

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)

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, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.

SNACK SIZE, add Signature Sauce or Dry Seasoning	360	20	7	0	180	135	0	0	0	44
SIGNATURE SAUCES										
Asian Zing	90	0	0	0	0	570	21	0	19	0
Blazin'	45	2.5	0	0	0	1150	4	1	2	1
Bourbon Honey Mustard	80	1	0	0	0	800	17	0	13	1
Caribbean Jerk	80	2.5	0	0	0	330	13	0	11	0
Honey BBQ	70	0	0	0	0	420	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
Mild	45	4.5	1	0	5	890	1	0	0	0
Parmesan Garlic	130	13	2.5	0	10	650	3	0	1	1
Spicy Garlic	45	4	0.5	0	5	1170	2	0	0	0
Sweet BBQ	50	0	0	0	0	560	12	0	8	0
Teriyaki	70	0	0	0	0	720	15	0	12	2
Thai Curry	150	15	3	0	10	930	4	0	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
Desert Heat Seasoning	5	0	0	0	0	250	1	0	1	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	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
SMALL SIZE, add Signature Sauce or Dry Seasoning	650	37	12	1	325	240	0	0	0	79
SIGNATURE SAUCES										
Asian Zing	130	0	0	0	0	860	31	1	29	1
Blazin'	70	4	0.5	0	0	1720	7	1	3	1
Bourbon Honey Mustard	120	1.5	0	0	0	1200	25	1	20	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	640	26	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
Mild	70	7	1	0	10	1340	2	0	0	0
Parmesan Garlic	200	19	3.5	0	20	970	5	1	2	2
Spicy Garlic	70	6	1	0	10	1750	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	230	22	4	0	15	1400	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
Desert Heat Seasoning	10	0	0	0	0	330	2	0	1	0
Chipotle BBQ Seasoning	10	0	0	0	0	480	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

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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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MEDIUM SIZE, add Signature Sauce or Dry Seasoning	1010	57	19	1.5	505	370	0	0	0	124
SIGNATURE SAUCES										
Asian Zing	170	0	0	0	0	1150	41	1	38	1
Blazin'	90	5	1	0	0	2300	9	1	4	1
Bourbon Honey Mustard	160	2	0	0	0	1600	33	1	26	2
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	850	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
Mild	90	9	1.5	0	10	1790	3	0	0	1
Parmesan Garlic	270	26	5	0	25	1290	6	1	2	2
Spicy Garlic	90	8	1.5	0	15	2340	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	300	30	6	0	20	1860	8	1	5	1
Wild	100	8	1.5	0	0	1710	5	1	2	1
DRY SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	790	2	0	0	0
Chipotle BBQ Seasoning	10	0	0	0	0	600	2	0	1	0
Desert Heat Seasoning	10	0	0	0	0	420	2	1	1	0
Lemon Pepper Seasoning	5	0	0	0	0	480	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	890	1	0	1	0
LARGE SIZE, add Signature Sauce or Dry Seasoning	1300	73	24	1.5	650	480	0	0	0	159
SIGNATURE SAUCES										
Asian Zing	220	0.5	0	0	0	1430	52	1	48	1
Blazin'	110	7	1	0	0	2870	11	2	5	1
Bourbon Honey Mustard	200	2.5	0	0	0	1990	41	1	33	2
Caribbean Jerk	190	6	1	0	0	820	32	1	29	1
Honey BBQ	170	0	0	0	0	1060	43	1	35	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	1.5	0	0	0	1090	44	1	33	1
Medium	80	7	1	0	15	2720	3	0	0	1
Mild	120	11	2	0	15	2240	3	0	0	1
Parmesan Garlic	330	32	6	0.5	30	1610	8	1	3	3
Spicy Garlic	120	10	2	0	20	2920	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	380	37	7	0.5	20	2330	10	2	6	2
Wild	120	10	1.5	0	0	2130	6	1	2	1
DRY SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Desert Heat Seasoning	15	0	0	0	0	500	3	1	1	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	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

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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, bleu cheese or ranch dressing unless otherwise noted; See Accompaniments for more nutrition information.

SNACK SIZE, add Signature Sauce or Dry Seasoning	730	38	15	2	105	1990	60	4	0	38
SIGNATURE SAUCES										
Asian Zing	130	0	0	0	0	860	31	1	29	1
Blazin'	70	4	0.5	0	0	1720	7	1	3	1
Bourbon Honey Mustard	120	1.5	0	0	0	1200	25	1	20	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	640	26	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
Mild	70	7	1	0	10	1340	2	0	0	0
Parmesan Garlic	200	19	3.5	0	20	970	5	1	2	2
Spicy Garlic	70	6	1	0	10	1750	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	230	22	4	0	15	1400	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
Desert Heat Seasoning	5	0	0	0	0	250	1	0	1	0
Chipotle BBQ Seasoning	5	0	0	0	0	360	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
SMALL SIZE, add Signature Sauce or Dry Seasoning	1090	57	22	3	155	2980	90	6	0	57
SIGNATURE SAUCES										
Asian Zing	170	0	0	0	0	1150	41	1	38	1
Blazin'	90	5	1	0	0	2300	9	1	4	1
Bourbon Honey Mustard	160	2	0	0	0	1600	33	1	26	2
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	850	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
Mild	90	9	1.5	0	10	1790	3	0	0	1
Parmesan Garlic	270	26	5	0	25	1290	6	1	2	2
Spicy Garlic	90	8	1.5	0	15	2340	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	300	30	6	0	20	1860	8	1	5	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

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MEDIUM SIZE, add Signature Sauce or Dry Seasoning	1640	85	33	4.5	230	4470	134	9	0	85
SIGNATURE SAUCES										
Asian Zing	260	0.5	0	0	0	1720	62	1	57	1
Blazin'	130	8	1	0	0	3440	13	2	6	2
Bourbon Honey Mustard	240	3	0	0	0	2390	50	1	39	2
Caribbean Jerk	230	8	1.5	0	0	990	39	1	34	1
Honey BBQ	210	0	0	0	0	1270	52	1	42	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
Mild	140	14	2.5	0	15	2680	4	0	0	1
Parmesan Garlic	400	39	7	0.5	35	1940	9	1	4	4
Spicy Garlic	140	12	2	0	20	3510	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	450	45	8	0.5	25	2790	12	2	7	2
Wild	150	12	2	0	0	2560	8	1	3	1
DRY SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	790	2	0	0	0
Desert Heat Seasoning	10	0	0	0	0	420	2	1	1	0
Chipotle BBQ Seasoning	10	0	0	0	0	600	2	0	1	0
Lemon Pepper Seasoning	5	0	0	0	0	480	1	0	0	0
Salt & Vinegar Seasoning	5	0	0	0	0	890	1	0	1	0
LARGE SIZE, add Signature Sauce or Dry Seasoning	2190	113	45	6	310	5960	179	12	0	113
SIGNATURE SAUCES										
Asian Zing	340	1	0	0	0	2290	83	2	77	2
Blazin'	170	11	1.5	0	0	4590	18	3	8	2
Bourbon Honey Mustard	320	3.5	0	0	0	3190	66	2	53	3
Caribbean Jerk	300	10	2	0	0	1320	52	2	46	1
Honey BBQ	280	0	0	0	0	1700	69	1	56	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
Mild	190	18	3	0	20	3580	5	0	0	1
Parmesan Garlic	530	52	10	1	50	2580	12	2	5	5
Spicy Garlic	190	17	3	0	30	4680	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	600	59	11	1	35	3720	16	3	9	3
Wild	190	17	2.5	0	0	3410	10	2	3	1
DRY SEASONINGS										
Buffalo Seasoning	10	0	0	0	0	950	2	0	0	0
Desert Heat Seasoning	15	0	0	0	0	500	3	1	1	0
Chipotle BBQ Seasoning	10	0	0	0	0	720	3	0	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

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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)
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COMBO & ACCOMPANIMENTS All wings are served with celery, carrots, bleu cheese or ranch dressing. Snack, Small and Combos are served with 5 veggie sticks and 2 fluid ounces of dressing. Medium and Larges are served with 10 veggie sticks and 4 fluid ounces of dressing.

Boneless and Traditional Wings Combo (see Snack Size wings for sauce and seasoning nutrition)	1440	68	24	2.5	275	2570	129	11	5	78
Carrot Sticks - 5 ea.	20	0	0	0	0	35	5	1	3	0
Celery Sticks - 5 ea.	15	0	0	0	0	75	3	2	1	1
Carrot and Celery Sticks - 5 ea.	20	0	0	0	0	55	4	2	2	1
Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	0	2	2
Ranch Dressing - 2 fl oz	320	34	5	0.5	10	510	2	0	2	1

SAUCES & SEASONINGS

SIGNATURE SAUCES

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
Bourbon Honey Mustard - 2 fl oz	160	2	0	0	0	1600	33	1	26	2
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	850	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
Mild - 2 fl oz	90	9	1.5	0	10	1790	3	0	0	1
Parmesan Garlic - 2 fl oz	270	26	5	0	25	1290	6	1	2	2
Spicy Garlic - 2 fl oz	90	8	1.5	0	15	2340	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	300	30	6	0	20	1860	8	1	5	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

SHAREABLES

Beer-Battered Onion Rings with Southwestern Ranch Dressing	1580	105	35	4.5	70	2480	148	12	23	12
Big Twist Pretzel, with Hatch Chile Queso	1120	38	21	1	75	3780	153	6	9	41
Buffalo Chips	580	27	12	1.5	20	1180	76	10	1	8
Cheddar Cheese Curds with Southwestern Ranch Dressing	1480	119	55	5	255	3370	43	4	5	63
Chicken Quesadilla	1050	61	28	1.5	125	2780	65	4	9	62
Hatch Chile con Queso Dip with Chips	1080	56	27	2.5	95	2220	118	11	8	27
Add Chili	110	6	2.5	0	20	350	5	2	2	8
Chips and Salsa	850	35	14	1.5	25	1890	121	14	9	13
Crispy Jumbo Shrimp	500	20	9	1	180	1470	59	8	0	19
Add Cocktail Sauce	50	0	0	0	0	690	11	1	9	1
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
French Fries	840	22	9	1.5	20	1460	155	11	0	7
Fried Pickles with Southwestern Ranch Dressing	900	70	21	2.5	45	3380	63	3	2	7
House Sampler	2970	174	67	7	280	6880	264	25	30	87
Add Bleu Cheese or Ranch Dressing	280/320	29/34	6/5	0/0.5	35/10	550/510	2	0	2	2/1
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4

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Mini Corn Dogs with Bourbon Honey Mustard	780	42	15	1.5	90	2790	82	5	38	18
Mozzarella Sticks with Marinara	610	30	15	1.5	65	1990	59	4	7	26
Potato Wedges	750	38	17	2	30	2060	90	12	1	12
Street Tacos	570	37	7	0.5	20	2270	28	2	5	36
Ultimate Nachos	2060	106	49	3.5	225	4990	207	26	24	70
Add Grilled Chicken	140	2	0.5	0	0	740	0	0	0	31
OPTIONAL TOPPINGS FOR SHAREABLE FRENCH FRIES, POTATO WEDGES, OR BUFFALO CHIPS										
American Cheese	280	22	14	0	80	1170	3	0	3	13
Bleu 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
Pepper Jack Cheese	320	26	16	0	75	550	2	0	1	21
Hatch Chile con Queso	200	14	8	0.5	50	930	7	0	4	11
Swiss Cheese	330	26	16	0	80	160	1	0	0	23
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
Bacon	120	8	3	0	35	430	1	0	0	9
Chili	220	12	5	0	40	690	11	3	3	15
BURGERS Nutritional values listed below include all-beef burgers, toasted Challah bun, lettuce, tomato, white onion, and pickles unless otherwise noted. Protein substitutions are available upon request. All burgers are listed without french fries; see Sides and Substitutions for more nutrition information.										
All-American Cheeseburger - Double	840	53	22	2.5	145	2040	38	3	7	48
All-American Cheeseburger - Single	550	31	12	1.5	75	1430	37	3	7	27
Add Grilled Onions	10	0	0	0	0	85	3	1	2	0
Add Thick-Cut Bacon	100	8	3	0	15	370	0	0	0	8
Add Avocado	90	8	1	0	0	0	5	4	0	1
Cheese Curd Bacon Burger	1520	116	40	4	235	2880	53	4	10	69
Buffalo Bleu Burger	850	57	21	2.5	135	2870	39	3	7	46
Southwestern Black Bean Burger	740	44	11	0	30	1810	65	15	10	30
PROTEIN OPTIONS										
Hamburger Patty	290	21	8	1.5	70	420	0	0	0	23
Black Bean Burger Patty	160	6	1	0	0	450	18	7	2	14
Grilled Chicken Breast	130	2	0.5	0	0	650	0	0	0	27
Crispy Chicken Breast	240	11	4.5	0.5	55	610	17	2	0	18
TOPPINGS										
American Cheese	70	6	3.5	0	20	290	1	0	1	3
Bleu Cheese Crumbles	50	4	3	0	10	160	0	0	0	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Hatch Chile con Queso	50	3.5	2	0	10	230	2	0	1	3
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
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

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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)
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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.

Bayou Po'Boy with Crispy Jumbo Shrimp or Crispy Chicken	980/1020	65/69	15/16	1.5	120/85	2120/2100	80/72	8/6	9/8	19/27
BBQ Chicken Sandwich	610	20	9	0	35	2440	55	3	21	53
Buffalo Ranch Chicken Sandwich	770	44	14	1.5	100	60	6	7	35	2960
Buffalo Ranch Chicken Wrap	910	51	16	1.5	90	3110	79	4	6	34
Classic Chicken Wrap with Grilled or Crispy Chicken	570/720	19/31	8/13	0/1.5	30/80	1800/1770	55/76	2/4	5	46/34
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Pepper Jack Steak Wrap	1070	69	21	1.5	115	2780	60	3	9	56
Southwest Philly Cheesesteak	720	36	14	1.5	85	2090	49	3	9	49
Grilled Chicken Buffalo	500	21	11	0.5	50	1570	36	2	5	44

SIDES & SUBSTITUTIONS

Buffalo Chips	290	14	6	0.5	10	590	38	5	0	4
Caesar Side Salad with Light Caesar Dressing	330	21	4.5	0	65	1030	30	3	4	8
Cheddar Cheese Curds with Southwestern Ranch Dressing	910	78	30	2.5	135	2080	22	2	3	32
Chips and Salsa	520	22	9	1	15	860	72	8	3	8
Veggie Slaw	170	13	2	0	15	320	10	3	7	2
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Mac & Cheese	540	28	17	1	75	1130	52	4	1	19
Onion Rings with Southwestern Ranch Dressing	960	72	21	2.5	40	1650	76	6	12	6
Potato Wedges	370	19	8	1	15	1030	45	6	1	6
Garden Side Salad with Lemon Vinaigrette	380	25	5	0	5	1050	29	4	7	7
Veggie Boat with Fat Free Ranch Dressing	110	0.5	0	0	0	700	25	6	11	2
White Rice (Hawaii Only)	180	0	0	0	0	0	40	0	--	3

OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR BUFFALO CHIPS

American Cheese	140	11	7	0	40	590	2	0	1	6
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
Bleu Cheese Crumbles	160	12	8	0	30	470	1	0	0	9
Pepper Jack Cheese	160	13	8	0	40	280	1	0	0	10
Hatch Chile con Queso	100	7	4	0	25	470	4	0	2	5
Swiss Cheese	170	13	8	0	40	80	1	0	0	11
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
Chili	110	6	2.5	0	20	350	5	2	2	8
Bacon	60	4	1.5	0	20	210	0	0	0	5

TENDERS & MAC Tenders are listed without french fries; see Sides & Substitutions for more nutrition information. Naked Tenders are seasoned with salt and pepper, then grilled.

Buffalo Mac & Cheese	1320	76	32	2.5	155	3130	110	9	4	47
Add Buffalo Sauce: Mild, Medium, or Hot	60-90	6-9	1-1.5	0	0-10	1790-2200	3-4	0-1	0	1
Crispy Tenders - 4 ea. or 6 ea.	580/870	29/44	12/18	2/2.5	105/160	1420/2130	43/64	3/4	0	37/55
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Naked Tenders - 4 ea. or 6 ea.	190/280	1.5/2	0/0.5	0	120/180	1270/1910	0	0	0	43/65
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4

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

Buffalo Chicken Salad with Buffalo Bleu Cheese Dressing	1010	61	18	1.5	95	3060	80	9	9	33
Add Buffalo Sauce: Mild, Medium, or Hot	60-90	6-9	1-1.5	0	0-10	1790-2200	3-4	0-1	0	1
Caesar Side Salad with Light Caesar Dressing	330	21	4.5	0	65	1030	30	3	4	8
Chicken Caesar Salad with Light Caesar Dressing	650	31	7	0	70	2330	51	5	6	47
Garden Salad with Lemon Vinaigrette	570	33	7	0	10	1610	54	8	12	14
Add Blackened Chicken	140	3	1	0	105	1070	1	1	0	26
Add Grilled Chicken	140	3	1	0	115	520	1	1	0	28
Add Crispy Tenders	440	22	9	1.5	80	1060	32	2	0	28
Add Signature Sauce - 1 fl oz	30-150	0-15	0-3	0	0-10	330-1170	1-21	0-1	0-19	0-2
Garden Side Salad with Lemon Vinaigrette	380	25	5	0	5	1050	29	4	7	7
Honey BBQ Chicken Salad with Honey BBQ Ranch Dressing	1040	59	16	1	50	3570	71	6	38	54
Santa Fe Salad with Cilantro Lime Ranch Dressing and Soft Tortillas	1080	63	15	1	35	2570	76	14	15	53

DRESSINGS

BBQ Ranch Dressing - 2 fl oz	300	31	4.5	0	5	540	5	0	4	1
Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	0	2	2
Buffalo Bleu Cheese Dressing - 2 fl oz	260	27	5	0	30	960	3	0	1	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
Lemon Vinaigrette - 2 fl oz	180	18	2.5	0	0	490	3	0	3	0
Light Caesar Dressing - 2 fl oz	160	14	2	0	60	520	10	0	2	2
Light French Dressing - 2 fl oz	180	11	1.5	0	0	620	19	1	16	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

SWEETS

Cheesecake Bites with Caramel or Chocolate Sauce	480/530	18/19	9/10	1	60/55	460	73/87	2	38/55	5/6
Chocolate Fudge Cake	690	29	14	0	65	360	102	1	85	8
Loaded Ice Cream	490	21	11	1	45	410	71	1	47	6
Mini Chocolate Fudge Cake	320	11	4.5	0	15	170	56	1	48	3

KIDS

Step 1: Choose an Entrée

Boneless Wings	360	19	7	1	50	990	30	2	0	19
Add Signature Sauce	30-150	0-15	0-3	0	0-10	330-1170	1-21	0-1	0-19	0-2
Cheeseburger	470	25	11	1.5	70	930	34	2	5	27
Crispy Tenders	440	22	9	1.5	80	1060	32	2	0	28
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Hamburger	400	19	8	1	50	640	33	2	4	23
Mac & Cheese	540	28	17	1	75	1130	52	4	1	19
Mini Corn Dogs	310	20	7	1	45	600	24	2	6	8
Naked Tenders	160	1	0	0	0	1140	0	0	0	37
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Traditional Wings	290	16	5	0	145	105	0	0	0	35
Add Signature Sauce	15-80	0-7	0-1.5	0	0-5	160-580	1-10	0	0-10	0-1

Step 2: Choose a Side

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

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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)
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Step 3: Choose a Beverage (Nutritional values for soda and juices are based on standardized ice fill)										
Lowfat White Milk	90	0	0	0	5	120	11	0	11	7
Lowfat Chocolate Milk	150	2.5	2	0	10	170	25	0.51	23	7
Apple Juice	80	0	0	0	0	15	18	0	18	0
Grapefruit Juice	60	0	0	0	0	30	13	0	11	1
Orange Juice	70	0	0	0	0	50	20	0	20	1
Pineapple Juice	80	0	0	0	0	10	19	0.3	18	1
Diet Pepsi	0	0	0	0	0	20	0	0	0	0
Dr Pepper	60	0	0	0	0	30	17	0	16	0
Lemonade	80	0	0	0	0	15	19	0	18	0
Sierra Mist	60	0	0	0	0	20	16	0	16	0
Mountain Dew	70	0	0	0	0	30	18	0	18	0
Mug Root Beer	60	0	0	0	0	25	16	0	16	0
Pepsi	60	0	0	0	0	20	17	0	17	0

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

Step 1: Choose an Entrée

Traditional Wings - Snack	360	20	7	0	180	135	0	0	0	44
Add Signature Sauce or Seasoning	5-150	0-15	0-3	0	0-10	250-1170	1-21	0-1	0-19	0-2
Traditional Wings - Small	650	37	12	1	325	240	0	0	0	79
Add Signature Sauce or Seasoning	5-230	0-22	0-4	0	0-20	330-1750	1-31	0-1	0-29	0-3
Boneless Wings - Snack	730	38	15	2	105	1990	60	4	0	38
Add Signature Sauce or Seasoning	5-230	0-22	0-4	0	0-20	250-1750	1-31	0-1	0-29	0-3
Boneless Wings - Small	1090	57	22	3	155	2980	90	6	0	57
Add Signature Sauce or Seasoning	5-300	0-30	0-6	0	0-25	330-2340	1-41	0-1	0-38	0-4
All-American Cheeseburger - Double	840	53	22	2.5	145	2040	38	3	7	48
All-American Cheeseburger - Single	550	31	12	1.5	75	1430	37	3	7	27
Add Grilled Onions	10	0	0	0	0	85	3	1	2	0
Add Thick-Cut Bacon	100	8	3	0	15	370	0	0	0	8
Add Avocado	90	8	1	0	0	0	5	4	0	1
Chicken Buffalo	250	10	5	0	25	780	18	1	3	22
Add Signature Sauce - 1 fl oz	30-150	0-15	0-3	0	0-10	330-1170	1-21	0-1	0-19	0-2
Classic Chicken Wrap with Grilled or Crispy Chicken	560/720	19/31	8/13	0/1.5	30/80	1800/1770	55/76	2/4	5	46/34
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Garden Side Salad with Lemon Vinaigrette	380	25	5	0	5	1050	29	4	7	7
Add Blackened Chicken	60	1.5	0	0	50	500	1	0	0	12
Add Grilled Chicken	70	1	0	0	0	370	0	0	0	15
Add Crispy Tenders	290	15	6	1	55	710	21	1	0	18
Add Signature Sauce	15-80	0-7	0-1.5	0	0-5	160-580	1-10	0	0-10	0-1
Honey BBQ Chicken Salad with Honey BBQ Ranch Dressing	670	45	10	0.5	30	1880	38	3	21	26
Naked or Crispy Tenders	190/580	1.5/29	0/12	0-2	120/105	1270/1420	0/43	0/3	0	43/37
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Southwest Philly Cheesesteak	720	36	14	1.5	85	2090	49	3	9	49
Street Tacos	570	37	7	0.5	20	2270	28	2	5	36

Step 2: Choose a Side

Buffalo Chips	290	14	6	0.5	10	590	38	5	0	4
Caesar Side Salad with Light Caesar Dressing	330	21	4.5	0	65	1030	30	3	4	8
Chili	410	25	12	0	85	1260	18	5	5	27
Chips and Salsa	520	22	9	1	15	860	72	8	3	8
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Garden Side Salad with Lemon Vinaigrette	380	25	5	0	5	1050	29	4	7	7
Potato Wedges	370	19	8	1	15	1030	45	6	1	6

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Add-Ons										
Traditional Wings (at least 3)	220	12	4	0	110	80	0	0	0	26
Add Signature Sauce	30-150	0-15	0-3	0	0-10	330-1170	1-21	0-1	0-19	0-2
Boneless Wings (at least 4)	360	19	7	1	50	990	30	2	0	19
Add Signature Sauce	30-150	0-15	0-3	0	0-10	330-1170	1-21	0-1	0-19	0-2
Lemonades & Limeades	200-220	0	0	0	0	20-30	48-56	1	44-51	0
Sodas	0-120	0	0	0	0	25-50	0-30	0	0-30	0

B-DUBS EXPRESS EXCLUSIVES

Hatch Chile Queso Dip with Chips	1070	56	27	2.5	95	2160	116	11	7	26
Chips and Salsa	860	38	15	1.5	25	1840	117	13	7	13
Grilled Chicken Tender Sandwich	430-450	10-12	6	0	20-25	2010-2160	37-38	3	6-7	47-49
Entree House Salad	580	46	11	1	35	1000	31	6	8	12
Add Crispy Chicken	360	19	7	1	50	990	30	2	0	19
Add Grilled Chicken	160	1	0	0	0	1140	0	0	0	37
Buffalo Mac & Cheese	1150	68	30	2.5	155	2500	90	7	2	43
Add Buffalo Sauce: Mild, Medium, or Hot	60-90	6-9	1-1.5	0	0-10	1790-2200	3-4	0-1	0	1
Side House Salad with Ranch Dressing	450	40	8	0.5	20	760	17	3	5	7
Lunch Combo: Cheeseburger and Fries	960	42	17	2	85	2160	115	9	7	31
Lunch Combo: Chicken Sandwich and Fries	850-870	21-23	10-11	0.5-1	30-35	2740-2890	115	9	7	50-52
Lunch Combo: Four Naked Tenders and Fries	630	12	5	0.5	10	2260	78	6	0	53
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Lunch Combo: Four Crispy Tenders and Fries	1000	40	16	2.5	115	2150	120	9	0	40
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Lunch Side: Chips and Salsa	530	24	9	1	15	1020	73	8	3	8
Diet Pepsi - Medium/Large	0	0	0	0	0	60/95	0	0	0	0
Dr. Pepper - Medium/Large	250/400	0	0	0	0	100/160	66/106	0	64/102	0
Lemonade - Medium/Large	300/480	0	0	0	0	40/60	75/120	0	70/112	0
Sierra Mist - Medium/Large	240/380	0	0	0	0	55/90	65/104	0	65/104	0
Mountain Dew - Medium/Large	280/440	0	0	0	0	100/160	74/118	0	74/118	0
Mug Root Beer - Medium/Large	250/400	0	0	0	0	100/160	68/109	0	68/109	0
Pepsi Cola - Medium/Large	250/400	0	0	0	0	55/90	69/110	0	69/110	0
Iced Tea	5	0	0	0	0	0	2	0	0	0
Party Menu: Chips and Salsa	1810	78	30	3.5	50	4930	247	29	21	29
Party Menu: Hatch Chile Queso Dip with Chips	2730	156	78	6	340	7110	254	23	26	84

BREAKFAST At participating locations only

Breakfast Club Sandwich	1290	87	34	1.5	390	2580	88	7	8	44
Breakfast Quesadilla with Bacon or Sausage	1140/1480	84/91	36/38	2.5	495/505	4080/3650	110/115	10	10	62/52
Biscuit Sandwich	970-1120	53-71	24-29	1-1.5	235-260	3120-3340	92-98	9	10-11	28/32
Breakfast Platter with Bacon or Sausage	1070/1340	60/90	25/34	1	415/465	3570/3440	93/104	9	11	41/37
Breakfast Wrap	1340-1570	77-96	26-32	2-3	615-650	4140-4640	116-137	11-12	14	45-49
Chicken & Waffles	1430	64	30	3	140	2120	180	2	84	33
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Chicken & Waffles (Atlanta Airport Only)	1210	41	14	1.5	80	2830	178	4	65	34
Add Signature Sauce - 2 fl oz	60-300	0-30	0-6	0	0-25	660-2340	3-41	0-1	0-38	0-4
Omelet	850-1290	50-99	20-33	1.5-2	605-715	2550-4130	61-67	8-9	9	37-58
Chili & Rice (Hawaii Only)	580	21	10	0	65	860	69	5	5	26

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BEVERAGES										
LEMONADES & LIMEADES										
Black Cherry Limeade	220	0	0	0	0	20	56	1	51	0
Blueberry Mint Lemonade	200	0	0	0	0	30	50	1	46	0
Strawberry Lemonade	190	0	0	0	0	30	48	1	44	0
RED BULL										
Red Bull Energy Drink	110	0	0	0	0	100	28	0	27	1
Red Bull Sugargree	10	0	0	0	0	100	3	0	0	1
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
Iced Tea	0	0	0	0	0	10	1	0	0	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
COCKTAILS										
Hendrick's Gin and Tonic	150	0	0	0	0	10	11	0	9	0
Mojito	190	0	0	0	0	15	26	1	23	0
Moscow Mule	180	0	0	0	0	10	12	0	11	0
Old Fashioned	230	0	0	0	0	0	20	0	19	0
House Margarita	270	0	0	0	0	800	35	1	28	0
Platinum Margarita	260	0	0	0	0	0	33	2	26	0
Twisted Margarita	390	0	0	0	0	10	66	2	60	1
Spicy Passion Fruit Margarita	290	0	0	0	0	50	40	2	34	0
Tee Time	180	0	0	0	0	15	21	0	20	0
Black Cherry Bourbon Smash	240	0	0	0	0	0	19	0	18	0
Red Sangria	270	0	0	0	0	10	43	1	37	0
B-Dubs Bloody Mary	150	2	0	0	0	1680	9	3	4	2
Strawberry Kick Coronarita	310	0	0	0	0	10	39	1	26	1
Knockout Punch	360	0	0	0	0	40	57	1	53	0
Top Shelf Long Island Iced Tea	290	0	0	0	0	60	35	0	33	0
Buffalo Zoo	240	0	0	0	0	20	30	0	26	1
Hurricane	300	0	0	0	0	25	43	1	41	1
Frozen Blue Hawaiian	380	8	6	0	10	20	50	1	45	2
Scorpion	240	0	0	0	0	35	29	0	27	1

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)
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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.