



Menu Nutrition Analysis (2020)

Item availability may differ by location.

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

1.21.20

Jump Starters	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)	1709	672	75	22	0	49	6342	198	5	21	43	937	13	698	6
Bavarian Pretzels (1 serving)	886	204	23	8	0	24	4553	126	7	5	26	326	1	241	9
Boom Boom Shrimp (1 serving)	625	365	41	6	0	113	1488	45	2	7	15	907	18	79	3
Chipotle Chicken Quesadillas (1 serving)	692	343	38	17	1	109	1690	47	5	8	41	2330	17	587	4
Fried Mozzarella (1 serving)	853	345	38	16	0	2	2383	97	0	3	30	445	13	589	1
Fully Loaded Nachos with Ground Beef (1 serving)	1528	762	85	43	0	212	3092	126	10	15	65	4123	26	1271	5
Fully Loaded Nachos with Pulled Chicken (1 serving)	1433	628	70	37	0	234	2689	122	9	14	73	3721	23	1245	4
Fully Loaded Nachos with Pulled Pork (1 serving)	1582	733	81	38	0	213	3960	143	8	34	63	3042	26	1167	5
Loaded Magna Fries (1 serving)	1319	826	92	30	0	120	2771	90	8	5	33	1033	27	651	3
Loaded Magna Tots (1 serving)	1318	840	93	29	0	120	4033	86	9	5	34	1055	18	658	2
Lube Chips and Dip (1 serving)	337	173	19	4	0	0	553	35	3	0	3	4	0	68	1
Lube Chips and Dip (1 serving) with Beer Cheese Topped with Scallions	638	308	34	13	0	36	1205	41	3	5	11	504	2	318	1
Lube Chips and Dip (1 serving) with White Queso	486	268	30	9	0	20	1195	43	3	3	9	406	2	242	1
O-Rings, Full (1 serving)	641	177	20	2	0	0	3030	103	0	36	9	906	7	63	2
O-Rings, Half (1 serving)	428	118	13	1	0	0	2020	69	0	24	6	604	5	42	1
Pick-Up Pickles (1 serving)	329	107	12	3	0	5	1975	44	4	6	9	449	5	127	1
Pick-Up Pickles (1 serving) with Jalapeno Ranch Dressing	609	377	42	8	0	35	2475	46	4	8	9	449	5	127	1
Pick-Up Pickles (1 serving) with Ranch Dressing	529	305	34	6	0	25	2515	46	4	8	9	449	5	167	1
Wings	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)
Breaded Boneless Wings, 12 (1 serving)	813	262	29	5	0	160	2455	68	2	2	68	5644	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Bleu Cheese Dressing	1093	528	59	8	0	180	2947	70	2	4	71	5721	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Ranch Dressing	1013	460	51	8	0	180	2995	70	2	4	68	5644	2	84	5
Breaded Boneless Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	857	277	31	5	0	160	3405	75	2	6	69	5644	2	37	5
Breaded Boneless Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	873	297	33	7	0	180	3847	74	3	4	69	7735	4	37	6
Breaded Boneless Wings, 12 (1 serving) with Wing Dust Mango Habanero	893	267	30	5	0	160	3899	86	2	16	69	6972	7	96	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	1053	478	53	8	0	175	4885	74	2	5	68	6844	5	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Asian Sesame	1143	505	56	9	0	160	3595	86	2	17	68	5944	5	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Boom Boom Sauce	1323	721	80	12	0	205	3265	77	2	8	68	5944	9	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	993	352	29	5	0	160	3295	113	2	4	68	6544	13	84	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Cajun	1083	505	56	9	0	175	3445	74	5	5	68	7144	2	84	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Golden Garlic	1083	505	56	9	0	160	3655	71	2	2	68	5944	5	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Haute Parmesan	1075	494	55	9	0	171	3800	73	3	2	71	5794	23	114	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Hot	837	271	30	5	0	160	5165	72	3	4	69	7271	4	37	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1023	262	29	5	0	160	3535	116	2	47	68	5944	2	24	9
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Korean BBQ	1023	303	34	5	0	160	4225	107	2	35	71	6544	13	24	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	993	330	37	5	0	160	3955	92	2	23	68	6544	9	24	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Medium	1143	586	65	11	0	160	3955	71	2	2	68	6544	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Mild	1203	640	71	11	0	160	3445	68	2	2	68	6244	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	1023	262	29	5	0	160	3115	119	2	47	68	5644	16	24	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Pamesan Pepper	1263	667	74	14	0	250	3625	68	2	2	68	5644	2	384	9
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Roasted Garlic Pamesan	1233	640	71	12	0	190	4195	77	2	5	71	5644	2	114	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1023	262	29	5	0	160	3535	122	2	56	68	5644	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	843	276	31	5	0	160	3625	71	5	2	68	10894	5	24	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	1083	262	29	5	0	160	3745	134	2	65	68	5944	2	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thaiisan	1113	364	43	7	0	160	3670	110	2	41	68	5944	4	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Eat Heat	993	316	35	5	0	160	3775	110	2	44	68	5644	2	24	5
Breaded Boneless Wings, 24 (1 serving)	1626	524	58	9	0	320	4911	136	3	5	137	11288	4	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Dust Chipotle BBQ	1824	589	65	12	2	320	9185	169	5	28	138	15614	6	106	11
Breaded Boneless Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	1853	656	73	20	0	320	10151	157	7	12	140	19160	11	97	13
Breaded Boneless Wings, 24 (1 serving) with Wing Dust Mango Habanero	1814	536	60	9	0	320	8313	179	5	36	136	14117	16	218	11
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	2106	956	106	15	0	350	9771	148	3	11	137	13688	11	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Asian Sesame	2286	1010	112	18	0	320	7191	172	3	35	137	11888	11	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Boom Boom	2646	1442	160	24	0	410	6531	154	3	17	137	11888	18	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Buckeye BBQ	1986	524	58	9	0	320	6591	226	3	89	137	13088	25	168	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Cajun	2166	1010	112	18	0	350	6891	148	9	11	137	14288	4	168	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Golden Garlic	2166	1010	112	18	0	320	7311	142	3	5	137	11888	11	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	2150	989	110	18	0	342	7601	145	7	5	143	11588	47	228	13
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Hot	1674	541	60	9	0	320	10329	143	6	7	138	14543	8	74	10
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	2046	524	58	9	0	320	7071	232	3	95	137	11888	4	48	18
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Korean BBQ	2046	605	67	9	0	320	8451	214	3	71	143	13088	25	48	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	1986	659	73	9	0	320	7911	184	3	47	137	13088	18	48	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Medium	2263	1172	130	21	0	320	7911	142	3	5	137	13088	7	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Mild	2406	1280	142	21	0	320	6891	136	3	5	137	12488	4	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Original BBQ	2046	524	58	9	0	320	6231	238	3	95	137	11288	33	48	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Pamesan Pepper	2526	1334	148	27	0	500	7251	136	3	5	137	11288	4	768	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Roasted Garlic Pamesan	2466	1280	142	24	0	380	8391	154	3	11	143	11288	4	228	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	2046	524	58	9	0	320	7071	244	3	113	137	11288	4	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Supercharged	1686	551	61	9	0	320	7251	142	9	5	137	21788	11	48	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	2166	524	58	9	0	320	7491	268	3	131	137	11888	4	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thaiisan	2226	767	85	14	0	320	7341	220	3	83	137	11888	7	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Eat Heat	1986	632	70	9	0	320	7551	220	3	89	137	11288	4	48	9
Breaded Boneless Wings, 6 (1 serving)	416	132	15	2	0	80	1255	36	2	2	34	5644	2	24	3
Breaded Boneless Wings, 6 (1 serving) with Blue Cheese Dressing	696	397	44	6	0	100	1746	38	2	4	37	5721	2	24	3
Breaded Boneless Wings, 6 (1 serving) with Ranch Dressing	616	330	37	5	0	100	1795	38	2	4	34	5644	2	64	3
Breaded Boneless Wings, 6 (1 serving) with Wing Dust Chipotle BBQ	427	135	15	2	0	80	1492	38	2	4	35	5884	2	27	3
Breaded Boneless Wings, 6 (1 serving) with Wing Dust Ghost Pepper Seasoning	431	140	16	3	0	80	1803	38	2	3	35	6167	2	27	3
Breaded Boneless Wings, 6 (1 serving) with Wing Dust Mango Habanero	436	133	15	2	0	80	1616	41	2	6	35	5976	3	42	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Arizona Ranch	576	276	31	4	0	90	2875	40	2	5	34	6444	4	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Asian Sesame	636	294	33	5	0	80	2015	48	2	12	34	5844	4	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Boom Boom Sauce	756	438	49	7	0	110	1795	42	2	6	34	5844	7	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Buckeye BBQ	536	132	15	2	0	80	1815	66	2	30	34	6244	9	64	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Cajun	596	294	33	5	0	90	1915	40	4	4	34	6644	2	64	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Golden Garlic	596	294	33	5	0	80	2055	38	2	2	34	6244	4	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Haute Parm	591	286	32	5	0	87	2151	39	3	2	36	5744	16	84	4
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Hot	432	137	15	2	0	80	3061	38	3	3	35	6729	3	33	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	556	132	15	2	0	80	1975	68	2	32	34	5844	2	24	5
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Korean BBQ	556	159	18	2	0	80	2435	62	2	24	36	6244	9	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Louisiana Lickers	536	177	20	2	0	80	2255	52	2	16	34				

Grilled Boneless Wings, Single Order (1 serving) with Wing Dust Ghost Pepper Seasoning	610	174	19	4	0	124	1967	50	4	4	56	1743	12	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Dust Mango Habanero	619	159	18	3	0	124	1993	56	4	10	56	1362	13	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Arizona Ranch	699	264	29	4	0	131	2486	50	3	5	56	1298	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Asian Sesame	746	278	31	5	0	124	1841	56	3	11	56	848	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Boom Boom Sauce	834	386	43	7	0	146	1676	52	3	6	56	848	14	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Buckeye BBQ	669	156	17	3	0	124	1691	70	3	24	56	1148	16	176	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Cajun	714	278	31	5	0	131	1766	50	5	5	56	1448	10	176	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Golden Garlic	714	278	31	5	0	124	1871	49	3	3	56	848	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Haute Parmesan	711	272	30	4	0	124	1944	49	4	3	57	1734	21	191	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Hot	592	161	18	3	0	124	2626	49	4	4	56	1512	12	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	684	156	17	3	0	124	1811	71	3	26	56	848	10	146	7
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Korean BBQ	684	177	20	3	0	124	2156	67	3	20	57	1148	16	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Louisiana Lickers	669	190	21	3	0	124	2021	59	3	14	56	1148	14	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Medium	744	318	35	6	0	124	2021	49	3	3	56	1148	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Original BBQ	774	345	38	6	0	124	1766	47	3	3	56	998	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Original BBQ	684	156	17	3	0	124	1601	73	3	26	56	698	18	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Pamesan Pepper	804	359	40	7	0	169	1856	47	3	3	56	698	10	326	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Roasted Garlic Pamesan	789	345	38	7	0	139	2141	52	3	5	57	698	10	191	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	684	156	17	3	0	124	1811	74	3	30	56	698	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Supercharged	594	163	18	3	0	124	1856	49	5	3	56	3323	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thai R Cracker	714	166	17	3	0	124	1916	80	3	35	56	848	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thaisian	729	217	24	4	0	124	1879	68	3	23	56	848	11	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Eat Heat	669	183	20	3	0	124	1931	68	3	24	56	698	10	146	5
Grilled Boneless Wings, Supersize Single (1 serving)	824	219	24	4	0	173	1743	69	4	4	79	716	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Chipotle BBQ	857	230	26	4	0	173	1773	26	4	7	79	1179	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Ghost Pepper Seasoning	869	245	27	6	0	173	2787	73	5	5	79	2284	13	219	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Mango Habanero	884	223	25	4	0	173	2826	82	5	14	79	1712	15	264	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Arizona Ranch	1064	435	48	7	0	188	4173	75	4	7	79	1916	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Asian Sesame	1154	462	51	9	0	173	2883	87	4	19	79	1016	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Boom Boom Sauce	1334	678	75	12	0	218	2553	78	4	10	79	1016	19	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Korean BBQ	1034	364	40	7	0	173	3513	108	4	37	82	1616	22	270	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Cajun	1094	462	51	9	0	188	2733	75	7	7	79	2216	12	270	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Golden Garlic	1094	462	51	9	0	173	2943	72	4	4	79	1016	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Haute Parmesan	1086	451	50	9	0	184	3088	73	6	4	82	866	33	300	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	848	228	25	4	0	173	4452	72	6	5	79	2343	14	223	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Louisiana Lickers	1034	219	24	4	0	173	2823	117	4	49	79	1016	12	210	11
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Medium	1034	219	24	4	0	173	3513	108	4	37	82	1616	22	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Louisiana Lickers	1004	287	32	4	0	173	3243	93	4	25	79	1616	19	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Medium	1154	543	60	10	0	173	3243	72	4	4	79	1616	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Mid	1214	597	66	10	0	173	2733	69	4	4	79	1316	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Original BBQ	1034	219	24	4	0	173	2403	120	4	49	79	716	26	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Pamesan Pepper	1274	624	69	23	0	263	2913	69	4	64	79	716	21	370	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Roasted Garlic Pamesan	1244	597	66	12	0	203	3483	78	4	7	82	716	12	300	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1034	219	24	4	0	173	2823	123	4	58	79	716	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Supercharged	854	233	26	4	0	173	2913	72	7	4	79	5966	15	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Thai R Cracker	1094	219	24	4	0	173	3033	135	4	67	79	1016	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Thaisian	1124	341	38	6	0	173	2958	111	4	43	79	1016	13	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Eat Heat	1004	273	30	4	0	173	3063	111	4	46	79	716	12	210	7
Jumbo Bone-In Wings, 12 (1 serving)	1446	1044	116	28	0	377	411	4	2	2	90	6364	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Bleu Cheese Dressing	1586	1177	131	29	0	387	657	5	2	3	91	6402	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Ranch Dressing	1546	1143	127	29	0	387	681	5	2	3	90	6364	5	103	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	1490	1058	118	28	1	377	1361	11	2	8	91	7325	6	96	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	1506	1079	120	30	0	377	1079	11	2	8	91	7325	6	96	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Mango Habanero	1526	1049	117	28	0	377	1855	22	2	16	91	7692	10	155	6
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	1766	1332	148	32	0	397	3651	12	2	6	90	7964	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Asian Sesame	1886	1368	152	34	0	377	1931	28	2	22	90	6764	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Boom Boom	2126	1656	184	38	0	437	1491	16	2	10	90	6764	15	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	1014	364	40	7	0	377	1531	61	2	4	56	754	12	156	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Cajun	1806	1368	152	34	0	397	1731	12	6	6	90	6364	5	163	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Golden Garlic	1806	1368	152	34	0	377	2011	8	2	2	90	6764	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Haute Parmesan	1795	1354	150	34	0	392	2205	10	4	2	94	6564	34	203	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Hot	1778	1055	117	28	0	377	4024	9	3	4	91	8534	8	100	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1426	1044	116	28	0	377	1851	68	2	62	90	6764	5	83	11
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Korean BBQ	1686	1134	126	30	0	377	2721	122	2	46	94	6764	27	83	10
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	1686	1134	126	30	0	377	2411	36	2	30	90	7564	15	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Medium	1886	1476	164	36	0	377	2411	8	2	2	90	7564	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	1966	1548	172	36	0	377	1731	4	2	2	90	7164	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	1726	1044	116	28	0	377	1291	72	2	62	90	6364	25	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Pamesan Pepper	2046	1584	176	40	0	497	1571	4	2	2	90	6364	5	563	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Roasted Garlic Pamesan	1506	1079	120	30	0	417	2731	16	2	6	94	364	5	203	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1726	1044	116	28	0	377	1851	76	2	74	90	6364	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	1486	1062	118	28	0	377	1971	8	6	2	90	13364	10	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	1806	1044	116	28	0	377	2131	92	2	86	90	6764	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Thaisian	1846	1206	134	31	0	377	2031	60	2	54	90	6764	8	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Eat Heat	1686	1116	124	28	0	377	2171	60	2	58	90	6364	5	83	5
Jumbo Bone-In Wings, 18 (1 serving)	2178	1566	174	41	0	566	644	8	3	5	136	12368	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Bleu Cheese Dressing	2459	1832	204	45	0	585	1136	10	3	6	138	12445	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Ranch Dressing	2378	1764	196	44	0	586	1184	10	3	7	136	12368	9	176	8
Jumbo Bone-In Wings, 18 (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, 18 (1 serving) with Wing Dust Ghost Pepper Seasoning	2269	1599	180	45	0	566	2312	19	3	8	137	15564	12	156	8
Jumbo Bone-In Wings, 18 (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, 18 (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, 18 (1 serving) with Wing Sauce Choice Asian Sesame	2838	2052	228	50	0	586	2924	44	3	35	136	12968	16	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Boom Boom	3198	2484	276	56	0	656	2264	26	3	17	136	12968	23	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Buckeye BBQ	2538	1866	174	41	0	566	2324	98	3	89	136	14168	31	256	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Cajun	3312	2245	249	55	0	596	2824	20	3	11	136	15368	9	256	10
Jumbo Bone-In Wings, 18 (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, 18 (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, 18 (1 serving) with Wing Sauce Choice Hot	2227	1584	176	42	0	566	6063	15	6	7	1				

Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Thaiisan	3592	2371	263	60	0	754	3658	106	3	96	180	13428	15	166	10
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Eat Heat	3312	2214	246	55	0	754	3903	106	3	103	180	12728	11	166	10
Jumbo Bone-In Wings, 6 (1 serving)	733	522	58	14	0	189	233	4	2	2	45	6004	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Bleu Cheese Dressing	873	655	73	16	0	198	479	5	2	3	46	6042	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Ranch Dressing	833	621	69	15	0	199	503	5	2	3	45	6004	4	74	3
Jumbo Bone-In Wings, 6 (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, 6 (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, 6 (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, 6 (1 serving) with Wing Sauce Choice Arizona Ranch	853	666	74	16	0	199	1853	8	2	4	45	6804	6	54	3
Jumbo Bone-In Wings, 6 (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, 6 (1 serving) with Wing Sauce Choice Boom Boom Sauce	1073	828	92	19	0	219	773	10	2	6	45	6204	8	54	3
Jumbo Bone-In Wings, 6 (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, 6 (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, 6 (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, 6 (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, 6 (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, 6 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	873	522	58	14	0	189	953	36	2	32	45	6204	4	54	6
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Korean BBQ	873	549	61	14	0	189	1413	30	2	24	47	6604	11	54	3
Jumbo Bone-In Wings, 6 (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, 6 (1 serving) with Wing Sauce Choice Medium	933	738	82	18	0	189	1233	6	2	2	45	6604	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Mild	993	774	86	18	0	189	893	4	2	2	45	6404	4	54	3
Jumbo Bone-In Wings, 6 (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, 6 (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, 6 (1 serving) with Wing Sauce Choice Roasted Garlic Parmesan	1013	774	86	19	0	209	1393	10	2	4	47	6004	4	114	3
Jumbo Bone-In Wings, 6 (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, 6 (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, 6 (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, 6 (1 serving) with Wing Sauce Choice Thaiisan	933	603	67	15	0	189	1043	32	2	28	45	6204	5	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Eat Heat	853	558	62	14	0	189	1113	32	2	30	45	6004	4	54	3
Eat Heat Wings (1 serving)	863	567	63	14	0	189	1279	35	0	35	45	360	2	29	2

Sandwiched 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)
Breaded Boneless Chicken Wrap (1 serving)	770	341	38	8	0	72	2145	77	8	10	30	9684	6	231	4
Breaded Boneless Chicken Wrap (1 serving) with Fries	1057	469	52	10	0	72	2753	112	11	10	34	9688	16	232	5
Breaded Chicken Club Sandwich (1 serving)	816	354	39	13	0	171	2158	55	2	7	57	733	4	263	5
Breaded Chicken Club Sandwich (1 serving) with Fries	1103	482	54	15	0	171	2766	90	5	7	60	736	14	264	6
Fried Buffalo Chicken Sandwich (1 serving)	963	303	34	8	1	119	4284	109	8	12	52	2270	18	127	6
Fried Chicken Sandwich (1 serving)	571	154	17	4	0	121	1172	54	2	6	47	336	4	112	5
Fried Chicken Sandwich (1 serving) with Fries	859	283	31	7	0	121	1780	90	6	6	50	339	14	113	6
Grilled Boneless Chicken Wrap (1 serving)	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4
Grilled Boneless Chicken Wrap (1 serving) with Fries	1016	495	55	11	0	79	2371	94	10	10	35	9689	16	227	5
Grilled Buffalo Chicken Sandwich (1 serving)	787	266	30	7	0	119	3320	77	6	6	49	1227	18	102	5
Grilled Chicken Club Sandwich (1 serving)	716	349	39	13	0	168	2203	34	2	6	54	772	4	246	3
Grilled Chicken Club Sandwich (1 serving) with Fries	1004	477	53	15	0	168	2811	69	5	6	58	776	14	247	5
Grilled Chicken Sandwich (1 serving)	472	149	17	4	0	119	1217	33	2	5	45	375	4	95	3
Grilled Chicken Sandwich (1 serving) with Fries	759	278	31	7	0	119	1825	68	5	5	48	379	15	96	5
House Pulled Pork Sandwich (1 serving)	732	409	45	19	0	128	2117	44	1	16	34	649	1	277	3
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1013	675	75	23	0	148	2609	46	2	17	37	726	1	277	3
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Ranch Dressing	932	607	67	22	0	148	2657	46	1	18	34	649	1	317	3
House Pulled Pork Sandwich (1 serving) with Fries	1019	538	60	21	0	128	2725	79	5	16	38	653	11	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Arizona Ranch	892	553	61	21	0	138	3737	48	1	18	34	1449	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Asian Sesame	952	571	63	22	0	128	2877	56	1	26	34	849	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Boom Boom Sauce	1072	715	79	24	0	158	2657	50	1	20	34	849	5	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Buckeye BBQ	852	409	45	19	0	128	2677	74	1	44	34	1249	8	317	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Cajun	912	571	63	22	0	138	2777	46	3	18	34	1649	1	317	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Golden Garlic	912	571	63	22	0	128	2917	46	1	16	34	849	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Haute Parm	907	564	63	22	0	136	3014	47	3	16	36	749	15	337	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Hot	748	415	46	19	0	128	3924	46	2	17	35	1734	2	286	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	872	409	45	19	0	128	2837	76	1	46	34	849	1	277	6
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Louisiana Lickers	852	454	50	19	0	128	3117	60	1	30	34	1249	5	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Medium	952	625	69	23	0	128	3117	46	1	16	34	1249	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Mild	992	661	73	23	0	128	2777	44	1	16	34	1049	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Original BBQ	872	409	45	19	0	128	2557	78	1	46	34	649	10	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Parmesan Pepper	1032	679	75	25	0	188	2897	44	1	16	34	649	1	517	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	872	409	45	19	0	128	2837	80	1	52	34	649	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Supercharged	752	418	46	19	0	128	2997	46	3	16	34	1449	3	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thai R Cracker	912	409	45	19	0	128	2977	88	1	58	34	849	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thaiisan	932	490	54	20	0	128	2927	72	1	42	34	849	2	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Eat Heat	852	445	49	19	0	128	2997	72	1	44	34	649	1	277	3
Jacked-Up BLT (1 serving)	1374	903	100	37	1	174	2983	63	3	8	52	1627	4	373	1
Jacked-Up BLT (1 serving) with Fries	1661	1032	115	40	1	174	3591	98	7	8	55	1631	15	374	3
Pub-Style Cod Sandwich (1 serving)	835	367	41	8	0	107	1822	85	3	15	33	459	12	121	4
Pub-Style Cod Sandwich (1 serving) with Fries	1122	495	55	11	0	107	2430	120	7	15	36	463	22	122	5

Suped Up Steak Sandwiches	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)
Quaker Stlk Sandwich (1 serving)	796	271	30	12	2	97	2450	87	3	31	41	1559	56	251	3
Quaker Stlk Sandwich (1 serving) with Fries	1083	399	44	14	2	97	3058	122	7	31	45	1562	66	252	4
The BBQ O-String (1 serving)	984	363	40	19	2	132	2112	102	3	39	51	1855	67	504	4
The BBQ O-String (1 serving) with Fries	1271	491	55	21	2	132	2720	137	7	39	54	1859	77	505	5
The Classic (1 serving)	826	351	39	18	2	136	2645	68	3	12	49	1770	56	486	3
The Classic (1 serving) with Fries	1114	480	53	21	2	136	3253	103	7	12	53	1774	66	487	4

Half Pound Steak Burgers	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)
Gluten Free Bun (1 bun)	250	63	7	1	0	0	480	43	5	6	6	0	0		

	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)	
Specialty Salads and Soups																
Asian Chicken Salad (1 serving)	821	445	49	7	0	124	1828	44	7	28	46	17550	171	264	10	
Biker Chicken Salad (1 serving)	788	383	43	9	0	117	1145	60	8	44	39	8570	105	167	4	
Black Bean Soup (1 bowl)	238	56	6	1	0	3	1168	36	11	2	13	95	0	47	3	
Caesar Salad (1 serving)	444	278	31	10	0	50	1620	21	5	7	18	11119	54	481	2	
Caesar Salad (1 serving) with Grilled Chicken	665	328	36	11	0	149	2407	22	5	7	57	11196	56	504	4	
Caesar Salad (1 serving) with Grilled Salmon	779	475	53	14	0	150	2397	22	5	7	52	11245	60	506	3	
Caesar Salad (1 serving) with Grilled Sirloin Steak	842	528	59	20	0	138	2383	22	5	7	52	11161	54	528	5	
Chili (1 serving)	419	238	26	11	1	74	991	22	6	5	22	2265	21	120	5	
Loaded Baked Potato Soup (1 serving)	363	193	21	10	0	50	793	29	3	3	13	98	9	162	1	
QS&L Boneless Wing Salad (1 serving)	569	165	18	5	0	84	1807	57	8	5	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	749	300	33	6	0	84	2377	69	8	17	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	989	563	63	11	0	114	2544	59	9	7	46	20417	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	869	462	51	9	0	114	2617	60	8	8	42	20302	63	387	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	599	165	18	5	0	84	3277	66	8	11	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice House Caesar	809	354	39	9	0	114	2797	63	8	8	45	20302	63	387	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Korean BBQ Ranch	855	421	47	9	0	109	2768	66	8	12	43	20444	65	378	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	989	576	63	12	0	129	2557	60	8	8	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	959	543	60	11	0	84	2827	60	8	5	42	20602	74	387	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	983	543	60	11	0	84	1807	66	8	14	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Pico Ranch	756	336	37	8	0	101	2456	62	9	8	43	20858	70	370	9	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppyseed	870	367	41	8	0	118	2393	83	9	26	42	20302	80	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Arizona Ranch	689	273	30	6	0	92	3022	60	8	6	42	20902	65	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Asian Sesame	734	286	32	7	0	84	2439	66	9	7	42	20377	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	824	394	44	9	0	107	2212	61	8	8	42	20452	67	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	659	165	18	5	0	84	2227	79	8	26	42	20752	69	357	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Cajun	704	286	32	7	0	92	2302	60	10	6	42	21052	63	357	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Golden Garlic	704	286	32	7	0	84	2407	58	8	5	42	20452	65	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Haute Parnesan	700	281	31	7	0	84	2479	59	9	5	44	20377	74	372	10	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Hot	581	169	19	5	0	84	3161	59	9	21	5	43	21116	64	354	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	674	165	18	5	0	84	2347	81	8	27	42	20452	63	327	11	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Korean BBQ	674	185	21	5	0	84	2692	76	8	21	44	20752	69	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	659	198	22	5	0	84	2557	69	8	15	42	20752	67	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Medium	734	327	36	8	0	84	2557	58	8	5	42	20752	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Mild	734	327	36	8	0	84	2557	58	8	5	42	20902	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Original BBQ	674	165	18	5	0	84	2137	82	8	27	42	20302	70	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Parnesan Pepper	794	367	41	9	0	129	2392	57	8	5	42	20302	63	507	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	779	354	39	9	0	99	2677	61	8	6	44	20302	63	372	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	674	165	18	5	0	84	2347	84	8	32	42	20302	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Supercharged	584	171	19	5	0	84	2392	58	10	5	42	22927	65	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Thai R Cracker	704	165	18	5	0	84	2452	90	8	36	42	20452	63	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Thaiisan	719	225	25	6	0	84	2414	78	8	24	42	20452	64	327	9	
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Eat Heat	659	192	21	5	0	84	2467	78	8	26	42	20302	63	327	9	
QS&L Top Gear Tender Boneless Wing Salad (1 serving)	600	98	11	4	0	73	1701	83	9	5	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	780	233	26	5	0	73	2271	95	9	17	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	1020	596	55	7	0	102	2439	86	9	7	44	20377	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	900	395	44	8	0	103	2511	86	9	8	40	20261	63	390	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	630	98	11	4	0	73	3171	92	9	11	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice House Caesar	840	287	32	8	0	103	2691	89	9	8	43	20261	63	390	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Korean BBQ Ranch	885	355	39	7	0	98	2663	92	9	12	41	20403	64	381	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	1020	593	56	11	0	118	2451	86	9	8	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	990	476	53	10	0	73	2721	86	9	5	40	20581	73	390	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	1014	476	53	10	0	73	1701	92	9	14	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Pico Ranch	787	269	30	6	0	90	2351	88	10	8	41	20817	70	373	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppyseed	901	301	33	7	0	106	2288	109	10	26	40	20261	79	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Arizona Ranch	720	206	23	5	0	80	2916	86	9	6	40	20861	64	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Asian Sesame	824	220	24	6	0	73	2273	92	9	11	40	20411	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	855	328	36	7	0	95	2106	88	9	8	40	20411	66	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	690	98	11	4	0	73	2121	106	9	26	40	20711	68	360	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Cajun	735	220	24	6	0	80	2196	86	11	6	40	21011	63	360	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Golden Garlic	735	220	24	6	0	73	2301	85	9	5	40	20411	64	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Haute Parnesan	731	214	24	6	0	78	2374	86	10	5	42	20336	73	375	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Hot	612	102	11	4	0	73	3056	85	10	5	41	21075	64	337	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	705	98	11	4	0	73	2241	107	9	27	40	20411	63	330	12	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Korean BBQ	705	118	13	4	0	73	2586	103	9	21	42	20711	68	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	690	132	15	4	0	73	2451	95	9	15	40	20711	66	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Medium	765	260	29	7	0	73	2451	85	9	5	40	20711	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Mild	765	260	29	7	0	73	2451	85	9	5	40	20561	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Original BBQ	705	98	11	4	0	73	2031	109	9	27	40	20261	70	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Parnesan Pepper	825	301	33	8	0	118	2286	83	9	5	40	20261	63	510	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	810	287	32	7	0	88	2571	88	9	6	42	20261	63	375	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	705	98	11	4	0	73	2241	110	9	32	40	20261	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Supercharged	615	105	12	4	0	73	2286	85	11	5	40	22886	64	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Thai R Cracker	735	98	11	4	0	73	2346	116	9	36	40	20411	63	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Thaiisan	750	159	18	5	0	73	2309	104	9	24	40	20411	64	330	10	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Eat Heat	690	125	14	4	0	73	2361	104	9	26	40	20261	63	330	10	
QSL Signature Salad (1 serving)	682	451	50	14	0	58	1204	37	5	31	20	11451	64	368	5	
QSL Signature Salad (1 serving) with Grilled Chicken	903	501	56	16	0	157	1991	38	5	31	59	11528	66	392	6	
QSL Signature Salad (1 serving) with Grilled Chicken Tenders	936	567	63	17	0	133	2273	39	5	31	60	11511	65</			

Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Buckeye BBQ	911	341	38	19	1	79	3358	108	3	26	35	1180	17	695	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Cajun	941	422	47	20	1	84	3408	95	4	13	35	1380	14	695	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Golden Garlic	941	422	47	20	1	79	3478	94	3	12	35	980	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Haute Parm	938	418	46	20	1	83	3527	95	4	12	36	930	21	705	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Hot	859	343	38	19	1	79	3982	94	3	12	35	1423	14	680	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	921	341	38	19	1	79	3438	109	3	27	35	980	14	675	6
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Louisiana Lickers	911	363	40	19	1	79	3578	101	3	19	35	1180	16	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Medium	961	449	50	21	1	79	3578	94	3	12	35	1180	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Mild	981	467	52	21	1	79	3408	93	3	12	35	1080	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Original BBQ	921	341	38	19	1	79	3298	110	3	27	35	880	18	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Parmesan Pepper	1001	476	53	22	1	109	3468	93	3	12	35	880	14	795	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	921	341	38	19	1	79	3438	111	3	30	35	880	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Supercharged	861	345	38	19	1	79	3468	94	4	12	35	2630	15	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thai R Cracker	941	341	38	19	1	79	3508	115	3	33	35	980	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thaiisan	951	381	42	19	1	79	3483	107	3	25	35	980	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Eat Heat	911	359	40	19	1	79	3518	107	3	26	35	880	14	675	4
Mac and Cheese Skillet with Pulled Pork (1 serving)	930	431	48	22	1	115	3382	83	3	17	43	702	11	525	4
Mac and Cheese Skillet with Seasoned Pulled Chicken (1 serving)	648	236	26	11	0	104	2013	57	3	6	44	853	10	387	3
Seared Salmon (1 serving)	500	278	31	6	0	100	1058	19	2	0	37	129	15	32	1
Surf and Turf, Chicken and Salmon (1 serving)	721	328	36	7	0	199	1845	20	2	0	77	206	18	55	3
Surf and Turf, Chicken and Shrimp (1 serving)	661	190	21	4	0	182	2007	55	3	2	57	185	12	93	5
Surf and Turf, Salmon and Shrimp (1 serving)	775	337	37	7	0	184	1997	55	3	2	52	234	17	94	4
Surf and Turf, Steak and Salmon (1 serving)	898	527	59	17	0	189	1821	20	2	0	71	171	16	79	4
Surf and Turf, Steak and Shrimp (1 serving)	837	389	43	13	0	172	1983	55	3	2	52	149	10	116	6
The Lube's Baby Back Ribs, Full Rack (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	5
The Lube's 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 Lube's 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 Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Boom Boom Sauce	1636	1386	154	45	3	364	1221	33	154	25	65	824	8	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	1506	927	103	37	3	319	1521	69	1	61	65	1424	11	227	6
The Lube's 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 Lube's 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 Lube's 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 Lube's 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 Lube's 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	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Korean BBQ	1536	967	107	37	3	319	2181	63	1	52	68	1424	11	167	6
The Lube's 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 Lube's 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 Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Mild	1716	1305	145	43	3	319	1401	24	1	19	65	1124	1	167	5
The Lube's 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 Lube's 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	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Roasted Garlic Parmesan	1746	1305	145	45	3	349	2151	33	1	22	68	524	1	257	5
The Lube's 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 Lube's 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 Lube's 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 Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thaiisan	1626	1048	116	40	3	319	1626	66	1	58	65	824	2	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Eat Heat	1506	981	109	37	3	319	1731	66	1	61	65	524	1	167	5
The Lube's Baby Back Ribs, Half Rack (1 serving)	663	463	51	19	1	160	205	12	1	10	32	262	0	83	2
The Lube's 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 Lube's 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 Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Boom Boom Sauce	1003	659	51	24	1	160	745	18	1	14	32	462	5	83	2
The Lube's 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 Lube's 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 Lube's 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 Lube's 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 Lube's 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 Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	803	453	51	19	1	160	925	14	1	10	32	326	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Korean BBQ	803	490	54	19	1	160	1385	38	1	32	34	862	8	83	3
The Lube's 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 Lube's 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 Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Mild	923	715	79	23	1	160	865	12	1	10	32	662	0	83	2
The Lube's 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 Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	963	733	81	29	1	220	985	12	1	10	32	262	0	323	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Roasted Garlic Parmesan	943	715	79	24	1	160	1365	18	1	12	34	262	0	143	2
The Lube's 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 Lube's 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 Lube's 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 Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thaiisan	863	544	60	20	1	160	1015	40	1	36	32	462	2	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Eat Heat	783	499	55	19	1	160	1085	40	1	38	32	262	0	83	2
Top Gear Tenders (1 serving)	1105	363	40	7	0	125	3175	120	8	8	61	873	35	83	6
Top Gear Tenders (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1386	629	70	11	0	145	3667	121	9	9	64	950	35	83	6
Top Gear Tenders (1 serving) with Dipping Sauce Choice Ranch Dressing	1305	561	62	10	0	145	3715	122	8	10	61	873	35	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Asian Sesame	1265	507	56	10	0	135	4795	124	8	8	61	1473	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Golden Garlic	1325	525	58	10	0	125	3935	132	8	18	61	1073	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Boom Boom Sauce	1445	669	74	12	0	155	3715	126	8	12	61	1073	40	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Buckeye BBQ	1225	363	40	7	0	125	3735	150	8	36	61	1473	42	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Cajun	1285	525	58	10	0	135	3835	124	10	10	61	1873	35	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Golden Garlic	1285	525	58	10	0	125	3975	122	8	8	61	1073	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Haute Parm	1285	518	58	10	0	133	4075	123	10	8	63	973	49	143	7
Top Gear Tenders (1 serving) with Wing Sauce Choice Hot	1121	369	41	7	0	125	4981	122	9	8	62	1958	36	92	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1245	363	40	7	0	125	3895	152	8	38	61	1073	35	83	9
Top Gear Tenders (1 serving) with Wing Sauce Choice Korean BBQ	1245	390	43	7	0	125	4355	146	8	30	63	1473	42	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Louisiana Lickers	1225	408	45	7	0	125	4175	136	8	22	61	1473	40	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Medium	1325	579	64	11	0	125	4175	122	8	8	61	1473	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Mild	1365	615	68	11	0	125	3835	120	8	8	61	1273	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Original BBQ	1245	363	40	7	0	125	3615	154	8	38	61	873	44	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Parmesan Pepper	1405	633	70	13	0	185	3955	120	8	8	61	873	35	323	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Roasted Garlic Parmesan	1385	615	68	12	0	145	4335	126	8	10	63	873	35	143	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1245	363	40	7	0	125	3895	156	8	44	61	873	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Supercharged	1125	372	41	7	0	125	3955	122	10	8	61	4373	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Thai R Cracker	1285	363	40	7	0	125	4035	164	8	50	61	1073	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Thaiisan	1305	444	49	8	0	125									

Mojo Rice (1 serving)	177	0	0	0	0	0	438	39	0	1	4	122	6	6	1
Sauteed Green Beans and Red Peppers (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
Side of O-Rings (1 serving)	192	46	5	1	0	0	637	33	0	6	4	3	0	26	0
Side of Tots (1 serving)	380	178	20	3	0	0	1501	44	5	0	5	17	9	5	1

	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)
6 oz Sirloin Entree (1 serving)	596	340	38	13	0	88	1171	24	1	1	38	42	0	52	3
Choice Ribeye (1 serving)	1267	705	78	28	1	500	805	24	1	1	109	88	0	78	8
NY Strip Steak (1 serving)	966	586	65	24	0	197	759	24	1	1	74	46	0	91	6
Steak Toppers (1 portion)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Steak Toppers (1 portion) with Bacon	200	162	18	7	0	38	600	0	0	0	10	0	0	0	0
Steak Toppers (1 portion) with Bacon Jam	229	118	13	4	0	28	964	20	1	18	10	291	12	2	0
Steak Toppers (1 portion) with Blue Cheese Crumbles	50	36	4	3	0	10	190	1	1	0	3	150	0	75	0
Steak Toppers (1 portion) with Herb Infused Butter	199	193	21	14	0	58	0	1	0	1	0	802	0	13	1
Steak Toppers (1 portion) with Horseradish Cream	421	377	42	8	0	38	330	4	0	4	0	3	0	1	0
Steak Toppers (1 portion) with Sautéed Mushrooms	10	6	1	0	0	0	38	1	0	0	1	26	0	1	0
Steak Toppers (1 portion) with Sautéed Onions	21	8	1	0	0	0	61	3	0	1	0	43	2	7	0
Steak Toppers (1 portion) with Thai R Cracker Sauce	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Thunderbird Steak (1 serving)	859	508	56	20	0	147	721	24	1	1	60	47	0	77	5

Custom Built Combos	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)
Baby Back Rib and Top Gear Tenders Combo (1 serving)	1127	546	61	20	1	264	1812	58	2	11	78	304	3	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Arizona Ranch	1447	834	93	24	1	284	5052	66	2	15	78	1904	7	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Asian Sesame	1567	870	97	26	1	264	3332	82	2	31	78	704	7	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Boom Boom	1807	1158	129	30	1	324	2892	70	2	19	78	704	12	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Buckeye BBQ	1367	546	61	20	1	264	2932	118	2	67	78	1504	17	210	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Cajun	1487	870	97	26	1	284	3132	66	6	15	78	2304	3	210	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Golden Garlic	1487	870	97	26	1	264	3412	62	2	11	78	704	7	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Haute Parnesan	1477	855	95	26	1	279	3606	64	5	11	82	504	31	250	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Hot	1160	557	62	20	1	264	5425	63	4	13	79	2474	6	148	6
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1407	546	61	20	1	264	3252	122	2	71	78	704	3	130	11
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Korean BBQ	1407	600	67	20	1	264	4172	110	2	55	82	1504	17	130	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Louisiana Lickers	1367	636	71	20	1	264	3812	90	2	39	78	1504	11	130	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Medium	1567	978	109	28	1	264	3812	62	2	11	78	1504	3	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Mild	1647	1050	117	28	1	264	3132	58	2	11	78	1104	3	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Original BBQ	1407	546	61	20	1	264	2692	126	2	71	78	304	22	130	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Parnesan Pepper	1727	1086	121	32	1	384	3372	58	2	11	78	304	3	610	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	1687	1050	117	30	1	304	4132	70	2	15	82	304	3	250	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1487	546	61	20	1	264	3252	100	61	82	78	304	3	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Supercharged	1167	564	63	20	1	264	3372	62	6	11	78	704	7	130	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Thai R Cracker	1487	546	61	20	1	264	3532	146	2	95	78	704	3	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Thaisian	1527	708	79	23	1	264	3432	114	2	63	78	704	5	130	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Eat Heat	1367	618	69	20	1	264	3572	114	2	67	78	304	3	130	5

Baby Back Ribs and Bone-In Wings Combo (1 serving)	1257	898	100	30	2	317	354	12	1	10	70	562	2	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Arizona Ranch	1577	1186	132	34	2	337	3594	20	1	14	70	2162	7	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Asian Sesame	1697	1222	136	36	2	317	1874	36	1	30	70	962	7	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Boom Boom	1937	1510	168	40	2	377	1434	24	1	18	70	962	11	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Buckeye BBQ	1497	898	100	30	2	317	1474	72	1	66	70	1762	16	188	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Cajun	1617	1222	136	36	2	337	1874	36	5	14	70	2562	2	108	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Golden Garlic	1617	1222	136	36	2	317	1954	16	1	10	70	962	7	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Haute Parnesan	1607	1208	134	36	2	331	2148	18	3	10	74	762	31	228	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Hot	1290	909	101	30	2	317	3967	16	3	11	71	2732	5	125	5
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1537	898	100	30	2	317	1794	76	1	70	70	962	2	108	10
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Korean BBQ	1537	952	106	30	2	317	2714	64	1	54	74	1762	16	108	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Louisiana Lickers	1497	898	100	30	2	317	2357	44	1	38	70	1562	11	108	7
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Medium	1697	1330	148	38	2	317	2354	16	1	10	70	1762	2	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Mild	1777	1402	156	38	2	317	1674	12	1	10	70	1362	2	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Original BBQ	1537	898	100	30	2	317	1234	80	1	70	70	562	21	108	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Parnesan Pepper	1857	1438	160	42	2	437	1914	12	1	10	70	562	2	588	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	1817	1402	156	40	2	357	2874	24	1	14	74	562	2	228	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1497	898	100	30	2	317	1794	84	1	82	70	1762	2	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Supercharged	1297	916	102	30	2	317	1914	16	5	10	70	562	7	108	6
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Thai R Cracker	1617	898	100	30	2	317	2074	100	1	94	70	962	2	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Thaisian	1657	1060	118	33	2	317	1974	68	1	62	70	962	4	108	4
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Eat Heat	1497	970	108	30	2	317	2114	68	1	66	70	562	2	108	4

Bavarian Pretzels, 2 (1 serving)	524	136	15	7	0	24	2164	64	2	4	14	331	1	188	4
Bone In Wings and Mac and Cheese (1 serving)	926	554	62	19	1	193	1527	38	1	6	53	713	8	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Dust Chipotle BBQ	937	557	62	19	1	193	1765	40	1	7	53	936	9	341	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Dust Ghost Pepper Seasoning	941	562	62	20	1	193	1875	39	1	6	53	1236	9	341	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Dust Mango Habanero	945	562	62	19	1	193	1888	43	1	9	53	1088	10	356	6
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Arizona Ranch	1046	662	74	21	1	201	2742	41	1	7	53	1313	10	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Asian Sesame	1091	675	75	21	1	193	2097	47	1	13	53	863	10	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Boom Boom Sauce	1181	783	87	23	1	216	1932	42	1	9	53	863	12	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Buckeye BBQ	1016	554	62	19	1	193	1947	60	1	27	53	1163	14	368	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Cajun	1061	675	75	21	1	201	2022	41	2	7	53	1463	8	368	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Golden Garlic	1067	675	75	21	1	193	2127	39	1	6	53	863	11	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Haute Parnesan	1057	670	74	21	1	199	2200	40	2	6	54	788	19	383	5
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Hot	938	558	62	19	1	193	2882	40	2	6	53	1527	10	344	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1031	554	62	19	1	193	2067	62	1	28	53	863	8	338	6
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Korean BBQ	1031	574	64	19	1	193	2412	57	1	22	54	1163	14	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Louisiana Lickers	1016	587	65	19	1	193	2277	50	1	16	53	1163	12	338	4
Bone In Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Medium	1091	716	80	22	1	193									

Bone In Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	996	590	66	19	0	181	1230	32	3	24	47	5034	136	259	3
Bone In Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Eat Heat	936	556	62	17	0	181	1282	32	3	26	47	4884	135	259	3
Bone-In Wings, 5 (1 serving)	594	435	48	11	0	157	149	0	0	0	37	300	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	616	442	49	12	0	157	624	4	0	3	38	781	2	31	2
Bone-In Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	625	452	50	13	0	157	845	3	1	1	38	1346	2	31	2
Bone-In Wings, 5 (1 serving) with Wing Dust Mango Habanero	634	437	49	12	0	157	871	9	0	7	38	964	4	60	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	714	543	60	13	0	165	1364	3	0	2	37	900	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	759	556	62	14	0	157	719	9	0	8	37	936	3	24	3
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	849	664	74	15	0	180	554	5	0	3	37	450	5	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	684	435	48	11	0	157	569	23	0	21	37	750	7	54	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Cajun	729	556	62	14	0	165	644	3	2	2	37	1050	1	54	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	729	556	62	14	0	157	749	2	0	0	37	450	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Haute Parnesan	725	551	61	14	0	163	822	2	1	0	39	375	12	89	3
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	607	439	49	12	0	157	1504	2	1	1	38	1114	3	31	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	699	435	48	11	0	157	689	24	0	23	37	450	1	24	4
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Korean BBQ	699	455	51	11	0	157	1034	20	0	17	39	750	7	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	684	468	52	11	0	157	899	12	0	11	37	750	5	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Medium	759	597	66	14	0	157	899	2	0	0	37	750	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Mild	789	624	69	14	0	157	844	0	0	0	37	600	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	699	435	48	11	0	157	479	26	0	23	37	300	9	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Parnesan Pepper	819	637	71	16	0	202	734	0	0	0	37	300	1	204	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	804	624	69	15	0	172	1019	5	0	2	39	300	1	69	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	699	435	48	11	0	157	689	27	0	27	37	300	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Supercharged	709	441	49	11	0	157	734	2	2	0	37	2925	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Thai R Cracker	759	435	48	11	0	157	734	26	0	7	44	1163	7	343	4
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Thaisian	744	495	55	13	0	157	757	21	0	20	37	450	2	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Eat Heat	684	462	51	11	0	157	809	21	0	21	37	300	1	24	2
Breaded Boneless Wings and Mac and Cheese (1 serving)	662	228	25	9	1	103	2379	65	1	6	44	413	7	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Dust Chipotle BBQ	673	232	26	10	1	103	2616	66	1	7	44	653	7	317	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Dust Ghost Pepper Seasoning	677	237	26	10	1	103	2722	66	1	6	37	936	8	317	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Dust Mango Habanero	682	229	25	9	1	103	2740	69	1	9	44	745	8	331	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Arizona Ranch	782	336	37	11	1	110	3594	68	1	7	44	1013	9	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Asian Sesame	827	349	39	12	1	103	2949	74	1	13	44	563	9	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Boom Boom Sauce	917	457	51	13	1	125	2784	69	1	9	44	563	11	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Buckeye BBQ	752	228	25	9	1	103	2799	67	1	27	44	863	12	343	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Cajun	797	349	39	12	1	110	2874	68	2	7	44	1163	7	343	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Golden Garlic	797	349	39	12	1	103	2979	66	1	6	44	563	9	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Haute Parnesan	793	344	38	12	1	108	3051	67	2	6	45	488	18	358	5
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Hot	674	232	26	9	1	103	3733	66	2	6	44	1227	8	320	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	767	228	25	9	1	103	2919	69	1	28	44	563	7	313	6
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Korean BBQ	748	248	28	10	1	103	2468	28	1	22	45	863	12	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Louisiana Lickers	752	262	29	9	1	103	3129	77	1	16	44	863	11	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Medium	827	390	43	12	1	103	3129	66	1	6	44	863	7	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Mild	857	417	46	12	1	103	2874	65	1	6	44	713	7	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Original BBQ	767	228	25	9	1	103	2709	90	1	28	44	413	14	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Parnesan Pepper	887	430	48	14	1	148	2964	65	1	6	44	413	7	493	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	874	417	46	12	1	118	2919	69	1	7	44	1163	7	358	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	767	228	25	9	1	103	2919	92	1	33	44	413	7	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Supercharged	677	235	26	9	1	103	2964	66	2	6	44	3038	9	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Thai R Cracker	797	228	25	9	1	103	3024	98	1	37	44	563	7	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Thaisian	812	289	32	11	1	103	2986	86	1	25	44	563	8	313	4
Breaded Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Eat Heat	752	255	28	9	1	103	3039	86	1	27	44	413	7	313	4
Breaded Boneless Wings and Steamed Broccoli (1 serving)	582	203	23	8	0	91	1474	38	3	5	38	4584	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Chipotle BBQ	593	207	23	8	0	91	1711	40	3	6	38	4824	133	237	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Ghost Pepper Seasoning	597	212	24	9	0	91	1822	40	3	5	38	5106	134	237	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Mango Habanero	602	205	23	8	0	91	1835	43	3	8	38	4916	135	252	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Arizona Ranch	702	311	35	10	1	98	2869	41	3	6	38	5184	135	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Asian Sesame	747	325	36	10	0	91	2044	47	3	12	38	4734	135	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Boom Boom Sauce	837	433	48	12	0	113	1879	43	3	8	38	4734	137	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Buckeye BBQ	672	203	23	8	0	91	1894	61	3	26	38	5034	139	264	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Cajun	717	325	36	10	0	98	1969	41	4	6	38	5334	133	264	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Golden Garlic	717	325	36	10	0	91	2074	40	3	5	38	4734	135	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Haute Parnesan	713	319	35	10	0	96	2146	40	3	6	38	5184	144	279	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Hot	594	208	23	8	0	91	2828	40	4	6	38	5397	134	241	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	687	203	23	8	0	91	2014	62	3	27	38	4734	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Korean BBQ	687	224	25	8	0	91	2359	58	3	21	39	5034	139	234	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Louisiana Lickers	672	237	26	8	0	91	2224	50	3	15	38	5034	137	234	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Medium	747	365	41	11	0	91	2224	40	3	5	38	5034	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Mild	777	392	44	11	0	91	1969	38	3	5	38	4884	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	687	203	23	8	0	91	1804	64	3	27	38	4584	140	234	4
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Parnesan Pepper	807	406	45	12	0	136	2059	38	3	5	38	4584	133	414	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	792	392	44	12	0	106	2344	43	3	6	39	4584	133	279	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	687	203	23	8	0	91	2014	65	3	32	38	4584	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	672	203	23	8	0	91	2166	40	4	5	38	5184	135	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thai R Cracker	717	203	23	8	0	91	2119	71	3	36	38	4734	133	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	732	264	29	9	0	91	2081	59	3	24	38	4734	134	234	3
Breaded Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Eat Heat	672	230	26	8	0	91	2134	59	3	26	38	4584	133	234	3
Breaded Boneless Wings, 5 (1 serving)	331	109	12	2	0	67	1001	27	0	0	28	0	0	10	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	342	112	12	2	0	67	1348	28	0	1	28	240	0	3	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	346	118	13	3	0	67	1349	28	0	0	29	523	1	3	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Mango Habanero	351														

Grilled Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Thai R Cracker	1039	275	31	11	0	160	3215	117	4	40	71	1024	14	456	6
Grilled Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Thaisian	1054	336	37	12	0	160	3177	105	4	28	71	1024	15	456	6
Grilled Boneless Wings and Mac and Cheese (1 serving) with Wing Sauce Choice Eat Heat	994	302	34	11	0	160	3230	105	4	29	71	874	14	456	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving)	784	218	24	4	0	124	2528	76	6	7	60	972	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Jalapeno Ranch Dressing	1064	488	54	9	0	154	3028	78	6	9	60	972	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Ranch Dressing	984	416	46	7	0	144	3068	78	6	9	60	972	14	227	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Chipotle BBQ	806	226	25	4	0	124	3003	80	6	10	61	1453	14	194	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Ghost Pepper Seasoning	814	236	26	5	0	124	3224	79	6	8	61	2018	15	194	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Mango Habanero	824	221	25	4	0	124	3250	86	6	14	61	1636	16	223	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Arizona Ranch	904	326	36	6	0	132	3743	79	6	9	60	1572	15	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Asian Sesame	949	340	38	6	0	124	3098	85	6	15	60	1122	15	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Boom Boom Sauce	1039	448	50	8	0	147	2933	81	6	10	60	1122	17	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Korean BBQ	874	218	24	4	0	124	2948	99	6	28	60	1422	19	217	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Louisiana Lickers	919	340	38	6	0	132	3023	79	7	9	60	1722	14	217	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Golden Garlic	919	340	38	6	0	124	3128	78	6	7	60	1122	15	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Haute Parnesan	915	335	37	6	0	130	3201	79	7	7	62	1047	24	232	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Hot	796	223	25	4	0	124	3883	78	7	8	61	1786	15	194	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	889	218	24	4	0	124	3068	100	6	30	60	1122	14	187	8
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Korean BBQ	889	239	27	4	0	124	3413	96	6	24	62	1422	19	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Asian Sesame	874	252	28	4	0	124	3278	88	6	18	60	1422	17	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Medium	949	380	42	7	0	124	3278	78	6	7	60	1422	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Mild	979	407	45	7	0	124	3023	76	6	7	60	1272	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Original BBQ	889	218	24	4	0	124	2858	102	6	30	60	972	21	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Parnesan Pepper	1009	421	47	9	0	169	3113	76	6	7	60	972	14	367	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	994	439	49	11	0	139	3367	81	6	15	60	972	14	232	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	889	218	24	4	0	124	3068	103	6	34	60	972	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Supercharged	799	225	25	4	0	124	3113	78	7	7	60	3597	15	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Thai R Cracker	919	218	24	4	0	124	3173	109	6	39	60	1122	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Thaisian	934	279	31	5	0	124	3135	97	6	27	60	1122	15	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Eat Heat	874	245	27	4	0	124	3188	97	6	28	60	972	14	187	6
Grilled Boneless Wings and Steamed Broccoli (1 serving)	824	250	28	9	0	148	1665	57	6	7	65	5044	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Chipotle BBQ	846	257	29	9	0	148	2140	61	6	10	65	5525	141	383	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Ghost Pepper Seasoning	854	268	30	10	0	148	2361	60	6	8	65	6090	142	383	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Mango Habanero	864	253	28	9	0	148	2387	66	6	14	65	5708	143	413	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Arizona Ranch	944	358	40	10	0	155	2880	60	6	9	65	5644	142	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Asian Sesame	989	372	41	11	0	148	2325	66	6	15	65	5194	142	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Boom Boom Sauce	1079	480	53	13	0	170	2070	62	6	10	65	5194	144	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Buckeye BBQ	914	250	28	9	0	148	2085	80	6	28	65	5494	146	407	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Cajun	959	372	41	11	0	155	2160	60	7	9	65	5794	141	407	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Golden Garlic	959	372	41	11	0	148	2255	59	6	7	65	5194	142	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Haute Parnesan	919	372	41	11	0	153	2367	66	7	7	65	5194	151	422	7
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Hot	836	254	28	9	0	148	3109	59	6	8	65	5858	142	383	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	929	250	28	9	0	148	2205	81	6	30	65	5194	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Korean BBQ	929	270	30	9	0	148	2550	77	6	24	66	5494	146	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Louisiana Lickers	914	284	32	9	0	148	2415	69	6	18	65	5494	144	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Medium	989	412	46	12	0	148	2415	59	6	7	65	5494	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Mild	1019	439	49	12	0	148	2160	57	6	7	65	5044	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	929	250	28	9	0	148	1995	83	6	30	65	5044	148	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Parnesan Pepper	1049	453	50	13	0	193	2250	57	6	7	65	5044	141	557	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	1034	439	49	13	0	163	2535	62	6	9	66	5044	141	422	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	929	250	28	9	0	148	2205	84	6	34	65	5044	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	639	257	28	9	0	148	2250	59	7	7	65	7689	142	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thai R Cracker	954	250	28	9	0	148	2365	66	6	39	65	5194	141	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	974	311	35	10	0	148	2272	78	6	27	65	5194	142	377	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Eat Heat	914	277	31	9	0	148	2325	78	6	28	65	5044	141	377	6
Grilled Boneless Wings, 5 (1 serving)	561	155	17	3	0	124	1074	44	2	1	55	45	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	583	162	18	3	0	124	1549	47	2	4	55	524	3	141	4
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	591	172	19	4	0	124	1770	46	3	2	58	1090	4	141	5
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Mango Habanero	601	157	17	3	0	124	1796	53	2	8	55	709	5	171	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	681	263	29	4	0	131	2289	47	2	3	55	645	4	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	726	276	31	5	0	124	1644	53	2	9	55	195	4	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	816	384	43	7	0	146	1479	48	2	4	55	195	6	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	651	155	17	3	0	124	1494	66	2	7	55	495	8	165	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Cajun	696	276	31	5	0	131	1569	47	4	3	55	795	3	165	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	696	276	31	5	0	124	1674	45	2	1	55	195	4	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Haute Parnesan	692	271	30	5	0	129	1746	46	3	1	57	120	13	180	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Hot	573	159	18	3	0	124	2428	45	3	2	55	858	4	141	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	666	155	17	3	0	124	1614	68	2	24	55	345	3	135	6
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Korean BBQ	651	175	19	3	0	124	1959	63	2	18	57	495	8	135	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	651	188	21	3	0	124	1824	56	2	12	55	495	6	135	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Medium	726	317	35	6	0	124	1824	45	2	1	55	495	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Mild	756	344	38	6	0	124	1569	44	2	1	55	345	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	666	155	17	3	0	124	1944	69	2	24	55	45	10	135	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Parnesan Pepper	796	236	26	5	0	146	3765	40	2	1	55	465	3	115	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	771	344	38	7	0	139	1404	48	2	3	57	45	3	180	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	666	155	17	3	0	124	1614	71	2	28	55	45	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Supercharged	576	161	18	3	0	124	1659	45	4	1	55	2670	4	135	5
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Thai R Cracker	696	155	17	3	0	124	1719	77	2	33	55	195	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Thaisian	711	215	24	4	0	124	1681	65	2	21	55	195	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Eat Heat	651	182	20	3	0	124	1734	65	2	22	55	45	3	135	4
Loaded Magna Fries (1 serving)	1119	744	83	29	0	128	2328	63	6	6	32	1122	19	702	2
O-Rings, 5 (1 serving)	312	91	10	1	0	0	1637	49	0	20	4	603	5	26	1
Pick-Up Pickles, 3 (1 serving)	399	257	29	4	0	20	1777	31	3	6	4	266	3	67	1
Top Gear Tenders and Mac and Cheese (1 serving)	796	201	22	9	0	140	2985	85	3	7	61	455	9	361	5
Top Gear Tenders and Mac and Cheese (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1076	467	52	13	0	160	3477	86	3	8	63	532	9	361	5
Top Gear Tenders and Mac and Cheese (1 serving) with Dipping Sauce Choice Ranch Dressing	996	399	44	12	0	160	3525	87	3	9	61	455	9	401	5
Top Gear Tenders and Mac and Cheese (1 serving) with Wing Sauce Choice Arizona Ranch	956	345	38	11	0	150	4605	89	3	9	61	1255	12	361	5
Top Gear Tenders and Mac and Cheese (1 serving) with Wing Sauce Choice Asian Sesame	1016	363	40	12	0	140	3745	97	3	17	61	655	12	361	5
Top Gear Tenders and Mac and Cheese (1 serving) with Wing Sauce Choice Boom Boom Sauce	1136	507	56	14	0	170	3525	91	3	11	61	655	14	361	5
Top Gear Tenders and Mac and Cheese (1 serving) with Wing Sauce Choice Buckeye BBQ	916	201	22	9	0	140	3545	115	3						

Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	856	177	20	8	0	128	2520	92	4	36	55	4626	145	281	5
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Parnesan Pepper	1016	447	50	14	0	188	2860	58	4	6	55	4626	136	521	4
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	996	429	48	13	0	148	3240	64	4	8	57	4626	136	341	4
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	856	177	20	8	0	128	2800	94	4	42	55	4626	136	281	4
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	738	186	21	8	0	128	2860	60	6	6	55	8126	138	281	5
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Thai R Cracker	896	177	20	8	0	128	2940	102	4	48	55	4826	136	281	4
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	916	258	29	9	0	128	2890	86	4	32	55	4826	137	281	4
Top Gear Tenders and Steamed Broccoli (1 serving) with Wing Sauce Choice Eat Heat	836	213	24	8	0	128	2960	86	4	34	55	4626	136	281	4
Top Gear Tenders, 5 (1 serving)	464	82	9	2	0	104	1607	47	2	1	46	42	2	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	624	226	25	4	0	114	3227	51	2	3	46	842	5	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Asian Sesame	684	244	27	5	0	104	2367	59	2	11	46	242	5	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	804	388	43	7	0	134	2147	53	2	5	46	242	7	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	584	82	9	2	0	104	2167	77	2	29	46	642	9	87	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Cajun	644	244	27	5	0	114	2267	51	4	3	46	1042	2	87	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Golden Garlic	644	244	27	5	0	104	2407	49	2	1	46	242	5	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Haute Parm	639	237	26	5	0	112	2504	50	3	1	48	142	17	107	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Hot	480	88	10	2	0	104	3413	49	2	2	46	1127	4	56	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	604	82	9	2	0	104	2327	79	2	31	46	242	2	47	6
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Korean BBQ	604	109	12	2	0	104	2787	73	2	23	48	642	9	47	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	584	127	14	2	0	104	2607	63	2	15	46	642	7	47	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Medium	684	298	33	6	0	104	2607	49	2	1	46	642	2	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Mild	724	334	37	6	0	104	2267	47	2	1	46	442	2	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Original BBQ	604	82	9	2	0	104	2047	81	2	31	46	42	12	47	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Parnesan Pepper	764	352	39	8	0	164	2387	47	2	1	46	42	2	287	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Roasted Garlic Parnesan	744	334	37	7	0	124	2767	53	2	3	48	42	2	107	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	604	82	9	2	0	104	2327	83	2	37	46	42	2	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Supercharged	484	91	10	2	0	104	2387	49	4	1	46	3542	5	47	4
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Thai R Cracker	644	82	9	2	0	104	2467	91	2	43	46	242	2	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Thaisian	664	163	18	3	0	104	2417	75	2	27	46	242	3	47	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Eat Heat	584	118	13	2	0	104	2487	75	2	29	46	42	2	47	3

Premium 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)
Fresh Baked Idaho Potato (1 serving)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3
Fresh Baked Idaho Potato (1 serving) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3
Fresh Baked Idaho Potato (1 serving) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3
House-Made Mac and Cheese (1 serving)	520	221	25	11	0	43	1701	55	2	6	20	488	7	363	2
Loaded Baked Idaho Potato (1 serving)	288	24	3	0	0	0	694	59	4	2	7	20	64	47	3
Loaded Baked Idaho Potato (1 serving) with Bacon Pieces	328	55	6	2	0	5	824	59	4	2	9	20	64	47	3
Loaded Baked Idaho Potato (1 serving) with Cheddar Jack Cheese	403	109	12	6	0	30	864	60	4	3	14	320	64	247	3
Loaded Baked Idaho Potato (1 serving) with Scallions	289	24	3	0	0	0	694	59	4	2	7	41	65	49	3
Loaded Baked Idaho Potato (1 serving) with Sour Cream	342	72	8	4	0	21	710	60	4	3	7	234	64	90	3
Loaded Baked Idaho Potato (1 serving) with Whipped Butter	404	139	15	9	0	32	790	59	4	2	7	448	64	47	3
Loaded French Fries (1 serving)	1025	660	73	21	0	94	2287	68	6	4	25	669	19	446	2
Loaded Tots (1 serving)	1024	670	74	21	0	94	3233	65	7	4	25	685	13	451	1
Mashed Potatoes and Gravy (1 serving)	137	41	5	1	0	0	901	23	2	1	2	0	1	41	1

Finish Line Desserts	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)
Amazing Chocolate Chunk Skillet Cookie (1 serving)	990	391	43	27	1	138	1234	139	3	65	12	990	0	128	5
Triple Rich Fudge Brownie (1 serving)	1213	598	66	26	0	58	282	146	6	100	14	240	0	48	3

Thirst Quenchers	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)
Blackberry Hand-Crafted Soda (1 drink)	200	0	0	0	0	0	31	51	0	51	0	0	0	0	0
Diet Pepsi (1 drink)	0	0	0	0	0	0	53	0	0	0	0	0	0	0	0
Dr Pepper (1 drink)	193	0	0	0	0	0	61	47	0	47	0	0	0	0	0
Fresh Brewed Coffee (1 drink)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Fresh Brewed Iced Tea (1 drink)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Fresh Brewed Sweetened Iced Tea (1 drink)	256	0	0	0	0	0	7	64	0	64	0	0	0	7	0
Lube Old Tyme Bottled Root Beer (1 bottle)	180	0	0	0	0	0	40	44	0	44	0	0	0	0	0
Mist Twist (1 drink)	165	0	0	0	0	0	38	43	0	43	0	0	0	0	0
Mountain Dew (1 drink)	182	0	0	0	0	0	83	51	0	51	0	0	0	0	0
Nestle Pure Life Bottled Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Palmer (1 drink)	232	1	0	0	0	0	29	58	1	55	0	7	18	12	0
Pepsi (1 drink)	165	0	0	0	0	0	41	45	0	45	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
Sugar Free Red Bull Energy Drink (1 can)	10	0	0	0	0	0	100	3	0	0	0	0	0	0	0
Tropicana Fruit Punch (1 drink)	210	0	0	0	0	0	88	56	0	53	0	0	0	0	0

Hand Crafted Shakes and Sodas	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)
Chocolate Milkshake (1 shake)	478	134	15	8	0	52	135	77	0	65	5	300	0	150	1
Orange Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0
Salted Caramel Pretzel Shake (1 shake)	619	168	19	11	0	65	906	100	1	64	10	442	0	235	1
Vanilla Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0
Vanilla Milkshake (1 shake)	378	134	15	8	0	52	105	53	0	51	5	300	0	150	0
Oreo Shake (1 shake)	560	234	26	12	0	50	350	72	2	52	8	400	0	200	2

Sauce and Lubrication Station 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)
Quaker Steak and Lube Stk Sauce (2 tablespoons)	50	0	0	0	0	0	340	12	0	12	0	0	0	0	0
Salad Dressings (3 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Balsamic Vinaigrette	180	135	15	2	0	0	570	12	0	12	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Bleu Cheese	421	398	44	6	0	29	738	2	0	2	3	115	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Farmhouse Ranch	300	297	33	5	0	30	810	3	0	3	0	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Fat Free Italian	30	0	0	0	0	0	1470	9	0	6	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice House Caesar	240	189	21	5	0	30	990	6	0	3	3	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Lube Jalapeno Ranch	420	405	45	8	0	45	750	3	0	3	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Northern Italian	390	378	42	6	0	0	1020	3	0	0	0	300	11	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Olive Oil and Balsamic Vinegar	414	378	42	6	0	0	0	9	0	9	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Pico Ranch	187	171	19	3	0	17	649	5	1	3	1	556	7	43	0
Salad Dressings (3 fluid ounces) with Dressing Choice Sweet Onion	360	243	27	5	0	0	330	27	0	27	0	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Wildberry Poppyseed	301	203	23	3	0	34	586	26	1	21	0	0	17	0	0
Wing Sauces (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Arizona Ranch	160	144	16	2	0	10	1620	4	0	2	0	800	2	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Asian Sesame	220	162	18	3	0	0	760	12	0	10	0	200	2	0	0

Wing Sauces (2 fluid ounces) with Wing Sauce Choice Boom Boom Sauce	340	306	34	5	0	30	540	6	0	4	0	200	5	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Buckeye BBQ	120	0	0	0	0	0	560	30	0	28	0	600	7	40	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Cajun	180	162	18	3	0	10	860	4	2	2	0	1000	0	40	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Golden Garlic	180	162	18	3	0	0	800	2	0	0	0	200	2	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Haute Parm	175	155	17	3	0	7	897	3	1	0	2	100	14	60	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Hot	16	6	1	0	0	0	1806	2	1	1	0	1085	1	9	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Kentucky Bourbon Glaze	140	0	0	0	0	0	720	32	0	30	0	200	0	0	3
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Korean BBQ	140	27	3	0	0	0	1180	26	0	22	2	600	7	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Louisiana Lickers	120	45	5	0	0	0	1000	16	0	14	0	605	5	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Medium	220	216	24	4	0	0	1000	2	0	0	0	600	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Mild	260	252	28	4	0	0	660	0	0	0	0	400	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Original BBQ	140	0	0	0	0	0	440	34	0	30	0	0	10	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Parmesan Pepper	300	270	30	6	0	60	780	0	0	0	0	0	0	240	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Roasted Garlic Parmesan	280	252	28	5	0	20	1160	6	0	2	2	0	0	60	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Smoked Jalapeno Honey	140	0	0	0	0	0	720	36	0	36	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Supercharged	20	9	1	0	0	0	780	2	2	0	0	3500	2	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thai R Cracker	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thaiian	200	81	9	2	0	0	810	28	0	26	0	200	1	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Eat Heat	120	36	4	0	0	0	880	28	0	28	0	0	0	0	0

Desserts	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)
Amazing Chocolate Chunk Skillet Cookie (1 serving)	990	391	43	27	1	138	1234	139	3	65	12	990	0	128	5
Brownie Krisp Sundae (1 serving)	1562	693	77	30	0	79	590	204	6	126	15	241	7	50	6
New York Cheesecake (1 serving)	488	309	34	18	0	146	360	38	1	25	7	1001	8	62	1
Oreo Cheesecake (1 serving)	718	354	39	20	0	146	545	83	2	36	8	1001	8	62	4
Strawberry Cheesecake (1 serving)	540	310	34	18	0	146	361	50	2	35	7	1006	42	69	1

Beverages	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)
Mango Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	35	0	2813	45	7	0
Peach Lube-N-Ade (1 serving)	153	0	0	0	0	0	23	38	0	36	0	42	13	7	0
Prickly Pear Lube-N-Ade (1 serving)	247	0	0	0	0	0	6	62	0	59	0	4	11	7	0
Raspberry Lube-N-Ade (1 serving)	161	0	0	0	0	0	19	40	0	37	0	379	11	7	0
Strawberry Lube-N-Ade (1 serving)	172	0	0	0	0	0	6	43	1	38	0	4	41	7	0
Wildberry Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	33	0	4	45	7	0
Unleaded Lube-N-Ade (1 drink)	138	0	0	0	0	0	11	34	0	32	0	4	11	7	0

Quaker Steak and Lube Menu Analysis Book for LTOs

LTO 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)
Ginger Lime Rita (1 drink)	242	1	0	0	0	0	8	34	0	31	0	47	26	6	0
Ginger Lime Rita (1 drink) with Salt Rim	242	1	0	0	0	0	288	34	0	31	0	47	26	6	0
Paloma (1 drink)	209	0	0	0	0	0	28	18	0	17	0	8	5	2	0
Paloma (1 drink) with Salt Rim	209	0	0	0	0	0	308	18	0	17	0	8	5	2	0
Pineapple Jalapeno Rita (1 drink)	235	0	0	0	0	0	8	33	0	30	0	170	37	11	0
Pineapple Jalapeno Rita (1 drink) with Salt Rim	235	0	0	0	0	0	288	33	0	30	0	170	37	11	0
Jalapeno Poppers (1 serving)	616	297	33	16	0	48	2116	61	5	7	15	1617	18	196	4
Santa Fe Chicken Sandwich (1 serving)	914	487	54	12	0	154	1607	52	7	8	51	1481	11	291	4
Santa Fe Chicken Sandwich (1 serving) with French Fries	1259	641	71	15	0	154	2337	94	11	8	55	1485	23	293	6
Queso Jack Crunch Burger (1 serving)	1151	648	72	29	0	234	2685	56	3	9	65	1437	11	363	7
Queso Jack Crunch Burger (1 serving) with French Fries	1495	802	89	32	0	234	3415	98	7	9	69	1441	23	364	8
Santa Fe Chicken Salad (1 serving)	1084	668	74	14	0	159	2348	50	12	14	53	13639	67	404	5
Tequila Lime Chicken (1 serving)	663	161	18	6	0	121	1813	63	2	9	52	1098	21	196	4
Jamitos Grapefruit Soda (1 bottle)	172	0	0	0	0	0	70	42	0	42	0	0	0	0	0

Quaker Steak and Lube Menu Analysis Book for Catering Items

Sandwiched 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)
Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	18	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1435	766	85	20	0	99	2498	131	10	40	38	10085	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9985	14	366	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaiian	1405	681	76	19	0	99	2573	145	10	53	38	9885	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Eat Heat	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6
Chicken BLT Club Boxed Lunch (1 serving)	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken BLT Wrap Boxed Lunch (1 serving)	1389	675	75	22	0	144	2653	125	8	37	54	743	12	264	6
Chicken Caesar Wrap Boxed Lunch (1 serving)	1271	570	63	18	0	99	2296	131	11	39	44	8505	43	363	7
Chicken Club Boxed Lunch (1 serving)	1072	573	64	22	0	89	1820	105	5	36	22	895	10	242	4
Chicken Club Boxed Lunch (1 serving) with Fried Chicken Breast	1470	660	73	24	1	188	3571	138	6	42	64	2016	13	290	6
Chicken Club Boxed Lunch (1 serving) with Grilled Chicken Breast	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken Club Wrap Boxed Lunch (1 serving)	1388	675	75	22	0	144	2484	124	8	37	54	739	11	263	6
Custom Sandwich Platter, Serves 12 (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Boneless Chicken Wrap	770	341	38	8	0	72	2146	77	8	10	30	9685	6	230	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Chicken Club	815	352	39	13	0	171	2163	55	2	6	57	736	4	259	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Chicken Caesar Wrap	694	296	33	8	0	79	1892	59	7	9	37	8305	35	343	5
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Chicken Club Wrap	811	401	45	12	0	124	2080	52	4	7	48	539	3	243	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Grilled Boneless Chicken Wrap	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Grilled Chicken Club	714	349	39	13	0	168	1696	34	1	6	54	760	4	242	3
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Steak Caesar Wrap	792	383	43	14	0	89	1614	58	7	8	40	8289	34	352	6
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Veggie Wrap	758	400	44	16	0	75	1376	65	8	12	25	6384	87	520	4
Custom Sandwich Platter, Serves 12 (12 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Breaded Boneless Chicken Wrap	9235	4086	454	93	0	862	25749	926	90	119	365	116217	69	2764	48
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Breaded Chicken Club	9779	4226	470	153	4	2050	29592	660	26	77	685	8826	45	3111	43
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Chicken Caesar Wrap	8329	3553	395	99	0	953	22698	706	86	104	443	99663	420	4117	57

Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Chicken Club Wrap	9731	4815	535	147	0	1484	24958	627	54	79	571	6467	38	2918	45
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Grilled Boneless Chicken Wrap	8741	4395	488	99	0	953	21160	710	83	120	380	116221	71	2715	45
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Grilled Chicken Club	8568	4183	465	152	4	2018	20348	402	17	70	652	9116	45	2907	38
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Steak Caesar Wrap	9505	4601	511	163	0	1087	19373	699	84	98	478	99470	407	4223	69
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Veggie Wrap	9102	4803	534	193	0	900	16512	775	93	148	300	76608	1040	6241	43
Custom Sandwich Platter, Serves 6 (6 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Breaded Boneless Chicken Wrap	4617	2043	227	46	0	431	12874	463	45	60	183	58108	35	1382	24
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Breaded Chicken Club	4915	2113	235	78	2	1025	12976	330	13	39	343	14133	23	1556	21
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Chicken Caesar Wrap	4165	1777	187	49	0	477	11349	353	43	52	222	49832	210	2059	28
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Chicken Club Wrap	4866	2407	267	74	0	742	12479	314	27	39	285	3234	19	1459	23
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Grilled Boneless Chicken Wrap	4370	2198	244	49	0	477	10580	355	42	60	190	58110	35	1358	22
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Grilled Chicken Club	4284	2092	232	76	2	1009	10174	201	9	35	326	4558	23	1453	19
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Steak Caesar Wrap	4753	2301	256	82	0	534	9686	349	42	49	239	49735	204	2112	34
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Veggie Wrap	4551	2401	287	96	0	450	8256	388	46	74	150	38304	520	3121	22
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9885	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9885	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	18	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9885	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2378	147	10	45	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	366	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1317	607	71	18	0	92	3259	157	10	47	37	10185	16	250	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1405	681	76	19	0	99	2573	145	10	53	38	9885	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Eat Heat	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6
Steak Caesar Wrap Boxed Lunch (1 serving)	1369	657	73	24	0	109	2019	130	10	38	47	8489	42	372	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving)	1347	614	68	18	0	92	2550	149	11	40	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1427	686	76	19	0	97	3360	151	11	41	37	10285	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1457	695	77	19	0	92	2930	155	11	45	37	9885	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1517	767	85	20	0	107	2820	152	11	42	37	9885	16	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1407	614	68	18	0	92	3430	164	11	54	37	10385	18	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1437	695	77	19	0	97	2880	151	12	41	37	10358	14	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1437	695	77	19	0	92	2950	150	11	40	37	9885	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1434	692	77	19	0	96	2998	151	12	40	38	9935	21	280	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1355	617	69	18	0	92	3453	150	11	40	37	10427	15	255	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1417	614	68	18	0	92	2910	165	11	55	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1407	637	71	18	0	92	3059	157	11	47	37	10185	16	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1457	722	80	20	0	92	3050	150	11	40	37	10185	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1477	740	82	20	0	92	2880	149	11	40	37	10085	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1417	614	68	18	0	92	2770	166	11	55	37	9885	19	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1497	749	83	21	0	122	2940	149	11	40	37	9885	14	370	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1417	614	68	18	0	92	2910	167	11	58	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1357	619	69	18	0	92	3294	150	12	42	37	10358	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1437	614	68	18	0	92	2980	171	11	61	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1447	655	73	19	0	92	2955	163	11	53	37	9885	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Eat Heat	1392	622	69	18	0	92	3036	159	11	48	37	10327	59	253	6
Veghead Wrap Boxed Lunch (1 serving)	1335	674	75	26	0	95	1780	137	11	42	32	6584	95	540	6

Specialty Salads and Soups	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)
OS & L Boneless Chicken Salad (1 serving)	498	118	13	3	0	79	986	54	6	7	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	618	208	23	4	0	79	1366	62	6	15	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Bleu Cheese	778	384	43	7	0	92	1478	56	7	8	41	10380	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Chipotle Ranch	701	317	35	6	0	99	1585	57	6	9	39	10303	10	258	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Farmhouse Ranch	698	316	35	6	0	99	1526	56	6	9	39	10303	10	258	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Fat Free Italian	518	118	13	3	0	79	1966	60	6	11	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	778	388	43	8	0	109	1486	56	6	9	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Northern Italian	758	370	41	7	0	79	1666	56	6	7	39	10503	17	258	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	774	370	41	7	0	79	986	60	6	17	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	738	280	31	6	0	79	1206	72	6	25	39	10303	10	258	5
OS & L Boneless Chicken Salad (1 serving) with Dressing Choice Wildberry Poppyseed	699	253	28	5	0	102	1377	71	7	21	39	10303	21	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Arizona Ranch	618	226	25	5	0	87	2201	57	6	8	39	10903	12	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Asian Sesame	863	240	27	5	0	79	1556	63	6	14	39	10453	12	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	753	348	39	7	0	102	1391	59	6	10	39	10453	14	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	588	118	13	3	0	79	1406	77	6	28	39	10753	16	248	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Cajun	633	240	27	5	0	87	1481	57	8	8	39	11053	10	248	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Golden Garlic	633	240	27	5	0	79	1586	56	6	7	39	10453	12	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Haute Parmesan	629	234	26	5	0	85	1659	56	7	7	41	10378	21	263	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Hot	510	122	14	3	0	79	2341	56	7	7	39	11117	11	224	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	603	118	13	3	0	79	1526	78	6	29	39	10303	10	218	5
OS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	588	152	17	3	0	79	1736	66	6	17	39	10753	14	218	5

Fudge Brownies (6 brownies)	3060	1620	180	63	0	90	540	342	18	270	36	0	0	0	0	6
Fudge Brownies (12 brownies)	6120	3240	360	126	0	180	1080	684	36	540	72	0	0	0	0	13

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)
Bone-In Wings, 100 (1 serving)	396	290	32	8	0	105	99	0	0	0	25	200	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Dust Chipotle BBQ	436	303	34	8	0	105	954	7	0	5	25	1065	1	28	2
Bone-In Wings, 100 (1 serving) with Wing Dust Ghost Pepper Seasoning	442	316	35	10	0	105	1147	4	1	1	26	1774	2	26	2
Bone-In Wings, 100 (1 serving) with Wing Dust Mango Habanero	434	292	32	8	0	105	780	9	0	6	25	826	3	50	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Arizona Ranch	460	347	39	8	0	109	747	2	0	1	25	520	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Asian Sesame	484	355	39	9	0	105	403	5	0	4	25	280	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Boom Boom	532	412	46	10	0	117	315	2	0	2	25	280	3	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Buckeye BBQ	444	290	32	8	0	105	323	12	0	11	25	440	4	32	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Cajun	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Golden Garlic	468	355	39	9	0	105	419	1	0	0	25	280	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Haute Farm	466	352	39	9	0	108	458	1	0	0	26	240	7	40	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Hot	403	292	32	8	0	105	822	1	0	0	25	634	2	20	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	452	290	32	8	0	105	387	13	0	12	25	280	1	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Louisiana Lickers	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Medium	484	376	42	9	0	105	499	1	0	0	25	440	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Original BBQ	452	290	32	8	0	105	275	14	0	12	25	200	5	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice PARMESAN PEPPER	516	398	44	10	0	129	411	0	0	0	25	200	1	112	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	452	290	32	8	0	105	387	14	0	14	25	200	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Supercharged	404	293	33	8	0	105	411	1	1	0	25	1600	2	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Thai R Cracker	468	290	32	8	0	105	443	18	0	17	25	280	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Thaisian	476	322	36	8	0	105	423	11	0	10	25	280	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Eat Heat	433	296	33	8	0	105	488	7	0	6	25	554	37	19	1
Bone-In Wings, 100 (30 servings)	11888	8692	966	229	1	3143	2980	0	0	0	748	6001	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Dust Chipotle BBQ	13080	9082	1009	246	11	3143	28627	196	12	137	756	31957	44	838	48
Bone-In Wings, 100 (30 servings) with Wing Dust Ghost Pepper Seasoning	13250	9485	1054	292	1	3143	34424	122	24	40	768	53234	74	781	58
Bone-In Wings, 100 (30 servings) with Wing Dust Mango Habanero	13018	8765	974	23	0	3143	2336	257	11	189	756	2436	101	1506	42
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Arizona Ranch	13808	10420	1158	253	1	3263	22420	48	0	24	748	15601	57	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Asian Sesame	14528	10636	1182	265	1	3143	12100	144	0	120	748	8401	57	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Boom Boom	15968	12364	1374	289	1	3503	9460	72	0	48	748	8401	86	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Buckeye BBQ	13328	8692	966	229	1	3143	9700	360	0	336	748	13201	115	970	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Cajun	14048	10636	1182	265	1	3263	10900	48	24	748	18001	29	970	47	
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Golden Garlic	14048	10636	1182	265	0	3143	12580	72	0	0	748	8401	86	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Haute Farm	13985	10550	1172	265	1	3232	13742	36	14	0	772	7201	201	1210	52
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Hot	12082	8761	973	230	1	3143	24655	27	11	10	753	19021	47	594	41
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	13568	8692	966	229	1	3143	11620	384	0	360	748	8401	29	490	73
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	13328	9232	1026	229	1	3143	14980	192	0	168	748	13201	86	490	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Medium	14528	11264	1254	277	1	3143	14520	1254	27	0	748	13201	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	13568	8692	966	229	1	3143	8260	408	0	360	748	6001	144	490	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice PARMESAN PEPPER	15488	11932	1326	301	1	3863	12340	0	0	0	748	6001	29	3370	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	13568	8692	966	229	1	3143	11620	432	0	432	748	6001	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Supercharged	12128	8800	978	229	1	3143	12340	24	24	0	748	48001	57	490	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Thai R Cracker	14048	8692	966	229	1	3143	13300	528	0	504	748	8401	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Haute Farm	956	9664	1074	247	1	3143	12701	336	0	312	748	8401	43	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Eat Heat	12989	8880	987	235	1	3143	14650	223	11	185	754	16613	1118	564	42
Bone-In Wings, 50 (1 serving)	396	290	32	8	0	105	99	0	0	0	25	200	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Dust Chipotle BBQ	436	303	34	8	0	105	954	7	0	5	25	1065	1	28	2
Bone-In Wings, 50 (1 serving) with Wing Dust Ghost Pepper Seasoning	442	316	35	10	0	105	1147	4	1	1	26	1774	2	26	2
Bone-In Wings, 50 (1 serving) with Wing Dust Mango Habanero	434	292	32	8	0	105	780	9	0	6	25	826	3	50	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Arizona Ranch	460	347	39	8	0	109	747	2	0	1	25	520	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Asian Sesame	484	355	39	9	0	105	403	5	0	4	25	280	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Boom Boom	532	412	46	10	0	117	315	2	0	2	25	280	3	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Buckeye BBQ	444	290	32	8	0	105	323	12	0	11	25	440	4	32	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Cajun	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Golden Garlic	500	386	43	10	0	106	345	1	0	0	26	253	1	25	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Golden Garlic	468	355	39	9	0	105	419	1	0	0	25	280	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Haute Farm	466	352	39	9	0	108	458	1	0	0	26	240	7	40	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Hot	403	292	32	8	0	105	822	1	0	0	25	634	2	20	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	452	290	32	8	0	105	387	13	0	12	25	280	1	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Louisiana Lickers	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Medium	484	376	42	9	0	105	499	1	0	0	25	440	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Mild	500	391	43	9	0	105	363	0	0	0	25	360	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Original BBQ	452	290	32	8	0	105	275	14	0	12	25	200	5	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice PARMESAN PEPPER	516	398	44	10	0	129	411	0	0	0	25	200	1	112	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Ranch	476	362	40	9	0	109	363	2	0	0	25	360	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	452	290	32	8	0	105	387	14	0	14	25	200	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	437	290	32	8	0	105	349	10	0	10	25	233	2	22	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Supercharged	404	293	33	8	0	105	411	1	1	0	25	1600	2	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Thai R Cracker	468	290	32	8	0	105	443	18	0	17	25	280	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Thaisian	476	322	36	8	0	105	423	11	0	10	25	280	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Eat Heat	433	296	33	8	0	105	488	7	0	6	25	554	37	19	1
Bone-In Wings, 50 (15 servings)	5944	4346	483	115	1	1572	1490	0	0	0	374	3001	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Dust Chipotle BBQ	6540	4541	505	123	5	1572	14313	98	6	69	378	15979	22	419	24
Bone-In Wings, 50 (15 servings) with Wing Dust Ghost Pepper Seasoning	6625	4743	527	146	1	1572	17212	61	12	20	384	26617	37	391	29
Bone-In Wings, 50 (15 servings) with Wing Dust Mango Habanero	6510	4383	487	115	1	1572	11698	129	5	95	378	12388	51	753	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Arizona Ranch	6904	5210	579	127	1	1632	12120	24	0	12	374	7801	29	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Asian Sesame	5318	5318	591	133	1	1572	605	137	60	374	4201	29	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Boom Boom	7984	6182	687	145	1	1752	4730	36	0	24	374	4201	43	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBQ	6664	4346	483	115	1	1572	4850	180	0	168	374	6601	57	485	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Cajun	7024	5318	591	133	1	1632	5450	24	12	12	374	9001	14	485	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Garlic Parm	7494	5793	644	143	1	1584	5177	17	0	0	383	3792	18	381	21
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Golden Garlic	7024	5318	591	133	1	1572	6290	12	0	133	374	4201	29	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Haute Farm	6593	5275	586	133	1	1616	6871	18	7	0	386	3601	101	605	25
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Hot	6041	4380	487	115	1	1572	12327	13	6	5	376	9510	23	297	21
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	6784	4346	483	115	1	1572	5810	192	0	180	374	4201	14	245	37
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Louisiana Lickers	6664	4616	513	115	1	1572	7490	96	0	84	374	6601	43	245	24
Bone-In Wings, 50 (

Breaded Boneless Wings, 100 (30 servings) with Wing Dust Mango Habanero	7253	2218	246	38	1	1334	31563	679	6	107	571	10623	41	575	41
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Arizona Ranch	8533	3905	434	62	1	1454	39451	582	0	24	567	9600	29	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Asian Sesame	9253	4121	458	74	1	1334	29131	678	0	120	567	2400	29	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Boom Boom	10633	5849	650	98	1	1634	26491	606	0	48	567	2400	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Buckeye BBQ	8053	2177	242	38	1	1334	26731	894	0	336	567	7200	86	480	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Cajun	8773	4121	458	74	1	1454	27931	582	24	24	567	12000	0	480	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Golden Garlic	8773	4121	458	74	1	1334	29611	558	0	0	567	2400	29	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Haute Parm	8710	4034	448	74	1	1423	30773	570	14	0	591	1200	173	720	49
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Medium	8807	2445	249	38	1	1334	41686	560	11	10	572	13020	18	104	39
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	8293	2177	242	38	1	1334	28651	918	0	360	567	2400	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	8053	2177	302	38	1	1334	32011	726	0	168	567	7200	58	0	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Medium	9253	4769	530	86	1	1334	32011	558	0	0	567	7200	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	8293	2177	242	38	1	1334	25291	942	0	360	567	0	115	0	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Parmesan Pepper	10213	5417	602	110	1	2054	29371	534	0	0	567	0	0	2880	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	8293	2177	242	38	1	1334	28651	966	0	432	567	0	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Supercharged	6853	2285	254	38	1	1334	29371	558	24	0	567	42000	29	0	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thai R Cracker	8773	2177	242	38	1	1334	30331	1062	0	504	567	2400	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thaiisan	9013	3149	350	56	1	1334	29731	870	0	312	567	2400	14	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Eat Heat	7714	2364	263	43	1	1334	31681	756	11	185	573	10612	1089	74	39
Breaded Boneless Wings, 50 (1 serving)	220	73	8	1	0	44	667	18	0	0	19	0	0	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Chipotle BBQ	232	76	8	1	0	44	920	20	0	1	19	256	0	3	1
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Ghost Pepper Seasoning	237	82	9	2	0	44	1038	19	0	0	19	558	1	3	1
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Mango Habanero	242	74	8	1	0	44	1052	23	0	4	19	354	1	19	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Arizona Ranch	284	130	14	2	0	48	1315	19	0	1	19	320	1	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Asian Sesame	308	115	15	2	0	44	1415	15	0	4	44	97	1	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Boom Boom	356	195	22	3	0	56	883	20	0	2	19	80	2	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Buckeye BBQ	268	73	8	1	0	44	891	30	0	11	19	240	3	16	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Cajun	292	137	15	2	0	48	931	19	1	1	19	400	0	16	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Golden Garlic	292	137	15	2	0	44	987	19	0	0	19	80	1	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Haute Parm	290	134	15	2	0	47	1026	19	0	0	20	40	6	24	2
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Medium	221	73	8	1	0	44	1191	19	0	0	19	1390	1	3	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	276	73	8	1	0	44	955	31	0	12	19	80	0	0	2
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Louisiana Lickers	268	91	10	1	0	44	1067	24	0	6	19	240	2	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Medium	308	159	18	3	0	44	1067	19	0	0	19	240	0	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Original BBQ	276	73	8	1	0	44	843	31	0	12	19	0	4	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Parmesan Pepper	340	161	20	4	0	68	1099	18	0	0	19	0	0	96	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	276	73	8	1	0	44	955	32	0	14	19	0	0	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Supercharged	228	76	8	1	0	44	979	19	1	0	19	1400	1	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Thai R Cracker	292	73	8	1	0	44	1011	35	0	17	19	80	0	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Thaiisan	300	105	12	2	0	44	991	29	0	10	19	80	0	0	1
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Eat Heat	257	79	9	1	0	44	1056	25	0	6	19	354	36	2	1
Breaded Boneless Wings, 50 (15 servings)	3306	1088	121	19	0	667	10006	267	0	20	283	0	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Chipotle BBQ	3843	1146	127	21	2	667	13805	296	2	20	285	3845	2	52	19
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Ghost Pepper Seasoning	3548	1229	137	30	0	667	15574	288	4	7	287	8364	8	52	21
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Mango Habanero	3626	1109	123	19	0	667	15782	340	3	54	286	5312	21	288	21
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Arizona Ranch	4266	1952	217	31	0	727	19726	291	0	12	283	4800	14	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Asian Sesame	4626	2060	229	37	0	667	14566	339	0	60	283	1200	14	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Boom Boom	4146	1088	121	19	0	667	14326	459	12	180	283	1200	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBQ	4026	1088	121	19	0	667	13366	447	0	168	283	3600	43	240	22
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Cajun	4386	2060	229	37	0	727	13966	291	12	12	283	6000	0	240	22
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Golden Garlic	4386	2060	229	37	0	667	14806	279	0	0	283	1200	14	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Haute Parm	4355	2017	224	37	0	711	15387	265	7	0	295	600	86	360	24
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Hot	3494	1123	125	19	0	667	20643	280	6	5	286	6510	9	52	19
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	4146	1088	121	19	0	667	14326	459	12	180	283	1200	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Louisiana Lickers	4026	1358	151	19	0	667	16006	363	0	84	283	3600	29	0	22
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Medium	4626	2384	265	43	0	667	16006	279	0	0	283	3600	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Original BBQ	4146	1088	121	19	0	667	12646	471	0	180	283	0	58	0	22
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Parmesan Pepper	5106	2708	301	55	0	1027	14886	267	0	0	283	0	0	1440	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	4146	1088	121	19	0	667	14326	459	12	216	283	0	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Supercharged	3426	1142	127	19	0	667	14686	279	12	0	283	21000	14	0	22
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Thai R Cracker	4386	1088	121	19	0	667	15166	531	0	252	283	1200	0	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Thaiisan	4506	1574	175	28	0	667	14866	435	0	156	283	1200	7	0	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Eat Heat	3857	1182	131	22	0	667	15840	378	6	92	286	5306	545	37	20
Bucket of Breaded Boneless Wings (1 serving)	180	59	7	1	0	36	546	15	0	0	15	564	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	194	72	8	1	0	37	570	15	0	0	15	568	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Dressing Choice Ranch Dressing	190	69	8	1	0	37	573	15	0	0	15	564	0	4	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Dust Chipotle BBQ	189	62	7	1	0	36	736	16	0	1	15	757	0	5	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	193	66	7	2	0	36	824	16	0	1	16	983	1	5	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Dust Mango Habanero	196	60	16	7	1	36	834	18	0	3	15	830	1	17	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Arizona Ranch	244	116	13	2	0	40	1194	16	0	4	15	800	2	9	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Asian Sesame	268	124	14	2	0	36	850	20	0	4	15	644	1	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Boom Boom	316	181	20	3	0	48	762	17	0	2	15	644	2	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	228	59	7	1	0	36	770	27	0	11	15	804	3	18	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Cajun	252	124	14	2	0	40	810	16	1	1	15	964	0	18	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Golden Garlic	252	124	14	2	0	37	871	17	0	0	15	79	0	11	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Haute Parm	252	124	14	2	0	36	866	16	0	0	15	644	1	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Haute Parmesan	250	121	13	2	0	39	904	16	1	0	16	604	6	26	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Hot	187	61	7	1	0	36	1268	16	1	1	16	998	1	6	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	236	59	7	1	0	36	834	28	0	12	15	644	0	2	2
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	228	77	9	1	0	36	946	21	0	6	15	804	2	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Medium	284	160	18	3	0	36	946	16	0	0	15	804	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Mid	284	160	18	3	0	36	810	15	0	0	15	724	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Original BBQ	236	59	7	1	0	36	722	28	0	12	15	564	4	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Parmesan Pepper	300	167	19	3	0	60	858	15	0	0	15	564	0	98	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Ranch	260	131	15	2	0	40	786	16	0	1	15	624	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	236	59	7	1	0	36	834	29	0	15	15	754	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Smoky Gold BBQ	221	62	7	1	0	36	795	25	0	2	15	397	1	8	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Supercharged	188	62	7	1	0	36	858	16	1	0	15	1964	1	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Thai R Cracker	252	59	7	1	0	36	890	32	0	17	15	644	0	2	1
Bucket of Breaded Boneless Wings (1 serving) with Wing Sauce Choice Thaiisan	260	91	10	2	0	36	870	26	0	11	15	644			

Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	493	322	36	9	0	117	345	13	0	12	28	1591	4	39	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Cajun	517	387	43	10	0	121	385	2	1	1	28	1751	1	39	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoked Garlic Parm	548	419	47	10	0	117	367	2	47	0	1	28	1404	2	32	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Golden Garlic	517	387	43	10	0	117	441	2	0	0	28	1437	2	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Haute Parmesan	515	384	43	10	0	120	480	2	1	0	29	1391	7	47	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Hot	451	325	36	9	0	117	844	2	1	1	28	1785	2	26	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	501	322	36	9	0	117	409	14	0	12	28	1431	1	23	3	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	493	340	38	9	0	117	521	7	0	6	28	1591	3	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Medium	533	409	45	10	0	117	521	2	0	0	28	1591	1	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Mid	549	423	47	10	0	117	385	1	0	0	28	1591	1	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Original BBQ	501	322	36	9	0	117	297	14	0	12	28	1351	5	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Pamesan Pepper	565	430	48	11	0	141	433	1	0	0	28	1351	1	119	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Ranch	525	394	44	10	0	121	361	2	0	1	28	1511	1	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	501	322	36	9	0	117	409	15	0	15	28	1351	1	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoky Gold BBQ	486	323	36	9	0	117	371	11	0	10	28	1384	2	29	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Supercharged	453	326	36	9	0	117	433	2	1	0	28	2751	2	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thai R Cracker	517	322	36	9	0	117	465	18	0	17	28	1431	1	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thaiian	525	355	39	9	0	117	445	12	0	11	28	1431	2	23	2	
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Eat Heat	481	329	37	9	0	117	510	8	1	7	28	1705	38	25	2	
Compact Bucket of Bone-In Wings (5 servings)	2223	1612	179	43	0	583	606	4	2	2	139	6756	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Dressing Choice Bleu Cheese Dressing	3663	1745	164	44	0	593	852	5	2	3	140	6795	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Dressing Choice Ranch Dressing	2323	1711	190	44	0	593	876	5	2	3	139	6756	7	135	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Chipotle BBQ	2267	1627	181	43	1	583	1556	11	2	8	139	7718	8	128	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Ghost Pepper Seasoning	2284	1648	183	45	0	583	1998	10	3	4	140	8847	9	128	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Mango Habanero	2303	1618	180	43	0	583	2050	22	2	16	140	8084	12	187	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Arizona Ranch	2541	1900	215	47	0	603	3565	12	2	6	139	9356	12	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Asian Sesame	2663	1936	215	49	0	583	2126	28	2	22	139	7156	12	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Boom Boom	2903	2224	247	53	0	643	1686	16	2	10	139	7156	17	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Buckeye BBQ	2463	1612	179	43	0	583	1726	64	2	58	139	7956	22	195	9	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Cajun	2583	1936	215	49	0	603	1926	12	6	6	139	8756	7	195	9	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Garlic Parm	2740	2095	233	52	0	587	1835	10	2	3	142	7020	9	160	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Golden Garlic	2582	2117	215	49	0	583	2208	8	2	2	139	7156	12	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Haute Parmesan	2573	1922	214	49	0	598	2400	10	4	2	143	6956	36	235	10	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Hot	2256	1624	180	43	0	583	4219	9	3	4	140	8926	10	132	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2503	1612	179	43	0	583	2046	68	2	62	139	7156	7	115	13	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Louisiana Lickers	2463	1702	189	43	0	583	2606	36	2	30	139	7956	17	115	9	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Medium	2663	2044	227	51	0	583	2606	8	2	2	139	7956	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Mid	2743	2116	235	51	0	583	1926	4	2	2	139	7156	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Original BBQ	2503	1612	179	43	0	583	1486	72	2	62	139	6756	26	115	9	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Pamesan Pepper	2823	2152	239	55	0	703	2166	4	2	2	139	6756	7	595	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Ranch	2623	1972	219	49	0	603	1806	12	2	6	139	7556	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Smoked Jalapeno Honey	2503	1612	179	43	0	583	2046	76	2	74	139	6756	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Smoky Gold BBQ	2426	1614	179	43	0	583	1955	6	2	52	139	6921	11	144	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Supercharged	2263	1630	181	43	0	583	2166	8	6	2	139	13756	12	115	9	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Thai R Cracker	2583	1612	179	43	0	583	2326	92	2	86	139	7156	7	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Thaiian	2623	1774	197	46	0	583	2226	60	2	54	139	7156	10	115	8	
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Eat Heat	2407	1644	183	43	0	583	2551	41	3	33	140	8525	189	127	8	
Full Bucket of Bone-In Wings (1 serving)	358	259	29	7	0	94	100	1	0	0	22	1308	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	386	286	32	7	0	96	149	1	0	1	23	1315	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Dressing Choice Ranch Dressing	378	279	31	7	0	96	154	1	0	1	22	1308	1	23	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Chipotle BBQ	367	262	29	7	0	94	290	2	0	2	22	1500	1	22	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	370	266	30	7	0	94	378	2	1	1	23	1726	2	22	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Mango Habanero	374	260	29	7	0	94	388	4	0	3	23	1573	2	34	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Arizona Ranch	446	317	35	8	0	98	748	2	0	2	22	1388	2	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Asian Sesame	446	324	36	8	0	94	404	6	0	4	22	1388	2	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Boom Boom	494	382	42	9	0	106	316	3	0	2	22	1388	3	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	406	259	29	7	0	94	324	13	0	12	22	1548	4	35	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Cajun	430	324	36	8	0	98	364	2	1	1	22	1708	1	35	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Garlic Parm	462	356	40	9	0	95	345	4	0	1	23	1548	7	29	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Golden Garlic	430	324	36	8	0	94	420	2	0	0	22	1388	2	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Haute Parmesan	428	321	36	8	0	97	458	2	1	0	23	1348	7	43	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Hot	365	262	29	7	0	94	822	2	1	1	23	1742	2	23	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	414	259	29	7	0	94	388	14	0	12	22	1388	1	19	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	406	277	31	7	0	94	500	7	0	6	22	1548	3	19	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Medium	446	346	38	8	0	94	404	2	0	2	22	1388	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Mid	462	360	40	8	0	94	364	1	0	0	22	1468	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Original BBQ	414	259	29	7	0	94	276	14	0	12	22	1308	5	19	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Pamesan Pepper	478	367	41	9	0	118	412	1	0	0	22	1308	1	115	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Ranch	438	331	37	8	0	98	340	2	0	1	22	1468	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	414	259	29	7	0	94	388	15	0	15	22	1308	1	19	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoky Gold BBQ	399	260	29	7	0	94	349	2	0	0	22	1341	2	25	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Supercharged	366	263	29	7	0	94	412	2	1	0	22	2708	2	19	2	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thai R Cracker	430	259	29	7	0	94	444	18	0	17	22	1388	1	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thaiian	438	292	32	7	0	94	424	12	0	11	22	1388	2	19	1	
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Eat Heat	395	266	30	7	0	94	489	8	1	7	23	1661	38	22	1	
Full Bucket of Bone-In Wings (10 servings)	3584	2594	288	68	0	937	3876	12	3	5	224	13077	12	194	13	
Full Bucket of Bone-In Wings (10 servings) with Dressing Choice Bleu Cheese Dressing	3854	2859	318	72	0	957	1488	10	3	6	226	13154	12	194	13	
Full Bucket of Bone-In Wings (10 servings) with Dressing Choice Ranch Dressing	3783	2792	310	71	0	957	1536	10	3	7	224	13077	12	234	12	
Full Bucket of Bone-In Wings (10 servings) with Wing Dust Chipotle BBQ	3672	2623	291	70	1	937	2896	23	4	15	225	15000	13	220	13	
Full Bucket of Bone-In Wings (10 servings) with Wing Dust Ghost Pepper Seasoning	3704	2664	296	74	0	937	3781	19	5	8	226	17259	16	220	14	
Full Bucket of Bone-In Wings (10 servings) with Wing Dust Mango Habanero	3744	2604	289	69	0	937	3884	45	5	32	225	15733	23	338	14	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Arizona Ranch	4743	3170	352	76	0	937	1326	24	3	13	224	1607	22	194	12	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Asian Sesame	4463	3242	360	80	0	937	4036	56	3	45	224	13877	22	194	12	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Boom Boom	4943	3818	424	88	0	1057	3156	32	3	21	224	13877	32	194	12	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Buckeye BBQ	4063	2594	288	68	0	937	3236	128	3	117	224	15477	41	354	15	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Cajun	4303	3242	360	80	0	977	3636	24	11	13	224	17077	12	354	15	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Garlic Parm	4617	3558	395	87	0	946	3454	19	5	5	230	13605	15	285	13	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Golden Garlic	4303	3242	360	80	0	937	4196	2	0	0	224	13877	22	194	12	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Haute Parmesan	4283	3213	357	80	0	967	4584	20	8	5	232	13477	70	434	17	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Hot	3648	2617	291	69	0	937	8221	17	7	8	226	17417	18	229	13	
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	4143	2594	288	68	0	937	3876	136	3	125	224	13877	12	194	24	
Full Bucket of Bone-In Wings (10 servings) with Wing																

Grilled Boneless Wings, 12 (1 serving) with Wing Dust Mango Habanero	414	97	11	2	0	74	1558	43	2	9	34	809	5	138	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Asian Sesame	504	195	22	4	0	74	1182	40	2	7	34	152	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Boom Boom	379	285	32	6	0	93	1045	36	2	3	34	152	6	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	441	94	10	2	0	74	1057	51	2	18	34	402	6	121	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Cajun	479	195	22	4	0	80	1120	35	3	2	34	652	2	121	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Golden Garlic	479	195	22	4	0	74	1207	34	2	1	34	152	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Haute Parmesan	476	191	21	4	0	79	1268	34	2	1	35	89	11	133	4
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Pamesan Pepper	377	98	11	2	0	74	1836	34	2	1	34	705	2	101	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	454	94	10	2	0	74	1157	52	2	19	34	152	2	96	5
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	441	122	14	2	0	74	1332	42	2	9	34	402	5	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	504	229	25	4	0	74	1332	34	2	1	34	402	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	454	94	10	2	0	74	982	54	2	19	34	27	8	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Pamesan Pepper	554	263	29	6	0	112	1195	32	2	1	34	27	2	246	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	454	94	10	2	0	74	1157	55	2	23	34	27	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	379	100	11	2	0	74	1195	34	3	1	34	2214	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	479	94	10	2	0	74	1245	60	2	27	34	152	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thaiisan	491	145	16	3	0	74	1214	50	2	17	34	152	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Eat Heat	424	104	12	2	0	74	1315	44	2	10	34	580	58	100	3
Grilled Boneless Wings, 12 (4 servings)	1466	376	42	7	0	297	2829	130	6	3	136	107	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Dust Chipotle BBQ	1664	441	49	10	2	297	7104	162	8	26	137	4433	9	441	13
Grilled Boneless Wings, 12 (4 servings) with Wing Dust Ghost Pepper Seasoning	1693	509	57	18	0	297	8070	150	10	10	139	7980	14	432	15
Grilled Boneless Wings, 12 (4 servings) with Wing Dust Mango Habanero	1654	389	43	7	0	297	6232	173	8	35	137	3236	18	553	13
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Arizona Ranch	1866	736	82	12	0	322	6879	140	6	8	136	2107	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Asian Sesame	2160	781	87	15	0	297	4729	160	6	28	136	607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Asian Sesame	2319	811	90	16	0	322	6879	140	6	23	136	1607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1766	376	42	7	0	297	4229	205	6	73	136	1607	24	483	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Cajun	1916	781	87	15	0	322	4479	140	11	8	136	2607	6	483	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1916	781	87	15	0	297	4829	135	6	3	136	607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Haute Parmesan	1903	763	85	15	0	315	5071	137	9	3	141	357	42	533	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Hot	1506	391	43	7	0	297	7345	135	9	5	137	2820	10	405	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1816	376	42	7	0	297	4229	205	6	73	136	607	2	96	3
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Louisiana Lickers	1766	489	54	7	0	297	5329	170	6	38	136	1607	18	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Medium	2016	916	102	17	0	297	5329	135	6	3	136	1607	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Original BBQ	1816	376	42	7	0	297	3929	215	6	78	136	107	30	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Pamesan Pepper	2216	1051	117	22	0	447	4779	130	6	3	136	107	6	983	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Smoked Jalapeno Honey	1816	376	42	7	0	297	4629	220	6	93	136	107	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Supercharged	1616	376	42	7	0	297	4779	135	11	3	136	887	12	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thai R Cracker	1916	376	42	7	0	297	4979	240	6	108	136	607	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thaiisan	1966	579	64	11	0	297	4854	200	6	68	136	607	9	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Eat Heat	1695	415	46	8	0	297	5260	176	9	41	137	2318	233	399	12
Grilled Boneless Wings, 24 (1 serving)	366	94	10	2	0	74	707	32	2	1	34	27	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Chipotle BBQ	416	110	12	2	0	74	1776	41	2	6	34	1108	2	110	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	2	35	1995	3	108	4
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Mango Habanero	414	97	11	2	0	74	1558	43	2	9	34	809	5	138	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Asian Sesame	504	195	22	4	0	74	1182	40	2	7	34	152	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Boom Boom	379	285	32	6	0	93	1045	36	2	3	34	152	6	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Buckeye BBQ	441	94	10	2	0	74	1057	51	2	18	34	402	6	121	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Cajun	479	195	22	4	0	80	1120	35	3	2	34	652	2	121	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Golden Garlic	479	195	22	4	0	74	1207	34	2	1	34	152	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	476	191	21	4	0	79	1268	34	2	1	35	89	11	133	4
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Hot	377	98	11	2	0	74	1836	34	2	1	34	705	2	101	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	441	122	14	2	0	74	1157	52	2	19	34	152	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	504	229	25	4	0	74	1332	42	2	9	34	402	5	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Medium	454	94	10	2	0	74	982	54	2	19	34	27	8	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Original BBQ	554	263	29	6	0	112	1195	32	2	1	34	27	2	246	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	454	94	10	2	0	74	1157	55	2	23	34	27	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Supercharged	379	100	11	2	0	74	1195	34	3	1	34	2214	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	479	94	10	2	0	74	1245	60	2	27	34	152	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thaiisan	491	145	16	3	0	74	1214	50	2	17	34	152	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Eat Heat	424	104	12	2	0	74	1315	44	2	10	34	580	58	100	3
Grilled Boneless Wings, 24 (8 servings)	2931	753	84	14	0	593	5658	260	13	6	272	215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Chipotle BBQ	3329	882	98	20	3	593	14207	325	17	52	275	8867	17	883	26
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Ghost Pepper Seasoning	3386	1017	113	35	0	593	16140	300	21	19	279	15959	28	864	30
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Mango Habanero	3309	777	86	15	0	593	12464	345	16	69	275	6473	36	1105	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Arizona Ranch	3731	1473	164	24	0	643	13758	280	13	16	272	4215	24	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Asian Sesame	4031	1563	174	29	0	593	8458	320	13	56	272	1215	24	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Boom Boom	4631	2283	254	39	0	743	8368	290	13	26	272	1215	36	787	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Buckeye BBQ	3531	753	84	14	0	593	8458	410	13	146	272	3215	48	967	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Cajun	3831	1563	174	29	0	643	8958	280	23	16	272	5215	12	967	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Golden Garlic	3831	1563	174	29	0	593	9658	270	13	6	272	1215	24	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Haute Parmesan	3805	1527	170	29	0	630	10142	275	19	6	282	715	84	1067	29
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Pamesan Pepper	3012	753	84	14	0	593	14690	271	17	11	274	5640	29	810	25
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Smoked Jalapeno Honey	3631	753	84	14	0	593	8258	420	13	156	272	1215	12	767	38
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Louisiana Lickers	3531	978	109	14	0	593	10658	340	13	76	272	3215	36	767	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Medium	4031	1833	204	34	0	593	10658	270	13	6	272	3215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Original BBQ	3631	753	84	14	0	593	7588	430	13	156	272	215	60	767	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Pamesan Pepper	4431	2103	234	44	0	893	9558	260	13	6	272	215	12	1967	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Smoked Jalapeno Honey	3631	753	84	14	0	593	8458	410	13	146	272	3215	48	967	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Supercharged	3031	798	89	14	0	593	9558	270	23	6	272	17715	24	767	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Thai R Cracker	3831	753	84	14	0	593	9958	480	13	216	272	1215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Thaiisan	3931	1158	129	22	0	593	9708	400	13	136	272	1215	18	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Eat Heat	3390	831	92	16	0	593	10521	352	17	83	275	4636	466	798	25
Grilled Boneless Wings, 48 (1 serving)	391	100	11	2	0	79	754	35	2	1	36	29	2	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Dust Chipotle BBQ	444	118	13	3	0	79	1894	43	2	7	37	1182	2	118	4
Grilled Boneless Wings, 48 (1 serving) with Wing Dust Ghost Pepper Seasoning	451	136	15	5	0	79	2152	40	3	3	37	2128	4	115	4
Grilled Boneless Wings, 48 (1 serving) with Wing Dust Mango Habanero	441	104	12	2	0	79	1662	46	2	9	37	863	5	147	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Arizona Ranch	498	196	22	3	0	86	1834	37	2	2	36	562	3	102</	

Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Thaiisan	7863	2315	257	43	0	1187	19417	799	25	272	544	2430	93	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Eat Heat	6781	1661	185	33	0	1187	21041	705	34	166	549	9273	37	1595	50
Top Gear Tender Platter, 12 (1 serving)	278	49	5	1	0	63	966	28	1	28	26	1	27	1	
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	358	121	13	2	0	68	1776	30	1	2	28	426	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Asian Sesame	388	130	14	3	0	63	1346	34	1	6	28	126	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Boom Boom	448	202	22	4	0	78	1236	31	1	3	28	126	4	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	338	49	5	1	0	63	1246	43	1	15	28	326	5	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Cajun	368	130	14	3	0	68	1296	30	2	2	28	526	1	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Garlic Parm	407	169	19	3	0	64	1273	29	1	1	28	92	2	38	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Golden Garlic	368	130	14	3	0	63	1366	29	1	1	28	126	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Haute Pamesan	366	126	14	3	0	66	1414	29	2	1	28	76	9	57	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Hot	286	52	6	1	0	63	1869	29	1	1	28	569	2	31	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	348	49	5	1	0	63	1326	44	1	16	28	126	1	27	3
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	338	71	8	1	0	63	1466	36	1	8	28	326	4	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Medium	388	157	17	3	0	63	1466	29	1	1	28	326	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Mild	408	175	19	3	0	63	1296	28	1	1	28	226	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Original BBQ	348	49	5	1	0	63	1186	45	1	16	28	26	6	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Pamesan Pepper	428	184	20	4	0	93	1356	28	1	1	28	26	1	147	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Ranch	378	139	15	3	0	68	1266	30	1	2	28	226	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	348	49	5	1	0	63	1326	46	1	19	28	2	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	329	49	5	1	0	63	1278	41	1	13	28	68	2	34	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Supercharged	288	53	6	1	0	63	1356	29	2	1	28	1776	3	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	1	22	28	126	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thaiisan	378	89	10	2	0	63	1371	42	1	14	28	126	2	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Eat Heat	324	57	6	1	0	63	1452	37	1	8	28	469	47	30	1
Top Gear Tender Platter, 12 (4 servings)	1113	195	22	4	0	251	3863	112	4	3	111	105	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Arizona Ranch	1433	483	54	8	0	271	7103	120	4	7	111	1705	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Asian Sesame	1553	519	58	10	0	251	5383	136	4	23	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Boom Boom	1793	807	90	14	0	311	4943	124	4	11	111	505	15	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1353	205	22	4	0	251	4983	172	4	59	111	1305	20	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Cajun	1473	519	58	10	0	271	5183	120	8	7	111	2105	5	188	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Garlic Parm	1629	677	75	13	0	255	5092	117	5	3	114	369	7	153	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1473	519	58	10	0	251	5463	116	4	3	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Haute Pamesan	1462	504	56	10	0	266	5657	118	6	3	115	305	34	228	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Hot	1145	206	23	4	0	267	7476	116	4	63	111	2275	8	125	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1353	195	22	4	0	251	5303	176	4	63	111	505	5	108	11
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Louisiana Lickers	1353	285	32	4	0	251	5863	144	4	31	111	1305	15	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Medium	1553	627	70	12	0	251	5863	116	4	3	111	1305	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Mild	1633	699	78	12	0	251	5183	112	4	3	111	905	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Original BBQ	1393	195	22	4	0	251	4743	180	4	63	111	105	25	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Pamesan Pepper	1613	735	82	13	0	371	5423	112	4	3	111	905	5	588	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Ranch	1513	555	62	10	0	271	5083	120	4	7	111	905	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Smoked Jalapeno Honey	1393	195	22	4	0	251	5303	184	4	75	111	105	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Smoky Gold BBQ	1317	196	22	4	0	251	5112	162	4	52	111	271	9	137	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Supercharged	1153	213	24	4	0	251	5423	116	8	3	111	705	10	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Thai R Cracker	1473	195	22	4	0	251	5423	200	4	87	111	505	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Thaiisan	1353	351	40	5	0	251	5363	168	4	55	111	545	8	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Eat Heat	1296	226	25	5	0	251	5808	149	6	33	112	1874	187	120	6
Top Gear Tender Platter, 24 (1 serving)	278	49	5	1	0	63	966	28	1	1	28	26	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	358	121	13	2	0	68	1776	30	1	2	28	426	3	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Asian Sesame	388	130	14	3	0	63	1346	34	1	6	28	126	3	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Boom Boom	448	202	22	4	0	78	1236	31	1	3	28	126	4	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Buckeye BBQ	338	49	5	1	0	63	1246	43	1	15	28	326	5	47	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Cajun	368	130	14	3	0	68	1296	30	2	2	28	526	1	47	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Garlic Parm	407	169	19	3	0	64	1273	29	1	1	28	92	2	38	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Golden Garlic	368	130	14	3	0	63	1366	29	1	1	28	126	3	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Haute Pamesan	366	126	14	3	0	66	1414	29	2	1	28	76	9	57	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Hot	286	52	6	1	0	63	1869	29	1	1	28	569	2	31	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	348	49	5	1	0	63	1326	44	1	16	28	126	1	27	3
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	338	71	8	1	0	63	1466	36	1	8	28	326	4	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Medium	388	157	17	3	0	63	1466	29	1	1	28	326	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Mild	408	175	19	3	0	63	1296	28	1	1	28	226	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Original BBQ	348	49	5	1	0	63	1186	45	1	16	28	26	6	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Pamesan Pepper	428	184	20	4	0	93	1356	28	1	1	28	26	1	147	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Ranch	378	139	15	3	0	68	1266	30	1	2	28	226	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	348	49	5	1	0	63	1326	46	1	19	28	26	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	329	49	5	1	0	63	1278	41	1	13	28	68	2	34	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Supercharged	288	53	6	1	0	63	1356	29	2	1	28	1776	3	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	1	22	28	126	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thaiisan	378	89	10	2	0	63	1371	42	1	14	28	126	2	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Eat Heat	324	57	6	1	0	63	1452	37	1	8	28	469	47	30	1
Top Gear Tender Platter, 24 (8 servings)	2225	390	43	8	0	502	7727	224	8	5	221	211	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Arizona Ranch	2966	107	16	13	0	542	1486	240	8	13	221	420	21	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Asian Sesame	3105	1038	115	20	0	502	10767	272	8	45	221	1011	21	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Boom Boom	3585	1614	179	28	0	622	9887	248	8	21	221	1011	30	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Buckeye BBQ	2705	390	43	8	0	502	9967	344	8	117	221	2911	40	375	13
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Cajun	2945	1038	115	20	0	542	10367	240	16	13	221	4211	11	375	13
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Garlic Parm	3259	1354	150	27	0	510	10185	235	9	5	227	739	14	306	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Golden Garlic	2945	1038	115	20	0	542	10367	232	8	5	221	1011	6	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Haute Pamesan	2924	1009	112	20	0	531	11314	236	12	5	229	611	69	455	15

Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Haute Parm	5499	1708	190	34	0	1048	20834	466	22	10	455	1022	108	791	28
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Hot	4548	813	90	17	0	1003	26291	461	21	15	445	6932	31	483	22
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	5290	779	87	16	0	1003	19773	640	15	190	443	1622	22	431	38
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Louisiana Lickers	5650	1859	207	34	0	1063	21423	472	15	22	443	4022	51	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Medium	5770	2075	231	40	0	1003	21453	640	15	10	443	4022	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Mild	6010	2291	255	40	0	1003	19413	448	15	10	443	2822	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Original BBQ	5290	779	87	16	0	1003	18093	652	15	190	443	422	79	431	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Parmesan Pepper	6250	2399	267	52	0	1363	20133	448	15	10	443	422	22	1871	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Ranch	5550	1859	207	34	0	1063	19053	472	15	22	443	2822	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	5290	779	87	16	0	1003	19773	644	15	226	443	422	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Smoky Gold BBQ	5065	783	87	16	0	1003	19200	599	16	159	444	917	34	519	22
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Supercharged	4570	833	93	16	0	1003	20133	460	27	10	443	21422	36	431	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Thai R Cracker	5530	779	87	16	0	1003	20613	712	15	262	443	1622	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Thaiisan	5650	1265	141	25	0	1003	20313	616	15	166	443	1622	29	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Eat Heat	5001	873	97	19	0	1003	21288	559	21	103	446	5728	566	468	23

Vegetable Tray (1 serving)	317	206	23	3	0	20	725	25	8	14	5	23921	246	157	2
Vegetable Tray (6 servings)	1904	1234	137	19	0	120	4352	148	50	86	28	143527	1479	944	15

Specialty Salads	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)
Caesar Salad, Serves 10-15 (1 serving)	234	111	12	3	0	16	787	22	3	3	10	7357	30	199	2
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	349	158	18	4	0	56	996	23	3	3	26	7372	31	210	3
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	364	189	21	7	0	47	863	22	3	3	22	7358	30	214	3
Caesar Salad, Serves 10-15 (15 servings)	3510	1670	186	48	0	240	11800	322	15	30	149	110360	452	2980	36
Caesar Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Chicken Tenders	5241	2369	263	63	0	833	14938	339	41	46	385	110575	464	3147	43
Caesar Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Top Sirloin Steak	5453	2836	315	101	0	711	12939	332	40	40	330	110377	452	3211	49
Caesar Salad, Serves 4-6 (1 serving)	292	139	15	4	0	20	983	28	3	3	12	9197	38	248	3
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Chicken Tenders	437	197	22	5	0	69	1245	28	3	4	32	9215	39	262	4
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Top Sirloin Steak	456	236	26	8	0	36	434	9	3	4	7	7653	43	262	4
Caesar Salad, Serves 4-6 (6 servings)	1755	835	93	24	0	120	5900	166	20	20	75	55180	226	1490	18
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Chicken Tenders	2620	1185	132	31	0	417	7469	170	20	23	193	55287	232	1573	22
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Top Sirloin Steak	2726	1418	158	50	0	356	6470	166	20	20	165	55189	226	1606	25
Garage Salad, Serves 10-15 (1 serving)	118	60	7	4	0	20	167	8	3	3	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Balsamic Vinaigrette	182	108	12	5	0	20	370	12	3	7	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Bleu Cheese	267	201	22	6	0	30	430	8	3	3	8	7694	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Chipotle Ranch	226	166	18	6	0	31	487	9	3	4	7	7685	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Farmhouse Ranch	225	165	18	6	0	31	455	9	3	4	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Fat Free Italian	129	60	7	4	0	20	690	11	3	5	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Jalapeno Ranch	267	201	22	6	0	36	534	9	3	4	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Northern Italian	257	194	22	6	0	20	530	9	3	3	7	7760	47	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	265	194	22	6	0	20	167	11	3	6	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Sweet Vidalia Onion	246	146	16	6	0	20	285	17	3	12	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Wildberry Poppysseed	225	132	15	5	0	32	376	17	3	10	7	7653	49	209	3
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	233	106	12	5	0	60	377	8	3	3	23	7667	44	220	4
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	247	137	15	5	0	51	243	13	3	3	19	11954	43	225	4
Garage Salad, Serves 10-15 (15 servings)	1768	893	99	60	0	300	2512	114	48	41	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Balsamic Vinaigrette	2728	1613	179	68	0	300	5552	178	48	105	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Bleu Cheese	4011	3017	335	91	0	457	6446	126	50	51	126	115411	651	3139	52
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Chipotle Ranch	3390	2485	276	85	0	460	7307	134	49	60	108	115276	650	3466	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Farmhouse Ranch	3368	2477	275	84	0	460	6532	130	48	57	108	114796	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Fat Free Italian	1928	893	99	60	0	300	10352	162	48	73	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Jalapeno Ranch	4008	3053	339	100	0	540	6512	130	48	57	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Northern Italian	3848	2909	323	92	0	300	7952	130	48	41	108	116396	708	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Olive Oil and Balsamic Vinegar	3976	2909	323	92	0	300	2512	162	48	89	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Sweet Vidalia Onion	3688	2189	243	84	0	300	4272	258	48	185	108	114796	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Wildberry Poppysseed	3372	1973	219	78	0	480	5640	250	51	154	108	114796	740	3139	52
Garage Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Chicken Tenders	3459	1592	177	75	0	893	5650	122	49	47	345	115010	662	3306	59
Garage Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Top Sirloin Steak	3711	2059	229	113	0	771	3651	115	49	41	289	114813	650	3370	65
Garage Salad, Serves 4-6 (1 serving)	147	74	8	5	0	25	209	9	4	3	9	9566	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Balsamic Vinaigrette	227	134	15	6	0	25	463	15	4	9	9	9566	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Bleu Cheese	331	251	28	7	0	38	537	11	4	4	11	9613	53	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Chipotle Ranch	282	207	23	7	0	38	609	11	4	5	9	9606	54	289	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Farmhouse Ranch	281	206	23	7	0	38	569	11	4	5	9	9566	54	288	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Fat Free Italian	161	74	8	5	0	25	863	13	4	6	9	9566	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Jalapeno Ranch	334	254	28	8	0	45	543	11	4	5	9	9566	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Northern Italian	321	242	27	8	0	25	663	11	4	3	9	9700	59	288	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinaigrette	331	242	27	8	0	25	209	13	4	7	9	9566	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Sweet Vidalia Onion	307	182	20	7	0	25	356	21	4	15	9	9566	54	288	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Wildberry Poppysseed	281	164	18	7	0	40	470	21	4	13	9	9566	62	262	4
Garage Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Chicken Tenders	292	133	15	6	0	74	471	10	4	4	29	9584	55	275	5
Garage Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Top Sirloin Steak	309	172	19	9	0	64	304	10	4	3	24	9568	54	281	5
Caesar Salad, Serves 4-6 (6 servings)	854	447	50	24	0	150	1258	28	24	21	67	57398	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Balsamic Vinaigrette	1364	807	90	34	0	150	2776	89	24	53	54	57398	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Bleu Cheese	2006	1508	168	45	0	228	3223	63	25	26	63	57706	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Chipotle Ranch	1695	1242	138	42	0	230	3654	67	24	30	54	57638	325	1733	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Farmhouse Ranch	1684	1239	138	42	0	230	3416	65	24	29	54	57398	325	1730	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Fat Free Italian	964	447	50	30	0	150	5176	81	24	37	54	57398	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Jalapeno Ranch	2004	1527	170	70	0	270	3256	65	24	29	54	57398	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Northern Italian	1924	1455	162	46	0	150	3976	65	24	21	54	58198	354	1730	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Olive Oil and Balsamic Vinaigrette	1988	1455	162	46	0	150	1256	81	24	45	54	57398	325	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Sweet Vidalia Onion	1844	1095	122	42	0	150	2136	129	24	93	54	57398	325	1730	26
Caesar Salad, Serves 4-6 (6 servings) with Dressing Choice Wildberry Poppysseed	1686	987	110	39	0	240	2820	125	26	77	54	57398	370	1570	26
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Chicken Tenders	1750	796	88	37	0	447	2825	61	25	24	172	57505	331	1653	29
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Top Sirloin Steak	1855	1029	114	56	0	386	1826	57	24	21	145	57406	325	1685	32

Main Features	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)
Ribs (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	

Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Cajun	140	106	12	3	0	33	109	0	0	0	7	180	0	10	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Golden Garlic	140	106	12	3	0	31	126	0	0	0	7	84	1	12	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Haute Parm	140	105	12	3	0	32	137	0	0	0	8	72	2	12	1
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Hot	121	88	10	2	0	31	247	0	0	0	7	60	0	6	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Kentucky Bourbon Glaze	136	87	10	2	0	31	116	4	0	4	7	84	0	5	1
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Louisiana Lickers	133	92	10	2	0	31	150	2	0	2	7	132	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Medium	145	113	13	3	0	31	150	0	0	0	7	132	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Original BBQ	136	87	10	2	0	31	83	4	0	4	7	60	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Parmesan Pepper	145	119	13	3	0	39	123	0	0	0	7	60	0	34	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Smoked Jalapeno Honey	136	87	10	2	0	31	116	4	0	4	7	60	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Supercharged	121	88	10	2	0	31	123	0	0	0	7	480	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Thai R Cracker	140	87	10	2	0	31	133	5	0	5	7	84	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Thaiisan	143	97	11	2	0	31	127	3	0	3	7	84	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Eat Heat	130	89	10	2	0	31	146	2	0	2	8	166	11	6	0

Sidcars	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)
Baked Beans (1 pint)	848	0	0	0	0	0	2606	188	18	103	24	1818	15	121	11
Baked Beans (1 quart)	1697	0	0	0	0	0	5212	376	36	206	48	3636	29	242	22
Bucket of Lube Chips (1 serving)	1680	825	92	31	0	72	3074	125	11	9	26	992	3	715	2
Carrots, Celery and Dressing (1 serving)	39	2	0	0	0	0	108	8	3	5	1	11288	4	48	1
Carrots, Celery and Dressing (1 serving) with Dressing Choice Bleu Cheese Dressing	319	267	30	4	0	20	600	10	3	6	3	11365	4	48	1
Carrots, Celery and Dressing (1 serving) with Dressing Choice Ranch Dressing	239	200	22	3	0	20	648	10	3	7	1	11288	4	88	1
Lube Colelaw (1 pint)	442	298	33	5	0	0	1369	37	6	30	4	4086	80	125	2
Lube Colelaw (1 quart)	884	596	66	9	0	0	2738	75	13	60	8	8171	160	251	3
Mac and Cheese, Pint (1 pint)	662	238	26	15	1	72	2756	76	2	11	30	805	14	625	4
Mac and Cheese, Quart (1 quart)	1323	476	53	30	2	144	5511	151	4	23	60	1569	26	1247	8

Beverages	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)
Iced Tea (1 gallon)	0	0	0	0	0	0	48	0	0	0	0	0	0	48	0
Sweet Tea (1 gallon)	2731	0	0	0	0	0	71	683	0	683	0	0	0	71	0

Thirst Quenchers	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)
Lemonade (1 gallon)	1920	0	0	0	0	0	385	486	1	461	1	46	151	75	0

Sandwiched 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)
Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1435	766	85	20	0	99	2498	131	10	40	38	10085	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	366	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaiisan	1405	681	76	19	0	99	2573	145	10	53	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Eat Heat	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6

Chicken BLT Club Boxed Lunch (1 serving)	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken BLT Wrap Boxed Lunch (1 serving)	1389	675	75	22	0	144	2653	125	8	37	54	743	12	264	6
Chicken Caesar Wrap Boxed Lunch (1 serving)	1271	570	63	18	0	99	2296	131	11	39	44	8505	43	363	7
Chicken Club Boxed Lunch (1 serving)	1072	573	64	22	0	89	1820	105	5	36	22	895	10	242	4
Chicken Club Boxed Lunch (1 serving) with Fried Chicken Breast	1470	660	73	24	1	188	3571	138	6	42	64	2016	13	290	6
Chicken Club Boxed Lunch (1 serving) with Grilled Chicken Breast	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken Club Wrap Boxed Lunch (1 serving)	1388	675	75	22	0	144	2484	124	8	37	54	739	11	263	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	366	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaiisan	1405	681	76	19	0	99	2573	145	10	53	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Eat Heat	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6

Steak Caesar Wrap Boxed Lunch (1 serving)	1369	657	73	24	0	109	2019	130	10	38	47	8489	42	372	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving)	1347	614	68	18	0	92	2550	149	11	40	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1427	686	76	19	0	97	3360	151	11	41	37	10285	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1457	695	77	19	0	92	2930	155	11	45	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1517	767	85	20	0	107	2820	152	11	42	37	9985	16	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1407	614	68	18	0	92	2830	164	11	54	37	10185	18	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1437	695	77	19	0	97	2880	151	12	41	37	10385	14	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1437	614	68	18	0	92	2980	171	10	54	37	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1434	692	77	19	0	96	2998	151	12	40	38	9935	21	280	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1355	617	69	18	0	92	3453	150	11	40	37	10427	15	255	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1417	614	68	18	0	92	2910	165	11	55	37	9985	14	250	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1407	637	71	18	0</										

Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Farmhouse Ranch	1268	487	54	14	0	119	2226	148	10	39	49	10503	10	378	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Fat Free Italian	1088	289	32	11	0	99	2666	152	10	41	49	10503	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	1348	559	62	16	0	129	2186	148	10	39	49	10503	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Northern Italian	1328	541	60	15	0	99	2366	148	10	37	49	10703	10	378	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	1344	541	60	15	0	99	1686	152	10	43	49	10503	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	1308	451	50	14	0	99	1906	164	10	55	49	10503	10	378	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Wildberry Poppyseed	1269	424	47	13	0	122	2077	163	11	51	49	10503	21	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Arizona Ranch	1188	397	44	13	0	107	2901	149	10	38	49	11103	12	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Asian Sesame	1233	411	46	13	0	99	2256	155	10	44	49	10503	12	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	1323	519	58	15	0	122	2091	151	10	40	49	10653	14	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	1158	289	32	11	0	99	2106	169	10	58	49	10953	16	368	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Cajun	1203	411	46	13	0	107	2181	149	12	38	49	11253	10	368	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Garlic Parm	1262	470	52	15	0	101	2147	148	11	37	50	10602	11	355	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Golden Garlic	1203	411	46	13	0	99	2286	148	10	37	49	10653	12	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Haute Parmesan	1199	405	45	13	0	105	2359	148	11	37	51	10578	21	383	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Hot	1080	293	33	11	0	99	3041	148	11	37	49	11317	11	344	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1173	289	32	11	0	99	2226	170	10	59	49	10653	10	338	11
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	1158	323	36	11	0	99	2436	158	10	47	49	10953	14	338	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Medium	1233	451	50	14	0	99	2436	148	10	37	49	10953	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Mild	1263	478	53	14	0	99	2181	146	10	37	49	10803	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Original BBQ	1173	289	32	11	0	99	2016	172	10	59	49	10503	17	338	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Parmesan Pepper	1293	492	55	16	0	144	2271	146	10	37	49	10503	10	518	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Ranch	1218	424	47	13	0	107	2136	149	10	38	49	10803	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1173	289	32	11	0	99	2226	173	10	64	49	10503	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoky Gold BBQ	1145	290	32	11	0	99	2154	165	11	55	49	10555	12	349	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Supercharged	1083	296	33	11	0	99	2271	148	12	37	49	13128	12	338	10
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Thai R Cracker	1203	289	32	11	0	99	2331	179	10	68	49	10653	10	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Thaiisan	1218	350	39	12	0	99	2293	167	10	56	49	10653	11	338	9
Q&S&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Eat Heat	1137	301	33	11	0	99	2415	160	11	48	50	11167	78	342	9

Kids' Lube Cruiser Meal 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 (µg)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Applesauce (1 serving)	68	0	0	0	0	0	8	17	2	14	0	0	0	0	0
Kids Grilled Cheese (1 serving)	358	117	13	5	0	25	995	44	0	6	13	387	0	192	3
Kids Grilled Cheese (1 serving) with Applesauce	425	117	13	5	0	25	1002	61	2	20	13	387	0	192	3
Kids Grilled Cheese (1 serving) with Baby Carrots and Ranch	589	316	35	8	0	45	1601	53	2	12	14	12115	2	259	4
Kids Grilled Cheese (1 serving) with Cutie Orange	408	118	13	5	0	25	995	55	2	15	14	603	51	230	3
Kids Grilled Cheese (1 serving) with Fries	444	155	17	6	1	25	1177	55	1	6	14	388	3	192	3
Kids Grilled Cheese (1 serving) with Goldfish Crackers	393	128	14	6	0	25	1057	49	0	6	14	387	0	202	3
Kids Grilled Cheese (1 serving) with Jell-O Cup	418	117	13	5	0	25	1055	58	0	20	15	387	0	192	3
Kids Carrots and Ranch (1 serving)	231	199	22	3	0	20	606	9	2	6	1	11728	2	67	1
Kids Cheeseburger (1 sandwich)	418	189	21	7	1	48	885	35	2	4	21	279	0	190	3
Kids Cheeseburger (1 sandwich) with Applesauce	485	189	21	7	1	48	892	52	4	18	21	279	0	190	3
Kids Cheeseburger (1 sandwich) with Baby Carrots and Ranch	649	388	43	10	1	88	1491	44	5	10	21	12007	2	257	4
Kids Cheeseburger (1 sandwich) with Cutie Orange	468	190	21	7	1	48	885	46	4	13	21	495	51	228	3
Kids Cheeseburger (1 sandwich) with Fries	504	227	25	8	1	48	1067	46	3	4	22	280	3	190	3
Kids Cheeseburger (1 sandwich) with Goldfish Crackers	453	200	22	7	1	48	947	40	2	4	22	279	0	200	3
Kids Cheeseburger (1 sandwich) with Jell-O Cup	478	189	21	7	1	48	945	49	2	18	22	279	0	190	3
Kids Crispy Fries (1 serving)	86	38	4	1	0	0	182	11	1	0	1	1	3	0	0
Kids Top Gear Tenders (1 serving)	418	49	5	1	0	63	1406	62	1	31	28	26	11	27	2
Kids Top Gear Tenders (1 serving) with Applesauce	486	49	5	1	0	63	1413	78	2	44	28	26	11	27	2
Kids Top Gear Tenders (1 serving) with Baby Carrots and Ranch	649	248	28	4	0	83	2012	71	3	37	28	11754	13	94	3
Kids Top Gear Tenders (1 serving) with Cutie Orange	468	50	6	1	0	63	1406	73	3	40	29	242	62	85	2
Kids Top Gear Tenders (1 serving) with Fries	504	87	10	2	0	63	1588	73	2	31	29	27	14	27	2
Kids Top Gear Tenders (1 serving) with Goldfish Crackers	453	60	7	1	0	63	1468	67	1	31	29	26	11	37	2
Kids Top Gear Tenders (1 serving) with Jell-O Cup	478	49	5	1	0	63	1466	76	1	45	29	26	11	27	2
Kids Fundae Sundae (1 sundae)	212	65	7	5	0	28	102	35	0	12	2	240	0	48	1
Kids Grilled Chicken Fenders (1 serving)	284	58	6	1	0	49	702	35	0	30	20	18	11	14	1
Kids Grilled Chicken Fenders (1 serving) with Applesauce	352	58	6	1	0	49	709	51	2	44	20	18	11	14	1
Kids Grilled Chicken Fenders (1 serving) with Baby Carrots and Ranch	515	257	29	4	0	69	1308	44	3	37	20	11746	13	81	2
Kids Grilled Chicken Fenders (1 serving) with Cutie Orange	334	59	7	1	0	49	702	46	2	39	21	234	62	52	1
Kids Grilled Chicken Fenders (1 serving) with Fries	370	97	11	2	0	49	884	45	1	30	21	19	14	14	2
Kids Grilled Chicken Fenders (1 serving) with Goldfish Crackers	319	69	8	1	0	49	764	40	0	30	21	18	11	24	1
Kids Grilled Chicken Fenders (1 serving) with Jell-O Cup	344	58	6	1	0	49	762	49	0	45	21	18	11	14	1
Kids Jell-O (1 serving)	60	0	0	0	0	0	60	14	0	14	2	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 Goldfish Crackers (1 serving)	35	11	1	0	0	0	63	5	0	0	1	0	0	10	0
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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