



## Wings Etc. Nutritional Information

Item	Calories	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol mg	Sodium mg	Carbohydrate Grams	Dietary Fiber Grams	Sugar Grams	Protein Grams
Appetizers - 4 ounces of Beer Cheese	230	17	11	0	40	860	9	0	5	9
Appetizers - Add Chili to Fries or Tots	120	5	2	0	10	740	12	4	2	6
Appetizers - Bavarian Pretzel Bites with Belgian Mustard	830	40	14	0	0	14980	105	5	0	18
Appetizers - Bavarian Pretzel Bites with Nacho Cheese	900	45	12	2.5	0	14950	112	4	4	16
Appetizers - Bella Mushrooms	770	62	9	0	25	1890	55	2	3	8
Appetizers - Calamari with Marinara	470	21	3	0	170	1180	49	1	5	17
Appetizers - Cauliflower Wings - Half - No Sauce	400	3	0	0	0	1030	85	7	5	13
Appetizers - Cauliflower Wings - Full - No Sauce	800	5	0	0	0	2060	170	15	10	25
Appetizers - Cheddar Cheese Curds with Marinara	980	76	42	0	185	1530	36	5	2	41
Appetizers - Cheddar Cheese Curds with Ranch Dressing	1190	99	46	0	220	1740	33	4	1	41
Appetizers - Chips Fiesta	390	26	14	1	85	2450	22	5	17	17
Appetizers - Crispy Onion Rings	730	42	6	0	0	1050	78	6	12	6
Appetizers - Curly Fries Full Order	650	42	4.5	0	42	1320	66	7	0	7
Appetizers - Curly Fries Half Order	320	21	2	0	0	660	33	3	0	3
Appetizers - Jalapeno Cheese Poppers no sauce	510	28	9	0	50	1830	53	3	3	13
Appetizers - Loaded Curly Fries Full Order	1630	129	43	0	195	4500	86	7	8	50
Appetizers - Loaded Curly Fries Half Order	820	64	22	1.5	95	2250	43	3	4	25
Appetizers - Loaded Straight Fries Full Order	1600	118	42	3	195	3280	83	7	8	50
Appetizers - Loaded Straight Fries Half Order	800	59	21	1.5	95	1650	42	3	4	25
Appetizers - Loaded Tater Tots Full Order	1630	129	43	3	195	4500	86	7	8	50
Appetizers - Loaded Tater Tots Half Order	950	73	22	1.5	95	2400	51	5	4	27
Appetizers - Mozzarella Cheese Sticks with Marinara	560	32	13	0	40	1650	53	1	3	25
Appetizers - Spicy Pickle Chips with Ranch Dressing	830	64	10	0	40	2650	52	3	4	17
Appetizers - Straight Fries Full Order	620	32	3.5	0	0	100	63	7	0	7
Appetizers - Straight Fries Half Order	310	16	1.5	0	0	60	32	3	0	3
Appetizers - Tater Tots Full Order	910	59	6	0	0	1600	83	9	0	9
Appetizers - Tater Tots Half Order	450	29	3	0	0	810	41	5	0	5
Appetizers - Ultimate Nachos	1300	101	36	1.5	195	4160	58	11	28	46
Beverages - Apple Juice	150	0	0	0	0	20	38	0	31	0
Beverages - Chocolate Milk	340	6	3.5	0	25	160	62	0	54	9
Beverages - Coffee	0	0	0	0	0	0	0	0	0	0
Beverages - Cranberry Juice	160	0	0	0	0	45	40	0	40	0
Beverages - Diet Mountain Dew	0	0	0	0	0	45	0	0	0	0
Beverages - Diet Pepsi	0	0	0	0	0	600	0	0	0	0
Beverages - Dr. Pepper	130	0	0	0	0	50	33	0	32	0
Beverages - Grapefruit Juice	130	0	0	0	0	45	31	0	31	0
Beverages - Iced Tea	0	0	0	0	0	10	1	0	0	0
Beverages - Kid Pepsi	750	0	0	0	0	75	210	0	205	0
Beverages - Milk	150	6	4	0	25	140	15	0	15	10
Beverages - Mountain Dew	110	0	0	0	0	40	30	0	30	0
Beverages - Mug Root Beer	120	0	0	0	0	50	34	0	34	0
Beverages - Orange Juice	150	0	0	0	0	45	38	0	38	0
Beverages - Pepsi	150	0	0	0	0	150	420	0	410	0
Beverages - Pineapple Juice	150	0	0	0	0	35	35	0	32	20
Beverages - Sierra Mist	100	0	0	0	0	30	25	0	25	0
Beverages - Sweet Tea	60	0	0	0	0	10	16	0	15	0
Beverages - Tropicana Lemonade	120	0	0	0	0	125	32	0	32	0

Item	Calories	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol mg	Sodium mg	Carbohydrate Grams	Dietary Fiber Grams	Sugar Grams	Protein Grams
Burgers - 2 ounces of Garlic Aioli	340	38	6	0	40	240	2	0	0	0
Burgers - 2 Slices of Bacon	60	5	2	0	10	190	0	0	0	4
Burgers - All Way	130	6	1	0	10	1040	18	1	12	1
Burgers - All-American Diner Burger	680	38	15	1.5	125	910	46	1	6	39
Burgers - American Cheese Slice	50	4	2.5	0	15	200	1	0	1	3
Burgers - Blue Cheese Crumbles	200	16	10	0	40	770	2	0	0	12
Burgers - Cheddar Cheese Slice	80	7	4	0	20	135	0	0	0	5
Burgers - Diner Burger Patty	150	10	4	0.5	50	65	0	0	0	14
Burgers - First Class Burger	830	46	17	1	150	900	53	2	6	50
Burgers - Hugh Jazz Burger	1070	63	24	2	255	1010	46	1	6	77
Burgers - Impossible	490	23	10	0	0	760	45	4	5	24
Burgers - Jalapeno-Bacon Burger	970	62	22	1	170	1180	51	3	6	50
Burgers - Ketchup	30	0	0	0	0	270	8	0	6	0
Burgers - Lettuce	0	0	0	0	0	0	0	0	0	0
Burgers - Loaded Cowboy Burger	1020	53	17	1	130	1620	97	2	44	44
Burgers - Mayo	70	6	1	0	10	260	5	0	3	0
Burgers - Mustard	0	0	0	0	0	330	0	0	0	0
Burgers - Onion	10	0	0	0	0	0	3	0	1	0
Burgers - Our Meaty Chili	60	3	1	0	5	310	5	2	2	4
Burgers - Pepper-Jack Cheese Slice	110	9	6	0	25	190	1	0	0	6
Burgers - Pickle Slices	0	0	0	0	0	170	<1	0	0	0
Burgers - Sautéed Mushrooms	80	7	1.5	0	0	210	2	1	0	2
Burgers - Sautéed Onions	70	6	0	0	0	5	4	<1	0	<1
Burgers - Shredded Cheddar Jack Cheese	80	7	4	0	25	135	0	0	0	5
Burgers - Stand-By Burger	760	47	16	1	125	950	46	1	6	39
Burgers - Swiss Cheese Slice	90	6	4	0	25	50	<1	0	0	6
Burgers - The Big Nasty Burger	1260	64	19	1	185	2130	122	2	58	70
Burgers - Thicker Burger Patty	350	24	9	1.5	110	125	0	0	0	32
Burgers - Three-Cheese Burger	1230	95	28	1	200	1170	49	1	5	47
Burgers - Tomato	5	0	0	0	0	0	2	0	1	0
Desserts - Funnel Cake Fries	810	18	6	0	40	460	160	0	118	4
Desserts - Oreo Churros	750	35	13	0.5	85	720	90	4	49	10
Desserts - Raspberry Cheesecake Chimis	690	22	11	0	45	480	120	0	76	6
Dressings - Balsamic Vinaigrette	200	22	3	0	0	640	4	0	2	0
Dressings - Blue Cheese	290	30	7	0.5	40	360	1	0	0	<1
Dressings - Lite Ranch	120	10	2	0	10	620	8	0	2	0
Dressings - French	90	4	0	0	0	580	14	0	12	0
Dressings - Honey Mustard Dressing	260	24	4	0	20	360	14	0	12	2
Dressings - Italian	220	22	3	0	0	1120	8	0	8	0
Dressings - Oil and Vinegar	250	28	4	0	0	28	0	0	0	0
Dressings - Ranch	210	23	4	0	30	360	1	0	1	<1
Dressings - Raspberry Vinaigrette	200	18	3	0	20	520	14	0	10	0
Dressings - Salsa	20	0	0	0	0	280	4	2	4	0
Dressings - Thousand Island	180	14	2	0	10	500	16	0	12	0
Entrée - Chicken Fried Steak (Mashed, Gravy, Broccoli)	880	43	18	0	70	3540	93	8	2	25
Extras - Chicken Breast, Crispy	640	46	7	0.5	55	1160	39	1	0	19
Extras - Chicken Breast, Grilled	230	8	1.5	0	110	1050	16	0	14	38
Extras - Chicken Tender	150	10	1	0	10	240	11	0	0	5
Extras - Pulled Pork	300	14	4	0	100	550	32	0	28	44

Item	Calories	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol mg	Sodium mg	Carbohydrate Grams	Dietary Fiber Grams	Sugar Grams	Protein Grams
Kid's - Kid's Bone In Wings	440	36	8	0	150	200	0	0	0	30
Kid's - Kid's Boneless Wings	380	27	2.5	0	40	890	20	<1	<1	16
Kid's - Kid's Burger	210	8	2.5	0	30	2340	21	1	2	13
Kid's - Kid's Chicken Fingers	490	29	3	0	35	820	37	2	0	19
Kid's - Kid's Curly Fries	260	17	2	0	0	530	26	3	0	3
Kid's - Kid's Mac 'N' Cheese	110	6	1.5	0	< 5	480	13	0	2	3
Kid's - Kid's Mini Corn Dawgs	290	20	1	0	50	450	25	0	5	10
Kid's - Kid's Straight Fries	250	13	1.5	0	0	30	25	3	0	3
Kid's - Kid's Tater Tots	260	17	2	0	0	450	24	3	0	3
Lunch Specials - Half Pound Bone In Wings	760	62	13	0	260	360	0	0	0	52
Lunch Specials - Half Pound Boneless Wings	670	47	4.5	0	70	1570	35	2	2	28
Lunch Specials - Half Pound Chicken Tenders	760	48	5	0	50	1180	54	2	0	27
Lunch Specials - One Pound Bone In Wings	1520	124	26	0	520	710	0	0	0	104
Lunch Specials - One Pound Boneless Wings	1340	94	9	0	140	3140	69	4	4	55
Lunch Specials - One Pound Double Burger	960	54	19	2.5	225	1760	42	2	4	73
Lunch Specials - One Pound Pulled Pork	960	30	8	0	200	3240	146	2	98	95
Quesadillas - Crispy Chicken Quesadilla	1290	86	34	0	180	3790	82	6	8	51
Quesadillas - Grilled Chicken Quesadilla	1100	75	29	0	170	3290	67	4	13	49
Rubs - Caribbean Jerk - 1 Tablespoon	0	0	0	0	0	2660	0	0	0	0
Rubs - Mojito Lime - 1 Tablespoon	0	0	0	0	0	2760	0	0	0	0
Salads - Berry-Almond Grilled Chicken Salad	1020	73	16	0	155	2710	60	7	38	55
Salads - Big Chicken Salad Crispy	910	65	15	0.5	275	1660	49	5	5	37
Salads - Big Chicken Salad Grilled	470	25	9	0	330	1450	22	2	18	54
Salads - Buffalo Wedge Salad no sauce	700	53	9	0	110	1510	33	4	7	23
Salads - Buffalo Blue Cheese Wedge no sauce	830	66	16	0	140	1950	34	4	6	26
Salads - Grilled Chicken Caesar	920	74	15	0	155	2810	32	2	19	48
Salads - Lo-Cal Plate	460	10	2	0	110	2370	67	8	35	41
Salads - Side Caesar Salad	340	33	7	0	25	870	8	1	3	5
Salads - Side Garden Salad	70	3.5	2	0	10	75	5	2	2	4

Item	Calories	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol mg	Sodium mg	Carbohydrate Grams	Dietary Fiber Grams	Sugar Grams	Protein Grams
Sandwiches - Buffalo Chicken Sandwich no sauce	890	52	8	0.5	60	1540	83	2	4	25
Sandwiches - Nashville Hot Chicken Sandwich	680	28	7	0.5	60	1980	83	2	0	25
Sandwiches - Chicken Tenders Basket	760	48	5	0	50	1180	54	2	0	27
Sandwiches - Crispy Chicken Breast Sandwich	890	52	8	0.5	60	1540	83	2	4	25
Sandwiches - Grilled Chicken Sandwich	620	14	3	0	115	2050	100	1	56	44
Sandwiches - Grilled Grouper Sandwich	430	8	2	0	70	1130	46	2	5	42
Sandwiches - Hawgzilla Pulled Pork Sandwich	690	20	5	0	105	1550	116	1	70	50
Sandwiches - Honey Mustard Chicken Bacon Swiss Crispy	1350	92	21	0.5	125	2330	98	2	16	40
Sandwiches - Honey Mustard Chicken Bacon Swiss Grilled	940	54	15	0	180	2230	74	1	30	58
Sandwiches - Philly Cheesesteak	1180	76	27	0	160	1300	59	4	3	46
Sandwiches - Chicken Philly	960	48	16	0	225	1110	55	3	3	65
Sandwiches - Pork Tenderloin	740	28	6	0 **	65	1480	89	7	5	31
Sandwiches - The Baron	630	26	9	0	150	1760	61	1	18	54
Sauces - 10 ounces of Asian Kick	500	0	0	0	0	2700	130	0	120	0
Sauces - 10 ounces of BBQ Sauce	700	0	0	0	0	3100	200	0	190	0
Sauces - 10 ounces of Chipotle Peach BBQ	580	5	0	0	0	3060	122	11	106	2
Sauces - 10 ounces of Gar-Licky Parm	600	50	10	0	0	5300	20	0	10	10
Sauces - 10 ounces of Honey Mustard	700	5	0	0	0	3800	150	10	130	0
Sauces - 10 ounces of Hot	0	0	0	0	0	12000	0	0	0	0
Sauces - 10 ounces of Hot Barbie	350	0	0	0	0	7550	100	0	95	0
Sauces - 10 ounces of Hot-Honey-Garlic	900	0	0	0	0	2600	110	0	90	0
Sauces - 10 ounces of Mahalo-Que	680	0	0	0	0	3860	180	0	172	0
Sauces - 10 ounces of Mild	250	27	5	0	0	770	0	0	0	0
Sauces - 10 ounces Nashville Hot	1,650	145	15	0	0	5300	80	5	60	5
Sauces - 10 ounces of Sav it Ain't Tso	700	0	0	0	0	5200	160	0	130	10
Sauces - 10 ounces of Sweet Chili Cha-Cha	680	0	0	0	0	2950	153	3	140	0
Sauces - 10 ounces of Teriyaki	500	0	0	0	0	8100	110	0	90	10
Sauces - 10 ounces of TNT	0	0	0	0	0	115	0	0	0	0
Sauces - 10 ounces of Tweener	30	3.5	0.5	0	0	590	0	0	0	0
Sauces - 10 ounces of Wall	25	0	0	0	0	610	7	2	3	31
Sauces - 10 ounces of Wango	240	0	0	0	0	560	61	2	58	15
Sauces - 2 ounces of Asian Kick	100	0	0	0	0	540	26	0	24	0
Sauces - 2 ounces of BBQ Sauce	140	0	0	0	0	620	40	0	38	0
Sauces - 2 ounces of Gar-Licky Parm	120	10	2	0	0	1060	4	0	2	2
Sauces - 2 ounces of Honey Mustard	140	1	0	0	0	760	30	2	26	0
Sauces - 2 ounces of Hot	0	0	0	0	0	2400	0	0	0	0
Sauces - 2 ounces of Hot Barbie	70	0	0	0	0	1510	20	0	19	0
Sauces - 2 ounces of Hot-Honey-Garlic	180	0	0	0	0	520	22	0	18	0
Sauces - 2 ounces of Mahalo-Que	70	0	0	0	0	410	18	0	17	0
Sauces - 2 ounces of Medium	20	2	0	0	0	130	0	0	0	0
Sauces - 2 ounces of Mild	50	5	1	0	0	150	0	0	0	0
Sauces - 2 ounces of Nashville Hot	330	29	5	0	0	1060	16	1	12	<1
Sauces - 2 ounces of Sav it Ain't Tso	140	0	0	0	0	1040	32	0	26	2
Sauces - 2 ounces of Sweet Chili Cha-Cha	140	0	0	0	0	590	31	0	28	0
Sauces - 2 ounces of Teriyaki	100	0	0	0	0	1620	22	0	18	2
Sauces - 2 ounces of TNT	0	0	0	0	0	115	0	0	0	0
Sauces - 2 ounces of Tweener	5	0.5	0	0	0	120	0	0	0	0
Sauces - 2 ounces of Wall	5	0	0	0	0	120	1	0	<1	6
Sauces - 2 ounces of Wango	25	0	0	0	0	75	6	0	6	2

Item	Calories	Total Fat Grams	Saturated Fat Grams	Trans Fat Grams	Cholesterol mg	Sodium mg	Carbohydrate Grams	Dietary Fiber Grams	Sugar Grams	Protein Grams
Seafood - 10 Pieces of Shrimp	500	30	2	0	130	920	45	2	2	16
Seafood - 16 Pieces of Shrimp	790	47	3.5	0	210	1480	71	3	3	26
Seafood - 24 Pieces of Shrimp	1190	71	5	0	315	2220	107	4	4	40
Seafood - 50 Pieces of Shrimp	2480	148	11	0	660	4610	223	8	8	82
Seafood - 7 Pieces of Shrimp	350	21	1.5	0	90	650	31	1	1	12
Seafood - Beer-Battered Fish & Chips with Curly Fries no side	1040	43	11	0	75	2160	77	4	11	23
Seafood - Beer-Battered Fish & Chips with Straight Fries no side	1020	38	10	0	75	1540	76	4	11	23
Seafood - Beer-Battered Fish & Chips with Tater Tots no side	1040	43	11	0	75	2060	74	4	11	23
Seafood - Beer-Battered Fish Sandwich	960	28	10	0	80	1880	88	2	15	26
Seafood - Grilled Fish Sandwich	420	3.5	0	0	105	3000	59	3	20	34
Seafood - Grilled Fish Soft Tacos with Tortilla Chips and Salsa	1090	55	14	0	80	2270	90	7	8	32
Seafood - Jumbo Shrimp Dinner with Curly Fries no side	910	51	4.5	0	130	2150	97	7	13	21
Seafood - Jumbo Shrimp Dinner with Straight Fries no side	890	46	4	0	130	1540	96	7	13	21
Seafood - Jumbo Shrimp Dinner with Tater Tots no side	910	51	4.5	0	130	2060	94	7	13	21
Sides - 4 ounces of Beer Cheese	230	17	11	0	40	860	9	0	5	9
Sides - 4 ounces of Nacho Cheese	140	10	2	3	0	1040	12	0	4	2
Sides - 4 ounces of Queso Cheese	280	24	14	0	60	1440	8	0	4	12
Sides - Applesauce	90	0	0	0	0	10	23	2	19	0
Sides - Coleslaw	160	8	0	0	5	360	23	3	20	1
Sides - Gravy (2 oz)	180	8	4	0	0	1040	24	0	0	0
Sides - Half Order of Curly Fries	320	21	2	0	0	660	33	3	0	3
Sides - Half Order of Straight Fries	310	16	1.5	0	0	40	32	3	0	3
Sides - Half Order of Tater Tots	320	21	2	0	0	560	30	3	0	3
Sides - Loaded Chili	390	25	11	0	65	1350	25	6	7	19
Sides - Mashed Potatoes (4 oz)	120	6	1.5	0	< 5	560	16	2	0	2
Sides - Mac N' Cheese	110	6	1.5	0	< 5	480	13	0	2	3
Sides - Veggie Side	120	0	0	0	0	660	27	5	12	2
Tacos - Buffalo Chicken Tacos Crispy with Ranch	1030	73	17	0	90	3860	73	9	14	24
Tacos - Buffalo Chicken Tacos Grilled with Ranch	910	61	16	0	105	3710	67	9	17	27
Tacos - Grilled Grouper Tacos	830	43	9	0	100	1880	58	7	23	47
Wings - 10 Bone In Wings no sauce w/ Fries	1340	96	20	0	370	550	34	4	0	77
Wings - 10 Bone In Wings no sauce	1090	88	19	0	370	510	0	0	0	74
Wings - 10 Boneless Wings no sauce	960	67	6	0	100	2240	49	3	3	39
Wings - 10 ounces of Blue Cheese Dressing	1630	174	38	3	230	2030	8	0	2	3
Wings - 10 ounces of Ranch Dressing	1220	129	24	0	180	2040	8	0	6	4
Wings - 10 Pieces of Carrot	120	0.5	0	0	0	200	27	8	13	3
Wings - 10 Pieces of Celery	5	0	0	0	0	30	1	< 1	< 1	0
Wings - 16 Bone In Wings no sauce	1740	141	30	0	595	820	0	0	0	119
Wings - 16 Boneless Wings no sauce	1540	108	10	0	155	3590	79	4	4	63
Wings - 2 ounces of Blue Cheese Dressing	330	35	8	0.5	330	410	2	0	0	< 1
Wings - 2 ounces of Ranch Dressing	240	26	5	0	35	410	2	0	1	< 1
Wings - 20 Pieces of Carrot	230	1.5	0	0	0	390	54	16	27	5
Wings - 20 Pieces of Celery	15	0	0	0	0	65	2	1	1	< 1
Wings - 24 Bone In Wings no sauce	2610	212	45	0	890	1220	0	0	0	178
Wings - 24 Boneless Wings no sauce	2310	162	15	0	235	5380	118	6	6	94
Wings - 4 Pieces of Carrot	45	0	0	0	0	80	11	3	5	1
Wings - 4 Pieces of Celery	0	0	0	0	0	15	0	0	0	0
Wings - 50 Bone In Wings no sauce	5430	442	94	0	1855	2510	0	0	0	371
Wings - 50 Boneless Wings no sauce	4800	337	32	0	490	11180	246	12	12	197
Wings - 7 Bone In Wings no sauce	760	62	13	0	260	360	0	0	0	52
Wings - 7 Boneless Wings no sauce	670	47	4.5	0	70	1570	35	2	2	28
Wings - Extra Carrots and Blue Cheese	310	31	7	0.5	40	390	7	2	3	1
Wings - Extra Carrots and Ranch	240	23	4	0	30	400	7	2	4	1
Wings - Extra Celery and Blue Cheese	290	30	7	0.5	40	370	2	0	< 1	< 1
Wings - Extra Celery and Ranch	220	23	4	0	30	370	2	0	1	< 1
Wraps - Buffalo Chicken Wrap without Sauce	760	37	7	0	50	2790	78	6	4	28
Wraps - Chicken Caesar Wrap	750	42	10	0	80	3160	67	5	11	32
Wraps - Crispy Chicken Bacon Wrap with Honey Mustard	1080	66	13	0	80	3340	92	6	16	33
Wraps - Crispy Chicken Bacon Wrap with Ranch	1060	68	14	0	95	3390	80	6	5	32
Wraps - Grilled Chicken Wrap	490	14	5	0	65	2420	66	5	10	31