



Menu Nutrition Analysis (April 2017 Menu)

Item availability may differ by location.

EFFECTIVE APRIL 2017. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All items are listed as served, unless otherwise indicated.

Starting Line Up 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)
4 Wheeler (1 serving)	1678	799	89	32	0	168	6075	165	5	19	57	1039	12	488	2
Loaded Magna Fries® (1 serving)	1119	628	70	27	0	100	2231	88	8	3	33	1033	27	611	3
Loaded Magna Fries (1 serving) with Ranch Dressing	1319	826	92	30	0	120	2771	90	8	5	33	1033	27	651	3
Lube Chips (1 serving)	337	173	19	4	0	0	553	35	3	0	3	4	0	68	1
Lube Chips (1 serving) with Beer Cheese	563	349	39	15	0	54	1659	36	3	0	14	655	0	393	1
Lube Chips (1 serving) with Jalapeno Ranch Dressing	757	578	64	12	0	45	1303	38	3	3	3	4	0	68	1
Lube Chips (1 serving) with Queso Blanco	473	257	29	10	0	34	1301	41	3	3	9	259	0	238	1
O Ring Antenna®, Full (1 serving)	461	110	12	2	0	0	1530	79	0	15	9	6	0	63	1
O Ring Antenna, Full (1 serving) with Louisiana Lickers Sauce	641	177	20	2	0	0	3030	103	0	36	9	906	7	63	2
O Ring Antenna®, Half (1 serving)	308	73	8	1	0	0	1020	53	0	10	6	4	0	42	1
O Ring Antenna, Half (1 serving) with Louisiana Lickers Sauce	428	118	13	1	0	0	2020	69	0	24	6	604	5	42	1
Pick Up Pickles, Full (1 serving)	329	107	12	3	0	5	1975	44	4	6	9	449	5	127	1
Pick Up Pickles, Full (1 serving) with Farmhouse Ranch Dressing	629	404	45	7	0	35	2785	47	4	9	9	449	5	187	1
Pick Up Pickles, Full (1 serving) with Jalapeno Ranch Dressing	749	512	57	10	0	50	2725	47	4	9	9	449	5	127	1
Bavarian Pretzels (1 serving)	840	230	30	10	0	40	4860	120	10	0	30	430	0	290	10
Cheese Curds and Lube Chips (1 serving)	1091	767	85	45	0	249	2289	22	1	0	58	559	2	398	0
Chipotle Chicken Quesadilla (1 serving)	684	342	38	17	1	109	2080	46	5	7	41	1833	13	584	4
Fried Mozzarella, Full (1 serving)	644	301	33	16	0	72	1650	56	0	0	29	717	0	729	0
Fried Mozzarella, Full (1 serving) with Marinara Sauce	696	328	36	16	0	72	2173	62	0	3	30	1145	13	729	1
Fully Loaded Lube Chips (1 serving)	1479	798	89	36	0	186	4608	118	6	51	47	1439	21	756	4
Meatball Skillet with Bread (1 serving)	1095	693	77	25	0	160	2928	45	7	3	65	1329	16	514	10
House-Made Pulled Pork Sliders (1 serving) - limited availability	1016	465	52	11	1	76	3580	106	2	50	30	1653	25	235	8
Street Food 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)
Braised Beef Taco Sampler (1 serving)	493	260	29	8	0	54	504	40	4	4	16	1042	20	90	3
Braised Beef Taco Plate (1 serving)	945	338	38	11	0	82	1823	114	12	6	33	1620	40	187	10
Crispy Pork Belly Taco Sampler (1 serving)	701	495	55	18	0	61	824	40	4	4	10	1076	19	87	2
Crispy Pork Belly Taco Plate (1 serving)	1259	692	77	25	0	93	2306	114	12	6	24	1727	39	186	9
Mahi Taco Plate (1 serving)	881	291	32	9	0	94	1827	113	12	6	31	1675	38	190	9
Mahi Taco Sampler (1 serving)	449	228	25	7	0	62	505	40	4	3	15	1087	19	90	3
Crispy Chicken Sliders (1 serving)	889	329	37	7	1	82	2822	95	3	14	44	1520	21	371	5
Crispy Pork Belly Sliders (1 serving)	1174	805	89	27	1	97	1766	65	2	9	25	1068	14	220	4

Sandwiched In Items w/o Sidecars	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)
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving)	729	367	41	8	0	82	1705	59	6	10	32	9687	6	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Arizona Ranch	809	439	49	9	0	87	2515	61	6	11	32	10087	7	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Asian Sesame	839	448	50	10	0	82	2085	65	6	15	32	9787	7	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	789	367	41	8	0	82	1985	74	6	24	32	9987	10	273	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Cajun	819	448	50	10	0	87	2035	61	7	11	32	10187	6	273	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Golden Garlic	819	448	50	10	0	82	2105	60	6	10	32	9787	7	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Haute Parm	816	444	49	10	0	86	2153	60	7	10	33	9737	13	283	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Hot	737	370	41	8	0	82	2608	60	7	10	32	10229	7	257	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon	799	367	41	8	0	82	2065	75	6	25	32	9787	6	253	5
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	789	389	43	8	0	82	2205	67	6	17	32	9987	8	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Medium	839	475	53	10	0	82	2205	60	6	10	32	9987	6	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Original BBQ	799	367	41	8	0	82	1925	76	6	25	32	9687	11	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Parmesan Pepper	879	502	56	11	0	112	2095	59	6	10	32	9687	6	373	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	799	367	41	8	0	82	2065	77	6	28	32	9687	6	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Supercharged	739	371	41	8	0	82	2095	60	7	10	32	11437	7	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Thai R Cracker	819	367	41	8	0	82	2135	81	6	31	32	9787	6	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Thaisian	829	407	45	9	0	82	2110	73	6	23	32	9787	7	253	4
Boneless Chicken Wrap with Grilled Boneless Wings (1 serving) with Wing Sauce Choice Triple Atomic	775	375	42	8	0	82	2191	68	7	18	32	10129	51	256	4
Breaded Top Gear Tender Chicken Wrap (1 serving)	863	357	40	8	0	95	2409	86	7	10	40	9695	6	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Arizona Ranch	943	429	48	9	0	100	3219	88	7	11	40	10095	7	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Asian Sesame	973	438	49	10	0	95	2789	92	7	15	40	9795	7	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Buckeye BBQ	923	357	40	8	0	95	2689	101	7	24	40	9995	10	286	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Cajun	953	438	49	10	0	100	2739	88	8	11	40	10195	6	286	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Golden Garlic	953	438	49	10	0	95	2809	87	7	10	40	9795	7	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Haute Parm	950	435	48	10	0	99	2858	87	8	10	41	9745	13	296	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Hot	871	360	40	8	0	95	3312	87	8	11	40	10238	7	270	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	933	357	40	8	0	95	2769	102	7	25	40	9795	6	266	6
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Louisiana Lickers	923	380	42	8	0	95	2909	94	7	17	40	9995	9	266	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Medium	973	465	52	10	0	95	2909	87	7	10	40	9995	6	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Original BBQ	933	357	40	8	0	95	2629	103	7	25	40	9695	11	266	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Parmesan Pepper	1013	492	55	11	0	125	2799	86	7	10	40	9695	6	386	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	933	357	40	8	0	95	2769	104	7	28	40	9695	6	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Supercharged	873	362	40	8	0	95	2799	87	8	10	40	11445	7	266	5
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Thai R Cracker	953	357	40	8	0	95	2839	108	7	31	40	9795	6	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Thaisian	963	398	44	9	0	95	2814	100	7	23	40	9795	7	266	4
Breaded Top Gear Tender Chicken Wrap (1 serving) with Wing Sauce Choice Triple Atomic	909	365	41	8	0	95	2896	95	8	18	40	10138	52	269	5
Breaded Chicken Club Sandwich (1 serving)	815	352	39	13	0	171	2163	55	2	6	57	736	4	259	4
Grilled Chicken Club Sandwich (1 serving)	714	349	39	13	0	168	1696	34	1	6	54	760	4	242	3
House-Made Pulled Pork Sandwich (1 serving)	697	389	43	16	0	123	2357	46	1	17	28	758	4	278	4
House-Made Pulled Pork Sandwich (1 serving) with BBQ Sauce	802	389	43	16	0	123	2687	71	1	40	28	758	11	278	4
House-Made Pulled Pork Sandwich (1 serving) with Kentucky Bourbon Glaze	802	389	43	16	0	123	2897	70	1	40	28	908	4	278	6
Loaded Meatball Sandwich (1 serving)	1048	549	61	21	1	115	2603	78	6	7	55	1379	15	474	8
Loaded Meatball Sandwich (1 serving) with Grilled Onions	1066	554	62	21	1	115	2603	81	7	8	55	1383	17	481	8
Loaded Meatball Sandwich (1 serving) with Grilled Red Peppers	1062	555	62	21	1	115	2604	79	7	8	55	2270	69	476	8
Pub Style Cod Sandwich (1 serving)	834	366	41	8	0	107	1826	85	4	14	33	461	12	118	3
Turbo Chicken Sandwich (1 serving) - limited availability	984	369	41	13	1	154	3413	91	4	31	57	2486	23	339	4
Specialty Salads & Soup															
Side Caesar Salad (1 serving)	249	157	17	4	0	25	892	14	3	4	7	8237	34	176	2

Side Garage Salad (1 serving)	105	47	5	3	0	15	105	9	3	5	5	8705	64	147	1
Side Garage Salad (1 serving) with Balsamic Vinaigrette	225	137	15	4	0	15	485	17	3	13	5	8705	64	147	1
Side Garage Salad (1 serving) with Bleu Cheese Dressing	385	312	35	7	0	35	597	11	4	6	8	8782	64	147	1
Side Garage Salad (1 serving) with Chipotle Ranch Dressing	307	246	27	6	0	35	704	12	3	7	5	8765	64	188	1
Side Garage Salad (1 serving) with Farmhouse Ranch Dressing	305	245	27	6	0	35	645	11	3	7	5	8705	64	187	1
Side Garage Salad (1 serving) with Fat Free Italian Dressing	125	47	5	3	0	15	1085	15	3	9	5	8705	64	147	1
Side Garage Salad (1 serving) with Lemon Balsamic Dressing	210	110	12	4	0	15	374	20	3	13	5	8705	76	147	1
Side Garage Salad (1 serving) with Lube Jalapeno Ranch Dressing	385	317	35	8	0	45	605	11	3	7	5	8705	64	147	1
Side Garage Salad (1 serving) with Northern Italian Dressing	365	299	33	7	0	15	785	11	3	5	5	8905	71	187	1
Side Garage Salad (1 serving) with Olive Oil and Balsamic Vinegar	381	299	33	7	0	15	105	15	3	11	5	8705	64	147	1
Side Garage Salad (1 serving) with Wildberry Poppyseed Dressing	305	182	20	5	0	38	496	26	4	19	5	8705	75	147	1
Biker Chicken Salad (1 salad)	514	167	19	5	0	89	798	47	7	35	38	8580	93	169	3
Biker Chicken Salad (1 salad) with Wildberry Poppyseed Dressing	715	302	34	7	0	112	1189	65	7	49	38	8580	105	169	3
Honey-Stung Chicken Salad (1 serving)	1018	517	57	17	0	107	2388	80	5	47	44	11706	57	363	6
Pecan Chicken Salad (1 serving)	1119	470	52	9	0	109	2116	105	11	58	52	11674	66	268	5
QS & L Boneless Wing Salad (1 salad)	524	137	15	4	0	87	1023	54	6	7	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Balsamic Vinaigrette	644	227	25	5	0	87	1403	62	6	15	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Bleu Cheese	804	402	45	8	0	106	1514	55	6	8	43	10457	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Chipotle Ranch	726	335	37	7	0	107	1622	56	6	9	41	10440	10	322	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Farmhouse Ranch	724	335	37	7	0	107	1563	56	6	9	41	10380	10	321	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Fat Free Italian	544	137	15	4	0	87	2003	60	6	11	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Lemon Balsamic	629	200	22	5	0	87	1292	65	6	15	41	10381	22	282	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Lube Jalapeno Ranch	804	407	45	9	0	117	1523	56	6	9	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Northern Italian	784	389	43	8	0	87	1703	56	6	7	41	10580	17	321	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Olive Oil and Balsamic Vinegar	800	389	43	8	0	87	1023	60	6	13	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Dressing Choice Wildberry Poppyseed	724	272	30	7	0	109	1414	71	7	21	41	10380	21	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Arizona Ranch	644	245	27	6	0	94	2238	57	6	8	41	10980	12	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Asian Sesame	689	258	29	7	0	87	1593	63	6	14	41	10530	12	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Buckeye BBQ	614	137	15	4	0	87	1443	76	6	28	41	10830	16	311	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Cajun	659	258	29	7	0	94	1518	57	8	8	41	11130	10	311	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Golden Garlic	659	258	29	7	0	87	1623	55	6	7	41	10530	12	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Haute Parmesan	655	253	28	7	0	92	1695	56	7	7	43	10455	21	326	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Hot	536	141	16	4	0	87	2377	56	7	7	42	11194	11	288	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Kentucky Bourbon Glaze	629	137	15	4	0	87	1563	78	6	29	41	10530	10	281	7
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Louisiana Lickers	614	170	19	4	0	87	1773	66	6	17	41	10830	14	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Medium	689	299	33	7	0	87	1773	55	6	7	41	10830	10	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Original BBQ	629	137	15	4	0	87	1353	79	6	29	41	10380	17	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Parmesan Pepper	749	339	38	9	0	132	1608	54	6	7	41	10380	10	461	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Smoked Jalapeno Honey	629	137	15	4	0	87	1563	81	6	34	41	10380	10	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Supercharged	539	143	16	4	0	87	1608	55	8	7	41	13005	12	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Thai R Cracker	659	137	15	4	0	87	1668	87	6	38	41	10530	10	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Thaisian	674	197	22	5	0	87	1630	75	6	26	41	10530	11	281	5
QS & L Boneless Wing Salad (1 salad) with Wing Sauce Choice Triple Atomic	592	148	16	5	0	87	1752	68	7	18	42	11044	78	286	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad)	653	96	11	3	0	90	1852	90	7	7	47	10313	10	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Balsamic Vinaigrette	773	186	21	4	0	90	2232	98	7	15	47	10313	10	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Bleu Cheese Dressing	933	361	40	6	0	110	2344	92	7	8	49	10390	11	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Chipotle Ranch Dressing	855	295	33	6	0	110	2452	93	7	9	47	10373	10	287	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Farmhouse Ranch Dressing	853	294	33	6	0	110	2392	92	7	9	47	10313	10	286	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Fat Free Italian Dressing	673	96	11	3	0	90	2832	96	7	11	47	10313	10	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Lemon Balsamic Dressing	758	159	18	3	0	90	2121	101	7	15	47	10313	23	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Lube Jalapeno Ranch Dressing	933	366	41	8	0	120	2352	92	7	9	47	10313	10	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Northern Italian Dressing	913	348	39	7	0	90	2532	92	7	7	47	10513	18	286	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Olive Oil and Balsamic Vinegar	929	348	39	7	0	90	1852	96	7	13	47	10313	10	246	5
QS & L Top Gear Tender Boneless Wing Salad (1 salad) with Wildberry Poppyseed Dressing	853	231	26	5	0	112	2243	107	8	21	47	10313	22	246	5
Potato Lovers Soup (1 bowl)	373	227	25	12	0	61	1209	22	1	3	16	1184	9	344	0
Potato Lovers Soup (1 bowl) with Captains Wafers	433	250	28	12	0	61	1314	31	2	4	17	1184	9	344	1

Salad Lube 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)
Balsamic Vinaigrette (2 fluid ounces)	120	90	10	1	0	0	380	8	0	8	0	0	0	0	0
Bleu Cheese Dressing (2 fluid ounces)	280	265	29	4	0	20	492	2	0	1	2	77	0	0	0
House Caesar Dressing (2 fluid ounces)	160	126	14	3	0	20	660	4	0	2	2	0	0	40	0
Farmhouse Ranch Dressing (2 fluid ounces)	200	198	22	3	0	20	540	2	0	2	0	0	0	40	0
Northern Italian Dressing (2 fluid ounces)	260	252	28	4	0	0	680	2	0	0	0	200	7	40	0
Lube Jalapeno Ranch Dressing (2 fluid ounces)	280	270	30	5	0	30	500	2	0	2	0	0	0	0	0
Chipotle Ranch Dressing (2 fluid ounces)	203	199	22	3	0	20	599	2	0	2	0	60	0	41	0
Wildberry Poppyseed Dressing (2 fluid ounces)	201	135	15	2	0	23	391	17	0	14	0	0	11	0	0
Fat Free Italian Dressing (2 fluid ounces)	20	0	0	0	0	0	980	6	0	4	0	0	0	0	0
Olive Oil and Balsamic Vinegar (2 fluid ounces)	276	252	28	4	0	0	0	6	0	6	0	0	0	0	0
Sweet Onion Dressing (2 fluid ounces)	240	162	18	3	0	0	220	18	0	18	0	0	0	40	0
Half Pound Steakburger Items w/o Sidecars	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)
Lubeburger® (1 sandwich)	998	534	59	20	1	180	2810	54	3	8	61	1275	3	367	7
Lubeburger® (1 sandwich) with Blue Cheese Dressing	1278	800	89	24	1	200	3301	55	3	9	63	1352	4	367	7
Provolo-Rider Burger (1 serving)	1001	559	62	27	0	239	1574	43	2	8	66	1143	16	344	6
Feel Like Bacon Love Burger (1 serving)	948	518	58	22	0	217	2037	46	1	18	60	679	7	251	6
Kentucky Bourbon Burger (1 serving)	752	344	38	14	1	168	1150	50	2	20	48	365	4	105	7
Kentucky Bourbon Burger (1 serving) with Cheese Choice Pepper Jack Cheese	862	425	47	19	1	198	1320	51	2	20	55	665	4	305	7
Pick UR Cheese Burger (1 serving)	761	342	38	12	0	141	1004	52	3	7	50	236	2	210	7
Pick UR Cheese Burger (1 serving) with Bacon	836	402	45	14	0	155	1316	52	3	7	55	236	2	210	7
Pick UR Cheese Burger (1 serving) with Cheese Choice American	862	424	47	17	0	166	1520	52	3	7	55	540	2	362	7
Pick UR Cheese Burger (1 serving) with Cheese Choice Cheddar	1004	512	57	23	0	195	1368	52	3	7	64	1046	2	615	7
Pick UR Cheese Burger (1 serving) with Cheese Choice Pepper Jack	871	423	47	17	0	171	1174	53	3	7	57	536	2	410	7
Pick UR Cheese Burger (1 serving) with Cheese Choice Provolone	961	486	54	22	0	191	1234	52	3	7	64	836	2	610	7
Pick UR Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	876	428	48	18	0	171	1174	53	3	8	57	536	2	410	7
Pick UR Cheese Burger (1 serving) with Cheese Choice Swiss	981	504	56	22	0	201	1264	52	3	7	66	636	2	810	7
Pick UR Cheese Burger with Bacon (1 serving)	836	402	45	14	0	155	1316	52	3	7	55	236	2	210	7
Pick UR Cheese Burger with Bacon (1 serving) with Cheese Choice American	938	484	54	19	0	180	1832	52	3	7	60	540	2	362	7
Pick UR Cheese Burger with Bacon (1 serving) with Cheese Choice Pepper Jack	946	483	54	19	0	185	1486	53	3	7	62	536	2	410	7
Pick UR Cheese Burger with Bacon (1 serving) with Cheese Choice Provolone	1036	546	61	24	0	205	1546	52	3	7	69	836	2	610	7
Pick UR Cheese Burger with Bacon (1 serving) with Cheese Choice Shredded Cheddar Jack	951	487	54	20	0	185	1486	53	3	8	62	536	2	410	7
Pick UR Cheese Burger with Bacon (1 serving) with Cheese Choice Swiss	1056	564	63	24	0	215	1576	52	3	7	71	636	2	810	7
Steak Dinner Items w/o Sidecars	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)
Thunderbird Steak (1 serving)	575	351	39	14	2	118	468	7	0	1	46	258	0	63	3
Thunderbird Steak (1 serving) with Garlic Bread	735	432	48	16	2	118	748	24	1	1	49	258	0	63	4
Choice Ribeye (1 serving)	1442	875	97	39	1	544	1021	24	1	1	109	755	1	78	8
Choice Ribeye (1 serving) with Garlic Bread	1602	956	106	41	1	544	1301	41	2	1	112	755	1	78	8

New York Steak (1 serving)	996	586	65	24	0	197	759	24	1	1	74	46	0	91	6
Suped-Up Steak Sandwich Items w/o Sidecars	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)
The BBQ O-String (1 serving)	1025	392	44	20	2	142	1889	102	3	39	56	1855	67	482	5
The Burnin' Thai 'R' Sandwich (1 serving)	1228	487	54	22	2	169	4149	123	4	54	63	2027	57	474	4
The Classic Philly Sandwich (1 serving)	867	381	42	19	2	147	2422	68	3	12	54	1770	56	464	4
The Pick-Up Pickle Philly Sandwich (1 serving)	1124	550	61	21	2	145	3494	81	5	11	57	2929	60	496	4
Main Street Items w/o Sidecars (unless noted)	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)
Honey-Stung Fried Chicken (1 serving)	1660	676	75	25	0	329	3705	140	4	48	107	853	10	177	9
Top Gear Tenders (1 serving)	1104	362	40	7	0	125	3178	120	9	7	61	876	35	80	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving)	696	247	27	10	0	135	1742	52	5	4	57	4865	136	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Dust Chipotle BBQ	718	255	28	10	0	135	2217	56	5	6	57	5345	136	423	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Dust Ghost Pepper Seasoning	726	265	29	11	0	135	2438	55	6	4	58	5910	137	423	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Dust Mango Habanero	736	250	28	10	0	135	2464	61	6	10	57	5528	139	453	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Arizona Ranch	816	355	39	11	0	143	2957	55	5	5	57	5465	138	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Asian Sesame	861	369	41	12	0	135	2312	61	5	11	57	5015	138	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Buckeye BBQ	786	247	27	10	0	135	2162	75	5	25	57	5315	142	447	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Cajun	831	369	41	12	0	143	2237	55	7	5	57	5615	136	447	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Golden Garlic	831	369	41	12	0	135	2342	54	5	4	57	5015	138	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Haute Parmesan	827	364	40	12	0	141	2414	54	6	4	59	4940	147	462	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Hot	708	252	28	10	0	135	3096	54	6	4	57	5678	137	423	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Kentucky Bourbon	801	247	27	10	0	135	2282	76	5	26	57	5015	136	417	7
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Louisiana Lickers	786	281	31	10	0	135	2492	64	5	14	57	5315	140	417	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Medium	861	409	45	13	0	135	2492	54	5	4	57	5315	136	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	801	247	27	10	0	135	2072	78	5	26	57	4865	143	417	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Parmesan Pepper	921	450	50	14	0	180	2327	52	5	4	57	4865	136	597	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno	801	247	27	10	0	135	2282	79	5	31	57	4865	136	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	711	254	28	10	0	135	2327	54	7	4	57	7490	138	417	6
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Thai R Cracker	831	247	27	10	0	135	2387	85	5	35	57	5015	136	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	846	308	34	11	0	135	2349	73	5	23	57	5015	137	417	5
Grilled Boneless Wings and Fresh Steamed Broccoli (1 serving) with Wing Sauce Choice Triple Atomic	765	259	29	10	0	135	2471	66	6	15	57	5528	204	421	5
Braised Beef Mac and Cheese (1 serving)	912	328	36	14	0	122	1906	90	4	5	48	1039	2	350	6
Braised Beef Mac and Cheese (1 serving) with Garlic Bread	1072	409	45	16	0	122	2186	107	5	5	51	1039	2	350	6
Honey Stung Chicken Mac and Cheese (1 serving) - limited availability	1088	330	37	17	0	138	2494	127	5	16	57	1191	2	560	6
Honey Stung Chicken Mac and Cheese (1 serving) with Garlic Bread	1248	411	46	19	0	138	2774	144	6	16	60	1191	2	560	6
Mac and Cheese (1 serving)	774	272	30	16	0	81	1173	88	4	5	31	831	0	542	4
Mac and Cheese (1 serving) with Garlic Bread	934	353	39	18	0	81	1453	105	5	5	34	831	0	542	4
Classic Fish and Chips (1 serving)	1216	541	60	10	0	115	3134	123	8	16	46	911	38	99	4
Pan Seared Blackened Cod (1 serving)	997	550	61	10	0	112	4852	70	11	16	42	3922	45	146	5
Ribs and Wings with Baby Back Ribs (1 serving)	1376	985	109	32	2	348	384	12	1	10	77	622	2	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Dust Chipotle BBQ	1398	992	110	33	2	348	859	15	1	12	77	1103	2	119	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Dust Ghost Pepper Seasoning	1406	1003	111	34	2	348	1080	14	1	11	78	1668	3	119	5

Ribs and Wings with Baby Back Ribs (1 serving) with Wing Dust Mango Habanero	1416	988	110	33	2	348	1106	21	1	16	77	1286	5	149	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Arizona Ranch	1496	1093	121	34	2	356	1599	15	1	11	77	1222	4	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Asian Sesame	1541	1106	123	35	2	348	954	21	1	17	77	772	4	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Buckeye BBQ	1466	985	109	32	2	348	804	34	1	31	77	1072	7	143	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Cajun	1511	1106	123	35	2	356	879	15	2	11	77	1372	2	143	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Golden Garlic	1511	1106	123	35	2	348	984	13	1	10	77	772	4	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Haute Parmesan	1507	1101	122	35	2	354	1057	14	2	10	79	697	13	158	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Hot	1388	989	110	33	2	348	1739	13	1	10	78	1436	3	119	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1481	985	109	32	2	348	924	36	1	32	77	772	2	113	7
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Louisiana Lickers	1466	1019	113	32	2	348	1134	24	1	20	77	1072	6	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Medium	1541	1147	127	35	2	348	1134	13	1	10	77	1072	2	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Original BBQ	1481	985	109	32	2	348	714	37	1	32	77	622	9	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Parmesan Pepper	1601	1187	132	37	2	393	969	12	1	10	77	622	2	293	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1481	985	109	32	2	348	924	39	1	37	77	622	2	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Supercharged	1391	992	110	32	2	348	969	13	2	10	77	3247	4	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Thai R Cracker	1511	985	109	32	2	348	1029	45	1	41	77	772	2	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Thaisian	1526	1046	116	34	2	348	992	33	1	29	77	772	3	113	5
Ribs and Wings with Baby Back Ribs (1 serving) with Wing Sauce Choice Triple Atomic	1445	997	111	33	2	348	1114	26	1	21	78	1285	70	117	5
The Lubes Baby Back Ribs, Full Rack (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Arizona Ranch	1566	1143	127	40	3	334	2841	30	1	22	65	1724	4	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Asian Sesame	1656	1170	130	42	3	319	1551	42	1	34	65	824	4	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	1506	927	103	37	3	319	1251	69	1	61	65	1424	11	227	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Cajun	1596	1170	130	42	3	334	1401	30	4	22	65	2024	1	227	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Golden Garlic	1596	1170	130	42	3	319	1611	27	1	19	65	824	4	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Haute Parmesan	1588	1159	129	42	3	330	1756	28	3	19	68	674	22	257	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Hot	1350	935	104	38	3	319	3120	27	3	21	65	2152	3	180	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1536	927	103	37	3	319	1491	72	1	64	65	824	1	167	9
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Louisiana Lickers	1506	994	110	37	3	319	1911	48	1	40	65	1424	8	167	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Medium	1656	1251	139	43	3	319	1911	27	1	19	65	1424	1	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Original BBQ	1536	927	103	37	3	319	1071	75	1	64	65	524	15	167	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	1776	1332	148	46	3	409	1581	24	1	19	65	524	1	527	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1536	927	103	37	3	319	1491	78	1	73	65	524	1	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Supercharged	1356	940	104	37	3	319	1581	27	4	19	65	5774	4	167	6
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thai R Cracker	1596	927	103	37	3	319	1701	90	1	82	65	824	1	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thaisian	1626	1048	116	40	3	319	1626	66	1	58	65	824	2	167	5
The Lubes Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Triple Atomic	1464	950	106	38	3	319	1870	51	3	42	65	1851	137	176	5
The Lubes Baby Back Ribs, Half Rack (1 serving)	663	463	51	19	1	160	205	12	1	10	32	262	0	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Arizona Ranch	823	607	67	21	1	170	1825	16	1	12	32	1062	3	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Asian Sesame	883	625	69	22	1	160	965	24	1	20	32	462	3	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	783	463	51	19	1	160	765	42	1	38	32	862	8	123	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Cajun	843	625	69	22	1	170	865	16	3	12	32	1262	0	123	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Golden Garlic	843	625	69	22	1	160	1005	14	1	10	32	462	3	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Haute Parm	838	618	69	22	1	167	1102	15	2	10	34	362	15	143	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Hot	679	469	52	19	1	160	2012	14	2	10	33	1347	2	92	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	803	463	51	19	1	160	925	44	1	40	32	462	0	83	5
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Louisiana Lickers	783	508	56	19	1	160	1205	28	1	24	32	862	5	83	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Medium	883	679	75	23	1	160	1205	14	1	10	32	862	0	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Original BBQ	803	463	51	19	1	160	645	46	1	40	32	262	10	83	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	963	733	81	25	1	220	985	12	1	10	32	262	0	323	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	803	463	51	19	1	160	925	48	1	46	32	262	0	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Supercharged	683	472	52	19	1	160	985	14	3	10	32	3762	3	83	3
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thai R Cracker	843	463	51	19	1	160	1065	56	1	52	32	462	0	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thaisian	863	544	60	20	1	160	1015	40	1	36	32	462	2	83	2
The Lubes Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Triple Atomic	755	479	53	19	1	160	1178	30	2	25	33	1146	91	89	3
Custom Built Combo Munchie 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)
Choose Your Munchie (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Choose Your Munchie (1 serving) with Loaded Magna Fries	1119	744	83	29	0	128	2328	63	6	6	32	1122	19	702	2

Choose Your Munchie (1 serving) with O-Rings	312	91	10	1	0	0	1637	49	0	20	4	603	5	26	1
Choose Your Munchie (1 serving) with Bavarian Pretzels	420	115	15	5	0	20	2430	60	5	0	15	215	0	145	5
Custom Built Combo Protein 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)
Grilled Boneless Wings (1 serving)	494	126	14	2	0	99	966	44	2	2	46	178	4	132	4
<i>Choice of sauce not included</i>															
Bone-In Wings (1 serving)	733	522	58	14	0	189	233	4	2	2	45	6004	4	54	3
<i>Choice of sauce not included</i>															
Top Gear Tenders (1 serving)	464	81	9	2	0	105	1610	47	2	1	46	44	2	45	2
<i>Choice of sauce not included</i>															
Award Winning Wings (Bone-In) 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)
Sprintster® (1 serving)	491	366	41	9	0	105	153	4	2	2	25	5844	3	40	2
Sprintster (1 serving) with Blue Cheese Dressing	771	631	70	13	0	124	645	6	2	4	28	5921	3	40	2
Sprintster (1 serving) with Ranch Dressing	691	564	63	12	0	125	693	6	2	4	25	5844	3	80	2
Sprintster (1 serving) with Wing Dust Chipotle BBQ	502	370	41	9	0	105	391	6	2	4	25	6084	3	44	2
Sprintster (1 serving) with Wing Dust Ghost Pepper Seasoning	506	375	42	10	0	105	501	5	2	3	26	6367	3	44	2
Sprintster (1 serving) with Wing Dust Mango Habanero	511	367	41	9	0	105	514	9	2	6	26	6176	4	58	2
Sprintster (1 serving) with Wing Sauce Choice Arizona Ranch	611	474	53	10	0	112	1368	7	2	4	25	6444	5	40	2
Sprintster (1 serving) with Wing Sauce Choice Asian Sesame	656	487	54	11	0	105	723	13	2	10	25	5994	5	40	2
Sprintster (1 serving) with Wing Sauce Choice Buckeye BBQ	581	366	41	9	0	105	573	27	2	23	25	6294	8	70	2
Sprintster (1 serving) with Wing Sauce Choice Cajun	626	487	54	11	0	112	648	7	3	4	25	6594	3	70	2
Sprintster (1 serving) with Wing Sauce Choice Golden Garlic	626	487	54	11	0	105	753	6	2	2	25	5994	5	40	2
Sprintster (1 serving) with Wing Sauce Choice Haute Parmesan	622	482	54	11	0	110	826	6	2	2	27	5919	14	85	3
Sprintster (1 serving) with Wing Sauce Choice Hot	503	370	41	9	0	105	1508	6	2	3	26	6658	4	47	2
Sprintster (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	596	366	41	9	0	105	693	28	2	25	25	5994	3	40	4
Sprintster (1 serving) with Wing Sauce Choice Louisiana Lickers	581	400	44	9	0	105	903	16	2	13	25	6294	6	40	2
Sprintster (1 serving) with Wing Sauce Choice Medium	656	528	59	12	0	105	903	6	2	2	25	6294	3	40	2
Sprintster (1 serving) with Wing Sauce Choice Original BBQ	596	366	41	9	0	105	483	30	2	25	25	5844	10	40	2
Sprintster (1 serving) with Wing Sauce Choice Parmesan Pepper	716	568	63	13	0	150	738	4	2	2	25	5844	3	220	2
Sprintster (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	596	366	41	9	0	105	693	31	2	29	25	5844	3	40	2
Sprintster (1 serving) with Wing Sauce Choice Supercharged	506	373	41	9	0	105	738	6	3	2	25	8469	5	40	2
Sprintster (1 serving) with Wing Sauce Choice Thai R Cracker	626	366	41	9	0	105	798	37	2	34	25	5994	3	40	2
Sprintster (1 serving) with Wing Sauce Choice Thaisian	641	427	47	10	0	105	761	25	2	22	25	5994	4	40	2
Sprintster (1 serving) with Wing Sauce Choice Triple Atomic	560	378	42	9	0	105	883	18	2	14	26	6507	71	45	2
Single Order (1 serving)	727	549	61	13	0	157	203	4	2	2	38	5944	3	49	2
Single Order (1 serving) with Wing Dust Chipotle BBQ	749	556	62	14	0	157	678	8	2	5	38	6425	4	55	3
Single Order (1 serving) with Wing Dust Ghost Pepper Seasoning	757	566	63	15	0	157	899	7	2	3	38	6989	4	55	3
Single Order (1 serving) with Wing Dust Mango Habanero	767	551	61	13	0	157	925	13	2	9	38	6608	6	85	3
Single Order (1 serving) with Wing Sauce Choice Arizona Ranch	887	693	77	15	0	167	1823	8	2	4	38	6744	6	49	2
Single Order (1 serving) with Wing Sauce Choice Asian Sesame	947	711	79	16	0	157	963	16	2	12	38	6144	6	49	2
Single Order (1 serving) with Wing Sauce Choice Buckeye BBQ	847	549	61	13	0	157	763	34	2	30	38	6544	11	89	3
Single Order (1 serving) with Wing Sauce Choice Cajun	907	711	79	16	0	167	863	8	4	4	38	6944	3	89	3
Single Order (1 serving) with Wing Sauce Choice Golden Garlic	907	711	79	16	0	157	1003	6	2	2	38	6144	6	49	2
Single Order (1 serving) with Wing Sauce Choice Haute Parm	901	703	78	16	0	165	1100	7	3	2	40	6044	18	109	3
Single Order (1 serving) with Wing Sauce Choice Hot	743	554	62	13	0	157	2009	6	3	3	38	7029	5	57	3
Single Order (1 serving) with Wing Sauce Choice Louisiana Lickers	847	594	66	13	0	157	1203	20	2	16	38	6544	8	49	3
Single Order (1 serving) with Wing Sauce Choice Medium	947	765	85	17	0	157	1203	6	2	2	38	6544	3	49	2
Single Order (1 serving) with Wing Sauce Choice Original BBQ	867	549	61	13	0	157	643	38	2	32	38	5944	13	49	3
Single Order (1 serving) with Wing Sauce Choice Parmesan Pepper	1027	819	91	19	0	217	983	4	2	2	38	5944	3	289	2
Single Order (1 serving) with Wing Sauce Choice Ranch	927	729	81	16	0	167	803	8	2	4	38	6344	3	49	2
Single Order (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	867	549	61	13	0	157	923	40	2	38	38	5944	3	49	2
Single Order (1 serving) with Wing Sauce Choice Supercharged	747	558	62	13	0	157	983	6	4	2	38	9444	6	49	3
Single Order (1 serving) with Wing Sauce Choice Thai R Cracker	907	549	61	13	0	157	1063	48	2	44	38	6144	3	49	2
Single Order (1 serving) with Wing Sauce Choice Thaisian	927	630	70	15	0	157	1013	32	2	28	38	6144	5	49	2

Single Order (1 serving) with Wing Sauce Choice Triple Atomic	818	564	63	14	0	157	1175	23	3	18	38	6828	94	55	3
Supersize Single (1 serving)	1057	804	89	20	0	231	272	4	2	2	55	6084	4	60	3
Supersize Single (1 serving) with Wing Dust Chipotle BBQ	1101	818	91	20	1	231	1222	11	2	8	56	7045	5	73	4
Supersize Single (1 serving) with Wing Dust Ghost Pepper Seasoning	1117	839	93	22	0	231	1664	10	3	4	56	8175	6	73	4
Supersize Single (1 serving) with Wing Dust Mango Habanero	1137	809	90	20	0	231	1716	22	2	16	56	7412	9	132	4
Supersize Single (1 serving) with Wing Sauce Choice Arizona Ranch	1337	1056	117	23	0	248	3107	11	2	6	55	7484	8	60	3
Supersize Single (1 serving) with Wing Sauce Choice Asian Sesame	1442	1088	121	25	0	231	1602	25	2	20	55	6434	8	60	3
Supersize Single (1 serving) with Wing Sauce Choice Buckeye BBQ	1267	804	89	20	0	231	1252	57	2	51	55	7134	17	130	5
Supersize Single (1 serving) with Wing Sauce Choice Cajun	1372	1088	121	25	0	248	1427	11	5	6	55	7834	4	130	5
Supersize Single (1 serving) with Wing Sauce Choice Golden Garlic	1372	1088	121	25	0	231	1672	8	2	2	55	6434	8	60	3
Supersize Single (1 serving) with Wing Sauce Choice Haute Parmesan	1363	1075	119	25	0	243	1842	9	4	2	59	6259	29	165	5
Supersize Single (1 serving) with Wing Sauce Choice Hot	1085	814	90	20	0	231	3433	8	3	4	56	7983	7	75	4
Supersize Single (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1302	804	89	20	0	231	1532	60	2	55	55	6434	4	60	8
Supersize Single (1 serving) with Wing Sauce Choice Louisiana Lickers	1267	883	98	20	0	231	2022	32	2	27	55	7134	12	60	5
Supersize Single (1 serving) with Wing Sauce Choice Medium	1442	1182	131	27	0	231	2022	8	2	2	55	7134	4	60	3
Supersize Single (1 serving) with Wing Sauce Choice Original BBQ	1302	804	89	20	0	231	1042	64	2	55	55	6084	21	60	5
Supersize Single (1 serving) with Wing Sauce Choice Parmesan Pepper	1582	1277	142	30	0	336	1637	4	2	2	55	6084	4	480	3
Supersize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1302	804	89	20	0	231	1532	67	2	65	55	6084	4	60	3
Supersize Single (1 serving) with Wing Sauce Choice Supercharged	1092	820	91	20	0	231	1637	8	5	2	55	12209	8	60	5
Supersize Single (1 serving) with Wing Sauce Choice Thai R Cracker	1372	804	89	20	0	231	1777	81	2	76	55	6434	4	60	3
Supersize Single (1 serving) with Wing Sauce Choice Thaisian	1407	946	105	22	0	231	1690	53	2	48	55	6434	6	60	3
Supersize Single (1 serving) with Wing Sauce Choice Triple Atomic	1217	831	92	20	0	231	1974	37	3	29	56	7631	163	71	4
Compact Bucket of Wings (1 serving)	1453	1097	122	27	0	314	406	8	3	5	76	11888	7	97	5
Compact Bucket of Wings (1 serving) with Wing Dust Chipotle BBQ	1542	1126	125	28	1	314	2306	23	4	15	76	13810	8	123	5
Compact Bucket of Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	1574	1167	130	32	0	314	3190	19	5	8	78	16070	11	123	6
Compact Bucket of Wings (1 serving) with Wing Dust Mango Habanero	1613	1107	123	27	0	314	3294	45	5	32	77	14543	17	241	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Arizona Ranch	1773	1385	154	31	0	334	3646	16	3	9	76	13488	11	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Asian Sesame	1893	1421	158	33	0	314	1926	32	3	25	76	12288	11	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	1693	1097	122	27	0	314	1526	68	3	61	76	13088	21	177	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Cajun	1813	1421	158	33	0	334	1726	16	7	9	76	13888	7	177	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Golden Garlic	1813	1421	158	33	0	314	2006	12	3	5	76	12288	11	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Haute Parmesan	1803	1407	156	33	0	329	2199	14	6	5	80	12088	35	217	7
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Hot	1486	1108	123	27	0	314	4018	13	5	7	77	14058	10	115	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1733	1097	122	27	0	314	1846	72	3	65	76	12288	7	97	10
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	1693	1187	132	27	0	314	2406	40	3	33	76	13088	16	97	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Medium	1893	1529	170	35	0	314	2406	12	3	5	76	13088	7	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Original BBQ	1733	1097	122	27	0	314	1286	76	3	65	76	11888	26	97	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Parmesan Pepper	2053	1637	182	39	0	434	1966	8	3	5	76	11888	7	577	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1733	1097	122	27	0	314	1846	80	3	77	76	11888	7	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Supercharged	1493	1115	124	27	0	314	1966	12	7	5	76	18888	11	97	6
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Thai R Cracker	1813	1097	122	27	0	314	2126	96	3	89	76	12288	7	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Thaisian	1853	1259	140	30	0	314	2026	64	3	57	76	12288	9	97	5
Compact Bucket of Wings (1 serving) with Wing Sauce Choice Triple Atomic	1637	1128	125	28	0	314	2351	45	5	36	77	13656	188	110	5
Full Bucket of Wings (1 serving)	2396	1827	203	44	0	524	604	8	3	5	126	12288	9	130	7
Full Bucket of Wings (1 serving) with Wing Dust Chipotle BBQ	2573	1885	209	47	2	524	4404	37	5	25	127	16133	11	181	9
Full Bucket of Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	2638	1968	219	56	0	524	6173	30	8	12	129	20652	17	182	11
Full Bucket of Wings (1 serving) with Wing Dust Mango Habanero	2717	1848	205	45	0	524	6380	81	6	58	128	17599	29	417	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Arizona Ranch	3036	2403	267	52	0	564	7084	24	3	13	126	15488	18	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Asian Sesame	3276	2475	275	56	0	524	3644	56	3	45	126	13088	18	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	2876	1827	203	44	0	524	2844	128	3	117	126	14688	37	290	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Cajun	3116	2475	275	56	0	564	3244	24	11	13	126	16288	9	290	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Golden Garlic	3116	2475	275	56	0	524	3804	16	3	5	126	13088	18	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Haute Parmesan	3096	2446	272	56	0	553	4192	20	8	5	134	12688	66	370	12
Full Bucket of Wings (1 serving) with Wing Sauce Choice Hot	2461	1850	206	45	0	524	7829	17	7	8	127	16628	15	165	8
Full Bucket of Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	2956	1827	203	44	0	524	3484	136	3	125	126	13088	9	130	19
Full Bucket of Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	2876	2007	223	44	0	524	4604	72	3	61	126	14688	28	130	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Medium	3276	2691	299	60	0	524	4604	16	3	5	126	14688	9	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Original BBQ	2956	1827	203	44	0	524	2364	144	3	125	126	12288	47	130	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Parmesan Pepper	3596	2907	323	68	0	764	3724	8	3	5	126	12288	9	1090	7

Full Bucket of Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	2956	1827	203	44	0	524	3484	152	3	149	126	12288	9	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Supercharged	2476	1863	207	44	0	524	3724	16	11	5	126	26288	18	130	10
Full Bucket of Wings (1 serving) with Wing Sauce Choice Thai R Cracker	3116	1827	203	44	0	524	4044	184	3	173	126	13088	9	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Thaisian	3196	2151	239	50	0	524	3844	120	3	109	126	13088	13	130	7
Full Bucket of Wings (1 serving) with Wing Sauce Choice Triple Atomic	2764	1890	210	46	0	524	4494	83	7	66	128	15825	372	155	8
Jumbo Bone-In Wings, 1 Lb (1 serving)	733	522	58	14	0	189	233	4	2	2	45	6004	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Dressing Choice Bleu Cheese Dressing	873	655	73	16	0	198	479	5	2	3	46	6042	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Dressing Choice Ranch Dressing	833	621	69	15	0	199	503	5	2	3	45	6004	4	74	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Chipotle BBQ	755	530	59	14	0	189	708	8	2	5	45	6485	4	60	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Ghost Pepper Seasoning	763	540	60	15	0	189	929	7	2	3	46	7049	5	60	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Mango Habanero	773	525	58	14	0	189	955	13	2	9	46	6668	6	89	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Arizona Ranch	893	666	74	16	0	199	1853	8	2	4	45	6804	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Asian Sesame	953	684	76	17	0	189	993	16	2	12	45	6204	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Buckeye BBQ	853	522	58	14	0	189	793	34	2	30	45	6604	11	94	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Cajun	913	684	76	17	0	199	893	8	4	4	45	7004	4	94	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Golden Garlic	913	684	76	17	0	189	1033	6	2	2	45	6204	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Haute Parm	907	677	75	17	0	196	1129	7	3	2	47	6104	18	114	4
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Hot	749	528	59	14	0	189	2039	6	3	3	46	7089	5	62	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Louisiana Lickers	853	567	63	14	0	189	1233	20	2	16	45	6604	8	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Medium	953	738	82	18	0	189	1233	6	2	2	45	6604	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Original BBQ	873	522	58	14	0	189	673	38	2	32	45	6004	13	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Parmesan Pepper	1033	792	88	20	0	249	1013	4	2	2	45	6004	4	294	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	873	522	58	14	0	189	953	40	2	38	45	6004	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Supercharged	753	531	59	14	0	189	1013	6	4	2	45	9504	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Thai R Cracker	913	522	58	14	0	189	1093	48	2	44	45	6204	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Thaisian	933	603	67	15	0	189	1043	32	2	28	45	6204	5	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Triple Atomic	824	538	60	14	0	189	1205	23	3	18	46	6888	94	60	3
Jumbo Bone In Wings, 2 Lb (1 serving)	1450	1040	120	30	0	380	410	0	0	0	90	6360	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Dressing Choice Bleu Cheese Dressing	1590	1180	130	30	0	390	660	0	0	0	90	6400	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Dressing Choice Ranch Dressing	1550	1140	130	30	0	390	680	10	0	0	90	6360	10	100	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Dust Chipotle BBQ	1490	1060	120	30	0	380	1360	10	0	10	90	7330	10	100	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Dust Ghost Pepper Seasoning	1510	1080	120	30	0	380	1800	10	0	0	90	8450	10	100	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Dust Mango Habanero	1530	1050	120	30	0	380	1860	20	0	20	90	7690	10	150	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Arizona Ranch	1770	1330	150	30	0	400	3650	10	0	10	90	7960	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Asian Sesame	1890	1370	150	30	0	380	1930	30	0	20	90	6760	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Buckeye BBQ	1690	1040	120	30	0	380	1530	60	0	60	90	7560	20	160	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Cajun	1810	1370	150	30	0	400	1730	10	10	10	90	8360	10	160	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Golden Garlic	1810	1370	150	30	0	380	2010	10	0	0	90	6760	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Haute Parmesan	1800	1350	150	30	0	390	2210	10	0	0	90	6560	30	200	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Hot	1480	1060	120	30	0	380	4020	10	0	0	90	8530	10	100	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1730	1040	120	30	0	380	1850	70	0	60	90	6760	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Louisiana Lickers	1690	1130	130	30	0	380	2410	40	0	30	90	7560	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Medium	1890	1480	160	40	0	380	2410	10	0	0	90	7560	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Original BBQ	1730	1040	120	30	0	380	1290	70	0	60	90	6360	20	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Parmesan Pepper	2050	1580	180	40	0	500	1970	0	0	0	90	6360	10	560	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1730	1040	120	30	0	380	1850	80	0	70	90	6360	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Supercharged	1490	1060	120	30	0	380	1970	10	10	0	90	13360	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Thai R Cracker	1810	1040	120	30	0	380	2130	90	0	90	90	6760	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Thaisian	1850	1210	130	30	0	380	2030	60	0	50	90	6760	10	80	10
Jumbo Bone In Wings, 2 Lb (1 serving) with Wing Sauce Choice Triple Atomic	1630	1080	120	30	0	380	2360	40	0	30	90	8130	190	100	10
Jumbo Bone-In Wings, 3 Lbs (1 serving)	2178	1566	174	41	0	566	644	8	3	5	136	12368	9	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Dressing Choice Bleu Cheese Dressing	2459	1832	204	45	0	585	1136	10	3	6	138	12445	9	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Dressing Choice Ranch Dressing	2378	1764	196	44	0	586	1184	10	3	7	136	12368	9	176	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Dust Chipotle BBQ	2245	1588	176	42	1	566	2069	19	4	12	136	13810	10	156	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Dust Ghost Pepper Seasoning	2269	1619	180	45	0	566	2732	16	5	8	137	15504	12	156	9
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Dust Mango Habanero	2298	1574	175	41	0	566	2810	36	4	25	136	14360	17	244	9
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Arizona Ranch	2658	1998	222	47	0	596	5504	20	3	11	136	14768	16	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Asian Sesame	2838	2052	228	50	0	566	2924	44	3	35	136	12968	16	136	8

Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Buckeye BBQ	2538	1566	174	41	0	566	2324	98	3	89	136	14168	31	256	10
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Cajun	2718	2052	228	50	0	596	2624	20	9	11	136	15368	9	256	10
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Golden Garlic	2718	2052	228	50	0	566	3044	14	3	5	136	12968	16	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Haute Parmesan	2703	2031	226	50	0	588	3335	17	7	5	142	12668	52	316	11
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Hot	2227	1584	176	42	0	566	6063	15	6	7	137	15623	13	163	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	2598	1566	174	41	0	566	2804	104	3	95	136	12968	9	136	16
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Louisiana Lickers	2538	1701	189	41	0	566	3644	56	3	47	136	14168	23	136	10
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Medium	2838	2214	246	53	0	566	3644	14	3	5	136	14168	9	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Original BBQ	2598	1566	174	41	0	566	1964	110	3	95	136	12368	38	136	10
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Parmesan Pepper	3078	2376	264	59	0	746	2984	8	3	5	136	12368	9	856	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	2598	1566	174	41	0	566	2804	116	3	113	136	12368	9	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Supercharged	2238	1593	177	41	0	566	2984	14	9	5	136	22868	16	136	10
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Thai R Cracker	2718	1566	174	41	0	566	3224	140	3	131	136	12968	9	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Thaisian	2778	1809	201	46	0	566	3074	92	3	83	136	12968	13	136	8
Jumbo Bone-In Wings, 3 Lbs (1 serving) with Wing Sauce Choice Triple Atomic	2454	1613	179	43	0	566	3562	64	6	51	137	15021	281	155	9
Jumbo Bone-In Wings, 4 Lb (1 serving)	2890	2090	230	60	0	750	820	10	0	0	180	12730	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Dressing Choice Bleu Cheese Dressing	3170	2350	260	60	0	770	1310	10	0	10	180	12800	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Dressing Choice Ranch Dressing	3090	2290	250	60	0	770	1360	10	0	10	180	12730	10	210	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Dust Chipotle BBQ	2980	2120	240	60	0	750	2720	20	0	20	180	14650	10	190	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Dust Ghost Pepper Seasoning	3010	2160	240	60	0	750	3610	20	10	10	180	16910	10	190	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Dust Mango Habanero	3050	2100	230	60	0	750	3710	40	0	30	180	15380	20	310	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Arizona Ranch	3450	2590	290	60	0	790	6490	20	0	10	180	15530	20	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Asian Sesame	3660	2650	290	70	0	750	3480	50	0	40	180	13430	20	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Buckeye BBQ	3310	2090	230	60	0	750	2780	110	0	100	180	14830	40	310	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Cajun	3520	2650	290	70	0	790	3130	20	10	10	180	16230	10	310	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Golden Garlic	3520	2650	290	70	0	750	3620	20	0	0	180	13430	20	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Haute Parmesan	3500	2630	290	70	0	780	3960	20	10	0	190	13080	60	380	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Hot	2950	2110	230	60	0	750	7140	20	10	10	180	16530	20	200	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	3380	2090	230	60	0	750	3340	120	0	110	180	13430	10	170	20
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Louisiana Lickers	3310	2250	250	60	0	750	4320	60	0	50	180	14830	30	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Medium	3660	2840	320	70	0	750	4320	20	0	0	180	14830	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Original BBQ	3380	2090	230	60	0	750	2360	130	0	110	180	12730	40	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Parmesan Pepper	3940	3030	340	80	0	960	3550	10	0	0	180	12730	10	1010	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	3380	2090	230	60	0	750	3340	130	0	130	180	12730	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Supercharged	2960	2120	240	60	0	750	3550	20	10	0	180	24980	20	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Thai R Cracker	3520	2090	230	60	0	750	3830	160	0	150	180	13430	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Thaisian	3590	2370	260	60	0	750	3660	110	0	100	180	13430	10	170	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Triple Atomic	3210	2140	240	60	0	750	4230	70	10	60	180	15820	330	190	10
Jumbo Bone-In Wings, 5 Lbs (1 serving)	3624	2610	290	69	0	943	1056	12	5	7	226	18732	14	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Dressing Choice Bleu Cheese Dressing	4045	3009	334	75	0	972	1793	15	5	9	229	18847	14	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Dressing Choice Ranch Dressing	3924	2907	323	73	0	973	1866	15	5	10	226	18732	14	279	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Dust Chipotle BBQ	3712	2639	293	70	1	943	2955	27	6	17	226	20654	15	245	14
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Dust Ghost Pepper Seasoning	3745	2681	298	74	0	943	3840	23	7	11	228	22914	18	245	15
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Dust Mango Habanero	3784	2621	291	69	0	943	3944	49	6	34	227	21387	25	363	14
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Arizona Ranch	4264	3186	354	77	0	983	7536	28	5	15	226	21932	24	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Asian Sesame	4504	3258	362	81	0	943	4096	60	5	47	226	19532	24	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Buckeye BBQ	4104	2610	290	69	0	943	3296	132	5	119	226	21132	43	379	16
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Cajun	4344	3258	362	81	0	983	3696	28	13	15	226	22732	14	379	16
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Golden Garlic	4344	3258	362	81	0	943	4256	20	5	7	226	19532	24	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Haute Parmesan	4323	3230	359	81	0	973	4643	24	10	7	234	19132	72	459	17
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Hot	3689	2633	293	69	0	943	8281	21	9	11	227	23072	20	254	14
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	4184	2610	290	69	0	943	3936	140	5	127	226	19532	14	219	24
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Louisiana Lickers	4104	2790	310	69	0	943	5056	76	5	63	226	21132	33	219	16
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Medium	4504	3474	386	85	0	943	5056	20	5	7	226	21132	14	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Original BBQ	4184	2610	290	69	0	943	2816	148	5	127	226	18732	53	219	16
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Parmesan Pepper	4824	3690	410	93	0	1183	4176	12	5	7	226	18732	14	1179	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	4184	2610	290	69	0	943	3936	156	5	151	226	18732	14	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Supercharged	3704	2646	294	69	0	943	4176	20	13	7	226	32732	24	219	16
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Thai R Cracker	4344	2610	290	69	0	943	4496	188	5	175	226	19532	14	219	13
Jumbo Bone-In Wings, 5 Lbs (1 serving) with Wing Sauce Choice Thaisian	4424	2934	326	75	0	943	4296	124	5	111	226	19532	19	219	13

Bourbon Baked Beans (1 serving)	159	0	0	0	0	0	0	488	35	3	19	5	340	3	23	2
Celery and Carrots (1 serving)	39	2	0	0	0	0	0	108	8	3	5	1	11288	4	48	1
Celery and Carrots (1 serving) with Blue Cheese Dressing	319	267	30	4	0	20	600	10	3	6	3	11365	4	48	1	
Celery and Carrots (1 serving) with Ranch Dressing	239	200	22	3	0	20	648	10	3	7	1	11288	4	88	1	
Lube French Fries (1 serving)	345	154	17	3	0	0	730	42	4	0	4	4	12	1	1	
Fresh Baked Idaho Potato (1 potato)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3	
Fresh Baked Idaho Potato (1 potato) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3	
Fresh Baked Idaho Potato (1 potato) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3	
Fresh Baked Idaho Potato, Loaded (1 serving)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3	
Fresh Baked Idaho Potato, Loaded (1 serving) with Bacon Pieces	328	55	6	2	0	5	824	59	4	2	9	20	64	47	3	
Fresh Baked Idaho Potato, Loaded (1 serving) with Cheddar Jack Cheese	403	109	12	6	0	30	864	60	4	3	14	320	64	247	3	
Fresh Baked Idaho Potato, Loaded (1 serving) with Scallions	289	24	3	0	0	0	694	59	4	2	7	41	65	49	3	
Fresh Baked Idaho Potato, Loaded (1 serving) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3	
Fresh Baked Idaho Potato, Loaded (1 serving) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3	
Fresh Steamed Broccoli (5 ounces)	51	4	0	0	0	0	38	7	3	2	4	4252	132	68	1	
Fresh Steamed Broccoli (5 ounces) with Beer Cheese	202	122	14	7	0	36	776	8	3	2	11	4686	132	285	1	
Lube Potato Chips (1 serving)	202	104	12	3	0	0	332	21	2	0	2	3	0	41	0	
Lube Potato Chips (1 serving) with Beer Cheese	355	221	25	10	0	36	1070	22	2	0	9	475	1	260	0	
Black Beans and Rice (1 serving)	237	15	2	1	0	4	831	46	3	1	7	172	8	44	4	
Loaded French Fries (1 serving)	1025	660	73	21	0	94	2287	68	6	4	25	669	19	446	2	
Loaded Mashed Potatoes (1 serving)	251	78	9	2	0	1	1236	41	4	2	4	27	3	87	1	
Lube Coleslaw (1 serving)	88	60	7	1	0	0	274	7	1	6	1	817	16	25	0	
Seasonal Sauteed Veggies (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1	
Side of Macaroni and Cheese (1 serving)	329	93	10	5	0	25	501	44	2	2	12	255	0	170	2	
Finish Line Dessert Items	Total	Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Total	Fiber	Sugars	Protein	Vit A (iu)	Vit C	Calcium	Iron (mg)	
	Calories	Calories	(g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	(g)	(g)	(g)			(mg)		
Triple Rich Fudge Brownie (1 serving)	1213	598	66	26	0	58	282	146	6	100	14	240	0	48	3	
Chocolate Chunk Skillet Cookie (1 serving)	990	391	43	27	1	138	1234	139	3	65	12	990	0	128	5	
Celubrate Cake Shake (1 serving)	626	267	30	20	0	90	552	101	1	76	10	2809	0	351	1	
Sauce Items	Total	Fat	Total Fat	Saturated	Trans Fat	Cholesterol	Sodium	Total	Fiber	Sugars	Protein	Vit A (iu)	Vit C	Calcium	Iron (mg)	
	Calories	Calories	(g)	Fat (g)	(g)	(mg)	(mg)	Carbs (g)	(g)	(g)	(g)			(mg)		
Arizona Ranch® Wing Sauce (2 fluid ounces)	146	132	15	2	0	9	1481	4	0	2	0	731	2	0	0	
Asian Sesame Wing Sauce (2 fluid ounces)	220	162	18	3	0	0	760	12	0	10	0	200	2	0	0	
Buckeye BBQ® Wing Sauce (2 fluid ounces)	120	0	0	0	0	0	560	30	0	28	0	600	7	40	1	
Cajun Wing Sauce (2 fluid ounces)	180	162	18	3	0	10	660	4	2	2	0	1000	0	40	1	
Golden Garlic® Wing Sauce (2 fluid ounces)	180	162	18	3	0	0	800	2	0	0	0	200	2	0	0	
Hot Wing Sauce (2 fluid ounces)	16	6	1	0	0	0	1806	2	1	1	0	1085	1	9	0	
Louisiana Lickers® Wing Sauce (2 fluid ounces)	120	45	5	0	0	0	1000	16	0	14	0	600	5	0	1	

Medium Wing Sauce (2 fluid ounces)	220	216	24	4	0	0	1000	2	0	0	0	600	0	0	0
Parmesan Pepper Wing Sauce (2 fluid ounces)	300	270	30	6	0	60	780	0	0	0	0	0	0	240	0
Supercharged Wing Sauce (2 fluid ounces)	20	9	1	0	0	0	780	2	2	0	0	3500	2	0	1
Thai 'R' Cracker® Wing Sauce (2 fluid ounces)	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Triple Atomic Wing Sauce (2 fluid ounces)	92	16	2	0	0	0	972	19	1	15	0	884	91	6	0
Chipotle BBQ Dust (2 tablespoons)	44	14	2	1	0	0	950	7	0	5	0	961	1	13	0
Ghost Pepper Seasoning (2 tablespoons)	60	35	4	3	0	0	1392	5	1	2	1	2091	2	13	1
Haute Parm Wing Sauce (2 fluid ounces)	175	155	17	3	0	7	897	3	1	0	2	100	14	60	1
Kentucky Bourbon Wing Glaze (2 fluid ounces)	140	0	0	0	0	0	720	32	0	30	0	200	0	0	3
Mango Habanero Dust (2 tablespoons)	80	5	1	0	0	0	1444	18	1	13	1	1328	5	72	1
Original BBQ Wing Sauce (2 fluid ounces)	140	0	0	0	0	0	440	34	0	30	0	0	10	0	1
Smoked Jalapeno Honey Sauce (2 fluid ounces)	140	0	0	0	0	0	720	36	0	36	0	0	0	0	0
Thaisian Sauce (2 fluid ounces)	200	81	9	2	0	0	810	28	0	26	0	200	1	0	0
Thirst Quencher Items	Total	Fat	Total Fat	Saturated	Trans Fat	Cholester	Sodium	Total	Fiber	Sugars	Protein	Vit A	Vit C	Calcium	Iron
	Calories	Calories	(g)	Fat (g)	(g)	ol (mg)	(mg)	Carbs (g)	(g)	(g)	(g)	(iu)	(mg)	(mg)	(mg)
Nestle Bottled Water (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Diet Pepsi (1 serving)	0	0	0	0	0	0	53	0	0	0	0	0	0	0	0
Dr Pepper (1 serving)	193	0	0	0	0	0	61	47	0	47	0	0	0	0	0
Lipton Brisk Raspberry Flavored Iced Tea (1 serving)	158	0	0	0	0	0	88	42	0	40	0	0	0	0	0
Mountain Dew (1 serving)	193	0	0	0	0	0	88	54	0	54	0	0	0	0	0
Orange Tropicana Twister (1 serving)	228	0	0	0	0	0	44	61	0	61	0	0	0	0	0
Pepsi (1 serving)	175	0	0	0	0	0	44	47	0	47	0	0	0	0	0
Sierra Mist (1 serving)	175	0	0	0	0	0	44	46	0	46	0	0	0	0	0
Tropicana Fruit Punch (1 serving)	15	0	0	0	0	0	6	4	0	4	0	0	0	0	0
Wild Cherry Pepsi (1 serving)	193	0	0	0	0	0	44	51	0	51	0	0	0	0	0
Blackberry Lube-N-Ade (1 serving)	252	0	0	0	0	0	6	62	0	60	0	4	11	7	0
Lube-N-Ade (1 serving)	138	0	0	0	0	0	11	34	0	32	0	4	11	7	0
Mango Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	35	0	2813	45	7	0
Orange Creme Soda (1 serving)	216	0	0	0	0	0	35	55	0	55	0	0	0	0	0
Red Bull Energy Drink (1 can)	110	0	0	0	0	0	100	28	0	27	0	0	0	0	0
Stone Fruit Soda (1 serving)	216	0	0	0	0	0	35	56	0	55	0	0	0	0	0

Kids Mac and Cheese (1 serving)	306	168	19	8	0	17	833	25	0	3	8	850	0	170	1
Kids Mac and Cheese (1 serving) with Applesauce	373	168	19	8	0	17	840	42	2	17	8	850	0	170	1
Kids Mac and Cheese (1 serving) with Baby Carrots and Ranch	537	367	41	12	0	37	1439	35	2	9	9	12578	2	237	2
Kids Mac and Cheese (1 serving) with Cutie Orange	356	169	19	9	0	17	833	37	2	12	9	1066	51	208	1
Kids Mac and Cheese (1 serving) with Fries	392	207	23	9	0	17	1015	36	1	3	10	851	3	170	2
Kids Mac and Cheese (1 serving) with Goldfish Crackers	341	180	20	9	0	17	895	30	0	3	9	850	0	180	1
Kids Mac and Cheese (1 serving) with Jell-O Cup	366	168	19	8	0	17	893	40	0	18	10	850	0	170	1
Kids Wings (1 serving)	476	348	39	9	0	126	119	0	0	0	30	240	1	20	2
Kids Wings (1 serving) with Applesauce	543	348	39	9	0	126	127	17	2	14	30	240	1	20	2
Kids Wings (1 serving) with Baby Carrots and Ranch	707	547	61	12	0	146	726	9	2	6	30	11968	3	87	2
Kids Wings (1 serving) with Cutie Orange	526	349	39	9	0	126	119	11	2	9	31	456	52	58	2
Kids Wings (1 serving) with Fries	562	386	43	10	0	126	302	11	1	0	31	241	4	20	2
Kids Wings (1 serving) with Goldfish Crackers	511	359	40	9	0	126	182	5	0	0	31	240	1	30	2
Kids Wings (1 serving) with Jell-O Cup	536	348	39	9	0	126	179	14	0	14	31	240	1	20	2
Kids Wildberry Lemonade (1 serving)	159	0	0	0	0	0	9	39	1	33	0	4	45	7	0
Kids Goldfish Crackers (1 serving)	35	11	1	0	0	0	63	5	0	0	1	0	0	10	0
Kids Pasta Marinara (1 serving)	291	54	6	1	0	5	660	47	2	5	11	479	13	88	2
Kids Pasta Marinara (1 serving) with Garlic Bread	451	135	15	3	0	5	940	64	3	5	14	479	13	88	3
Kids Apple Juice (1 drink)	102	0	0	0	0	0	9	25	0	24	0	0	10	17	1
Kids Milk (1 drink)	225	108	12	8	0	53	188	18	0	18	12	450	9	450	0
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