

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
APP - ADD CHILI to fries or Tots	120	40	5g	2g	0g	10mg	740mg	12g	4g	2g	6g	50%	0%	4%	10%
APP - Baby Portabella Mushrooms	770	560	62g	9g	0g	25mg	1840mg	55g	2g	3g	8g	0%	0%	30%	30%
APP - BASKET OF CURLY FRIES	640	370	41g	4.5g	0g	0mg	1300mg	65g	6g	0g	6g	0%	25%	0%	10%
APP - BASKET OF LOADED CURLY FRIES	1100	690	79g	21g	7g	30mg	3070mg	86g	6g	7g	18g	0%	25%	20%	10%
APP - Basket of Loaded Curly Fries - Half	550	350	39g	10g	3.5g	15mg	1530mg	43g	3g	3g	9g	0%	10%	8%	6%
APP - BASKET OF LOADED STRAIGHT FRIES	1160	750	85g	22g	15g	30mg	3960mg	85g	6g	7g	15g	0%	6%	20%	10%
App - Basket of Loaded Straight Fries - Half	580	380	42g	11g	7g	15mg	1980mg	43g	3g	3g	7g	0%	4%	8%	6%
App - Basket of Loaded Straight Tots - Half	620	330	38g	11g	3.5g	15mg	1760mg	56g	5g	3g	10g	0%	15%	8%	4%
APP - BASKET OF LOADED TOTS	1230	670	77g	21g	7g	30mg	3520mg	111g	10g	7g	21g	0%	30%	20%	10%
APP - BASKET OF STRAIGHT FRIES	700	420	47g	6g	8g	0mg	2200mg	65g	6g	0g	3g	0%	6%	0%	10%
APP - BASKET OF TOTS	770	340	39g	5g	0g	0mg	1760mg	91g	10g	0g	10g	0%	30%	0%	10%
APP - Bavarian Pretzel Bites with Belgian Mustard	830	340	40g	14g	0g	0mg	14980mg	105g	5g	0g	18g	0%	4%	10%	6%
APP - Bavarian Pretzel Bites with Nacho Cheese	900	400	45g	12g	2.5g	0mg	14950mg	112g	4g	4g	16g	0%	4%	15%	0%
APP - BEER BATTERED CHEDDAR BITES w/marinara	1020	700	80g	32g	0g	150mg	1790mg	50g	9g	10g	39g	30%	8%	110%	2%
APP - BEER BATTERED CHEDDAR BITES w/ranch	1210	910	102g	36g	0g	180mg	1870mg	46g	8g	9g	38g	30%	0%	120%	0%
APP - Beer Cheese 4 oz.	230	160	17g	11g	0g	40mg	860mg	9g	0g	5g	9g	15%	0%	6%	0%
APP - BUFFALO CHICKEN NACHO	2030	1560	179g	44g	4.5g	145mg	6400mg	70g	10g	24g	45g	220%	160%	90%	25%
APP - CRISPY ONION RINGS	750	380	44g	5g	0g	0mg	1370mg	81g	6g	12g	6g	0%	10%	0%	10%
APP - FRIED MUSHROOM no sauce	440	170	19g	1.5g	0g	0mg	1260mg	60g	3g	6g	9g	0%	0%	0%	6%
APP - FRIED PICKLE SPEARS w/ SW Ranch	1090	750	85g	13g	0g	20mg	1830mg	69g	0g	11g	7g	0%	0%	0%	0%
APP - FULL CURLY FRY	690	390	45g	5g	0g	0mg	1400mg	70g	7g	0g	7g	0%	25%	0%	15%
APP - GREEN BEAN FRIES no sauce	700	380	43g	7g	0g	0mg	1710mg	69g	8g	11g	16g	10%	0%	10%	10%
APP - Grilled Chicken Nacho	1290	870	101g	34g	4.5g	200mg	4200mg	55g	8g	35g	58g	180%	90%	80%	25%
APP - JALEPENO CHEESE POPPERS no sauce	510	250	28g	9g	0g	50mg	1830mg	53g	3g	3g	13g	25%	15%	25%	20%
APP - MINI CORN DAWGS no sauce	580	330	40g	1.5g	0g	100mg	900mg	50g	0g	10g	20g	0%	40%	0%	20%
APP - MOZZARELLA CHEESE STICKS w/marinara	560	300	32g	13g	0g	40mg	1650mg	52g	< 1g	2g	25g	0%	8%	50%	2%
APP - PRETZEL DIPPERS w/nacho cheese	880	360	38g	3.5g	2.5g	0mg	2140mg	116g	7g	4g	23g	0%	0%	10%	40%
APP - PULLED PORK NACHOS	1540	910	105g	36g	4.5g	185mg	4500mg	131g	8g	106g	63g	190%	90%	110%	20%
APP - Queso and chips	750	650	74g	23g	0g	85mg	2040mg	12g	0g	6g	17g	25%	0%	60%	0%
APP - Spinach and Artichoke Dip	740	590	67g	187g	0g	75mg	1700mg	183g	0g	91g	24g	2%	0%	50%	0%
APP - Ultimate Nacho	1160	780	87g	20g	10g	20mg	4550mg	76g	16g	28g	18g	250%	90%	50%	45%
Beverage - Dr Pepper	120	0	0g	0g	0g	0mg	50mg	33g	0g	32g	0g	0%	0%	0%	0%
Beverage - Kid Pepsi	60	0	0g	0g	0g	0mg	5mg	17g	0g	16g	0g	0%	0%	0%	0%
Beverage - Pepsi	120	0	0g	0g	0g	0mg	10mg	34g	0g	33g	0g	0%	0%	0%	0%
Beverage-Apple Juice	150	0	0g	0g	0g	0mg	20mg	38g	0g	31g	0g	0%	180%	0%	0%
Beverage-Cranberry Juice	160	0	0g	0g	0g	0mg	45mg	40g	0g	40g	0g	0%	180%	0%	0%
Beverage-Grapefruit Juice	130	0	0g	0g	0g	0mg	45mg	31g	0g	31g	0g	0%	180%	0%	0%
Beverage-Orange Juice	150	0	0g	0g	0g	0mg	45mg	38g	0g	38g	0g	0%	180%	0%	0%
Beverage-Pineapple Juice	150	0	0g	0g	0g	0mg	35mg	35g	0g	32g	20g	0%	130%	6%	6%
Beverages-Chocolate Milk	340	50	6g	3.5g	0g	25mg	160mg	62g	0g	54g	9g	10%	0%	35%	0%
Beverages-Coffee	0	0	0g	0g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Beverages-Diet Pepsi	0	0	0g	0g	0g	0mg	30mg	0g	0g	0g	0g	0%	0%	0%	0%
Beverages-Iced Tea	0	0	0g	0g	**	0mg	10mg	1g	0g	0g	0g	0%	0%	0%	0%
Beverages-Milk	150	50	6g	4g	**	25mg	140mg	15g	0g	15g	10g	10%	2%	35%	0%
Beverages-Mountain Dew	110	0	0g	0g	0g	0mg	40mg	30g	0g	30g	0g	0%	0%	0%	0%
Beverages-Mug Rootbeer	120	0	0g	0g	0g	0mg	50mg	34g	0g	34g	0g	0%	0%	0%	0%
Beverages-Sierra Mist	100	0	0g	0g	0g	0mg	30mg	24g	0g	24g	0g	0%	0%	0%	0%
Beverages-Sweet Tea	60	0	0g	0g	**	0mg	10mg	16g	0g	15g	0g	0%	0%	0%	0%
Beverages-Tropicana Lemonade	120	0	0g	0g	0g	0mg	125mg	32g	0g	32g	0g	0%	0%	0%	0%
Beverages-Wild Cherry Pepsi	120	0	0g	0g	0g	0mg	30mg	31g	0g	31g	0g	0%	0%	0%	0%
BURGER - 2 SLICES BACON	60	45	5g	2g	0g	10mg	190mg	0g	0g	0g	4g	0%	0%	0%	0%
BURGER - All Way	130	60	6g	1g	0g	10mg	1040mg	18g	1g	12g	1g	20%	15%	4%	2%
BURGER - AMERICAN CHEESE SLICE LOW	50	20	4g	2g	0g	10mg	200mg	< 1g	0g	< 1g	3g	4%	0%	4%	0%
BURGER - Big Nasty Burger	1130	480	55g	17g	1.5g	180mg	2860mg	111g	3g	58g	68g	20%	8%	45%	35%
BURGER - BURGER PATTY	350	210	24g	9g	1.5g	110mg	125mg	0g	0g	32g	0g	0%	0%	4%	15%
BURGER - Cheddar Cheese Slice	80	60	7g	4g	0g	0mg	135mg	0g	0g	0g	5g	6%	0%	15%	0%
BURGER - First Class Burger	750	360	41g	16g	1.5g	145mg	1910mg	44g	3g	5g	51g	8%	6%	30%	35%
BURGER - Hugh Jazz Burger	1050	510	61g	24g	3g	250mg	2170mg	44g	2g	6g	77g	15%	6%	30%	50%
BURGER - Jalapeno Bacon Burger	1100	670	75g	25g	1.5g	185mg	3090mg	52g	4g	7g	52g	20%	10%	40%	35%
BURGER - Ketchup	30	0	0g	0g	**	0mg	270mg	8g	0g	6g	0g	4%	2%	0%	0%
BURGER - Laredo Burger	1190	730	82g	24g	1.5g	165mg	4680mg	61g	3g	9g	51g	10%	8%	35%	35%
BURGER - Lettuce	0	0	0g	0g	**	0mg	0mg	0g	0g	0g	0g	8%	0%	0%	0%
BURGER - Loaded Cowboy Burger	960	410	46g	14g	1.5g	125mg	2650mg	95g	3g	44g	45g	8%	8%	15%	35%

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BURGER - Mayo	70	50	6g	1g	**	10mg	260mg	5g	0g	3g	0g	0%	0%	0%	0%
BURGER - Mozzarella Cheese Slice	40	25	3g	2g	0g		85mg	8g	0g	0g	4g	2%	10%	0%	0%
BURGER - Mustard	0	0	0g	0g	0g	0mg	330mg	0g	0g	0g	0g	0	0%	0%	0%
BURGER - Onion	10	0	0g	0g	**	0mg	0mg	3g	0g	1g	0g	0%	4%	0%	0%
BURGER - Our Meaty Chili	60	30	3g	1g	0g	5mg	310mg	5g	2g	2g	4g	2%	2%	2%	6%
BURGER - Pepperjack Cheese	110	80	9g	6g	0g	25mg	190mg	< 1g	0g	0g	6g	6%	0%	20%	0%
BURGER - Pickle	0	0	0g	0g	**	0mg	170mg	< 1g	0g	0g	0g	0%	0%	2%	0%
BURGER - SAUTEED MUSHROOMS	80	60	7g	1.5g	0g	0mg	210mg	1g	1g	0g	1g	0%	2%	0%	2%
BURGER - SAUTEED ONIONS	70	60	6g	**	**	**	5mg	4g	< 1g	**	< 1g	**	2%	2%	0%
BURGER - Shredded Cheddar/Jack	80	60	7g	4g	0g		135mg	0g	0g	0g	5g	4%	0%	15%	0%
BURGER - Shredded Parmesan Cheese	80	50	6g	4g	0g		230mg	0g	0g	0g	6g	4%	0%	25%	0%
BURGER - Stand-By Burger	600	270	29g	10g	1g	110mg	1660mg	42g	2g	4g	40g	4%	6%	15%	35%
BURGER - SWISS CHEESE SLICE HIGH	90	60	6g	4g	0g	25mg	50mg	< 1g	0g	0g	6g	4%	0%	15%	0%
BURGER - Three Cheese Burger	1050	560	64g	23g	1g	180mg	4210mg	58g	4g	12g	58g	25%	15%	50%	40%
BURGER - Tomato	5	0	0g	0g	**	0mg	0mg	2g	0g	1g	0g	6%	10%	0%	0%
BURGER - Veggie	400	90	10g	3g	0g	10mg	2060mg	63g	5g	5g	15g	6%	8%	20%	25%
BURGER - XTRA BURGER PATTY	360	220	24g	9g	1g	110mg	100mg	0g	0g	0g	33g	0%	0%	4%	15%
BURGER - XTRA VEGE BURGER PATTY	150	40	4.5g	2.5g	0g	10mg	520mg	21g	3g	< 1g	7g	2%	2%	10%	6%
DESSERT - Brownie Bites	870	370	42g	8g	0g	45mg	310mg	114g	3g	76g	6g	0%	0%	0%	0%
DESSERT - Brownie Bites Sundae	1010	440	50g	13g	0g	75mg	350mg	130g	3g	88g	8g	6%	0%	8%	0%
DESSERT - Cheesecake	490	250	28g	18g	1g	125mg	380mg	38g	2g	46g	6g	15%	10%	10%	8%
DESSERT - Chocolate Mint Cream Pie	640	250	28g	20g	0g	< 5mg	350mg	92g	3g	71g	3g	4%	0%	4%	8%
DESSERT - Chocolate Syrup	200	0	0g	0g	0g	0mg	30mg	48g	0g	40g	0g	0%	0%	0%	0%
DESSERT - Kids Sundae	530	150	16g	13g	0g	30mg	95mg	98g	< 1g	85g	2g	6%	10%	8%	4%
DESSERT - Sundae	670	220	24g	18g	0g	60mg	135mg	114g	< 1g	97g	4g	10%	10%	15%	4%
DOG - Add Cheese	70	50	5g	1g	1.5g	0mg	520mg	6g	0g	2g	1g	0%	0%	6%	0%
DOG - Add Chili	60	20	2.5g	1g	0g	< 5mg	370mg	6g	2g	< 1g	3g	25%	0%	2%	6%
DOG - Add Cole Salw	60	30	3g	0g	0g	< 5mg	140mg	9g	1g	8g	< 1g	4%	20%	2%	2%
DOG - Chili Cheese Wrecker	1070	670	76g	29g	1.5g	125mg	4500mg	66g	4g	15g	36g	30%	15%	30%	35%
DOG - Naked Wrecker	940	600	68g	27g	0g	120mg	3610mg	54g	2g	12g	32g	8%	15%	20%	30%
DRESSING - 1000 ISLAND	180	120	14g	2g	0g	10mg	500mg	16g	0g	12g	0g	0%	0%	0%	0%
Dressing - Avacado Ranch	150	140	15g	3g	0g	20mg	230mg	2g	1g	< 1g	< 1g	2%	2%	2%	0%
DRESSING - Balsamic Dressing	200	180	22g	3g	0g	0mg	640mg	4g	0g	2g	0g	0%	0%	0%	0%
DRESSING - Balsamic Vin	200	180	22g	3g	0g	0mg	640mg	4g	0g	2g	0g	0%	0%	0%	0%
DRESSING - Blue Cheese	290	280	30g	7g	0.5g	40mg	360mg	1g	0g	0g	< 1g	0%	0%	2%	0%
Dressing - Caesar	280	280	30g	6g	0g	20mg	740mg	2g	0g	2g	2g	0%	0%	4%	0%
Dressing - Chipotle	80	60	6g	0g	0g	0mg	1980mg	6g	0g	4g	0g	4%	0%	0%	4%
DRESSING - Fat Free Ranch	50	0	0g	0g	0g	0mg	560mg	12g	0g	4g	0g	0%	0%	0%	0%
DRESSING - French	90	40	4g	0g	0g	0mg	580mg	14g	0g	12g	0g	0%	0%	0%	0%
DRESSING - Honey Mustard Dressing	260	200	24g	4g	0g	20mg	360mg	14g	0g	12g	2g	0%	0%	0%	0%
DRESSING - Italian	140	110	12g	1.5g	**	0mg	580mg	7g	0g	6g	0g	0%	0%	0%	0%
DRESSING - oil and vinegar	250	240	28g	4g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
DRESSING - Ranch	210	210	23g	4.5g	0g	30mg	290mg	1g	0g	1g	< 1g	0%	0%	2%	0%
DRESSING - Raspberry Vinaigrette	200	160	18g	3g	0g	20mg	520mg	14g	0g	10g	0g	0%	0%	0%	0%
DRESSING - Salsa	20	0	0g	0g	0g	0mg	280mg	4g	2g	4g	0g	6%	4%	4%	4%
Dressing - Sour Cream 2 oz	120	100	12g	7g	0g		50mg	4g	0g	2g	2g	8%	0%	8%	0%
KID - Kid Burger	210	70	8g	2.5g	0g	30mg	2340mg	21g	1g	2g	13g	0%	0%	6%	10%
KID - Kid Curly Fries	260	150	17g	2g	0g	0mg	520mg	26g	2g	0g	2g	0%	10%	0%	4%
KID - Kid Mac 'N' Cheese	180	80	9g	1.5g	0g	10mg	580mg	20g	2g	< 1g	4g	4%	0%	4%	4%
KID - Kid Mini Corn Dawgs	290	160	20g	1g	0g	50mg	450mg	25g	0g	5g	10g	0%	20%	0%	10%
KID - Kid Straight Fries	280	170	19g	2.5g	3g	0mg	880mg	26g	2g	0g	1g	0%	2%	0%	4%
KID - Kid Tenders	490	250	29g	3g	0g	35mg	820mg	37g	2g	0g	19g	0%	0%	4%	15%
KID - Kid Tots	330	150	17g	2g	0g	0mg	750mg	39g	4g	0g	4g	0%	10%	0%	4%
KID - Kids Quesadilla	460	340	38g	13g	0g	45mg	1770mg	15g	1g	0g	14g	30%	0%	35%	6%
KID - Kids Wings	440	320	36g	8g	0g	150mg	200mg	0g	0g	0g	30g	10%	2%	2%	6%
KID - Kids Wings - Boneless	380	240	27g	2.5g	0g	40mg	890mg	20g	< 1g	< 1g	16g	2%	2%	2%	4%
LUNCH SPECIAL - 1 LB. BURGER	960	480	54g	19g	2.5g	225mg	1760mg	42g	2g	4g	73g	4%	6%	20%	50%
LUNCH SPECIAL - 1 LB. PULLED PORK	960	260	30g	8g	0g	200mg	3240mg	146g	2g	98g	95g	30%	10%	80%	20%
LUNCH SPECIAL - 1/2 LB CHICKEN TENDER	760	420	48g	5g	0g	50mg	1180mg	54g	2g	0g	27g	0%	0%	4%	20%
LUNCH SPECIALS - HALF LB WINGS - Traditional	760	560	62g	13g	0g	260mg	360mg	0g	0g	0g	52g	20%	6%	6%	10%
LUNCH SPECIALS - HALF LB WINGS - Boneless	670	410	47g	4.5g	0g	70mg	1570mg	35g	2g	2g	28g	4%	4%	4%	6%
Prep - 1 Boneless Dry	100	60	7g	0.5g	0g	10mg	230mg	5g	0g	0g	4g	0%	0%	0%	0%
Prep - 1 Shrimp	50	30	3g	0g	0g	15mg	95mg	5g	0g	0g	2g	0%	0%	0%	0%

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Prep - 1 Wing W/Butter	120	90	10g	2g	0g	40mg	55mg	0g	0g	0g	8g	2%	0%	0%	2%
Prep - Avocado Ranch	150	140	15g	3g	0g	20mg	230mg	2g	1g	< 1g	1g	2%	2%	2%	2%
Prep - Bacon Bits	25	20	2.5g	1g	0g	5mg	90mg	0g	0g	0g	2g	0%	0%	0%	0%
Prep - Beer Battered Cod	510	310	33g	4g	0g	40mg	780mg	29g	< 1g	0g	22g	0%	6%	2%	4%
Prep - Breaded Chicken Breast	640	410	46g	7g	0g	55mg	1160mg	39g	< 1g	0g	19g	2%	4%	2%	15%
Prep - Bulk House Ranch	240	230	26g	5g	0g	35mg	410mg	2g	0g	< 1g	0%	0%	2%	0%	0%
Prep - Burger Fry Seasoning	60	0	0g	0g	0g	0mg	113170mg	12g	0g	0g	0g	0%	0%	8%	6%
Prep - Chicken Tender	160	90	10g	1g	0g	10mg	240mg	11g	< 1g	0g	6g	0%	0%	2%	4%
Prep - Curly Fries	420	280	32g	3g	0g	0mg	650mg	33g	3g	0g	3g	0%	10%	0%	6%
Prep - Grilled Chicken Breast - Marinated	200	60	7g	1g	0g	95mg	920mg	14g	0g	12g	33g	2%	4%	2%	6%
Prep - House Blue Cheese	330	320	35g	8g	0.5g	45mg	410mg	2g	0g	< 1g	0%	0%	2%	0%	0%
Prep - Onion Ring	80	50	6g	0.5g	0g	0mg	90mg	7g	< 1g	1g	< 1g	0%	2%	0%	0%
Prep - Rib Tip	70	50	5g	2g	0g	20mg	90mg	0g	0g	0g	6g	2%	0%	6%	0%
Prep - Suicide Sauce	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%
Prep - TNT Sauce	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%
Prep - Tortilla Chip	220	220	25g	2g	0g	0mg	0mg	0g	0g	0g	0g	0%	0%	0%	0%
Prep - Wall Sauce	3510	10	1g	0g	0g	0mg	84660mg	932g	236g	457g	4313g	230%	20%	15%	15%
QUESADILLA - BACON MAC 'N CHEESE	970	550	63g	20g	0g	65mg	2980mg	75g	5g	4g	28g	35%	10%	60%	20%
QUESADILLA - CHEESE	990	600	70g	28g	2g	85mg	2850mg	61g	4g	6g	29g	50%	8%	90%	20%
QUESADILLA - GRILLED CHICKEN	1100	630	74g	29g	2g	140mg	3370mg	69g	4g	13g	48g	60%	10%	90%	25%
Ribs - Full Pound W/Straight Fries	2130	1010	113g	34g	4g	345mg	5180mg	192g	3g	152g	100g	45%	4%	80%	10%
Ribs - Half Pound W/Straight Fries	1240	610	68g	19g	4g	170mg	3140mg	112g	3g	76g	51g	20%	4%	40%	8%
RIBS - Rib Tip Dinner W/Straight Fries no side	1380	690	77g	22g	4g	215mg	3220mg	112g	3g	76g	60g	25%	4%	50%	6%
RIBS - Rib Tips - 10 w/BBQ	1030	480	53g	19g	0g	215mg	2120mg	80g	0g	76g	59g	25%	0%	50%	0%
RIBS - Rib Tips - 100 w/BBQ	10270	4800	533g	187g	0g	2135mg	21200mg	800g	0g	760g	587g	270%	0%	530%	0%
RIBS - Rib Tips - 16 w/BBQ	1750	770	85g	30g	0g	340mg	3890mg	160g	0g	152g	94g	45%	0%	90%	0%
RIBS - Rib Tips - 24 w/BBQ	2490	1150	128g	45g	0g	510mg	5210mg	200g	0g	190g	141g	60%	0%	130%	0%
RIBS - Rib Tips - 50 w/BBQ	5130	2400	267g	93g	0g	1065mg	10600mg	400g	0g	380g	293g	130%	0%	270%	0%
RIBS - Rib Tips - 7 w/BBQ	720	340	37g	13g	0g	150mg	1480mg	56g	0g	53g	41g	20%	0%	35%	0%
RIBS - Rib/Wing Combo W/ Boneless Wings & curly no side	1790	940	106g	22g	0g	230mg	4040mg	142g	5g	78g	76g	25%	15%	45%	15%
RIBS - Rib/Wing Combo W/ Regular Wings & Straight no side	1890	1090	121g	30g	4g	395mg	3450mg	113g	3g	76g	96g	40%	8%	45%	15%
RUB - CARIBBEAN JERK 1 TBS	0	0	0g	0g	0g	0mg	2660mg	0g	0g	0g	0g	0%	0%	0%	0%
RUB - LIME PEPPER 1 TBS	0	0	0g	0g	0g	0mg	2760mg	0g	0g	0g	0g	0%	0%	0%	0%
RUB - SWEET & TANGY BBQ 1TBS	80	0	0g	0g	0g	0mg	2620mg	0g	0g	14g	0g	20%	0%	8%	8%
SALAD-Berry Almond Chicken	1060	590	69g	16g	0g	155mg	2780mg	77g	7g	37g	55g	220%	25%	35%	25%
SALAD-Grilled Chicken Caesar	980	700	76g	17g	0g	160mg	3010mg	42g	4g	20g	50g	200%	10%	30%	15%
SALADS - Big Chicken Salad Fried	920	590	65g	15g	0g	275mg	1660mg	49g	5g	5g	37g	230%	40%	35%	30%
SALADS - Big Chicken Salad Grilled	490	240	27g	9g	0g	330mg	1550mg	23g	2g	18g	54g	90%	35%	30%	15%
SALADS - Lo-Cal Plate	460	90	10g	2g	0g	110mg	2370mg	67g	8g	35g	41g	620%	90%	20%	15%
SALADS - Side Caesar Salad	390	320	35g	8g	0g	25mg	1020mg	16g	2g	3g	6g	100%	4%	15%	6%
SALADS - Side Garden Salad	70	40	4.5g	2g	0g	10mg	140mg	5g	2g	3g	4g	40%	30%	10%	4%
SANDWICH - Chicken Tender Basket	760	420	48g	5g	0g	50mg	1180mg	54g	2g	0g	27g	0%	0%	4%	20%
SANDWICH-Buffalo Crispy Chicken Sandwich	1060	640	71g	11g	0g	55mg	3650mg	82g	3g	5g	27g	25%	45%	15%	35%
SANDWICH-Crispy Chicken Breast	860	430	48g	7g	0g	55mg	2680mg	81g	3g	4g	27g	6%	10%	15%	30%
SANDWICH-French Dip	600	160	18g	11g	0g	125mg	2320mg	48g	2g	3g	53g	15%	6%	50%	25%
SANDWICH-Grilled Chicken	590	90	10g	1.5g	0g	110mg	3200mg	98g	2g	56g	45g	10%	10%	15%	25%
SANDWICH-Hangar Full	650	220	24g	8g	1g	95mg	1780mg	66g	4g	7g	41g	4%	6%	25%	35%
SANDWICH-Hawgzilla	660	140	16g	4g	0g	100mg	2690mg	114g	2g	70g	51g	20%	8%	45%	20%
SANDWICH-HM Crispy Chicken Bacon Swiss	1320	770	88g	19g	0g	120mg	3470mg	96g	3g	16g	41g	10%	10%	30%	30%
SANDWICH-HM Grilled Chicken Bacon Swiss	910	430	50g	14g	0g	175mg	3370mg	73g	2g	30g	60g	10%	10%	30%	25%
SANDWICH-Italian Beef	600	220	23g	2.5g	0g	75mg	3700mg	46g	2g	3g	42g	4%	6%	20%	25%
SANDWICH-Philly Cheesesteak	660	170	20g	11g	0g	125mg	2510mg	58g	6g	9g	55g	20%	30%	50%	30%
SANDWICH-Pork Tenderloin	710	220	24g	4.5g	0g	60mg	2620mg	87g	8g	5g	33g	4%	6%	15%	35%
SANDWICH-The Baron	600	190	22g	7g	0g	145mg	2910mg	59g	3g	19g	55g	10%	10%	30%	25%
Sauce - 10 oz Asian Kick	500	0	0g	0g	0g	0mg	2700mg	130g	0g	120g	0g	60%	0%	0%	20%
Sauce - 10 oz BBQ	700	0	0g	0g	0g	0mg	3100mg	200g	0g	190g	0g	20%	0%	0%	0%
Sauce - 10 oz Blazin Asian	250	0	0g	0g	0g	0mg	7350mg	65g	0g	60g	0g	30%	0%	0%	10%
Sauce - 10 oz Garlicky Parm	600	450	50g	10g	0g	0mg	5300mg	20g	0g	10g	10g	0%	0%	20%	0%
Sauce - 10 oz Honey Mustard	700	45	5g	0g	0g	0mg	3800mg	150g	10g	130g	0g	0%	0%	0%	0%
Sauce - 10 oz Hot	0	0	0g	0g	0g	0mg	12000mg	0g	0g	0g	0g	0%	0%	0%	0%
Sauce - 10 oz Hot Barbie	350	0	0g	0g	0g	0mg	7550mg	100g	0g	95g	0g	10%	0%	0%	0%
Sauce - 10 oz Jerk N Barbie	520	0	0g	0g	0g	0mg	2750mg	140g	0g	115g	0g	20%	10%	0%	0%
Sauce - 10 oz Major Jerk	350	0	0g	0g	0g	0mg	2400mg	80g	0g	40g	0g	20%	20%	0%	0%

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Sauce - 10 oz Medium	1040	1010	115g	19g	**	0mg	4850mg	2g	0g	2g	3g	110%	180%	10%	4%
Sauce - 10 oz Mild	1550	1520	172g	28g	**	0mg	3520mg	1g	0g	< 1g	4g	150%	90%	15%	2%
Sauce - 10 oz Say it Ain't Tso	700	0	0g	0g	0g	0g	5200mg	160g	0g	130g	10g	0%	0%	0%	0%
Sauce - 10 oz Spicy Hot Honey	350	25	2.5g	0g	0g	0mg	7900mg	75g	5g	65g	0g	0%	0%	0%	0%
Sauce - 10 oz Suicide	5	0	0g	0g	0g	0mg	560mg	1g	0g	0g	0g	4%	0%	0%	0%
Sauce - 10 oz Sweet Chili Cha Cha	670	0	0g	0g	0g	0mg	2950mg	153g	3g	140g	0g	25%	20%	0%	4%
Sauce - 10 oz Teriyaki	500	0	0g	0g	0g	0mg	8100mg	110g	0g	90g	10g	0%	0%	40%	60%
Sauce - 10 oz TNT	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%
Sauce - 10 oz Tweener	530	510	57g	9g	**	0mg	6190mg	4g	< 1g	3g	2g	60%	270%	6%	6%
Sauce - 10 oz Wall	25	0	0g	0g	0g	0mg	610mg	7g	2g	3g	31g	2%	0%	0%	0%
SAUCE - Asian Kick 2 oz.	100	0	0g	0g	0g	0mg	540mg	26g	0g	24g	0g	10%	0%	0%	4%
SAUCE - BBQ 2 oz.	140	0	0g	0g	0g	0mg	620mg	40g	0g	38g	0g	4%	0%	0%	0%
SAUCE - BLAZIN ASIAN 2 oz.	50	0	0g	0g	0g	0mg	1470mg	13g	0g	12g	0g	6%	0%	0%	2%
SAUCE - GARLICKY PARM 2 oz.	120	90	10g	2g	0g	0mg	1060mg	4g	0g	2g	2g	0%	0%	4%	0%
SAUCE - HONEY MUSTARD 2 oz.	140	10	1g	0g	0g	0mg	760mg	30g	2g	26g	0g	0%	0%	0%	0%
SAUCE - HOT 2 oz.	0	0	0g	0g	0g	0mg	2400mg	0g	0g	0g	0g	0%	0%	0%	0%
SAUCE - HOT BARBIE 2 oz.	70	0	0g	0g	0g	0mg	1510mg	20g	0g	19g	0g	2%	0%	0%	0%
SAUCE - JERKIN BARBIE 2 oz.	100	0	0g	0g	0g	0mg	550mg	28g	0g	23g	0g	4%	2%	0%	0%
SAUCE - MAJOR JERK 2 oz.	70	0	0g	0g	0g	0mg	480mg	16g	0g	8g	0g	4%	4%	0%	0%
SAUCE - Marinara 2 oz	25	5	1g	0g	0g	0mg	210mg	5g	< 1g	2g	< 1g	0%	8%	0%	2%
SAUCE - MEDIUM 2 oz.	210	200	23g	4g	**	0mg	970mg	0g	0g	< 1g	0g	20%	35%	2%	0%
SAUCE - MILD 2 oz.	310	300	34g	6g	**	0mg	700mg	0g	0g	< 1g	0g	30%	20%	2%	0%
SAUCE - SAY IT AINT TSO 2 oz.	140	0	0g	0g	0g	0mg	1040mg	3g	0g	26g	2g	0%	0%	0%	0%
SAUCE - Southwest Ranch	340	320	36g	6g	0g	0g	500mg	6g	0g	4g	0g	0%	0%	0%	0%
SAUCE - SPICY HOT HONEY 2 oz.	70	0	0.5g	0g	0g	0mg	1580mg	15g	1g	13g	0g	0%	0%	0%	0%
SAUCE - SUICIDE 2 oz.	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%
SAUCE - SWEET CHILI CHA CHA 2 oz.	130	0	0g	0g	0g	0mg	590mg	31g	< 1g	28g	0g	4%	4%	0%	0%
SAUCE - TERIYAKI 2 oz.	100	0	0g	0g	0g	0mg	1620mg	22g	0g	18g	2g	0%	0%	8%	10%
SAUCE - TNT 2 oz.	0	0	0g	0g	0g	0mg	115mg	0g	0g	0g	0g	0%	0%	0%	0%
SAUCE - TWEENER 2 oz.	110	100	11g	2g	**	0mg	1240mg	< 1g	0g	< 1g	0g	10%	50%	2%	2%
SAUCE - WALL 2 oz.	5	0	0g	0g	0g	0mg	120mg	1g	0g	< 1g	6g	0%	0%	0%	0%
SEAFOOD beer battered cod sandwich	910	320	35g	7g	0g	60mg	1730mg	82g	2g	13g	29g	0%	6%	6%	20%
SEAFOOD-Beer battered cod fish and chips with fries no side	1060	680	75g	10g	4g	60mg	2400mg	75g	4g	10g	24g	0%	10%	2%	10%
SEAFOOD-Grilled Fish Sandwich	420	30	3g	0g	0g	105mg	3000mg	59g	3g	20g	34g	25%	15%	15%	30%
SEAFOOD-Grilled Fish Tacos w/chips	800	390	42g	8g	0g	135mg	2280mg	69g	10g	25g	38g	70%	70%	35%	35%
SEAFOOD-Shrimp 10 pc	500	270	30g	2g	0g	130mg	920mg	44g	2g	2g	16g	0%	0%	4%	6%
SEAFOOD-Shrimp 100 pc	4950	2710	297g	22g	0g	1320mg	9230mg	445g	16g	16g	165g	0%	0%	35%	70%
SEAFOOD-Shrimp 16 pc	790	430	47g	3.5g	0g	210mg	1480mg	71g	3g	3g	26g	0%	0%	6%	10%
SEAFOOD-Shrimp 24 pc	1190	650	71g	5g	0g	315mg	2220mg	107g	4g	4g	40g	0%	0%	8%	15%
SEAFOOD-Shrimp 50 pc	2480	1360	148g	11g	0g	660mg	4610mg	222g	8g	8g	82g	0%	0%	15%	35%
SEAFOOD-Shrimp 7 pc	350	190	21g	1.5g	0g	90mg	650mg	31g	1g	1g	12g	0%	0%	2%	4%
SEAFOOD-Shrimp Dinner w/fries no side	930	480	54g	5g	4g	130mg	2600mg	97g	7g	13g	20g	100%	15%	6%	20%
SIDE - 1/2 CURLY FRIES	320	180	21g	2.5g	0g	0mg	650mg	33g	3g	0g	3g	0%	10%	0%	6%
SIDE - 1/2 STRAIGHT FRIES	350	210	24g	3g	4g	0mg	1100mg	32g	3g	0g	2g	0%	4%	0%	6%
SIDE - 1/2 TOTS	380	170	20g	2.5g	0g	0mg	880mg	45g	5g	0g	5g	0%	15%	0%	4%
SIDE - APPLESAUCE	90	0	0g	0g	0g	0mg	10mg	23g	2g	19g	0g	0%	0%	0%	0%
SIDE - BEER CHEESE UPGRADE	230	160	17g	11g	0g	40mg	860mg	9g	0g	5g	9g	15%	0%	6%	0%
SIDE - CHILI	330	130	15g	4.5g	0g	25mg	1370mg	37g	7g	6g	16g	10%	10%	10%	25%
SIDE - COLESLAW	250	150	18g	2.5g	0g	20mg	220mg	24g	1g	19g	1g	25%	60%	4%	2%
SIDE - KID CURLY FRIES	260	150	17g	2g	0g	0mg	520mg	26g	2g	0g	2g	0%	10%	0%	4%
SIDE - KIDS STRAIGHT FRIES	280	170	19g	2.5g	3g	0mg	880mg	26g	2g	0g	1g	0%	2%	0%	4%
SIDE - KIDS TOTS	310	140	16g	2g	0g	0mg	700mg	36g	4g	0g	4g	0%	10%	0%	4%
SIDE - LOADED CHILI	560	330	37g	13g	1.5g	45mg	1920mg	39g	6g	7g	20g	25%	30%	30%	25%
SIDE - MAC 'N CHEESE	180	80	9g	1.5g	0g	10mg	580mg	20g	2g	< 1g	4g	4%	0%	4%	4%
SIDE - NACHO CHEESE	140	100	10g	2g	3g	0mg	1040mg	12g	0g	4g	2g	0%	0%	10%	0%
SIDE - QUESO CHEESE	280	200	24g	14g	0g	60mg	1440mg	8g	0g	4g	12g	15%	0%	40%	0%
SIDE - VEGGIE SIDE	120	0	0g	0g	0g	0mg	660mg	27g	5g	12g	2g	350%	50%	6%	4%
TACOS - Big Beefy Tacos	900	490	54g	18g	3g	90mg	4000mg	63g	9g	12g	36g	80%	25%	45%	40%
TACOS - Buffalo Chicken Tacos Crispy with Blue Cheese	1100	700	78g	19g	2.5g	70mg	3990mg	74g	9g	13g	23g	80%	25%	45%	30%
TACOS - Buffalo Chicken Tacos Crispy with Ranch	1040	640	71g	17g	2g	65mg	3930mg	74g	9g	14g	23g	80%	25%	45%	30%
TACOS - Buffalo Chicken Tacos Grilled with Blue Cheese	970	600	67g	18g	2.5g	80mg	3840mg	69g	9g	16g	25g	80%	25%	45%	30%
TACOS - Buffalo Chicken Tacos Grilled with Ranch	910	540	60g	16g	2g	75mg	3780mg	69g	9g	17g	25g	80%	25%	45%	30%
TACOS - Pork Fajita Tacos	1010	590	67g	17g	2g	70mg	2560mg	80g	10g	29g	37g	100%	30%	60%	30%

RecipeName	Calories	CaloriesfromFat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carbohydrates	DietaryFiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
WINGS - 10 OZ BLUE CHEESE	1630	1580	174g	38g	3g	230mg	2030mg	8g	0g	2g	3g	2%	0%	10%	0%
WINGS - 10 OZ RANCH	1220	1180	129g	24g	0g	185mg	1660mg	8g	0g	6g	5g	4%	2%	15%	0%
WINGS - 10 PC CELERY	5	0	0g	0g	**	0mg	30mg	1g	< 1g	< 1g	0g	4%	2%	2%	0%
WINGS - 10 REGULAR no sauce	1090	800	88g	19g	0g	370mg	510mg	0g	0g	0g	74g	25%	8%	8%	15%
WINGS - 100 REGULAR no sauce	10850	7990	884g	188g	0g	3710mg	5020mg	0g	0g	0g	742g	260%	70%	70%	140%
WINGS - 16 REGULAR no sauce	1740	1280	141g	30g	0g	595mg	820mg	0g	0g	0g	119g	45%	10%	10%	25%
WINGS - 2 OZ RANCH	210	210	23g	4.5g	0g	30mg	290mg	1g	0g	1g	< 1g	0%	0%	2%	0%
WINGS - 20 PIECE CELERY	15	0	0g	0g	**	0mg	65mg	2g	1g	1g	< 1g	8%	4%	4%	0%
WINGS - 24 REGULAR no sauce	2610	1920	212g	45g	0g	890mg	1220mg	0g	0g	0g	178g	60%	20%	20%	35%
WINGS - 4 PC CELERY	0	0	0g	0g	**	0mg	15mg	0g	0g	0g	0g	2%	0%	0%	0%
WINGS - 50 REGULAR no sauce	5430	3990	442g	94g	0g	1855mg	2510mg	0g	0g	0g	371g	130%	35%	35%	70%
WINGS - 7 REGULAR no sauce	760	560	62g	13g	0g	260mg	360mg	0g	0g	0g	52g	20%	6%	6%	10%
WINGS - Extra Celery and Blue Cheese	290	280	30g	7g	0.5g	40mg	370mg	2g	0g	< 1g	< 1g	2%	0%	2%	0%
WINGS - Extra Celery and Ranch	220	210	23g	4.5g	0g	30mg	300mg	2g	0g	1g	< 1g	2%	2%	4%	0%
WINGS -10 BONELESS no sauce	960	590	67g	6g	0g	100mg	2240mg	49g	3g	3g	39g	6%	6%	6%	10%
WINGS -100 BONELESS no sauce	9600	5920	674g	64g	0g	985mg	22370mg	492g	25g	25g	393g	50%	50%	50%	100%
WINGS -16 BONELESS no sauce	1540	950	108g	10g	0g	155mg	3590mg	79g	4g	4g	63g	10%	8%	8%	15%
WINGS -24 BONELESS no sauce	2310	1420	162g	15g	0g	235mg	5380mg	118g	6g	6g	94g	15%	15%	10%	25%
WINGS -50 BONELESS no sauce	4800	2960	337g	32g	0g	490mg	11180mg	246g	12g	12g	197g	25%	25%	25%	50%
WINGS -7 BONELESS no sauce	670	410	47g	4.5g	0g	70mg	1570mg	35g	2g	2g	28g	4%	4%	4%	6%
WRAP - Chili Cheese Totrito	1170	580	65g	16g	0g	55mg	5410mg	115g	14g	12g	29g	50%	35%	60%	35%
WRAP-Buffalo Chicken Wrap w/no sauce	760	330	37g	7g	0g	50mg	2790mg	78g	6g	4g	28g	130%	20%	40%	25%
WRAP-Chicken Caesar	750	390	42g	10g	0g	80mg	3160mg	67g	5g	11g	32g	130%	10%	40%	25%
WRAP-Crispy Chicken Bacon Wrap w/honey mustard	1080	570	66g	13g	0g	80mg	3340mg	92g	6g	16g	33g	130%	20%	40%	25%
WRAP-Crispy Chicken Bacon Wrap w/ranch	1030	580	65g	14g	0g	90mg	3270mg	80g	6g	5g	32g	140%	20%	40%	25%
WRAP-Grilled Chicken	490	120	14g	5g	0g	65mg	2420mg	66g	5g	10g	31g	130%	20%	35%	25%
XTRAS - Beef	180	40	5g	2.5g	0g	75mg	500mg	0g	0g	0g	33g	0%	0%	0%	15%
XTRAS - Burger Patty, Large	360	220	24g	9g	1g	110mg	100mg	0g	0g	0g	33g	0%	0%	4%	15%
XTRAS - Chicken Breast, Crispy	640	420	46g	7g	0.5g	55mg	1160mg	39g	1g	0g	19g	2%	4%	2%	15%
XTRAS - Chicken Breast, Grilled	230	70	8g	1.5g	0g	110mg	1050mg	16g	0g	14g	38g	2%	4%	2%	6%
XTRAS - Chicken Tender	150	80	10g	1g	0g	10mg	240mg	11g	0g	0g	5g	0%	0%	0%	4%
XTRAS - Pulled Pork	300	120	14g	4g	0g	100mg	550mg	32g	0g	28g	44g	10%	2%	30%	2%