



Menu Nutrition Analysis (October 2018 Menu)

Item availability may differ by location.

EFFECTIVE October 2018. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. All items are listed as served, unless otherwise indicated.

Item	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)
Jump Starters															
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)	795	518	58	8	0	128	1758	48	2	9	15	1007	20	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 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
Peel-Out Potato Skins (1 serving)	1340	782	87	45	0	211	2944	87	6	10	56	2121	87	1315	4
Loaded Magna Fries (1 serving)	1319	826	92	30	0	120	2771	90	8	5	33	1033	27	651	3
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

Item	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)
Wings															
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	64	5
Breaded Boneless Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	857	277	31	5	0	160	3405	75	2	8	69	6044	2	37	5
Breaded Boneless Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	873	297	33	5	0	160	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	476	53	8	0	175	4855	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	3535	86	2	8	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	262	29	5	0	160	3295	113	2	44	68	5644	13	84	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	1053	505	56	9	0	175	3445	74	5	6	68	7144	2	24	5
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	596	65	11	0	160	3955	71	2	2	68	5644	2	24	6
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Mild	1043	540	59	11	0	160	3445	68	2	3	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 Parmesan Pepper	1263	667	74	14	0	250	3625	68	2	2	68	5644	2	384	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 Thaisian	1043	276	31	5	0	160	3625	71	68	68	5944	2	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 Thaisian	1113	384	43	7	0	160	3670	110	2	41	68	5944	4	24	5
Breaded Boneless Wings, 12 (1 serving) with Wing Sauce Choice Triple Atomic	950	286	32	5	0	160	3914	96	3	25	69	6970	138	33	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	13	140	19160	11	57	13
Breaded Boneless Wings, 24 (1 serving) with Wing Dust Mango Habanero	1814	636	60	9	0	320	8313	179	5	36	138	14417	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	24	24	0	410	1142	154	3	11	633	1744	4	46	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	2166	1010	112	18	0	210	1493	145	7	6	147	11288	47	228	9
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	73	10	2	0	320	7911	184	3	47	137	13088	19	48	12
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Medium	2286	1172	130	21	0	320	7911	142	3	5	137	13088	4	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 Parmesan Pepper	2526	1334	234	37	0	320	1134	136	3	37	140	17688	47	768	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 Thaisian	1901	571	63	10	0	320	7341	120	83	37	137	13888	7	48	9
Breaded Boneless Wings, 24 (1 serving) with Wing Sauce Choice Triple Atomic	1901	571	63	10	0	320	7828	192	6	51	138	13940	276	67	10
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	307	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	5984	2	27	3
Breaded Boneless Wings, 6 (1 serving) with Wing Dust Ghost Pepper Seasoning	431	140	16	3	0	80	1603	38	2	5	35	5167	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	4	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	5944	4	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Boom Boom Sauce	756	438	47	2	0	110	1795	42	2	11	34	6444	4	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	24	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	5944	4	24	3
Breaded Boneless Wings, 6 (1 serving) with Wing Sauce Choice Haute Parmesan	591	286	31	4	0	87	2151	39	3	2	36	5944	18	184	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	5944	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					

Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1034	210	29	4	0	173	2823	117	4	49	79	1016	12	210	11	
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Korean BBQ	1034	280	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	1034	287	32	5	0	173	3243	93	7	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 Mild	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	2733	69	4	4	79	1316	12	210	7	
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Parmesan Pepper	1274	624	69	13	0	263	2913	123	4	4	79	116	12	570	7	
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1034	219	24	4	0	173	2823	123	4	4	58	716	12	210	7	
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Supercharged	854	233	26	4	0	173	2913	172	7	4	79	5966	15	210	8	
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Thai R Cracker	1034	219	24	4	0	173	3033	155	4	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	2659	111	4	4	43	79	1016	13	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Triple Atomic	961	242	27	5	0	173	3201	97	6	27	79	2042	148	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	0	377	1361	11	2	8	91	7325	6	96	5	
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	1506	1059	120	30	0	377	1804	10	3	4	91	8455	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 Golden Garlic	1886	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	1886	1368	152	34	0	392	2205	10	4	34	8564	34	203	7		
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Hot	1478	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	1726	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	1726	1044	116	28	0	377	2771	56	24	7	46	7564	20	83	7	
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	1886	1334	126	30	0	377	2411	34	2	30	90	7564	15	133	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 Mild	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 Parmesan Pepper	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 Smoked Jalapeno Honey	2046	1584	176	40	0	497	1971	4	2	2	90	6364	5	563	5	
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	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 Thaisian	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 Triple Atomic	1586	1177	131	29	0	377	2131	62	0	8	137	15504	12	156	5	
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Triple Atomic	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 Triple Atomic	1629	1075	119	28	0	377	2356	41	3	33	91	8133	187	95	6	
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	138	12368	9	176	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Dust Chipotle BBQ	2245	1586	176	42	1	566	2069	19	4	12	136	13610	10	156	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Dust Ghost Pepper Seasoning	2191	1619	180	45	0	566	2332	16	5	8	137	15504	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	2638	2052	228	50	0	566	2924	44	3	35	136	12968	16	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Golden Garlic	3198	2484	276	61	0	566	2264	28	3	17	136	12968	16	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Haute Parmesan	2538	1966	214	41	0	566	2324	98	3	89	136	14168	31	256	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Cajun	2718	2052	228	50	0	596	2624	20	9	11	136	15368	9	256	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Supercharged	2726	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 Thaisian	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	137	15623	13	163	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	2598	1966	214	41	0	566	2804	104	3	95	136	12968	9	136	16	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Korean BBQ	1647	1847	183	41	0	566	4184	86	2	71	142	14168	31	136	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Louisiana Lickers	2538	1701	189	41	0	566	3644	56	3	47	136	14168	23	136	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Medium	2838	2214	246	53	0	566	3644	14	3	5	136	14168	9	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Mild	2958	2322	258	53	0	566	2624	8	3	5	136	13568	9	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Original BBQ	2538	2214	246	53	0	566	2624	110	16	16	136	13568	9	136	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Parmesan Pepper	3078	2376	264	59	0	746	2984	8	3	5	136	12368	9	856	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	2598	1566	174	41	0	566	2804	116	3	113	136	12368	9	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Supercharged	2238	1593	177	41	0	566	2894	14	9	5	136	22868	16	136	10	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Thaisian	2718	1809	201	46	0	566	3044	160	3	131	136	14668	16	136	8	
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Triple Atomic	2454	1613	179	43	0	566	3562	64	6	51	137	15021	281	155	9	
Jumbo Bone-In Wings, 24 (1 serving)	2892	2088	232	55	0	754	823	8	3	5	180	12728	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Bleu Cheese Dressing	3172	2353	261	59	0	774	1315	10	3	6	183	12805	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Ranch Dressing	3092	2286	254	58	0	774	1363	10	3	7	180	12728	11	206	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Dust Chipotle BBQ	2892	2117	232	55	0	754	2722	12	4	15	180	14561	15	162	11	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	3012	2158	240	61	0	754	3607	19	5	8	182	16910	15	192	12	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Dust Mango Habanero	3052	2098	233	55	0	754	3711	45	5	32	182	15384	21	310	11	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	3452	2592	288	62	0	789	6493	22	3	12	180	15528	19	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Asian Sesame	3652	2656	296	66	0	754	4463	50	3	34	180	14628	19	162	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Boom Boom	4082	3159	351	73	0	859	2713	29	3	19	180	13428	27	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Buckeye BBQ	3312	2688	292	55	0	754	2783	113	3	103	180	14828	36	306	13	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Cajun	3522	2855	325	66	0	789	3133	22	10	12	180	16228	11	306	13	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Golden Garlic	3522	2855	325	66	0	754	3623	15	3	5	180	13428	16	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	3503	2630	292	66	0	780	3962	19	7	5	187	13078	61	376	14	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Hot	2948	2108	234	55	0	754	7145	16	6	8	182	16525	16	196	11	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	3382	2088	232	55	0	754	3343	120	3	110	180	13428	11	166	20	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Korean BBQ	3382	2102	234	55	0	754	3623	69	3	67	180	14528	16	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	3312	2245	249	55	0	754	4323	64	3	54	180	14828	27	166	13	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Medium	3662	2844	316	69	0	754	4323	15	3	5	180	14828	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Mild	3802	2970	330	69	0	754	3133	8	3	5	180	14128	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Original BBQ	3312	2245	249	55	0	754	3383	127	3	116	180	14728	16	166	13	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Parmesan Pepper	3942	3033	337	76	0	964	3553	8	3	5	180	12728	11	1006	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	3382	2088	232	55	0	754	3343	134	3	131	180	12728	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Supercharged	2862	2119	235	55	0	754	3553	15	10	5	180	24978	19	166	13	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Thaisian	3522	2371	263	60	0	754	3833	160	3	152	180	13428	11	166	10	
Jumbo Bone-In Wings, 24 (1 serving) with Wing Sauce Choice Triple Atomic	3213	2143	238	57	0	754	4227	73	6	59	182	15823	328	187	11	
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	6														

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 Farm	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	451	46	19	0	128	2924	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	652	625	61	25	0	128	3114	60	1	34	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	1045	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	60	1	34	34	549	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Supercharged	752	418	46	19	0	128	2897	46	3	16	34	4149	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 Triple Atomic	824	425	47	19	0	128	3090	63	2	31	35	1533	91	283	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 S&B Sandwich (1 serving)	796	271	30	12	2	97	2450	87	3	31	41	1559	56	251	3
Quaker S&B 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	40	1
Hangover Burger (1 serving)	1004	585	65	24	0	454	1954	34	2	5	66	1010	2	347	7
Hangover Burger (1 serving) with Fries	1291	713	79	27	0	454	2562	69	5	5	70	1014	12	348	8
International Butter Burger (1 serving)	773	450	50	23	0	205	1082	32	1	4	45	802	0	112	7
Kentucky Bourbon Burger (1 serving)	543	220	24	9	1	98	1262	51	2	20	28	369	4	88	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Bleu Cheese Crumbles	743	364	40	19	1	138	2022	53	4	20	40	969	4	388	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Pepper Jack Cheese	703	328	36	17	1	138	1532	51	2	20	38	769	4	388	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Swiss Cheese	763	382	42	19	1	158	1522	51	2	20	44	769	4	688	5
Kentucky Bourbon Burger (1 serving) with Fries	831	348	39	11	1	98	1869	86	5	20	31	372	14	89	7
Lubeburger (1 serving)	1000	534	59	20	1	180	3317	54	3	8	61	1288	4	371	7
Lubeburger (1 serving) with Fries	1288	663	74	23	1	180	3925	89	7	8	64	1292	14	372	8
Mac and Cheeseburger (1 serving)	903	492	55	22	0	205	2067	43	2	7	57	715	4	367	6
Mac and Cheeseburger (1 serving) with Fries	1190	620	69	25	0	205	2675	78	5	7	61	719	14	368	8
Market Cut Bacon Cheddar Burger (1 serving)	1321	847	94	35	1	273	2392	39	2	8	69	1725	3	521	6
Market Cut Bacon Cheddar Burger (1 serving) with Fries	1609	975	108	38	1	273	3000	74	6	8	73	1729	13	522	8
Pick Ur Cheese Burger (1 serving)	763	342	38	12	0	141	1511	53	3	7	50	249	3	214	7
Pick Ur Cheese Burger (1 serving) with Bacon	839	402	45	14	0	155	1823	53	3	7	55	249	3	214	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice American	864	424	47	17	0	166	2028	53	3	7	55	552	3	365	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Pepper Jack	923	450	50	20	0	181	1781	53	3	7	60	649	3	514	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Provolone	963	486	54	22	0	191	1741	53	3	7	64	849	3	614	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	874	428	48	18	0	164	1681	54	3	8	67	649	3	414	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Swiss	983	504	56	22	0	201	1771	53	3	7	66	649	3	614	7
Pick Ur Cheese Burger (1 serving) with Fries	1050	471	52	15	0	141	2119	88	6	7	54	252	13	215	8

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)
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	24	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
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	363	37	11	0	114	2464	69	8	17	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	42	20302	63	387	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice House Original BBQ	812	421	46	12	0	109	2768	66	8	13	42	20444	63	378	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	989	570	63	12	0	129	2557	60	8	8	45	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	963	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	84	2456	62	8	10	42	20668	63	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	2377	66	8	12	42	20452	65	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	824	434	49	9	0	107	2214	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 Parmesan	700	281	7	0	0	90	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	5	43	21116	64	334	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 Louisiana Lickers	674	165	18	5	0	84	2622	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	764	354	39	8	0	84	2302	57	8	5	42	20602	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 Parmesan 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 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	286	32	7	0	84	2452	60	8	7	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 Triple Atomic	638	176	20	5	0	84	2536	71	9	16	42	20965	131	332	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	496	55	9	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	800	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															

Steak Salad (1 serving)	729	464	52	21	0	138	1534	11	5	4	53	11492	64	356	8
Steak Salad (1 serving) with Sweet Vidalia Onion Dressing	1089	707	79	26	0	138	1864	38	5	31	53	11492	64	416	8
Top Gear Tender Chicken Salad (1 serving)	967	508	56	17	0	113	2033	65	6	32	46	11546	59	377	5

	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)
Main Street Items	2002	1249	139	20	0	257	4502	141	7	22	34	1651	45	153	7
Boom Boom Shrimp Plate (1 serving)	2002	1249	139	20	0	257	4502	141	7	22	34	1651	45	153	7
Classic Fish and Chips (1 serving)	1217	543	60	10	0	115	3129	123	8	16	46	908	38	103	5
Grilled Boneless Wings and Steamed Broccoli (1 serving)	831	251	28	9	0	148	1744	59	6	8	65	5281	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Chipotle BBQ	853	258	29	9	0	148	2219	62	6	11	65	5752	144	387	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Ghost Pepper Seasoning	861	268	30	10	0	148	2440	61	7	9	66	6327	145	387	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Dust Mango Habanero	871	253	28	9	0	148	2466	68	6	15	65	5945	146	416	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Arizona Ranch	951	359	40	10	0	155	2959	62	6	10	65	5981	146	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Asian Sesame	996	372	41	11	0	148	2314	66	6	16	65	5431	146	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Boom Boom Sauce	1086	480	53	13	0	170	2149	63	6	11	65	5431	147	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Buckeye BBQ	921	251	28	9	0	148	2164	61	6	29	65	5731	149	410	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Cajun	966	372	41	11	0	155	2239	62	7	10	65	6031	144	410	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Golden Garlic	966	372	41	11	0	148	2344	60	6	8	65	5431	148	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Haute Parmesan	962	367	41	11	0	153	2417	61	7	8	67	5356	155	425	7
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Hot	843	255	28	9	0	148	3099	60	7	9	65	6095	145	387	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	936	251	28	9	0	148	2284	59	6	31	65	5431	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	936	251	28	9	0	148	2284	59	6	31	65	5581	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	936	251	28	9	0	148	2074	84	6	31	65	5281	151	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Louisiana Lickers	921	251	28	9	0	148	2494	71	6	19	65	5731	147	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Medium	996	413	46	12	0	148	2494	60	6	8	65	5731	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Mild	1026	440	49	12	0	148	2239	59	6	65	5581	144	380	6	
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Original BBQ	936	251	28	9	0	148	2074	84	6	31	65	5281	151	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Parmesan Pepper	1056	453	50	13	0	193	2329	59	6	8	65	5281	144	560	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	936	251	28	9	0	148	2284	56	6	35	65	5281	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Supercharged	936	251	28	9	0	148	2284	59	6	31	65	5581	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thai R Cracker	966	251	28	9	0	148	2389	92	6	40	65	5431	144	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Thaisian	981	312	35	10	0	148	2352	80	6	28	65	5431	145	380	6
Grilled Boneless Wings and Steamed Broccoli (1 serving) with Wing Sauce Choice Triple Atomic	900	263	29	9	0	148	2474	73	7	20	66	5945	212	385	6
Grilled Chicken Entree (1 serving)	381	131	15	3	0	99	1067	18	1	0	42	77	2	23	2
Mac and Cheese Skillet (1 serving)	851	341	38	19	1	79	3078	93	3	12	35	880	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Arizona Ranch	921	413	40	20	1	84	3053	95	3	11	35	1280	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Asian Sesame	961	422	47	20	1	79	3458	99	3	17	35	980	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Boom Boom	1021	494	55	21	1	94	3348	96	3	14	35	980	16	675	4
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 Golden Garlic	941	422	47	20	1	84	3408	95	3	12	35	1180	14	680	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Haute Parmesan	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	418	46	20	1	79	3214	180	1	19	35	1180	19	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	3878	94	3	12	35	1180	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Mild	981	457	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	921	341	38	19	1	79	3508	115	3	33	35	880	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thai R Cracker	941	341	38	19	1	79	3808	113	3	33	35	980	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thaisian	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 Triple Atomic	897	348	39	19	1	79	3565	102	3	19	35	1322	59	678	4
Mac and Cheese Skillet with Pulled Pork (1 serving)	860	373	41	20	1	118	3335	80	2	18	43	702	11	530	5
Mac and Cheese Skillet with Seasoned Pulled Chicken (1 serving)	578	177	20	10	0	107	1966	55	2	7	45	853	10	392	4
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	1143	127	40	3	346	1221	36	1	34	65	1024	4	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	1506	927	103	37	3	319	1251	69	1	61	65	1424	11	227	6
The 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	1326	927	103	37	3	319	1170	27	1	19	65	524	1	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	1636	967	107	37	3	319	1218	64	1	59	65	1624	11	167	5
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	1624	11	167	5
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	527	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	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thai R Cracker	1445	927	103	37	3	319	1701	90	1	81	65	824	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thaisian	1626	1048	116	40	3	319	1626	66	1	58	65	824	2	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Triple Atomic	1464	950	106	38	3	319	1870	51	3	42	65	1851	137	176	5
The Lube's Baby Back Ribs, Half Rack (1 serving)	663	463	51	19	1	160	205	12	1	10	32	282	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	759	85	24	1	190	745	1							

Sauteed Green Beans and Red Peppers (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
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
Mashed Potatoes and Gravy (1 serving)	137	41	5	1	0	0	901	23	2	1	2	0	1	41	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)	996	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 Herbs Infused Butter	1369	546	51	20	3	264	2532	116	2	67	78	1504	17	210	7
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	0	0	0	0	61	3	0	0	43	2	0	7	0
Steak Toppers (1 portion) with Thai R Cracker Sauce	160	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Thunderbird Steak (1 serving)	665	373	41	15	2	120	700	21	1	2	49	258	0	68	4

	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)
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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 Boom Boom Sauce	1369	546	51	20	3	264	2532	116	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 Parmesan	1477	855	95	26	1	279	3606	64	5	11	62	504	31	250	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Hot	1157	527	56	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	12	130	7
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Mild	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 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 Parmesan Pepper	1727	1086	121	32	1	384	3372	58	2	11	78	304	3	810	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1407	546	61	20	1	264	3252	122	2	71	78	704	3	130	7
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	7304	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 Triple Atomic	1311	577	64	21	1	264	3757	96	4	42	79	2073	184	143	6

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	1182	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	327	1644	20	2	49	70	2562	6	188	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 Parmesan	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	1497	898	100	30	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 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	2354	44	1	38	70	1762	11	108	6
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	40	2	317	1402	82	4	317	102	108	6	108	6
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 Parmesan 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 Smoked Jalapeno Honey	1537	898	100	30	2	317	1574	64	1	10	70	662	2	108	6
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	7562	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	1090	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 Triple Atomic	1441	929	103	31	2	317	2299	49	2	40	71	2331	183	120	5

Bavarian Pretzels, 2 (1 serving)	524	136	15	7	0	24	2164	64	2	4	14	331	1	188	4
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	59	13	0	157	1364	3	0	8	37	400	3	34	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	759	556	62	14	0	157	719	9	0	8	37	450	3	24	2
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	969	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	450	1	24	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 Parmesan	725	551	61	14	0	163	822	2	1	0	39	375	12	69	3
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Hot	607	439	48	12	0	157	1504	2	0	0	38	1114	3	31	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	699	435	48	11	0	157	1034	24	0	23	37	450	11	24	2
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	464	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	889	424	59	14	0	157	800	0	0						

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, 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	634	228	23	5	4	0	114	2267	51	2	3	46	6	43	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	504	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	67	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	694	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 Smoked Jalapeno Ranch	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 Parmesan 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 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 Triple Atomic	556	98	11	2	0	104	2579	65	2	17	46	927	93	53	3
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	221	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	964	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 Buckeye 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 Cajun	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 Parmesan	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	6
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 Louisiana Lickers	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 Original BBQ	879	407	42	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 Parmesan 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 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	24	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 Triple Atomic	853	230	26	4	0	124	3257	90	7	19	61	1635	82	192	6

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)
House-Made Mac and Cheese (1 serving)	450	163	18	9	0	46	1653	53	1	7	20	488	7	368	3
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	42	3	7	234	64	90	3	
Loaded Baked Idaho Potato (1 serving) with Whipped Butter	404	139	15	0	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

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)
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	0	5
Fresh Brewed Iced Tea (1 drink)	0	0	0	0	0	0	8	0	0	0	0	0	0	0	8
Fresh Brewed Sweetened Iced Tea (1 drink)	256	0	0	0	0	0	7	64	0	64	0	0	0	0	7
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
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
Unleaded Lube-N-Ade (1 drink)	138	0	0	0	0	0	11	34	0	32	0	4	11	7	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	38	135	80	0	68	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	51	906	103	1	67	10	442	0	235	1
Stone Fruit Soda (1 drink)	216	0	0	0	0	0	33	56	0	55	0	0	0	0	0
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	38									

Wing Sauces (2 fluid ounces) with Wing Sauce Choice Asian Sesame	220	162	18	3	0	0	0	760	12	0	10	0	200	2	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Boom Boom Sauce	340	306	34	5	0	0	0	540	6	0	4	0	200	5	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Buckeye BBQ	120	0	0	0	0	0	0	560	30	0	0	28	0	600	7	40	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Cajun	180	162	18	3	0	0	10	660	4	2	2	0	1000	0	40	1	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Golden Garlic	180	162	18	3	0	0	0	800	2	0	0	0	200	2	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Haute Parm	175	155	17	3	0	0	7	897	3	1	0	2	1100	14	60	1	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Hot	16	6	1	0	0	0	0	1806	2	1	0	1	1085	1	9	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Kentucky Bourbon Glaze	140	0	0	0	0	0	0	720	32	0	30	0	200	0	0	0	3
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Korean BBQ	140	27	3	0	0	0	0	1180	26	0	22	2	600	7	0	1	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Louisiana Lickers	120	0	45	5	0	0	0	1000	16	0	14	0	600	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Medium	220	216	24	4	0	0	0	1000	2	0	0	0	600	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Mild	260	252	28	4	0	0	0	660	0	0	0	0	400	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Original BBQ	140	0	0	0	0	0	0	440	34	0	30	0	0	10	0	1	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Parmesan Pepper	300	270	30	6	0	0	0	60	780	0	0	0	0	0	240	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Smoked Jalapeno Honey	140	0	0	0	0	0	0	720	36	0	36	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Supercharged	20	9	1	0	0	0	0	780	2	2	0	0	3500	2	0	1	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thai R Cracker	180	0	0	0	0	0	0	860	44	0	42	0	200	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thaisian	290	81	2	0	0	0	0	810	10	0	0	0	200	1	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Triple Atomic	92	16	2	0	0	0	0	972	19	1	15	0	684	91	6	0	0

Quaker Steak and Lube Menu Analysis Book for Fall LTOS

Alcoholic 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)
Dirty Shirley (1 drink)	276	26	3	1	0	0	11	49	0	48	0	0	0	0	0
Rebel Root Beer Twist (1 drink)	251	37	4	2	0	5	42	29	0	29	2	125	1	75	0
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)
BBQ Ranch Tots (1 serving)	1006	641	71	19	0	117	3752	64	5	18	26	338	14	246	3
Magna Tots (1 serving)	809	551	61	15	0	71	2679	47	5	3	19	338	9	246	1
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)
Korean BBQ Pulled Pork Burger (1 serving)	1148	679	75	25	0	244	3279	51	2	19	63	2213	16	299	8
Korean BBQ Pulled Pork Burger (1 serving) with Fries	1435	807	90	27	0	244	3887	86	5	19	66	2216	26	300	10
Louisiana Peppercorn Burger (1 serving)	964	489	54	20	0	191	2521	60	3	21	54	1267	7	337	7
Main Street 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)
Surf and Turf Entree (1 serving)	832	389	43	13	0	172	1983	54	2	2	52	146	2	110	6
Turf and Turf Entree (1 serving)	778	380	42	14	0	187	1831	18	1	0	76	118	3	71	4
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)
Elvis Shake (1 drink)	493	235	26	9	0	36	416	59	1	51	10	200	0	100	1
Root Beer Float (1 drink)	420	115	13	10	0	56	128	71	0	65	3	480	0	96	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	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	38	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	1385	717	80	20	0	103	2616	133	11	40	38	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	2568	146	10	55	38	9885	21	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	133	10	61	38	9985	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	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 Triple Atomic	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	39	8	0	72	2146	77	6	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	25952	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	9721	4815	538	145	0	1494	2468	627	54	70	53	64687	68	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	87	70	652	9116	45	2907	38
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Steak Caesar Wrap	9505	4601	511	163	0	1067	18373	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	76906	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	1362	24
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Breaded Chicken Club	4890	2113	235	76	2	1025	12976	330	13	39	243	4413	23	1556	21
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Chicken Caesar Wrap	4165	1777	197	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													

TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1407	637	71	18	0	92	3050	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	2860	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	50	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharger	1357	619	69	18	0	92	2940	150	12	40	37	11635	15	250	7
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	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaiisan	1447	655	73	19	0	92	2955	163	11	53	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1392	622	69	18	0	92	3036	159	11	48	37	10327	59	250	6
Veghead Wrap Boxed Lunch (1 serving)	1335	674	75	26	0	95	1780	137	11	42	32	6584	95	540	6

	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	203	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	99	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	10364	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 Sweet Vidalia Onion	518	118	13	3	0	79	1206	72	6	10	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	13	39	10303	10	218	5
OS & L. Boneless Chicken Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	518	118	13	3	0	79	1206	72	6	10	39	10303	10	218	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	663	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	39	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	66	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	10453	10	218	7
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	618	152	17	4	0	79	1736	56	6	17	39	10303	14	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Medium	663	280	31	6	0	79	1736	56	6	7	39	10753	10	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Mild	693	307	34	6	0	79	1481	54	6	7	39	10603	10	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Original BBQ	603	118	13	3	0	79	1316	80	6	29	39	10303	17	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Parmesan Pepper	723	321	36	7	0	124	1571	64	9	12	39	10303	39	398	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	603	118	13	3	0	79	1526	81	6	34	39	10303	10	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Supercharger	513	125	14	3	0	79	1571	56	8	7	39	12928	12	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Thai R Cracker	633	118	13	3	0	79	1631	57	6	38	39	10453	10	218	5
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Thaiisan	648	179	14	3	0	79	1593	75	9	39	10453	10	218	5	
OS & L. Boneless Chicken Salad (1 serving) with Wing Sauce Choice Triple Atomic	567	130	14	3	0	79	1715	68	7	18	40	10967	78	222	5
TGT Chicken Salad, 10-15 (1 serving)	412	188	21	7	0	56	869	32	4	12	23	7648	43	242	4
TGT Chicken Salad, 10-15 (15 servings)	6186	2825	214	103	0	842	13029	473	54	185	344	114718	640	3625	61
TGT Chicken Salad, 4-6 (1 serving)	515	236	26	9	0	70	1086	39	4	15	29	9560	54	302	5
TGT Chicken Salad, 4-6 (6 servings)	3090	1413	157	51	0	421	6515	236	27	92	172	57359	324	1811	31

	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)
Pulled Chicken Mac and Cheese, 10-15 (1 serving)	606	199	22	11	1	83	2238	66	2	9	36	741	10	459	4
Pulled Chicken Mac and Cheese, 10-15 (15 servings)	9093	2990	332	171	9	1242	33573	992	32	130	537	11122	155	6884	60
Pulled Chicken Mac and Cheese, 4-6 (1 serving)	725	242	27	14	1	98	2714	79	2	11	42	896	13	570	5
Pulled Chicken Mac and Cheese, 4-6 (6 servings)	4348	1454	162	85	5	587	16281	473	15	64	251	5379	76	3423	28
TGT Mac and Cheese, Serves 10-15 (1 serving)	695	219	24	12	1	88	2607	80	2	9	39	585	10	462	4
TGT Mac and Cheese, Serves 10-15 (15 servings)	10425	3280	364	177	10	1317	39112	1200	34	132	587	8779	146	6936	62
TGT Mac and Cheese, Serves 4-6 (1 serving)	846	268	30	15	1	109	3201	96	3	11	48	732	12	577	5
TGT Mac and Cheese, Serves 4-6 (6 servings)	5077	1806	178	88	5	655	19207	578	16	65	288	4389	73	3461	30

	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)
Mashed Potatoes and Gravy (1 pint)	514	154	17	4	0	0	2893	87	8	4	8	0	5	165	3
Mashed Potatoes and Gravy (1 quart)	1029	309	34	8	0	0	5786	173	16	8	16	0	10	329	6

	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 Chunk Cookies (1 cookie)	370	162	18	8	0	20	280	50	2	30	4	200	0	20	2
Chocolate Chunk Cookies (2 cookies)	740	324	36	16	0	40	560	100	4	60	8	400	0	40	4
Chocolate Chunk Cookies (12 cookies)	4440	1944	216	96	0	240	3360	600	24	360	48	2400	0	240	22
Fudge Brownies (1 brownie)	510	270	30	11	0	15	90	57	3	45	6	0	0	0	1
Fudge Brownies (6 brownies)	3060	1620	180	63	0	90	540	342	18	270	36	0	0	0	6
Fudge Brownies (12 brownies)	6120	3240	360	126	0	180	1080	684	36	540	72	0	0	0	13

	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	6	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	468	355	39	9	0	109	363	2	1	1	25	200	1	16	1
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 Parm	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	320	34	8	0	105	387	13	0	0	25	280	1	16	1
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 Supercharger	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	16	0	17	25	280	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Thaiisan	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 Triple Atomic	433	296	33	8	0	105	488	7	0	6	25	554	37	19	1
Bone-In Wings,															

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 Thaiisan	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 Triple Atomic	433	296	33	8	0	105	488	7	0	15	564	37	19	1	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 Sauce Choice Smoked Jalapeno Seasoning	46625	4743	1446	115	1	1572	17212	61	522	12	394	26517	39	391	26
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	11210	24	0	12	374	7801	29	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Asian Sesame	7264	5318	591	133	1	1572	6050	72	0	60	374	4201	29	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBQ	7984	6182	687	145	1	1572	6874	80	0	37	474	4201	43	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBO	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	8001	14	485	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Garlic Parm	7494	5793	644	143	1	1584	5177	17	3	0	383	3792	18	381	21
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Golden Garlic	7034	5318	591	133	1	1572	6290	67	0	107	374	4201	29	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Haute Parm	6993	5275	586	133	1	1616	6871	18	7	0	386	3601	101	605	26
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	4816	513	115	1	1572	4170	96	0	84	374	6601	43	245	45
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Medium	7264	5642	627	139	1	1572	7490	12	0	0	374	6601	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Mild	7504	5858	651	139	1	1572	5450	0	0	0	374	5401	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Original BBQ	6784	4346	483	115	1	1572	4130	204	0	180	374	3001	72	245	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Parmesan Pepper	7744	5966	663	151	1	1932	4170	96	0	84	374	3001	14	1685	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Ranch	7144	5426	603	133	1	1632	5090	24	0	12	374	5401	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	6784	4346	483	115	1	1572	5810	216	0	216	374	3001	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Smoky Gold BBQ	6558	4350	483	115	1	1572	5237	152	1	148	375	3496	26	333	20
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Supercharged	6994	4400	489	115	1	1572	6170	12	12	0	374	24001	29	245	24
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Thai R Cracker	7024	4346	483	115	1	1572	6650	264	0	252	374	4201	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Thaiisan	7144	4832	537	124	1	1572	6350	168	0	156	374	4201	21	245	19
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Triple Atomic	6494	4440	493	117	1	1572	7325	111	6	92	377	8306	559	282	21
Breaded Boneless Wings, 100 (1 serving)	220	73	8	1	0	44	667	18	0	0	19	0	0	0	1
Breaded Boneless Wings, 100 (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, 100 (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, 100 (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, 100 (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, 100 (1 serving) with Wing Sauce Choice Asian Sesame	308	137	15	2	0	44	971	23	0	4	19	80	1	0	1
Breaded Boneless Wings, 100 (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, 100 (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, 100 (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, 100 (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, 100 (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, 100 (1 serving) with Wing Sauce Choice Hot	227	75	8	1	0	44	1390	19	0	0	19	434	1	3	1
Breaded Boneless Wings, 100 (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, 100 (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, 100 (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, 100 (1 serving) with Wing Sauce Choice Original BBQ	276	73	8	1	0	44	843	19	0	12	19	0	4	0	1
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Parmesan Pepper	340	181	20	4	0	68	979	18	0	0	19	0	0	96	1
Breaded Boneless Wings, 100 (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, 100 (1 serving) with Wing Sauce Choice Supercharged	228	76	8	1	0	44	979	19	1	0	19	1400	0	0	1
Breaded Boneless Wings, 100 (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, 100 (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, 100 (1 serving) with Wing Sauce Choice Triple Atomic	257	79	9	1	0	44	1056	25	0	6	19	354	36	2	1
Breaded Boneless Wings, 100 (30 servings)	6613	2177	242	38	1	1334	20011	534	0	0	567	0	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Chipotle BBQ	6966	2292	255	43	3	1334	2761	592	4	41	569	7691	5	103	39
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Ghost Pepper Seasoning	7095	2458	273	60	1	1334	31148	577	9	14	574	16728	16	103	43
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Mango Habanero	7253	2318	243	60	1	1334	28119	243	3	23	567	16728	16	103	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	10693	5849	650	98	1	1694	26491	606	0	48	567	2400	58	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Buckeye BBQ	8053	2177	242	38	1	1334	29131	678	0	120	567	2400	29	0	36
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 Kentucky Bourbon Glaze	8800	4121	458	74	1	1334	29131	678	0	120	567	2400	29	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	8293	2177	242	38	1	1334	28651	918	0	360	567	2400	0	0	71
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Medium	8053	2719	302	38	1	1334	32011	726	0	168	567	7200	58	0	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	9253	4121	458	74	1	1334	32011	558	0	0	567	7200	0	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Parmesan Pepper	8293	2177	242	38	1	1334	29131	678	0	120	567	2400	29	0	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	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 Supercharged	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 Thai R Cracker	6853	2285	243	68	1	1334	28651	966	0	432	567	42000	29	0	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thaiisan	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 Triple Atomic	7714	2364	263	43	1	1334	31881	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	137	15	2	0	44	971	23	0	4	19	80	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 Hot	227	75	8	1	0	44	1390	19	0	0	19	434	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													

Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Buckeye BBQ	2285	589	65	10	0	360	7697	268	2	114	154	8044	31	184	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Cajun	2525	1237	173	22	0	400	8097	164	10	10	154	8644	2	184	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Smoked Jalapeno Parm	2338	1553	293	23	0	368	7915	156	3	2	160	8172	5	115	11
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Golden Garlic	2525	1237	137	22	0	360	8657	156	2	2	154	8444	11	24	14
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Haute Parmesan	2504	1208	134	22	0	360	9044	160	6	2	162	8044	59	264	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Louisiana Lickers	1610	611	65	10	0	360	12682	157	5	0	154	8586	8	59	8
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2365	589	65	10	0	360	8337	275	5	122	154	8444	2	24	22
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Louisiana Lickers	2285	589	65	10	0	360	9457	212	2	58	154	8044	21	24	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Medium	2685	1453	161	26	0	360	9457	156	2	2	154	8044	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Original BBQ	2685	1453	177	26	0	360	8097	148	2	2	154	8244	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Triple Atomic	2365	589	65	10	0	360	7217	284	2	122	154	8644	40	24	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Parmesan Pepper	3005	1669	185	34	0	600	8577	148	2	2	154	8644	2	984	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Ranch	2605	1309	145	22	0	400	7857	164	2	10	154	7244	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Smoked Jalapeno Honey	2365	589	65	10	0	360	5337	262	2	146	154	8644	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Smoky Gold BBQ	2214	591	66	10	0	360	7955	249	2	101	154	5974	10	83	11
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Supercharged	1885	625	69	10	0	360	8577	156	10	2	154	19644	11	24	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Thai R Cracker	2525	589	65	10	0	360	8897	324	2	170	154	8444	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Triple Atomic	2605	2913	101	16	0	360	8697	260	2	108	154	8444	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Triple Atomic	2172	651	72	12	0	360	9347	222	5	64	155	9181	365	49	11
Compact Bucket of Bone-In Wings (1 serving)	445	322	36	9	0	117	121	1	0	0	28	1351	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	473	1949	39	9	0	117	119	1	0	0	28	1359	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Dressing Choice Ranch Dressing	465	342	38	9	0	119	175	1	0	1	28	1351	1	27	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Chipotle BBQ	453	325	36	9	0	117	311	2	0	2	28	1544	2	26	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	457	330	37	9	0	117	400	2	1	1	28	1769	2	26	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Habanero	261	324	36	9	0	117	410	2	0	3	28	1617	2	37	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Arizona Ranch	509	380	42	9	0	121	769	2	0	1	28	1671	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Asian Sesame	533	387	43	10	0	117	425	6	0	4	28	1431	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Boom Boom	581	445	49	11	0	129	337	3	0	12	28	1431	3	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	493	322	36	9	0	117	415	13	0	12	28	1591	4	29	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 Garlic Parm	548	419	47	10	0	117	367	2	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	1	28	1431	1	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	0	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	322	36	9	0	117	521	7	0	6	28	1591	1	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 Mild	549	423	47	10	0	117	385	1	0	0	28	1511	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 Parmesan Pepper	465	342	38	9	0	119	175	1	0	1	28	1351	1	27	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	322	36	9	0	117	415	2	0	12	28	1591	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 Thaisian	525	325	36	9	0	117	445	12	0	11	28	1431	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Triple Atomic	451	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	49	0	583	1922	2	2	3	139	6756	115	6	8
Compact Bucket of Bone-In Wings (5 servings) with Dressing Choice Bleu Cheese Dressing	2363	1745	194	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	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Chipotle BBQ	2287	1627	191	43	0	583	1552	2	2	8	139	7718	9	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	2543	1900	211	47	0	603	3846	12	2	6	139	8356	12	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Asian Sesame	2653	2139	249	49	0	583	2139	22	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 Golden Garlic	2740	2095	234	53	0	603	1926	2	2	8	139	8756	7	195	9
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Haute Parmesan	2583	1936	215	49	0	583	2206	8	4	2	139	7156	12	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Hot	2573	1922	214	49	0	598	2400	10	4	4	140	6956	36	235	10
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	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 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 Mild	2743	2116	235	51	0	583	1926	4	2	2	139	7556	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Chipotle BBQ	2503	1612	179	43	0	583	1912	2	2	6	139	7656	26	156	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Parmesan 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	12	2	6	139	7556	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Smoky Gold BBQ	2428	1614	179	43	0	583	1855	55	2	52	140	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 Thaisian	2623	1774	199	46	0	583	2000	60	19	3	139	7156	10	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Triple Atomic	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	366	266	30	7	0	96	149	1	0	0	22	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 Habanero	374	260	30	7	0	94	388	2	0	1	23	1773	2	24	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Arizona Ranch	422	317	35	8	0	98	748	2	0	1	22	1628	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	4	22	1388	3	19	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	405	259	29	7	0	94	324	13	2	12	22	1308	2	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	326	40	9	0	95	345	2	0	1	23	1361	2	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	455	2	0	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	3	6	22	1548	3	19	2
Full Bucket of Bone-In Wings (

Grilled Boneless Wings, 12 (1 serving)	366	94	10	2	0	74	707	32	2	1	34	27	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	416	110	12	2	0	74	1776	41	2	6	34	1108	2	110	4
Grilled Boneless Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	35	1905	3	108	4	
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	579	285	32	5	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 Hot	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 Kentucky Bourbon Glaze	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 Louisiana Lickers	445	122	14	2	0	74	1332	42	2	9	34	402	5	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Medium	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 Parmesan 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	152	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 Thaisian	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 Triple Atomic	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	1663	509	57	18	0	297	8070	150	10	29	139	7980	14	432	15
Grilled Boneless Wings, 12 (4 servings) with Wing Dust Mango Habanero	1654	369	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	2016	781	87	15	0	297	4729	160	6	28	136	607	19	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Boom Boom	2316	1141	127	20	0	372	4179	145	6	13	136	1607	16	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1746	376	42	7	0	297	4236	205	6	7	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	1963	781	87	15	0	315	5071	157	6	3	141	1657	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	4629	210	6	78	136	607	6	383	12
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	781	87	15	0	297	5329	165	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 Parmesan 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	379	100	11	2	0	74	1195	34	3	1	34	2214	3	96	3
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 Thaisian	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 Triple Atomic	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	4
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	35	1905	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	4
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	579	285	32	5	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 Parm	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	454	94	10	2	0	74	1157	52	2	19	34	152	2	96	5
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	445	122	14	2	0	74	1332	42	2	9	34	402	5	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Medium	504	229	25	4	0	74	1332	34	2	1	34	402	2	96	3
Grilled Boneless Wings, 24 (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, 24 (1 serving) with Wing Sauce Choice Parmesan Pepper	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	152	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 Thaisian	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 Triple Atomic	424	104	12	2	0	74	1315	44	2	10	34	580	58	100	3
Grilled Boneless Wings, 24 (8 servings)	3329	812	98	20	3	593	2931	263	13	47	137	115	767	24	3
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Chipotle BBQ	3329	812	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	3329	812	98	20	3	593	16140	300	21	19	279	15999	28	864	30
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Mango Habanero	3329	812	98	20	3	593	1377	365	16	6	246	365	12	1073	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	9458	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	8358	290	13	26	272	1215	36	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Buckeye BBQ	3531	753	83	13	0	593	4312	410	13	140	15	945	967	27	24
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	24
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 Parm	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 Kentucky Bourbon Glaze	3302	781	87	15	0	593	14629	271	17	16	272	1215	24	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Louisiana Lickers	3531	978	109	14	0	593	10558	420	13	76	272	3215	36	767	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Medium	4031	1533	204	34	0	593	10558	270	13	6	272	3215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Original BBQ	3631	978	109	14	0	593	10558	420	13	156	272	1215	36	767	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Parmesan 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	978	84	14	0	593	9258	440	13	186	272	215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Supercharged	3031	753	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	1563	174	29	0	593	9558	480	13	213	272	1215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Thaisian	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 Triple Atomic	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	3	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													

Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Triple Atomic	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	183	54	8	0	271	7103	120	11	3	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	195	22	4	0	251	4683	126	4	55	111	105	20	188	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	5483	116	4	3	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Haute Parmesan	1462	504	55	10	0	260	5957	116	6	4	111	505	34	228	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Hot	1145	206	23	4	0	251	4716	116	6	4	111	2275	8	125	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1393	195	22	4	0	251	5303	116	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	1355	123	70	12	0	251	5667	716	4	3	121	1305	25	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 Parmesan Pepper	1713	735	82	16	0	371	5423	112	4	3	111	105	5	588	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Ransian's Lickers	1553	519	58	10	0	271	5063	120	11	7	111	105	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	5583	200	4	87	111	505	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Thaisian	1513	357	40	7	0	251	5483	168	4	55	111	505	8	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Triple Atomic	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	348	124	13	1	0	63	1248	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	68	1273	29	1	1	28	92	2	38	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	368	130	14	3	0	68	1366	29	1	1	28	126	1	37	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Hot	366	126	14	3	0	66	1414	29	2	1	29	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	328	71	8	1	0	63	1468	26	1	6	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	3
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 Parmesan Pepper	428	184	20	4	0	63	1366	29	2	1	28	126	1	147	3
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	176	1	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	2	22	28	126	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thaisian	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 Triple Atomic	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	6	221	211	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Arizona Ranch	2865	966	107	16	0	542	14207	240	8	13	221	3411	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	1614	174	28	0	502	9867	246	8	21	221	1011	39	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	2511	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 Haute Parmesan	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 Hot	2924	1009	112	20	0	531	11314	236	12	5	229	611	69	455	15
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2290	412	46	8	0	502	14952	233	11	9	223	4551	17	250	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Louisiana Lickers	2785	390	43	8	0	502	10607	352	8	125	221	1011	11	215	22
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Medium	370	117	13	2	0	63	1127	268	8	6	221	1011	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Mild	3105	1254	139	24	0	502	11727	232	8	5	221	2611	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Original BBQ	3265	1398	155	24	0	502	10367	224	8	5	221	1811	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Parmesan Pepper	2785	390	43	8	0	502	9487	360	8	125	221	211	49	215	13
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Ranch	3425	164	20	4	0	742	10166	224	11	6	221	1811	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Smoked Jalapeno Honey	3025	1110	123	20	0	542	10127	240	8	13	221	1811	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Smoky Gold BBQ	2785	390	43	8	0	502	10607	368	8	149	221	211	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Supercharged	2635	392	44	8	0	502	10225	325	8	104	222	541	19	274	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Thai R Cracker	2345	326	36	8	0	502	10947	422	8	117	221	1011	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Thaisian	2945	390	43	8	0	502	11167	400	8	173	221	1011	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Triple Atomic	3025	714	79	14	0	502	10967	336	8	109	221	1011	16	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Triple Atomic	2592	452	50	10	0	502	11617	298	11	67	223	3748	374	240	12
Top Gear Tender Platter, 48 (1 serving)	297	52	6	1	0	67	1030	30	1	1	30	28	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Arizona Ranch	361	110	12	2	0	71	1678	31	1	1	30	348	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Asian Sesame	385	117	13	3	0	67	1334	35	2	2	30	108	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Boom Boom	433	174	19	3	0	79	1246	32	1	2	30	108	3	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Buckeye BBQ	345	52	6	1	0	67	1254	42	1	12	30	268	4	45	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Cajun	369	117	13	2	0	71	1294	31	2	1	30	428	1	45	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Garlic Parm	403	148	16	3	0	68	1276	31	1	6	30	81	1	38	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Golden Garlic	369	117	13	2	0	67	1350	31	1	1	30	108	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Haute Parmesan	367	114	13	2	0	70	1389	31	1	1	30	68	7	53	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Hot	303	54	6	1	0	67	1753	31	1	1	30	462	2	32	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	353	54	6	1	0	67	1318	43	1	13	30	108	3	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Louisiana Lickers	345	70	8	1	0	67	1430	36	1	6	30	268	3	29	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Medium	385	138	15	3	0	67	1430	31	1	1	30	268	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Original BBQ	401	153	17	3	0	67	1294	30	1	1	30	188	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Parmesan Pepper	425	162	18	3	0	67	1353	32	1	13	30	26	5	29	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Ranch	417	160	18	3	0	91	1342	30	1	1	30	28	1	125	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	377	124	14	2	0	67	1270	31	1	1	30	188	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	353	52	6	1	0	67	1318	44	1	15	30	28	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Supercharged	338	52	6	1	0	67	1280	31	2	1	30	61	2	45	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Supercharged	305	56	6	1	0	67	1342	31	2	1	30	1428	2	29	

Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Farmhouse Ranch	3368	2477	275	84	0	460	6832	130	48	57	108	114796	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Fat Free Italian	1528	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	4098	3053	330	107	0	540	8512	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	2418	2418	243	84	0	300	4032	268	48	57	108	114796	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Wildberry Poppyseed	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	3499	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	334	251	28	8	0	38	537	11	4	4	11	9618	54	262	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Chipotle Ranch	232	237	23	7	0	39	609	11	4	6	5	9566	54	269	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	268	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	421	242	27	11	0	25	663	13	4	4	3	9700	59	286	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 Poppyseed	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	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
Garage Salad, Serves 4-6 (6 servings)	884	447	50	30	0	150	1256	57	24	21	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Balsamic Vinaigrette	1364	807	90	34	0	150	2776	69	24	53	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Bleu Cheese	2006	1508	168	45	0	228	3223	63	24	33	63	57706	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Chipotle Ranch	1695	1242	138	42	0	230	3654	67	25	30	54	57638	325	1733	26
Garage 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
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Fat Free Italian	964	447	50	30	0	150	5176	61	24	37	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Jalapeno Ranch	2004	1527	170	50	0	240	3526	65	24	29	54	57398	325	1570	26
Garage 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
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Olive Oil and Balsamic Vinaigrette	1988	1456	162	46	0	150	1256	81	24	45	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Sweet Vidalia Onion	1844	1252	122	42	0	150	2136	129	24	9	54	57398	325	1730	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Wildberry Poppyseed	1686	987	110	39	0	240	2820	125	26	77	54	57398	370	1570	26
Garage 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
Garage 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	5
Ribs (1 serving) with Wing Sauce Choice Arizona Ranch	1566	1143	127	40	3	334	2841	30	1	22	65	1724	4	167	5
Ribs (1 serving) with Wing Sauce Choice Asian Sesame	1656	1170	130	42	3	319	1551	42	1	34	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Boom Boom Sauce	1241	836	104	37	3	384	1221	33	1	25	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Buckeye BBQ	1506	927	103	37	3	319	1251	69	1	61	65	1424	11	227	6
Ribs (1 serving) with Wing Sauce Choice Cajun	1596	1170	130	42	3	334	1401	30	2	22	65	2024	1	227	6
Ribs (1 serving) with Wing Sauce Choice Garlic Parm	1714	1289	143	44	3	322	1333	28	2	19	67	722	2	201	5
Ribs (1 serving) with Wing Sauce Choice Golden Garlic	1596	1170	130	42	3	319	1611	27	1	19	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Haute Parmesan	1588	1159	129	42	3	330	1756	28	3	19	68	674	22	257	6
Ribs (1 serving) with Wing Sauce Choice Hot	1350	935	104	38	3	319	3120	27	3	21	65	2152	3	180	5
Ribs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1536	927	103	37	3	319	1491	72	1	64	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Louisiana Lickers	1506	994	110	37	3	319	1911	48	1	40	65	1424	8	167	6
Ribs (1 serving) with Wing Sauce Choice Medium	1656	1251	139	43	3	319	1911	27	1	19	65	1424	1	167	5
Ribs (1 serving) with Wing Sauce Choice Mild	1716	1305	145	43	3	319	1401	24	1	19	65	1124	1	167	5
Ribs (1 serving) with Wing Sauce Choice Original BBQ	1536	927	103	37	3	319	1521	72	1	65	107	1524	15	167	6
Ribs (1 serving) with Wing Sauce Choice Parmesan Pepper	1776	1332	148	46	3	409	1581	24	1	19	65	524	1	167	5
Ribs (1 serving) with Wing Sauce Choice Ranch	1626	1197	133	42	3	334	1311	30	1	22	65	1124	1	167	5
Ribs (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1536	927	103	37	3	319	1491	78	1	73	65	524	1	167	5
Ribs (1 serving) with Wing Sauce Choice Sweet Smoky Boom Boom	1451	242	30	3	319	1348	162	61	1	59	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Supercharged	1356	940	104	37	3	319	1581	27	4	19	65	5774	4	167	5
Ribs (1 serving) with Wing Sauce Choice Thai R Cracker	1596	927	103	37	3	319	1701	90	1	82	65	824	1	167	5
Ribs (1 serving) with Wing Sauce Choice Thai R Cracker	1626	1048	116	40	3	319	1626	66	1	58	65	824	2	167	5
Ribs (1 serving) with Wing Sauce Choice Thaisian	1464	950	106	38	3	319	1870	51	3	42	65	1851	137	176	5

Jumbo 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)
Bone In Wings, 1 Piece (1 piece)	119	87	10	2	0	31	30	0	0	0	7	60	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Dust Chipotle BBQ	131	91	10	2	0	31	286	2	0	1	8	320	0	8	0
Bone In Wings, 1 Piece (1 piece) with Wing Dust Ghost Pepper Seasoning	133	95	11	3	0	31	344	3	1	0	8	320	1	8	1
Bone In Wings, 1 Piece (1 piece) with Wing Dust Mango Habanero	130	88	10	2	0	31	234	3	0	2	8	248	1	15	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Arizona Ranch	138	104	12	3	0	33	224	0	0	0	7	156	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Asian Sesame	145	106	12	3	0	31	121	1	0	1	7	84	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Boom Boom	160	124	13	3	0	35	95	1	0	0	7	84	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Buckeye BBQ	133	87	10	2	0	31	97	4	0	3	7	132	1	10	0
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	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Haute Parm	140	106	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	8	190	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	8	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	155	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	3	7	84	0	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 Thaisian	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 Triple Atomic	130	89	10	2	0	31	146	2	0	2	8	166	11	6	0

Sidencars	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	800	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	48	1

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	1365	712	79	19	0	94	2978	133	10	41	38	10285	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1437	721	89	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	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	1365	721	80	20	0	104	2498	153	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	9985	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	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	138	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	1437	640	71	18	0	99	2528	147	10	55	38	9985	15	246	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 Thaisian	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 Triple Atomic	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	687	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	1457	695	77	19	0	92	2950	150	11	40	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1434	692	77	19	0	95	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	92	3058	153	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	9985	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	2940	150	12	40	37	11635	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	9985	14	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1447	655	73	19	0	92	3055	163	11	51	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	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
QS&L Boneless Wing Boxed Salad (1 serving)	1068	289	32	11	0	99	1686	146	10	37	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	1188	379	42	12	0	99	2066	154	10	45	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Bleu Cheese	1348	555	62	15	0	119	2178	148	11	38	51	10580	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Chiptole Ranch	1271	488	54	14	0	119	2226	148	10	39	49	10584	10	378	9
QS&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
QS&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
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Northern Italian	1328	541	60	15	0	99	2366	148	10	37	49	10703	17	378	9
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	1308	451	50	14	0	99	1906	164	10	56	49	10503	10	378	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Wildberry Poppyseed	1497	749	83	21	0	122	2940	149	11	40	37	9985	14	370	6
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Asian Sesame	1233	411	46	13	0	99	2256	155	10	44	49	10653	12	338	9
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Haute Parmesan	1158	405	45	13	0	99	2166	169	10	39	49	10653	16	368	9
QS&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
QS&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
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Haute Parmesan	1158	405	45	13	0	99	2355	163	11	37	51	10578	21	383	10
QS&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
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	1158	323	36	11	0	99	2436	158	10	47	49	10653	14	338	11
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Medium	1233	451	50	14	0	99	2436	158	10	47	49	10653	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Original BBQ	1263	478	53	14	0	99	2181	146	10	37	49	10803	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Parmesan Pepper	1173	289	32	11	0	99	2016	172	10	59	49	10503	17	338	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Ranch	1283	492	53	16	0	144	2271	146	10	47	49	10503	15	318	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1218	424	47	13	0	107	2136	149	10	38	49	10803	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoky Gold BBQ	1173	289	32	11	0	99	2226	173	10	64	49	10503	10	338	9
QS&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	10956	12	349	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Supercharged	1083	296	33	11	0	99	3271	148	12	37	49	11328	12	338	10
QS&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
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Thaisian	1218	350	39	12	0	99	2293	167	10	56	49	10653	11	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Triple Atomic	1137	301	33	11	0	99	2415	160	11	48	50	11167	78	342	9

	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)
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