



Nutrition Guide

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polysaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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APPETIZERS Nutritional values stated below reflect appetizers without sauce and does not account for variations or substitutions requested by the guest. See additional values listed below for more nutritional information.

Bavarian Pretzel Bite	1080	300	33	19	0	2	2.5	55	3290	350	155	6	45	40	35
Buffalo Chicken Nachos - Add Blue Cheese	100	70	8	4.5				25	360		2				5
Buffalo Chicken Nachos with Fried Chicken (No Signature Sauce)	1750	1020	115	36		1.5	2.5	270	3760	1010	95	11	8		87
Buffalo Chicken Nachos with Grilled Chicken (No Signature Sauce)	1420	790	89	32		1	1.5	190	3690	820	89	10	9	1	66
Cheese Stix	680	360	41	13				40	1500	300	56	4	14	2	27
Chili Cheese Fries	1500	880	99	30				80	4430	1480	123	13	11		34
Chili Cheese Fries/ Sub Tots and Jalapenos	1660	1100	124	38				80	5030	1690	101	13	12		34
Chips N Dip - Add Guacamole	240	200	23	4					420	600	11	8	4		4
Chips N Dip - Add Queso	300	200	23	15				55	1360	95	8		4		15
Chips N Dip - Add Salsa	40								920		8				
Chips N Dip - Add Spinach Dip	190	120	13	7				40	660	470	9	2	6		9
Chips N Dip - Chips Only	700	380	43	5					1380	230	73	9			9
Corn Nuggets	960	630	72	11				20	1270	250	63	3	23	20	8
Fried Jalapenos (No Dipping Sauces)	190	120	14	2		0			1640	15	15		4		2
Fried Mushrooms (No Dipping Sauces)	590	380	43	6		1	0		990	920	46	4	5		12
Fried Mushrooms - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
Fried Mushrooms - Add Ranch	170	160	18	3				20	310	45	2		1		1
Half Pickle (No Dipping Sauces)	440	200	23	3.5		0	0		1540	75	53	2	0		7
Half Pickle - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
Half Pickle - Add Ranch	170	160	18	3				20	310	45	2		1		1
Jalapeno Cheese Bites	900	640	72	19		0	0	85	2090	220	44	2	6	4	22
Pepperoni Crunch Roll (With Marinara, No Dipping Sauce)	1050	610	69	20				100	2420	390	81	5	5	2	34
Quesadilla	1290	820	93	42		0	0	195	2970	410	67	3	8	4	52
Quesadilla - Add Chicken Breast	210	70	8	2		1	1.5	85	280	260	1		1	1	32
Quesadilla - Add Fried Tenders	360	200	23	4		1	1.5	110	240	300	4		0		35
Quesadilla - Add Shrimp	120	60	6	1				50	790	65	4	3			11
Quesadilla - Add Steak	170	100	11	5				60	370						19
Quesadilla - Add Tortilla Chips	230	130	14	2					460	75	24	3			3
Ultimate Cheese Fries (No Dipping Sauce)	1720	1070	121	41				145	4190	1670	115	10	9		47
Ultimate Cheese Fries (No Sauce) - with Tater Tots	1870	1280	145	49				145	4170	1870	92	10	9		47
Ultimate Cheese Fries - Add Jalapenos	10								930		2		2		
Ultimate Cheese Fries - Add Ranch	170	160	18	3				20	310	45	2		1		1
Ultimate Cheese Fries - Add Sour Cream	60	45	5	3.5				20	15	40	1		1		1
Whole Pickle (No Dipping Sauces)	880	400	46	7		0.5	0		3080	150	106	4	0		14
Whole Pickle - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
Whole Pickle - Add Ranch	170	160	18	3				20	310	45	2		1		1

BEVERAGES

Barq's Root Beer	320								140		90		89	89	
Cherry Coke	300								70		84		84	84	
Coca Cola	300								90		81		81	81	
Coke Zero									85	110					
Diet Coke	0								85						
Diet Dr. Pepper									120						
Dr. Pepper	300								120		79		77	77	
Hi-C Lemonade	290								125	40	75		75	75	
Ice Tea	5								20	260	2				
Mellow Yellow	340								90		94		94	94	
Mr. Pibb	280								40		78		78	78	
Powerade Mountain Blast	160								300	70	42		42	42	
Sprite	280								130		77		77	77	
Sweet Tea	90								20	230	23		21	21	

BONELESS WINGS Nutritional values stated below reflect boneless wings without Signature Sauces, ranch or blue cheese dressing, or sides and does not account for variations or substitutions requested by the guest. See *Signature Sauces* and *Sides* for more nutritional information.

6 Boneless Wings (No Sauces or Chips)	430	210	24	3.0				70	1330	370	31				24
12 Boneless Wings (No Sauces or Chips)	860	420	48	6				135	2650	730	61				48
18 Boneless Wings (No Sauces or Chips)	1290	630	71	9				205	3980	1100	92				71
24 Boneless Wings (No Sauces or Chips)	1720	840	95	12				270	5310	1470	122				95
BONELESS WING ADD-ONS															
6 Boneless Wings - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
6 Boneless Wings - Add Celery	5	0	0						25	90	1		1		0

6 Boneless Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
6 Boneless Wings - Add Fries	390	220	25	4.5					600	520	39	4	2		4
6 Boneless Wings - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
12 Boneless Wings - Add Blue Cheese	520	500	56	12				40	1000		4		4	4	4
12 Boneless Wings - Add Celery	10	0	0			0			55	180	2	1	1		0
12 Boneless Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
12 Boneless Wings - Add Fries	390	220	25	4.5					600	520	39	4	2		4
12 Boneless Wings - Add Ranch	340	310	36	6				35	620	90	3		3		2
18 Boneless Wings - Add Blue Cheese	780	740	84	18				60	1500		6		6	6	6
18 Boneless Wings - Add Celery	15	0	0			0			80	270	3	2	2		1
18 Boneless Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
18 Boneless Wings - Add Fries	390	220	25	4.5					600	520	39	4	2		4
18 Boneless Wings - Add Ranch	510	470	53	8				55	930	140	5		4		3
24 Boneless Wings - Add Blue Cheese	1040	990	112	24				80	2000		8		8	8	8
24 Boneless Wings - Add Celery	20	0	0	0		0			110	350	4	2	2		1
24 Boneless Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
24 Boneless Wings - Add Fries	390	220	25	4.5					600	520	39	4	2		4
24 Boneless Wings - Add Ranch	680	630	71	11				75	1240	180	7		6		4

BURGERS

Nutritional values stated below reflect burgers without sides and does not account for variations or substitutions requested by the guest. See *Sides* for more nutritional information.

Add American Cheese (1 slice)	70	50	6	3.5				20	340		1		1		3
Add Bacon	90	60	7	2.5				15	270	85					5
Add Banana Peppers	10								920	55	2		2		
Add Cheddar Cheese (1 slice)	80	60	7	4.0				20	135	15					5
Add Fried Jalapenos	30	20	2.0	0					260	2.5	2		1		0
Add Jalapenos	0								390		1		1		
Add Pepper Jack Cheese (1 slice)	80	50	6	4.0				20	140	20					5
Add Provolone Cheese (1 slice)	70	50	6	3.5				15	180		1				5
Add Swiss Cheese (1 slice)	80	60	7	4.0				20	40	20					6
Black Bean Burger (No Cheese)	330	80	9	1.0		0.5	1.0		1590	450	47	8	8		18
Brunch Burger	780	410	47	17	1.5	2.0	12	350	1440	800	31	1	8		55
Cheeseburger (No Cheese)	530	240	27	9	1.5	1.0	10	105	960	630	31	1	7		39
Double Cheeseburger (No Cheese)	840	420	47	17	3.0	1.5	19	210	1510	1080	31	1	7		70
Fried Pickle Burger	790	420	47	15	1.5	1.0	10	130	1670	670	46	2	8		46
Guacamole Bacon Burger	820	460	52	17	1.5	1.0	10	140	1590	1060	37	5	9		51
Hamburger	530	240	27	9	1.5	1.0	10	105	960	630	31	1	7		39
Hamburger Steak Platter	850	440	49	16	3.0	1.0	18	210	510	1080	28	2	4	1	68
Jalapeno Burger	760	420	47	15	1.5	1.5	10	135	1810	690	36	2	10	2	44
Jefferson's Burger (No Fries)	820	350	40	15	1.5	1	10	140	2420	770	68	2	41	32	47
Mushroom Swiss Burger	620	310	35	13	1.5	1.0	10	125	1030	720	32	2	8		45
Patty Melt	920	480	55	15	1.5	0.5	9	145	1130	560	59	1	13	10	46
Pimento Bacon Cheeseburger	720	370	42	15	1.0	1.0	10	135	1360	750	38	1	14	3	44

DESSERTS

Brownie Delight	800	320	36	16		7	10	120	290	380	117	5	91	71	7
Funnel Cake Fries	680	310	35	8				35	430	85	93	3	51	33	5
Waffle Delight	460	110	13	6				55	490	160	82	2	43	40	6

ENTREES

Chicken and Waffles (With Mac & Cheese)	1230	460	52	16	0	1	1.5	220	4200	410	130	1	47	43	56
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EXTRAS

Add Balsamic Vinaigrette Dressing	120	90	10	1.0					400		10		8	8	
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add Caesar Dressing	300	280	32	5					560		2				2
Add French Dressing	240	210	24	4.0				10	500		6		6	6	
Add Honey Mustard Dressing	320	280	32	5.0				20	220		10		10	10	
Add Italian Dressing	220	210	24	4.0					540		4		4	4	
Add Jefferson's Special Sauce	160	130	15	2.5				15	390	0.9	5		5	5	
Add Light Ranch Dressing	90								380		20		4	4	
Add Ranch Dressing	170	160	18	3.0				20	310	45	2		1		1
Add Sweet Sauce	200	130	14	2.0				15	140	4.2	17		11	11	
Add Thousand Island Dressing	200	160	18	3.0				20	440		10		8	8	
BBQ Baked Beans	200	0	0						900	360	44	4	27	25	5
Celery Plate (No Dressing)	10	0	0						40	125	1		1		0
Coleslaw	120	60	7	1.0				5	180	150	14	2	11	8	1
Guacamole	260	210	24	4.0					440	640	12	8	4		4
Mac and Cheese	270	160	18	10	0			50	750	115	13		2		15
Potato Salad	220	160	18	3.0				15	400	250	11		1		2
Queso	320	210	24	16				60	1440	100	8		4		16
Spinach Dip	200	120	14	7				40	700	500	10	2	6		10

KIDS MEALS

Add American Cheese (1 slice)	70	50	6	3.5				20	340		1		1		3
Add Cheddar Cheese (1 slice)	80	60	7	4.0				20	135	15					5
Add Pepper Jack Cheese (1 slice)	80	50	6	4.0				20	140	20					5
Add Provolone Cheese (1 slice)	70	50	6	3.5				15	180		1				5
Add Swiss Cheese (1 slice)	80	60	7	4.0				20	40	20					6
Boneless Wings (No Sauce or Dipping Sauce)	290	140	16	2.0				45	890	250	21				16
Boneless Wings - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
Chicken Tenders	360	200	23	4.0		1.0	1.5	110	240	300	4		0		35
Grilled Cheese	380	130	15	4.0				20	880	80	49	1	5	2	11
Grilled Chicken Tenders	180	35	4.0	1.0		1.0	1.5	95	520	290	0				34
Hamburger	290	140	15	4.5	0.5	0	4.5	50	720	260	19	1	3	3	19
Ice Cream Sundae	320	130	14	12				30	80	150	41		30	26	2
Mac and Cheese	270	160	18	10	0			50	750	115	13		2		15

Mini Corn Dogs	390	270	30	7					35	500	100	22	1	7	7	7
LOADED MACS Nutritional values stated below does not account for variations or substitutions requested by the guest. See <i>Signature Sauces</i> for more nutritional information.																
Buffalo Mac with Grilled Chicken	1020	580	65	24	1.0	1.0	1.5	210	3070	750	41		9	1	63	
Buffalo Mac with Tenders	1190	730	82	23	0.5	1.5	2.5	265	2560	850	34		7		77	
Chili Mac	700	400	45	24	0.5			130	1910	230	37	4	6		39	
Honey BBQ Mac with Grilled Chicken	730	330	37	16	0.5	1.0	1.5	175	2300	660	41		19	13	55	
Honey BBQ Mac with Tenders	1070	560	63	20	0.5	1.5	2.5	255	2370	840	46		18	12	76	
OYSTERS Nutritional values stated below reflect oysters without cocktail sauce, horseradish or crackers and does not account for variations or substitutions requested by the guest. See additional values listed below for more nutritional information.																
Add Crackers	25	0	0						90		5					
Add Horseradish	60								300	180	12					
Dozen Baked Oysters	640	470	53	13		1.0	0	60	2040	580	29	4	10	7	14	
Dozen Cajun Oysters	550	410	47	9		1.0	0	40	5040	490	23	3	10	7	10	
Dozen Raw Oysters	150	25	2.5	0.5		1.0	0	40	1140	490	23	3	10	7	10	
Dozen Rockefeller Oysters	470	240	27	12		1.0	0	120	2370	920	32	4	13	7	26	
Half Dozen Baked Oysters	350	230	26	6		0.5	0	30	1440	430	21	3	10	7	8	
Half Dozen Cajun Oysters	300	210	23	4.5		0.5	0	20	2940	380	18	3	10	7	6	
Half Dozen Raw Oysters	100	10	1.5	0		0.5	0	20	990	380	18	3	10	7	6	
Half Dozen Rockefeller Oysters	310	130	15	6		1.0	0	80	1760	710	27	3	11	7	18	
SALADS Nutritional values stated below reflect salads without dressing and does not account for variations or substitutions requested by the guest. See <i>Salad Dressings</i> for more nutritional information.																
SALADS WITHOUT DRESSING																
Buffalo Chicken Salad - Add Blue Cheese Crumbles	100	70	8	4.5				25	360		2					5
Buffalo Chicken Salad with Fried Chicken	840	450	51	11		1.5	2.5	190	830	660	35	2	2			63
Buffalo Chicken Salad with Grilled Chicken	510	220	25	7		1.0	1.5	110	760	480	30	1	2	1	42	
Buffalo Shrimp Salad with Fried Shrimp	630	310	35	8		0	0	120	1580	350	53	6	2			29
Buffalo Shrimp Salad with Grilled Shrimp	470	230	26	7		0		100	1650	310	34	6	2			26
Cobb Salad with Fried Chicken	1180	700	79	18		1.5	2.5	395	1630	1180	42	6	5			79
Cobb Salad with Fried Shrimp	970	560	64	15		0	0	325	2370	860	60	10	5			44
Cobb Salad with Grilled Chicken	850	470	53	14		1.0	1.5	320	1560	990	37	5	5	1		57
Cobb Salad with Grilled Shrimp	810	480	55	14		0		305	2450	830	41	10	5			42
Grilled Chicken Salad	510	220	25	7		1.0	1.5	110	760	480	30	1	2	1	42	
House Salad	300	150	17	5		0		25	480	210	29	1	2			10
House Salad - Add Bacon	140	100	11	3.5				35	520	140						7
House Salad with Fried Shrimp	630	310	35	8		0	0	120	1580	350	53	6	2			29
House Salad with Grilled Shrimp	470	230	26	7		0		100	1650	310	34	6	2			26
Side Salad	150	70	8	2.5				15	240	105	14			1		5
Taco Salad with Fried Shrimp	980	570	65	19		0	0	160	2440	810	71	14	6			34
Taco Salad with Grilled Chicken	860	480	54	18		1.0	1.5	150	1630	940	47	9	6	1		47
Taco Salad with Grilled Shrimp	820	490	55	18		0	0	140	2520	780	52	13	6			31
Taco Salad with Hamburger	970	580	66	24	1.5	1.0	9	170	1450	1130	46	9	6			47
SALADS WITH DRESSING																
Caesar Salad (No Protein)	440	350	40	9		0		20	1060	125	15		0			8
Caesar Salad - Add Fried Chicken	540	300	34	6		1.5	2.5	165	350	450	6		0			53
Caesar Salad - Add Fried Shrimp	330	170	19	3.0		0	0	95	1100	135	24	5	0			18
Caesar Salad - Add Grilled Chicken	210	70	8	2.0		1.0	1.5	85	280	260	1		1	1		32
Caesar Salad - Add Grilled Shrimp	170	90	10	2.0				75	1170	100	5	4				16
Caesar Side Salad	280	200	23	4.5				10	610	65	16		0			4
SALAD DRESSINGS Per 2 oz. serving																
Add Balsamic Vinaigrette Dressing	120	90	10	1.0					400		10		8	8		
Add Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2	
Add Caesar Dressing	300	280	32	5					560		2					2
Add French Dressing	240	210	24	4.0				10	500		6		6	6		
Add Honey Mustard Dressing	320	280	32	5.0				20	220		10		10	10		
Add Italian Dressing	220	210	24	4.0					540		4		4	4		
Add Light Ranch Dressing	90								380		20		4	4		
Add Ranch Dressing	170	160	18	3.0				20	310	45	2		1			1
Add Thousand Island Dressing	200	160	18	3.0				20	440		10		8	8		
HANDHELDS Nutritional values stated below reflect handhelds without sides and does not account for variations or substitutions requested by the guest. See <i>Sides</i> for more nutritional information.																
BLT	450	240	27	8		0		45	1110	440	26	1	3	1	20	
Buffalo Chicken Sandwich (Fried, No Signature Sauce)	660	360	40	7		1.5	2.5	100	900	460	37	2	8	1	40	
Buffalo Chicken Philly (No Fries)	830	340	38	13		1	1.5	135	2740	910	64	9	15	3	54	
Buffalo Chicken Sandwich (Grilled, No Signature Sauce)	420	130	15	3.0		1.5	2.5	85	700	450	32	1	8	1	39	
Buffalo Chicken Sandwich - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2	
Buffalo Chicken Sandwich - Add Ranch	170	160	18	3.0				20	310	45	2		1			1
Chicken Sandwich (Fried)	660	360	40	7		1.5	2.5	100	900	460	37	2	8	1	40	
Chicken Sandwich (Grilled)	420	130	15	3.0		1.5	2.5	85	700	450	32	1	8	1	39	
Chili Cheese Dog - 1 (No Fries)	710	420	47	23	1			120	1490	210	33	3	8	4	35	
Chili Cheese Dogs - 2 (No Fries)	1190	670	76	36	2.5			185	2640	390	63	6	16	8	55	
Double Dipped Chicken Sandwich	1040	690	78	16		1.5	2.5	130	3180	560	40	2	9	1	46	
Fried Chicken Pimento Sandwich	890	500	57	13		1.5	2.5	135	1730	650	44	2	15	4	49	
Fried Pickle Chicken Sandwich (Fried)	930	540	61	12		1.5	2.5	125	1610	510	52	2	9	1	47	
Fried Pickle Chicken Sandwich (Grilled)	680	310	35	9		1.5	2.5	110	1410	490	46	2	9	1	46	
Grilled Chicken Pimento Sandwich	640	280	31	9		1.5	2.5	120	1540	630	39	1	14	4	48	
Jefferson's Chicken Sandwich (No Fries, Fried)	960	470	53	13		1.5	2.5	135	2360	610	74	2	42	32	48	
Jefferson's Chicken Sandwich (No Fries, Grilled)	710	240	28	9		1.5	2.5	120	2160	590	68	2	42	32	47	
Philly Cheesesteak (Beef, No Cheese)	470	150	17	6		0		60	2170	190	51	5	8			28
Philly Cheesesteak (Chicken, No Cheese)	510	120	14	3.0		1.0	1.5	85	2090	460	52	5	8	1	41	
Philly Cheesesteak - Add American Cheese	140	110	12	7				40	680		2		2			6

Philly Cheesesteak - Add Cheddar Cheese	160	120	14	8				40	270	30					10
Philly Cheesesteak - Add Pepper Jack Cheese	160	110	12	8				40	280	40					10
Philly Cheesesteak - Add Provolone Cheese	140	110	12	7				30	360		2				10
Philly Cheesesteak - Add Swiss Cheese	160	120	14	8				40	80	40					12

SEAFOOD

Nutritional values stated below reflect seafood without sides and does not account for variations or substitutions requested by the guest. See *Sides* for more nutritional information.

Buffalo Shrimp Basket - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
Buffalo Shrimp Basket - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
Buffalo Shrimp Basket w Hushpuppies (Fried, No Sign. Sau	460	230	26	4.0		0	0	95	1380	200	40	6	1	1	20
Buffalo Shrimp Basket w Hushpuppies (Grilled, No Signa. Sauc	300	150	17	3.0				75	1460	170	21	6	1	1	17
Buffalo Shrimp Tacos (Fried, No Signature Sauce)	800	310	35	6			0	70	2920	340	98	9	4		23
Buffalo Shrimp Tacos (Grilled, No Signature Sauce)	680	250	28	5				55	2970	310	83	8	4		21
Fish Basket w Hushpuppies - Add Cocktail Sauce	50								840	260	12	2	10	7	1
Fish Basket w Hushpuppies - Add Tartar Sauce	220	190	22	3.0				10	680		8		6	6	
Fish Basket w Hushpuppies - No Sauce	620	330	38	6				70	1130	500	49	2	3	1	24
Fish Tacos (No Sauce)	640	260	29	6				55	1350	480	72	3	5		23
Fish Tacos - Add Asian Zinger Sauce	140								800	30	36		30	30	
Fish Tacos - Add Jalapeno Sauce	250	220	25	3.5		0	0	25	890	65	6		4	4	0
Shrimp Basket - Add Cocktail Sauce	50								840	260	12	2	10	7	1
Shrimp Basket - Add Tartar Sauce	220	190	22	3.0				10	680		8		6	6	
Shrimp Basket w Hushpuppies (Fried, No Sauce)	460	230	26	4.0		0	0	95	1380	200	40	6	1	1	20
Shrimp Basket w Hushpuppies (Grilled, No Sauce)	300	150	17	3.0				75	1460	170	21	6	1	1	17

SIDES

Basket of Curly Fries	1310	850	96	18					3790	1390	107	11	5	5	11
Basket of Fries	1150	660	75	13					1790	1550	117	11	5		11
Basket of Onion Rings	1030	470	54	7				15	2360	5700	125	6	15	9	13
Basket of Sweet Potato Fries	1350	820	93	14				15	2010	1290	129	5	45	12	5
Basket of Tater Tots	1190	810	92	19					1590	1590	82	10	5		10
Basket of Tortilla Chips	1390	760	86	11					2750	460	147	18			18
Roasted Corn	140	10	1	0		0.5	0		0	400	33	4	5		4
Side Salad (No Dressing)	150	70	8	2.5				15	240	105	14		1		5
Side of BBQ Baked Beans	230	0	0.5						1020	410	50	5	30	29	6
Side of Chili	270	160	18	9				50	580	20	11	4	2		16
Side of Coleslaw	120	60	7	1				5	180	150	14	2	11	8	1
Side of Curly Fries	590	380	43	8					1700	620	48	5	2	2	5
Side of Fries	520	300	34	6					800	690	53	5	2		5
Side of Onion Rings	590	300	34	5				15	1380	2850	65	3	10	7	6
Side of Potato Salad	220	160	18	3				15	400	250	11		1		2
Side of Sweet Potato Fries with Sweet Sauce	790	480	55	8				15	1080	650	74	3	29	12	2
Side of Tater Tots	590	410	46	9					800	800	41	5	2		5
Side of Tortilla Chips	700	380	43	5					1380	230	73	9			9

SIGNATURE SAUCES

Per 5 traditional wings or 6 boneless wings

Add 2oz Asian Zinger Sauce	140								800	30	36			30	30
Add 2oz Boom Boom Sauce	300	280	32	5.0				30	500		4			4	4
Add 2oz Cajun Sauce	360	350	40	7					2530						
Add 2oz Garlic Parmesan Sauce	210	110	13	2.5		0		10	260	360	23	3	1	1	6
Add 2oz Honey BBQ Sauce	140	0							850	55	36		33	32	0
Add 2oz Honey Sriracha Sauce	140								720	70	34		32	32	
Add 2oz Hot Honey Citrus Sauce	200	0	0						800	45	54		53	53	0
Add 2oz Hot Sauce									2160						
Add 2oz Hot Teriyaki Sauce	50								2190		11		10	10	
Add 2oz Lemon Pepper Sauce	370	350	40	7					1410		1				
Add 2oz Mango Habanero Sauce	100								360		24		24	20	
Add 2oz Medium Sauce	140	130	15	2.5					920						
Add 2oz Mild Sauce	170	170	19	3.5					690						
Add 2oz Ranch Rub Sauce	370	350	40	7					1570		1				
Add 2oz Spicy Garlic Parmesan Sauce	150	140	16	3.0				10	700		2		1	1	1
Add 2oz Spicy Peach Sauce	120								720	100	32		28	28	
Add 2oz Sweet and Sassy Sauce	140	20	2.0						760		30	2	26	26	
Add 2oz Teriyaki Sauce	90								1860		20		18	18	
Add 2oz Turbo Charged Sauce	15	0	0			0			2060	25	3		3	2	0
Add 2oz Turbo Sauce	10	0	0.5	0		0	0		2030	65	2	1	0		0
Add Garlic Salt Pepper Rub - 15 Wings or 18 BL	400	390	44	8					8600	250					
Add Garlic Salt Pepper Rub - 20 Wings or 24 BL	400	390	44	8					12440	370					
Add Garlic Salt Pepper Rub - 30 Wings	400	390	44	8					16280	490					
Add Garlic Salt Pepper Rub - 5/10 Wings or 6/12 BL	400	390	44	8					4760	130					
Add Garlic Salt Pepper Rub - 50 Wings	800	780	88	16					20660	610					
Add Smoky Sweet Rub - 15 Wings or 18 BL	530	390	44	8					3160	90	46		10	10	
Add Smoky Sweet Rub - 20 Wings or 24 BL	590	390	44	8					4410	135	68		15	15	
Add Smoky Sweet Rub - 30 Wings	660	390	44	8					5660	180	91		20	20	
Add Smoky Sweet Rub - 5/10 Wings or 6/12 BL	470	390	44	8					1910	50	24		5	5	
Add Smoky Sweet Rub - 50 Wings	1120	780	88	16					7440	220	113		24	24	
Add Zesty Ranch Rub - 15 Wings or 18 BL	400	390	44	8					3060						
Add Zesty Ranch Rub - 20 Wings or 24 BL	400	390	44	8					4260						
Add Zesty Ranch Rub - 30 Wings	400	390	44	8					5460						
Add Zesty Ranch Rub - 5/10 Wings or 6/12 BL	400	390	44	8					1860						
Add Zesty Ranch Rub - 50 Wings	800	780	88	16					7200						

TENDERS

Nutritional values stated below reflect tenders without dipping sauces, Signature Sauces, or sides and does not account for variations or substitutions requested by the guest. See *Signature Sauces* and *Sides* for more nutritional information.

3 Chicken Tenders (No Sauce)	540	300	34	6		1.5	2.5	165	350	450	6		0		53
3 Grilled Chicken Tenders (No Sauce)	270	50	6	1.5		1.5	2.0	140	560	430	0				51
5 Chicken Tenders (No Sauce)	910	500	57	10		2.5	4.0	275	590	750	10		0		88

5 Grilled Chicken Tenders (No Sauce)	460	90	10	3.0		2.0	3.5	235	860	710	0				86
Add 2oz Blue Cheese Dressing	260	250	28	6				20	500		2		2	2	2
Add 2oz Honey Mustard Dressing	320	280	32	5.0				20	220		10		10	10	
Add 2oz Jefferson's Special Sauce	160	130	15	2.5				15	390	0.9	5		5	5	
Add 2oz Ranch Dressing	170	160	18	3.0				20	310	45	2		1		1

WINGS Nutritional values stated below reflect traditional wings without Signature Sauces, ranch or blue cheese dressing, or sides and does not account for variations or substitutions requested by the guest. See *Signature Sauces* and *Sides* for more nutritional information.

5 Wings (No Sauces or Chips)	550	390	44	10		6	11	115	115	260					37
10 Wings (No Sauces or Chips)	1100	780	88	20		12	21	235	230	510					75
15 Wings (No Sauces or Chips)	1640	1160	132	30		17	32	350	340	770					112
20 Wings (No Sauces or Chips)	2190	1550	175	40		23	43	470	460	1030					150
30 Wings (No Sauces or Chips)	3290	2330	263	60		35	64	705	690	1540					225
50 Wings (No Sauces or Chips)	5480	3880	439	100		58	107	1170	1140	2570					375

WING ADD-ONS

5 Wings - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
5 Wings - Add Celery	5	0	0						25	90	1		1		0
5 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
5 Wings - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
10 Wings - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
10 Wings - Add Celery	5	0	0						25	90	1		1		0
10 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
10 Wings - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
15 Wings - Add Blue Cheese	520	500	56	12				40	1000		4		4	4	4
15 Wings - Add Celery	10	0	0						40	135	2		1		0
15 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
15 Wings - Add Ranch	340	310	36	6				35	620	90	3		3		2
20 Wings - Add Blue Cheese	520	500	56	12				40	1000		4		4	4	4
20 Wings - Add Celery	10	0	0			0			55	180	2	1	1		0
20 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
20 Wings - Add Ranch	340	310	36	6				35	620	90	3		3		2
30 Wings - Add Blue Cheese	780	740	84	18				60	1500		6		6	6	6
30 Wings - Add Celery	15	0	0			0			80	270	3	2	2		1
30 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
30 Wings - Add Ranch	510	470	53	8				55	930	140	5		4		3
50 Wings - Add Blue Cheese	1300	1240	140	30				100	2500		10		10	10	10
50 Wings - Add Celery	25	0	0	0		0	0		135	440	5	3	3		1
50 Wings - Add Chips	230	130	14	2.0					460	75	24	3			3
50 Wings - Add Ranch	850	790	89	14				95	1560	230	8		7		5

WRAPS

Buffalo Chicken Wrap (Boneless, No Sauces)	700	290	33	11		0		70	1640	480	72	3	2		32
Buffalo Chicken Wrap (Grilled, No Sauces)	620	220	25	11		1.0	1.5	110	1030	500	52	3	3	1	47
Buffalo Chicken Wrap - Add Blue Cheese	260	250	28	6				20	500		2		2	2	2
Buffalo Chicken Wrap - Add Ranch	170	160	18	3.0				20	310	45	2		1		1
Chicken Bacon Ranch Wrap (Fried)	1040	570	65	18		1.0	1.5	170	1570	670	57	3	4		57
Chicken Bacon Ranch Wrap (Grilled)	880	440	50	16		1.0	1.5	145	1610	630	54	3	5	1	53
Chicken Caesar Wrap (Fried)	1190	760	85	18		1.0	1.5	140	1890	480	58	2	3		49
Chicken Caesar Wrap (Grilled)	1030	630	71	16		1.0	1.5	120	1940	440	55	2	3	1	45
Chicken Wrap No Sauce (Fried)	780	350	40	13		1.0	1.5	135	980	540	55	3	2		51
Chicken Wrap No Sauce (Grilled)	620	220	25	11		1.0	1.5	110	1030	500	52	3	3	1	47
Guacamole Chicken Wrap (Fried)	900	460	52	15		1.0	1.5	135	1200	860	61	7	4		53
Guacamole Chicken Wrap (Grilled)	750	330	37	13		1.0	1.5	110	1250	820	58	7	5	1	49