blazin [™] Knockout - 8 fl oz | 410 | 16 | 2 | 0 | 0 | 7300 | 64 | 4 | 51 | 2 |
| Buffalo Bacon - 8 fl oz - <i>limited time</i> | 240 | 18 | 3.5 | 0 | 50 | 6600 | 16 | 3 | 5 | 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' 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 |
| Hot BBQ - 8 fl oz - <i>limited time</i> | 290 | 13 | 2 | 0 | 0 | 5370 | 40 | 4 | 27 | 3 |
| 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 |
| 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 |

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|-----------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| 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 |
| BAR FOOD | | | | | | | | | | |
| 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 |
| SIDES | | | | | | | | | | |
| Baked Mac & Cheese | 3870 | 227 | 102 | 3.5 | 505 | 10280 | 303 | 11 | 76 | 148 |
| Caesar Salad with Caesar Dressing | 1570 | 121 | 25 | 0 | 95 | 4000 | 89 | 11 | 15 | 31 |
| Chips & Salsa | 1770 | 71 | 29 | 3.5 | 50 | 4790 | 256 | 31 | 24 | 29 |
| Potato Wedges | 2240 | 113 | 50 | 7 | 95 | 6190 | 270 | 36 | 4 | 36 |
| Add Bacon Crumbles | 460 | 33 | 13 | 0 | 140 | 1700 | 4 | 1 | 1 | 37 |
| Add Cheddar Jack Cheese | 650 | 52 | 31 | 2 | 160 | 1040 | 5 | 1 | 0 | 40 |
| Add Hatch Queso | 440 | 32 | 18 | 1 | 110 | 2060 | 16 | 1 | 9 | 23 |
| SWEETS | | | | | | | | | | |
| Whole Cheesecake with Caramel Sauce | 11110 | 738 | 433 | 32 | 3610 | 8070 | 923 | 16 | 740 | 193 |
| Whole Chocolate Fudge Cake | 7420 | 336 | 126 | 0 | 280 | 9100 | 1064 | 14 | 728 | 98 |
| BEVERAGES | | | | | | | | | | |
| SPIRIT-FREE | | | | | | | | | | |
| 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 |
| SODAS & MORE (Nutritional values for soda are based on 20 oz cups with standardized ice fill) | | | | | | | | | | |
| Diet Pepsi® | 0 | 0 | 0 | 0 | 0 | 35 | 0 | 0 | 0 | 0 |
| Dr Pepper® | 100 | 0 | 0 | 0 | 0 | 50 | 26 | 0 | 26 | 0 |
| Mountain Dew® | 110 | 0 | 0 | 0 | 0 | 50 | 30 | 0 | 30 | 0 |
| 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 - <i>at select locations</i> | 80 | 0 | 0 | 0 | 5 | 120 | 11 | 0 | 11 | 7 |
| Chocolate Milk - <i>at select locations</i> | 150 | 2.5 | 2 | 0 | 10 | 170 | 25 | 0 | 23 | 7 |
| Apple Juice - <i>at select locations</i> | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 19 | 0 |
| Orange Juice - <i>at select locations</i> | 80 | 0 | 0 | 0 | 0 | 45 | 22 | 0 | 22 | 1 |

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 15

| | Cals | Fat (g) | Sat Fat (g) | Trans Fat (g) | Cholest (mg) | Sodium (mg) | Carb (g) | Fiber (g) | Sugar (g) | Protein (g) |
|--|-----------|---------|-------------|---------------|--------------|-------------|----------|-----------|-----------|-------------|
| MIXERS | | | | | | | | | | |
| 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 |
| COCKTAILS | | | | | | | | | | |
| 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 Hawaiian | 260 | 2.5 | 2 | 0 | 0 | 0 | 35 | 1 | 31 | 0 |
| Blue Long Island Iced Tea | 220 | 0 | 0 | 0 | 0 | 40 | 26 | 0 | 24 | 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 |
| Henny Hustle | 270 | 0 | 0 | 0 | 0 | 50 | 47 | 1 | 43 | 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 Lemonade | 220 | 0 | 0 | 0 | 0 | 35 | 26 | 0 | 24 | 0 |
| Strawberry Margarita | 260 | 0 | 0 | 0 | 0 | 800 | 34 | 1 | 29 | 0 |
| Top Shelf Long Island Iced Tea | 290 | 0 | 0 | 0 | 0 | 60 | 35 | 0 | 33 | 0 |
| Tropical Margarita | 280 | 0 | 0 | 0 | 0 | 95 | 40 | 1 | 34 | 0 |
| WINE | | | | | | | | | | |
| 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 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.