

Recommended limits for a 2,000 calorie a day diet are 20 g saturated fat and 2300 mg sodium. A 2,000 calorie a day diet is used for the basis of general nutritional advice; however individual need may vary.

	Serving Size (g)	Calories	Cal. From Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)*	Chol (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Kick-Offs																
Hot Dog	75	210	170	19	8	1	40	690	0	0	0	8	2	0	0	8
Mozzarella Sticks	85	220	80	9	5	0	30	900	22	0	2	14	6	0	30	2
Mini Corn Dogs	79	230	120	13	4	0	25	540	24	0	6	5	0	0	2	4
Nachos & Salsa	252	420	40	4	0	0	0	1040	84	8	4	8	8	24	8	8
Nachos & Cheese	246	520	140	14	2	4	0	1160	90	4	4	8	0	0	20	8
Cheese Quesadilla	218	645	310	35	18	0	90	1690	56	6	1	30	24	4	86	4
Chicken Quesadilla	388	833	328	37	18	0	188	1800	56	6	1	70	24	8	104	10
Steak Quesadilla	576	1293	558	64	30	0	278	2345	78	8	2	103	28	8	126	29
Garbage Nachos	516	810	265	27	10	4	43	2565	117	12	11	20	23	24	38	22
Garbage Fries	564	690	295	31	12	4	43	2505	79	10	11	16	23	40	30	22
Side Lines																
Coleslaw	120	120	60	7	1	0	5	150	15	2	15	1	6	4	4	2
Side Salad	497	305	185	21	10	0	60	480	14	4	8	18	48	62	48	10
Steak Cut Onion Rings	78	160	160	7	1	0	0	250	21	1	3	3	0	4	2	2
Burnie's Backfire Chili	240	270	50	6	3	0	25	750	35	9	5	19	10	15	8	20
French Fries Regular	90	120	35	4	1	0	0	60	19	1	0	2	0	8	0	4
French Fries Large	180	240	70	8	2	0	0	120	38	2	0	4	0	16	0	8
Cheese Fries Regular	147	200	85	9	2	2	0	550	26	1	2	2	0	8	6	4
Cheese Fries Large	237	320	120	13	3	2	0	610	45	2	2	4	0	16	6	8
Hush Puppies	160	500	0	0	0	0	0	2450	115	10	20	15	0	0	50	20
Roll 9"	79	200	0	2	1	0	0	530	41	2	2	7	0	0	3	18
Ciabatta Roll	99	232	23	3	2	0	0	626	43	2	2	8	0	20	6	15
Salads																
Garden Salad	586	315	185	21	10	0	60	490	16	5	10	19	54	68	50	12
Garden Salad with Chicken	756	503	203	23	10	0	158	600	16	5	10	59	54	72	68	18
Garden Salad with Shrimp	706	455	195	22	10	0	95	1020	34	7	10	35	56	68	54	16
Buffalo Chicken Salad	876	943	603	69	16	1	178	2740	20	5	12	61	58	72	68	18
Chicken Caesar Salad	799	713	403	46	14	0	158	1020	18	5	12	60	56	72	70	18
Boneless Wings																
5 pc Boneless Wings	170	188	18	2	0	0	98	110	0	0	0	40	0	4	18	6
10 pc Bonless Wings	340	376	36	4	0	0	196	220	0	0	0	80	0	8	36	12

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Traditional Wings

5 pc Traditional Wings	200	444	288	32	9	0	154	146	0	0	0	37	6	2	2	11
10 pc Traditional Wings	400	888	576	64	18	1	308	292	0	0	0	73	12	5	5	21

Sauces

Mild Sauce	60	360	360	40	7	4	0	760	0	0	0	0	0	0	0	0
Medium Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Hot Sauce	60	140	120	14	2	1	0	1600	2	0	0	0	0	0	0	0
X-Hot Sauce	60	10	0	0	0	0	0	2020	2	0	0	0	0	0	0	0
Suicide Sauce	60	10	0	0	0	0	0	1280	2	0	0	0	30	0	4	0
Homicide® Sauce	60	20	0	0	0	0	0	1180	2	0	2	0	40	8	4	4
Barb-B-Cide® Sauce	60	100	10	1	0	0	0	940	24	0	20	0	6	78	2	2
BBQ Sauce	60	100	10	1	0	0	0	900	24	0	20	0	0	0	0	0
Honey BBQ Sauce	60	120	10	1	0	0	0	760	28	0	26	0	0	8	0	0
Honey Mustard Sauce	60	180	80	9	1	0	10	560	24	0	24	0	0	0	0	0
Sweet N Sour Sauce	60	120	0	0	0	0	0	230	28	0	24	0	0	0	0	0
Teriyaki Sauce	30	60	0	0	0	0	0	520	12	0	10	0	0	0	0	0
Asian Fusion Sauce	60	187	1	0	0	0	0	1270	46	1	40	0	0	0	0	0
Cajun Sauce	60	140	120	14	2	1	0	1600	2	0	0	0	0	0	0	0
Caribbean Jerk Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Chesapeake Bay Sauce	60	240	240	26	5	3	0	1180	2	0	0	0	0	0	0	0
Buffalo Garlic Sauce	60	245	220	25	5	5	0	1270	4	0	1	1	8	2	0	2
Golden Garlic Sauce	60	480	440	50	10	9	0	520	6	0	2	2	16	4	0	4
Garlic Parmesan Sauce	70	520	470	53	12	9	10	690	6	0	2	6	16	4	12	4
Lemon Pepper Sauce	60	260	260	28	5	0	0	200	0	0	0	0	30	0	0	0

Fresh Tenders

5 pc Fresh Tenders	340	376	36	4	0	0	196	220	0	0	0	80	0	8	36	12
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St Louis Ribs

Half Rack	168	520	380	42	16	0	150	760	0	0	0	34	0	0	0	12
Full Rack	336	1040	760	84	32	0	300	1520	0	0	0	68	0	0	0	24

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Sandwiches																
Golden Tender Sandwich	542	623	178	22	11	0	148	1690	50	4	7	59	38	50	55	30
Buffalo-Style Chicken Sandwich	662	1063	578	68	17	1	168	3830	54	4	9	61	42	50	55	30
Chicken BLT	656	1271	667	77	27	0	265	3973	51	4	7	95	39	50	56	38
Chicken Parmesan Sandwich	337	688	148	19	6	0	113	2250	70	5	24	58	34	24	49	32
Catfish Sandwich	416	370	68	10	3	0	47	613	48	4	7	25	27	47	8	27
Pulled Pork Sandwich	279	660	220	27	12	0	115	2180	68	3	24	40	4	0	23	26
Chicken Cheese Steak	475	760	100	18	10	0	30	2010	125	8	6	35	8	0	49	54
Cheese Steak	375	920	460	54	24	0	180	1090	43	4	2	65	8	0	44	38
Wraps																
Golden Tender Wrap	567	753	248	28	13	0	158	1150	61	7	6	65	38	50	82	12
Buffalo-Style Chicken Wrap	687	1193	648	74	19	1	178	3290	65	7	8	67	42	50	82	12
Chicken BLT Wrap	681	1401	737	83	29	0	275	3433	62	7	6	101	39	50	83	20
Chicken Caesar Wrap	610	963	448	51	16	0	158	1570	63	7	8	66	40	50	84	12
Shrimp Wrap	517	705	240	27	13	0	95	1570	79	9	6	41	40	46	68	10
Veggie Wrap	512	605	255	29	13	0	60	1140	64	8	7	26	42	56	66	8
Mega-Mexi Wrap	717	901	311	35	17	0	179	2108	75	11	9	71	53	64	94	21
Paninis																
Golden Tender Panini	562	655	201	23	12	0	148	1786	52	4	7	60	38	70	58	27
Buffalo-Style Chicken Panini	682	1095	601	69	18	1	168	3926	56	4	9	62	42	70	58	27
Chicken BLT Panini	662	1203	590	66	26	0	255	3979	53	4	7	96	39	70	59	35
Chicken Parmesan Panini	622	835	221	26	10	0	128	2586	80	8	29	68	64	90	76	35
Catfish																
2 pc Catfish, Hushpuppies, Fries, Coleslaw	474	710	231	26	6	0	99	1296	80	7	23	40	8	14	26	20
4 pc Catfish, Hushpuppies, Fries, Coleslaw	638	1045	299	34	7	0	146	2329	126	11	31	62	9	15	47	30
Buffalo Shrimp																
5 pc Buffalo Shrimp	120	140	10	1	0	0	35	530	18	2	0	16	2	0	4	4
10pc Buffalo Shrimp	240	280	20	2	0	0	70	1060	36	4	0	32	4	0	8	8
Kids Meals																
Hot Dog, Fries, & Fountain Drink	185	590	205	23	9	1	40	750	89	1	70	10	2	8	0	12
2 Fresh Tenders, Fries, & Fountain Drink	195	474	44	5	1	0	49	115	89	1	70	22	0	10	9	7
Cheese Quesadilla, Fries, Fountain Drink	242	800	185	21	9	0	30	900	142	6	71	18	6	8	40	4
5 Mini Corn Dogs, Fries, & Drink	150	495	95	11	3	0	13	330	101	1	73	5	0	8	1	6

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Desserts

Xango™ Fried Cheesecake	120	380	190	190	11	0	85	180	38	0	12	7	10	2	10	8
Otis Sunkmeyer Chocolate Chip Cookies	1	250	100	11	5	0	15	180	35	1	22	2	8	0	0	6
Otis Sunkmeyer Oatmeal Raisin Cookies	1	230	90	10	6	0	15	200	34	3	19	3	8	0	2	6

Beverages

Coca-Cola 20oz	20	260	0	0	0	0	0	0	70	0	70	0	0	0	0	0
Diet Coke 20oz	20	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0
Cherry Coke 20oz	20	260	0	0	0	0	0	0	70	0	70	0	0	0	0	0
Sprite 20oz	20	243	0	0	0	0	0	55	65	0	65	0	0	0	0	0
Nestea Sweet 20oz	20	155	0	0	0	0	0	35	43	0	43	0	0	0	0	0
Pink Lemonade 20oz	20	240	0	0	0	0	0	103	60	0	60	0	0	0	0	0

Condiments

Bacon	100	548	389	43	14	0	107	2193	1	0	0	36	1	0	1	8
Salsa	30	15	0	0	0	0	0	215	2	1	1	0	2	6	0	0
Sour Cream	30	60	50	5	4	0	15	45	2	0	1	1	4	0	4	0
Mayonaise	14	100	100	12	2	0	10	90	0	0	0	0	0	0	0	0
Cheese Sauce	57	80	50	5	1	2	0	490	7	0	2	0	0	0	6	0
Cocktail Sauce	60	45	0	0	0	0	0	750	10	1	9	1	0	10	0	2
Marinara Sauce	30	110	40	5	1	0	0	700	14	1	11	2	15	10	4	4
Blue Cheese Dressing	30	150	140	16	2	0	10	270	1	0	1	1	2	0	0	0
Ranch Dressing	30	160	140	16	3	0	5	330	2	0	1	0	0	0	0	0
Italian Dressing	43	120	100	11	2	0	0	430	5	0	4	0	0	0	0	0
Caesar Dressing	43	210	200	23	4	0	0	420	2	0	2	1	2	0	2	0
Thousand Island Dressing	43	190	170	18	3	0	20	370	6	0	4	0	0	0	0	0

Cheeses

American Cheese Slice	28	100	80	9	5	0	25	510	1	0	0	5	6	0	15	0
Povolone Cheese Slice	28	80	50	6	4	0	15	210	1	1	0	7	4	0	20	0
Cheddar Jack Cheese Shredded	28	110	80	9	5	0	30	170	1	0	0	7	6	0	20	0
Parmesan Cheese	5	20	15	2	1	0	5	85	0	0	0	2	0	0	6	0

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Vegetables																
Lettuce	89	10	0	0	0	0	0	10	2	1	2	1	6	6	2	2
Tomatoes	148	25	0	0	0	0	0	20	5	1	3	1	20	40	2	4
Onions	100	40	1	0	0	0	0	4	9	2	4	1	0	12	2	1
Olives	16	30	25	3	0	0	0	100	1	0	0	0	0	0	0	0
Cucumbers	99	10	0	0	0	0	0	0	2	1	1	1	4	10	2	2
Pickles Chips	28	0	0	0	0	0	0	320	1	0	0	0	0	0	0	0
Jalapeno Peppers	30	5	0	0	0	0	0	510	1	1	0	0	6	4	6	4
Celery	110	15	0	0	0	0	0	115	4	2	2	0	10	15	4	2

A Registered Dietitian compiled this nutrition information from the following data: Nutrition analysis from Wings To Go® approved food manufacturers, independent laboratories and the USDA Nutrient Database for Standard Reference. The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to season of the year, use of alternate supplier, region of the country and/or small differences in product assembly.

*At participating locations. Nutrition information for these items are based on the most common formulas and ingredients.

**Boneless and Traditional Wings do not include sauce, dressing, or celery. Take these items into consideration when calculating your calorie intake.

***Nutrition information for fountain beverages do not include ice and is based on full cup size. Due to large variety of possible fountain beverage offerings nutrition ranges are provided in this brochure. Sodium values represent the amount of sodium from ingredients only and do not include the contribution from the water where beverages are dispensed.