



NUTRITION GUIDE

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.

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 US](#) page.

This guide is updated periodically; we suggest you check back each time you dine with us.

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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LIMITED TIME ONLY & FEATURED OFFERINGS

All limited time only items below are listed without french fries unless otherwise noted; see Sides & Substitutions for more nutrition information.

Smothered Steak Quesadilla		1110	610	68	34	2.5	190	2580	70	4	11	55
Over the Top Nachos, with Grilled Chicken or Shredded Pork	2470/2670	1080/1280	120/142	46/54	3.5/4	350/300	4880/4840	256/254	26/25	50	94/97	
BBQ Chicken Sandwich		710	310	35	12	0	150	2110	56	3	22	46
Monster Pulled Pork Cuban		1950	1110	124	33	1.5	200	5420	141	6	42	70
Tomato & Cucumber Salad		160	110	12	3.5	0	10	520	10	2	6	4
Build-Your-Own Platter												
Step 1: Choose your wing (see Snack Size wings for sauce and seasoning nutrition)												
Add Traditional Wings	4 ea.	290	150	16	5	0	145	110	0	0	0	36
Add Boneless Wings	6 ea.	500	230.26	26	10	1	60	1160	41	3.34	0	26
Step 2: Choose your side												
Add Fried Pickles		570	300	34	15	2	30	2580	60	3.04	1	6
Add Cheese Curds		590	390	43	26	1.5	80	1520	21	4.47	1	30
Add Onion Rings		630	320	35	15	2	30	860	74	5.97	11	6
Add Roasted Garlic Mushrooms		360	105	16	7	1	10	950	49	3.61	2	4
Add Mozzarella Sticks		400	180	20	11	1	5	1180	34	2.84	2	21
Add French Fries		330	140	15	7	1	10	940	44	3.85	0	4
Add Potato Wedges		370	170	19	8	1	15	1030	45	5.99	1	6
Add Buffalo Chips		290	120	14	6	0.5	10	590	38	4.99	0	4
Add Ultimate Nachos		570	249.67	28	12	1	35	1290	66	7.06	5	14
Step 3: Choose your sauce/dip												
Add Blue Cheese Dressing	1.5 fl. oz.	210	200	22	4.5	0	25	410	2	0.16	1	1
Add Ranch Dressing	1.5 fl. oz.	240	230	25	4	0	5	380	2	0.11	1	0
Add Southwestern Ranch Dressing	2 fl. oz.	330	320	35	5	0.5	15	760	2	0.31	1	1
Add Garlic Mustard Sauce	2 fl. oz.	390	380	42	7	0.5	35	250	4	0.1	1	1
Add Cool Heat	2 fl. oz.	430	420	46	7	0.5	35	200	5	0.19	2	1
Add BBQ Ranch	2 fl. oz.	300	280	31	4.5	0	5	540	5	0.19	4	1
Add Cajun Aioli	2 fl. oz.	410	390	43	7	0.5	35	490	5	0.29	1	1
Add Salsa	2 fl. oz.	25	10	0.5	0	0	0	340	4	1.05	2	1
Add Queso	2 fl. oz.	110	60	7	3.5	0	15	640	7	0.27	2	4
Add Marinara	2 fl. oz.	45	15	1.5	0	0	0	300	8	1.55	5	2
Salted Caramel BBQ Sauce	2 fl. oz.	140	5	0	0	0	0	690	34	0	27	1
Korean BBQ Sauce	2 fl. oz.	140	15	1.5	0	0	0	1290	29	1	22	2

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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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

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
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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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

TRADITIONAL 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		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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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
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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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COMBO & ACCOMPANIMENTS

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
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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.

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

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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total 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.

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 Buffalitos		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
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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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

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	370	41	16	1	80	1490	35	1	6	26
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	320	36	13	1	65	1200	33	1	5	23
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
Cranberry Juice		80	0	0	0	0	0	30	19	0	19	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
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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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

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
Breakfast Flatbread		1230	830	93	31	1	505	3010	62	4	11	41
Buffalo Biscuit Sandwich		960-1120	480-640	54-71	24-29	1-1.5	230-260	3060-3290	90-97	9	9-10	28-32
Buffalo 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
Buffalo Breakfast Wrap Platter		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 Platter		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

ADD ONS

Bacon, Slices	2 ea.	100	70	8	3	0	15	370	0	0	0	8
Sausage Patty	1 ea.	480	420	47	16	0	85	600	11	0	0	11

BEVERAGES

For additional nutrition information for regional and rotating beers, please visit Beerboard.com.

SEASONAL BEERS

Lagunitas IPA	1 Pint/Tall	220/300	0	0	0	0	0	20/25	17/22	0	2/3	3/4
Sam Adams New England IPA	1 Pint/Tall	230/310	0	0	0	0	0	25/30	16/22	1/2	0	2/3
Ballast Point Champions Cream Ale	1 Pint/Tall	250/330	-	-	-	-	-	30/40	12/16	-	-	1/2

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

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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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	1 Pint/Tall	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
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
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
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

	Qty Measure	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugar (g)	Protein (g)
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