

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12 CALS FAT (G) SAT FAT (G) TRANS FAT (G) CHOLEST (MG) SODIUM (MG) CARB (G) FIBER (G) SUGAR (G) PROTEIN (G)

BONELESS WINGS Nutritional values below reflect boneless wings and the sauces or dry seasonings they are hand-spun in and does not account for variations or substitutions requested by the guest. 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 Seasoning	360	19	7	1	85	1260	20	1	0	29
SIGNATURE SAUCES										
NEW Adobo Sauce	35	0	0	0	0	840	8	0	4	0
Asian Zing	130	0	0	0	0	860	31	1	29	1
Blazin'	70	4	0.5	0	0	1720	7	1	3	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	50	2.5	0	0	0	1010	8	1	5	1
Jammin Jalapeno	130	0	0	0	0	1020	30	0	24	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
Original Buffalo Sauce	170	18	3.5	0	0	1480	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot Sauce	60	5	2	0	5	880	4	1	2	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild	70	6	1	0	0	1280	4	1	1	0
DRY SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0
10 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning	610	31	12	2	140	2090	34	1	1	48
SIGNATURE SAUCES										
NEW Adobo Sauce	50	0	0	0	0	1120	11	1	6	1
Asian Zing	170	0	0	0	0	1150	41	1	38	1
Blazin'	90	5	1	0	0	2300	9	1	4	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	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin Jalapeno	180	0	0	0	0	1360	40	0	32	0
Mango Habanero	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Original Buffalo Sauce	220	24	4.5	0	0	1980	2	0	0	0
Mild	100	9	1.5	0	10	1850	3	0	0	1

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* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Nashville Hot Sauce	80	6	2.5	0	5	1180	5	1	2	1
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
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 SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	2	0	1	0
Desert Heat Seasoning	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	710	1	0	1	0
15 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning	910	46	18	3	215	3140	51	2	1	72
SIGNATURE SAUCES										
NEW Adobo Sauce	70	0.5	0	0	0	1670	16	1	9	1
Asian Zing	260	0.5	0	0	0	1720	62	1	57	1
Blazin'	130	8	1	0	0	3440	13	2	6	2
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	110	5	1	0	0	2010	15	1	10	1
Jammin Jalapeno	270	0	0	0	0	2040	60	0	48	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
Original Buffalo Sauce	330	36	7	0	0	2960	3	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot Sauce	120	10	3.5	0	10	1770	8	1	3	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild	150	12	2	0	0	2560	8	1	3	1
DRY SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	1	0
Desert Heat Seasoning	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1070	2	0	1	0
20 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning	1210	62	24	4	285	4190	68	2	1	96
SIGNATURE SAUCES										
NEW Adobo Sauce	100	1	0	0	0	2230	22	1	12	1
Asian Zing	340	1	0	0	0	2290	83	2	77	2

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Blazin'	170	11	1.5	0	0	4590	18	3	8	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	150	7	1	0	0	2680	20	2	14	2
Jammin Jalapeno	360	0	0	0	0	2720	80	0	64	0
Mango Habanero	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Original Buffalo Sauce	450	47	9	0.5	0	3950	4	1	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Nashville Hot Sauce	160	13	5	0	10	2360	10	2	4	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild	190	17	2.5	0	0	3410	10	2	3	1
DRY SEASONINGS										
Buffalo Seasoning	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Seasoning	15	0	0	0	0	840	3	0	2	0
Desert Heat Seasoning	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
30 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning	1210	62	24	4	285	4190	68	2	1	96
SIGNATURE SAUCES										
NEW Adobo Sauce	150	1	0	0	0	3350	33	2	18	2
Asian Zing	520	15	0	0	0	3440	124	3	115	2
Blazin'	260	16	2.5	0	0	6890	26	4	11	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	220	10	1.5	0	0	4030	30	3	21	2
Jammin Jalapeno	540	0	0	0	0	4080	120	0	96	0
Mango Habanero	450	3	0	0	0	2610	106	3	79	1
Medium	190	17	3	0	35	6520	8	1	0	2
Original Buffalo Sauce	670	71	14	1	0	5930	7	1	0	1
Mild	290	28	4.5	0	35	5540	8	1	0	2
Nashville Hot Sauce	240	19	7	0	15	3540	16	3	7	2
Parmesan Garlic	770	75	14	1	70	3750	18	2	7	7
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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	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
DRY SEASONINGS										
Buffalo Seasoning	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Seasoning	25	0	0	0	0	1450	6	1	3	0
Desert Heat Seasoning	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Seasoning	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Seasoning	15	0	0	0	0	2140	4	0	2	0
TRADITIONAL WINGS Nutritional values below reflect traditional wings and the sauces or dry seasonings they are hand-spun in and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.										
6 COUNT TRADITIONAL WINGS , add Signature Sauce or Dry Seasoning	430	24	8	0.5	215	160	0	0	0	53
SIGNATURE SAUCES										
NEW Adobo Sauce	25	0	0	0	0	560	5	0	3	0
Asian Zing	90	0	0	0	0	570	21	0	19	0
Blazin'	45	2.5	0	0	0	1150	4	1	2	1
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	35	1.5	0	0	0	670	5	0	3	0
Jammin Jalapeno	90	0	0	0	0	680	20	0	16	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
Original Buffalo Sauce	110	12	2.5	0	0	990	1	0	0	0
Mild	50	4.5	1	0	5	920	1	0	0	0
Nashville Hot Sauce	40	3	1	0	5	590	3	0	1	0
Parmesan Garlic	130	13	2.5	0	10	630	3	0	1	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 SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0
10 COUNT TRADITIONAL WINGS , add Signature Sauce or Dry Seasoning	720	41	13	1	360	270	0	0	0	88
SIGNATURE SAUCES										
NEW Adobo Sauce	35	0	0	0	0	840	8	0	4	0
Asian Zing	130	0	0	0	0	860	31	1	29	1
Blazin'	70	4	0.5	0	0	1720	7	1	3	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	50	2.5	0	0	0	1010	8	1	5	1
Jammin Jalapeno	130	0	0	0	0	1020	30	0	24	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
Original Buffalo Sauce	170	18	3.5	0	0	1480	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot Sauce	60	5	2	0	5	880	4	1	2	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1

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* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild	70	6	1	0	0	1280	4	1	1	0
DRY SEASONINGS										
Buffalo Seasoning	5	0	0	0	0	640	1	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	2	0	1	0
Desert Heat Seasoning	10	0	0	0	0	330	2	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	390	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	710	1	0	1	0
15 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning	1080	61	20	1.5	540	400	0	0	0	132
SIGNATURE SAUCES										
NEW Adobo Sauce	50	0	0	0	0	1120	11	1	6	1
Asian Zing	170	0	0	0	0	1150	41	1	38	1
Blazin'	90	5	1	0	0	2300	9	1	4	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	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin Jalapeno	180	0	0	0	0	1360	40	0	32	0
Mango Habanero	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Original Buffalo Sauce	220	24	4.5	0	0	1980	2	0	0	0
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot Sauce	80	6	2.5	0	5	1180	5	1	2	1
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
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 SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	1	0
Desert Heat Seasoning	15	0	0	0	0	500	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	580	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1070	2	0	1	0
20 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning	1440	82	27	2	720	530	0	0	0	177
SIGNATURE SAUCES										
NEW Adobo Sauce	60	0.5	0	0	0	1390	14	1	7	1
Asian Zing	220	0.5	0	0	0	1430	52	1	48	1
Blazin'	110	7	1	0	0	2870	11	2	5	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	90	4	0.5	0	0	1680	13	1	9	1
Jammin Jalapeno	220	0	0	0	0	1700	50	0	40	0
Mango Habanero	190	15	0	0	0	1090	44	1	33	1
Medium	80	7	1	0	15	2720	3	0	0	1
Original Buffalo Sauce	280	30	6	0	0	2470	3	0	0	1
Mild	120	12	2	0	15	2310	3	0	0	1
Nashville Hot Sauce	100	8	3	0	5	1470	7	1	3	1
Parmesan Garlic	320	31	6	0.5	30	1560	8	1	3	3

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Spicy Garlic	110	10	1.5	0	20	2830	5	0	0	1
Sweet BBQ	120	0	0	0	0	1400	29	1	21	1
Teriyaki	170	0	0	0	0	1810	37	1	30	5
Thai Curry	360	36	7	0.5	20	2250	9	2	5	2
Wild	120	10	1.5	0	0	2130	6	1	2	1
DRY SEASONINGS										
Buffalo Seasoning	15	0	0	0	0	1110	2	0	0	0
Chipotle BBQ Seasoning	15	0	0	0	0	840	3	0	2	0
Desert Heat Seasoning	15	0.5	0	0	0	590	3	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
30 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning	1440	82	27	2	720	530	0	0	0	177
SIGNATURE SAUCES										
NEW Adobo Sauce	70	0.5	0	0	0	1670	16	1	9	1
Asian Zing	260	0.5	0	0	0	1720	62	1	57	1
Blazin'	130	8	1	0	0	3440	13	2	6	2
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	110	5	1	0	0	2010	15	1	10	1
Jammin Jalapeno	270	0	0	0	0	2040	60	0	48	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
Original Buffalo Sauce	330	36	7	0	0	2960	3	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot Sauce	120	10	3.5	0	10	1770	8	1	3	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild	150	12	2	0	0	2560	8	1	3	1
DRY SEASONINGS										
Buffalo Seasoning	20	0.5	0	0	0	1910	4	0	0	0
Chipotle BBQ Seasoning	25	0	0	0	0	1450	6	1	3	0
Desert Heat Seasoning	30	1	0	0	0	1000	6	1	2	1
Lemon Pepper Seasoning	15	0	0	0	0	1160	3	1	0	0
Salt & Vinegar Seasoning	15	0	0	0	0	2140	4	0	2	0
COMBO & ACCOMPANIMENTS All wings are served with celery, carrots, bleu cheese or ranch dressing. 6 and 10 counts and combos are served with 5 veggie sticks and 2 fluid ounces of dressing. 115, 20 and 30 counts are served with 10 veggie sticks and 4 fluid ounces of dressing.										
Boneless and Traditional Wings Combo (see 6 count wings for sauce and seasoning nutrition)	1280	59	20	2.5	310	2360	101	7	2	86
Carrot Sticks	20	0	0	0	0	35	5	1	3	0
Celery Sticks	15	0	0	0	0	75	3	2	1	1
Carrot & Celery Sticks	20	0	0	0	0	55	4	2	2	1
Bleu Cheese Dressing	280	29	6	0	35	550	2	0	2	2
Ranch Dressing	320	34	5	0.5	10	510	2	0	2	1
SAUCES & SEASONINGS										
SIGNATURE SAUCES										
NEW Adobo Sauce - 2 fl oz	50	0	0	0	0	1120	11	1	6	1
Asian Zing - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin'- 2 fl oz	90	5	1	0	0	2300	9	1	4	1
Caribbean Jerk - 2 fl oz	150	5	1	0	0	660	26	1	23	1

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* NUTRITION ABBREVIATION KEY ON PAGE 12

	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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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	70	3.5	0.5	0	0	1340	10	1	7	1
Jammin' Jalapeno - 2 fl oz	180	0	0	0	0	1360	40	0	32	0
Mango Habanero - 2 fl oz	150	1	0	0	0	870	35	1	26	0
Medium - 2 fl oz	60	6	1	0	10	2170	3	0	0	1
Original Buffalo Sauce - 2 fl oz	220	24	4.5	0	0	1980	2	0	0	0
Mild - 2 fl oz	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot Sauce - 2 fl oz	80	6	2.5	0	5	1180	5	1	2	1
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 SEASONINGS

Buffalo Seasoning - 1 tsp	10	0	0	0	0	670	1	0	0	0
Desert Heat Seasoning - 1 tsp	10	0	0	0	0	290	2	0	1	0
Chipotle BBQ Seasoning - 1 tsp	5	0	0	0	0	330	1	0	1	0
Lemon Pepper Seasoning - 1 tsp	5	0	0	0	0	460	1	0	0	0
Salt & Vinegar Seasoning - 1 tsp	5	0	0	0	0	520	1	0	0	0

BAR FOOD

Buffalo Mac & Cheese	1200	70	30	2	160	2980	94	6	4	47
Add Buffalo Sauce: Mild, Medium or Hot	60-100	6-9	1-1.5	0	0-10	1850-2200	3-4	0-1	0	1
Cheddar Cheese Curds, with Southwestern Ranch Dressing	1490	119	55	5	255	3370	43	4	5	63
Chicken Quesadilla	1020	58	26	1.5	175	2880	67	4	9	59
Chicken Street Tacos	570	36	7	0.5	80	2280	29	2	5	33
Chili con Queso with Chips	1190	62	29	2.5	120	2570	123	13	9	34
Make it Wild	25	2	0	0	0	430	1	0	0	0
Chips and Salsa	860	35	14	1.5	25	1990	122	14	9	14
NEW Dirty Dubs Tots	1880	119	52	7	195	4190	157	17	14	45
NEW Everything Pretzel Knots, with Beer Cheese and Honey Mustard	870	41	10	0	35	2480	103	4	12	19
Fried Pickles, with Southwestern Ranch Dressing	910	70	21	2.5	45	3380	63	3	2	7
Hatch Queso with Chips	1080	56	27	2.5	95	2220	118	11	8	27
Make it Wild	25	2	0	0	0	430	1	0	0	0
House Sampler	2620	156	59	6	275	6870	221	22	33	86
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	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
Mozzarella Sticks, with Marinara	610	30	15	1.5	65	1990	59	4	7	26
Onion Rings, with Southwestern Ranch Dressing	1590	105	35	4.5	70	2480	148	12	23	12
Ultimate Nachos	2060	106	49	3.5	225	5020	207	26	24	70
NEW Add Beef Brisket	260	17	7	2	85	520	2	0	0	24
Add Grilled Chicken	140	2	0.5	0	0	740	0	0	0	31

OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS

American Cheese	280	22	14	0	80	1170	3	0	3	13
Blue Cheese Crumbles	310	24	17	0	60	930	2	0	0	18
Cheddar Cheese	360	29	17	0	85	570	3	0	0	20
Cheddar Jack Cheese	320	26	15	1	80	520	3	0	0	20
Hatch Queso	200	14	8	0.5	50	930	7	0	4	11
Pepper Jack Cheese	320	26	16	0	75	550	2	0	1	21

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Swiss Cheese	330	26	16	0	80	160	1	0	0	23
Chili	220	12	5	0	40	690	11	3	3	15
Bacon	120	8	3	0	35	430	1	0	0	9
Buffalo Seasoning	5	0	0	0	0	480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	1	0	1	0
Desert Heat Seasoning	5	0	0	0	0	250	1	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	290	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	540	1	0	0	0
BURGERS Protein substitutions are available upon request. All burgers are listed without french fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
NEW Avocado Bacon Burger	1150	83	30	2.5	175	1920	41	5	7	62
Buffalo Bleu Burger	850	57	21	2.5	135	2870	39	3	7	46
Cheese Curd Bacon Burger	1210	83	35	4	210	2790	50	4	9	68
Double All-American Hamburger	820	53	22	2.5	145	2040	38	3	7	48
NEW Smoked Brisket Burger	1020	66	27	3.5	190	2610	44	3	11	61
Southwestern Black Bean Burger	700	40	10	0	30	1810	63	13	10	30
PROTEIN OPTIONS										
Hamburger Patty	210	16	6	1	50	320	0	0	0	17
Black Bean Burger Patty	190	7	1	0	0	540	22	8	2	17
Grilled Chicken Breast	90	1	0	0	45	560	1	0	0	21
Hand-Breaded Chicken Breast	310	15	6	1	60	690	20	1	0	24
TOPPINGS										
American Cheese	70	6	3.5	0	20	290	1	0	1	3
Blue Cheese Crumbles	50	4	3	0	10	160	0	0	0	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Hatch Queso	50	3.5	2	0	10	230	2	0	1	3
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
Sauteed White Onions	10	0	0	0	0	85	3	1	2	0
Bacon	100	8	3	0	15	370	0	0	0	8
Avocado	45	4	0.5	0	0	0	2	2	0	1
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 & WRAPS All sandwiches and wraps are listed without french fries or chips and salsa unless otherwise noted; see Sides and Substitutions for more nutrition information.										
NEW Brisket Tacos	530	27	11	2	95	1490	40	5	5	31
Buffalo Ranch Chicken Sandwich	790	45	15	1.5	90	2790	59	4	7	37
Buffalo Ranch Chicken Wrap	780	44	14	1	75	2900	69	3	6	27
Classic Chicken Wrap with Grilled or Hand-Breaded Chicken	560/590	18/25	8/11	0/1	90/65	1830/1560	56/66	2/3	5	43/27
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
Grilled Chicken Buffalitos	490	20	10	0.5	110	1600	37	2	5	41
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
Grilled Chicken Club Sandwich	740	47	13	0	100	1560	41	5	7	43
Nashville Hot Chicken	810	48	14	1.5	70	3050	63	5	10	31
Pepper Jack Steak Wrap	1080	69	21	1.5	115	2780	60	3	9	56
NEW Smoked Brisket Sandwich	640	32	13	3	130	1960	47	4	12	43
Southern Chicken Sandwich	870	54	17	1.5	95	1910	58	4	7	38
Southwest Philly Sandwich	720	36	14	1.5	85	2090	49	3	9	49
TENDERS All tenders are listed without french fries unless otherwise noted; see Sides and Substitutions for more nutrition information.										
3 Count Hand-Breaded Chicken Tenders	490	24	9	1.5	110	1490	34	2	0	35
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
5 Count Hand-Breaded Chicken Tenders	820	40	16	2	185	2480	56	3	0	58

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Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
3 Count Naked Chicken Tenders	160	1	0	0	0	1140	0	0	0	37
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
5 Count Naked Chicken Tenders	260	2	0.5	0	0	1910	0	0	0	61
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4

SIDES & SUBSTITUTIONS

Caesar Side Salad	340	29	6	0	25	910	14	2	3	6
Carrots & Celery, with Fat Free Ranch Dressing	110	0.5	0	0	0	700	25	6	11	2
Cheddar Cheese Curds, with Southwestern Ranch Dressing	920	78	30	2.5	135	2080	22	2	3	32
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Garden Side Salad, with White Wine Vinaigrette	320	25	4	0	5	1020	17	3	5	4
Mac & Cheese	540	28	17	1	75	1130	52	4	1	19
Onion Rings, with Southwestern Ranch Dressing	980	72	21	2.5	40	1650	76	6	12	6
Potato Wedges	370	19	8	1	15	1030	45	6	1	6
Rice (Hawaii only)	180	0	0	0	0	0	40	0	0	3
Slaw	100	8	1	0	0	320	4	1	2	1
Tator Tots	620	40	17	2.5	30	980	60	7	0	5

OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS

American Cheese	140	11	7	0	40	590	2	0	1	6
Blue Cheese Crumbles	160	12	8	0	30	470	1	0	0	9
Cheddar Cheese	180	15	8	0	45	290	1	0	0	10
Cheddar Jack Cheese	160	13	8	0	40	260	1	0	0	10
Hatch Queso	100	7	4	0	25	470	4	0	2	5
Pepper Jack Cheese	160	13	8	0	40	280	1	0	0	10
Swiss Cheese	170	13	8	0	40	80	1	0	0	11
Chili	110	6	2.5	0	20	350	5	2	2	8
Bacon	60	4	1.5	0	20	210	0	0	0	5
Buffalo Seasoning	5	0	0	0	0	240	0	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	180	1	0	0	0
Desert Heat Seasoning	5	0	0	0	0	125	1	0	0	0
Lemon Pepper Seasoning	0	0	0	0	0	150	0	0	0	0
Salt & Vinegar Seasoning	0	0	0	0	0	270	0	0	0	0

GREENS All salads are served with dressing unless otherwise noted. For alternate dressings, see list below.

Buffalo Chicken Salad with Bleu Cheese Dressing	730	49	14	1	100	1850	42	6	8	29
Add Buffalo Sauce: Mild, Medium or Hot	60-100	6-9	1-1.5	0	0-10	1850-2200	3-4	0-1	0	1
Chicken Caesar Salad with Caesar Dressing	520	33	7	0	75	1650	24	4	4	31
Garden Grilled/Crispy Chicken Salad, with White Wine Vinaigrette	510/660	29/40	5/10	0/1	55/65	1800/2080	30/43	5/6	8	30/28
Honey BBQ Chicken Salad with Ranch Dressing	810	52	14	1	95	2640	47	5	33	38
Santa Fe Grilled Chicken Salad with Cilantro Lime Ranch Dressing	1000	61	14	1	80	2200	75	13	14	39
Add Avocado	90	8	1	0	0	0	5	4	0	1

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
Cilantro Lime Ranch Dressing - 2 fl oz	330	35	5	0.5	10	560	3	0	2	1
Fat Free Ranch Dressing - 2 fl oz	50	0	0	0	0	550	12	1	5	1
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
White Wine Vinaigrette - 2 fl oz	220	22	3	0	0	800	4	0	2	0

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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)**

KIDS All kids items are listed without French fries or low-fat milk. See Sides and Beverages below.

Boneless Wings	240	12	5	1	55	840	14	0	0	19
Add Signature Sauce	25-150	0-14	0-2.5	0	0-10	330-1150	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
Mac & Cheese	540	28	17	1	75	1130	52	4	1	19
Traditional Wings	290	16	5	0	145	105	0	0	0	35
Add Signature Sauce	15-75	0-7	0-1	0	0-5	165-575	1-11	0-1	0-10	0-1

SIDES

Carrot Sticks	20	0	0	0	0	35	5	1	3	0
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Mandarin Oranges	40	0	0	0	0	0	9	1	9	0

SWEETS

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

LUNCH All lunch items are served with French Fries and a soda. See Sides and Substitutions and Beverages for more nutrition information. Wings are listed without celery, carrots, bleu cheese or ranch dressing unless otherwise noted. See Accompaniments for more nutrition information.

6 Count Boneless Wings	360	19	7	1	85	1260	20	1	0	29
Add Signature Sauce	35-220	0-22	0-4	0	0-20	490-1720	2-31	0-1	0-29	0-3
6 Count Traditional Wings	430	24	8	0.5	215	160	0	0	0	53
Add Signature Sauce	25-150	0-14	0-2.5	0	0-10	330-1150	1-21	0-1	0-19	0-2
NEW Brisket Tacos	530	27	11	2	95	1490	40	5	5	31
Buffalo Ranch Chicken Wrap	780	44	14	1	75	2900	69	3	6	27
Chicken Caesar Salad	520	33	7	0	75	1650	24	4	4	31
Chicken Street Tacos	570	36	7	0.5	80	2280	29	2	5	33
Double All-American Cheeseburger	820	53	22	2.5	145	2040	38	3	7	48
Nashville Hot Chicken	810	48	14	1.5	70	3050	63	5	10	31
Southern Chicken Sandwich	870	54	17	1.5	95	1910	58	4	7	38

B-DUBS EXPRESS EXCLUSIVES

Chili con Queso with Chips	1180	62	29	2.5	120	2500	121	12	8	34
Entree House Salad	580	46	11	1	35	990	29	6	8	12
Add Crispy Chicken	240	12	5	1	55	840	14	0	0	19
Add Grilled Chicken	90	1	0	0	45	560	1	0	0	21
Add Avocado	90	8	1	0	0	0	5	4	0	1
Hatch Queso with Chips	1070	56	27	2.5	95	2160	116	11	7	26

BREAKFAST At participating locations only

Breakfast Club Sandwich	1170	73	31	1	390	2540	88	8	7	45
Breakfast Quesadilla, with Bacon or Sausage	1430/1460	83/91	36/38	2.5	495/505	3920/3490	108/113	9	9/8	62/52
Biscuit Sandwich, with Bacon and American or Cheddar Cheese	950/970	53/55	24	1.5/1	235	3180/3030	90	9	10/9	30/32
Biscuit Sandwich, with Sausage and American or Cheddar Cheese	1090/1110	69/70	29	1.5/1	260	3110/2960	95	9	9	28/30
Breakfast Platter, with Bacon or Sausage	1050/1330	60/90	24/34	1	415/465	3410/3280	91/102	9	10	40/36
Breakfast Wrap, with Bacon	1330	77	26	2	615	3990	114	10	12	45
Breakfast Wrap, with Hand-Breaded Chicken	1430	80	27	2.5	630	4270	124	11	12	52
Breakfast Wrap, with Sausage	1510	96	32	2	640	4080	119	10	12	46
Chicken & Waffles	1270	55	27	2.5	145	1930	159	1	85	33
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
Chicken & Waffles (Atlanta Airport Only)	1050	33	11	1	85	2640	158	2	65	34
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4

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Omelet, with Bacon	810	50	21	1.5	605	1990	53	7	5	35
Omelet, with Chicken	880	48	19	1.5	650	2540	54	7	5	59
Omelet, with Sausage	990	69	27	1.5	630	2080	58	7	5	36
Add Signature Sauce - 2 fl oz	50-290	0-29	0-4.5	0	0-25	660-2300	2-41	0-1	0-38	0-4
Add Salsa - 2 fl oz	25	0	0	0	0	410	6	1	3	1
Chili & Rice	580	21	10	0	65	860	69	5	5	26

BEVERAGES

HAND-SHAKEN

Basil Cucumber Fizz	120	0	0	0	0	0	29	1	23	0
Black Cherry Limeade	230	0	0	0	0	20	59	2	53	0
Blueberry Mint Lemonade	200	0	0	0	0	30	50	1	46	0
Passionfruit Nojito	220	0	0	0	0	30	57	1	56	0
Strawberry Lemonade	190	0	0	0	0	30	48	1	44	0

SODAS & MORE (Nutritional values for soda are based one 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
Mug Root Beer	60	0	0	0	0	25	16	0	16	0
Lemonade	120	0	0	0	0	25	30	0	28	0
Sierra Mist	100	0	0	0	0	30	26	0	26	0
Mountain Dew	110	0	0	0	0	50	30	0	30	0
Pepsi	100	0	0	0	0	30	28	0	28	0
Coffee	0	0	0	0	0	0	0	0	0	0
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
Tropicana Pink Lemonade	110	0	0	0	0	105	27	0	27	0
Izze Sparkling Juice, Blackberry	130	0	0	0	0	25	31	0	29	0
Izze Sparkling Juice, Clementine	120	0	0	0	0	25	30	0	27	0
Aquafina Bottled Water	0	0	0	0	0	0	0	0	0	0

MIXERS

Q Ginger Beer	80	0	0	0	0	15	19	0	18	0
Q Ginger Ale	60	0	0	0	0	10	13	0	13	0
Q Grapefruit	90	0	0	0	0	0	22	0	20	0
Q Tonic	40	0	0	0	0	10	10	0	9	0

COCKTAILS

B-Dubs Bloody Mary	150	1.5	0	0	0	1510	9	3	4	2
Basil Berry Bash	230	0	0	0	0	35	20	1	17	0
Black Cherry Bourbon Smash	240	0	0	0	0	0	19	0	18	0
Blue Hawaiian	260	2.5	2	0	0	0	35	1	31	0
Buffalo Zoo	240	0	0	0	0	20	30	0	26	1
Down South Margarita	380	3	1.5	0	50	770	36	2	26	20
Grand Sidecar	140	0	0	0	0	15	12	0	8	0
Hendrick's G+T	190	0	0	0	0	10	12	1	10	0
Hot Honey Sour	340	0	0	0	0	50	49	0	41	0
House Margarita	230	0	0	0	0	800	27	1	21	0
Mojito	200	0	0	0	0	15	27	1	23	0
Hurricane	220	0	0	0	0	10	31	1	28	1
Knockout Punch	360	0	0	0	0	40	57	1	53	0
Mai Tai	340	0	0	0	0	15	48	1	44	1
Moscow Mule	180	0	0	0	0	10	12	0	11	0
Negroni	200	0	0	0	0	0	12	0	10	0
Old Fashioned	220	0	0	0	0	0	18	0	18	0
Paloma	200	0	0	0	0	800	24	0	20	0
Platinum Margarita	220	0	0	0	0	0	24	1	19	0

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Red Sangria	270	0	0	0	0	10	43	1	37	0
Deep Eddy Crush	200	0	0	0	0	10	32	0	25	0
Scorpion	170	0	0	0	0	20	18	0	17	1
Irish Sour	230	0	0	0	0	50	30	0	24	0
Spicy Passionfruit Margarita	270	0	0	0	0	50	37	1	33	0
Strawberry Kick Coronarita	310	0	0	0	0	10	39	1	27	1
Top Shelf Long Island Ice Tea	290	0	0	0	0	60	35	0	33	0
Twisted Margarita	390	0	0	0	0	0	67	2	60	1

WINE

Prosecco	160	0	0	0	0	0	2	0	0	0
Ecco Domani, Pinot Grigio - 6 fl oz	150	0	0	0	0	--	4	--	--	0
Ecco Domani, Pinot Grigio - 9 fl oz	220	0	0	0	0	--	5	--	--	0
Chateau St. Michelle, Chardonnay - 6 fl oz	150	0	0	0	0	10	4	0	2	0
Chateau St. Michelle, Chardonnay- 9 fl oz	220	0	0	0	0	15	6	0	3	0
Darkhorse, Rose - 6 fl oz	150	0	0	0	0	10	7	0	7	1
Darkhorse, Rose - 9 fl oz	230	0	0	0	0	15	10	0	10	1
Mark West, Pinot Noir - 6 fl oz	140	0	0	0	0	--	4	--	--	0
Mark West, Pinot Noir - 9 fl oz	220	0	0	0	0	--	6	--	--	0
Clos Du Bois, Merlot - 6 fl oz	150	0	0	0	0	5	4	0	1	0
Clos Du Bois, Merlot - 9 fl oz	220	0	0	0	0	10	7	0	2	0
Robert Mondavi, Cabernet Sauvignon - 6 fl oz	150	0	0	0	0	--	5	--	--	0
Robert Mondavi, Cabernet Sauvignon - 9 fl oz	220	0	0	0	0	--	7	--	--	0

Due to the rotating nature of our beer menu, please visit beerboard.com for all additional nutrition information related to beers 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.