

## Wings and Rings Menu Analysis Book

Starters	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Appetizer Sampler (1 serving)	2552	1266	141	31	0	608	12032	255	15	24	58	569	34	798	11
Basket of Natural Cut Fries (1 serving)	608	254	28	3	0	0	2720	80	8	0	8	0	19	0	1
Basket of Natural Cut Fries (1 serving) with Cajun Seasoning	619	255	28	3	0	0	3440	83	9	0	8	442	21	24	2
Basket of Natural Cut Fries (1 serving) with Cheese and Bacon Topping	1199	700	78	32	0	123	3954	84	8	0	44	1200	19	800	2
Basket of Natural Cut Fries (1 serving) with Queso Blanco Sauce	786	368	41	10	0	33	3373	86	8	3	16	422	20	235	1
Blueberry BBQ Traditional Wings, 10, Plating (1 serving)	832	371	41	11	0	157	1006	74	1	62	38	920	11	52	2
Blueberry BBQ Traditional Wings, 15, Plating (1 serving)	1244	556	62	16	0	235	1490	110	1	93	57	1274	16	68	3
Blueberry BBQ Traditional Wings, 20, Plating (1 serving)	1639	742	82	21	0	313	1974	141	1	120	75	1628	21	84	4
Blueberry BBQ Traditional Wings, 5, Plating (1 serving)	420	186	21	5	0	78	522	37	1	32	19	566	6	35	1
Buffalo Chicken Nachos (1 serving)	820	297	33	14	0	129	2901	72	8	6	55	1806	27	514	4
Buffalo Chicken Nachos (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1136	595	66	21	0	171	3225	73	8	6	57	2014	27	562	4
Buffalo Chicken Nachos (1 serving) with Dipping Sauce Choice Ranch Dressing	1020	495	55	17	0	149	3441	74	8	8	55	1806	27	554	4
Buffalo Chicken Nachos, Individual (1 serving)	410	148	16	7	0	65	1451	36	4	3	27	903	13	257	2
Buffalo Chicken Nachos, Individual (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	568	297	33	11	0	86	1612	36	4	3	28	1007	13	281	2
Buffalo Chicken Nachos, Individual (1 serving) with Dipping Sauce Choice Ranch Dressing	510	247	27	8	0	75	1721	37	4	4	27	903	13	277	2
Chili Con Queso (1 serving)	530	228	25	12	1	54	1447	52	6	4	20	904	3	422	3
Crispy Cauliflower Wings (1 serving)	236	52	6	1	0	0	993	38	9	9	8	696	110	116	3
Crispy Cauliflower Wings (1 serving) with Add Atomic Heat	247	54	6	1	0	0	1627	40	9	9	8	1069	113	119	3
Crispy Cauliflower Wings (1 serving) with Add Extra Hot Heat	245	54	6	1	0	0	1626	40	9	9	8	1028	113	118	3
Crispy Cauliflower Wings (1 serving) with Add Hot Heat	243	53	6	1	0	0	1626	40	9	9	8	990	113	118	3
Crispy Cauliflower Wings (1 serving) with Add Medium Heat	281	92	10	2	0	0	1283	38	9	9	8	996	111	116	3
Crispy Cauliflower Wings (1 serving) with Add Mild Heat	305	118	13	2	0	0	1277	39	9	9	8	1127	111	117	3
Crispy Cauliflower Wings (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	551	350	39	9	0	42	1316	39	9	9	10	903	110	164	3
Crispy Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	436	250	28	4	0	20	1533	40	9	11	8	696	110	156	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Bourbon BBQ	416	52	6	1	0	0	1813	80	9	11	8	896	110	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Buffalo Atomic	279	62	7	1	0	0	3531	45	11	10	8	2191	122	128	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Buffalo Extra Hot	271	60	7	1	0	0	3525	44	10	10	8	2024	122	126	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Buffalo Hot	264	58	6	1	0	0	3524	43	9	10	8	1875	122	124	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Buffalo Medium	416	214	24	3	0	0	2153	38	9	9	8	1896	115	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Buffalo Mild	512	318	35	6	0	0	2130	40	9	9	8	2422	114	119	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Garlic Parmesan	382	182	20	3	0	1	1939	42	9	9	8	1496	115	133	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Garlic-Q	351	115	13	2	0	0	1713	51	9	17	8	1196	116	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Sweet Habanero	356	52	6	1	0	0	1313	70	9	37	8	2296	119	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Roasted Garlic	376	178	20	3	0	0	1913	42	9	9	8	1496	115	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Sweet BBQ	326	52	6	1	0	0	1513	60	9	25	8	896	117	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Sweet Thai Chili	406	61	7	1	0	0	1793	78	9	45	8	1096	117	116	3
Crispy Cauliflower Wings (1 serving) with Wing Sauce Choice Teriyaki	356	52	6	1	0	0	1933	66	9	35	10	696	110	116	3
Fried Pickle Chips (1 serving)	470	366	41	6	0	30	3090	26	2	3	2	4	1	124	2

Korean Fried Boneless Wings, 20 (1 serving)	1739	437	49	8	0	411	5555	153	2	113	167	408	10	161	8
Korean Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	2054	736	82	15	0	453	5878	154	2	114	169	615	10	209	8
Korean Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1939	635	71	11	0	431	6095	155	2	115	167	408	10	201	8
Mozzarella Sticks (1 serving)	620	323	36	14	0	60	1740	54	0	12	24	0	0	600	0
Mozzarella Sticks (1 serving) with Marinara Sauce	665	329	37	14	0	60	2108	62	2	17	26	225	7	630	1
Onion Rings (1 serving)	847	285	32	8	0	735	4149	105	4	16	24	0	10	90	6
Parmesan Aioli Fries (1 serving)	1259	854	95	15	0	92	3801	83	8	0	16	271	24	255	2
Pickle Chips, Individual (1 serving)	285	232	26	4	0	20	1680	13	1	2	1	2	0	72	1
Pretzel Bites (1 serving)	783	225	25	11	1	44	4341	105	3	7	28	719	8	378	5
Pretzel Bites, Individual (1 serving)	485	129	14	6	0	22	8256	68	2	4	17	307	3	204	4
Ranchero Tots (1 serving)	642	483	54	21	0	86	1432	16	2	3	26	882	26	355	1
Ranchero Tots, Individual (1 serving)	318	241	27	10	0	43	716	8	1	1	13	328	9	176	1
Roasted Corn Queso Dip (1 serving)	408	142	16	6	0	25	937	51	6	4	12	528	9	268	2
Saratoga Chips (1 serving)	221	139	15	2	0	0	1810	21	1	0	1	117	8	3	0
Saratoga Chips (1 serving) with BBQ Mild Sauce	356	139	15	2	0	0	2590	54	1	24	1	417	19	3	0
Spicy Korean Shrimp Appetizer (1 serving)	441	158	18	1	0	115	1901	58	3	29	15	1124	20	72	1

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blackened Chicken Caesar Salad (1 salad)	715	447	50	12	0	150	1784	21	4	2	47	9217	37	392	4
Blackened Salmon Caesar Salad (1 serving)	802	562	62	13	0	149	1280	19	3	2	44	8913	40	260	3
Buffalo Chicken Salad (1 salad)	409	109	12	2	0	99	2127	29	5	5	45	12580	49	95	5
Buffalo Chicken Salad (1 salad) with Balsamic and Olive Oil Dressing	619	271	30	5	0	99	2937	38	5	11	45	12580	53	95	5
Buffalo Chicken Salad (1 salad) with Bleu Cheese Dressing	882	557	62	13	0	162	2613	30	5	6	48	12892	49	167	5
Buffalo Chicken Salad (1 salad) with Caesar Dressing	859	541	60	11	0	144	2817	32	5	5	48	12580	49	179	5
Buffalo Chicken Salad (1 salad) with Chipotle Ranch Dressing	703	392	44	6	0	127	2994	33	5	9	45	12678	50	156	5
Buffalo Chicken Salad (1 salad) with Herbed Vinaigrette	829	514	57	9	0	99	3387	32	5	5	45	12580	49	95	5
Buffalo Chicken Salad (1 salad) with Honey Mustard Dressing	809	469	52	8	0	129	2447	41	5	17	45	12580	49	95	5
Buffalo Chicken Salad (1 salad) with Ranch Dressing	709	406	45	6	0	129	2937	32	5	8	45	12580	49	155	5
Buffalo Chicken Salad (1 salad) with Raspberry Vinaigrette	799	433	48	8	0	99	2397	44	5	20	45	12580	49	95	5
Classic Cobb Salad (1 salad)	585	362	40	14	0	309	1626	12	6	3	42	7957	43	245	4
Classic Cobb Salad (1 salad) with Balsamic and Olive Oil Dressing	795	524	58	17	0	309	2436	21	6	9	42	7957	47	245	4
Classic Cobb Salad (1 salad) with Bleu Cheese Dressing	1058	809	90	25	0	372	2112	14	6	4	46	8268	43	317	4
Classic Cobb Salad (1 salad) with Caesar Dressing	1035	794	88	23	0	354	2316	15	6	3	45	7957	43	329	4
Classic Cobb Salad (1 salad) with Chipotle Ranch Dressing	878	645	72	18	0	337	2493	17	6	7	43	8055	44	306	4
Classic Cobb Salad (1 salad) with Herbed Vinaigrette	1005	767	85	21	0	309	2886	15	6	3	42	7957	43	245	4
Classic Cobb Salad (1 salad) with Honey Mustard Dressing	985	722	80	20	0	339	1946	24	6	15	42	7957	43	245	4

Classic Cobb Salad (1 salad) with Ranch Dressing	885	659	73	18	0	339	2436	15	6	6	42	7957	43	305	4
Classic Cobb Salad (1 salad) with Raspberry Vinaigrette	975	686	76	20	0	309	1896	27	6	18	42	7957	43	245	4
Harvest Salad (1 salad)	519	200	22	5	0	111	998	31	5	22	46	7156	35	148	4
Harvest Salad (1 salad) with Balsamic and Olive Oil Dressing	729	362	40	8	0	111	1808	40	5	28	46	7156	39	148	4
Harvest Salad (1 salad) with Bleu Cheese Dressing	992	648	72	16	0	174	1484	33	6	22	49	7467	35	220	4
Harvest Salad (1 salad) with Caesar Dressing	969	632	70	14	0	156	1688	34	5	22	49	7156	35	232	4
Harvest Salad (1 salad) with Chipotle Ranch Dressing	813	483	54	9	0	139	1865	36	6	25	46	7254	36	209	4
Harvest Salad (1 salad) with Herbed Vinaigrette	939	605	67	12	0	111	2258	34	5	22	46	7156	35	148	4
Harvest Salad (1 salad) with Honey Mustard Dressing	919	560	62	11	0	141	1318	43	5	34	46	7156	35	148	4
Harvest Salad (1 salad) with Ranch Dressing	819	497	55	9	0	141	1808	34	5	25	46	7156	35	208	4
Harvest Salad (1 salad) with Raspberry Vinaigrette	909	524	58	11	0	111	1268	46	5	37	46	7156	35	148	4
Small Caesar Salad (1 salad)	359	280	31	8	0	51	648	11	2	1	10	6783	27	267	2
Small Garden Salad (1 salad)	75	12	1	0	0	0	122	13	3	3	3	10047	30	55	2
Small Garden Salad (1 salad) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	215	120	13	2	0	0	662	19	3	7	3	10047	32	55	2
Small Garden Salad (1 salad) with Salad Dressing Choice Bleu Cheese	390	311	35	8	0	42	446	14	3	4	5	10255	30	102	2
Small Garden Salad (1 salad) with Salad Dressing Choice Caesar	375	300	33	6	0	30	582	15	3	3	5	10047	30	111	2
Small Garden Salad (1 salad) with Salad Dressing Choice Chipotle Ranch	270	201	22	3	0	19	700	16	3	6	3	10112	30	95	2
Small Garden Salad (1 salad) with Salad Dressing Choice Herbed Vinaigrette	355	282	31	5	0	0	962	15	3	3	3	10047	30	55	2
Small Garden Salad (1 salad) with Salad Dressing Choice Honey Mustard	341	252	28	4	0	20	336	21	3	11	3	10047	30	55	2
Small Garden Salad (1 salad) with Salad Dressing Choice Ranch	275	210	23	3	0	20	662	15	3	5	3	10047	30	95	2
Small Garden Salad (1 salad) with Salad Dressing Choice Raspberry Vinaigrette	335	228	25	4	0	0	302	23	3	13	3	10047	30	55	2
Southwest Chicken Salad (1 salad)	515	222	25	8	0	124	1000	20	6	3	50	8022	52	284	4
Southwest Chicken Salad (1 salad) with Balsamic and Olive Oil Dressing	725	384	43	11	0	124	1810	29	6	9	50	8022	55	284	4
Southwest Chicken Salad (1 salad) with Bleu Cheese Dressing	988	669	74	20	0	187	1485	22	6	4	53	8334	52	356	4
Southwest Chicken Salad (1 salad) with Caesar Dressing	965	654	73	17	0	169	1690	23	6	3	53	8022	52	368	4
Southwest Chicken Salad (1 salad) with Chipotle Ranch Dressing	808	505	56	13	0	152	1867	25	6	7	50	8120	52	345	4
Southwest Chicken Salad (1 salad) with Herbed Vinaigrette	935	627	70	16	0	124	2260	23	6	3	50	8022	52	284	4
Southwest Chicken Salad (1 salad) with Honey Mustard Dressing	915	582	65	14	0	154	1320	32	6	15	50	8022	52	284	4
Southwest Chicken Salad (1 salad) with Ranch Dressing	815	519	58	13	0	154	1810	23	6	6	50	8022	52	344	4
Southwest Chicken Salad (1 salad) with Raspberry Vinaigrette	905	546	61	14	0	124	1270	35	6	18	50	8022	52	284	4

Salad Dressings	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bleu Cheese Dip (1.5 fluid ounces)	237	224	25	6	0	31	243	1	0	0	2	156	0	36	0
Bleu Cheese Dip (2 fluid ounces)	315	298	33	8	0	42	324	1	0	0	2	208	0	48	0
Bleu Cheese Dip (3 fluid ounces)	473	447	50	11	0	63	485	1	0	0	4	312	0	72	0
Caesar Dressing (1.5 fluid ounces)	225	216	24	5	0	23	345	2	0	0	2	0	0	42	0
Caesar Dressing (2 fluid ounces)	300	288	32	6	0	30	460	2	0	0	2	0	0	56	0
Caesar Dressing (3 fluid ounces)	450	432	48	9	0	45	690	3	0	0	3	0	0	84	0
Chipotle Ranch Dressing (1.5 fluid ounces)	147	142	16	2	0	14	433	2	0	2	0	49	0	30	0
Chipotle Ranch Dressing (2 fluid ounces)	196	189	21	3	0	19	578	3	0	2	0	66	1	40	0
Chipotle Ranch Dressing (3 fluid ounces)	294	283	31	4	0	28	867	4	0	3	0	99	1	61	0
Herbed Vinaigrette (1.5 fluid ounces)	210	203	23	4	0	0	630	2	0	0	0	0	0	0	0
Herbed Vinaigrette (2 fluid ounces)	280	270	30	5	0	0	840	2	0	0	0	0	0	0	0
Herbed Vinaigrette (3 fluid ounces)	420	405	45	8	0	0	1260	3	0	0	0	0	0	0	0

Honey Mustard Dressing (1.5 fluid ounces)	200	180	20	3	0	15	160	6	0	6	0	0	0	0	0
Honey Mustard Dressing (2 fluid ounces)	267	240	27	4	0	20	213	8	0	8	0	0	0	0	0
Honey Mustard Dressing (3 fluid ounces)	400	360	40	6	0	30	320	12	0	12	0	0	0	0	0
Ranch Dressing (1.5 fluid ounces)	150	149	17	2	0	15	405	2	0	2	0	0	0	30	0
Ranch Dressing (2 fluid ounces)	200	198	22	3	0	20	540	2	0	2	0	0	0	40	0
Ranch Dressing (3 fluid ounces)	300	297	33	5	0	30	810	3	0	3	0	0	0	60	0
Raspberry Walnut Vinaigrette (1.5 fluid ounces)	195	162	18	3	0	0	135	8	0	8	0	0	0	0	0
Raspberry Walnut Vinaigrette (2 fluid ounces)	260	216	24	4	0	0	180	10	0	10	0	0	0	0	0
Raspberry Walnut Vinaigrette (3 fluid ounces)	390	324	36	6	0	0	270	15	0	15	0	0	0	0	0

Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
W & R Chili (1 bowl)	397	205	23	11	0	66	1146	25	5	4	23	1531	7	291	4
W & R Chili (1 bowl) with Crackers	437	214	24	11	0	66	1336	33	5	4	23	1531	7	291	5

Wings and Tenders	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blueberry BBQ Cauliflower Wings (1 serving)	438	56	6	1	0	0	1526	87	7	51	7	549	113	82	3
Blueberry BBQ Cauliflower Wings (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	753	354	39	9	0	42	1850	88	7	51	10	757	113	130	3
Blueberry BBQ Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	638	254	28	4	0	20	2066	89	7	53	7	549	113	122	3
Blueberry BBQ Fried Boneless Wings, 10 (1 serving)	885	183	20	4	0	206	2212	85	1	62	84	696	14	71	4
Blueberry BBQ Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1200	481	53	12	0	247	2536	86	2	63	86	904	14	118	4
Blueberry BBQ Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1085	381	42	7	0	226	2752	87	1	64	84	696	14	111	4
Blueberry BBQ Fried Boneless Wings, 15 (1 serving)	1323	274	30	6	0	308	3299	127	2	93	125	937	20	96	5
Blueberry BBQ Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1639	572	64	14	0	350	3623	128	2	94	127	1145	20	144	6
Blueberry BBQ Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1523	472	52	9	0	328	3839	129	2	95	125	937	20	136	5
Blueberry BBQ Fried Boneless Wings, 20 (1 serving)	1745	365	41	8	0	411	4387	164	2	120	167	1179	27	122	7
Blueberry BBQ Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	2061	663	74	16	0	453	4710	165	2	120	169	1387	27	170	7
Blueberry BBQ Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1945	563	63	11	0	431	4927	166	2	122	167	1179	27	162	7
Blueberry BBQ Fried Boneless Wings, 5 (1 serving)	446	92	10	2	0	103	1125	43	1	32	42	454	8	45	2
Blueberry BBQ Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	762	390	43	10	0	145	1449	44	1	32	44	662	8	93	2
Blueberry BBQ Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	646	290	32	5	0	123	1665	45	1	34	42	454	8	85	2
Blueberry BBQ Grilled Boneless Wings, 10 (1 serving)	758	98	11	2	0	206	3731	75	1	63	82	1144	14	73	3
Blueberry BBQ Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1074	397	44	10	0	247	4055	76	1	63	85	1352	14	121	3
Blueberry BBQ Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	958	296	33	5	0	226	4271	77	1	65	82	1144	14	113	3
Blueberry BBQ Grilled Boneless Wings, 15 (1 serving)	1134	147	16	4	0	308	5578	112	1	93	124	1609	20	100	4
Blueberry BBQ Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1449	445	49	11	0	350	5901	113	2	94	126	1817	20	148	4
Blueberry BBQ Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1334	345	38	7	0	328	6118	114	1	95	124	1609	20	140	4
Blueberry BBQ Grilled Boneless Wings, 20 (1 serving)	1492	196	22	5	0	411	7424	145	2	120	165	2075	27	127	6
Blueberry BBQ Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1808	494	55	12	0	453	7748	146	2	121	167	2283	27	175	6
Blueberry BBQ Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1692	394	44	8	0	431	7964	147	2	122	165	2075	27	167	6

Blueberry BBQ Grilled Boneless Wings, 5 (1 serving)	383	50	6	1	0	103	1884	38	1	32	41	678	8	46	2
Blueberry BBQ Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	699	348	39	9	0	145	2208	39	1	32	44	886	8	94	2
Blueberry BBQ Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	583	248	28	4	0	123	2424	40	1	34	41	678	8	86	2
Blueberry BBQ Traditional Wings, 10 (1 serving)	832	371	41	11	0	157	1006	74	1	62	38	920	11	52	2
Blueberry BBQ Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1147	669	74	18	0	199	1330	74	1	63	40	1128	11	99	2
Blueberry BBQ Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1032	569	63	14	0	177	1546	76	1	64	38	920	11	92	2
Blueberry BBQ Traditional Wings, 15 (1 serving)	1244	556	62	16	0	235	1490	110	1	93	57	1274	16	68	3
Blueberry BBQ Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1559	855	95	24	0	277	1814	110	1	93	59	1482	16	116	3
Blueberry BBQ Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1444	754	84	19	0	255	2030	112	1	95	57	1274	16	108	3
Blueberry BBQ Traditional Wings, 20 (1 serving)	1639	742	82	21	0	313	1974	141	1	120	75	1628	21	84	4
Blueberry BBQ Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1955	1040	116	29	0	355	2298	142	1	120	78	1836	21	132	5
Blueberry BBQ Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1839	940	104	24	0	333	2514	143	1	122	75	1628	21	124	4
Blueberry BBQ Traditional Wings, 5 (1 serving)	420	186	21	5	0	78	522	37	1	32	19	566	6	35	1
Blueberry BBQ Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	735	484	54	13	0	120	845	38	1	32	21	774	6	83	1
Blueberry BBQ Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	620	384	43	8	0	98	1062	39	1	34	19	566	6	75	1
Boneless Wings, 10 Piece (1 serving)	575	175	19	4	0	206	1355	11	0	0	83	75	4	43	3
Boneless Wings, 10 Piece (1 serving) with Add Atomic Heat	591	179	20	4	0	206	2307	14	1	1	83	635	9	48	4
Boneless Wings, 10 Piece (1 serving) with Add Extra Hot Heat	588	178	20	4	0	206	2304	14	1	1	83	573	9	47	3
Boneless Wings, 10 Piece (1 serving) with Add Hot Heat	586	177	20	4	0	206	2304	13	1	1	83	517	9	46	3
Boneless Wings, 10 Piece (1 serving) with Add Medium Heat	643	235	26	5	0	206	1790	11	0	0	83	525	6	43	3
Boneless Wings, 10 Piece (1 serving) with Add Mild Heat	679	274	30	6	0	206	1781	12	0	0	83	722	6	44	3
Boneless Wings, 10 Piece (1 serving) with Celery Sticks	583	175	19	4	0	206	1393	13	1	1	83	287	6	62	3
Boneless Wings, 10 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	891	473	53	11	0	247	1678	12	0	0	85	283	4	91	3
Boneless Wings, 10 Piece (1 serving) with Dressing Choice Ranch Dressing	775	373	41	7	0	226	1895	13	0	2	83	75	4	83	3
Boneless Wings, 10 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	585	176	20	4	0	206	2500	13	1	1	83	78	5	69	4
Boneless Wings, 10 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	583	176	20	4	0	206	1895	13	1	0	83	406	5	61	4
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	845	175	19	4	0	206	2585	74	0	3	83	375	4	43	4
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	640	191	21	4	0	206	5163	22	3	2	84	2318	22	61	4
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	628	187	21	4	0	206	5153	20	2	2	84	2067	22	58	4
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	618	183	20	4	0	206	5152	19	1	2	84	1844	22	55	4
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	845	418	46	7	0	206	3095	11	0	0	83	1875	12	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	989	574	64	12	0	206	3061	14	1	1	83	2664	10	47	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	795	370	41	7	0	208	2774	17	0	0	84	1275	12	69	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Garlic-Q	748	269	30	5	0	206	2435	31	0	12	83	825	13	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	755	175	19	4	0	206	1835	59	0	42	83	2475	19	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	785	364	40	7	0	206	2735	17	0	0	83	1275	12	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	710	175	19	4	0	206	2135	44	0	24	83	375	15	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	830	188	21	4	0	206	2555	71	0	54	83	675	15	43	3
Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Teriyaki	755	175	19	4	0	206	2765	53	0	39	86	75	4	43	4
Boneless Wings, 15 Piece (1 serving)	863	262	29	6	0	308	2032	17	1	0	125	112	6	65	5
Boneless Wings, 15 Piece (1 serving) with Add Atomic Heat	895	270	30	6	0	308	3936	22	2	1	125	1233	15	74	5
Boneless Wings, 15 Piece (1 serving) with Add Extra Hot Heat	889	268	30	6	0	308	3932	22	1	1	125	1108	15	72	5
Boneless Wings, 15 Piece (1 serving) with Add Hot Heat	884	266	30	6	0	308	3931	21	1	1	125	997	15	71	5
Boneless Wings, 15 Piece (1 serving) with Add Medium Heat	998	383	43	7	0	308	2902	17	1	0	125	1012	10	65	5
Boneless Wings, 15 Piece (1 serving) with Add Mild Heat	1070	461	51	10	0	308	2885	18	1	1	125	1407	9	67	5
Boneless Wings, 15 Piece (1 serving) with Celery Sticks	878	263	29	6	0	308	2108	20	2	2	125	537	9	103	5

Boneless Wings, 15 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1494	858	95	21	0	392	2679	19	1	1	129	528	6	161	5
Boneless Wings, 15 Piece (1 serving) with Dressing Choice Ranch Dressing	1263	658	73	12	0	348	3112	21	1	4	125	112	6	145	5
Boneless Wings, 15 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	876	264	29	6	0	308	3559	20	1	1	125	117	7	99	6
Boneless Wings, 15 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	874	263	29	6	0	308	2752	20	1	0	125	554	8	89	6
Boneless Wings, 15 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1263	658	73	12	0	348	3112	21	1	4	125	112	6	145	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1223	262	29	6	0	308	3672	101	1	4	125	512	6	65	6
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	949	283	31	6	0	308	7110	31	5	3	126	3103	30	89	6
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	934	278	31	6	0	308	7097	29	3	3	126	2769	30	84	6
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	919	274	30	6	0	308	7095	27	1	3	125	2471	30	81	6
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1223	586	65	10	0	308	4352	17	1	0	125	2512	16	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1415	794	88	16	0	308	4307	20	1	1	125	3565	14	70	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1156	522	58	10	0	311	3924	25	1	0	126	1712	16	99	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1093	388	43	8	0	308	3472	43	1	16	125	1112	18	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1103	262	29	6	0	308	2672	81	1	56	125	3312	26	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1143	514	57	10	0	308	3872	25	1	0	125	1712	16	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1043	262	29	6	0	308	3072	61	1	32	125	512	21	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1203	280	31	6	0	308	3632	97	1	72	125	912	21	65	5
Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Teriyaki	1103	262	29	6	0	308	3912	73	1	52	129	112	6	65	6
Boneless Wings, 20 Piece (1 serving)	1150	349	39	8	0	411	2710	23	1	0	166	149	9	87	7
Boneless Wings, 20 Piece (1 serving) with Add Atomic Heat	1194	360	40	8	0	411	5248	30	3	2	167	1645	21	99	7
Boneless Wings, 20 Piece (1 serving) with Add Extra Hot Heat	1186	357	40	8	0	411	5242	29	2	2	167	1478	20	97	7
Boneless Wings, 20 Piece (1 serving) with Add Hot Heat	1178	355	39	8	0	411	5241	28	1	2	166	1329	20	95	7
Boneless Wings, 20 Piece (1 serving) with Add Medium Heat	1330	511	57	10	0	411	3870	23	1	0	166	1349	13	87	7
Boneless Wings, 20 Piece (1 serving) with Add Mild Heat	1426	615	68	13	0	411	3847	24	1	1	166	1876	13	90	7
Boneless Wings, 20 Piece (1 serving) with Celery Sticks	1165	351	39	8	0	411	2785	26	2	2	167	575	11	125	7
Boneless Wings, 20 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1781	946	105	23	0	495	3357	25	1	1	171	565	9	183	7
Boneless Wings, 20 Piece (1 serving) with Dressing Choice Ranch Dressing	1550	745	83	14	0	451	3790	27	1	4	166	149	9	167	7
Boneless Wings, 20 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	1167	352	39	8	0	411	4618	26	1	1	166	156	10	129	7
Boneless Wings, 20 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	1164	351	39	8	0	411	3610	26	2	0	167	702	10	116	8
Boneless Wings, 20 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1550	745	83	14	0	451	3790	27	1	4	166	149	9	167	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1600	349	39	8	0	411	4760	128	1	5	166	649	9	87	8
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	1259	376	42	8	0	411	9056	41	6	4	168	3888	38	116	8
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	1239	370	41	8	0	411	9041	38	4	4	167	3470	38	111	8
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	1221	364	40	8	0	411	9039	36	2	4	167	3098	38	106	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1600	754	84	13	0	411	5610	23	1	0	166	3149	21	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1840	1014	113	21	0	411	5553	27	1	2	166	4466	18	93	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1516	674	75	13	0	415	5074	33	1	0	167	2149	21	130	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1438	507	56	10	0	411	4510	55	1	20	166	1399	24	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1450	349	39	8	0	411	3510	103	1	70	166	4149	33	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1500	664	74	13	0	411	5010	33	1	0	166	2149	21	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1375	349	39	8	0	411	4010	78	1	40	166	649	27	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1575	372	41	8	0	411	4710	123	1	90	166	1149	27	87	7
Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Teriyaki	1450	349	39	8	0	411	5060	93	1	65	171	149	9	87	8
Boneless Wings, 25 Piece (1 serving)	1438	436	48	10	0	514	3387	28	1	0	208	187	11	109	8
Boneless Wings, 25 Piece (1 serving) with Add Atomic Heat	1492	450	50	10	0	514	6560	37	3	2	208	2056	26	123	9
Boneless Wings, 25 Piece (1 serving) with Add Extra Hot Heat	1482	447	50	10	0	514	6553	36	2	2	208	1847	26	121	9
Boneless Wings, 25 Piece (1 serving) with Add Hot Heat	1473	444	49	10	0	514	6552	35	2	2	208	1661	26	118	9
Boneless Wings, 25 Piece (1 serving) with Add Medium Heat	1663	639	71	12	0	514	4837	28	1	0	208	1687	17	109	8
Boneless Wings, 25 Piece (1 serving) with Add Mild Heat	1783	769	85	16	0	514	4809	31	1	1	208	2345	16	112	8
Boneless Wings, 25 Piece (1 serving) with Celery Sticks	1453	438	49	10	0	514	3463	31	2	2	208	612	14	146	8
Boneless Wings, 25 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	2069	1033	115	25	0	598	4034	30	1	1	212	602	11	204	9

Boneless Wings, 25 Piece (1 serving) with Dressing Choice Ranch Dressing	1838	832	92	16	0	554	4467	32	1	4	208	187	11	189	8
Boneless Wings, 25 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	1454	439	49	10	0	514	5295	32	2	1	208	193	12	151	9
Boneless Wings, 25 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	1452	438	49	10	0	514	4287	32	2	0	208	740	12	138	9
Boneless Wings, 25 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1838	832	92	16	0	554	4467	32	1	4	208	187	11	189	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1978	436	48	10	0	514	5847	154	1	6	208	787	11	109	10
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	1568	469	52	10	0	514	11003	50	7	5	210	4673	47	144	10
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	1544	461	51	10	0	514	10984	47	5	5	209	4172	46	138	10
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	1523	454	50	10	0	514	10982	44	2	5	209	3726	46	132	9
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1978	922	102	16	0	514	6867	28	1	0	208	3787	25	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	2266	1234	137	26	0	514	6799	34	1	2	208	5366	23	116	9
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1877	827	92	16	0	518	6225	41	1	0	209	2587	25	160	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1783	625	69	13	0	514	5547	67	1	24	208	1687	29	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1798	436	48	10	0	514	4347	124	1	84	208	4987	40	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1858	814	90	16	0	514	6147	40	1	0	208	2587	25	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1708	436	48	10	0	514	4947	94	1	48	208	787	32	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1948	463	51	10	0	514	5787	148	1	108	208	1387	32	109	8
Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Teriyaki	1798	436	48	10	0	514	6207	112	1	78	214	187	11	109	10
Boneless Wings, 5 Piece (1 serving)	288	87	10	2	0	103	677	6	0	0	42	37	2	22	2
Boneless Wings, 5 Piece (1 serving) with Add Atomic Heat	304	91	10	2	0	103	1629	8	1	1	42	598	7	26	2
Boneless Wings, 5 Piece (1 serving) with Add Extra Hot Heat	301	90	10	2	0	103	1627	8	1	1	42	536	7	25	2
Boneless Wings, 5 Piece (1 serving) with Add Hot Heat	298	89	10	2	0	103	1627	8	0	1	42	480	7	25	2
Boneless Wings, 5 Piece (1 serving) with Add Medium Heat	355	148	16	3	0	103	1112	6	0	0	42	487	4	22	2
Boneless Wings, 5 Piece (1 serving) with Add Mild Heat	391	187	21	4	0	103	1104	6	0	0	42	685	4	23	2
Boneless Wings, 5 Piece (1 serving) with Celery Sticks	295	88	10	2	0	103	715	7	1	1	42	250	4	41	2
Boneless Wings, 5 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	603	386	43	10	0	145	1001	7	0	0	44	245	2	70	2
Boneless Wings, 5 Piece (1 serving) with Dressing Choice Ranch Dressing	488	285	32	5	0	123	1217	8	0	2	42	37	2	62	2
Boneless Wings, 5 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	291	88	10	2	0	103	1059	6	0	0	42	39	2	30	2
Boneless Wings, 5 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	290	88	10	2	0	103	857	6	0	0	42	148	2	28	2
Boneless Wings, 5 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	488	285	32	5	0	123	1217	8	0	2	42	37	2	62	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	378	87	10	2	0	103	1087	27	0	1	42	137	2	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	309	93	10	2	0	103	1947	9	1	1	42	785	8	28	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	305	91	10	2	0	103	1944	9	1	1	42	702	8	27	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	302	90	10	2	0	103	1943	8	0	1	42	627	8	26	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	378	168	19	3	0	103	1257	6	0	0	42	637	5	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	426	220	24	5	0	103	1246	7	0	0	42	901	4	23	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	361	152	17	3	0	103	1150	8	0	0	42	437	5	30	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Garlic-Q	345	119	13	2	0	103	1037	12	0	4	42	287	5	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	348	87	10	2	0	103	837	22	0	14	42	837	7	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	358	150	17	3	0	103	1137	8	0	0	42	437	5	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	333	87	10	2	0	103	937	17	0	8	42	137	6	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	373	92	10	2	0	103	1077	26	0	18	42	237	6	22	2
Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Teriyaki	348	87	10	2	0	103	1147	20	0	13	43	37	2	22	2
Boneless Wings, 50 Piece (1 serving)	2875	873	97	19	0	1028	6774	57	2	1	415	373	22	217	17
Boneless Wings, 50 Piece (1 serving) with Add Atomic Heat	2984	900	100	19	0	1028	13121	75	7	4	417	4112	51	247	18
Boneless Wings, 50 Piece (1 serving) with Add Extra Hot Heat	2964	893	99	19	0	1028	13105	72	5	4	416	3694	51	241	18
Boneless Wings, 50 Piece (1 serving) with Add Hot Heat	2946	888	99	19	0	1028	13103	70	3	4	416	3322	51	237	17
Boneless Wings, 50 Piece (1 serving) with Add Medium Heat	3325	1278	142	24	0	1028	9674	57	2	1	415	3373	34	217	17
Boneless Wings, 50 Piece (1 serving) with Add Mild Heat	3565	1538	171	33	0	1028	9617	61	2	2	415	4690	31	224	17
Boneless Wings, 50 Piece (1 serving) with Celery Sticks	2898	875	97	19	0	1028	6888	61	4	4	416	1011	26	274	17
Boneless Wings, 50 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	4137	2066	230	50	0	1195	8068	61	2	2	424	1205	22	409	17
Boneless Wings, 50 Piece (1 serving) with Dressing Choice Ranch Dressing	3675	1665	185	31	0	1108	8934	65	2	9	415	373	22	377	17

Boneless Wings, 50 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	2908	878	98	19	0	1028	10590	63	3	2	416	386	23	302	18
Boneless Wings, 50 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	2903	876	97	19	0	1028	8574	63	4	1	416	1479	25	276	19
Boneless Wings, 50 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	3675	1665	185	31	0	1108	8934	65	2	9	415	373	22	377	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	3955	873	97	19	0	1028	11694	309	2	13	415	1573	22	217	21
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	3136	937	104	20	0	1028	22006	100	14	9	419	9345	93	288	20
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	3088	922	102	20	0	1028	21969	93	9	9	418	8344	93	275	19
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	3045	908	101	20	0	1028	21964	88	5	9	418	7451	93	264	18
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	3955	1845	205	31	0	1028	13734	57	2	1	415	7573	50	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	4532	2469	274	51	0	1028	13597	67	3	4	416	10733	45	233	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	3754	1654	184	33	0	1036	12449	81	2	1	418	5173	50	320	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic-Q	3565	1251	139	25	0	1028	11094	135	2	49	415	3373	58	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	3595	873	97	19	0	1028	8694	249	2	169	415	9973	79	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	3715	1629	181	31	0	1028	12294	81	2	1	415	5173	50	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	3415	873	97	19	0	1028	9894	189	2	97	415	1573	65	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	3895	927	103	19	0	1028	11574	297	2	217	415	2773	65	217	17
Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Teriyaki	3595	873	97	19	0	1028	12414	225	2	157	427	373	22	217	21
Fried Chicken Tenders, 2 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	404	85	9	2	0	99	1166	39	1	29	40	1849	13	46	2
Fried Chicken Tenders, 2 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	424	211	23	4	0	99	1766	11	1	1	40	1049	8	46	2
Fried Chicken Tenders, 2 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	374	85	9	2	0	99	1366	29	1	17	40	449	11	46	2
Fried Chicken Tenders, 2 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	454	94	10	2	0	99	1646	47	1	37	40	649	11	46	2
Fried Chicken Tenders, 2 Piece (1 serving) with Wing Sauce Choice Teriyaki	404	85	9	2	0	99	1786	35	1	27	42	249	4	46	2
Fried Chicken Tenders, 3 Pieces (1 serving)	422	126	14	3	0	148	1013	10	1	1	60	266	5	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Add Atomic Heat	438	130	14	3	0	148	1965	12	2	2	60	827	9	55	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Add Extra Hot Heat	435	129	14	3	0	148	1963	12	1	2	60	765	9	54	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Add Hot Heat	432	129	14	3	0	148	1963	12	1	2	60	709	9	53	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Add Medium Heat	489	187	21	4	0	148	1448	10	1	1	60	716	6	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Add Mild Heat	525	226	25	5	0	148	1440	10	1	1	60	914	6	51	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	737	425	47	10	0	190	1337	11	1	1	62	474	5	98	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Dressing Choice Ranch Dressing	622	324	36	6	0	168	1553	12	1	3	60	266	5	90	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	602	126	14	3	0	148	1833	52	1	3	60	466	5	50	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	465	137	15	3	0	148	3552	17	3	2	61	1762	16	62	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	457	135	15	3	0	148	3546	16	2	2	61	1595	16	60	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	450	132	15	3	0	148	3545	15	1	2	61	1446	16	58	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	602	288	32	5	0	148	2173	10	1	1	60	1466	9	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	698	392	44	8	0	148	2150	11	1	1	60	1993	8	53	3
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	568	257	29	5	0	149	1959	14	1	1	61	1066	9	67	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	537	189	21	4	0	148	1733	23	1	9	60	766	11	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	542	126	14	3	0	148	1333	42	1	29	60	1866	14	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	562	252	28	5	0	148	1933	14	1	1	60	1066	9	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	512	126	14	3	0	148	1533	32	1	17	60	466	12	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	592	135	15	3	0	148	1813	50	1	37	60	666	12	50	2
Fried Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Teriyaki	542	126	14	3	0	148	1953	38	1	27	62	266	5	50	3
Fried Chicken Tenders, 5 Pieces (1 serving)	698	210	23	5	0	247	1664	15	1	1	100	302	7	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Add Atomic Heat	714	214	24	5	0	247	2616	18	2	2	100	863	11	75	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Add Extra Hot Heat	711	213	24	5	0	247	2613	17	2	2	100	800	11	75	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Add Hot Heat	708	212	24	5	0	247	2613	17	1	2	100	745	11	74	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Add Medium Heat	765	271	30	5	0	247	2099	15	1	1	100	752	8	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Add Mild Heat	801	310	34	7	0	247	2090	16	1	1	100	950	8	72	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	1013	508	56	12	0	289	1987	16	1	1	102	510	7	119	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Dressing Choice Ranch Dressing	898	408	45	8	0	267	2204	17	1	3	100	302	7	111	4



Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	968	210	23	5	0	247	2894	78	1	4	100	602	7	71	5
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	763	226	25	5	0	247	5472	26	4	3	101	2545	24	89	5
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	751	223	25	5	0	247	5462	24	3	3	101	2295	24	85	5
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	740	219	24	5	0	247	5461	23	2	3	101	2072	24	83	5
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	968	453	50	8	0	247	3404	15	1	1	100	2102	14	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	1112	609	68	13	0	247	3369	18	1	2	100	2892	13	75	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	917	405	45	8	0	249	3082	21	1	1	101	1502	14	97	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	870	305	34	6	0	247	2744	35	1	13	100	1052	16	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	878	210	23	5	0	247	2144	63	1	43	100	2702	21	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	908	399	44	8	0	247	3044	21	1	1	100	1502	14	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	833	210	23	5	0	247	2444	48	1	25	100	602	17	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	953	224	25	5	0	247	2864	75	1	55	100	902	17	71	4
Fried Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Teriyaki	878	210	23	5	0	247	3074	57	1	40	103	302	7	71	5
Ghost Pepper Cauliflower Wings (1 serving)	521	348	39	6	0	30	1722	39	7	10	7	434	107	137	3
Ghost Pepper Cauliflower Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	837	646	72	13	0	72	2046	39	7	10	10	642	107	185	3
Ghost Pepper Cauliflower Wings (1 serving) with Dressing Choice Ranch Dressing	721	546	61	9	0	50	2262	41	7	12	7	434	107	177	3
Ghost Pepper Ranch Fried Boneless Wings, 10 (1 serving)	985	572	64	10	0	246	2473	17	1	5	83	550	6	143	3
Ghost Pepper Ranch Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1301	870	97	17	0	287	2797	18	1	5	86	757	6	191	4
Ghost Pepper Ranch Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1185	770	86	13	0	266	3013	19	1	7	83	550	6	183	3
Ghost Pepper Ranch Fried Boneless Wings, 15 (1 serving)	1474	858	95	15	0	368	3691	25	2	7	125	718	9	206	5
Ghost Pepper Ranch Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1790	1156	128	22	0	410	4014	26	2	8	127	926	9	253	5
Ghost Pepper Ranch Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1674	1056	117	18	0	388	4231	27	2	9	125	718	9	246	5
Ghost Pepper Ranch Fried Boneless Wings, 20 (1 serving)	1963	1144	127	20	0	491	4908	33	2	9	166	886	11	268	7
Ghost Pepper Ranch Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	2278	1442	160	27	0	533	5232	34	2	10	169	1094	11	316	7
Ghost Pepper Ranch Fried Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	2163	1342	149	23	0	511	5448	35	2	11	166	886	11	308	7
Ghost Pepper Ranch Fried Boneless Wings, 5 (1 serving)	496	286	32	5	0	123	1255	9	1	3	42	381	4	81	2
Ghost Pepper Ranch Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	812	585	65	13	0	165	1579	10	1	3	44	589	4	129	2
Ghost Pepper Ranch Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	696	484	54	8	0	143	1795	11	1	5	42	381	4	121	2
Ghost Pepper Ranch Grilled Boneless Wings, 10 (1 serving)	859	488	54	8	0	246	3992	8	1	5	82	997	6	146	3
Ghost Pepper Ranch Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1174	786	87	16	0	287	4315	8	1	6	85	1205	6	194	3
Ghost Pepper Ranch Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1059	686	76	11	0	266	4532	10	1	7	82	997	6	186	3
Ghost Pepper Ranch Grilled Boneless Wings, 15 (1 serving)	1284	731	81	12	0	368	5969	11	1	7	123	1390	9	209	4
Ghost Pepper Ranch Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1600	1029	114	20	0	410	6292	11	1	8	126	1598	9	257	4
Ghost Pepper Ranch Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1484	929	103	15	0	388	6509	13	1	9	123	1390	9	249	4
Ghost Pepper Ranch Grilled Boneless Wings, 20 (1 serving)	1710	974	108	16	0	491	7946	14	1	10	164	1782	11	273	5
Ghost Pepper Ranch Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	2025	1273	141	24	0	533	8269	15	1	10	167	1990	11	321	6
Ghost Pepper Ranch Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1910	1172	130	19	0	511	8486	16	1	12	164	1782	11	313	5
Ghost Pepper Ranch Grilled Boneless Wings, 5 (1 serving)	433	244	27	4	0	123	2015	4	1	3	41	605	4	82	1
Ghost Pepper Ranch Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	749	542	60	12	0	165	2338	5	1	3	44	813	4	130	2
Ghost Pepper Ranch Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	633	442	49	7	0	143	2555	6	1	5	41	605	4	122	1
Ghost Pepper Ranch Traditional Wings, 10 (1 serving)	932	760	84	17	0	197	1267	6	1	5	38	774	3	124	2
Ghost Pepper Ranch Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1248	1059	118	24	0	239	1590	7	1	5	40	982	3	172	2
Ghost Pepper Ranch Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1132	958	106	20	0	217	1807	8	1	7	38	774	3	164	2

Ghost Pepper Ranch Traditional Wings, 15 (1 serving)	1395	1140	127	25	0	295	1881	8	1	7	56	1055	4	177	3
Ghost Pepper Ranch Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1710	1438	160	32	0	337	2205	9	1	7	59	1263	4	225	3
Ghost Pepper Ranch Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1595	1338	149	28	0	315	2421	10	1	9	56	1055	4	217	3
Ghost Pepper Ranch Traditional Wings, 20 (1 serving)	1857	1520	169	33	0	393	2496	10	1	9	75	1336	5	230	4
Ghost Pepper Ranch Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	2172	1818	202	41	0	435	2819	11	1	9	77	1543	5	278	4
Ghost Pepper Ranch Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	2057	1718	191	36	0	413	3036	12	1	11	75	1336	5	270	4
Ghost Pepper Ranch Traditional Wings, 5 (1 serving)	470	381	42	8	0	98	652	4	1	3	19	493	2	72	1
Ghost Pepper Ranch Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	785	679	75	16	0	140	976	4	1	3	21	701	2	119	1
Ghost Pepper Ranch Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	670	579	64	11	0	118	1192	6	1	5	19	493	2	112	1
Grilled Boneless Wings, 10 Piece (1 serving)	449	90	10	2	0	206	2874	2	0	0	82	523	4	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Add Atomic Heat	465	94	10	2	0	206	3826	4	1	1	82	1083	9	50	3
Grilled Boneless Wings, 10 Piece (1 serving) with Add Extra Hot Heat	462	93	10	2	0	206	3823	4	1	1	82	1021	9	49	3
Grilled Boneless Wings, 10 Piece (1 serving) with Add Hot Heat	459	92	10	2	0	206	3823	4	0	1	82	965	9	49	3
Grilled Boneless Wings, 10 Piece (1 serving) with Add Medium Heat	516	151	17	3	0	206	3309	2	0	0	82	973	6	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Add Mild Heat	552	190	21	4	0	206	3300	2	0	0	82	1170	6	47	3
Grilled Boneless Wings, 10 Piece (1 serving) with Celery Sticks	456	91	10	2	0	206	2911	3	1	1	82	735	6	65	3
Grilled Boneless Wings, 10 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	764	388	43	10	0	247	3197	3	0	1	84	730	4	94	3
Grilled Boneless Wings, 10 Piece (1 serving) with Dressing Choice Ranch Dressing	649	288	32	5	0	226	3414	4	0	2	82	523	4	86	3
Grilled Boneless Wings, 10 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	455	91	10	2	0	206	3637	3	0	1	82	525	5	63	3
Grilled Boneless Wings, 10 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	454	91	10	2	0	206	3234	3	1	0	82	744	5	58	3
Grilled Boneless Wings, 10 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	649	288	32	5	0	226	3414	4	0	2	82	523	4	86	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	629	90	10	2	0	206	3694	44	0	2	82	723	4	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	492	101	11	2	0	206	5412	9	2	2	83	2018	16	58	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	484	98	11	2	0	206	5406	8	1	2	83	1851	16	55	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	477	96	11	2	0	206	5405	7	1	2	82	1702	16	54	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	629	252	28	4	0	206	4034	2	0	0	82	1723	9	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	725	356	40	8	0	206	4011	3	0	1	82	2249	8	48	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	595	220	24	4	0	207	3819	6	0	0	83	1323	9	63	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Garlic-Q	564	153	17	3	0	206	3594	15	0	8	82	1023	10	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	569	90	10	2	0	206	3194	34	0	28	82	2123	14	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	589	216	24	4	0	206	3794	6	0	0	82	1323	9	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	539	90	10	2	0	206	3394	24	0	16	82	723	12	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	619	99	11	2	0	206	3674	42	0	36	82	923	12	46	3
Grilled Boneless Wings, 10 Piece (1 serving) with Wing Sauce Choice Teriyaki	569	90	10	2	0	206	3814	30	0	26	84	523	4	46	3
Grilled Boneless Wings, 15 Piece (1 serving)	673	135	15	3	0	308	4310	3	0	0	123	784	6	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Add Atomic Heat	705	143	16	3	0	308	6214	8	2	1	124	1905	15	78	4
Grilled Boneless Wings, 15 Piece (1 serving) with Add Extra Hot Heat	699	141	16	3	0	308	6210	7	1	1	123	1780	15	76	4
Grilled Boneless Wings, 15 Piece (1 serving) with Add Hot Heat	694	139	15	3	0	308	6209	7	1	1	123	1668	15	75	4
Grilled Boneless Wings, 15 Piece (1 serving) with Add Medium Heat	808	256	28	5	0	308	5180	3	0	0	123	1684	10	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Add Mild Heat	880	334	37	7	0	308	5163	4	0	1	123	2079	9	71	4
Grilled Boneless Wings, 15 Piece (1 serving) with Celery Sticks	688	136	15	3	0	308	4386	5	2	2	124	1209	9	107	4
Grilled Boneless Wings, 15 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1304	731	81	19	0	392	4958	4	0	1	128	1200	6	164	4
Grilled Boneless Wings, 15 Piece (1 serving) with Dressing Choice Ranch Dressing	1073	531	59	9	0	348	5390	7	0	4	123	784	6	149	4
Grilled Boneless Wings, 15 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	683	137	15	3	0	308	5455	5	1	1	123	787	7	94	4
Grilled Boneless Wings, 15 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	681	136	15	3	0	308	4850	5	1	0	123	1116	7	86	5
Grilled Boneless Wings, 15 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1073	531	59	9	0	348	5390	7	0	4	123	784	6	149	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	898	135	15	3	0	308	5335	55	0	3	123	1034	6	69	5
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	727	148	16	3	0	308	7484	12	3	2	124	2653	21	83	5

Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	717	145	16	3	0	308	7476	10	2	2	124	2444	21	81	5
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	708	142	16	3	0	308	7475	9	1	2	124	2258	21	78	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	898	337	37	6	0	308	5760	3	0	0	123	2284	12	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1018	467	52	10	0	308	5732	5	0	1	123	2942	11	72	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	856	298	33	6	0	310	5493	8	0	0	124	1784	12	90	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic-Q	817	214	24	5	0	308	5210	19	0	10	123	1409	14	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	823	135	15	3	0	308	4710	43	0	35	123	2784	18	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	848	292	32	6	0	308	5460	8	0	0	123	1784	12	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	785	135	15	3	0	308	4960	30	0	20	123	1034	15	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	885	146	16	3	0	308	5310	53	0	45	123	1284	15	69	4
Grilled Boneless Wings, 15 Piece (1 serving) with Wing Sauce Choice Teriyaki	823	135	15	3	0	308	5485	38	0	33	125	784	6	69	5
Grilled Boneless Wings, 20 Piece (1 serving)	897	180	20	4	0	411	5747	4	0	1	164	1045	9	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Add Atomic Heat	940	191	21	4	0	411	8286	11	2	2	165	2540	21	103	6
Grilled Boneless Wings, 20 Piece (1 serving) with Add Extra Hot Heat	933	188	21	4	0	411	8280	10	1	2	165	2373	21	101	6
Grilled Boneless Wings, 20 Piece (1 serving) with Add Hot Heat	925	186	21	4	0	411	8279	9	1	2	164	2225	20	99	6
Grilled Boneless Wings, 20 Piece (1 serving) with Add Medium Heat	1077	342	38	6	0	411	6907	4	0	1	164	2245	13	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Add Mild Heat	1173	446	50	10	0	411	6885	5	0	1	164	2772	13	94	5
Grilled Boneless Wings, 20 Piece (1 serving) with Celery Sticks	912	181	20	4	0	411	5823	6	2	2	165	1470	11	130	5
Grilled Boneless Wings, 20 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1528	776	86	20	0	495	6394	5	1	1	169	1461	9	187	5
Grilled Boneless Wings, 20 Piece (1 serving) with Dressing Choice Ranch Dressing	1297	576	64	10	0	451	6827	8	0	5	164	1045	9	172	5
Grilled Boneless Wings, 20 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	910	182	20	4	0	411	7274	6	1	1	164	1050	9	126	6
Grilled Boneless Wings, 20 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	908	181	20	4	0	411	6467	6	1	1	164	1487	10	115	6
Grilled Boneless Wings, 20 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1297	576	64	10	0	451	6827	8	0	5	164	1045	9	172	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1167	180	20	4	0	411	6977	67	0	4	164	1345	9	92	6
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	962	196	22	5	0	411	9555	14	3	3	165	3288	27	109	6
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	950	192	21	5	0	411	9546	13	2	3	165	3038	26	106	6
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	940	189	21	5	0	411	9545	11	1	3	165	2814	26	103	6
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1167	423	47	7	0	411	7487	4	0	1	164	2845	16	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1311	579	64	12	0	411	7453	6	1	1	164	3635	15	96	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1117	375	42	8	0	413	7166	10	0	1	165	2245	16	117	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1070	274	30	6	0	411	6827	23	0	13	164	1795	18	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1077	180	20	4	0	411	6227	52	0	43	164	3445	23	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1107	369	41	7	0	411	7127	10	0	1	164	2245	16	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1032	180	20	4	0	411	6527	37	0	25	164	1345	19	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1152	193	21	4	0	411	6947	64	0	55	164	1645	19	92	5
Grilled Boneless Wings, 20 Piece (1 serving) with Wing Sauce Choice Teriyaki	1077	180	20	4	0	411	7157	46	0	40	167	1045	9	92	6
Grilled Boneless Wings, 25 Piece (1 serving)	1121	225	25	5	0	514	7184	4	0	1	205	1306	11	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Add Atomic Heat	1176	238	26	6	0	514	10357	13	3	2	206	3175	26	129	7
Grilled Boneless Wings, 25 Piece (1 serving) with Add Extra Hot Heat	1166	235	26	6	0	514	10350	12	2	2	206	2967	26	127	7
Grilled Boneless Wings, 25 Piece (1 serving) with Add Hot Heat	1157	232	26	6	0	514	10349	11	1	2	206	2781	26	124	7
Grilled Boneless Wings, 25 Piece (1 serving) with Add Medium Heat	1346	427	47	8	0	514	8634	4	0	1	205	2806	17	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Add Mild Heat	1466	557	62	12	0	514	8606	7	1	1	205	3464	16	118	7
Grilled Boneless Wings, 25 Piece (1 serving) with Celery Sticks	1137	226	25	6	0	514	7260	7	2	2	206	1732	14	152	7
Grilled Boneless Wings, 25 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1752	821	91	21	0	598	7831	6	1	1	210	1722	11	210	7
Grilled Boneless Wings, 25 Piece (1 serving) with Dressing Choice Ranch Dressing	1521	621	69	11	0	554	8264	8	0	5	205	1306	11	195	7
Grilled Boneless Wings, 25 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	1134	227	25	6	0	514	8711	7	1	1	205	1311	12	149	7
Grilled Boneless Wings, 25 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	1132	226	25	5	0	514	7904	7	1	1	205	1749	12	138	7
Grilled Boneless Wings, 25 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1521	621	69	11	0	554	8264	8	0	5	205	1306	11	195	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1436	225	25	5	0	514	8619	78	0	4	205	1656	11	115	8
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	1197	244	27	6	0	514	11627	17	4	3	206	3923	32	135	8
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	1183	239	27	6	0	514	11616	15	2	3	206	3631	32	132	7

Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	1171	235	26	6	0	514	11614	13	1	3	206	3371	32	128	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1436	508	56	9	0	514	9214	4	0	1	205	3406	19	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1604	690	77	15	0	514	9174	7	1	2	205	4328	18	119	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1378	453	50	9	0	516	8839	12	0	1	206	2706	19	145	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1323	335	37	7	0	514	8444	27	0	15	205	2181	21	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1331	225	25	5	0	514	7744	60	0	50	205	4106	28	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1366	445	49	9	0	514	8794	11	0	1	205	2706	19	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1279	225	25	5	0	514	8094	43	0	29	205	1656	23	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1419	241	27	5	0	514	8584	74	0	64	205	2006	23	115	7
Grilled Boneless Wings, 25 Piece (1 serving) with Wing Sauce Choice Teriyaki	1331	225	25	5	0	514	8829	53	0	46	208	1306	11	115	8
Grilled Boneless Wings, 5 Piece (1 serving)	224	45	5	1	0	103	1437	1	0	0	41	261	2	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Add Atomic Heat	241	49	5	1	0	103	2389	4	1	1	41	822	7	27	2
Grilled Boneless Wings, 5 Piece (1 serving) with Add Extra Hot Heat	238	48	5	1	0	103	2386	3	1	1	41	759	7	27	1
Grilled Boneless Wings, 5 Piece (1 serving) with Add Hot Heat	235	47	5	1	0	103	2386	3	0	1	41	704	7	26	1
Grilled Boneless Wings, 5 Piece (1 serving) with Add Medium Heat	292	106	12	2	0	103	1872	1	0	0	41	711	4	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Add Mild Heat	328	145	16	3	0	103	1863	2	0	0	41	909	4	24	1
Grilled Boneless Wings, 5 Piece (1 serving) with Celery Sticks	232	46	5	1	0	103	1475	2	1	1	41	474	4	42	1
Grilled Boneless Wings, 5 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	540	343	38	9	0	145	1760	2	0	0	43	469	2	71	1
Grilled Boneless Wings, 5 Piece (1 serving) with Dressing Choice Ranch Dressing	424	243	27	4	0	123	1977	3	0	2	41	261	2	63	1
Grilled Boneless Wings, 5 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	228	46	5	1	0	103	1818	2	0	0	41	262	2	31	1
Grilled Boneless Wings, 5 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	227	45	5	1	0	103	1617	2	0	0	41	372	2	29	2
Grilled Boneless Wings, 5 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	424	243	27	4	0	123	1977	3	0	2	41	261	2	63	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	314	45	5	1	0	103	1847	22	0	1	41	361	2	23	2
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	246	50	6	1	0	103	2706	4	1	1	41	1009	8	29	2
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	242	49	5	1	0	103	2703	4	1	1	41	925	8	28	2
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	238	48	5	1	0	103	2703	3	0	1	41	851	8	27	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	314	126	14	2	0	103	2017	1	0	0	41	861	5	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	362	178	20	4	0	103	2005	2	0	0	41	1125	4	24	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	297	110	12	2	0	103	1910	3	0	0	41	661	5	31	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Garlic-Q	282	76	8	2	0	103	1797	7	0	4	41	511	5	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	284	45	5	1	0	103	1597	17	0	14	41	1061	7	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	294	108	12	2	0	103	1897	3	0	0	41	661	5	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	269	45	5	1	0	103	1697	12	0	8	41	361	6	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	309	49	5	1	0	103	1837	21	0	18	41	461	6	23	1
Grilled Boneless Wings, 5 Piece (1 serving) with Wing Sauce Choice Teriyaki	284	45	5	1	0	103	1907	15	0	13	42	261	2	23	2
Grilled Boneless Wings, 50 Piece (1 serving)	2243	450	50	11	0	1028	14368	9	1	1	410	2613	22	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Add Atomic Heat	2351	477	53	11	0	1028	20715	27	6	5	412	6351	51	259	15
Grilled Boneless Wings, 50 Piece (1 serving) with Add Extra Hot Heat	2331	470	52	11	0	1028	20699	24	4	5	411	5934	51	253	14
Grilled Boneless Wings, 50 Piece (1 serving) with Add Hot Heat	2313	465	52	11	0	1028	20697	22	2	5	411	5562	51	249	14
Grilled Boneless Wings, 50 Piece (1 serving) with Add Medium Heat	2693	855	95	16	0	1028	17268	9	1	1	410	5613	34	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Add Mild Heat	2933	1115	124	24	0	1028	17211	13	1	3	410	6929	31	236	13
Grilled Boneless Wings, 50 Piece (1 serving) with Celery Sticks	2266	452	50	11	0	1028	14482	13	3	4	411	3250	26	286	13
Grilled Boneless Wings, 50 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	3504	1643	183	41	0	1195	15663	12	1	3	419	3444	22	421	14
Grilled Boneless Wings, 50 Piece (1 serving) with Dressing Choice Ranch Dressing	3043	1242	138	23	0	1108	16528	17	1	9	410	2613	22	389	13
Grilled Boneless Wings, 50 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	2269	454	50	11	0	1028	17421	14	2	3	411	2622	23	297	14
Grilled Boneless Wings, 50 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	2265	453	50	11	0	1028	15808	14	2	1	411	3497	24	276	15
Grilled Boneless Wings, 50 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	3043	1242	138	23	0	1108	16528	17	1	9	410	2613	22	389	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	2873	450	50	11	0	1028	17238	156	1	8	410	3313	22	229	16
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	2395	487	54	11	0	1028	23254	34	8	6	412	7846	63	270	15
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	2367	479	53	11	0	1028	23232	30	5	6	412	7262	63	263	15
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	2342	471	52	11	0	1028	23229	27	2	6	412	6741	63	256	14

Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	2873	1017	113	18	0	1028	18428	9	1	1	410	6813	38	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	3209	1381	153	30	0	1028	18349	15	1	3	411	8655	35	238	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	2755	905	101	19	0	1033	17679	23	1	1	412	5413	38	289	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic-Q	2645	670	74	14	0	1028	16888	54	1	29	410	4363	43	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	2663	450	50	11	0	1028	15488	121	1	99	410	8213	55	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	2733	891	99	18	0	1028	17588	23	1	1	410	5413	38	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	2558	450	50	11	0	1028	16188	86	1	57	410	3313	47	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	2838	481	53	11	0	1028	17168	149	1	127	410	4013	47	229	13
Grilled Boneless Wings, 50 Piece (1 serving) with Wing Sauce Choice Teriyaki	2663	450	50	11	0	1028	17658	107	1	92	417	2613	22	229	16
Grilled Chicken Tenders, 3 Pieces (1 serving)	345	88	10	2	0	148	1135	1	0	0	59	447	3	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Add Atomic Heat	361	92	10	2	0	148	2087	4	1	1	59	1008	8	35	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Add Extra Hot Heat	358	91	10	2	0	148	2085	3	1	1	59	945	8	34	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Add Hot Heat	355	90	10	2	0	148	2085	3	0	1	59	890	8	34	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Add Medium Heat	412	149	17	3	0	148	1570	1	0	0	59	897	5	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Add Mild Heat	448	188	21	4	0	148	1562	1	0	0	59	1095	5	32	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Celery Sticks	352	89	10	2	0	148	1173	2	1	1	59	660	5	50	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	660	386	43	10	0	190	1459	2	0	0	61	655	3	79	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Dressing Choice Ranch Dressing	545	286	32	5	0	168	1675	3	0	2	59	447	3	71	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	545	286	32	5	0	168	1675	3	0	2	59	447	3	71	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	480	88	10	2	0	148	1750	32	0	2	59	597	3	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	377	96	11	2	0	148	3039	6	2	1	60	1569	12	40	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	371	94	10	2	0	148	3035	5	1	1	59	1444	12	38	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	366	92	10	2	0	148	3034	5	0	1	59	1332	12	37	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	480	210	23	4	0	148	2005	1	0	0	59	1347	7	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	552	288	32	6	0	148	1988	2	0	0	59	1742	6	33	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	454	186	21	4	0	149	1845	4	0	0	59	1047	7	44	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	431	135	15	3	0	148	1675	11	0	6	59	822	8	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	435	88	10	2	0	148	1375	25	0	21	59	1647	10	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	450	183	20	4	0	148	1825	4	0	0	59	1047	7	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	412	88	10	2	0	148	1525	17	0	12	59	597	8	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	472	95	11	2	0	148	1735	31	0	27	59	747	8	31	2
Grilled Chicken Tenders, 3 Pieces (1 serving) with Wing Sauce Choice Teriyaki	435	88	10	2	0	148	1840	22	0	20	60	447	3	31	2
Grilled Chicken Tenders, 5 Pieces (1 serving)	574	147	16	3	0	247	1892	1	0	0	98	745	5	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Add Atomic Heat	591	151	17	3	0	247	2844	4	1	1	99	1306	10	56	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Add Extra Hot Heat	588	150	17	3	0	247	2842	4	1	1	99	1243	10	55	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Add Hot Heat	585	149	17	3	0	247	2842	3	0	1	99	1188	10	54	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Add Medium Heat	642	207	23	4	0	247	2327	1	0	0	98	1195	7	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Add Mild Heat	678	246	27	5	0	247	2319	2	0	0	98	1393	7	52	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Celery Sticks	582	147	16	3	0	247	1930	3	1	1	99	958	7	70	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	890	445	49	11	0	289	2216	2	0	1	101	953	5	99	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Dressing Choice Ranch Dressing	774	345	38	6	0	267	2432	3	0	2	98	745	5	91	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	774	345	38	6	0	267	2432	3	0	2	98	745	5	91	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	799	147	16	3	0	247	2917	54	0	3	98	995	5	51	4
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	629	160	18	4	0	247	5066	10	3	2	99	2614	20	66	4
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	619	157	17	4	0	247	5058	9	2	2	99	2406	20	63	4
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	610	154	17	4	0	247	5057	8	1	2	99	2220	20	61	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	799	349	39	6	0	247	3342	1	0	0	98	2245	11	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	919	479	53	10	0	247	3314	4	0	1	99	2903	10	55	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	757	309	34	6	0	248	3075	6	0	0	99	1745	11	73	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	718	225	25	5	0	247	2792	18	0	10	98	1370	13	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	724	147	16	3	0	247	2292	41	0	35	98	2745	17	51	3

Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	749	304	34	6	0	247	3042	6	0	0	98	1745	11	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	687	147	16	3	0	247	2542	29	0	20	98	995	14	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	787	158	18	3	0	247	2892	51	0	45	98	1245	14	51	3
Grilled Chicken Tenders, 5 Pieces (1 serving) with Wing Sauce Choice Teriyaki	724	147	16	3	0	247	3067	36	0	33	101	745	5	51	4
Korean Cauliflower Wings (1 serving)	435	81	9	1	0	0	1964	83	7	49	7	265	107	95	3
Korean Cauliflower Wings (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	750	379	42	9	0	42	2287	84	7	49	9	473	107	143	3
Korean Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch Dressing	635	279	31	4	0	20	2504	85	7	51	7	265	107	135	3
Korean Fried Boneless Wings, 10 (1 serving)	873	219	24	4	0	206	2796	77	1	57	83	310	6	90	4
Korean Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1189	517	57	11	0	247	3120	78	1	57	86	518	6	138	4
Korean Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1073	417	46	7	0	226	3336	79	1	59	83	310	6	130	4
Korean Fried Boneless Wings, 15 (1 serving)	1306	328	36	6	0	308	4175	115	2	85	125	359	8	126	6
Korean Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1621	626	70	13	0	350	4499	116	2	85	127	567	8	174	6
Korean Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1506	526	58	9	0	328	4715	117	2	87	125	359	8	166	6
Korean Fried Boneless Wings, 5 (1 serving)	440	110	12	2	0	103	1417	39	1	29	42	261	4	55	2
Korean Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	756	408	45	10	0	145	1741	40	1	29	44	469	4	102	2
Korean Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	640	308	34	5	0	123	1957	41	1	31	42	261	4	95	2
Korean Grilled Boneless Wings, 10 (1 serving)	747	134	15	2	0	206	4315	67	1	57	82	758	6	93	3
Korean Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1062	433	48	10	0	247	4639	68	1	57	85	966	6	140	4
Korean Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	947	332	37	5	0	226	4855	69	1	59	82	758	6	133	3
Korean Grilled Boneless Wings, 15 (1 serving)	1111	197	22	3	0	308	6452	100	1	85	123	1030	8	126	5
Korean Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1426	496	55	11	0	350	6776	101	1	86	126	1238	8	174	5
Korean Grilled Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1311	395	44	6	0	328	6992	102	1	87	123	1030	8	166	5
Korean Grilled Boneless Wings, 20 (1 serving)	1486	268	30	4	0	411	8592	134	1	113	164	1303	10	166	7
Korean Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1801	566	63	12	0	453	8916	134	1	114	167	1511	10	214	7
Korean Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1686	466	52	7	0	431	9132	136	1	115	164	1303	10	206	7
Korean Grilled Boneless Wings, 5 (1 serving)	377	68	8	1	0	103	2176	34	1	29	41	485	4	56	2
Korean Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	693	366	41	9	0	145	2500	35	1	29	44	693	4	104	2
Korean Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	577	266	30	4	0	123	2716	36	1	31	41	485	4	96	2
Korean Traditional Wings, 10 (1 serving)	820	407	45	11	0	157	1590	66	1	57	38	535	3	71	3
Korean Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1136	705	78	18	0	199	1914	67	1	57	40	743	3	119	3
Korean Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	1020	605	67	14	0	177	2130	68	1	59	38	535	3	111	3
Korean Traditional Wings, 15 (1 serving)	1226	610	68	16	0	235	2366	98	1	85	56	696	4	97	4
Korean Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1542	909	101	23	0	277	2690	99	1	85	59	904	4	145	4
Korean Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1426	808	90	19	0	255	2906	100	1	87	56	696	4	137	4
Korean Traditional Wings, 20 (1 serving)	1633	814	90	21	0	313	3142	130	1	113	75	857	4	123	5
Korean Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1948	1112	124	29	0	355	3466	131	1	113	77	1065	4	171	6
Korean Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1833	1012	112	24	0	333	3682	132	1	115	75	857	4	163	5
Korean Traditional Wings, 5 (1 serving)	414	204	23	5	0	78	814	34	1	29	19	374	2	45	1
Korean Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	729	502	56	13	0	120	1137	34	1	29	21	582	2	93	2
Korean Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	614	402	45	8	0	98	1354	36	1	31	19	374	2	85	1

Nashville Dry Rub Fried Boneless Wings, 10 (1 serving)	619	184	20	4	0	206	1978	21	3	6	84	287	6	79	4
Nashville Dry Rub Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	934	482	54	12	0	247	2302	22	3	7	86	495	6	127	4
Nashville Dry Rub Fried Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	819	382	42	7	0	226	2518	23	3	8	84	287	6	119	4
Nashville Dry Rub Fried Boneless Wings, 15 (1 serving)	924	276	31	6	0	308	2948	30	3	9	126	325	8	109	6
Nashville Dry Rub Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1240	574	64	14	0	350	3272	31	4	9	128	533	8	157	6
Nashville Dry Rub Fried Boneless Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1124	474	53	9	0	328	3488	32	3	11	126	325	8	149	6
Nashville Dry Rub Fried Boneless Wings, 20 (1 serving)	1230	367	41	8	0	411	3918	40	4	12	168	362	10	139	8
Nashville Dry Rub Fried Boneless Wings, 5 (1 serving)	313	92	10	2	0	103	1008	11	2	4	42	250	4	49	2
Nashville Dry Rub Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	629	391	43	10	0	145	1331	12	2	4	45	458	4	97	2
Nashville Dry Rub Fried Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	513	290	32	5	0	123	1548	13	2	6	42	250	4	89	2
Nashville Dry Rub Grilled Boneless Wings, 10 (1 serving)	492	99	11	2	0	206	3497	11	2	6	83	735	6	81	3
Nashville Dry Rub Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	808	398	44	10	0	247	3820	12	2	7	85	943	6	129	3
Nashville Dry Rub Grilled Boneless Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	692	297	33	5	0	226	4037	13	2	8	83	735	6	121	3
Nashville Dry Rub Grilled Boneless Wings, 15 (1 serving)	735	149	17	4	0	308	5226	16	3	9	124	996	8	113	5
Nashville Dry Rub Grilled Boneless Wings, 20 (1 serving)	977	198	22	5	0	411	6956	21	4	12	166	1258	10	144	6
Nashville Dry Rub Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1292	496	55	12	0	453	7279	21	4	12	168	1466	10	192	6
Nashville Dry Rub Grilled Boneless Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1177	396	44	8	0	431	7496	23	4	14	166	1258	10	184	6
Nashville Dry Rub Grilled Boneless Wings, 5 (1 serving)	250	50	6	1	0	103	1767	6	2	4	42	474	4	50	2
Nashville Dry Rub Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	565	348	39	9	0	145	2091	7	2	4	44	682	4	98	2
Nashville Dry Rub Grilled Boneless Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	450	248	28	4	0	123	2307	8	2	6	42	474	4	90	2
Nashville Dry Rub Traditional Wings, 10 (1 serving)	566	372	41	11	0	157	772	9	2	6	38	512	3	60	3
Nashville Dry Rub Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	881	670	74	18	0	199	1095	10	2	6	41	720	3	108	3
Nashville Dry Rub Traditional Wings, 10 (1 serving) with Dipping Sauce Choice Ranch Dressing	766	570	63	14	0	177	1312	11	2	8	38	512	3	100	3
Nashville Dry Rub Traditional Wings, 15 (1 serving)	845	558	62	16	0	235	1139	13	3	9	57	661	4	81	4
Nashville Dry Rub Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1160	856	95	24	0	277	1462	14	3	9	60	869	4	128	4
Nashville Dry Rub Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch Dressing	1045	756	84	19	0	255	1679	15	3	11	57	661	4	121	4
Nashville Dry Rub Traditional Wings, 20 (1 serving)	1124	743	83	21	0	313	1506	17	4	11	76	811	4	101	5
Nashville Dry Rub Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1439	1042	116	29	0	355	1829	18	4	11	79	1019	4	149	5
Nashville Dry Rub Traditional Wings, 20 (1 serving) with Dipping Sauce Choice Ranch Dressing	1324	941	105	24	0	333	2046	19	4	13	76	811	4	141	5
Nashville Dry Rub Traditional Wings, 5 (1 serving)	287	186	21	5	0	78	405	5	1	3	19	362	2	39	1
Nashville Dry Rub Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	602	485	54	13	0	120	728	6	2	4	22	570	2	87	1
Nashville Dry Rub Traditional Wings, 5 (1 serving) with Dipping Sauce Choice Ranch Dressing	487	384	43	8	0	98	945	7	1	5	19	362	2	79	1
Traditional Chicken Wings, 10 Pieces (1 serving)	522	363	40	11	0	157	149	0	0	0	37	299	1	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Add Atomic Heat	538	367	41	11	0	157	1101	3	1	1	38	860	6	29	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Add Extra Hot Heat	535	366	41	11	0	157	1098	2	0	1	38	797	6	28	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Add Hot Heat	533	365	41	11	0	157	1098	2	0	1	37	742	6	27	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Add Medium Heat	590	423	47	11	0	157	584	0	0	0	37	749	3	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Add Mild Heat	626	462	51	13	0	157	575	1	0	0	37	947	3	25	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Celery Sticks	530	363	40	11	0	157	186	1	1	1	38	512	3	43	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	837	661	73	18	0	199	472	1	0	0	40	507	1	72	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Dressing Choice Ranch Dressing	722	561	62	14	0	177	689	2	0	2	37	299	1	64	2



Traditional Chicken Wings, 10 Pieces (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	532	364	40	11	0	157	1293	2	0	0	38	303	2	50	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	530	364	40	11	0	157	688	2	1	0	38	631	2	42	3
Traditional Chicken Wings, 10 Pieces (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	722	561	62	14	0	177	689	2	0	2	37	299	1	64	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	882	363	40	11	0	157	1789	84	0	4	37	699	1	24	3
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	609	384	43	11	0	157	5226	14	4	3	39	3290	25	48	3
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	593	379	42	11	0	157	5213	12	2	3	38	2956	25	44	3
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	579	375	42	11	0	157	5212	10	1	3	38	2658	25	40	3
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	882	687	76	15	0	157	2469	0	0	0	37	2699	11	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	1074	895	99	21	0	157	2423	3	0	1	38	3752	9	30	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	815	623	69	15	0	160	2040	8	0	0	38	1899	11	59	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	752	489	54	13	0	157	1589	26	0	16	37	1299	13	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	762	363	40	11	0	157	789	64	0	56	37	3499	21	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	802	615	68	15	0	157	1989	8	0	0	37	1899	11	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	702	363	40	11	0	157	1189	44	0	32	37	699	16	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	862	381	42	11	0	157	1749	80	0	72	37	1099	16	24	2
Traditional Chicken Wings, 10 Pieces (1 serving) with Wing Sauce Choice Teriyaki	762	363	40	11	0	157	2029	56	0	52	41	299	1	24	3
Traditional Chicken Wings, 15 Piece (1 serving)	783	544	60	16	0	235	223	0	0	0	56	449	2	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Add Atomic Heat	816	552	61	16	0	235	2127	5	1	1	56	1570	11	45	3
Traditional Chicken Wings, 15 Piece (1 serving) with Add Extra Hot Heat	810	550	61	16	0	235	2122	5	1	1	56	1445	11	44	3
Traditional Chicken Wings, 15 Piece (1 serving) with Add Hot Heat	804	549	61	16	0	235	2122	4	0	1	56	1334	11	42	3
Traditional Chicken Wings, 15 Piece (1 serving) with Add Medium Heat	918	666	74	17	0	235	1093	0	0	0	56	1349	6	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Add Mild Heat	990	744	83	20	0	235	1076	1	0	0	56	1744	5	39	3
Traditional Chicken Wings, 15 Piece (1 serving) with Celery Sticks	798	546	61	16	0	235	298	3	1	2	57	874	5	74	3
Traditional Chicken Wings, 15 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1414	1141	127	31	0	319	870	2	0	1	61	865	2	132	3
Traditional Chicken Wings, 15 Piece (1 serving) with Dressing Choice Ranch Dressing	1183	940	104	22	0	275	1303	4	0	4	56	449	2	117	3
Traditional Chicken Wings, 15 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	798	546	61	16	0	235	1940	3	1	1	56	454	3	75	4
Traditional Chicken Wings, 15 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	796	546	61	16	0	235	1033	3	1	0	56	946	4	63	4
Traditional Chicken Wings, 15 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1183	940	104	22	0	275	1303	4	0	4	56	449	2	117	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1233	544	60	16	0	235	2273	105	0	5	56	949	2	37	5
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	892	571	63	16	0	235	6570	18	5	3	58	4187	32	66	4
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	872	565	63	16	0	235	6554	15	3	3	57	3770	32	61	4
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	854	559	62	16	0	235	6552	13	1	3	57	3398	32	56	4
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1233	949	105	21	0	235	3123	0	0	0	56	3449	14	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1473	1209	134	29	0	235	3066	4	0	1	56	4765	12	43	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1149	869	97	21	0	239	2587	10	0	0	57	2449	14	79	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1071	702	78	18	0	235	2023	33	0	20	56	1699	17	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1083	544	60	16	0	235	1023	80	0	70	56	4449	26	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1133	859	95	21	0	235	2523	10	0	0	56	2449	14	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1008	544	60	16	0	235	1523	55	0	40	56	949	20	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1208	567	63	16	0	235	2223	100	0	90	56	1449	20	37	3
Traditional Chicken Wings, 15 Piece (1 serving) with Wing Sauce Choice Teriyaki	1083	544	60	16	0	235	2573	70	0	65	61	449	2	37	5
Traditional Chicken Wings, 20 Piece (1 serving)	1044	725	81	21	0	313	297	0	0	0	75	598	3	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Add Atomic Heat	1087	736	82	21	0	313	2836	7	2	1	75	2094	15	61	5
Traditional Chicken Wings, 20 Piece (1 serving) with Add Extra Hot Heat	1080	734	82	21	0	313	2830	6	1	1	75	1927	15	58	4
Traditional Chicken Wings, 20 Piece (1 serving) with Add Hot Heat	1072	731	81	21	0	313	2829	5	0	1	75	1778	15	57	4
Traditional Chicken Wings, 20 Piece (1 serving) with Add Medium Heat	1224	887	99	23	0	313	1457	0	0	0	75	1798	8	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Add Mild Heat	1320	991	110	26	0	313	1434	2	0	0	75	2325	7	51	4
Traditional Chicken Wings, 20 Piece (1 serving) with Celery Sticks	1059	727	81	21	0	313	373	3	1	2	75	1024	6	87	4
Traditional Chicken Wings, 20 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1675	1322	147	36	0	397	944	2	0	1	79	1014	3	144	4
Traditional Chicken Wings, 20 Piece (1 serving) with Dressing Choice Ranch Dressing	1444	1121	125	27	0	353	1377	4	0	4	75	598	3	129	4
Traditional Chicken Wings, 20 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	1064	729	81	21	0	313	2587	4	1	1	75	606	4	100	5



Traditional Chicken Wings, 20 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	1061	728	81	21	0	313	1377	4	1	0	75	1262	5	84	5
Traditional Chicken Wings, 20 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1444	1121	125	27	0	353	1377	4	0	4	75	598	3	129	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1584	725	81	21	0	313	2757	126	0	6	75	1198	3	49	6
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	1174	758	84	21	0	313	7913	21	6	4	77	5084	39	84	6
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	1151	750	83	21	0	313	7894	18	4	4	76	4584	39	78	5
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	1129	743	83	21	0	313	7892	15	1	4	76	4137	38	72	5
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1584	1211	135	27	0	313	3777	0	0	0	75	4198	17	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	1872	1523	169	37	0	313	3709	5	0	1	75	5778	15	57	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1483	1116	124	28	0	318	3135	12	0	0	76	2998	17	100	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1389	914	102	24	0	313	2457	39	0	24	75	2098	21	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1404	725	81	21	0	313	1257	96	0	84	75	5398	32	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1464	1103	123	27	0	313	3057	12	0	0	75	2998	17	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1314	725	81	21	0	313	1857	66	0	48	75	1198	24	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1554	752	84	21	0	313	2697	120	0	108	75	1798	24	49	4
Traditional Chicken Wings, 20 Piece (1 serving) with Wing Sauce Choice Teriyaki	1404	725	81	21	0	313	3117	84	0	78	81	598	3	49	6
Traditional Chicken Wings, 25 Piece (1 serving)	1305	907	101	26	0	392	371	0	0	0	93	748	4	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Add Atomic Heat	1359	920	102	26	0	392	3545	9	2	2	94	2617	18	76	6
Traditional Chicken Wings, 25 Piece (1 serving) with Add Extra Hot Heat	1349	917	102	26	0	392	3537	8	1	2	94	2409	18	73	5
Traditional Chicken Wings, 25 Piece (1 serving) with Add Hot Heat	1340	914	102	26	0	392	3536	6	1	2	94	2223	18	71	5
Traditional Chicken Wings, 25 Piece (1 serving) with Add Medium Heat	1530	1109	123	29	0	392	1821	0	0	0	93	2248	10	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Add Mild Heat	1650	1239	138	33	0	392	1793	2	0	1	93	2906	8	64	5
Traditional Chicken Wings, 25 Piece (1 serving) with Celery Sticks	1320	908	101	26	0	392	447	3	1	2	94	1173	6	99	5
Traditional Chicken Wings, 25 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	1936	1503	167	42	0	476	1019	2	0	1	98	1164	4	157	5
Traditional Chicken Wings, 25 Piece (1 serving) with Dressing Choice Ranch Dressing	1705	1303	145	32	0	432	1451	4	0	4	93	748	4	141	5
Traditional Chicken Wings, 25 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	1325	910	101	26	0	392	2661	4	1	1	94	755	5	112	6
Traditional Chicken Wings, 25 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	1322	909	101	26	0	392	1451	4	1	0	94	1411	6	96	6
Traditional Chicken Wings, 25 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	1705	1303	145	32	0	432	1451	4	0	4	93	748	4	141	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	1935	907	101	26	0	392	3241	147	0	7	93	1448	4	61	7
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	1457	944	105	27	0	392	9257	25	7	5	96	5982	45	102	7
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	1429	936	104	27	0	392	9235	21	4	5	95	5398	45	95	6
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	1404	928	103	27	0	392	9232	18	2	5	95	4877	45	88	6
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	1935	1474	164	33	0	392	4431	0	0	0	93	4948	20	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	2271	1838	204	45	0	392	4352	6	1	2	94	6791	17	70	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	1818	1362	151	34	0	397	3682	14	0	0	95	3548	20	121	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Garlic-Q	1708	1127	125	30	0	392	2891	46	0	28	93	2498	25	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	1725	907	101	26	0	392	1491	112	0	98	93	6348	37	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	1795	1348	150	33	0	392	3591	14	0	0	93	3548	20	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	1620	907	101	26	0	392	2191	77	0	56	93	1448	29	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	1900	938	104	26	0	392	3171	140	0	126	93	2148	29	61	5
Traditional Chicken Wings, 25 Piece (1 serving) with Wing Sauce Choice Teriyaki	1725	907	101	26	0	392	3661	98	0	91	100	748	4	61	7
Traditional Chicken Wings, 5 Pieces (1 serving)	261	181	20	5	0	78	74	0	0	0	19	150	1	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Add Atomic Heat	277	185	21	5	0	78	1026	3	1	1	19	710	5	17	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Add Extra Hot Heat	274	184	20	5	0	78	1024	2	0	1	19	648	5	16	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Add Hot Heat	272	184	20	5	0	78	1024	2	0	1	19	592	5	15	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Add Medium Heat	329	242	27	6	0	78	509	0	0	0	19	600	3	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Add Mild Heat	365	281	31	7	0	78	501	1	0	0	19	797	2	13	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Celery Sticks	269	182	20	5	0	78	112	1	1	1	19	362	2	31	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Dressing Choice Bleu Cheese Dressing	576	480	53	13	0	120	398	1	0	0	21	357	1	60	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Dressing Choice Ranch Dressing	461	379	42	8	0	98	614	2	0	2	19	150	1	52	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	266	182	20	5	0	78	647	1	0	0	19	151	1	25	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	265	182	20	5	0	78	344	1	0	0	19	315	1	21	1

Traditional Chicken Wings, 5 Pieces (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	461	379	42	8	0	98	614	2	0	2	19	150	1	52	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Bourbon BBQ	441	181	20	5	0	78	894	42	0	2	19	350	1	12	2
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Atomic	304	192	21	5	0	78	2613	7	2	1	19	1645	13	24	2
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Extra Hot	297	190	21	5	0	78	2607	6	1	1	19	1478	13	22	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Hot	289	187	21	5	0	78	2606	5	0	1	19	1329	13	20	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Medium	441	343	38	7	0	78	1234	0	0	0	19	1350	6	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Buffalo Mild	537	447	50	11	0	78	1211	2	0	0	19	1876	5	15	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Garlic Parmesan	407	311	35	8	0	80	1020	4	0	0	19	950	6	29	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Garlic-Q	376	244	27	6	0	78	794	13	0	8	19	650	7	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Habanero	381	181	20	5	0	78	394	32	0	28	19	1750	10	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Roasted Garlic	401	307	34	7	0	78	994	4	0	0	19	950	6	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Sweet BBQ	351	181	20	5	0	78	594	22	0	16	19	350	8	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Sweet Thai Chili	431	190	21	5	0	78	874	40	0	36	19	550	8	12	1
Traditional Chicken Wings, 5 Pieces (1 serving) with Wing Sauce Choice Teriyaki	381	181	20	5	0	78	1014	28	0	26	21	150	1	12	2
Traditional Chicken Wings, 50 Piece (1 serving)	2610	1814	202	53	0	784	743	0	0	0	187	1496	7	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Add Atomic Heat	2719	1840	204	53	0	784	7090	18	5	3	188	5234	37	151	11
Traditional Chicken Wings, 50 Piece (1 serving) with Add Extra Hot Heat	2699	1834	204	53	0	784	7074	15	3	3	188	4817	37	146	11
Traditional Chicken Wings, 50 Piece (1 serving) with Add Hot Heat	2681	1828	203	53	0	784	7072	13	1	3	188	4445	37	141	10
Traditional Chicken Wings, 50 Piece (1 serving) with Add Medium Heat	3060	2219	247	58	0	784	3643	0	0	0	187	4496	19	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Add Mild Heat	3300	2478	275	66	0	784	3586	4	0	1	187	5812	17	129	10
Traditional Chicken Wings, 50 Piece (1 serving) with Celery Sticks	2633	1816	202	53	0	784	856	4	2	3	188	2134	11	179	10
Traditional Chicken Wings, 50 Piece (1 serving) with Dressing Choice Bleu Cheese Dressing	3872	3006	334	83	0	951	2037	4	0	1	196	2328	7	313	10
Traditional Chicken Wings, 50 Piece (1 serving) with Dressing Choice Ranch Dressing	3410	2606	290	65	0	864	2903	8	0	8	187	1496	7	282	10
Traditional Chicken Wings, 50 Piece (1 serving) with Dry Seasoning Choice Lemon Pepper Seasoning	2650	1820	202	53	0	784	5322	7	2	2	187	1511	9	224	11
Traditional Chicken Wings, 50 Piece (1 serving) with Dry Seasoning Choice Ragin' Cajun Seasoning	2644	1818	202	53	0	784	2903	8	3	0	188	2823	11	193	12
Traditional Chicken Wings, 50 Piece (1 serving) with Substitute Ranch Dressing for Bleu Cheese Dressing	3410	2606	290	65	0	864	2903	8	0	8	187	1496	7	282	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Bourbon BBQ	3870	1814	202	53	0	784	6483	294	0	14	187	2896	7	122	15
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Atomic	2914	1889	210	53	0	784	18514	50	14	10	191	11963	91	204	14
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Extra Hot	2859	1871	208	53	0	784	18470	42	8	10	191	10795	90	189	13
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Hot	2808	1855	206	53	0	784	18464	36	3	10	190	9753	90	176	12
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Medium	3870	2948	328	67	0	784	8863	0	0	0	187	9896	41	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Buffalo Mild	4543	3675	408	90	0	784	8703	12	1	3	188	13582	35	140	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic Parmesan	3635	2724	303	69	0	793	7364	28	0	0	190	7096	41	242	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Garlic-Q	3415	2255	251	60	0	784	5783	91	0	56	187	4996	49	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Habanero	3450	1814	202	53	0	784	2983	224	0	196	187	12696	74	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Roasted Garlic	3590	2696	300	67	0	784	7183	28	0	0	187	7096	41	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet BBQ	3240	1814	202	53	0	784	4383	154	0	112	187	2896	58	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Sweet Thai Chili	3800	1877	209	53	0	784	6343	280	0	252	187	4296	58	122	10
Traditional Chicken Wings, 50 Piece (1 serving) with Wing Sauce Choice Teriyaki	3450	1814	202	53	0	784	7323	196	0	182	201	1496	7	122	15
Vegan Crispy Cauliflower Wings (1 serving)	361	176	20	3	0	0	1837	39	7	7	7	1071	112	78	3
Wing Sauces, 1 fl oz (1 fluid ounce)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Bourbon BBQ	90	0	0	0	0	0	410	21	0	1	0	100	0	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Buffalo Atomic	22	5	1	0	0	0	1269	4	1	1	0	748	6	6	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Buffalo Extra Hot	18	4	0	0	0	0	1266	3	1	1	0	664	6	5	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Buffalo Hot	14	3	0	0	0	0	1266	3	0	1	0	590	6	4	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Buffalo Medium	90	81	9	1	0	0	580	0	0	0	0	600	2	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Garlic Parmesan	73	65	7	1	0	1	473	2	0	0	0	400	2	9	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Garlic-Q	58	32	4	1	0	0	360	7	0	4	0	250	3	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Bourbon BBQ	180	0	0	0	0	0	820	42	0	2	0	200	0	0	1
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Sweet Habanero	60	0	0	0	0	0	160	16	0	14	0	800	5	0	0

Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Sweet Habanero	120	0	0	0	0	0	320	32	0	28	0	1600	10	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Roasted Garlic	70	63	7	1	0	0	460	2	0	0	0	400	2	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Sweet BBQ	45	0	0	0	0	0	260	11	0	8	0	100	4	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Sweet Thai Chili	85	5	1	0	0	0	400	20	0	18	0	200	4	0	0
Wing Sauces, 1 fl oz (1 fluid ounce) with Wing Sauce Choice Teriyaki	60	0	0	0	0	0	470	14	0	13	1	0	0	0	0

<b>Burgers</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturate d Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest erol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
BBQ Bacon Burger (1 sandwich)	981	485	54	21	0	160	2209	62	3	11	57	762	15	391	7
Bacon Cheeseburger (1 sandwich)	914	475	53	19	0	155	2152	49	3	7	55	933	14	397	7
Black and Bleu Burger (1 sandwich)	1224	765	85	27	0	202	2852	50	3	7	58	2042	17	406	7
Black and Bleu Burger (1 sandwich) with Add Red Onion Rings	1227	765	85	27	0	202	2852	51	3	7	58	2042	18	408	7
Black and Bleu Burger (1 sandwich) with Side of French Fries	1528	892	99	28	0	202	4212	90	7	7	62	2042	27	406	8
Cheeseburger (1 serving)	720	329	37	12	0	123	1516	47	2	6	45	491	13	192	6
Cheeseburger (1 serving) with Cheese Choice American Cheese	775	369	41	14	0	133	1696	48	2	6	48	641	13	292	6
Cheeseburger (1 serving) with Cheese Choice Blue Cheese	770	365	41	14	0	136	1706	47	2	6	48	641	13	267	6
Cheeseburger (1 serving) with Cheese Choice Cheddar Jack Cheese	830	410	46	18	0	148	1696	48	2	6	52	791	13	392	6
Cheeseburger (1 serving) with Cheese Choice Pepper Jack Cheese	773	365	41	14	0	137	1606	47	2	6	48	624	13	292	6
Cheeseburger (1 serving) with Cheese Choice Swiss Cheese	794	377	42	15	0	140	1557	48	2	6	50	693	13	361	6
Ghost Pepper Burger (1 serving)	903	475	53	16	0	143	1793	52	5	8	49	942	28	312	7
Hamburger (1 sandwich)	723	329	37	12	0	123	1516	48	2	7	45	1313	17	197	6
Hamburger (1 sandwich) with Cheese Choice American Cheese	778	370	41	14	0	133	1696	48	2	7	48	1463	17	297	6
Hamburger (1 sandwich) with Cheese Choice Blue Cheese	773	365	41	14	0	136	1706	48	2	7	48	1463	17	272	6
Hamburger (1 sandwich) with Cheese Choice Cheddar Jack Cheese	833	410	46	18	0	148	1696	49	2	7	52	1613	17	397	6
Hamburger (1 sandwich) with Cheese Choice Pepper Jack Cheese	776	365	41	14	0	137	1606	48	2	7	49	1446	17	297	6
Hamburger (1 sandwich) with Cheese Choice Swiss Cheese	797	378	42	15	0	140	1557	48	2	7	51	1515	17	365	6
Hamburger (1 sandwich) with Red Onion Rings	726	329	37	12	0	123	1516	48	3	7	45	1313	17	198	6
Hamburger (1 sandwich) with Side of French Fries	1026	456	51	13	0	123	2876	88	6	7	49	1313	26	197	7
Southwestern Veggie Burger (1 sandwich)	903	453	50	16	0	60	2478	78	8	10	32	2851	33	609	5
Southwestern Veggie Burger (1 sandwich) with Side of French Fries	1207	580	64	18	0	60	3838	118	12	10	36	2851	43	609	6

<b>Sandwiches</b>	<b>Total Calories (kcal)</b>	<b>Fat Calories (kcal)</b>	<b>Total Fat (g)</b>	<b>Saturate d Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholest erol (mg)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Vit A (iu)</b>	<b>Vit C (mg)</b>	<b>Calcium (mg)</b>	<b>Iron (mg)</b>
Bayou Salmon Sandwich (1 serving)	890	482	54	11	0	121	1948	50	4	7	49	2627	30	213	5
Blueberry BBQ Sandwich, Fried (1 serving)	864	216	24	4	0	90	1806	114	5	49	42	1630	34	185	4
Buffalo Chicken Sandwich-Fried (1 sandwich)	776	304	34	8	0	112	3523	66	3	8	46	1570	24	179	4
Buffalo Chicken Sandwich-Grilled (1 sandwich)	694	294	33	8	0	112	3164	51	3	8	44	1465	21	175	3
Double BBQ Pork Sandwich (1 sandwich)	757	286	32	8	0	307	3539	78	3	23	33	862	20	211	5
Double BBQ Pork Sandwich (1 sandwich) with Side of Saratoga Chips	920	390	43	9	0	307	4331	93	4	24	34	891	26	212	5
Korean Chicken Breast Sandwich-Fried (1 serving)	752	183	20	3	0	90	1983	97	4	37	41	1457	32	195	4

Santa Fe Steak Sandwich (1 sandwich)	733	337	37	10	0	92	2111	61	5	11	35	1300	74	281	7
MVP Chicken Breast Sandwich, Fried (1 serving)	790	358	40	6	0	110	1665	61	3	7	41	334	12	164	4
MVP Chicken Breast Sandwich, Grilled (1 serving)	715	350	39	6	0	110	1938	47	2	6	39	523	12	162	3

**Quesadillas**

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Cholest erol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Barbecue Chicken Quesadilla (1 serving)	1081	578	64	29	1	187	3088	55	5	11	70	2208	7	909	4
Barbecue Chicken Quesadilla (1 serving) with Ranch Dressing	1381	875	97	34	1	217	3898	58	5	14	70	2208	7	969	4
Classic Chicken Quesadilla (1 serving)	1433	927	103	35	1	211	3094	51	6	6	72	2294	27	906	4

**Side Items**

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturate d Fat (g)	Trans Fat (g)	Cholest erol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Buffalo Bleu Rings (1 serving)	315	65	7	1	0	1	1136	54	2	9	6	16	5	6	2
Buffalo Bleu Rings (1 serving) with Bleu Cheese Dressing	552	288	32	7	0	32	1378	55	2	9	8	172	5	42	2
Buffalo Bleu Rings (1 serving) with Ranch Dressing	465	213	24	4	0	16	1541	56	2	10	6	16	5	36	2
Buffalo Bleu Rings, Large (1 serving)	630	130	14	3	0	1	2271	109	4	17	13	31	10	12	3
Buffalo Bleu Rings, Large (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1104	577	64	14	0	64	2757	110	4	18	16	343	10	83	3
Buffalo Bleu Rings, Large (1 serving) with Dipping Sauce Choice Ranch Dressing	930	427	47	7	0	31	3081	112	4	20	13	31	10	72	3
Chili Lime Street Corn Side (1 serving)	223	71	8	4	0	15	380	29	4	6	8	518	14	114	1
Homemade Coleslaw (1 serving)	243	156	17	2	0	23	675	19	3	16	2	3415	35	56	1
Loaded Cauliflower Side (1 serving)	378	269	30	18	0	73	535	11	3	4	18	966	62	401	1
Natural Cut Fries (1 serving)	304	127	14	1	0	0	1360	40	4	0	4	0	10	0	1
Natural Cut Fries (1 serving) with Cajun Seasoning	309	128	14	1	0	0	1720	41	4	0	4	221	10	12	1
Natural Cut Fries (1 serving) with Cheese and Bacon Topping	599	350	39	16	0	61	1977	42	4	0	22	600	10	400	1
Natural Cut Fries (1 serving) with Queso Blanco Sauce	423	203	23	6	0	22	1795	44	4	2	9	281	10	157	1
Onion Rings (1 serving)	423	143	16	4	0	368	2075	52	2	8	12	0	5	45	3
Parmesan Aioli Fries (1 serving)	933	554	62	9	0	46	3260	82	8	0	12	135	22	127	2
Seasoned Potato Wedges (1 serving)	304	127	14	2	0	0	800	40	4	0	4	0	10	0	1
Side of Broccoli (1 serving)	72	6	1	0	0	0	53	10	4	3	6	5953	185	95	2
Sweet Smokin' Rings (1 serving)	321	64	7	1	0	0	1196	56	2	11	6	68	5	9	2
Sweet Smokin' Rings (1 serving) with Bleu Cheese Dressing	558	288	32	7	0	31	1439	57	2	12	8	224	5	44	2
Sweet Smokin' Rings (1 serving) with Ranch Dressing	471	212	24	3	0	15	1601	58	2	13	6	68	5	39	2
Sweet Smokin' Rings, Large (1 serving)	642	128	14	2	0	0	2392	112	4	23	12	135	10	17	3
Sweet Smokin' Rings, Large (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1115	575	64	14	0	63	2878	114	5	23	16	447	10	89	3
Sweet Smokin' Rings, Large (1 serving) with Dipping Sauce Choice Ranch Dressing	942	425	47	7	0	30	3202	115	4	26	12	135	10	77	3

Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Turtle Lava Cake (1 serving)	731	320	36	20	0	73	447	94	3	66	9	387	0	135	4
Vanilla Ice Cream (1 serving)	131	59	7	5	0	28	42	16	0	12	3	187	0	75	0
Vanilla Ice Cream (1 serving) with Chocolate Syrup	231	59	7	5	0	28	57	40	0	31	3	187	0	75	0
Vanilla Ice Cream (1 serving) with Raspberry Sauce	205	59	7	5	0	28	70	34	0	29	3	190	1	77	0
Vanilla Ice Cream Brownie Sundae (1 sundae)	764	308	34	17	0	54	363	108	2	81	8	199	0	113	4

Kids Menu Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Boneless Wings (1 serving)	288	87	10	2	0	103	677	6	0	0	42	37	2	22	2
Kids Boneless Wings (1 serving) with Kids Side Apple Slices	328	88	10	2	0	103	678	15	2	7	42	75	5	26	2
Kids Boneless Wings (1 serving) with Kids Side Fries	591	214	24	3	0	103	2037	46	4	0	46	37	12	22	2
Kids Boneless Wings (1 serving) with Kids Side Salad	306	88	10	2	0	103	704	9	2	2	42	6475	12	43	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	428	195	22	4	0	103	1217	12	0	4	42	37	5	22	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Bleu Cheese	603	386	43	10	0	145	1001	7	0	0	44	245	2	70	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Caesar	588	375	42	8	0	133	1137	8	0	0	44	37	2	78	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Chipotle Ranch	483	276	31	5	0	122	1255	9	0	2	42	103	3	62	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Herbed Vinaigrette	568	357	40	7	0	103	1517	8	0	0	42	37	2	22	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Honey Mustard	554	327	36	6	0	123	891	14	0	8	42	37	2	22	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Ranch	488	285	32	5	0	123	1217	8	0	2	42	37	2	62	2
Kids Boneless Wings (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	548	303	34	6	0	103	857	16	0	10	42	37	2	22	2
Kids Cheeseburger (1 serving)	424	214	24	8	0	72	864	24	0	0	26	356	2	197	3
Kids Cookie (1 cookie)	190	108	12	6	0	10	190	34	1	18	2	0	0	10	2
Kids Corn Dogs (1 serving)	230	135	15	4	0	23	472	18	0	6	6	0	0	93	2
Kids Corn Dogs (1 serving) with Kids Side Apple Slices	270	136	15	4	0	23	473	27	2	14	7	38	3	97	2
Kids Corn Dogs (1 serving) with Kids Side Fries	534	262	29	5	0	23	1832	58	4	6	10	0	10	93	2
Kids Corn Dogs (1 serving) with Kids Side Salad	249	136	15	4	0	23	498	21	1	8	7	6437	9	114	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	370	243	27	6	0	23	1012	24	0	10	6	0	2	93	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Bleu Cheese	546	433	48	11	0	65	796	18	0	7	9	208	0	140	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Caesar	530	423	47	10	0	53	932	20	0	6	8	0	0	149	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Chipotle Ranch	426	324	36	7	0	42	1050	20	0	9	7	66	1	133	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Herbed Vinaigrette	510	405	45	9	0	23	1312	20	0	6	6	0	0	93	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Honey Mustard	497	375	42	8	0	43	686	26	0	14	6	0	0	93	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Ranch	430	333	37	7	0	43	1012	20	0	8	6	0	0	133	2
Kids Corn Dogs (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	490	351	39	8	0	23	652	28	0	16	6	0	0	93	2
Kids Grilled Cheese (1 serving)	492	207	23	8	0	20	1034	55	2	0	16	800	2	220	4
Kids Grilled Chicken Tenders (1 serving)	230	59	7	1	0	99	757	1	0	0	39	298	2	21	1
Kids Grilled Chicken Tenders (1 serving) with Kids Side Apple Slices	270	60	7	1	0	99	757	10	2	7	40	336	5	25	1
Kids Grilled Chicken Tenders (1 serving) with Kids Side Fries	533	185	21	3	0	99	2117	41	4	0	43	298	12	21	2
Kids Grilled Chicken Tenders (1 serving) with Kids Side Salad	249	60	7	1	0	99	783	4	1	2	40	6735	12	42	2
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	370	167	19	3	0	99	1297	7	0	4	39	298	4	21	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Bleu Cheese	545	357	40	9	0	141	1081	1	0	0	42	506	2	68	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Caesar	530	347	39	7	0	129	1217	3	0	0	41	298	2	77	1

Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Chipotle Ranch	426	247	27	4	0	117	1335	3	0	2	39	364	3	61	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Herbed Vinaigrette	510	329	37	6	0	99	1597	3	0	0	39	298	2	21	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Honey Mustard	496	299	33	5	0	119	970	9	0	8	39	298	2	21	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Ranch	430	257	29	4	0	119	1297	3	0	2	39	298	2	61	1
Kids Grilled Chicken Tenders (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	490	275	31	5	0	99	937	11	0	10	39	298	2	21	1
Kids Mac and Cheese (1 serving)	300	81	9	3	0	10	650	44	2	8	10	0	0	150	2
Kids Mac and Cheese (1 serving) with Kids Side Apple Slices	340	82	9	3	0	10	651	54	4	15	10	38	3	154	2
Kids Mac and Cheese (1 serving) with Kids Side Fries	604	208	23	4	0	10	2010	84	6	8	14	0	10	150	3
Kids Mac and Cheese (1 serving) with Kids Side Salad	319	82	9	3	0	10	676	48	3	10	11	6437	9	172	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	440	189	21	5	0	10	1190	50	2	12	10	0	2	150	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Bleu Cheese	615	379	42	10	0	52	974	45	2	8	12	208	0	198	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Caesar	600	369	41	9	0	40	1110	46	2	8	12	0	0	206	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Chipotle Ranch	496	270	30	5	0	29	1228	47	2	10	10	66	1	190	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Herbed Vinaigrette	580	351	39	8	0	10	1490	46	2	8	10	0	0	150	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Honey Mustard	567	321	36	7	0	30	863	52	2	16	10	0	0	150	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Ranch	500	279	31	6	0	30	1190	46	2	10	10	0	0	190	2
Kids Mac and Cheese (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	560	297	33	7	0	10	830	54	2	18	10	0	0	150	2
Kids Salad (1 salad)	19	1	0	0	0	0	26	4	1	2	1	6437	9	22	1
Kids Salad (1 salad) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	159	109	12	2	0	0	566	10	1	6	1	6437	12	22	1
Kids Salad (1 salad) with Salad Dressing Choice Bleu Cheese	334	299	33	8	0	42	350	5	2	2	3	6645	9	70	1
Kids Salad (1 salad) with Salad Dressing Choice Caesar	319	289	32	6	0	30	486	6	1	2	3	6437	9	78	1
Kids Salad (1 salad) with Salad Dressing Choice Chipotle Ranch	215	190	21	3	0	19	604	7	2	4	1	6503	10	62	1
Kids Salad (1 salad) with Salad Dressing Choice Herbed Vinaigrette	299	271	30	5	0	0	866	6	1	2	1	6437	9	22	1
Kids Salad (1 salad) with Salad Dressing Choice Honey Mustard	286	241	27	4	0	20	239	12	1	10	1	6437	9	22	1
Kids Salad (1 salad) with Salad Dressing Choice Ranch	219	199	22	3	0	20	566	6	1	4	1	6437	9	62	1
Kids Salad (1 salad) with Salad Dressing Choice Raspberry Vinaigrette	279	217	24	4	0	0	206	14	1	12	1	6437	9	22	1
Kids Wings (1 serving)	261	181	20	5	0	78	74	0	0	0	19	150	1	12	1
Kids Wings (1 serving) with Kids Side Apple Slices	301	182	20	5	0	78	75	10	2	7	19	187	4	16	1
Kids Wings (1 serving) with Kids Side Fries	565	308	34	7	0	78	1434	40	4	0	23	150	10	12	2
Kids Wings (1 serving) with Kids Side Salad	280	183	20	5	0	78	100	4	1	2	19	6587	10	34	2
Kids Wings (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	401	289	32	7	0	78	614	6	0	4	19	150	3	12	1
Kids Wings (1 serving) with Salad Dressing Choice Bleu Cheese	576	480	53	13	0	120	398	1	0	0	21	357	1	60	1
Kids Wings (1 serving) with Salad Dressing Choice Caesar	561	469	52	11	0	108	534	2	0	0	21	150	1	68	1
Kids Wings (1 serving) with Salad Dressing Choice Chipotle Ranch	457	370	41	8	0	97	652	3	0	2	19	215	1	53	1
Kids Wings (1 serving) with Salad Dressing Choice Herbed Vinaigrette	541	451	50	10	0	78	914	2	0	0	19	150	1	12	1
Kids Wings (1 serving) with Salad Dressing Choice Honey Mustard	528	421	47	9	0	98	288	8	0	8	19	150	1	12	1
Kids Wings (1 serving) with Salad Dressing Choice Ranch	461	379	42	8	0	98	614	2	0	2	19	150	1	52	1
Kids Wings (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	521	397	44	9	0	78	254	10	0	10	19	150	1	12	1

Lunch Specials	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blackened Chicken Caesar Salad (1 serving)	495	331	37	10	0	102	1152	13	3	1	29	7210	29	349	3
Buffalo Chicken Salad (1 serving)	251	94	10	1	0	49	728	15	3	3	23	7974	31	60	3
Buffalo Chicken Salad (1 serving) with Ranch Dressing	451	292	32	4	0	69	1268	17	3	5	23	7974	31	100	3
Southwest Chicken Salad (1 serving)	330	150	17	5	0	62	523	17	5	2	26	5710	36	158	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Balsamic and Olive Oil Vinaigrette	470	258	29	7	0	62	1063	23	5	6	26	5710	38	158	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Bleu Cheese	645	448	50	12	0	104	847	18	5	2	28	5918	36	205	3

Southwest Chicken Salad (1 serving) with Salad Dressing Choice Caesar	630	438	49	11	0	92	983	19	5	2	28	5710	36	214	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Chipotle Ranch	526	339	38	7	0	81	1101	20	5	4	26	5775	36	198	3
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Herbed Vinaigrette	610	420	47	10	0	62	1363	19	5	2	26	5710	36	158	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Honey Mustard	596	390	43	9	0	82	736	25	5	10	26	5710	36	158	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Ranch	530	348	39	8	0	82	1063	19	5	4	26	5710	36	198	2
Southwest Chicken Salad (1 serving) with Salad Dressing Choice Raspberry Vinaigrette	590	366	41	9	0	62	703	27	5	12	26	5710	36	158	2

**Dinner Baskets**

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Haddock Fish and Chips (1 serving)	856	542	60	8	0	153	2450	39	4	14	36	2945	30	134	4
Old Bay Shrimp Basket (1 serving)	571	312	35	4	0	165	3025	47	3	8	20	872	4	54	0

**Beverages**

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
2% Milk (1 serving)	163	56	6	4	0	25	156	16	0	15	10	625	8	375	0
Barqs Root Beer (7.2 fluid ounces)	100	0	0	0	0	0	22	27	0	27	0	0	0	0	0
Barqs Root Beer (12 fluid ounces)	167	0	0	0	0	0	36	45	0	45	0	0	0	0	0
Blue Raspberry Lemonade (7.2 fluid ounces)	104	0	0	0	0	0	44	27	0	27	0	0	0	0	0
Blue Raspberry Lemonade (12 fluid ounces)	173	0	0	0	0	0	73	46	0	44	0	0	0	0	0
Cherry Lemonade (7.2 fluid ounces)	122	0	0	0	0	0	34	32	0	32	0	0	0	0	0
Cherry Lemonade (12 fluid ounces)	203	0	0	0	0	0	56	54	0	54	0	0	0	0	0
Coke (7.2 fluid ounces)	89	0	0	0	0	0	5	24	0	24	0	0	0	0	0
Coke (12 fluid ounces)	149	0	0	0	0	0	9	41	0	41	0	0	0	0	0
Diet Coke (7.2 fluid ounces)	0	0	0	0	0	0	9	0	0	0	0	0	0	0	0
Diet Coke (12 fluid ounces)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Hi-C Flashin Fruit Punch (7.2 fluid ounces)	94	0	0	0	0	0	8	25	0	25	0	0	0	0	0
Hi-C Flashin Fruit Punch (12 fluid ounces)	156	0	0	0	0	0	14	42	0	42	0	0	0	0	0
Minute Maid Lemonade (7.2 fluid ounces)	87	0	0	0	0	0	37	23	0	23	0	0	0	0	0
Minute Maid Lemonade (12 fluid ounces)	146	0	0	0	0	0	62	39	0	39	0	0	0	0	0
Sprite (7.2 fluid ounces)	87	0	0	0	0	0	20	23	0	23	0	0	0	0	0
Sprite (12 fluid ounces)	146	0	0	0	0	0	33	39	0	39	0	0	0	0	0

**Non Core Items**

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Blackened Chicken Caesar Salad, Lunch (1 serving)	603	365	41	11	0	143	1586	14	3	1	45	7571	30	369	3
Buffalo Chicken Salad, Lunch (1 serving)	390	136	15	2	0	99	1053	18	3	3	43	7992	32	70	4
Pretzel Bites, Individual (1 serving)	488	132	15	6	0	22	5896	68	2	4	17	322	3	202	4

Southwest Chicken Salad, Lunch (1 serving)

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