



Menu Nutrition Analysis
(April/May 2018 Menu)
Item availability may differ by location.

EFFECTIVE APRIL 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.

	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
Arizona Ranch Chicken Dip (1 serving)	1095	524	58	26	0	160	3603	99	5	7	41	1623	5	458	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)	875	518	58	8	0	128	1758	48	2	9	15	1007	20	79	3
Cheese Curds and Lube Chips (1 serving)	1141	739	82	44	0	237	1987	26	1	3	56	451	3	347	0
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 Pork Carnitas (1 serving)	1518	743	83	41	0	243	3285	121	9	13	68	3676	22	1254	4
Fully Loaded Nachos with Pulled Chicken (1 serving)	1433	628	70	37	0	234	2689	122	9	14	73	3721	23	1245	4
Grilled Boneless Wings and Pick-Up Pickles (1 serving)	784	218	24	4	0	124	2528	76	6	7	60	972	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Jalapeno Ranch Dressing	1064	488	54	9	0	154	3028	78	6	9	60	972	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Ranch Dressing	984	416	46	7	0	144	3068	78	6	9	60	972	14	227	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Chipotle BBQ	806	226	25	4	0	124	3003	80	6	10	61	1453	14	194	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Ghost Pepper Seasoning	814	236	26	5	0	124	3224	79	6	8	61	2018	15	194	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Dust Mango Habanero	824	221	25	4	0	124	3250	86	6	14	61	1636	16	223	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Arizona Ranch	919	340	38	6	0	132	3223	79	7	9	60	1722	14	217	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	124	3258	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	869	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 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 Mild	979	407	45	7	0	124	3023	76	6	7	60	1222	14	187	6
Grilled Boneless Wings and Pick-Up Pickles (1 serving) with Wing Sauce Choice Original BBQ	889	218	24	4	0	124	2958	100	6	30	60	1122	14	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	979	407	45	7	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	340	38	6	0	124	3113	81	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
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	34	5	11	564	2	318	1
Lube Chips and Dip (1 serving) with White Queso	486	268	30	9	0	20	1165	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	5	4114	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

	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)
Street Foods															
Crispy Chicken Sliders (1 serving)	489	329	37	7	1	82	2822	95	3	14	44	1520	21	371	5
Mahi Street Tacos, 2 (1 serving)	830	237	26	8	0	63	822	32	2	3	15	1073	15	182	3
Mahi Street Tacos, 3 (1 serving)	819	311	35	12	0	99	1966	93	6	6	31	1706	29	313	7
Pork Carnitas Tacos, 2 (1 serving)	363	171	19	8	0	57	1056	33	3	3	15	1026	16	189	3
Pork Carnitas Tacos, 3 (1 serving)	783	275	31	13	0	90	2403	94	7	6	29	1687	30	323	7
Pulled Chicken Tacos, 2 (1 serving)	320	113	13	6	0	52	759	33	3	3	17	1048	17	184	2
Pulled Chicken Tacos, 3 (1 serving)	718	189	21	9	0	82	1956	95	7	6	33	1721	31	316	7

	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, Basket (1 serving)	901	291	32	5	0	178	2722	75	2	2	76	5644	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Bleu Cheese Dressing	1181	557	62	9	0	197	3214	77	2	4	78	5721	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Ranch Dressing	1101	489	54	8	0	198	3262	77	2	4	76	5644	2	64	5
Breaded Boneless Wings, Basket (1 serving) with Wing Dust Chipotle BBQ	945	306	34	6	0	178	3672	83	2	8	76	6605	2	37	6
Breaded Boneless Wings, Basket (1 serving) with Wing Dust Ghost Pepper Seasoning	969	329	36	6	0	176	4114	81	3	4	77	7135	4	47	6
Breaded Boneless Wings, Basket (1 serving) with Wing Dust Mango Habanero	981	296	33	5	0	178	4166	93	2	16	77	6972	7	96	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Arizona Ranch	1141	507	56	8	0	193	5152	81	2	5	76	6844	5	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Asian Sesame	1231	534	59	10	0	178	3862	93	2	17	76	5944	5	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Boom Boom Sauce	1411	359	40	6	0	176	4255	99	2	8	79	6344	4	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Buckeye BBQ	1081	291	32	5	0	178	3562	120	2	44	76	5944	13	84	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Cajun	1171	534	59	10	0	193	3712	81	5	5	76	7144	2	84	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Golden Garlic	1171	534	59	10	0	178	3922	78	59	2	76	5944	5	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Haute Parmesan	1163	523	58	10	0	189	4067	80	3	2	76	5704	23	114	7
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Hot	925	300	33	5	0	178	5431	79	3	4	77	7271	4	37	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1111	291	32	5	0	178	3802	123	2	47	76	5944	2	24	10
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Louisiana Lickers	108	359	40	6	0	176	4255	99	2	23	76	6544	9	24	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Medium	1231	615	68	11	0	178	4222	78	2	2	76	6544	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Mild	1291	669	74	11	0	178	3712	75	2	2	76	6244	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Original BBQ	1111	291	32	5	0	178	3382	126	2	47	76	5644	16	24	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Parmesan Pepper	1351	696	77	14	0	256	3922	75	2	2	76	5944	2	364	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1111	291	32	5	0	178	3802	129	2	56	76	5644	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Supercharged	931	305	34	5	0	178	3892	78	5	2	76	10834	5	24	6
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Thai R Cracker	1171	291	32	5	0	178	4012	141	2	65	76	5944	2	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Thaisian	1201	413	46	8	0	178	4337	117	2	41	76	5944	4	24	5
Breaded Boneless Wings, Basket (1 serving) with Wing Sauce Choice Triple Atomic	1039	315	35	6	0										

Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Medium	680	362	40	7	0	89	2388	42	2	2	38	6244	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Mild	720	398	44	7	0	89	2048	40	2	2	38	6044	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Original BBQ	680	362	46	7	0	89	2388	42	2	2	38	6244	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Parmesan Pepper	760	416	46	9	0	149	2168	40	2	2	38	5644	2	264	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	600	146	16	3	0	89	2168	76	2	38	38	5644	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Triple Atomic	680	362	46	7	0	89	2388	42	2	2	38	6244	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Thai R Cracker	640	146	16	3	0	89	2248	84	2	44	38	5644	2	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Thaisian	660	227	25	4	0	89	2198	68	2	28	38	5844	3	24	3
Breaded Boneless Wings, Starter (1 serving) with Wing Sauce Choice Triple Atomic	552	162	18	3	0	89	2360	58	3	18	39	6528	93	30	3
Grilled Boneless Wings, Single Order (1 serving)	579	156	17	3	0	124	1271	47	3	3	56	698	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Dust Chipotle BBQ	602	164	18	3	0	124	1746	51	3	6	56	1178	11	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Dust Ghost Pepper Seasoning	810	174	19	4	0	124	1967	50	4	4	56	1743	12	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Dust Mango Habanero	119	159	18	3	0	124	1993	56	4	10	56	1362	13	162	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Arizona Ranch	699	264	29	4	0	131	2486	50	3	5	56	1298	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Asian Sesame	744	278	31	5	0	124	1841	56	3	11	56	848	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Boom Boom Sauce	834	386	43	7	0	146	1676	52	3	6	56	848	14	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Buckeye BBQ	669	156	17	3	0	124	1691	70	3	24	56	1148	16	176	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Cajun	714	278	31	5	0	131	1766	50	5	5	56	1448	10	176	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Golden Garlic	714	278	31	5	0	124	1871	49	3	3	56	848	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Haute Parmesan	711	272	30	5	0	129	1944	49	4	3	57	773	21	191	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Hot	592	161	18	3	0	124	2226	49	4	4	56	812	12	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	684	156	17	3	0	124	1811	71	3	26	56	848	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Louisiana Lickers	669	190	21	3	0	124	2021	59	3	14	56	1148	14	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Medium	744	118	35	6	0	124	2021	49	3	3	56	1148	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Mild	774	345	38	6	0	124	1766	47	3	7	56	698	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Original BBQ	684	156	17	3	0	124	1601	73	3	26	56	698	18	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Parmesan Pepper	804	359	40	7	0	169	1856	47	3	3	56	698	10	326	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	684	156	17	3	0	124	1811	74	3	30	56	698	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thaisian	592	161	18	3	0	124	1866	49	5	3	56	323	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thai R Cracker	714	156	17	3	0	124	1916	80	3	35	56	848	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thaisian	729	217	24	4	0	124	1879	68	3	23	56	848	11	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Triple Atomic	648	168	19	3	0	124	2001	61	4	15	56	1361	79	151	5
Grilled Boneless Wings, Superize Single (1 serving)	824	219	24	4	0	173	1743	69	4	4	79	716	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Dust Chipotle BBQ	857	230	26	5	0	173	2455	74	5	7	79	1472	12	219	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	865	245	27	5	0	173	2787	73	5	5	79	2284	13	219	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Dust Mango Habanero	884	223	25	4	0	173	2826	82	5	14	79	1737	15	264	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Arizona Ranch	1064	435	48	7	0	188	4173	75	4	7	79	1916	15	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Asian Sesame	1154	462	51	9	0	173	2883	87	4	19	79	1916	15	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Boom Boom Sauce	1133	462	51	9	0	173	2883	87	4	19	79	1916	15	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Cajun	1004	219	24	4	0	173	2583	114	4	46	79	1616	22	270	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Golden Garlic	1094	462	51	9	0	173	2943	72	4	4	79	2116	12	270	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Haute Parmesan	1094	462	51	9	0	173	2943	72	4	4	79	2116	12	270	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Hot	848	228	25	4	0	173	4452	72	6	5	79	1043	14	223	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1034	219	24	4	0	173	2823	117	4	49	79	1916	12	210	11
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Louisiana Lickers	1004	257	32	4	0	173	3243	93	4	25	79	1616	19	210	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Medium	115	161	18	3	0	173	2583	114	4	46	79	1616	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Mild	1214	597	66	10	0	173	2703	69	4	4	79	1316	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Original BBQ	1034	219	24	4	0	173	2433	120	4	49	79	716	26	210	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Parmesan Pepper	1274	624	69	13	0	253	2913	69	4	4	79	1616	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1034	219	24	4	0	173	2823	123	4	58	79	716	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Supercharged	854	233	26	4	0	173	2913	72	7	4	79	5986	15	210	8
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Thai R Cracker	1094	219	24	4	0	173	3033	135	4	67	79	1016	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Thaisian	1124	341	38	6	0	173	3243	111	4	43	79	1316	12	210	7
Grilled Boneless Wings, Superize Single (1 serving) with Wing Sauce Choice Triple Atomic	961	242	27	5	0	173	3201	97	6	27	79	2042	148	219	7
Jumbo Bone-In Wings, 1 Lb (1 serving)	733	522	58	14	0	189	233	4	2	2	45	6004	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Bleu Cheese Dressing	873	565	73	18	0	198	473	5	2	3	45	6042	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Ranch Dressing	833	621	69	15	0	199	503	5	2	3	45	6004	4	74	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Chipotle BBQ	755	530	59	14	0	189	708	8	2	5	45	6485	4	60	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Ghost Pepper Seasoning	763	540	60	15	0	189	929	7	2	3	46	7049	5	60	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Dust Mango Habanero	773	625	68	16	0	189	953	10	2	4	45	6804	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Arizona Ranch	893	666	74	18	0	199	1853	8	2	4	45	6804	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Asian Sesame	953	684	76	17	0	189	993	16	2	12	45	6204	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Boom Boom Sauce	1073	828	92	19	0	219	773	10	2	6	45	6204	8	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Buckeye BBQ	853	622	68	16	0	189	1033	8	2	4	45	7904	11	60	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Cajun	913	684	76	17	0	199	893	8	2	4	45	7004	4	94	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Golden Garlic	913	684	76	17	0	189	1033	6	2	2	45	6204	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Haute Parmesan	907	677	75	17	0	196	1173	7	2	6	45	6124	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Hot	749	528	59	14	0	189	2039	6	3	1	46	7089	5	62	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	873	522	58	14	0	189	953	36	2	32	45	6204	4	54	6
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Louisiana Lickers	853	567	63	14	0	189	1233	20	2	16	45	6604	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Medium	953	684	76	17	0	189	1233	64	2	4	45	6604	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Mild	993	774	86	18	0	189	893	4	2	2	45	6404	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Original BBQ	873	522	58	14	0	189	873	38	2	32	45	6004	13	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Parmesan Pepper	1033	792	88	20	0	249	1013	4	2	2	45	6004	4	294	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	873	522	58	14	0	189	873	40	2	36	45	6604	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Supercharged	753	531	59	14	0	189	1013	6	4	2	45	9504	6	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Thai R Cracker	913	522	58	14	0	189	1093	48	2	44	45	6204	4	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Thaisian	933	603	67	15	0	189	1043	32	2	28	45	6204	5	54	3
Jumbo Bone-In Wings, 1 Lb (1 serving) with Wing Sauce Choice Triple Atomic	824	538	60	14	0	189	1205	23	3	18	46	6888	94	60	3
Jumbo Bone-In Wings, 2 Lb (1 serving)	1446	1044	116	28	0	377	411	4	2	2	90	6304	5	83	5
Jumbo Bone-In Wings, 2 Lb (1 serving) with Bleu Cheese Dressing	1566	1177	131	29	0	387	657	5	2	3	91	6402	5	83	5
Jumbo Bone-In Wings, 2 Lb (1 serving) with Ranch Dressing	1546	1143	127	29	0	387	487	5	2	3	91	6304	5	103	5
Jumbo Bone-In Wings, 2 Lb (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, 2 Lb (1 serving) with Wing Dust Ghost Pepper Seasoning	1506	1079	120	30	0	377	1804	10	3	4	91	8455	7	96	5
Jumbo Bone-In Wings, 2 Lb (1 serving) with Wing Dust Mango Habanero	1526	1049	117	28	0	377	1855	22	1	16	91	7692	10	156	6
Jumbo Bone-In Wings, 2 Lb (1 serving) with Wing Sauce Choice Asian Sesame	1766	1332	146	34	0	377	1855	22	1	16	91	7692	10	83	6
Jumbo Bone-In Wings, 2 Lb (1 serving) with Wing Sauce Choice Arizona Ranch	1886	1368	152	34	0	377	1931	28	2	22	90	7984	10	83	5
Jumbo Bone-In Wings, 2 Lb (1 serving) with Wing Sauce Choice Boom Boom	2126	1656	184	38	0	437	1491	16	2	10	90	6764	15	83	5
Jumbo Bone-In Wings, 2 Lb (1 serving) with Wing Sauce Choice Buckeye BBQ	1686	1044	116	28	0	377	1531	64	2	4	90	7564	16	163	7
Jumbo Bone-In Wings, 2 Lb (

Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Supercharged	2962	2119	235	55	0	754	3553	15	10	5	180	24978	19	166	13
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Thai R Cracker	3522	2088	232	55	0	754	3533	162	3	152	180	13428	11	166	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Thaiisan	3592	2371	263	60	0	754	3533	106	3	96	180	13428	15	166	10
Jumbo Bone-In Wings, 4 Lb (1 serving) with Wing Sauce Choice Triple Atomic	3213	2143	238	57	0	754	4227	73	6	59	182	15823	328	187	11
Triple Atomic Wings (1 serving)	828	541	60	14	0	189	1394	23	1	19	45	1465	115	37	3

Sandwiched In Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Breaded Boneless Chicken Wrap (1 serving)	770	341	38	8	0	72	2146	77	8	10	30	9685	6	230	4
Breaded Chicken Club Sandwich (1 serving)	815	352	39	13	0	171	2163	55	2	6	57	736	4	259	4
Grilled Boneless Chicken Wrap (1 serving)	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4
Grilled Chicken Club Sandwich (1 serving)	714	349	39	13	0	168	1696	34	1	6	54	760	4	242	3
House Pulled Pork Sandwich (1 serving)	697	389	43	16	0	123	2357	46	1	17	28	758	4	278	4
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	978	654	73	20	0	142	2849	47	1	18	31	835	4	278	4
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Ranch Dressing	897	587	65	19	0	143	2897	48	1	19	28	758	4	318	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Arizona Ranch	857	533	59	18	0	133	3097	50	1	19	28	1558	6	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Asian Sesame	917	551	61	19	0	123	3117	58	1	27	28	958	6	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Boom Boom Sauce	1037	695	77	21	0	153	2897	52	1	21	28	958	9	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Buckeye BBQ	817	389	43	16	0	123	2917	76	1	45	28	1358	11	318	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Cajun	877	551	61	19	0	133	3097	50	1	19	28	1758	4	318	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Golden Garlic	877	551	61	19	0	123	3157	48	1	17	28	958	6	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Haute Ranch	872	544	60	19	0	130	3254	49	2	17	30	858	18	338	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Hot	713	395	44	16	0	123	4163	48	3	17	28	1643	5	287	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	837	389	43	16	0	123	3077	78	1	20	9	858	4	278	7
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Louisiana Lickers	817	434	48	16	0	123	3357	62	1	31	28	1358	9	278	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Medium	917	605	67	20	0	123	3357	48	1	17	28	1358	4	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Mild	857	541	71	20	0	123	3097	46	1	17	28	1558	4	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Original BBQ	837	389	43	16	0	123	2797	80	1	47	28	758	13	278	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Parmesan Pepper	997	659	73	22	0	183	3137	46	1	17	28	758	4	518	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	837	389	43	16	0	123	3077	82	1	53	28	758	4	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Sweet Potato	717	395	44	16	0	123	4137	48	3	17	28	4258	6	278	5
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thai R Cracker	877	389	43	16	0	123	3217	90	1	59	28	958	4	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thai Sesame	897	470	52	18	0	123	3167	74	1	43	28	958	5	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Triple Atomic	789	404	45	17	0	123	3330	64	2	33	29	1643	95	284	4
Jacked-Up BLT (1 serving)	1324	876	97	34	1	164	2883	64	3	8	49	1527	4	273	1
Pub-Style Cod Sandwich (1 serving)	834	366	41	8	0	107	1826	85	4	14	33	461	12	118	3

Supped 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 SRK Sandwich (1 serving)	837	301	33	13	2	107	2226	87	3	31	47	1559	56	230	4
The BBQ O-String (1 serving)	1025	392	44	20	2	142	1889	102	3	39	56	1855	67	482	5
The Classic (1 serving)	867	381	42	19	2	147	2422	68	3	12	54	1770	56	464	4

Half Pound Steaksburgers	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)
Feel Like Bacon Love Burger (1 serving)	948	518	58	22	0	217	2037	46	1	18	60	679	7	251	6
Arizona El Camino Burger (1 serving)	1345	724	80	28	1	227	2528	85	6	13	70	1754	10	579	8
Kentucky Bourbon Burger (1 serving)	542	220	24	9	1	98	1008	50	2	20	28	362	4	86	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Bleu Cheese Crumbles	742	364	40	19	1	138	1768	52	4	20	40	962	4	386	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Provolone	767	381	42	19	1	143	1768	51	2	20	40	962	4	386	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Swiss Cheese	762	382	42	19	1	158	1268	50	2	20	44	762	4	686	5
Lubeburger (1 serving)	998	534	59	20	1	180	2810	54	3	8	61	1275	3	367	7
Market Cut Bacon Cheddar Burger (1 serving)	1319	847	94	35	1	273	1884	38	2	8	69	1713	2	518	6
Pick Ur Cheese Burger (1 serving)	761	342	38	12	0	141	1004	52	3	7	50	236	2	210	7
Pick Ur Cheese Burger (1 serving) with Bacon	836	402	45	14	0	155	1316	52	3	7	55	236	2	210	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice American	862	424	47	17	0	166	1520	52	3	7	55	540	2	362	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Pepper Jack	871	423	47	17	0	171	1174	53	3	7	57	536	2	410	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Provolone	861	486	54	22	0	164	1586	54	3	7	57	536	2	410	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Shredded Cheddar Jack	876	428	48	18	0	171	1174	53	3	8	57	536	2	410	7
Pick Ur Cheese Burger (1 serving) with Cheese Choice Swiss	981	504	56	22	0	201	1264	52	3	7	66	636	2	810	7

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)
Blaker Chicken Salad (1 serving)	735	320	36	8	0	117	1139	64	7	49	38	8580	105	169	3
Black Bean Soup (1 bowl)	181	20	2	0	0	0	1201	29	11	0	9	0	8	91	8
QS&L Boneless Wing Salad (1 serving)	523	136	15	4	0	84	1081	54	7	7	41	10378	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	643	226	25	5	0	84	1081	62	7	15	41	10378	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	803	402	45	8	0	104	1573	56	7	8	43	10455	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Chipotle Ranch	726	335	37	7	0	104	1680	57	7	9	41	10439	10	296	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	723	334	37	7	0	104	1621	56	7	9	41	10378	10	296	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	823	136	15	4	0	84	2061	60	7	11	41	10378	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	803	406	45	9	0	114	1581	56	7	9	41	10378	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	783	388	43	8	0	84	1761	56	7	41	10378	10	255	5	
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	799	388	43	8	0	84	1081	60	7	13	41	10378	10	255	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	763	298	33	8	0	84	1301	72	7	25	41	10378	10	295	5
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppysseed	724	271	30	7	0	107	1472	72	7	21	41	10378	21	255	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving)	652	96	11	3	0	89	1881	91	8	7	47	10312	10	233	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	772	186	21	4	0	89	2261	99	8	15	47	10312	10	233	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	933	361	40	6	0	108	2373	92	8	8	49	10389	11	233	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Chipotle Ranch	855	295	33	6	0	109	2481	93	8	9	47	10372	10	274	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	852	294	33	6	0	109	2317	93	8	9	47	10312	10	273	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	872	96	11	3	0	89	2861	97	8	11	47	10312	10	233	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	932	366	41	8	0	119	2381	93	8	47	10312	10	233	5	
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	912	348	39	7	0	89	2561	93	8	7	47	10312	18	273	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	932	348	39	7	0	89	1581	97	8	13	47	10312	10	233	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	892	258	29	6	0	89	2101	109	8	25	47	10312	10	273	5
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppysseed	853	231	26	5	0	111	2272	108	8	21	47	10312	22	233	5

Side Caesar Salad (1 serving)	249	157	17	4	0</
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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
Mac and Cheese Skillet with Tender Pork Carnitas (1 serving)	663	293	33	14	0	117	2561	54	2	7	39	808	9	401	4
The Lube's Baby Back Ribs, Full Rack (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	534	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	1836	1386	154	45	3	364	1221	33	1	25	65	824	8	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	1506	927	103	37	3	319	1261	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	1	22	65	2024	1	227	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Golden Garlic	1596	1170	130	42	3	319	1611	27	1	19	65	824	4	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Haute Parmesan	1588	1159	129	42	3	330	1756	28	3	19	68	674	22	257	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Hot	1350	935	104	38	3	319	3129	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	9
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	1365	145	43	1	319	1401	26	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	1011	75	1	64	65	524	15	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	1776	1332	148	46	3	409	1581	24	1	19	65	524	1	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	1556	940	104	37	3	319	1581	27	4	19	65	574	4	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thai R Cracker	1596	927	103	37	3	319	1701	90	1	82	65	824	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice 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	262	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Arizona Ranch	823	607	67	21	1	170	1825	16	1	12	32	1062	3	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Asian Sesame	883	625	69	22	1	160	965	24	1	20	32	462	3	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Boom Boom Sauce	1003	769	85	24	1	190	745	18	1	10	32	462	5	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	783	463	51	19	1	160	765	42	1	38	32	862	8	123	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Cajun	843	625	69	22	1	170	865	16	3	12	32	1262	0	123	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Golden Garlic	843	625	69	22	1	160	1055	16	1	10	32	462	3	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Haute Parm	838	618	69	22	1	167	1102	15	2	10	34	362	15	143	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Hot	679	469	52	19	1	160	2012	14	2	10	33	1347	2	92	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	803	463	51	19	1	160	925	44	1	40	32	462	0	83	5
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Louisiana Lickers	783	526	58	20	1	160	1205	24	1	24	32	262	5	323	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Medium	883	679	75	23	1	160	1205	14	1	10	32	862	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Mild	923	715	79	23	1	160	865	12	1	10	32	662	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Original BBQ	803	463	51	19	1	160	645	46	1	40	32	262	10	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	983	731	81	25	1	220	965	0	1	10	32	262	0	323	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	803	463	51	19	1	160	925	48	1	46	32	262	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Supercharged	883	472	52	19	1	160	885	14	3	10	32	3762	3	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thai R Cracker	843	463	51	19	1	160	1065	56	1	52	32	462	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thaisian	883	544	60	20	1	160	1015	40	1	36	32	462	2	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Triple Atomic	755	479	53	19	1	160	1178	30	2	25	33	1146	91	89	3
Top Gear Tenders (1 serving)	1104	362	40	7	0	125	3178	120	9	7	61	876	35	80	5
Top Gear Tenders (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1385	628	70	11	0	145	3670	121	9	9	64	952	35	80	5
Top Gear Tenders (1 serving) with Dipping Sauce Choice Ranch Dressing	1304	560	62	10	0	145	3718	122	9	9	61	876	35	120	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Arizona Ranch	1264	506	56	9	0	135	4798	124	9	9	61	1676	37	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Asian Sesame	1324	524	58	10	0	125	3338	132	9	17	61	1076	37	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Boom Boom Sauce	1444	668	74	12	0	155	3718	126	9	11	61	1076	40	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Buckeye BBQ	1224	362	40	7	0	125	3738	126	9	35	61	1476	42	120	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Cajun	1284	524	58	10	0	135	3838	124	11	9	61	1876	35	120	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Golden Garlic	1284	524	58	10	0	125	3938	132	9	17	61	1076	37	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Haute Parm	1279	517	57	10	0	133	4075	123	10	7	63	976	49	140	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Hot	1121	368	41	7	0	125	4984	122	10	8	62	1960	36	89	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1244	362	40	7	0	125	3898	152	9	37	61	1076	35	80	8
Top Gear Tenders (1 serving) with Wing Sauce Choice Louisiana Lickers	1224	362	40	7	0	125	4378	126	9	21	61	1476	40	130	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Medium	1324	578	64	11	0	125	4178	122	9	7	61	1476	35	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Mild	1364	614	68	11	0	125	3838	120	9	7	61	1276	35	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Original BBQ	1244	362	40	7	0	125	3618	154	9	37	61	876	44	80	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Parmesan Pepper	1424	632	70	12	0	165	3332	102	7	7	65	2576	35	83	3
Top Gear Tenders (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1244	362	40	7	0	125	3898	156	9	43	61	876	35	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Supercharged	1124	371	41	7	0	125	3958	122	11	7	61	4376	37	80	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Thai R Cracker	1284	362	40	7	0	125	4038	164	9	49	61	1076	35	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Thaisian	1304	371	41	7	0	130	4443	148	9	33	61	1076	36	80	5
Top Gear Tenders (1 serving) with Wing Sauce Choice Triple Atomic	1196	378	42	7	0	125	4151	138	10	23	62	1760	126	87	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)
Beans and Rice (1 serving)	242	19	2	1	0	5	819	46	3	1	7	172	8	44	4
Bourbon Baked Beans (1 serving)	159	0	0	0	0	0	488	35	3	19	5	340	3	23	2
Celery, Carrots and Ranch Dip (1 serving)	236	200	22	3	0	20	643	10	3	7	1	10419	4	86	1
Fresh Steamed Broccoli (1 serving)	51	4	0	0	0	0	38	7	3	2	4	4252	132	68	1
Fresh Steamed Broccoli (1 serving) with Beer Cheese	251	94	10	6	0	24	473	11	3	5	9	4578	133	234	1
Garlic Bread (1 slice)	160	81	9	2	0	0	280	17	1	0	3	0	0	0	0
Coleslaw (1 serving)	88	60	7	1	0	0	274	7	1	6	1	817	16	25	0
French Fries (1 serving)	345	154	17	3	0	0	730	42	4	0	4	4	12	1	1
Potato Chips (1 serving)	202	104	12	3	0	0	332	21	2	0	2	3	0	41	0
Potato Chips (1 serving) with Beer Cheese	402	194	22	8	0	24	767	25	2	3	7	329	1	207	0
Sauteed Green Beans and Red Peppers (1 serving)	111	65	7	1	0	0	177	9	4	2	2	1345	49	45	1
Steaks	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)
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 Jam	220	118	13	4	0	28	964	20	13	16	10	291	12	2	0
Steak Toppers (1 portion) with Blue Cheese Crumbles	50	36	4	3	0	10	190	1	1	0	3	150	0	75	0
Steak Toppers (1 portion) with Herb Infused Butter	199	193	21	14	0	58	0	1	0	1	0	802	0	13	1
Steak Toppers (1 portion) with 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	35	1	0	0	1	43	2	0	0
Steak Toppers (1 portion) with Thai R Cracker Sauce	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Thunderbird Steak (1 serving)	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)
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	545	61	20	1	264	1815	58	2	11	78	306	3	128	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Arizona Ranch	1447	833	93	24	1	284	5055	66	2	15	78	1906	7	128	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Asian Sesame	1567	869	97	26	1	264	3335	82	2	31	78	706	7	128	5
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Boom Boom	1807	1157	129	30	1	324	2895	7							

Bone-In Wings, 5 (1 serving)	594	435	48	11	0	157	149	0	0	0	37	300	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	616	442	49	12	0	157	624	4	0	3	38	781	2	31	2
Bone-In Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	625	452	50	13	0	157	845	3	1	1	38	1346	2	31	2
Bone-In Wings, 5 (1 serving) with Wing Dust Mango Habanero	634	437	49	12	0	157	871	9	0	7	38	964	4	60	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	714	543	60	13	0	165	1364	3	0	2	37	900	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	759	566	62	14	0	157	719	6	2	0	37	450	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	849	664	74	15	0	180	564	5	0	3	37	450	5	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	684	435	48	11	0	157	569	23	0	21	37	750	7	54	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Cajun	729	566	62	14	0	165	644	3	2	2	37	1050	1	54	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	729	566	62	14	0	157	749	2	0	2	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	49	12	0	157	1504	2	1	1	38	1114	3	31	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	699	435	48	11	0	157	689	24	0	23	37	450	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	819	337	71	16	0	202	734	0	0	0	37	305	1	204	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Medium	759	597	66	14	0	157	899	2	0	0	37	750	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Mild	789	624	69	14	0	157	644	0	0	0	37	600	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	699	435	48	11	0	157	479	26	0	23	37	300	9	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Pepper	699	435	48	11	0	157	689	27	0	27	37	300	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	699	435	48	11	0	157	689	27	0	27	37	300	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Supercharged	609	441	49	11	0	157	734	2	2	0	37	2925	3	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Tha R Cracker	729	435	48	11	0	157	794	33	0	32	37	450	1	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Thaisian	744	495	55	13	0	157	747	21	0	20	37	450	2	24	2
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Triple Atomic	663	446	50	12	0	157	878	14	1	12	38	963	69	29	2

Breaded Boneless Wings, 5 (1 serving)	331	109	12	2	0	67	1001	27	0	0	28	0	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	342	112	12	2	0	67	1238	28	0	1	28	240	0	3	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	346	118	13	3	0	67	1349	28	0	0	29	523	1	3	2
Breaded Boneless Wings, 5 (1 serving) with Wing Dust Mango Habanero	351	110	12	2	0	67	1362	31	0	3	28	332	1	18	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	491	253	28	4	0	77	2521	31	2	2	28	800	2	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	551	30	5	0	67	781	39	0	10	20	0	2	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	671	415	46	7	0	97	1541	33	0	4	28	200	5	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	451	109	12	2	0	67	1561	57	0	28	28	600	7	40	3
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Cajun	511	271	30	5	0	77	1651	30	2	2	28	1000	0	40	3
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	511	271	30	5	0	67	1801	29	0	0	28	200	2	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Haute Parm	505	264	29	5	0	74	1897	30	1	0	30	100	14	60	3
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Hot	347	115	13	2	0	67	2807	29	1	1	29	1085	1	9	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	491	109	12	2	0	67	1721	59	0	30	28	0	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	441	154	17	2	0	67	2001	43	0	14	28	600	5	0	3
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Medium	551	325	36	6	0	67	2001	29	0	0	28	600	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Mild	591	361	40	6	0	67	1661	27	0	0	28	400	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	471	109	12	2	0	67	1441	61	2	30	28	0	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Parmesan Pepper	631	379	42	8	0	127	1781	27	0	0	28	0	0	240	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	471	109	12	2	0	67	1721	63	0	36	28	0	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Supercharged	351	118	13	2	0	67	1781	29	2	0	28	3500	2	0	3
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Tha R Cracker	511	109	12	2	0	67	1861	71	0	42	28	200	0	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Thaisian	531	190	21	3	0	67	1811	55	0	26	28	200	1	0	2
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Triple Atomic	422	124	14	2	0	67	1973	45	1	15	29	884	91	6	2

Fried Mozzarella, 4 (1 serving)	497	203	23	9	0	2	1429	56	0	2	17	302	9	349	0
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Grilled Boneless Wings, 5 (1 serving)	561	155	17	3	0	124	1074	44	2	1	55	45	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	583	162	18	3	0	124	1549	47	2	4	55	525	3	141	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	591	172	19	4	0	124	1770	46	3	2	56	1090	4	141	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Dust Mango Habanero	601	157	17	3	0	124	1796	53	2	8	55	709	5	171	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	681	263	29	4	0	131	2289	47	3	3	56	645	4	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	736	276	31	5	0	124	1544	47	2	1	56	244	4	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	810	384	43	7	0	146	1479	48	2	4	55	195	6	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	651	155	17	3	0	124	1494	66	2	22	55	495	8	165	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Cajun	696	276	31	5	0	131	1569	47	4	3	55	795	3	165	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	696	276	31	5	0	124	1674	45	2	1	56	1000	0	10	3	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Haute Parmesan	692	271	30	5	0	129	1746	46	3	1	57	120	13	180	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Hot	573	159	18	3	0	124	2428	45	3	2	55	858	4	141	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	666	155	17	3	0	124	1614	68	2	24	55	195	3	135	6	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	825	318	35	7	0	124	1824	66	2	12	56	244	4	135	6	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Medium	726	317	35	6	0	124	1824	45	2	1	55	495	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Mild	756	344	38	6	0	124	1569	44	2	1	55	345	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	666	155	17	3	0	124	1404	69	2	24	55	45	10	135	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Parmesan Pepper	796	267	40	6	0	124	1659	44	2	1	56	4	659	3	135	4
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	666	155	17	3	0	124	1614	71	2	28	55	45	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Supercharged	576	161	18	3	0	124	1659	45	4	1	55	2670	4	135	5	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Tha R Cracker	696	155	17	3	0	124	1659	45	4	1	55	195	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Thaisian	711	215	24	4	0	124	1681	65	2	21	55	195	3	135	4	
Grilled Boneless Wings, 5 (1 serving) with Wing Sauce Choice Triple Atomic	630	166	18	3	0	124	1803	57	3	13	56	708	71	139	4	

Loaded Magna Fries (1 serving)	1119	744	83	29	0	128	2328	63	6	6	32	1122	19	702	2
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O-Rings, 5 (1 serving)	312	91	10	1	0	0	1637	49	0	20	4	603	5	26	1
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Pick-Up Pickles, 3 (1 serving)	399	257	29	4	0	20	1777	31	3	6	4	266	3	67	1
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Top Gear Tenders, 5 (1 serving)	464	81	9	2	0	105	1610	47	2	1	46	44	2	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	624	225	25	4	0	115	3230	51	2	3	46	844	5	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Asian Sesame	684	237	27	2	0	105	2100	53	2	11	46	240	5	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	604	397	43	7	0	135	2150	53	2	5	46	244	7	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	584	81	9	2	0	105	2170	77	2	29	46	644	9	85	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Cajun	644	243	27	5	0	115	2270	51	4	3	46	1044	2	85	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Golden Garlic	644	243	27	5	0	105	243	47	2	1	46	244	4	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Haute Parm	638	236	26	5	0	112	2507	50	3	1	48	144	17	105	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Hot	480	87	10	2	0	105	3416	79	2	2	47	1129	4	54	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	604	81	9	2	0	105	2330	79	2	31	46	244	2	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	644	126	14	2	0	105	2610	63	2	15	46	644	7	45	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Medium	684	297	33	6	0	105	2610	49	2	1	46	644	2	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Mild	724	333	37	6	0	105	2270	47	2	1	46	444	2	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Original BBQ	604	81	9	2	0	105	2050	81	2	31	46	44	12	45	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Parmesan Pepper	764	351	39	8	0	165	2390	47	2	1	46	44	2	285	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	604	81	9	2	0	105	2330	83	2	37	46	44	2	45	2
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Supercharged	484	90	10	2	0	105	2390	49	4	1	46	3544	5	45	3
Top Gear Tenders, 5 (1 serving) with Wing Sauce Choice Tha R Cracker	644	81	9	2	0	105	2470	51	2	43	46	244	2	45	2
Top Gear Tenders, 5 (1 serving)															

Unleaded Lube-N-Ade (1 drink)	138	0	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	
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	105	56	0	54	5	300	0	150	0	

Sauce and Lubrication Station Items																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Quaker Steak and Lube S18K Sauce (2 tablespoons)	50	0	0	0	0	0	340	12	0	12	0	0	0	0	0	
Beverages																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Mango Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	35	0	2813	45	7	0	
Peach Lube-N-Ade (1 serving)	153	0	0	0	0	0	23	38	0	36	0	42	13	7	0	
Prickly Pear Lube-N-Ade (1 serving)	247	0	0	0	0	0	6	62	0	59	0	4	11	7	0	
Raspberry Lube-N-Ade (1 serving)	161	0	0	0	0	0	19	40	0	37	0	379	11	7	0	
Strawberry Lube-N-Ade (1 serving)	172	0	0	0	0	0	6	43	1	38	0	4	41	7	0	
Wildberry Lube-N-Ade (1 serving)	159	0	0	0	0	0	9	39	1	33	0	4	45	7	0	

Throwback Fan Favorites - Classics Limited Time Offer																
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)	
Electric Lemonade (1 drink)	252	0	0	0	0	0	57	36	1	28	0	3	14	7	0	
Sex On The Beach (1 drink)	196	0	0	0	0	0	16	32	1	21	1	200	67	17	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)	
Cajun Blue Cheese Chips (1 serving)	1121	803	89	19	0	57	2316	62	7	3	14	749	1	305	1	
Greek Nachos (1 serving)	1277	672	75	27	0	143	3889	106	8	5	42	2406	18	433	9	
Peel-Out Potato Skins (1 serving)	1340	782	87	45	0	211	2944	87	6	10	56	2121	87	1315	4	
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)	
A Bigga Burger (1 serving)	1471	802	89	34	1	325	3360	64	3	7	99	1499	6	386	9	
Cheesesteak Melt (1 serving)	761	385	43	12	0	127	1438	48	3	4	41	376	2	273	6	
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)	
GTO Gyro (1 serving)	689	345	38	17	0	83	1813	59	5	2	25	326	4	149	6	

Party Fuel Catering Menu Items - available at participating locations																
Sandwiches & Wraps																
	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)	
Custom Sandwich Platter, Serves 12 (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Boneless Chicken Wrap	770	341	38	8	0	72	2146	77	8	10	30	9685	6	230	4	
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Chicken Club	815	352	39	13	0	171	2183	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	82	4	7	48	539	3	243	4	
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Grilled Boneless Chicken Wrap	728	366	41	6	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	9719	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	9731	4815	535	147	0	1484	24958	627	54	79	571	6467	38	2918	45	
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Grilled Boneless Chicken Wrap	8741	4395	488	99	0	953	21160	710	83	120	380	116221	71	2715	45	
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Grilled Chicken Club	8568	4183	465	152	4	2018	20348	402	17	70	652	9116	45	2907	38	
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Steak Caesar Wrap	9505	4601	511	163	0	1067	19373	699	84	98	478	99470	407	4223	69	
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Veggie Wrap	9102	4803	534	193	0	900	16512	775	93	148	300	76608	1040	6241	43	
Custom Sandwich Platter, Serves 6 (6 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Breaded Boneless Chicken Wrap	4617	2043	227	46	0	431	12874	463	45	60	183	58108	35	1382	24	
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Breaded Chicken Club	4980	2113	235	76	2	1025	12976	330	13	39	343	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	255	42	60	190	58110	35	1358	22	
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Grilled Chicken Club	4284	2092	232	76	2	1009	10174	201	9	35	326	4558	23	1453	19	
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Steak Caesar Wrap	4753	2301	256	82	0	534	9896	349	42	49	239	49735	204	2112	34	
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Veggie Wrap	4551	2401	267	96	0	450	8256	388	46	74	150	38304	520	3121	22	

Specialty Salads																
	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
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	2828	314	103	0	842	13029	473	54	165	344	114718	649	3625	61	
TGT Chicken Salad, 4-6 (1 serving)	515	236	26	9	0	70	1086	39	4	15	29	9550	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	
Biker Chicken Salad, Serves 10-15 (1 serving)	322	106	12	4	0	53	450	31	4	25	21	5745	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Balsamic Vinaigrette	386	154	17	4	0	53	653	35	4	29	21	5745	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Bleu Cheese	472	247	27	6	0	63	713	32	4	25	22	5788	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Chipotle Ranch	430	212	24	5	0	64	770	32	4	26	21	5777	41	122	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Farmhouse Ranch	429	211	23	5	0	64	738	32	4	26	21	5745	41	121	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Fat Free Italian	333	106	12	4	0	53	973	34	4	27	21	5745	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Jalapeno Ranch	471	250	28	7	0	69	717	32	4	26	21	5745	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Northern Italian	461	240	27	6	0	53	813	32	4	25	21	5852	45	121	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	469	240	27	6	0	53	450	34	4	28	21	5745	41	100	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Sweet Vidalia Onion	450	192	21	5	0	53	568	40	4	34	21	5745	41	121	2	
Biker Chicken Salad, Serves 10-15 (1 serving) with Dressing Choice Wildberry Poppyseed	429	178	20	5	0	65	659	40	4	32	21	5745	47	100	2	
Biker Chicken Salad, Serves 10-15 (15 servings)	4832	1586	176	58	0	795	6756	460	55	369	319	86180	611	1501	28	
Biker Chicken Salad, Serves 10-15 (15 servings) with Dressing Choice Balsamic Vinaigrette	5792	2306	256	66	0	795	9796	524	55	433	319	86180	611	1501	28	
Biker Chicken Salad, Serves 10-15 (15 servings) with Dressing Choice Bleu Cheese	4313	3709	412	89	0	951	10990	473	56	379	337	86786	611	1501	29	
Biker Chicken Salad, Serves 10-15 (15 servings) with Dressing Choice Chipotle Ranch	6454	3177	353	82	0	955	11551	480	55	388	319	86661	611	1827	29	
Biker Chicken Salad, Serves 10-15 (15 servings) with Dressing Choice Farmhouse Ranch	6432	3170	352	82	0	955	11076									

Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Farmhouse Ranch	3193	1587	176	21	0	477	5538	231	28	185	160	43094	338	922	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Fat Free Italian	2473	795	88	49	0	397	7298	247	28	193	160	43094	338	762	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Jalapeno Ranch	3419	1875	208	47	0	517	5378	231	28	185	160	43094	338	762	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Northern Italian	3433	1803	200	45	0	397	6098	231	28	177	160	43894	367	922	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Olive Oil and Balsamic Vinaigrette	3497	1803	200	45	0	397	6388	247	28	201	160	43094	338	762	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Sweet Vidalia Onion	3335	1443	160	28	0	397	4898	247	28	249	160	43094	338	922	14
Biker Chicken Salad, Serves 4-6 (6 servings) with Dressing Choice Wildberry Poppyseed	3195	1335	148	38	0	487	4942	281	28	234	160	43094	383	762	15
Caesar Salad, Serves 10-15 (1 serving)	234	111	12	3	0	16	787	22	3	3	10	7357	30	219	2
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	349	158	18	4	0	56	996	23	3	3	28	7372	31	210	3
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	634	189	21	7	0	47	863	22	3	3	22	7358	30	214	3
Caesar Salad, Serves 10-15 (15 servings)	3510	1670	186	49	0	240	11800	332	40	40	149	110360	452	2980	36
Caesar Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Chicken Tenders	5241	2369	263	63	0	833	14938	339	41	46	385	110575	464	3147	43
Caesar Salad, Serves 10-15 (15 servings) with Protein Choice Grilled Top Sirloin Steak	5453	2636	315	101	0	711	12939	332	40	40	330	110377	452	3211	49
Caesar Salad, Serves 4-6 (1 serving)	292	139	15	4	0	20	983	28	3	3	12	9197	38	248	3
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Chicken Tenders	437	197	22	5	0	69	1245	28	3	4	32	9215	39	262	4
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Top Sirloin Steak	457	236	26	2	0	56	1078	28	3	3	27	9198	38	268	4
Caesar Salad, Serves 4-6 (6 servings)	1755	835	93	24	0	120	5900	166	20	20	75	55180	226	1490	18
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Chicken Tenders	2620	1185	132	31	0	417	7469	170	20	23	193	55287	232	1573	22
Caesar Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Top Sirloin Steak	2726	1418	158	50	0	356	6470	166	20	20	165	55189	226	1606	25
Garage Salad, Serves 10-15 (1 serving)	118	60	7	4	0	20	167	8	3	3	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Balsamic Vinaigrette	182	108	12	5	0	20	370	12	3	7	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Bleu Cheese	227	201	22	6	0	30	430	8	3	6	8	7694	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Chipotle Ranch	62	186	18	6	0	31	487	9	3	4	7	7685	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Farmhouse Ranch	225	165	18	6	0	31	455	9	3	4	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Fat Free Italian	129	60	7	4	0	36	690	11	3	5	7	7663	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Jalapeno Ranch	267	206	26	7	0	25	434	9	23	4	6	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Northern Italian	257	194	22	6	0	20	530	9	3	3	7	7780	47	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	265	194	22	6	0	20	267	11	3	6	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Sweet Vidalia Onion	246	146	16	6	0	20	185	17	3	12	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Wildberry Poppyseed	225	152	15	5	0	22	376	17	3	10	10	7653	49	209	3
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	233	106	12	5	0	60	377	8	3	3	23	7687	44	220	4
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	247	137	15	8	0	51	243	8	3	3	19	7654	43	225	4
Garage Salad, Serves 10-15 (15 servings)	1768	893	99	68	0	300	2512	114	48	41	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Balsamic Vinaigrette	2728	1613	179	68	0	300	5552	178	48	105	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Bleu Cheese	4011	3017	335	91	0	457	6446	126	50	51	126	115411	651	3139	52
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Chipotle Ranch	3390	2485	276	85	0	460	7307	134	49	60	108	115276	650	3486	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Farmhouse Ranch	3390	2477	275	85	0	460	6354	133	48	57	108	115276	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Fat Free Italian	1928	893	99	60	0	300	10352	162	48	73	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Jalapeno Ranch	4008	3053	339	100	0	540	6512	130	48	57	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Northern Italian	3848	2909	323	92	0	300	7952	130	48	41	108	113396	708	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Olive Oil and Balsamic Vinegar	3848	2909	323	92	0	300	7952	130	48	41	108	113396	708	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Sweet Vidalia Onion	3688	2189	243	84	0	300	4272	258	48	185	108	114796	650	3459	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Wildberry 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	1892	177	75	0	893	5650	122	49	47	345	110790	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	282	207	23	7	0	38	609	11	4	5	9	9606	54	289	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Farmhouse Ranch	281	206	23	7	0	38	569	11	4	5	9	9566	54	288	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Fat Free Italian	161	74	8	4	0	25	263	9	3	6	7	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	331	242	27	8	0	25	663	11	4	3	9	9700	59	288	4
Garage Salad, Serves 4-6 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinaigrette	321	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	235	26	9	0	25	263	15	4	6	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	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	24	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Balsamic Vinaigrette	1364	807	90	34	0	150	2776	89	24	53	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Bleu Cheese	2006	1508	168	45	0	228	3223	63	25	26	63	57708	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Chipotle Ranch	1698	1247	138	38	0	169	1477	62	24	30	108	57638	325	1570	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	81	24	37	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Jalapeno Ranch	1730	1070	125	60	0	200	3255	170	29	29	63	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Northern Italian	1924	1455	162	46	0	150	5976	65	24	21	54	58198	354	1730	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Olive Oil and Balsamic Vinaigrette	1988	1455	162	46	0	150	1256	81	24	45	54	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Sweet Vidalia Onion	1844	1085	122	42	0	150	2136	129	24	93	54	57398	325	1730	26
Garage Salad, Serves 4-6 (6 servings) with Dressing Choice Wildberry Poppyseed	1688	987	108	38	0	169	1477	62	24	30	108	57398	325	1570	26
Garage Salad, Serves 4-6 (6 servings) with Protein Choice Grilled Chicken Tenders	1750	796	88	37	0	447	8252	61	25	24	172	57035	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

	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)
Best Wings USA															
Bone-In Wings, 100 (1 serving)	396	290	32												

Bone-In Wings, 50 (15 servings) with Wing Dust Mango Habanero	6510	4383	487	117	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	7261	5318	591	133	1	1572	12327	13	6	15	374	4201	29	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Boom Boom	7984	6182	687	145	1	1752	4730	36	0	24	374	4201	43	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBQ	6664	4346	483	115	1	1572	4850	180	0	168	374	6601	57	485	24	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Cajun	7021	5318	591	133	1	1572	12327	13	6	15	374	4201	29	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Garlic Parm	7454	5793	644	143	1	1584	5177	17	0	0	383	3792	18	381	21	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Golden Garlic	7024	5318	591	133	1	1572	6290	12	0	0	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	0	0	386	3601	101	605	26	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	6041	4380	483	115	1	1572	4380	187	0	0	374	4201	14	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Louisiana Lickers	6784	4346	483	115	1	1572	5810	192	0	180	374	4201	14	245	37	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Louisiana Lickers	6664	4616	513	115	1	1572	7490	96	0	84	374	6601	43	245	24	
Bone-In Wings, 50 (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 Original BBQ	7504	5658	651	139	1	1572	23450	0	0	0	374	4201	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	6170	0	0	0	374	3001	14	1685	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Ranch	7144	5426	603	133	1	1632	5990	24	0	12	374	5401	14	245	19	
Bone-In Wings, 50 (15 servings) with Wing Sauce Choice Smoky Gold BBQ	6588	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	6064	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 Triple Atomic	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	0	
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	46	1515	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	0	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	44	987	19	0	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	44	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	271	73	8	1	0	44	955	21	0	12	19	80	0	2	0	
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	31	0	12	19	0	4	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Parmesan Pepper	340	161	20	4	0	68	979	18	0	0	19	800	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	1	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 Triple Atomic	301	105	12	2	0	44	1056	25	0	10	19	354	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	27611	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	677	9	14	574	16728	16	103	43	
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Mango Habanero	7253	2218	246	38	1	1334	31563	679	6	107	571	10623	41	575	41	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Arizona Ranch	8531	3905	434	62	1	1454	39495	582	24	24	567	9600	29	240	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	26731	894	0	336	567	7200	86	480	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Cajun	8771	4121	458	74	1	1334	29611	558	0	24	567	2400	29	0	36	
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 Hot	6807	2245	249	38	1	1334	41686	560	11	10	572	13020	18	104	39	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	6240	2177	242	38	1	1334	29177	242	0	216	567	2400	29	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	8053	2177	302	38	1	1334	32011	726	0	168	567	7200	58	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Medium	9253	4769	530	86	1	1334	32011	558	0	0	567	7200	20	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	8293	2177	242	38	1	1334	25291	942	0	360	567	0	115	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Parmesan Pepper	10213	6473	692	101	1	2054	53444	606	0	68	979	18	0	0	2880	45
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	8293	2177	242	38	1	1334	28651	966	0	432	567	0	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Supercharged	6853	2285	254	38	1	1334	29371	558	24	0	567	2400	29	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thai R Cracker	8773	2177	242	38	1	1334	30331	1062	0	504	567	4200	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Triple Atomic	7714	2364	263	43	1	1334	31681	756	11	185	573	10612	1089	74	39	
Breaded Boneless Wings, 50 (1 serving)	220	73	8	1	0	44	667	18	0	0	19	0	0	0	0	
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	46	1515	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	0	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	44	987	19	0	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	44	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	271	73	8	1	0	44	955	21	0	12	19	80	0	2	0	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Louisiana Lickers	268	91	10	1	0	44	1067	24	0	6	19	240	2	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Medium	308	159	18	3	0	44	1067	19	0	0	19	240	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Original BBQ	276	73	8	1	0	44	843	31	0	12	19	0	4	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Parmesan Pepper	340	161	20	4	0	68	979	18	0	0	19	800	0	96	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	276	73	8	1	0	44	955	32	0	14	19	0	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Supercharged	228	76	8	1	0	44	979	19	1	0	19	1400	1	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Thai R Cracker	292	73	8	1	0	44	1011	35	0	17	19	80	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Triple Atomic	301	105	12	2	0	44	1056	25	0	10	19	354	0	0	1	
Breaded Boneless Wings, 50 (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, 50 (15 servings)	3396	1088	121	19	0	667	10006	267	0	0	283	0	0	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Chipotle BBQ	3483	1146	127	21	2	667	13805	296	2	20	2					

Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Golden Garlic	2525	1237	137	22	0	360	8657	156	2	2	154	6444	11	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Haute Parmesan	2254	1208	134	22	0	390	9044	160	6	2	162	8044	59	264	14
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Hot	1877	611	88	10	0	390	1296	157	8	0	155	3994	8	59	11
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2265	589	65	10	0	360	8337	276	2	122	154	6444	2	24	22
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Louisiana Lickers	2385	769	85	10	0	360	9457	212	2	58	154	8044	21	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Medium	2285	1455	161	23	0	360	1456	161	2	2	154	8044	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Mild	2345	1597	177	26	0	360	8097	148	2	2	154	7244	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Original BBQ	2365	589	65	10	0	360	7217	284	2	122	154	5644	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	5644	2	984	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Thai R Cracker	2005	1300	145	20	0	400	1764	164	2	170	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	8337	292	2	146	154	5644	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	89	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	2255	599	65	10	0	390	8997	224	2	170	154	6444	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Thaiisan	2605	913	101	16	0	360	8697	260	2	106	154	6444	7	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
Grilled Boneless Wings, 12 (1 servings)	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	3
Grilled Boneless Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	2	35	1995	3	108	4
Grilled Boneless Wings, 12 (1 serving) with Wing Dust Mango Habanero	414	87	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	627	2	98	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	5	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	476	191	21	4	0	74	1337	34	1	1	34	705	2	101	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	476	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	441	122	14	2	0	74	1332	42	2	9	34	402	5	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice 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	1245	60	2	27	34	152	6	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	27	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	379	100	11	2	0	74	1195	34	3	1	34	2214	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	479	94	10	2	0	74	1245	60	2	27	34	152	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thaiisan	491	145	16	3	0	74	1214	50	2	17	34	152	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice 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	1693	509	57	18	0	297	8070	150	10	10	139	7980	14	432	15
Grilled Boneless Wings, 12 (4 servings) with Wing Dust Mango Habanero	1654	389	43	7	0	297	6232	173	8	35	137	3236	18	553	13
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Arizona Ranch	1862	186	82	12	0	363	13758	282	6	8	187	2678	32	102	10
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Asian Sesame	2016	781	87	15	0	297	4729	160	6	28	136	607	12	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	607	18	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1766	376	42	7	0	297	4229	205	6	7	136	1607	24	483	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Cajun	1916	181	19	15	0	372	4829	135	6	3	136	607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1916	781	87	15	0	297	4829	135	6	3	136	607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Haute Parmesan	1903	763	85	15	0	315	5071	137	9	3	141	357	42	533	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Hot	1503	361	43	7	0	297	7345	135	2	13	136	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	19
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Louisiana Lickers	1766	489	54	7	0	297	5329	170	6	38	136	1607	18	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Medium	2016	916	102	17	0	297	5329	135	6	3	136	1607	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Original BBQ	1766	489	54	7	0	297	4927	216	6	136	1607	24	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	1516	399	44	7	0	297	4779	135	11	3	136	887	12	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thai R Cracker	1766	489	54	7	0	297	4779	135	11	3	136	887	12	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thaiisan	1966	579	64	11	0	297	4854	200	6	68	136	607	9	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Triple Atomic	1695	415	46	8	0	297	5260	176	9	41	137	2318	233	399	12
Grilled Boneless Wings, 24 (1 servings)	366	94	10	2	0	74	707	32	2	1	34	27	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Chipotle BBQ	416	110	12	2	0	74	1776	41	2	6	34	1108	2	110	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	2	35	1995	3	108	4
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Mango Habanero	414	87	11	2	0	74	1558	43	2	9	34	809	5	138	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	466	184	20	3	0	80	1720	35	2	2	34	627	2	98	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	5	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Buckeye BBQ	441	94	10	2	0	74	1057	51	2	18	34	402	6	121	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Cajun	479	195	22	4	0	80	1120	35	3	2	34	652	2	121	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Golden Garlic	479	195	22	4	0	74	1207	34	2	1	34	152	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	476	191	21	4	0	79	1268	34	2	1	35	89	11	133	4
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Hot	476	191	21	4	0	74	1337	34	1	1	34	705	2	101	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	476	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	441	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	1245	60	2	27	34	152	6	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	27	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Supercharged	379	100	11	2	0	74	1195	34	3	1	34	2214	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	479	94	10	2	0	74	1245	60	2	27	34	152	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Thaiisan	491	145	16	3	0	74	1214	50	2	17	34	152	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Triple Atomic	424	104	12	2	0	74	1315	44	2	10	34	580	58	100	3
Grilled Boneless Wings, 24 (8 servings)	2931	753	84	14	0	593	5658	260	13	6	272	215	12	767	24
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Chipotle BBQ	3329	882	98	20	3	593	14207	325	17	52	275	8867	17	883	26
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Ghost Pepper Seasoning	3386	1017	113	35	0	593	16140	300	21	19	279	15959	28	884	30
Grilled Boneless Wings, 24 (8 servings) with Wing Dust Mango Habanero	3309	777	86	15	0	593	12466	345	16	69	275	4773	36	1055	27
Grilled Boneless Wings, 24 (8 servings) with Wing Sauce Choice Arizona Ranch	3743	1473	164	27	0	643	13758	282	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							

Top Gear Tenders	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)
Top Gear Tender Platter, 12 (1 serving)	278	49	5	1	0	63	966	28	1	28	26	1	27	1	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	358	121	13	2	0	68	1776	30	1	2	28	426	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Asian Sesame	388	130	14	3	0	63	1346	34	1	6	28	126	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Boom Boom	448	202	22	4	0	78	1236	31	1	3	28	126	4	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	338	49	5	1	0	63	1246	43	1	15	28	326	5	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Cajun	368	130	14	3	0	68	1276	30	2	2	28	526	1	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Golden Garlic	407	169	19	3	0	64	1276	30	1	1	28	68	2	38	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Golden Garlic	368	130	14	3	0	63	1366	29	1	1	28	126	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Haute Parmesan	366	126	14	3	0	66	1414	29	2	1	29	76	9	57	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Hot	286	52	6	1	0	63	1869	29	1	1	28	569	2	31	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	348	49	5	1	0	63	1326	44	1	16	28	126	1	27	3
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	338	71	8	1	0	63	1466	36	1	8	28	326	4	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Medium	388	157	17	3	0	63	1466	29	1	1	28	326	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Mild	408	175	19	3	0	63	1296	28	1	1	28	226	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Original BBQ	348	52	5	1	0	63	1326	44	1	1	28	68	2	34	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Parmesan Pepper	428	184	20	4	0	93	1356	28	1	1	28	26	6	147	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Ranch	378	139	15	3	0	68	1266	30	1	2	28	226	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	348	49	5	1	0	63	1326	46	1	19	28	26	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	329	49	5	1	0	63	1276	41	1	13	28	68	2	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Supercharged	288	53	6	1	0	63	1356	29	2	1	28	1776	3	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	1	22	28	126	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thaiisan	378	89	10	2	0	63	1371	42	1	14	28	126	2	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice 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	483	54	8	0	271	7103	120	5	7	111	1705	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Asian Sesame	1553	519	58	10	0	251	5383	136	4	23	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Boom Boom	1793	807	90	14	0	311	4943	124	4	11	111	505	15	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1353	195	22	4	0	251	4983	172	4	59	111	1305	20	188	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Cajun	1473	159	58	10	0	271	5153	120	8	7	111	2105	5	188	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1629	677	75	13	0	255	5092	117	5	3	114	369	7	153	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1473	519	58	10	0	251	5463	116	4	3	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Haute Parmesan	1462	504	56	10	0	266	5657	118	6	3	115	305	34	228	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Hot	1143	126	13	2	0	63	1869	29	4	4	111	476	8	125	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1393	195	22	4	0	251	5303	176	4	63	111	505	5	108	11
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Louisiana Lickers	1353	285	32	4	0	251	5863	144	4	31	111	1305	15	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Medium	1553	627	70	12	0	251	5863	116	4	3	111	1305	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Original BBQ	1633	369	78	12	0	251	5183	112	4	3	111	905	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Parmesan Pepper	1933	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 Ranch	1713	735	82	16	0	371	5423	112	4	3	111	105	5	888	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Ranch	1513	555	62	10	0	271	5063	120	4	7	111	905	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Smoked Jalapeno Honey	1393	49	5	1	0	63	1326	46	1	19	28	26	1	27	1
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	7105	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 Thaiisan	1513	167	18	3	0	251	5483	167	4	55	111	905	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	338	49	5	1	0	63	1246	43	1	15	28	326	5	47	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Cajun	368	130	14	3	0	68	1296	30	2	2	28	526	1	47	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Golden Garlic	407	169	19	3	0	64	1273	29	1	1	28	92	2	38	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Golden Garlic	368	130	14	3	0	63	1366	29	1	1	28	126	3	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Haute Parmesan	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	338	71	8	1	0	63	1466	36	1	8	28	326	4	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Medium	388	157	17	3	0	63	1466	29	1	1	28	326	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Mild	408	175	19	3	0	63	1296	28	1	1	28	226	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Original BBQ	348	52	5	1	0	63	1326	44	1	1	28	68	2	34	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Parmesan Pepper	428	184	20	4	0	93	1356	28	1	1	28	26	6	147	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Ranch	378	139	15	3	0	68	1266	30	1	2	28	226	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	348	49	5	1	0	63	1326	46	1	19	28	26	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	329	49	5	1	0	63	1276	41	1	13	28	68	2	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Supercharged	288	53	6	1	0	63	1356	29	2	1	28	1776	3	27	2
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	1	22	28	126	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Thaiisan	378	89	10	2	0	63	1371	42	1	14	28	126	2	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice 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	5	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	3583	1614	179	28	0	622	9687	246	8	21	221	1011	30	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Buckeye BBQ	2705	390	43	8	0	502	9967	344	8	117	221	2611	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 Golden Garlic	3259	1354	150	27	0	510	10185	235	9	5	227	739	14	306	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Golden Garlic	2945	1038	115	20	0	502	10327	232	8	5	221	1011	21	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Haute Parmesan	2924	1009	112	20	0	511	11314	236	12	5	229	611	69	455	15
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Hot	2290	412	46	8	0	502	14952	233	11	9	223	4551	17	250	11
Top Gear Tender															

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

Baby Back Ribs & Big Rig Pork Platter		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)
Big Rig Pork Platter, Family Style (1 serving)		981	478	53	15	1	118	2285	90	5	54	34	1661	25	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Arizona Ranch		1041	532	59	16	1	121	2893	92	5	54	34	1961	26	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Asian Sesame		1064	538	60	16	1	118	2570	95	5	54	34	1736	26	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Boom Boom		1109	592	66	17	1	129	2498	92	5	55	34	1736	27	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Buckeye BBQ		1026	478	53	15	1	118	2495	101	5	67	34	1886	27	175	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Cajun		1049	538	60	16	1	121	2533	92	6	54	34	2036	25	175	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Golden Garlic		1049	538	60	16	1	118	2585	91	5	54	34	1736	26	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Haute Parmesan		1047	536	60	16	1	120	2521	91	5	54	34	1698	26	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Hot		987	480	53	15	1	118	2963	91	6	54	34	2068	25	164	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze		1034	478	53	15	1	118	2555	102	5	65	34	1736	25	160	7
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Louisiana Lickers		1026	494	55	15	1	118	2660	96	5	59	34	1886	27	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Medium		1064	569	62	17	1	118	2860	91	5	54	34	1886	25	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Original BBQ		1034	478	53	15	1	118	2450	103	5	65	34	1661	28	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Parmesan Pepper		1094	579	64	17	1	140	2578	90	5	54	34	1661	25	250	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey		1034	478	53	15	1	118	2555	104	5	67	34	1661	25	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Supercharged		989	481	53	15	1	118	2578	91	5	54	34	2373	26	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Thai R Cracker		1049	478	53	15	1	118	2608	107	5	69	34	1736	25	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Thaiisan		1056	508	56	16	1	118	2589	101	5	63	34	1736	25	160	6
Big Rig Pork Platter, Family Style (1 serving) with Wing Sauce Choice Triple Atomic		1016	483	54	15	1	118	2650	97	6	59	34	1992	59	163	6
Big Rig Pork Platter, Family Style (4 servings)		3925	1910	212	61	4	471	9141	361	21	215	136	6643	99	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Arizona Ranch		4165	2126	236	64	4	486	11571	367	21	218	136	7843	103	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Asian Sesame		4255	2163	239	65	4	471	10281	379	21	230	136	6943	103	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Boom Boom		4285	2389	263	68	4	516	9951	370	21	221	136	6943	106	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Buckeye BBQ		4105	1910	212	61	4	471	9981	406	21	257	136	7543	110	701	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Cajun		4195	2153	239	65	4	486	10131	367	24	218	136	8143	99	701	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Golden Garlic		4195	2153	239	65	4	471	10341	364	21	215	136	6943	103	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Haute Parmesan		4187	2142	238	65	4	482	10486	365	23	215	136	6943	121	731	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Hot		3949	1919	213	61	4	471	11850	364	23	216	137	8271	101	654	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze		4135	1910	212	61	4	471	10221	409	21	260	136	6943	99	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Louisiana Lickers		4105	1978	220	61	4	471	10541	385	21	236	136	7543	106	641	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Medium		4255	2234	248	67	4	471	10641	364	21	215	136	7543	99	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Original BBQ		4135	1910	212	61	4	471	9801	412	21	260	136	6643	113	641	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Parmesan Pepper		4375	2315	257	70	4	561	10311	361	21	215	136	6643	99	1001	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Smoked Jalapeno Honey		4135	1978	220	61	4	471	10541	415	21	269	136	6943	99	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Supercharged		3955	1924	214	61	4	471	10311	364	24	215	136	11933	103	641	24
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Thai R Cracker		4195	1910	212	61	4	471	10431	427	21	278	136	6943	99	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Thaiisan		4225	2032	226	63	4	471	10356	403	21	254	136	6943	101	641	23
Big Rig Pork Platter, Family Style (4 servings) with Wing Sauce Choice Triple Atomic		4063	1934	215	61	4	471	10599	388	23	238	137	7698	235	651	23

Ribs (1 serving)		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) with Wing Sauce Choice Arizona Ranch		1326	927	103	37	3	319	411	24	1	19	65	524	4	167	5
Ribs (1 serving) with Wing Sauce Choice Asian Sesame		1566	1143	127	40	3	334	2941	30	1	22	65	1724	4	167	5
Ribs (1 serving) with Wing Sauce Choice Boom Boom		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		1836	1386	154	45	3	364	1221	33	1	25	65	824	8	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	4	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		1356	935	104	38	3	319	1321	42	1	34	65	2152	3	180	5
Ribs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze		1536	927	103	37	3	319	1491	71	1	64	65	824	1	167	9
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		1566	1251	139	43	3	319	1911	27	1	19	65	1424	1	167	5
Ribs (1 serving) with Wing Sauce Choice Mild		1711	1305	145	43	3	319	1491	78	1	64	65	824	1	167	5
Ribs (1 serving) with Wing Sauce Choice Original BBQ		1536	927	103	37	3	319	1071	75	1	64	65	524	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	527	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 Smoky Gold BBQ		1480	928	103	37	3	319	1348	61	1	56	65	648	4	189	5
Ribs (1 serving) with Wing Sauce Choice Supercharged		1356	940	104	37	3	319	1581	27	4	19	65	5774	4	167	6
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 Thaiisan		1626	1048	116	40	3	319	1656	66	1	58	65	824	2	167	5
Ribs (1 serving) with Wing Sauce Choice Triple Atomic		1464	950	106	38	3	319	1870	51	3	42	65	1851	137	176	5

Mac & Cheese		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)
Pork Carnitas Mac and Cheese, Serves 10-15 (1 serving)		646	263	28	13	1	87	2516	66	2	9	33	721	10	463	4
Pork Carnitas Mac and Cheese, Serves 10-15 (15 servings)		9691	3797	422	202	9	1311	37741	989	32	128	500	10809	147	6946	61
Pork Carnitas Mac and Cheese, Serves 4-6 (1 serving)		767	300	33	16	1	103	3011	79	2	10	39	874	12	575	5
Pork Carnitas Mac and Cheese, Serves 4-6 (6 servings)		4604	1800	200	98	5	616	18068	472	15	63	236	5245	73	3450	28
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	13									