

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14

	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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**BONELESS WINGS** Nutritional values below reflect boneless wings and the sauces or dry 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.

<b>6 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	360	19	7	1	85	1260	20	1	0	29
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**SIGNATURE SAUCES**

Asian Zing®	130	0	0	0	0	860	31	1	29	1
Blazin® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Hot	70	6	1	0	0	1650	3	1	0	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1010	3	1	1	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken w/ 1 ea Fortune Cookie	130	0	0	0	0	770	26	0	21	1
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Smoky Adobo	35	0	0	0	0	840	8	0	4	0
Spicy Garlic	70	6	1	0	10	1700	3	0	0	1
Sweet BBQ	70	0	0	0	0	840	17	1	13	1
Teriyaki	100	0	0	0	0	1090	22	0	18	3
Thai Curry	220	22	4	0	15	1350	6	1	3	1
Wild®	70	6	1	0	0	1280	4	1	1	0

**DRY 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

<b>10 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	610	31	12	2	140	2090	34	1	1	48
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**SIGNATURE SAUCES**

Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
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
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken w/ 1 ea Fortune Cookie	160	0	0	0	0	1020	34	0	27	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2

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Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
<b>DRY SEASONINGS</b>										
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
<b>15 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>910</b>	<b>46</b>	<b>18</b>	<b>3</b>	<b>215</b>	<b>3140</b>	<b>51</b>	<b>2</b>	<b>1</b>	<b>72</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
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
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	530	57	9	1	0	2070	5	1	1	0
Mango Habanero™	220	15	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken w/ 2 ea Fortune Cookies	260	0.5	0	0	0	1530	53	1	49	2
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1
<b>DRY SEASONINGS</b>										
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
<b>20 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1210</b>	<b>62</b>	<b>24</b>	<b>4</b>	<b>285</b>	<b>4190</b>	<b>68</b>	<b>2</b>	<b>1</b>	<b>96</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1

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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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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
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken w/ 2 ea Fortune Cookies	320	0.5	0	0	0	2050	67	1	55	2
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Garlic	520	50	9	1	45	2500	12	2	5	5
Smoky Adobo	100	1	0	0	0	2230	22	1	12	1
Spicy Garlic	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1
<b>DRY SEASONINGS</b>										
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
<b>30 COUNT BONELESS WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1820</b>	<b>93</b>	<b>36</b>	<b>6</b>	<b>425</b>	<b>6280</b>	<b>102</b>	<b>4</b>	<b>2</b>	<b>144</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	520	15	0	0	0	3440	124	3	115	2
Blazin® Carolina Reaper	230	17	2.5	0	0	2720	18	5	7	2
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
Jammin' Jalapeño	540	0	0	0	0	4080	120	0	96	0
Lemon Pepper	1070	114	18	1.5	0	4140	10	3	2	1
Mango Habanero™	450	3	0	0	0	2610	106	3	79	1
Medium	190	17	3	0	35	6520	8	1	0	2
Mild	290	28	4.5	0	35	5540	8	1	0	2
Nashville Hot w/ Pickles	240	19	7	0	15	3740	16	3	7	2
Orange Chicken w/ 2 ea Fortune Cookies	440	1	0	0	0	3070	97	1	80	3
Original Buffalo	670	71	14	1	0	5930	7	1	0	1
Parmesan Garlic	770	75	14	1	70	3750	18	2	7	7
Smoky Adobo	150	1	0	0	0	3350	33	2	18	2
Spicy Garlic	270	24	4	0	45	6800	11	1	0	3
Sweet BBQ	290	0.5	0	0	0	3350	70	3	51	2
Teriyaki	400	0	0	0	0	4350	90	2	71	11
Thai Curry	880	86	16	1	50	5410	23	4	13	4
Wild®	290	25	4	0	0	5120	15	2	5	2

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	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
<b>DRY SEASONINGS</b>										
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
<b>TRADITIONAL WINGS</b> 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.										
<b>6 COUNT TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	430	24	8	0.5	215	160	0	0	0	53
<b>SIGNATURE SAUCES</b>										
Asian Zing®	90	0	0	0	0	570	21	0	19	0
Blazin'® Carolina Reaper	40	3	0	0	0	450	3	1	1	0
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
Jammin' Jalapeño	90	0	0	0	0	680	20	0	16	0
Lemon Pepper	180	19	3	0	0	690	2	0	0	0
Mango Habanero™	70	0.5	0	0	0	430	18	0	13	0
Medium	30	3	0	0	5	1090	1	0	0	0
Mild	50	4.5	1	0	5	920	1	0	0	0
Nashville Hot w/ Pickles	40	3	1	0	5	790	3	0	1	0
Orange Chicken w/ 1 ea Fortune Cookie	100	0	0	0	0	510	19	0	15	1
Original Buffalo	110	12	2.5	0	0	990	1	0	0	0
Parmesan Garlic	130	13	2.5	0	10	630	3	0	1	1
Smoky Adobo	25	0	0	0	0	560	5	0	3	0
Spicy Garlic	45	4	0.5	0	5	1130	2	0	0	0
Sweet BBQ	50	0	0	0	0	560	12	1	8	0
Teriyaki	70	0	0	0	0	720	15	0	12	2
Thai Curry	150	14	2.5	0	10	900	4	1	2	1
Wild®	50	4	0.5	0	0	850	3	0	1	0
<b>DRY SEASONINGS</b>										
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
<b>10 COUNT TRADITIONAL WINGS</b> , add Signature Sauce or Dry Seasoning	720	41	13	1	360	270	0	0	0	88
<b>SIGNATURE SAUCES</b>										
Asian Zing®	130	0	0	0	0	860	31	1	29	1
Blazin'® Carolina Reaper	60	4.5	0.5	0	0	680	5	1	2	1
Caribbean Jerk	110	4	0.5	0	0	490	19	1	17	0
Honey BBQ	100	0	0	0	0	620	25	0	21	0
Hot	70	6	1	0	0	1650	3	1	0	1
Jammin' Jalapeño	130	0	0	0	0	1020	30	0	24	0
Lemon Pepper	270	28	4.5	0	0	1060	3	1	1	0
Mango Habanero™	110	1	0	0	0	650	26	1	20	0
Medium	50	4	0.5	0	10	1630	2	0	0	0
Mild	70	7	1	0	10	1390	2	0	0	0
Nashville Hot w/ Pickles	60	5	2	0	5	1090	4	1	2	1
Orange Chicken w/ 1 ea Fortune Cookie	130	0	0	0	0	770	26	0	21	1
Original Buffalo	170	18	3.5	0	0	1480	2	0	0	0
Parmesan Garlic	190	19	3.5	0	20	940	5	1	2	2
Smoky Adobo	35	0	0	0	0	840	8	0	4	0

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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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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
<b>DRY SEASONINGS</b>										
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
<b>15 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1080</b>	<b>61</b>	<b>20</b>	<b>1.5</b>	<b>540</b>	<b>400</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>132</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper	80	6	1	0	0	910	6	2	2	1
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
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1430	4	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	0
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken w/ 2 ea Fortune Cookies	190	0	0	0	0	1020	38	0	29	1
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic	260	25	4.5	0	25	1250	6	1	2	2
Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	4
Thai Curry	290	29	5	0	15	1800	8	1	4	1
Wild®	100	8	1.5	0	0	1710	5	1	2	1
<b>DRY SEASONINGS</b>										
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
<b>20 COUNT TRADITIONAL WINGS, add Signature Sauce or Dry Seasoning</b>	<b>1440</b>	<b>82</b>	<b>27</b>	<b>2</b>	<b>720</b>	<b>530</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>177</b>
<b>SIGNATURE SAUCES</b>										
Asian Zing®	220	0.5	0	0	0	1430	52	1	48	1
Blazin® Carolina Reaper	120	9	1.5	0	0	1360	9	3	3	1
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
Jammin' Jalapeño	220	0	0	0	0	1700	50	0	40	0
Lemon Pepper	530	57	9	1	0	2120	5	2	1	1
Mango Habanero™	190	1.5	0	0	0	1090	44	1	33	1
Medium	80	7	1	0	15	2720	3	0	0	1
Mild	120	12	2	0	15	2310	3	0	0	1
Nashville Hot w/ Pickles	120	10	3.5	0	10	1970	8	1	4	1
Orange Chicken w/ 2 ea Fortune Cookies	260	0.5	0	0	0	1530	53	1	49	2
Original Buffalo	280	30	6	0	0	2470	3	0	0	1

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Parmesan Garlic	320	31	6	0.5	30	1560	8	1	3	3
Smoky Adobo	60	0.5	0	0	0	1390	14	1	7	1
Spicy Garlic	110	10	1.5	0	20	2830	5	0	0	1
Sweet BBQ	120	0	0	0	0	1400	29	1	21	1
Teriyaki	170	0	0	0	0	1810	37	1	30	5
Thai Curry	360	36	7	0.5	20	2250	9	2	5	2
Wild®	120	10	1.5	0	0	2130	6	1	2	1

**DRY 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
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**SIGNATURE SAUCES**

Asian Zing®	260	0.5	0	0	0	1720	62	1	57	1
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
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
Jammin' Jalapeño	270	0	0	0	0	2040	60	0	48	0
Lemon Pepper	710	76	12	1	0	2860	7	2	1	1
Mango Habanero™	220	1.5	0	0	0	1300	53	1	40	1
Medium	100	8	1.5	0	20	3260	4	0	0	1
Mild	150	14	2.5	0	15	2770	4	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken w/ 4 ea Fortune Cookies	390	0.5	0	0	0	2050	75	1	59	2
Original Buffalo	330	36	7	0	0	2960	3	0	0	1
Parmesan Garlic	390	38	7	0.5	35	1880	9	1	3	3
Smoky Adobo	70	0.5	0	0	0	1670	16	1	9	1
Spicy Garlic	140	12	2	0	20	3400	6	0	0	1
Sweet BBQ	150	0	0	0	0	1680	35	2	25	1
Teriyaki	200	0	0	0	0	2170	45	1	35	6
Thai Curry	440	43	8	0.5	25	2710	11	2	7	2
Wild®	150	12	2	0	0	2560	8	1	3	1

**DRY 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

**NEW CAULIFLOWER WINGS** Nutritional values below reflect cauliflower wings and the sauces and 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 nutrition information.

<b>SMALL CAULIFLOWER WINGS</b> , add Signature Sauce or Dry Seasoning	440	22	9	1.5	35	510	52	7	5	177
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**SIGNATURE SAUCES**

Asian Zing®	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper	80	6	1	0	0	910	6	2	2	2
Caribbean Jerk	150	5	1	0	0	660	26	1	23	1
Honey BBQ	140	0	0	0	0	830	34	0	28	1
Hot	90	8	1.5	0	0	2200	4	1	0	1
Jammin' Jalapeño	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™	150	1	0	0	0	870	35	1	26	1
Medium	60	6	1	0	10	2170	3	0	0	1
Mild	100	9	1.5	0	10	1850	3	0	0	1

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Nashville Hot w/ Pickles	80	6	2.5	0	5	1380	5	1	2	1
Orange Chicken w/ 1 ea Fortune Cookie	160	0	0	0	0	1020	34	0	27	0
Original Buffalo	220	24	4.5	0	0	1980	2	0	0	1
Parmesan Cheese	260	25	4.5	0	25	1250	6	1	2	3
Smoky Adobo	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ	100	0	0	0	0	1120	23	1	17	1
Teriyaki	130	0	0	0	0	1450	30	1	24	6
Thai Curry	290	29	5	0	15	1800	8	1	4	2
Wild®	100	8	1.5	0	0	1710	5	1	2	1
<b>DRY SEASONINGS</b>										
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	340	2	0	1	1
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
<b>LARGE CAULIFLOWER WINGS, add Signature Sauce or Dry Seasoning</b>	870	45	18	3	65	1030	104	14	10	12
<b>SIGNATURE SAUCES</b>										
Asian Zing®	340	1	0	0	0	2290	83	2	77	2
Blazin® Carolina Reaper	160	11	2	0	0	1810	12	3	5	1
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
Jammin' Jalapeño	360	0	0	0	0	2720	80	0	64	0
Lemon Pepper	710	76	12	1	0	2760	7	2	1	1
Mango Habanero™	300	2	0	0	0	1740	70	2	53	1
Medium	130	11	2	0	25	4350	5	0	0	1
Mild	200	19	3	0	25	3700	5	0	0	1
Nashville Hot w/ Pickles	160	13	5	0	10	2760	11	2	5	1
Orange Chicken w/ 2 ea Fortune Cookies	320	0.5	0	0	0	2050	67	1	55	2
Original Buffalo	450	47	9	0.5	0	3950	4	1	0	1
Parmesan Cheese	520	50	9	1	45	2500	12	2	5	5
Spicy Garlic	100	1	0	0	0	2230	22	1	12	1
Smoky Adobo	180	16	3	0	30	4530	8	1	0	2
Sweet BBQ	190	0	0	0	0	2230	46	2	34	1
Teriyaki	270	0	0	0	0	2900	60	1	47	8
Thai Curry	580	58	11	1	35	3610	15	2	9	3
Wild®	190	17	2.5	0	0	3410	10	2	3	1
<b>DRY SEASONINGS</b>										
Buffalo Seasoning	10	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	1	0	0	0	590	4	1	1	0
Lemon Pepper Seasoning	10	0	0	0	0	680	2	1	0	0
Salt & Vinegar Seasoning	10	0	0	0	0	1250	2	0	1	0
<b>COMBO &amp; ACCOMPANIMENTS</b> All wings are served with celery, carrots, bleu cheese or ranch dressing. 6 and 10 counts and combos are served with 1 serving carrots/celery and 2 fluid ounces of dressing, 15 and 20 counts are served with 2 servings carrots/celery and 4 fluid ounces of dressing, 30 count is served with 3 servings carrots/celery and 6 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
Carrots	50	0	0	0	0	90	11	3	7	1
Celery Sticks	15	0	0	0	0	75	3	2	1	1
Carrot & Celery Sticks	35	0	0	0	0	90	8	2	5	1
Bleu Cheese Dressing - 2 fl oz	280	29	6	0	35	550	2	0	2	2
Ranch Dressing - 2 fl oz	320	34	5	0.5	10	510	2	0	2	1
Fortune Cookie	35	0	0	0	0	0	4	0	2	0

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\* NUTRITION ABBREVIATION KEY ON PAGE 14

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

## SAUCES & SEASONINGS

SIGNATURE SAUCES										
Asian Zing® - 2 fl oz	170	0	0	0	0	1150	41	1	38	1
Blazin® Carolina Reaper - 2 fl oz	80	6	1	0	0	910	6	2	2	1
Caribbean Jerk - 2 fl oz	150	5	1	0	0	660	26	1	23	1
Honey BBQ - 2 fl oz	140	0	0	0	0	830	34	0	28	0
Hot - 2 fl oz	90	8	1.5	0	0	2200	4	1	0	1
Jammin' Jalapeño - 2 fl oz	180	0	0	0	0	1360	40	0	32	0
Lemon Pepper - 2 fl oz	360	38	6	0.5	0	1380	3	1	1	0
Mango Habanero™ - 2 fl oz	150	1	0	0	0	870	35	1	26	0
Medium - 2 fl oz	60	6	1	0	10	2170	3	0	0	1
Mild - 2 fl oz	100	9	1.5	0	10	1850	3	0	0	1
Nashville Hot - 2 fl oz	80	6	2.5	0	5	1180	5	1	2	1
Orange Chicken - 2 fl oz	160	0	0	0	0	1020	34	0	27	1
Original Buffalo - 2 fl oz	220	24	4.5	0	0	1980	2	0	0	0
Parmesan Garlic - 2 fl oz	260	25	4.5	0	25	1250	6	1	2	2
Smoky Adobo - 2 fl oz	50	0	0	0	0	1120	11	1	6	1
Spicy Garlic - 2 fl oz	90	8	1.5	0	15	2270	4	0	0	1
Sweet BBQ - 2 fl oz	100	0	0	0	0	1120	23	1	17	1
Teriyaki - 2 fl oz	130	0	0	0	0	1450	30	1	24	4
Thai Curry - 2 fl oz	290	29	5	0	15	1800	8	1	4	1
Wild® - 2 fl oz	100	8	1.5	0	0	1710	5	1	2	1
DRY 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

<b>NEW</b> Asian Zing® Cauliflower Wings	930	57	14	2	40	2210	96	8	45	8
Buffalo Mac & Cheese	1090	67	28	2	175	4520	76	6	2	44
Cheddar Cheese Curds, with Southwestern Ranch Dressing	1490	119	55	5	255	3370	43	4	5	63
Chicken Quesadilla	1030	59	27	1.5	180	2880	67	4	10	59
Chili con Queso with Chips	1220	65	30	2.5	125	2710	124	13	10	36
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
Dirty Dubs Tots	1890	120	53	7	195	4150	156	17	14	45
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	68	20	2.5	45	3830	65	7	2	9
Hatch Queso with Chips	1110	59	28	2.5	105	2370	119	11	8	28
Make it Wild	25	2	0	0	0	430	1	0	0	0
House Sampler	2540	150	58	6	285	6870	210	18	29	89
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	50-360	0-38	0-6	0-0.5	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
Street Tacos	570	36	7	0.5	80	2280	29	2	5	33
Ultimate Nachos	1760	95	46	4	180	3900	181	18	15	48
Add Chili	440	24	10	0	80	1380	21	6	6	30
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



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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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OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS										
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
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.

All-American Cheeseburger	820	53	22	2.5	145	2040	38	3	7	48
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
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
Bleu Cheese Crumbles	50	4	3	0	10	160	0	0	0	3
Cheddar Cheese	90	7	4	0	20	140	1	0	0	5
Pepper Jack Cheese	80	6	4	0	20	140	0	0	0	5
Swiss Cheese	80	7	4	0	20	40	0	0	0	6
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.

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	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
Grilled Chicken Buffalo Tacos	490	20	10	0.5	110	1600	37	2	5	41
Add Signature Sauce - 2 fl oz	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
Grilled Chicken Club Sandwich	740	47	13	0	100	1560	41	5	7	43
Nashville Hot Chicken Sandwich	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
Smoked Brisket Sandwich	650	32	13	3	130	1770	47	4	12	43
Southern Chicken Sandwich	870	54	17	1.5	95	1910	58	4	7	38
Southwest Philly Cheesesteak Sandwich	680	27	11	1	90	2250	59	3	11	51

**TENDERS** All tenders are listed without french fries unless otherwise noted; see Sides and Substitutions for more nutrition information.

3 / 5 count Hand-Breaded Chicken Tenders	490 / 820	24 / 40	9 / 16	1.5 / 2	110 / 185	1490 / 2480	34 / 56	2 / 3	0	35 / 58
3 / 5 count Naked Chicken Tenders	160 / 260	1 / 2	0 / 0.5	0	0	1140 / 1910	0	0	0	37 / 61
Add Signature Sauce - 2 fl oz	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	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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## SIDES & SUBSTITUTIONS

Carrots & Celery, with Fat Free Ranch Dressing	110	0.5	0	0	0	720	26	5	13	3
Cheddar Cheese Curds, with Southwestern Ranch Dressing	920	78	30	2.5	135	2080	22	2	3	32
French Fries, Regular / Large	420 / 840	11 / 22	4.5 / 9	0.5 / 1.5	10 / 20	730 / 1460	78 / 155	6 / 11	0	4 / 7
Garden Side Salad, with White Wine Vinaigrette	270	24	4	0	5	880	9	2	4	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, Regular / Large	370 / 750	19 / 38	8 / 17	1 / 2	15 / 30	1030 / 2060	45 / 90	6 / 12	1	6 / 12
Rice (Hawaii only)	180	0	0	0	0	0	40	0	0	3
Slaw	100	8	1	0	0	320	4	1	2	1
Tots, Regular / Large	620 / 1240	40 / 80	17 / 34	2.5 / 4.5	30 / 60	980 / 1950	60 / 120	7 / 14	0 / 1	5 / 10

## OPTIONAL TOPPINGS FOR FRENCH FRIES, POTATO WEDGES, OR TOTS (REGULAR / LARGE)

Cheddar Jack Cheese	110 / 220	9 / 17	5 / 10	0 / 0.5	25 / 55	170 / 350	1 / 2	0	0	7 / 13
Hatch Queso	110 / 220	8 / 16	4.5 / 9	0 / 0.5	25 / 55	520 / 1030	4 / 8	0	2 / 5	6 / 12
Chili	110	6	2.5	0	20	350	5	2	2	8
Bacon	60 / 120	4 / 8	1.5 / 3	0	20 / 35	210 / 430	0 / 1	0	0	5 / 9
Buffalo Seasoning	5	0	0	0	0	240 / 480	1	0	0	0
Chipotle BBQ Seasoning	5	0	0	0	0	180 / 360	1	0	0 / 1	0
Desert Heat® Seasoning	5	0	0	0	0	125 / 250	1	0	0 / 1	0
Lemon Pepper Seasoning	0 / 5	0	0	0	0	150 / 290	0 / 1	0	0	0
Salt & Vinegar Seasoning	0 / 5	0	0	0	0	270 / 540	0 / 1	0	0	0

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

Buffalo Wedge Salad with Hand-Breaded Chicken and Ranch Dressing	800	66	17	1.5	125	2860	25	6	7	28
Chicken Caesar Salad with Caesar Dressing	780	59	12	0	95	2700	30	5	6	33
Chopped Cobb Salad with Ranch Dressing	860	69	15	1	290	2260	14	5	7	48
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
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

## 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	25-180	0-19	0-3	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
Add Signature Sauce - 2 fl oz	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
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	15-90	0-9	0-1.5	0	0-5	165-575	1-11	0-1	0-10	0-1

## SIDES

Carrots	50	0	0	0	0	90	11	3	7	1
French Fries	420	11	4.5	0.5	10	730	78	6	0	4
Mandarin Oranges	40	0	0	0	0	0	9	1	9	0

## SWEETS

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

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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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## B-DUBS EXPRESS EXCLUSIVES

Chili con Queso with Chips	1180	62	29	2.5	120	2500	121	12	8	34
Entree House Salad	410	39	8	0.5	20	610	10	4	5	6
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
House Side Salad	370	36	6	0.5	15	560	7	3	4	4

## 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	50-360	0-38	0-6	0-0.5	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	50-360	0-38	0-6	0-0.5	0-25	660-2300	2-41	0-1	0-38	0-4
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	50-360	0-38	0-6	0-0.5	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

## PARTY MENU

**WINGS & ACCOMPANIMENTS** Nutritional values below reflect wings and does not include the sauce they are hand-spun in. Each 50 wings served with your choice of 2 sauces (8 fl oz each). See below for more sauce nutrition information.

50 Count Boneless Wings	3030	155	60	9	710	10470	170	6	3	240
100 Count Boneless Wings	6070	310	120	19	1425	20950	340	12	6	479
150 Count Boneless Wings	9100	465	180	28	2135	31420	509	18	9	719
50 Count Traditional Wings	3600	204	67	4.5	1805	1340	0	0	0	442
100 Count Traditional Wings	7200	408	135	9	3605	2670	0	0	0	883
150 Count Traditional Wings	10800	612	202	14	5410	4010	0	0	0	1325
Cauliflower Wings	3480	180	73	12	265	4120	418	56	41	49

**ACCOMPANIMENTS** Each 50 wings are served with 1 serving of carrots and celery and 8 fl oz ranch or bleu cheese dressing.

Carrots and Celery Sticks	130	0	0	0	0	340	28	9	17	4
Bleu Cheese Dressing - 8 fl oz	1130	117	23	2	140	2190	9	1	7	8
Ranch Dressing - 8 fl oz	1270	136	21	2	30	2040	9	1	7	2
Fortune Cookies - 2 ea (2 ea per 50 wings)	70	0	0	0	0	0	8	0	4	0
Pickles - 6 ea (6 ea per 50 wings)	5	0	0	0	0	400	1	0	1	0

## SAUCES

Asian Zing® - 8 fl oz	690	1.5	0	0	0	4580	166	4	153	3
Blazin® Carolina Reaper - 8 fl oz	310	23	3.5	0	0	3620	24	7	9	3
Caribbean Jerk - 8 fl oz	600	21	4	0	0	2640	103	4	92	3
Honey BBQ - 8 fl oz	540	0.5	0	0	0	3310	134	2	110	2
Hot - 8 fl oz	370	32	5	0	0	8810	15	3	1	3
Jammin' Jalapeño - 8 fl oz	720	0	0	0	0	5440	160	0	128	0

# NUTRITION GUIDE



* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
Lemon Pepper - 8 fl oz	1420	152	24	2.5	0	5370	13	4	3	1
Mango Habanero™ - 8 fl oz	600	4.5	0.5	0	0	3470	141	3	105	2
Medium - 8 fl oz	260	22	4	0	45	8700	10	1	0	3
Mild - 8 fl oz	390	37	6	0.5	45	7390	11	1	0	2
Nashville Hot - 8 fl oz (see Pickles)	320	25	10	0	25	4720	21	4	9	2
Orange Chicken - 8 fl oz (see Fortune Cookie)	500	1.5	0	0	0	4090	119	1	102	4
Original Buffalo - 8 fl oz	890	95	18	1	0	7900	9	1	1	2
Parmesan Garlic - 8 fl oz	1030	101	19	1.5	95	5000	24	3	9	9
Smoky Adobo - 8 fl oz	200	1.5	0	0	0	4460	44	3	23	2
Spicy Garlic - 8 fl oz	370	32	6	0	55	9060	15	1	0	3
Sweet BBQ - 8 fl oz	390	0.5	0	0	0	4470	93	4	68	3
Teriyaki - 8 fl oz	540	0	0	0	0	5800	120	2	94	15
Thai Curry - 8 fl oz	1170	115	22	1.5	70	7220	30	5	18	5
Wild® - 8 fl oz	390	33	5	0	0	6820	20	3	7	3
<b>TENDERS &amp; MORE</b>										
Hand-Breaded Chicken Tenders (25 ea)	4100	200	78	11	920	12390	282	15	0	292
Add Signature Sauce - 8 fl oz	200-1420	0-152	0-24	0-2.5	0-95	2640-9180	9-166	0-6	0-153	0-15
Naked Chicken Tenders (25 ea)	1310	9	3	0	10	9530	0	0	0	307
Add Signature Sauce - 8 fl oz	200-1420	0-152	0-24	0-2.5	0-95	2640-9180	9-166	0-6	0-153	0-15
Tenders Combo (25 ea)	2760	109	42	6	485	11020	147	8	0	299
Add Signature Sauce - 8 fl oz	200-1420	0-152	0-24	0-2.5	0-95	2640-9180	9-166	0-6	0-153	0-15
Classic Grilled Chicken Wraps (6 ea)	3350	109	48	2.5	540	10970	334	14	30	260
Add Signature Sauce - 12 fl oz	300-2130	0-227	0-37	0-3.5	0-150	3960-13800	12-246	0-9	0-228	0-24
Classic Hand-Breaded Chicken Wraps (6 ea)	3550	147	63	5	380	9330	397	17	30	161
Add Signature Sauce - 12 fl oz	300-2130	0-227	0-37	0-3.5	0-150	3960-13800	12-246	0-9	0-228	0-24
<b>BAR FOOD</b>										
Everything Pretzel Knots, with Beer Cheese and Honey Mustard	2100	112	28	1	110	6550	224	9	36	46
Hatch Queso with Chips	2880	165	83	7	370	7950	265	24	32	92
Party Sampler	4420	306	96	11	265	12140	345	31	53	77
Southwest Platter	3490	210	80	5	600	10670	207	11	37	188
<b>SIDES</b>										
Baked Mac & Cheese	4690	295	136	8	630	9030	358	29	12	146
Caesar Salad with Caesar Dressing	1540	121	25	0	95	4060	83	9	13	29
Chips & Salsa	1770	71	29	3.5	50	4790	256	31	24	29
Potato Wedges	2240	113	50	7	95	6190	270	36	4	36
Add Bacon Bits	460	33	13	0	140	1700	4	1	1	37
Add Cheddar Jack Cheese	970	79	46	3	240	1560	8	1	1	59
Add Hatch Queso	440	32	18	1	110	2060	16	1	9	23
Slaw	560	44	6	0	0	1730	31	9	16	5
<b>SWEETS</b>										
Whole Cheesecake with Caramel Sauce	11110	738	433	32	3610	8070	923	16	740	193
Whole Chocolate Fudge Cake	7420	336	126	0	280	9100	1064	14	728	98
<b>BEVERAGES</b>										
<b>SPIRIT-FREE</b>										
Strawberry Fizz	190	0	0	0	0	100	49	1	4	0
Blueberry Mint Lemonade	200	0	0	0	0	30	50	1	46	0
Passionfruit Mojito	220	0	0	0	0	30	57	1	56	0
Strawberry Lemonade	190	0	0	0	0	30	48	1	44	0
<b>SODAS &amp; MORE</b> (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	100	0	0	0	0	40	26	0	26	0
Lemonade	120	0	0	0	0	25	30	0	28	0

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* NUTRITION ABBREVIATION KEY ON PAGE 14	CALS	FAT (G)	SAT FAT (G)	TRANS FAT (G)	CHOLEST (MG)	SODIUM (MG)	CARB (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)
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
<b>MIXERS</b>										
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
Red Bull	160	0	0	0	0	100	40	0	38	1
Red Bull Sugar Free	5	0	0	0	0	100	3	0	0	1
<b>COCKTAILS</b>										
B-Dubs Bloody Mary	150	1.5	0	0	0	1510	9	3	4	2
Berry Bash	190	0	0	0	0	35	18	0	17	0
Blue Hawaiian	260	2.5	2	0	0	0	35	1	31	0
Deep Eddy Crush	200	0	0	0	0	10	32	0	25	0
Down South Margarita	380	3	1.5	0	50	770	36	2	26	20
Hendrick's G+T	190	0	0	0	0	10	12	1	10	0
House Margarita	230	0	0	0	0	800	27	1	21	0
Lemon Tully	200	0	0	0	0	35	20	0	18	0
Mojito	200	0	0	0	0	15	27	1	23	0
Mezcal Mule	150	0	0	0	0	10	12	0	11	0
Moscow Mule	180	0	0	0	0	10	12	0	11	0
Old Fashioned	220	0	0	0	0	0	18	0	18	0
Old No. 7® Lemonade	220	0	0	0	0	35	26	0	24	0
Platinum Margarita	220	0	0	0	0	0	24	1	19	0
Red Sangria	270	0	0	0	0	10	43	1	37	0
Spicy Passionfruit Margarita	270	0	0	0	0	50	37	1	33	0
Top Shelf Long Island Ice Tea	290	0	0	0	0	60	35	0	33	0
<b>WINE</b>										
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
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
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
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
Josh Cellars, Cabernet Sauvignon - 6 fl oz	150	0	0	0	0	--	5	--	--	0
Josh Cellars, Cabernet Sauvignon - 9 fl oz	220	0	0	0	0	--	7	--	--	0
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
Pasmosa, Sangria	220	0	0	0	0	0	7	0	--	0
Prosecco	160	0	0	0	0	0	2	0	0	0

Due to the rotating nature of our beer menu, please visit [beerboard.com](http://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

# NUTRITION GUIDE



\* NUTRITION ABBREVIATION KEY ON PAGE 14      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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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.