

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 11

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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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 Sides 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® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	120	0	0	0	0	650	27	1	21	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Hot	70	6	1	0	0	1650	3	1	0	1
Hot BBQ - <i>limited time</i>	50	2.5	0	0	0	1010	8	1	5	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1010	3	1	1	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken	90	0	0	0	0	770	22	0	19	1
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Smoky Adobo	35	0	0	0	0	840	8	0	4	0
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild®	70	6	1	0	0	1280	4	1	1	0
DRY 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® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	160	0.5	0	0	0	860	36	1	28	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	830	34	0	28	0
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ - <i>limited time</i>	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0

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Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
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® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	240	1	0	0	0	1290	53	2	42	1
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
Honey BBQ	200	0	0	0	0	1240	50	1	41	1
Hot	140	12	2	0	0	3300	6	1	0	1
Hot BBQ - <i>limited time</i>	110	5	1	0	0	2010	15	1	10	1
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	530	57	9	1	0	2070	5	1	1	0
Mango Habanero™	220	1.5	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken	190	0.5	0	0	0	1530	45	1	38	2
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1
DRY 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® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	310	1	0	0	0	1720	71	2	56	2
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1

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Honey BBQ	270	0	0	0	0	1650	67	1	55	1
Hot	180	16	2.5	0	0	4400	7	1	1	2
Hot BBQ - <i>limited time</i>	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
Smoky Adobo	100	1	0	0	0	2230	22	1	12	1
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1
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'® Carolina Reaper	230	17	2.5	0	0	2720	18	5	7	2
Bulleit Bourbon™ BBQ - <i>limited time</i>	470	1.5	0	0	0	2580	107	3	84	3
Caribbean Jerk	450	15	3	0	0	1980	77	3	69	2
Honey BBQ	410	0	0	0	0	2480	101	1	83	1
Hot	270	24	4	0	0	6610	11	2	1	2
Hot BBQ - <i>limited time</i>	220	10	1.5	0	0	4030	30	3	21	2
Jammin' Jalapeño	540	0	0	0	0	4080	120	0	96	0
Lemon Pepper	1070	114	18	1.5	0	4140	10	3	2	1
Mango Habanero™	450	3	0	0	0	2610	106	3	79	1
Medium	190	17	3	0	35	6520	8	1	0	2
Mild	290	28	4.5	0	35	5540	8	1	0	2
Nashville Hot w/ Pickles	240	19	7	0	15	3740	16	3	7	2
Orange Chicken	370	1	0	0	0	3070	89	1	76	3
Original Buffalo	670	71	14	1	0	5930	7	1	0	1
Parmesan Garlic	770	75	14	1	70	3750	18	2	7	7
Smoky Adobo	150	1	0	0	0	3350	33	2	18	2
Spicy Garlic	270	24	4	0	45	6800	11	1	0	3
Sweet BBQ	290	0.5	0	0	0	3350	70	3	51	2
Teriyaki	400	0	0	0	0	4350	90	2	71	11
Thai Curry	880	86	16	1	50	5410	23	4	13	4
Wild®	290	25	4	0	0	5120	15	2	5	2

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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 Sides 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® Carolina Reaper	40	3	0	0	0	450	3	1	1	0
Bulleit Bourbon™ BBQ - <i>limited time</i>	80	0	0	0	0	430	18	1	14	0
Caribbean Jerk	80	2.5	0	0	0	330	13	0	11	0
Honey BBQ	70	0	0	0	0	410	17	0	14	0
Hot	45	4	0.5	0	0	1100	2	0	0	0
Hot BBQ - <i>limited time</i>	35	1.5	0	0	0	670	5	0	3	0
Jammin' Jalapeño	90	0	0	0	0	680	20	0	16	0
Lemon Pepper	180	19	3	0	0	690	2	0	0	0
Mango Habanero™	70	0.5	0	0	0	430	18	0	13	0
Medium	30	3	0	0	5	1090	1	0	0	0
Mild	50	4.5	1	0	5	920	1	0	0	0
Nashville Hot w/ Pickles	40	3	1	0	5	790	3	0	1	0
Orange Chicken	60	0	0	0	0	510	15	0	13	1
Original Buffalo	110	12	2.5	0	0	990	1	0	0	0
Parmesan Garlic	130	13	2.5	0	10	630	3	0	1	1
Smoky Adobo	25	0	0	0	0	560	5	0	3	0
Spicy Garlic	45	4	0.5	0	5	1130	2	0	0	0
Sweet BBQ	50	0	0	0	0	560	12	1	8	0
Teriyaki	70	0	0	0	0	720	15	0	12	2
Thai Curry	150	14	2.5	0	10	900	4	1	2	1
Wild®	50	4	0.5	0	0	850	3	0	1	0
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® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	120	0	0	0	0	650	27	1	21	1

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Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Hot	70	6	1	0	0	1650	3	1	0	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1060	3	1	1	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken	90	0	0	0	0	770	22	0	19	1
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Smoky Adobo	35	0	0	0	0	840	8	0	4	0
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild®	70	6	1	0	0	1280	4	1	1	0
DRY 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® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	160	0.5	0	0	0	860	36	1	28	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	830	34	0	28	0
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ - <i>limited time</i>	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1430	4	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	4

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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®	220	0.5	0	0	0	1430	52	1	48	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	240	1	0	0	0	1290	53	2	42	1
Caribbean Jerk	190	6	1	0	0	820	32	1	29	1
Honey BBQ	170	0	0	0	0	1030	42	1	34	1
Hot	110	10	1.5	0	0	2750	5	1	0	1
Hot BBQ - <i>limited time</i>	110	5	1	0	0	2010	15	1	10	1
Jammin' Jalapeño	220	0	0	0	0	1700	50	0	40	0
Lemon Pepper	530	57	9	1	0	2120	5	2	1	1
Mango Habanero™	190	1.5	0	0	0	1090	44	1	33	1
Medium	80	7	1	0	15	2720	3	0	0	1
Mild	120	12	2	0	15	2310	3	0	0	1
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken	190	0.5	0	0	0	1530	45	1	38	2
Original Buffalo	280	30	6	0	0	2470	3	0	0	1
Parmesan Garlic	320	31	6	0.5	30	1560	8	1	3	3
Smoky Adobo	60	0.5	0	0	0	1390	14	1	7	1
Spicy Garlic	110	10	1.5	0	20	2830	5	0	0	1
Sweet BBQ	120	0	0	0	0	1400	29	1	21	1
Teriyaki	170	0	0	0	0	1810	37	1	30	5
Thai Curry	360	36	7	0.5	20	2250	9	2	5	2
Wild®	120	10	1.5	0	0	2130	6	1	2	1
DRY 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
SIGNATURE SAUCES										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	310	1	0	0	0	1720	71	2	56	2

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 11	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
Honey BBQ	200	0	0	0	0	1240	50	1	41	1
Hot	140	12	2	0	0	3300	6	1	0	1
Hot BBQ - <i>limited time</i>	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	710	76	12	1	0	2860	7	2	1	1
Mango Habanero™	220	1.5	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1
DRY 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 Sides 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'® Carolina Reaper	80	6	1	0	0	910	6	2	2	2
Bulleit Bourbon™ BBQ - <i>limited time</i>	160	0.5	0	0	0	860	36	1	28	1
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	830	34	0	28	1
Hot	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ - <i>limited time</i>	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	1
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken	120	0	0	0	0	1020	30	0	25	0
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	1
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	3
Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	6
Thai Curry	290	29	5	0	15	1800	8	1	4	2

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* NUTRITION ABBREVIATION KEY ON PAGE 11	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
Bulleit Bourbon™ BBQ - <i>limited time</i>	310	1	0	0	0	1720	71	2	56	2
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Honey BBQ	270	0	0	0	0	1650	67	1	55	1
Hot	180	16	2.5	0	0	4400	7	1	1	2
Hot BBQ - <i>limited time</i>	150	7	1	0	0	2680	20	2	14	2
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken	250	0.5	0	0	0	2050	59	1	51	2
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
Spicy Garlic	100	1	0	0	0	2230	22	1	12	1
Smoky Adobo	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
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
SAUCES & DRY RUBS										
SIGNATURE SAUCES										
Asian Zing® - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper - 2 fl oz	80	6	1	0	0	910	6	2	2	1
Bulleit Bourbon™ BBQ - 2 fl oz - <i>limited time</i>	160	0.5	0	0	0	860	36	1	28	1
Caribbean Jerk - 2 fl oz	150	5	1	0	0	660	26	1	23	1
Honey BBQ - 2 fl oz	140	0	0	0	0	830	34	0	28	0
Hot - 2 fl oz	90	8	1.5	0	0	2200	4	1	0	1
Hot BBQ - 2 fl oz - <i>limited time</i>	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeño - 2 fl oz	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper - 2 fl oz	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™ - 2 fl oz	150	1	0	0	0	870	35	1	26	0

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* NUTRITION ABBREVIATION KEY ON PAGE 11	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Medium - 2 fl oz	60	6	1	0	10	2170	3	0	0	1
Mild - 2 fl oz	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot - 2 fl oz	80	6	2.5	0	5	1180	5	1	2	1
Orange Chicken - 2 fl oz	120	0	0	0	0	1020	30	0	25	1
Original Buffalo - 2 fl oz	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic - 2 fl oz	260	25	4.5	0	25	1250	6	1	2	2
Smoky Adobo - 2 fl oz	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic - 2 fl oz	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ - 2 fl oz	100	0	0	0	0	1120	23	1	17	1
Teriyaki - 2 fl oz	130	0	0	0	0	1450	30	1	24	4
Thai Curry - 2 fl oz	290	29	5	0	15	1800	8	1	4	1
Wild® - 2 fl oz	100	8	1.5	0	0	1710	5	1	2	1
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										
3 / 5 count Hand-Breaded Chicken Tenders	490 / 820	24 / 40	3 / 6	0 / 0.5	85 / 140	1490 / 2480	34 / 56	2 / 3	0	35 / 58
Add Signature Sauce - 2 fl oz	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
SANDWICHES & WRAPS										
Classic Chicken Sandwich	620	32	8	1.5	60	1220	54	3	5	30
Saucy Chicken Sandwich	500	19	8	1	60	1210	53	3	5	30
Add Signature Sauce - 2 fl oz	60-360	0-38	0-6	0-0.5	0-25	830-2270	2-42	0-2	0-38	0-4
Buffalo Ranch Chicken Wrap	860	49	15	1.5	95	3240	71	3	6	35
Classic Crispy Chicken Wrap	670	29	12	1	85	1900	68	3	5	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
PROTEIN OPTIONS										
Hand-Breaded Chicken Breast	310	15	4	1	45	690	20	1	0	24
BURGERS										
All-American Cheeseburger	820	53	22	2.5	145	2040	38	3	7	48
All-American Bacon Cheeseburger	930	61	25	2.5	165	2210	38	3	8	56
BBQ Bacon Burger	1090	70	27	2.5	150	2360	58	2	13	57
PROTEIN OPTIONS										
Hamburger Patty	210	16	6	1	50	320	0	0	0	17
TOPPINGS										
American Cheese	70	6	3.5	0	20	290	1	0	1	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
Bacon	100	8	3	0	15	370	0	0	0	8
Mayo - 1 Tbsp	120	13	2	0	10	10	1	0	0	0
Ketchup - 1 Tbsp	20	0	0	0	0	160	5	0	4	0
Yellow Mustard - 1 tsp	0	0	0	0	0	60	0	0	0	0
SIDES & EXTRAS										
Carrots	50	0	0	0	0	90	11	3	7	1
Celery Sticks	15	0	0	0	0	75	3	2	1	1

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* NUTRITION ABBREVIATION KEY ON PAGE 11

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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Cheddar Cheese Curds, with Southwestern Ranch Dressing, Regular / Large	920 / 1490	78 / 119	11/37	1 / 4	100 / 195	2080 / 3370	22 / 43	2 / 4	3 / 5	32 / 63
French Fries, Regular / Large	420 / 840	11 / 22	2 / 3	0	0	730 / 1460	78 / 155	6 / 11	0	4 / 7
Fried Pickles, with Southwestern Ranch Dressing	850	65	14	2	20	3500	58	6	2	8
Mozzarella Sticks, with Marinara	520	25	5	0	40	1700	53	7	7	21
Onion Rings, with Southwestern Ranch Dressing, Regular / Large	980 / 1590	72 / 105	21 / 35	2.5 / 4.5	40 / 70	1650 / 2480	76 / 148	6 / 12	12 / 23	6 / 12
Potato Wedges, Regular / Large	370 / 750	19 / 38	3 / 6	0 / 0.5	10 / 20	1030 / 2060	45 / 90	6 / 12	1	6 / 12
Tots, Regular / Large	620 / 1240	40 / 80	6 / 12	0.5 / 1	20 / 40	980 / 1950	60 / 120	7 / 14	0 / 1	5 / 10

DRESSINGS

Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	0	2	2
Ranch Dressing - 2 fl oz	320	34	5	0.5	10	510	2	0	2	1
Southwestern Ranch Dressing - 2 fl oz	340	37	6	0.5	15	800	2	0	1	1

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

SAUCES

Asian Zing® - 8 fl oz	690	1.5	0	0	0	4580	166	4	153	3
Blazin® Carolina Reaper - 8 fl oz	310	23	3.5	0	0	3620	24	7	9	3
Bullet Bourbon™ BBQ - 8 fl oz - limited time	630	2	0	0	0	3450	142	4.27	112	3
Caribbean Jerk - 8 fl oz	600	21	4	0	0	2640	103	4	92	3
Honey BBQ - 8 fl oz	540	0.5	0	0	0	3310	134	2	110	2
Hot - 8 fl oz	370	32	5	0	0	8810	15	3	1	3
Hot BBQ - 8 fl oz - limited time	290	13	2	0	0	5370	40	3.89	27	3
Jammin' Jalapeño - 8 fl oz	720	0	0	0	0	5440	160	0	128	0
Lemon Pepper - 8 fl oz	1420	152	24	2.5	0	5370	13	4	3	1
Mango Habanero™ - 8 fl oz	600	4.5	0.5	0	0	3470	141	3	105	2
Medium - 8 fl oz	260	22	4	0	45	8700	10	1	0	3
Mild - 8 fl oz	390	37	6	0.5	45	7390	11	1	0	2
Nashville Hot - 8 fl oz (see Pickles)	320	25	10	0	25	4720	21	4	9	2
Orange Chicken - 8 fl oz	500	1.5	0	0	0	4090	119	1	102	4
Original Buffalo - 8 fl oz	890	95	18	1	0	7900	9	1	1	2
Parmesan Garlic - 8 fl oz	1030	101	19	1.5	95	5000	24	3	9	9
Smoky Adobo - 8 fl oz	200	1.5	0	0	0	4460	44	3	23	2
Spicy Garlic - 8 fl oz	370	32	6	0	55	9060	15	1	0	3
Sweet BBQ - 8 fl oz	390	0.5	0	0	0	4470	93	4	68	3
Teriyaki - 8 fl oz	540	0	0	0	0	5800	120	2	94	15
Thai Curry - 8 fl oz	1170	115	22	1.5	70	7220	30	5	18	5
Wild® - 8 fl oz	390	33	5	0	0	6820	20	3	7	3

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* NUTRITION ABBREVIATION KEY ON PAGE 11

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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TENDERS										
Hand-Breaded Chicken Tenders (25 ea)	4100	200	78	11	920	12390	282	15	0	292
Add Signature Sauce - 8 fl oz	200-1420	0-152	0-24	0-2.5	0-95	2640-9180	9-166	0-6	0-153	0-15

BEVERAGES

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

*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.