

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
--	------	----------	---------	-------------	---------------	--------------	-------------	----------	-----------	-----------	-------------

SHARABLES											
All-Star Sampler, with Naked or Crispy Tenders	2170/2450	1170/1340	130/149	47/56	4.5/6	210/190	7360/7170	181/212	15/18	12/12	70/64
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Beer-Battered Onion Rings, with Southwestern Ranch Dressing	1740	1100	122	37	4.5	75	2830	149	12	24	12
Big Twist Pretzel, with Queso	1150	340	38	19	0.5	40	4310	164	6	9	38
Buffalo Chips	580	240	27	12	1.5	20	1180	76	10	1	8
Cheddar Cheese Curds, with Southwestern Ranch Dressing	1680	1250	139	59	4	180	4190	45	9	4	62
Chicken Quesadilla	1050	570	63	29	1.5	235	2590	67	5	9	58
Chili Queso Dip, with Tortilla Chips	1220	560	62	27	2	90	3140	134	13	9	31
Chips and Salsa	850	330	37	15	1.5	25	1790	118	13	7	13
Crispy Jumbo Shrimp	500	180	20	9	1	180	1470	59	8	0	19
Add Cocktail Sauce - 2 fl. oz.	50	5	0	0	0	0	690	11	1	9	1
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
French Fries	660	280	31	13	1.5	20	1870	88	8	0	8
Fried Pickles, with Southwestern Ranch Dressing	900	620	69	21	2.5	45	3350	63	3	2	7
House Sampler	2480	1310	146	54	6	145	5550	225	21	24	69
Add Blue Cheese or Ranch Dressing - 1.5 fl. oz.	210/240	200/230	22/25	4/4.5	0/0	5/25	380/410	2/2	0/0	1/1	0/1
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Mini Corn Dogs, with Bourbon Honey Mustard	780	380	42	15	1.5	90	2790	81	4	40	18
Mozzarella Sticks, with Marinara	650	290	32	17	1.5	10	2070	59	6	8	33
Potato Wedges	750	340	38	17	2	30	2060	90	12	1	12
Roasted Garlic Mushrooms, with Southwestern Ranch Dressing	690	460	52	13	1.5	25	1710	52	4	3	5
Spinach Artichoke Dip, with Tortilla Chips	1150	560	62	27	2.5	65	2120	121	12	10	29
Street Tacos	560	320	36	7	0.5	125	1990	29	2	5	31
Ultimate Nachos	1290	570	63	27	2	95	3470	143	17	15	37
Add Grilled Chicken	130	25	3	1	0	105	490	1	1	0	26
OPTIONAL TOPPINGS FOR SHARABLE FRENCH FRIES, POTATO WEDGES, OR BUFFALO CHIPS											
American Cheese	280	180	20	14	0	60	1190	8	0	4	12
Blue Cheese Crumbles	420	310	34	23	1	95	1610	5	2	0	24
Cheddar Cheese	340	250	28	16	1	85	540	2	0	0	21
Cheddar Jack Cheese	340	250	27	16	1	85	550	4	1	0	21
Pepper Jack Cheese	310	230	26	15	1	75	560	1	0	0	17
Queso Cheese	220	120	14	7	0	30	1280	15	1	4	8
Swiss Cheese	210	140	16	9	0.5	55	90	1	0	0	16
Buffalo Seasoning	5	0	0	0	0	0	340	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	0	260	1	0	0	0
Desert Heat Seasoning	5	0	0	0	0	0	140	1	0	0	0
Lemon Pepper Seasoning	5	0	0	0	0	0	360	1	0	0	0
Salt and Vinegar Seasoning	5	0	0	0	0	0	340	1	0	0	0
Bacon Bits	120	70	8	3	0	35	430	1	0	0	9
Chili	230	120	13	5	0	45	740	11	3	3	16

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT 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 stated below reflect boneless wings hand-spun in sauce or dry seasoning and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, blue cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.

SNACK SIZE, add Signature Sauce or Dry Seasoning	660	310	34	13	1.5	80	1540	54	4	0	35
SIGNATURE SAUCES											
Add Asian Zing	120	2	0	0	0	0	890	30	1	28	1
Add Blazin'	100	76	8	1.5	0	0	1820	4	1	1	1
Add Bourbon Honey Mustard	110	12	1.5	0	0	0	1200	24	1	21	1
Add Caribbean Jerk	100	32	3.5	0.5	0	0	510	16	1	14	1
Add Honey BBQ	100	1	0	0	0	0	630	26	0	21	0
Add Hot	70	56	6	1	0	0	1530	4	1	1	1
Add Hot BBQ	50	24	2.5	0	0	0	950	7	1	5	1
Add Mango Habanero	120	8	1	0	0	0	720	28	1	22	0
Add Medium	50	38	4.5	0.5	0	10	1530	3	1	1	0
Add Mild	80	66	7	1	0	10	1330	3	1	1	0
Add Parmesan Garlic	190	165	18	3.5	0	20	890	4	0	2	2
Add Spicy Garlic	70	52	6	1	0	10	1630	5	1	1	1
Add Sweet BBQ	70	2	0	0	0	0	780	15	1	12	1
Add Teriyaki	90	0	0	0	0	0	1170	21	0	18	3
Add Thai Curry	210	188	21	3.5	0	15	1320	6	1	3	1
Add Wild	70	56	6	1	0	0	1200	4	1	2	0
DRY SEASONINGS											
Add Buffalo	5	1	0	0	0	0	340	1	0	0	0
Add Chipotle BBQ	5	1	0	0	0	0	140	1	0	0	0
Add Desert Heat	5	1	0	0	0	0	260	1	0	0	0
Add Lemon Pepper	5	0	0	0	0	0	360	1	0	0	0
Add Salt & Vinegar	5	0	0	0	0	0	340	1	0	0	0
SMALL SIZE, add Signature Sauce or Dry Seasoning	1000	460	51	20	2	120	2320	82	7	0	52
SIGNATURE SAUCES											
Add Asian Zing	160	2	0	0	0	0	1190	40	2	37	1
Add Blazin'	130	102	11	2	0	0	2430	6	2	1	1
Add Bourbon Honey Mustard	150	16	2	0	0	0	1600	32	1	28	2
Add Caribbean Jerk	130	43	4.5	1	0	0	680	21	1	19	1
Add Honey BBQ	140	2	0	0	0	0	850	34	1	29	1
Add Hot	100	74	8	1.5	0	0	2040	6	1	1	1
Add Hot BBQ	70	32	3.5	0.5	0	0	1260	10	1	7	1
Add Mango Habanero	160	10	1	0	0	0	960	37	1	30	0
Add Medium	70	51	6	1	0	10	2040	4	1	1	1
Add Mild	110	87	10	1.5	0	10	1770	4	1	1	1
Add Parmesan Garlic	250	220	24	4.5	0	25	1180	6	1	2	2
Add Spicy Garlic	100	69	8	1.5	0	10	2180	6	1	1	1
Add Sweet BBQ	90	3	0	0	0	0	1040	21	1	16	1
Add Teriyaki	130	1	0	0	0	0	1560	28	1	24	4
Add Thai Curry	280	251	28	5	0	20	1750	8	1	4	1
Add Wild	100	75	8	1.5	0	0	1600	6	1	2	1
DRY SEASONINGS											
Add Buffalo	5	1	0	0	0	0	450	1	0	0	0
Add Chipotle BBQ	5	1	0	0	0	0	340	1	0	1	0
Add Desert Heat	5	2	0	0	0	0	190	1	0	0	0
Add Lemon Pepper	5	0	0	0	0	0	480	1	0	0	0
Add Salt & Vinegar	5	1	0	0	0	0	450	1	0	0	0
MEDIUM SIZE, add Signature Sauce or Dry Seasoning	1490	690	77	30	3	180	3470	123	10	0	78

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
SIGNATURE SAUCES											
Add Asian Zing	250	3	0	0	0	0	1790	60	2	56	1
Add Blazin'	190	153	17	3	0	0	3640	9	3	2	1
Add Bourbon Honey Mustard	230	24	2.5	0	0	0	2400	48	1	42	2
Add Caribbean Jerk	200	64	7	1	0	0	1020	32	1	29	1
Add Honey BBQ	210	3	0	0	0	0	1270	52	1	43	1
Add Hot	150	111	12	2	0	0	3060	8	2	2	1
Add Hot BBQ	110	48	5	1	0	0	1890	15	2	11	1
Add Mango Habanero	240	15	1.5	0	0	0	1430	56	1	45	0
Add Medium	110	77	9	1.5	0	20	3060	6	1	1	1
Add Mild	160	131	15	2.5	0	20	2650	7	1	1	1
Add Parmesan Garlic	380	329	37	7	0.5	35	1770	9	1	4	3
Add Spicy Garlic	150	103	11	2	0	20	3270	9	2	1	1
Add Sweet BBQ	130	4	0	0	0	0	1560	31	1	23	1
Add Teriyaki	190	1	0	0	0	0	2330	41	1	36	5
Add Thai Curry	430	376	42	7	0.5	25	2630	11	2	7	2
Add Wild	150	113	13	2	0	0	2400	9	2	4	1
DRY SEASONINGS											
Add Buffalo	5	2	0	0	0	0	560	1	0	0	0
Add Chipotle BBQ	5	2	0	0	0	0	240	1	0	1	0
Add Desert Heat	5	1	0	0	0	0	430	2	0	1	0
Add Lemon Pepper	5	0	0	0	0	0	600	2	1	0	0
Add Salt & Vinegar	5	1	0	0	0	0	560	1	0	0	0
LARGE SIZE, add Signature Sauce or Dry Seasoning	1990	920	102	40	4	240	4630	163	13	0	105
SIGNATURE SAUCES											
Add Asian Zing	330	5	0.5	0	0	0	2390	79	3	75	2
Add Blazin'	250	204	23	3.5	0	0	4860	12	4	2	2
Add Bourbon Honey Mustard	300	32	3.5	0	0	0	3200	65	1	56	3
Add Caribbean Jerk	260	85	9	1.5	0	0	1360	43	2	39	1
Add Honey BBQ	280	4	0	0	0	0	1690	69	1	57	1
Add Hot	190	148	16	2.5	0	0	4080	11	3	2	1
Add Hot BBQ	140	63	7	1	0	0	2520	19	2	14	2
Add Mango Habanero	320	20	2.5	0	0	0	1910	74	1	59	0
Add Medium	140	102	11	2	0	25	4080	9	2	1	1
Add Mild	210	175	19	3	0	25	3540	9	2	2	1
Add Parmesan Garlic	500	439	49	9	1	50	2370	12	1	5	4
Add Spicy Garlic	190	137	15	2.5	0	25	4360	12	2	2	2
Add Sweet BBQ	180	6	0.5	0	0	0	2090	41	2	31	2
Add Teriyaki	250	1	0	0	0	0	3110	55	1	48	7
Add Thai Curry	570	502	56	10	1	35	3510	15	2	9	2
Add Wild	200	150	17	2.5	0	0	3200	12	2	5	1
DRY SEASONINGS											
Add Buffalo	10	2	0	0	0	0	670	1	0	0	0
Add Chipotle BBQ	10	2	0	0	0	0	290	2	0	1	0
Add Desert Heat	10	1	0	0	0	0	510	2	0	1	0
Add Lemon Pepper	10	1	0	0	0	0	720	2	1	0	0
Add Salt & Vinegar	5	1	0	0	0	0	680	1	0	1	0

NUTRITION GUIDE



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

TRADITIONAL WINGS Nutritional values stated below reflect traditional wings hand-spun in sauce or dry seasoning and does not account for variations or substitutions requested by the guest. All wings are listed without celery, carrots, blue cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.

SNACK SIZE, add Signature Sauce or Dry Seasoning	360	180	20	7	0	180	135	0	0	0	44
SIGNATURE SAUCES											
Add Asian Zing	80	1	0	0	0	0	600	20	1	19	0
Add Blazin'	60	51	6	1	0	0	1210	3	1	1	0
Add Bourbon Honey Mustard	80	8	1	0	0	0	800	16	0	14	1
Add Caribbean Jerk	70	21	2.5	0	0	0	340	11	0	10	0
Add Honey BBQ	70	1	0	0	0	0	420	17	0	14	0
Add Hot	50	37	4	0.5	0	0	1020	3	1	1	0
Add Hot BBQ	35	16	2	0	0	0	630	5	1	4	0
Add Mango Habanero	80	5	0.5	0	0	0	480	19	0	15	0
Add Medium	35	26	3	0	0	5	1020	2	0	0	0
Add Mild	50	44	5	1	0	5	880	2	0	0	0
Add Parmesan Garlic	130	110	12	2	0	10	590	3	0	1	1
Add Spicy Garlic	50	34	4	0.5	0	5	1090	3	1	0	0
Add Sweet BBQ	45	1	0	0	0	0	520	10	0	8	0
Add Teriyaki	60	0	0	0	0	0	780	14	0	12	2
Add Thai Curry	140	125	14	2.5	0	10	880	4	1	2	1
Add Wild	50	38	4	0.5	0	0	800	3	1	1	0
DRY SEASONINGS											
Add Buffalo	5	1	0	0	0	0	340	1	0	0	0
Add Chipotle BBQ	5	1	0	0	0	0	140	1	0	0	0
Add Desert Heat	5	1	0	0	0	0	260	1	0	0	0
Add Lemon Pepper	5	0	0	0	0	0	360	1	0	0	0
Add Salt & Vinegar	5	0	0	0	0	0	340	1	0	0	0
SMALL SIZE, add Signature Sauce or Dry Seasoning	650	330	36	12	1	325	240	0	0	0	80
SIGNATURE SAUCES											
Add Asian Zing	120	2	0	0	0	0	890	30	1	28	1
Add Blazin'	100	76	8	1.5	0	0	1820	4	1	1	1
Add Bourbon Honey Mustard	110	12	1.5	0	0	0	1200	24	1	21	1
Add Caribbean Jerk	100	32	3.5	0.5	0	0	510	16	1	14	1
Add Honey BBQ	100	1	0	0	0	0	630	26	0	21	0
Add Hot	70	56	6	1	0	0	1530	4	1	1	1
Add Hot BBQ	50	24	2.5	0	0	0	950	7	1	5	1
Add Mango Habanero	120	8	1	0	0	0	720	28	1	22	0
Add Medium	50	38	4.5	0.5	0	10	1530	3	1	1	0
Add Mild	80	66	7	1	0	10	1330	3	1	1	0
Add Parmesan Garlic	190	165	18	3.5	0	20	890	4	0	2	2
Add Spicy Garlic	70	52	6	1	0	10	1630	5	1	1	1
Add Sweet BBQ	70	2	0	0	0	0	780	15	1	12	1
Add Teriyaki	90	0	0	0	0	0	1170	21	0	18	3
Add Thai Curry	210	188	21	3.5	0	15	1320	6	1	3	1
Add Wild	70	56	6	1	0	0	1200	4	1	2	0
DRY SEASONINGS											
Add Buffalo	5	1	0	0	0	0	450	1	0	0	0
Add Chipotle BBQ	5	2	0	0	0	0	190	1	0	0	0
Add Desert Heat	5	1	0	0	0	0	340	1	0	1	0
Add Lemon Pepper	5	0	0	0	0	0	480	1	0	0	0
Add Salt & Vinegar	5	1	0	0	0	0	450	1	0	0	0

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
MEDIUM SIZE , add Signature Sauce or Dry Seasoning	1010	510	57	19	1.5	505	380	0	0	0	125
SIGNATURE SAUCES											
Add Asian Zing	160	2	0	0	0	0	1190	40	2	37	1
Add Blazin'	130	102	11	2	0	0	2430	6	2	1	1
Add Bourbon Honey Mustard	150	16	2	0	0	0	1600	32	1	28	2
Add Caribbean Jerk	130	43	4.5	1	0	0	680	21	1	19	1
Add Honey BBQ	140	2	0	0	0	0	850	34	1	29	1
Add Hot	100	74	8	1.5	0	0	2040	6	1	1	1
Add Hot BBQ	70	32	3.5	0.5	0	0	1260	10	1	7	1
Add Mango Habanero	160	10	1	0	0	0	960	37	1	30	0
Add Medium	70	51	6	1	0	10	2040	4	1	1	1
Add Mild	110	87	10	1.5	0	10	1770	4	1	1	1
Add Parmesan Garlic	250	220	24	4.5	0	25	1180	6	1	2	2
Add Spicy Garlic	100	69	8	1.5	0	10	2180	6	1	1	1
Add Sweet BBQ	90	3	0	0	0	0	1040	21	1	16	1
Add Teriyaki	130	1	0	0	0	0	1560	28	1	24	4
Add Thai Curry	280	251	28	5	0	20	1750	8	1	4	1
Add Wild	100	75	8	1.5	0	0	1600	6	1	2	1
DRY SEASONINGS											
Add Buffalo	5	2	0	0	0	0	560	1	0	0	0
Add Chipotle BBQ	5	1	0	0	0	0	430	2	0	1	0
Add Desert Heat	5	2	0	0	0	0	240	1	0	1	0
Add Lemon Pepper	5	0	0	0	0	0	600	2	1	0	0
Add Salt & Vinegar	5	1	0	0	0	0	560	1	0	0	0
LARGE SIZE , add Signature Sauce or Dry Seasoning	1300	660	73	24	1.5	650	480	0	0	0	160
SIGNATURE SAUCES											
Add Asian Zing	200	3	0	0	0	0	1490	50	2	47	1
Add Blazin'	160	127	14	2.5	0	0	3040	7	2	1	1
Add Bourbon Honey Mustard	190	20	2	0	0	0	2000	40	1	35	2
Add Caribbean Jerk	160	53	6	1	0	0	850	27	1	24	1
Add Honey BBQ	170	2	0	0	0	0	1060	43	1	36	1
Add Hot	120	93	10	1.5	0	0	2550	7	2	1	1
Add Hot BBQ	90	40	4.5	0.5	0	0	1580	12	1	9	1
Add Mango Habanero	200	13	1.5	0	0	0	1190	46	1	37	0
Add Medium	90	64	7	1	0	15	2550	5	1	1	1
Add Mild	130	109	12	2	0	15	2210	5	1	1	1
Add Parmesan Garlic	310	274	30	6	0	30	1480	7	1	3	3
Add Spicy Garlic	120	86	10	1.5	0	15	2720	8	1	1	1
Add Sweet BBQ	110	4	0	0	0	0	1300	26	1	19	1
Add Teriyaki	160	1	0	0	0	0	1950	34	1	30	4
Add Thai Curry	350	314	35	6	0.5	20	2190	10	2	6	2
Add Wild	120	94	10	1.5	0	0	2000	7	1	3	1
DRY SEASONINGS											
Add Buffalo	10	2	0	0	0	0	670	1	0	0	0
Add Chipotle BBQ	10	2	0	0	0	0	290	2	0	1	0
Add Desert Heat	10	1	0	0	0	0	510	2	0	1	0
Add Lemon Pepper	10	1	0	0	0	0	720	2	1	0	0
Add Salt & Vinegar	5	1	0	0	0	0	680	1	0	1	0

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
--	------	----------	---------	-------------	---------------	--------------	-------------	----------	-----------	-----------	-------------

COMBO & ACCOMPANIMENTS All wings are served with celery, carrots, blue cheese, or ranch dressing. Snack and Small portions are served with 5 veggie sticks and 1.5 fluid ounces of dressing. Medium and Large portions are served with 10 veggie sticks and 3 fluid ounces of dressing.

Boneless and Traditional Wings Combo, (see Snack Size wings for sauce and seasoning nutrition)	1570	860	95	30	3	290	3010	98	12	9	79
Celery Sticks - 5 ea.	15	0	0	0	0	0	65	2	1	1	1
Carrot Sticks - 5 ea.	20	0	0	0	0	0	35	5	1	3	0
Celery & Carrot Sticks - 5 ea.	20	0	0	0	0	0	50	4	1	2	1
Blue Cheese Dressing - 1.5 fl. oz.	210	200	22	4.5	0	25	410	2	0	1	1
Ranch Dressing - 1.5 fl. oz.	240	230	25	4	0	5	380	2	0	1	0

SAUCES & SEASONINGS

SIGNATURE SAUCES

Asian Zing Sauce - 2 fl. oz.	160	0	0	0	0	0	1190	40	2	37	1
Blazin Sauce - 2 fl. oz.	130	100	11	2	0	0	2430	6	2	1	1
Bourbon Honey Mustard Sauce - 2 fl. oz.	150	15	2	0	0	0	1600	32	1	28	2
Caribbean Jerk Sauce - 2 fl. oz.	130	45	4.5	1	0	0	680	21	1	19	1
Honey BBQ Sauce - 2 fl. oz.	140	0	0	0	0	0	850	34	1	29	1
Hot Sauce - 2 fl. oz.	100	70	8	1.5	0	0	2040	6	1	1	1
Hot BBQ Sauce - 2 fl. oz.	70	30	3.5	0.5	0	0	1260	10	1	7	1
Mango Habanero Sauce - 2 fl. oz.	160	10	1	0	0	0	960	37	1	30	0
Medium Sauce - 2 fl. oz.	70	50	6	1	0	10	2040	4	1	1	1
Mild Sauce - 2 fl. oz.	110	90	10	1.5	0	10	1770	4	1	1	1
Parmesan Garlic Sauce - 2 fl. oz.	250	220	24	4.5	0	25	1180	6	1	2	2
Spicy Garlic Sauce - 2 fl. oz.	100	70	8	1.5	0	10	2180	6	1	1	1
Sweet BBQ Sauce - 2 fl. oz.	90	5	0	0	0	0	1040	21	1	16	1
Teriyaki Sauce - 2 fl. oz.	130	0	0	0	0	0	1560	28	1	24	4
Thai Curry Sauce - 2 fl. oz.	280	250	28	5	0	20	1750	8	1	4	1
Wild Sauce - 2 fl. oz.	100	80	8	1.5	0	0	1600	6	1	2	1

DRY SEASONINGS

Buffalo Seasoning - 1 tsp.	0	0	0	0	0	0	180	0	0	0	0
Cajun Seasoning - 1 tsp.	10	0	0	0	0	0	360	1	0	0	0
Chipotle BBQ Seasoning - 1 tsp.	10	0	0	0	0	0	500	2	0	0	0
Desert Heat Seasoning - 1 tsp.	10	0	0	0	0	0	360	2	0	0	0
Lemon Pepper Seasoning - 1 tsp.	0	0	0	0	0	0	130	0	0	0	0
Salt and Vinegar Seasoning - 1 tsp.	0	0	0	0	0	0	200	0	0	0	0

BURGERS Nutritional values listed below include all-beef burgers, toasted brioche bun, lettuce, tomato, red onion, and pickles unless otherwise noted. Burger substitutions, such as grilled or crispy chicken breast or black bean patty, are available upon request. All burgers are listed without French Fries; see Sides & Substitutions for more nutrition information.

Big Jack Daddy Burger	1260	670	75	30	3	185	3520	90	4	38	59
Boston Lager Burger	1340	990	110	30	3	155	2670	47	5	10	43
Buffalo Blue Burger	980	650	73	26	2.5	150	3670	41	3	8	41
Cheese Curd Bacon Burger	1640	1170	130	45	3.5	215	3740	55	5	11	62
Hamburger	730	440	49	19	2	110	2110	37	2	7	36
Add cheese	50-90	30-60	3.5-7	1.5-4	0	5-20	25-320	0-4	0	0-1	2-5
Screamin' Nacho Burger, not served with lettuce, tomato, red onion or pickles	1020	680	76	26	2.5	135	2530	44	3	7	41
Southwestern Black Bean Burger	840	510	56	10	0.5	10	1600	68	17	11	25
Add cheese	50-90	30-60	3.5-7	1.5-4	0	5-20	25-320	0-4	0	0-1	2-5

PROTEIN OPTIONS

All-Beef Hamburger Patty	410	290	32	14	2	110	1440	0	0	0	30
Black Bean Burger Patty	190	60	7	1	0	0	540	22	8	2	17
Chicken Breast, Grilled	140	27	3	1	0	115	520	1	1	0	28
Crispy Chicken Breast	280	110	12	5	0.5	65	720	20	3	0	22

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
TOPPINGS											
American Cheese - 1 Slice	70	45	5	3.5	0	15	300	2	0	1	3
Blue Cheese Crumbles - 1 Serving	70	50	6	4	0	15	270	1	0	0	4
Cheddar Cheese - 1 Slice	90	60	7	4	0	20	135	0	0	0	5
Cheddar Jack Cheese - 1 Serving	60	40	4.5	2.5	0	15	90	1	0	0	3
Pepper Jack Cheese - 1 Slice	80	60	6	4	0	20	140	0	0	0	4
Queso Cheese - 1 Serving	50	30	3.5	1.5	0	5	320	4	0	1	2
Swiss Cheese - 1 Slice	50	35	4	2.5	0	15	25	0	0	0	4
Bacon Slices - 2 Slices	100	70	8	3	0	15	370	0	0	0	8
Beer-Braised Mushrooms - 1 Serving	35	5	0	0	0	0	240	6	2	1	2
Avocado - 1 Serving	160	130	15	2	0	0	5	9	7	1	2
Ketchup - 1 Tbsp	20	0	0	0	0	0	160	45	0	4	0
Yellow Mustard - 1 tsp	5	0	0	0	0	0	60	0	0	0	0
SANDWICHES & WRAPS All sandwiches, wraps, and buffalitos are listed without french fries or chips and salsa unless otherwise noted; see Sides & Substitutions for more nutrition information.											
BBQ Chicken Sandwich	710	310	35	12	0	150	2110	56	3	22	46
Buffalo Ranch Chicken Wrap	910	450	51	16	1.5	85	2860	79	5	6	34
Buffalo Ranch Chicken Sandwich	850	480	53	14	1	90	2680	60	6	8	32
Classic Chicken Wrap, with Grilled Chicken Breast or Crispy Tenders	570/710	180/280	20/31	8/13	0/1	135/75	1560/1580	56/76	3/4	5/5	42/33
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Bayou Po' Boy, with Crispy Jumbo Shrimp or Crispy Tenders	1000/1030	600/630	66/70	15/17	1.5/1.5	120/80	2110/1890	82/73	9/7	10/9	19/27
Grilled Chicken Buffalo	500	200	22	11	0.5	155	1370	37	3	5	39
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Hickory Pulled Pork Sandwich	1040	390	43	12	0	95	3270	123	7	69	38
Pepper Jack Steak Wrap	1070	610	68	20	2	115	2790	60	3	8	55
Southwest Philly Cheesesteak	730	320	36	13	1	75	2220	52	3	9	48
SIDES & SUBSTITUTIONS											
Buffalo Chips	290	120	14	6	0.5	10	590	38	5	0	4
Caesar Salad, with Light Caesar Dressing and Garlic Toast	330	190	21	4	0	65	960	30	3	4	8
Cheddar Cheese Curds, with Southwestern Ranch Dressing	920	710	79	31	2	95	2290	23	5	3	31
Chips and Salsa	530	210	23	9	1	15	1000	73	8	4	8
Veggie Slaw	240	160	18	3	0	20	450	14	5	10	3
French Fries	330	140	15	7	1	10	940	44	4	0	4
Mac & Cheese	540	260	28	17	1	75	1130	52	4	1	19
Onion Rings, with Southwestern Ranch Dressing	960	630	70	20	2.5	40	1620	76	6	12	6
Potato Wedges	370	170	19	8	1	15	1030	45	6	1	6
Side Salad, with Lemon Vinaigrette and Garlic Toast	370	230	25	5	0	5	970	29	4	7	7
Veggie Boat, with Fat Free Ranch Dressing	130	5	0.5	0	0	0	970	30	6	14	2
White Rice (Hawaii Only)	180	5	0	0	0	0	0	40	0	--	3
OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR BUFFALO CHIPS											
American Cheese	140	90	10	7	0	30	590	4	0	2	6
Cheddar Cheese	170	130	14	8	0	40	270	1	0	0	11
Cheddar Jack Cheese	170	120	14	8	0	45	270	2	0	0	10
Blue Cheese Crumbles	210	150	17	11	0.5	45	800	3	1	0	12
Pepper Jack Cheese	150	120	13	8	0	40	280	1	0	0	9
Queso Cheese	110	60	7	3.5	0	15	640	7	0	2	4
Swiss Cheese	110	70	8	4.5	0	25	45	1	0	0	8
Buffalo Seasoning	0	0	0	0	0	0	170	0	0	0	0
Chipotle BBQ Seasoning	0	0	0	0	0	0	130	1	0	0	0
Desert Heat Seasoning	0	0	0	0	0	0	70	0	0	0	0
Lemon Pepper Seasoning	0	0	0	0	0	0	180	1	0	0	0

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Salt and Vinegar Seasoning	0	0	0	0	0	0	170	0	0	0	0
Bacon Bits	60	35	4	1.5	0	20	210	0	0	0	5
Chili	120	60	6	2.5	0	20	370	6	2	2	8
TENDERS & MAC Tenders are listed without french fries; see Sides & Substitutions for more nutrition information. Naked Tenders are seasoned, then grilled.											
Buffalo Mac & Cheese	1300	680	75	32	2	145	2830	108	8	4	46
Add Buffalo Sauce; Mild, Medium, or Hot	25-35	15-30	2-3	0-0.5	0	0-5	580-700	1-2	0	0	0
Naked or Crispy Tenders - 4 ea.	190/560	10/250	1.5/28	0/11	0/1.5	120/95	1270/1030	0/41	0/4	0/0	43/36
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Naked or Crispy Tenders - 6 ea.	280/840	20/370	2/41	0.5/17	0/2	180/140	1910/1540	0/62	0/6	0/0	65/53
Add Signature Sauce - 3 fl. oz.	110-430	0-380	0-42	0-7	0-0.5	0-35	1020-3640	6-60	1-3	1-56	0-5
GREENS All salads are served with Garlic Toast and dressing unless otherwise noted. Entrée salads are served with 3 fl. oz. of dressing and side salads are served with 2 fl. oz. of dressing. For alternate dressings, see list below.											
Buffalo Chicken Salad, with Buffalo Blue Cheese Dressing	1130	670	74	21	1.5	105	3290	80	10	10	33
Add Buffalo Sauce; Mild, Medium, or Hot	25-35	15-30	2-3	0-0.5	0	0-5	580-700	1-2	0	0	0
Caesar Side Salad, with Light Caesar Dressing	330	190	21	4	0	65	960	30	3	4	8
Chicken Caesar Salad, with Light Caesar Dressing	720	340	38	8	0	210	2170	57	6	7	42
Garden Salad, with Lemon Vinaigrette	660	370	41	8	0.5	5	1690	56	8	14	13
Add Blackened Chicken Breast	140	25	3	1	0	105	1070	1	1	0	26
Add Grilled Chicken Breast	140	25	3	1	0	115	520	1	1	0	28
Add Crispy Tenders	420	190	21	9	1	70	770	31	3	0	27
Add Signature Sauce - 1 fl. oz.	35-140	0-130	0-14	0-2.5	0	0-10	340-1210	2-20	0-1	0-19	0-2
Honey BBQ Chicken Salad, with Honey BBQ Ranch Dressing	1180	680	76	19	1	160	4070	75	7	41	48
Santa Fe Salad, with Cilantro Lime Ranch Dressing, Soft Tortillas, and Grilled Chicken or Pulled Pork	1340/1430	780/870	86/97	19/23	1.5/1.5	160/125	2670/2620	92/91	16/15	16/16	49/49
Side Salad, with Lemon Vinaigrette	370	230	25	5	0	5	970	29	4	7	7
DRESSINGS											
BBQ Ranch Dressing - 2 / 3 fl. oz.	300/450	280/420	31/47	4.5/7	0/0.5	5/10	540/810	5/8	0/0	4/6	1/1
Blue Cheese Dressing - 2 / 3 fl. oz.	280/420	260/400	29/44	6/9	0/0.5	35/55	550/820	2/3	0/0	2/3	2/3
Buffalo Blue Cheese Dressing - 2 / 3 fl. oz.	260/390	240/360	27/40	5/8	0/0.5	30/50	930/1400	3/4	0/1	2/2	2/3
Cilantro Lime Ranch Dressing - 2 / 3 fl. oz.	330/490	310/470	35/52	5/8	0.5/1	10/10	570/850	3/5	0/0	2/3	1/1
Fat Free Ranch Dressing - 2 / 3 fl. oz.	50/70	0/0	0/0	0/0	0/0	0/0	550/830	12/17	1/1	5/7	1/1
Lemon Vinaigrette - 2 / 3 fl. oz.	180/270	160/250	18/27	2.5/4	0/0	0/0	490/740	3/5	0/0	3/4	0/0
Light Caesar Dressing - 2 / 3 fl. oz.	160/240	130/190	14/21	2/3	0/0	60/90	520/780	10/15	0/0	2/3	2/3
Light French Dressing - 2 / 3 fl. oz.	180/270	100/150	11/16	1.5/2.5	0/0	0/0	620/930	19/29	1/1	16/24	1/1
Ranch Dressing - 2 / 3 fl. oz.	320/480	300/460	34/51	5/8	0.5/1	10/10	510/760	2/3	0/0	2/3	1/1
Southwestern Ranch Dressing - 2 / 3 fl. oz.	330/500	320/480	35/53	5/8	0.5/1	15/20	760/1140	2/3	0/0	1/2	1/1
SWEET SPOT											
Cheesecake Bites, with Caramel Sauce or Chocolate Sauce	520/570	200/200	22/22	12/12	1/1	70/70	500/500	75/89	2/3	39/56	5/7
Chocolate Fudge Cake	690	260	29	14	0	65	360	102	1	85	8
Dessert Nachos	1800	870	96	51	4	235	1700	210	6	112	26
Loaded Ice Cream	490	190	21	11	1	45	410	71	1	47	6
Mini Chocolate Fudge Cake	320	100	11	4.5	0	15	170	56	1	48	3

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
--	------	----------	---------	-------------	---------------	--------------	-------------	----------	-----------	-----------	-------------

LITTLE BUFFALOS

Step 1: Choose an Entrée											
Boneless Wings	330-440	150-240	17-27	7-9	0.5-1	40-45	770-1410	27-30	2-3	0-2	17-18
Add Signature Sauce - 1 fl. oz.	35-140	0-130	0-14	0-2.5	0	0-10	340-1210	2-20	0-1	0-19	0-2
Cheeseburger	610	340	38	15	1.5	75	810	36	1	6	29
Crispy Chicken Tenders	420-700	190-440	21-49	9-14	1-1.5	70-90	770-2530	31-39	3-4	0-4	27-28
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Hamburger	540	300	33	11	1.5	60	520	35	1	5	26
Mac & Cheese	540	260	28	17	1	75	1130	52	4	1	19
Mini Corn Dogs	310	180	20	7	1	45	600	24	2	6	8
Naked Chicken Tenders	140-420	10-260	1-29	0-5	0	90-110	950-2710	0-8	0-1	0-4	32-34
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Traditional Wings	290-390	150-240	16-26	5-7	0-0.5	145-150	110-730	0-3	0	0-2	36
Add Signature Sauce - 1/2 fl. oz.	15-70	0-70	0-7	0-1	0	0-5	170-610	1-10	0-1	0-10	0-1
Step 2: Choose a Side											
Carrot Sticks	20	0	0	0	0	0	35	5	1	3	0
Celery Sticks	15	0	0	0	0	0	65	2	1	1	1
French Fries	330	140	15	7	1	10	940	44	4	0	4
Mandarin Oranges	40	0	0	0	0	0	0	9	1	9	0
Step 3: Choose a Beverage (Nutritional values for soda and juices are based on standardized ice fill)											
Lowfat Chocolate Milk	150	20	2.5	2	0	10	170	25	1	23	7
Lowfat White Milk	80	5	0	0	0	5	120	11	0	11	7
Apple Juice	80	0	0	0	0	0	15	18	0	18	0
Grapefruit Juice	60	0	0	0	0	0	30	13	0	11	1
Orange Juice	70	0	0	0	0	0	50	20	0	20	1
Pineapple Juice	80	0	0	0	0	0	10	19	0	18	1
Diet Pepsi	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper	60	0	0	0	0	0	30	17	0	16	0
Lemonade	80	0	0	0	0	0	15	19	0	18	0
Mist Twst	60	0	0	0	0	0	20	16	0	16	0
Mountain Dew	70	0	0	0	0	0	30	19	0	19	0
Mug Root Beer	60	0	0	0	0	0	30	18	0	18	0
Pepsi	60	0	0	0	0	0	20	18	0	18	0

FAST BREAK LUNCH

Wings are listed without celery, carrots, blue cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.

Step 1: Choose an Entrée											
Boneless Wings, Snack/Small, with Signature Sauce/Seasoning	660-1280	310-710	34-79	13-25	1.5-2	80-145	1540-4750	54-122	4-9	0-37	35-56
Chicken Street Tacos	560	320	36	7	0.5	125	1990	29	2	5	31
Classic Chicken Wrap, with Grilled Chicken Breast or Crispy Tenders	570/710	180/280	20/31	8/13	0/1	135/75	1560/1580	56/76	3/4	5/5	42/33
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Garden Salad, with Lemon Vinaigrette	370	230	25	5	0	5	970	29	4	7	7
Garden Chicken Salad, with Lemon Vinaigrette and Grilled Chicken or Crispy Tenders with Signature Sauce	440-790	240-480	27-53	5-13	0-1.5	50-65	1210-2360	29-53	4-7	7-10	20-25
Grilled Chicken Buffalo - 1 ea.	250	100	11	5	0	80	680	19	1	3	20
Add Signature Sauce - 1 fl. oz.	35-140	0-130	0-14	0-2.5	0	0-10	340-1210	2-20	0-1	0-19	0-2
Hamburger	730	440	49	19	2	110	2110	37	2	7	36
Add cheese	50-90	30-60	3.5-7	1.5-4	0	5-20	25-320	0-4	0	0-1	2-5
Hickory Pulled Pork Sandwich	1040	390	43	12	0	95	3270	123	7	69	38
Honey BBQ Chicken Salad, with Honey BBQ Ranch Dressing	660	410	45	10	0.5	80	2130	39	3	21	23
Naked or Crispy Tenders - 4 ea.	190/560	10/250	1.5/28	0/11	0/1.5	120/95	1270/1030	0/41	0/4	0/0	43/36

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Southwest Philly Sandwich	680	290	33	11	1	70	1900	49	3	8	46
Traditional Wings, Snack/Small, with Signature Sauce/Seasoning	360-880	180-530	20-59	7-16	0-1	180-340	135-1650	0-6	0-1	0-4	44-81
Step 2: Choose a Side											
Buffalo Chips	290	120	14	6	0.5	10	590	38	5	0	4
Caesar Side Salad, with Light Caesar Dressing	330	190	21	4	0	65	960	30	3	4	8
Chips and Salsa	530	210	23	9	1	15	1000	73	8	4	8
French Fries	330	140	15	7	1	10	940	44	4	0	4
Loaded Cup of Chili	440	240	27	12	0	90	1290	19	5	6	28
Potato Wedges	370	170	19	8	1	15	1030	45	6	1	6
Garden Side Salad, with Lemon Vinaigrette	370	230	25	5	0	5	970	29	4	7	7
ADD ONS											
Boneless Wings, with Signature Sauce or Seasoning - 4 ea.	330-440	150-240	17-27	7-9	0.5-1	40-45	770-1410	27-30	2-3	0-2	17-18
Traditional Wings, with Signature Sauce or Seasoning - 3-4 ea.	290-390	150-240	16-26	5-7	0-0.5	145-150	110-730	0-3	0	0-2	36
Loaded Ice Cream	490	190	21	11	1	45	410	71	1	47	6
Mini Chocolate Fudge Cake	320	100	11	4.5	0	15	170	56	1	48	3
Ginger Lemonade	150	0	0	0	0	0	30	38	0	34	0
Blueberry Mint Lemonade	200	0	0	0	0	0	30	50	1	46	0
Strawberry Lemonade	200	0	0	0	0	0	30	49	1	45	0
Black Cherry Limeade	220	0	0	0	0	0	20	55	1	50	0
Citrus Limeade	160	0	0	0	0	0	45	42	1	39	0
BREAKFAST At participating locations only.											
Breakfast Club Sandwich	1280	780	86	33	2	390	2570	88	7	7	43
Breakfast Quesadilla, with Bacon or Sausage	1460/1490	770/840	86/93	37/39	2.5	500/510	4060/3620	110/115	10	9	63/53
Biscuit Sandwich	960-1120	480-640	54-71	24-29	1-1.5	230-260	3060-3290	90-97	9	9-10	28-32
Breakfast Platter, with Bacon or Sausage	1070/1340	540/820	61/91	25/35	1	415/465	3520/3390	91/102	9	11/10	40/37
Breakfast Wrap	1330-1550	690-870	77-96	26-32	2-2.5	615-645	4020-4320	114-134	10-12	12-30	45-58
Buffalo Tender Sandwich	800	330	37	17	1.5	40	2690	98	10	8	22
Add Signature Sauce - 1 fl. oz.	35-140	0-130	0-14	0-2.5	0	0-10	340-1210	2-20	0-1	0-19	0-2
Chicken & Waffles	1380	550	61	29	2.5	125	1850	176	3	84	31
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Chicken & Waffles (Atlanta Airport Only)	1170	350	39	14	1	65	2550	175	5	65	32
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Omelet	810-1000	440-630	49-70	20-27	1.5	610-695	2020-2290	53-59	7-8	4-5	37-57
Add Signature Sauce - 2 fl. oz.	70-280	0-250	0-28	0-5	0	0-25	680-2430	4-40	1-2	1-37	0-2
Add Salsa - 3 fl. oz.	40	10	1	0	0	0	510	6	2	3	1
Chili & Rice (Hawaii Only)	580	190	21	10	0	65	860	69	5	5	26
BEVERAGES For additional nutrition information for regional and rotating beers, please visit beerboard.com .											
SEASONAL SELECTIONS											
Peach Smash	210	0	0	0	0	0	15	31	0	29	0
Cucumber Cooler	180	0	0	0	0	0	20	24	0	22	0
Heatwave	240	5	0	0	0	0	25	39	1	37	1
Very Berry Mule	180	0	0	0	0	0	0	21	0	20	0
FAN FAVES											
Black Cherry Mojito	250	0	0	0	0	0	10	40	1	33	0
Buffalo Zoo	240	0	0	0	0	0	20	30	0	29	1
Knockout Punch	360	0	0	0	0	0	40	57	1	53	0
Top Shelf Long Island Ice Tea	290	0	0	0	0	0	60	35	0	33	0
B-Dubs Bloody Mary	150	20	2	0	0	0	1680	9	2	4	2

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)	
BEER COCKTAILS												
Strawberry Kick Coronarita	310	0	0	0	0	0	10	39	1	26	1	
Cerveza Mary	190	5	0.5	0	0	0	890	16	2	3	2	
Apple Jack Cider	220	0	0	0	0	0	5	30	1	24	0	
FROZEN COCKTAILS												
Bourbon Blueberry Daiquiri	350	0	0	0	0	0	0	64	2	58	0	
Mudslide	500	190	21	11	0.5	60	80	50	0	39	4	
Strawberry Daiquiri	390	25	3	1.5	0	15	0	65	1	60	0	
CLASSIC TIKI												
Frozen Blue Hawaiian	390	70	8	6	0	10	20	52	1	46	2	
Zombie	330	0	0	0	0	0	20	46	1	42	1	
Bahama Mama	230	0	0	0	0	0	20	34	0	33	1	
MARGARITAS (CLASSIC & HAND-SHAKEN)												
House Margarita, available frozen or on the rocks	270	0	0	0	0	0	800	35	1	28	0	
Twisted Frozen Margarita	390	0	0	0	0	0	10	66	2	60	1	
Top Shelf Margarita	250	0	0	0	0	0	800	31	1	21	0	
Blue Wave Margarita	270	0	0	0	0	0	0	37	1	28	0	
Strawberry Margarita	320	0	0	0	0	0	0	47	2	39	0	
Platinum Margarita	260	0	0	0	0	0	640	34	1	27	0	
BEER (REGULAR/TALL)												
Angry Orchard - 1 Reg/Tall	230/320	0	0	0	0	0	25/35	30/43	0	25/34	0	
Blue Moon Belgian White - 1 Reg/Tall	200/260	0	0	0	0	0	20/25	16/22	0	13/17	2/3	
Bud Light - 1 Reg/Tall	120/160	0	0	0	0	0	10/15	5/7	0	--	1	
Budweiser - 1 Reg/Tall	170/230	0	0	0	0	0	10/15	12/17	0	--	1/2	
Coors Light - 1 Reg/Tall	120/160	0	0	0	0	0	15	6/8	0	--	1/2	
Dos Equis Lager Especial - 1 Reg/Tall	150/200	0	0	0	--	--	35/50	13/18	1	3/4	1	
Guinness - 1 Serving	220	0	0	0	0	0	--	19	0	0	2	
Heineken - 1 Serving	210	0	0	0	0	0	15	16	1	3	3	
Lagunitas IPA - Reg	220/300	0	0	0	0	0	20/25	17/22	0	2/3	3/4	
Michelob ULTRA - 1 Reg/Tall	110/150	0	0	0	0	0	--	3/4	--	--	0	
Miller Lite - 1 Reg/Tall	110/150	0	0	0	0	0	5/10	4/5	--	--	1/2	
Modelo Especial - 1 Reg/Tall	170/220	0	0	0	0	0	--	15/20	--	--	1/2	
Sam Adams Boston Lager - 1 Serving	280	0	0	0	0	0	30	28	2	2	3	
Stella Artois - 1 Serving	230	0	0	0	0	0	--	5	--	--	0	
BEER (BOTTLES & CANS)												
Bud Light - 1 Bottle	100	0	0	0	0	0	10	5	0	--	1	
Bud Light Lime - 1 Bottle	120	0	0	0	0	0	--	8	0	--	--	
Budweiser - 1 Bottle	150	0	0	0	0	0	10	11	0	--	1	
Coors Banquet - 1 Bottle	150	0	0	0	0	0	15	12	0	1	1	
Coors Light - 1 Bottle	100	0	0	0	0	0	10	5	0	--	1	
Corona Extra - 1 Bottle	150	--	--	--	--	--	4	14	--	1	0	
Corona Light - 1 Bottle	100	--	--	--	--	--	5	5	--	--	1	
Heineken - 1 Bottle	140	0	0	0	0	0	10	11	1	2	2	
Lagunitas 12th of Never Ale - 1 Can	270	0	0	0	0	0	15	19	0	2	3	
Michelob ULTRA - 1 Bottle	100	0	0	0	0	0	--	3	--	--	0	
Miller Lite - 1 Bottle	100	0	0	0	0	0	5	3	--	--	1	
Not Your Father's Root Beer - 1 Bottle	300	0	0	0	0	10	40	48	1	42	0	
O'Doul's Non-Alcoholic - 1 Bottle	70	0	0	0	0	0	10	15	--	--	1	
Pabst Blue Ribbon - 1 Can	190	0	0	0	0	0	--	16	--	--	2	
Pacifico - 1 Bottle	140	0	0	0	0	0	--	14	--	--	1	
Stone Delicious IPA (Gluten Reduced) - 1 Bottle	220	0	0	0	0	0	25	17	0	2	2	
Tecate - 1 Bottle	140	0	0	0	0	0	37	14	0	4	1	
Truly Spike & Sparkling - 1 Can	100	0	0	0	0	0	25	2	1	1	0	

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
--	------	----------	---------	-------------	---------------	--------------	-------------	----------	-----------	-----------	-------------

WINE											
Edna Valley Cabernet - 6 / 9 fl. oz.	160/240	0	0	0	0	0	--	--	--	--	0
Dark Horse Merlot - 6 / 9 fl. oz.	160/240	0	0	0	0	0	--	--	--	--	0
Chateau Souverain Chardonnay - 6 / 9 fl. oz.	140/210	0	0	0	0	0	--	--	--	--	0
Barefoot Bubbly - 187 ml.	140	0	0	0	0	0	--	--	--	--	0
Bella Sera Moscato - 6 / 9 fl. oz.	150/230	0	0	0	0	0	--	5/7	--	--	0
Ecco Domani Pinot Grigio - 6 / 9 fl. oz.	150/220	0	0	0	0	0	--	4/5	--	--	0

INSPIRED BY THE VINE											
Orange Moscato Sangria	190	0	0	0	0	0	20	21	1	17	1
Red Sangria Punch	280	0	0	0	0	0	0	41	1	36	0
Pineapple Bubbly	230	0	0	0	0	0	35	28	0	27	0
Classic Mimosa	230	0	0	0	0	0	25	15	0	15	1

NON-ALCOHOLIC

SODA & MORE (Nutritional values for soda are based on standardized ice fill)

Diet Pepsi	0	0	0	0	0	0	35	0	0	0	0
Dr Pepper	100	0	0	0	0	0	50	26	0	26	0
Mist Twst	100	0	0	0	0	0	35	26	0	26	0
Mountain Dew	110	0	0	0	0	0	50	31	0	31	0
Mug Root Beer	100	0	0	0	0	0	50	29	0	29	0
Pepsi	100	0	0	0	0	0	30	28	0	28	0
Tropicana Lemonade	120	0	0	0	0	0	25	30	0	28	0
Unsweetened Tea	0	0	0	0	0	0	10	1	0	0	0
Coffee	5	0	0	0	0	0	5	0	0	0	0
Bottled Aquafina Water	0	0	0	0	0	0	0	0	0	0	0

PEPSI FLAVOR SHOTS At participating locations only.

Cherry Flavor	0	0	0	0	0	0	0	0	0	0	0
Peach Flavor	0	0	0	0	0	0	0	0	0	0	0
Raspberry Flavor	0	0	0	0	0	0	0	0	0	0	0
Vanilla Flavor	0	0	0	0	0	0	0	0	0	0	0

LEMONADES & LIMEADES

Ginger Lemonade	150	0	0	0	0	0	30	38	0	34	0
Blueberry Mint Lemonade	200	0	0	0	0	0	30	50	1	46	0
Strawberry Lemonade	200	0	0	0	0	0	30	49	1	45	0
Black Cherry Limeade	220	0	0	0	0	0	20	55	1	50	0
Citrus Limeade	160	0	0	0	0	0	45	42	1	39	0

B-DUBS BLENDERS

Chocolate Cake Blender	650	340	37	21	1	105	260	74	1	61	8
Orange-Mango Dream Blender	440	160	18	11	0.5	60	95	67	2	60	4
Wild Berry Blender	550	250	27	17	1	90	125	70	1	61	6
Crunch Berry Blender	700	350	39	23	1	120	400	82	2	59	9

RED BULL

Red Bull Energy Drink	110	0	0	0	0	0	100	28	0	27	1
Red Bull Sugar Free	5	0	0	0	0	0	105	3	0	0	1
Red Bull Yellow Edition	120	0	0	0	0	0	140	29	0	28	1
Red Bull Orange Edition	110	0	0	0	0	0	70	28	0	27	1
Red Bull Blue Edition	110	0	0	0	0	0	100	28	0	27	0

NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 12

	CALS	FAT CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
--	------	----------	---------	-------------	---------------	--------------	-------------	----------	-----------	-----------	-------------

JUICE											
Apple Juice, with ice	80	0	0	0	0	0	20	20	0	19	0
Apple Juice, without ice (Atlanta Airport Only)	180	0	0	0	0	0	25	44	0	42	0
Cranberry Juice, with ice	80	0	0	0	0	0	35	21	0	21	0
Cranberry Juice, without ice (Atlanta Airport Only)	180	0	0	0	0	0	55	45	0	45	0
Grapefruit Juice, with ice	60	0	0	0	0	0	35	15	0	13	1
Grapefruit Juice, without ice (Atlanta Airport Only)	140	0	0	0	0	0	55	32	0	27	2
Orange Juice, with ice	80	0	0	0	0	0	55	22	0	22	1
Orange Juice, without ice (Atlanta Airport Only)	180	0	0	0	0	0	105	47	0	47	3
Pineapple Juice, with ice	90	0	0	0	0	0	10	21	0	20	1
Pineapple Juice, without ice (Atlanta Airport Only)	190	5	0	0	0	0	5	46	1	43	1
IZZE SPARKLING JUICE											
IZZE Clementine Sparkling Juice	120	0	0	0	0	0	25	30	0	27	0
IZZE Blackberry Sparkling Juice	130	0	0	0	0	0	25	31	0	29	0

*NUTRITION ABBREVIATION KEY

CALS = CALORIES	FAT = TOTAL FAT	TRANS FAT = TRANS FAT	SODIUM = SODIUM	FIBER = TOTAL FIBER	PROTEIN = PROTEIN
FAT CALS = CALORIES FROM FAT	SAT FAT = SATURATED FAT	CHOLEST = CHOLESTEROL	CARB = TOTAL CARBOHYDRATES	SUGAR = SUGAR	

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.