



Menu Nutrition Analysis (October 2018 Menu)

Item availability may differ by location.

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

4.1.19

Table with columns: 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). Rows include items like 4-Wheeler, Bavarian Pretzels, Boom Boom Shrimp, etc.

Table with columns: Wings, Total Calories (kcal), Fat Calories (kcal), Total Fat (g), Saturated Fat (g), Trans Fat (g), Cholesterol (mg), Sodium (mg), Total Carbs (g), Fiber (g), Sugars (g), Protein (g), Vit A (IU), Vit C (mg), Calcium (mg), Iron (mg). Rows include various wing items such as Breaded Boneless Wings, Grilled Boneless Wings, and Fried Boneless Wings.

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	1971	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	2626	49	4	4	56	1512	12	152	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	684	156	17	3	0	124	1811	71	3	26	56	848	10	146	7
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Korean BBQ	684	177	20	3	0	124	2156	67	3	20	57	1148	16	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Louisiana Lickers	669	190	21	3	0	124	2021	59	3	14	56	1148	14	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Medium	714	278	31	5	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	3	56	998	10	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Original BBQ	684	156	17	3	0	124	1601	73	3	26	56	698	18	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Parmesan	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 Supercharged	594	163	18	3	0	124	1856	49	5	3	56	3323	12	146	5
Grilled Boneless Wings, Single Order (1 serving) with Wing Sauce Choice Thai R Cracker	714	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	1916	88	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, Supersize Single (1 serving)	824	219	24	4	0	173	1743	69	4	4	79	716	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Chipotle BBQ	857	230	26	5	0	173	2455	74	5	7	79	1437	12	219	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Ghost Pepper Seasoning	869	245	27	6	0	173	2787	73	5	5	79	2284	13	219	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Dust Mango Habanero	884	223	25	4	0	173	2826	82	5	14	79	1712	15	264	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Arizona Ranch	1064	435	48	7	0	188	4173	75	4	7	79	1916	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Asian Sesame	1154	462	51	9	0	173	2883	87	4	19	79	1016	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Boom Boom Sauce	1334	678	75	12	0	218	2553	78	4	10	79	1016	19	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Buckeye BBQ	1004	219	24	4	0	173	2583	114	4	46	79	1616	22	270	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Cajun	1094	462	51	9	0	188	2733	75	7	7	79	2284	12	270	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Golden Garlic	1094	462	51	9	0	173	2943	72	4	4	79	1016	15	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Haute Parmesan	1086	451	50	9	0	184	3088	73	6	4	82	866	33	300	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Hot	848	228	25	4	0	173	4452	72	6	5	79	2343	14	223	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1034	219	24	4	0	173	2823	117	4	49	79	1016	12	210	11
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Korean BBQ	1034	260	29	4	0	173	3513	108	4	37	82	1616	22	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Louisiana Lickers	1004	287	32	4	0	173	3243	93	4	25	79	1616	19	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Medium	1154	543	60	10	0	173	3243	72	4	4	79	1616	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Mild	1214	567	66	10	0	173	2733	69	4	4	79	1316	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Original BBQ	1034	219	24	4	0	173	2403	120	4	49	79	716	26	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Parmesan Pepper	1274	624	69	13	0	263	2913	69	4	4	79	716	12	570	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1034	219	24	4	0	173	2823	123	4	58	79	716	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Supercharged	854	233	26	4	0	173	2913	72	7	4	79	5966	15	210	8
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Thai R Cracker	1094	219	24	4	0	173	3033	135	4	67	79	1016	12	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Thaisian	1124	341	38	6	0	173	2958	111	4	43	79	1016	13	210	7
Grilled Boneless Wings, Supersize Single (1 serving) with Wing Sauce Choice Triple Atomic	961	242	27	5	0	173	3201	97	6	27	79	2042	148	219	7
Jumbo Bone-In Wings, 12 (1 serving)	1446	1044	116	28	0	377	411	4	2	2	90	6364	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Bleu Cheese Dressing	1586	1177	131	29	0	387	657	5	2	3	91	6402	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Ranch Dressing	1546	1143	127	29	0	387	681	5	2	3	90	6364	5	103	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	1490	1058	118	28	1	377	1361	11	2	8	91	7325	6	96	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Ghost Pepper Seasoning	1406	1079	120	30	0	377	1804	10	3	4	91	8455	7	96	6
Jumbo Bone-In Wings, 12 (1 serving) with Wing Dust Mango Habanero	1526	1049	117	28	0	377	1855	22	2	16	91	7692	10	155	6
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	1766	1332	148	32	0	397	3651	12	2	6	90	7964	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Asian Sesame	1886	1368	152	34	0	377	1931	28	2	22	90	6764	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Boom Boom	2126	1656	184	38	0	437	1491	16	2	10	90	6764	15	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	1686	1044	116	28	0	377	1531	64	2	58	90	7564	20	163	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Cajun	1806	1368	152	34	0	397	1731	12	6	6	90	6364	5	163	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Golden Garlic	1806	1368	152	34	0	377	2011	8	2	2	90	6764	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Haute Parmesan	1795	1354	150	34	0	392	2205	10	4	2	94	6564	34	203	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Hot	1478	1055	117	28	0	377	4024	9	3	4	91	8534	8	100	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1726	1044	116	28	0	377	1851	68	2	62	90	6764	5	83	11
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Korean BBQ	1726	1098	122	28	0	377	2771	56	2	46	94	7564	20	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	1686	1134	126	28	0	377	2411	36	2	30	90	7564	15	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Medium	1986	1476	164	38	0	397	1471	6	6	64	91	7564	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Mild	1966	1548	172	36	0	377	1731	4	2	2	90	7164	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Original BBQ	1726	1044	116	28	0	377	1291	72	2	62	90	6364	25	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Parmesan Pepper	2046	1584	176	40	0	497	1971	4	2	2	90	6364	5	563	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1726	1044	116	28	0	377	1851	76	2	74	90	6364	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Supercharged	1486	1062	118	28	0	377	1971	8	6	2	90	13364	10	83	7
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	1806	1044	116	28	0	377	2131	92	2	86	90	6764	5	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Thaisian	1846	1204	134	30	0	377	2031	60	2	54	90	6764	10	83	5
Jumbo Bone-In Wings, 12 (1 serving) with Wing Sauce Choice Triple Atomic	1629	1075	119	28	0	377	2356	41	3	33	91	8133	187	95	6
Jumbo Bone-In Wings, 18 (1 serving)	2178	1566	174	41	0	566	644	8	3	5	136	12368	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Bleu Cheese Dressing	2459	1832	204	45	0	585	1136	10	3	6	136	12445	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Ranch Dressing	2378	1764	196	44	0	586	1184	10	3	7	136	12368	9	176	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Dust Chipotle BBQ	2245	1588	176	42	1	566	2069	19	4	12	136	13616	10	166	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Dust Ghost Pepper Seasoning	2269	1619	180	45	0	566	2732	16	5	8	137	15504	12	156	9
Jumbo Bone-In Wings, 18 (1 serving) with Wing Dust Mango Habanero	2298	1574	175	41	0	566	2810	36	4	25	136	14360	17	244	9
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Arizona Ranch	2658	1998	222	47	0	596	5504	20	3	11	136	14768	16	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Asian Sesame	2838	2052	228	50	0	566	2924	44	3	35	136	12968	16	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Boom Boom	3198	2484	276	56	0	656	2264	26	3	17	136	12968	23	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Buckeye BBQ	2538	1761	174	41	0	566	2324	98	3	89	136	14168	31	256	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Cajun	2718	2052	228	50	0	596	2824	20	9	11	136	15368	9	256	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Golden Garlic	2718	2052	228	50	0	566	3044	14	3	5	136	12968	16	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Haute Parmesan	2703	2031	226	50	0	588	3335	17	6	7	142	12668	52	316	11
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Hot	2227	1584	176	42	0	566	6063	15	6	5	137	15623	13	163	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	2598	1566	174	41	0	566	2804	104	3	95	136	12968	9	136	16
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Korean BBQ	2598	1647	183	41	0	566	4184	86	3	71	142	14168	31	136	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Louisiana Lickers	2538	1761	174	41	0	566	3684	59	3	47	136	13616	23	136	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Medium	2838	2214	246	53	0	566	3644	14	3	5	136	14168	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Mild	2958	2322	258	53	0	566	2624	8	3	5	136	13568	9	136	8
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Original BBQ	2598	1566	174	41	0	566	1964	110	3	95	136	12368	38	136	10
Jumbo Bone-In Wings, 18 (1 serving) with Wing Sauce Choice Parmesan Pepper	3078	2376	264	59	0	746									

Jumbo Bone-In Wings, 6 (1 serving) with Ranch Dressing	833	621	69	15	0	199	503	5	2	3	45	6004	4	74	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Dust Chipotle BBQ	755	530	59	14	0	189	708	8	2	5	45	6485	4	60	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Dust Ghost Pepper Seasoning	763	540	60	15	0	189	929	7	2	3	46	7049	5	60	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Dust Mango Habanero	773	525	58	14	0	189	955	13	2	9	46	6668	6	89	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Arizona Ranch	893	666	74	16	0	199	1853	8	2	4	45	6804	6	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Asian Sesame	953	684	76	17	0	189	993	16	2	12	45	6204	6	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Boom Boom Sauce	1073	828	92	19	0	219	773	10	2	6	45	6204	8	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Buckeye BBQ	853	522	58	14	0	189	793	34	2	30	45	6604	11	94	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Cajun	913	684	76	17	0	199	893	8	4	4	45	7004	4	94	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Golden Garlic	913	684	76	17	0	189	1033	6	2	2	45	6204	6	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Haute Parm	907	677	75	17	0	196	1129	7	3	2	47	6104	18	114	4
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Hot	749	528	59	14	0	189	2039	6	3	3	46	7089	5	62	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	873	522	58	14	0	189	953	36	2	32	45	6204	4	54	6
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Korean BBQ	873	549	61	14	0	189	1413	30	2	24	47	6604	11	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Louisiana Lickers	853	567	63	14	0	189	1233	20	2	16	45	6604	8	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Medium	953	738	82	18	0	189	1233	6	2	2	45	6604	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Mild	993	774	86	18	0	189	893	4	2	2	45	6404	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Original BBQ	873	522	58	14	0	189	673	38	2	32	45	6004	13	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Pamesan Pepper	1033	792	88	20	0	249	1013	4	2	2	45	6004	4	294	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	873	522	58	14	0	189	953	40	2	38	45	6004	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Supercharged	753	531	59	14	0	189	1013	6	4	2	45	9504	6	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Thai R Cracker	913	522	58	14	0	189	1093	48	2	44	45	6204	4	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Thaiisan	933	603	67	15	0	189	1043	32	2	28	45	6204	5	54	3
Jumbo Bone-In Wings, 6 (1 serving) with Wing Sauce Choice Triple Atomic	824	538	60	14	0	189	1205	23	3	18	46	6888	94	60	3
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	2145	77	8	10	30	9684	6	231	4
Breaded Boneless Chicken Wrap (1 serving) with Fries	1057	469	52	10	0	72	2753	112	11	10	34	9688	16	232	5
Breaded Chicken Club Sandwich (1 serving)	816	354	39	13	0	171	2158	55	2	7	57	733	4	263	5
Breaded Chicken Club Sandwich (1 serving) with Fries	1103	482	54	15	0	171	2766	90	5	7	60	736	14	264	6
Fried Chicken Sandwich (1 serving)	571	154	17	4	0	121	1172	54	2	6	47	336	4	112	5
Fried Chicken Sandwich (1 serving) with Fries	859	283	31	7	0	121	1780	90	6	6	50	339	14	113	6
Gyro Plate (1 serving)	689	345	38	17	0	83	1813	59	5	2	25	326	4	149	6
Cheese Steak Melt (1 serving)	761	385	43	12	0	127	1438	48	3	4	41	376	2	273	6
Grilled Boneless Chicken Wrap (1 serving)	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4
Grilled Boneless Chicken Wrap (1 serving) with Fries	1016	495	55	11	0	79	2371	94	10	10	35	9689	16	227	5
Grilled Chicken Club Sandwich (1 serving)	716	349	39	13	0	168	2203	34	2	6	54	772	4	246	3
Grilled Chicken Club Sandwich (1 serving) with Fries	1004	477	53	15	0	168	2811	69	5	6	58	776	14	247	5
Grilled Chicken Sandwich (1 serving)	472	149	17	4	0	119	1217	33	2	5	45	375	4	95	3
Grilled Chicken Sandwich (1 serving) with Fries	759	278	31	7	0	119	1825	68	5	5	48	379	15	96	5
House Pulled Pork Sandwich (1 serving)	732	409	45	19	0	128	2117	44	1	16	34	649	1	277	3
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1013	675	75	23	0	148	2609	46	2	17	37	726	1	277	3
House Pulled Pork Sandwich (1 serving) with Dipping Sauce Choice Ranch Dressing	932	607	67	22	0	148	2657	46	1	18	34	649	1	317	3
House Pulled Pork Sandwich (1 serving) with Fries	1019	538	60	21	0	128	2725	79	5	16	38	653	11	278	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Arizona Ranch	892	553	61	21	0	138	3737	48	1	18	34	1449	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Asian Sesame	952	571	63	22	0	128	2877	56	1	26	34	849	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Boom Boom Sauce	1072	715	79	24	0	158	2657	50	1	20	34	849	5	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Buckeye BBQ	852	409	45	19	0	128	2677	74	1	44	34	1249	8	317	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Cajun	912	571	63	22	0	138	2777	48	3	18	34	1649	1	317	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Golden Garlic	912	571	63	22	0	128	2917	46	1	16	34	849	3	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Haute Parm	907	564	63	22	0	136	3014	47	3	16	36	749	15	337	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Hot	748	415	46	19	0	128	3924	46	2	17	35	1734	2	286	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	872	409	45	19	0	128	2837	76	1	46	34	849	1	277	6
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Louisiana Lickers	852	454	50	19	0	128	3117	60	1	30	34	1249	5	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Medium	952	625	69	23	0	128	3117	46	1	16	34	1249	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Mild	992	661	73	23	0	128	2777	44	1	16	34	1049	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Original BBQ	872	409	45	19	0	128	2557	78	1	46	34	649	10	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Pamesan Pepper	1032	674	75	23	0	189	2897	44	1	16	34	649	5	517	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	872	409	45	19	0	128	2837	80	1	52	34	649	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Supercharged	752	418	46	19	0	128	2897	46	3	16	34	4149	3	277	4
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thai R Cracker	912	409	45	19	0	128	2977	88	1	58	34	849	1	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Thaiisan	932	490	54	20	0	128	2927	72	1	42	34	849	2	277	3
House Pulled Pork Sandwich (1 serving) with Wing Sauce Choice Triple Atomic	824	425	47	19	0	128	3090	63	2	31	35	1533	91	283	3
Jacked-Up BLT (1 serving)	1374	903	100	37	1	174	2983	63	3	8	52	1627	4	373	1
Jacked-Up BLT (1 serving) with Fries	1661	1032	115	40	1	174	3591	98	7	8	55	1631	15	374	3
Pub-Style Cod Sandwich (1 serving)	835	367	41	8	0	107	1822	85	3	15	33	459	12	121	4
Pub-Style Cod Sandwich (1 serving) with Fries	1122	495	55	11	0	107	2430	120	7	15	36	463	22	122	5

Suped Up Steak Sandwiches	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Quaker Stk Sandwich (1 serving)	796	271	30	12	2	97	2450	87	3	31	41	1559	56	251	3
Quaker Stk Sandwich (1 serving) with Fries	1083	399	44	14	2	97	3058	122	7	31	45	1562	66	252	4
The BBQ O-String (1 serving)	984	363	40	19	2	132	2112	102	3	39	51	1855	67	504	4
The BBQ O-String (1 serving) with Fries	1271	491	55	21	2	132	2720	137	7	39	54	1859	77	505	5
The Classic (1 serving)	826	351	39	18	2	136	2645	68	3	12	49	1770	56	486	3
The Classic (1 serving) with Fries	1114	480	53	21	2	136	3253	103	7	12	53	1774	66	487	4

Half Pound Steak Burgers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Gluten Free Bun (1 bun)	250	63	7	1	0	0	480	43	5	6	6	0	0	40	1
Hangover Burger (1 serving)	1004	585	65	24	0	454	1954	34	2	5	66	1010	2	347	7
Hangover Burger (1 serving) with Fries	1291	713	79	27	0	454	2562	69	5	70	1014	12	348	8	
International Butter Burger (1 serving)	773	450	50	23	0	205	1082	32	1	4	45	802	0	112	7
Kentucky Bourbon Burger (1 serving)	543	220	24	9	1	98	1262	51	2	20	28	369	4	88	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Bleu Cheese Crumbles	743	364	40	19	1	138	2022	53	4	20	40	969	4	388	5
Kentucky Bourbon Burger (1 serving) with Cheese Choice Pepper Jack Cheese	703	328	36												

Specialty Salads and Soups	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Asian Chicken Salad (1 serving)	821	445	49	7	0	124	1828	44	7	28	46	17550	171	264	10
Biker Chicken Salad (1 serving)	788	383	43	9	0	117	1145	60	8	44	39	8570	105	167	4
Black Bean Soup (1 bowl)	238	56	6	1	0	3	1168	36	11	2	13	95	0	47	3
QS&L Boneless Wing Salad (1 serving)	569	165	18	5	0	84	1807	57	8	5	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	749	300	33	6	0	84	2377	69	8	17	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	989	563	63	11	0	114	2544	59	9	7	46	20417	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	869	462	51	9	0	114	2617	60	8	8	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	599	165	18	5	0	84	3277	66	8	11	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice House Caesar	809	354	39	9	0	114	2797	63	8	8	45	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Korean BBQ Ranch	855	421	47	9	0	109	2788	66	8	12	43	20444	65	378	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	999	570	63	12	0	129	2557	60	8	8	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	959	543	60	11	0	84	2827	60	8	5	42	20602	74	387	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	983	543	60	11	0	84	1807	66	8	14	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Pico Ranch	756	336	37	8	0	101	2456	62	9	8	43	20858	70	370	9
QS&L Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppyseed	870	367	41	8	0	118	2393	83	9	26	42	20302	80	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Arizona Ranch	689	273	30	6	0	92	3022	60	8	6	42	20902	65	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Asian Sesame	734	286	32	7	0	84	2377	66	8	12	42	20452	65	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	824	394	44	9	0	107	2212	61	8	8	42	20452	67	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	659	165	18	5	0	84	2227	79	8	26	42	20752	69	357	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Cajun	704	286	32	7	0	92	2302	60	10	6	42	21052	63	357	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Golden Garlic	704	286	32	7	0	84	2407	58	8	5	42	20452	65	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Haute Parnesian	700	281	31	7	0	90	2479	59	9	5	44	20377	74	372	10
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice House Caesar	581	169	19	5	0	84	3161	59	9	5	43	21116	64	334	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	674	165	18	5	0	84	2347	81	8	27	42	20452	63	327	11
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Korean BBQ	674	185	21	5	0	84	2892	76	8	21	44	20752	69	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	659	198	22	5	0	84	2557	69	8	15	42	20752	67	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Medium	734	327	36	8	0	84	2557	58	8	5	42	20752	63	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Mild	764	354	39	8	0	84	2302	57	8	5	42	20602	63	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Original BBQ	674	165	18	5	0	84	2137	82	8	27	42	20302	70	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Parmesan Pepper	794	367	41	9	0	129	2392	57	8	5	42	20302	65	307	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	674	165	18	5	0	84	2347	84	8	32	42	20302	63	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Supercharged	584	171	19	5	0	84	2392	58	10	5	42	22927	65	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Thai R Cracker	704	165	18	5	0	84	2452	90	8	36	42	20452	63	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Thaisian	719	225	25	6	0	84	2414	78	8	24	42	20452	64	327	9
QS&L Boneless Wing Salad (1 serving) with Wing Sauce Choice Triple Atomic	638	176	20	5	0	84	2536	71	9	16	43	20965	131	332	9
QS&L Top Gear Tender Boneless Wing Salad (1 serving)	600	98	11	4	0	73	1701	83	9	5	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	780	233	26	5	0	73	2271	95	9	17	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Bleu Cheese	1020	496	55	9	0	102	2439	86	9	7	44	20377	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Farmhouse Ranch	900	395	44	8	0	103	2511	86	9	8	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Fat Free Italian	630	98	11	4	0	73	3171	92	9	11	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice House Caesar	840	287	32	8	0	103	2691	89	9	8	43	20261	63	390	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Korean BBQ Ranch	985	395	44	7	0	98	2263	83	9	12	45	20403	64	361	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	1020	503	56	11	0	118	2451	86	9	8	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Northern Italian	990	476	53	10	0	73	2721	86	9	5	40	20561	73	390	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vir	1014	476	53	10	0	73	1701	92	9	14	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Pico Ranch	787	269	30	6	0	90	2351	88	10	8	41	20817	70	373	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Dressing Choice Wildberry Poppyseed	901	301	33	7	0	106	2288	109	10	26	40	20261	79	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Arizona Ranch	720	206	23	5	0	80	2916	86	9	6	40	20861	64	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Asian Sesame	825	222	24	6	0	73	2271	92	9	12	40	20411	64	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	855	328	36	7	0	95	2106	88	9	8	40	20411	66	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	690	98	11	4	0	73	2121	106	9	26	40	20711	68	360	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Cajun	735	220	24	6	0	80	2196	86	11	6	40	21011	63	360	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Golden Garlic	735	220	24	6	0	73	2301	85	9	5	40	20411	64	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Haute Parnesian	731	214	24	6	0	78	2374	86	10	5	42	20336	73	375	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice House Caesar	1021	496	55	9	0	102	2439	86	9	7	44	20377	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Hot	705	98	11	4	0	73	2241	107	9	27	40	20411	63	330	12
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Korean BBQ	705	118	13	4	0	73	2586	103	9	21	42	20711	68	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	690	132	15	4	0	73	2451	95	9	15	40	20711	66	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Medium	765	260	29	7	0	73	2451	85	9	5	40	20711	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Mild	795	287	32	7	0	73	2196	83	9	5	40	20561	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Original BBQ	705	98	11	4	0	73	2031	109	9	27	40	20261	70	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Parmesan Pepper	825	301	33	7	0	118	2286	83	9	5	40	20261	63	510	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Hor	705	98	11	4	0	73	2241	110	9	32	40	20261	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Supercharged	615	105	12	4	0	73	2286	85	11	5	40	22886	64	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Thai R Cracker	735	98	11	4	0	73	2346	116	9	36	40	20411	63	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Thaisian	750	159	18	5	0	73	2309	104	9	24	40	20411	64	330	10
QS&L Top Gear Tender Boneless Wing Salad (1 serving) with Wing Sauce Choice Triple Atomic	668	110	12	4	0	73	2431	97	10	16	41	20924	131	335	10
Side Caesar Salad (1 serving)	249	157	17	4	0	25	892	14	3	4	7	8237	34	176	2
Side Garage Salad (1 serving)	105	47	5	3	0	15	105	9	3	5	5	8705	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	225	137	15	4	0	15	485	17	3	13	5	8705	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Bleu Cheese	385	312	35	7	0	35	597	11	4	7	8	8762	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Chipotle Ranch	307	246	27	6	0	35	704	12	3	6	5	8765	64	188	1
Side Garage Salad (1 serving) with Dressing Choice Farmhouse Ranch	125	47	5	3	0	35	645	11	3	5	5	8705	64	187	1
Side Garage Salad (1 serving) with Dressing Choice Fat Free Italian	295	47	5	3	0	15	1085	15	3	9	5	8705	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Korean BBQ Ranch	125	218	24	6	0	32	746	15	3	10	6	8799	65	180	1
Side Garage Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	385	317	35	8	0	45	605	11	3	7	5	8705	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Northern Italian	365	299	33	7	0	15	785	11	3	5	5	8905	71	187	1
Side Garage Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	381	289	33	7	0	15	105	15	3	11	5	8705	64	147	1
Side Garage Salad (1 serving) with Dressing Choice Sweet Vidalia Onion Dressing	345	2													

Grilled Chicken Entree (1 serving)	381	131	15	3	0	99	1067	18	1	0	42	77	2	23	2
Mac and Cheese Skillet (1 serving)	851	341	38	19	1	79	3078	93	3	12	35	880	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Arizona Ranch	931	413	46	20	1	84	3888	95	3	13	35	1280	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Asian Sesame	961	422	47	20	1	79	3458	99	3	17	35	980	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Boom Boom	1021	494	55	21	1	94	3348	96	3	14	35	980	16	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Buckeye BBQ	911	341	38	19	1	79	3358	108	3	26	35	1180	17	695	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Cajun	941	422	47	20	1	84	3408	95	4	13	35	1380	14	695	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Golden Garlic	941	422	47	20	1	79	3478	94	3	12	35	980	15	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Haute Parm	938	418	46	20	1	83	3527	95	4	12	36	930	21	705	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Hot	859	343	38	19	1	79	3982	94	3	12	35	1423	14	680	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	921	341	38	19	1	79	3438	109	3	27	35	980	14	675	6
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Louisiana Lickers	911	363	40	19	1	79	3578	101	3	19	35	1180	16	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Medium	961	449	50	21	1	79	3578	94	3	12	35	1180	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Mild	981	467	52	21	1	79	3408	93	3	12	35	1080	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Original BBQ	921	341	38	19	1	79	3298	110	3	27	35	880	18	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Parmesan Pepper	1001	476	53	22	1	109	3468	93	3	12	35	880	14	795	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	921	341	38	19	1	79	3438	111	3	30	35	880	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Supercharged	861	345	38	19	1	79	3468	94	4	12	35	2630	15	675	5
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thai R Cracker	941	341	38	19	1	79	3508	115	3	33	35	980	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Thaiisan	951	381	42	19	1	79	3483	107	3	25	35	980	14	675	4
Mac and Cheese Skillet (1 serving) with Wing Sauce Choice Triple Atomic	897	348	39	19	1	79	3565	102	3	19	35	1322	59	678	4
Mac and Cheese Skillet with Pulled Pork (1 serving)	860	373	41	20	1	118	3335	80	2	18	43	702	11	530	5
Mac and Cheese Skillet with Seasoned Pulled Chicken (1 serving)	578	177	20	10	0	107	1966	55	2	7	45	853	10	392	4
The Lube's Baby Back Ribs, Full Rack (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Arizona Ranch	1566	1143	127	40	3	334	2841	30	1	22	65	1724	4	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Asian Sesame	1656	1170	130	42	3	319	1551	42	1	34	65	824	4	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Boom Boom Sauce	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	1251	69	1	61	65	1424	11	227	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Cajun	1596	1170	130	42	3	334	1401	30	4	22	65	2024	1	227	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Golden Garlic	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 Pamesan	1598	1159	129	42	3	330	1756	28	3	19	68	674	22	257	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Hot	1350	935	104	38	3	319	3120	27	3	21	65	2152	3	180	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1536	927	103	37	3	319	1491	72	1	64	65	824	1	167	9
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Korean BBQ	1536	967	107	37	3	319	2181	63	1	52	68	1424	11	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Louisiana Lickers	1506	994	110	37	3	319	1911	48	1	40	65	1424	8	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Medium	1656	1251	139	43	3	319	1911	27	1	19	65	1424	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Mild	1716	1305	145	43	3	319	1401	24	1	19	65	1124	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Original BBQ	1536	927	103	37	3	319	1071	75	1	64	65	524	15	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	1776	1332	148	46	3	409	1581	24	1	19	65	524	1	527	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1536	927	103	37	3	319	1491	78	1	73	65	524	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Supercharged	1356	940	104	37	3	319	1581	27	4	19	65	5774	4	167	6
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thai R Cracker	1596	927	103	37	3	319	1701	90	1	82	65	824	1	167	5
The Lube's Baby Back Ribs, Full Rack (1 serving) with Wing Sauce Choice Thaiisan	1626	1048	116	40	3	319	1626	86	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	14	32	462	5	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Buckeye BBQ	783	463	51	19	1	160	765	42	1	38	32	862	6	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	1292	0	123	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Golden Garlic	843	625	69	22	1	160	1005	14	1	10	32	462	3	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Haute Parm	838	618	69	22	1	167	1102	15	2	10	34	362	15	143	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Hot	679	469	52	19	1	160	2012	14	2	10	33	1347	2	92	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	803	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 Korean BBQ	803	490	54	19	1	160	1365	38	1	32	34	862	8	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Louisiana Lickers	783	508	56	19	1	160	1365	38	1	24	32	862	8	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Medium	883	679	75	23	1	160	1205	14	1	10	32	862	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Mild	923	715	79	23	1	160	865	12	1	10	32	662	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Original BBQ	803	463	51	19	1	160	645	46	1	40	32	262	10	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Parmesan Pepper	963	733	81	25	1	220	985	12	1	10	32	262	0	323	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	803	463	51	19	1	160	925	48	1	46	32	262	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Supercharged	683	472	52	19	1	160	985	14	3	10	32	3762	3	83	3
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thai R Cracker	843	625	69	22	1	160	1065	16	1	52	32	462	0	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Thaiisan	863	544	60	20	1	160	1015	40	1	36	32	462	2	83	2
The Lube's Baby Back Ribs, Half Rack (1 serving) with Wing Sauce Choice Triple Atomic	755	479	53	19	1	160	1178	30	2	25	33	1146	91	89	3
Top Gear Tenders (1 serving)	1105	363	40	7	0	125	3175	120	8	8	61	873	35	83	6
Top Gear Tenders (1 serving) with Dipping Sauce Choice Bleu Cheese Dressing	1386	629	70	11	0	145	3667	121	9	8	64	950	35	83	6
Top Gear Tenders (1 serving) with Dipping Sauce Choice Ranch Dressing	1305	561	62	10	0	145	3715	122	8	10	61	873	35	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Arizona Ranch	1265	507	56	9	0	135	4795	124	8	10	61	1673	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Asian Sesame	1325	525	58	10	0	125	3935	132	8	18	61	1073	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Boom Boom Sauce	1445	669	74	12	0	155	3715	126	8	12	61	1073	40	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Buckeye BBQ	1225	363	40	7	0	125	3735	150	8	36	61	1473	42	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Cajun	1285	525	58	10	0	135	3835	124	10	10	61	1873	35	123	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Golden Garlic	1285	525	58	10	0	125	3975	122	8	8	61	1073	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Haute Parm	1280	518	58	10	0	133	4072	123	10	8	63	973	49	143	7
Top Gear Tenders (1 serving) with Wing Sauce Choice Hot	1121	369	41	7	0	125	4981	122	9	8	62	1958	36	92	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1245	363	40	7	0	125	3895	152	8	38	61	1073	35	83	9
Top Gear Tenders (1 serving) with Wing Sauce Choice Korean BBQ	1245	390	43	7	0	125	4355	146	8	30	63	1473	42	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Louisiana Lickers	1225	408	45	7	0	125	4175	136	8	22	61	1473	40	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Medium	1225	579	64	11	0	125	4175	122	8	8	61	1473	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Mild	1365	615	65	11	0	125	3835	120	8	8	61	1273	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Original BBQ	1245	363	40	7	0	125	3615	154	8	38	61	873	44	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Parmesan Pepper	1405	633	70	13	0	185	3955	120	8	8	61	873	35	323	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1245	363	40	7	0	125	3895	156	8	44	61	873	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Supercharged	1125	372	41	7	0	125	3955	122	10	8	61	4373	37	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Thai R Cracker	1285	363	40	7	0	125	4035	164	8	50	61	1073	35	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Thaiisan	1305	444	49	8	0	125	3985	148	8	34	61	1073	36	83	6
Top Gear Tenders (1 serving) with Wing Sauce Choice Triple Atomic	1197	379	42	7	0	125	4147	138	9	23	62	1758	126	90	6
Regular Sidescars	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)
Black Beans and Rice (1 serving)	256	28	3	1	0	6	810	48	3	1	8	196	6	33	2
Bourbon Baked Beans (1 serving)	159	0	0	0	0	0	488	35	3						

Mashed Potatoes and Gravy (1 serving)																
	137	41	5	1	0	0	0	901	23	2	1	2	0	1	41	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)	
6 oz Sirloin Entree (1 serving)	596	340	38	13	0	88	1171	24	1	1	38	42	0	52	3	
Choice Ribeye (1 serving)	1267	705	78	28	1	500	805	24	1	1	109	88	0	78	8	
NY Strip Steak (1 serving)	996	586	65	24	0	197	759	24	1	1	74	46	0	91	6	
Steak Toppers (1 portion)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Steak Toppers (1 portion) with Bacon	200	162	18	7	0	38	600	0	0	0	10	0	0	0	0	
Steak Toppers (1 portion) with Bacon Jam	229	118	13	4	0	28	964	20	1	18	10	291	12	2	0	
Steak Toppers (1 portion) with Blue Cheese Crumbles	50	36	4	3	0	10	190	1	1	0	3	150	0	75	0	
Steak Toppers (1 portion) with Herb Infused Butter	199	193	21	14	0	58	0	1	0	1	0	802	0	13	1	
Steak Toppers (1 portion) with Horseradish Cream	421	377	42	8	0	38	330	4	0	4	0	3	0	1	0	
Steak Toppers (1 portion) with Sautéed Mushrooms	10	6	1	0	0	0	38	16	6	0	1	26	0	11	0	
Steak Toppers (1 portion) with Sautéed Onions	21	8	1	0	0	0	61	3	0	1	0	43	2	7	0	
Steak Toppers (1 portion) with Thai R Cracker Sauce	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0	
Thunderbird Steak (1 serving)	665	373	41	15	2	120	700	21	1	2	49	258	0	68	4	
Custom Built Combos	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Baby Back Rib and Top Gear Tenders Combo (1 serving)	1127	546	61	20	1	264	1812	58	2	11	78	304	3	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Arizona Ranch	1447	834	93	24	1	284	5052	66	2	15	78	1904	7	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Asian Sesame	1567	870	97	26	1	264	3332	82	2	31	78	704	7	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Boom Boom	1807	1158	129	30	1	324	2892	70	2	19	78	704	12	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Buckeye BBQ	1367	546	61	20	1	264	2932	118	2	67	78	1504	17	210	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Cajun	1487	870	97	26	1	284	3132	86	6	15	78	2304	3	210	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Golden Garlic	1487	870	97	26	1	264	3412	82	2	11	78	704	7	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Haute Parmesan	1477	855	95	26	1	279	3606	64	5	11	82	504	31	250	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Hot	1160	557	62	20	1	264	5425	63	4	13	79	2474	6	148	6	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1407	546	61	20	1	264	3252	122	2	71	78	704	3	130	11	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Korean BBQ	1407	600	67	20	1	264	4172	110	2	55	82	1504	17	130	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Louisiana Lickers	1367	636	71	20	1	264	3812	90	2	39	78	1504	12	130	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Medium	1567	870	97	26	1	264	3812	82	2	11	78	1504	3	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Mild	1647	1050	117	28	1	264	3132	58	2	11	78	1104	3	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Original BBQ	1407	546	61	20	1	264	2692	126	2	71	78	304	22	130	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Parmesan Pepper	1727	1086	121	32	1	384	3372	58	2	11	78	304	3	610	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1407	546	61	20	1	264	3252	130	2	83	78	304	3	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Supercharged	1167	564	63	20	1	264	3372	62	6	11	78	704	7	130	7	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Thai R Cracker	547	546	61	20	1	264	3532	146	2	95	78	704	2	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice ThaiSain	1527	708	79	23	1	264	3432	114	2	63	78	704	5	130	5	
Baby Back Rib and Top Gear Tenders Combo (1 serving) with Wing Sauce Choice Triple Atomic	1311	577	64	21	1	264	3757	96	4	42	79	2073	184	143	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving)	1257	898	100	30	2	317	354	12	1	10	70	562	2	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Arizona Ranch	1577	1186	132	34	2	337	3594	20	1	14	70	2162	7	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Asian Sesame	1697	1222	136	36	2	317	1674	36	1	30	70	962	7	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Boom Boom	1937	1510	168	40	2	377	1434	24	1	18	70	962	11	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Buckeye BBQ	1497	898	100	30	2	317	1474	72	1	66	70	1762	16	188	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Cajun	1617	1222	136	36	2	337	1674	20	5	14	70	2562	2	188	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Golden Garlic	1617	1222	136	36	2	317	1954	16	1	10	70	962	7	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Haute Parmesan	1607	1208	134	36	2	331	2148	18	3	10	74	762	31	228	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Hot	1290	909	101	30	2	317	3967	16	3	11	71	2732	5	125	5	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1537	898	100	30	2	317	1794	76	1	70	70	962	2	168	10	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Korean BBQ	1257	952	106	30	2	317	2714	64	1	54	74	1762	16	108	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Louisiana Lickers	1497	988	110	30	2	317	2354	44	1	38	70	1762	11	108	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Medium	1697	1330	148	38	2	317	2354	16	1	10	70	1762	2	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Mild	1777	1402	156	38	2	317	1674	12	1	10	70	1362	2	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Original BBQ	1537	898	100	30	2	317	1234	80	1	70	70	562	21	108	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Parmesan Pepper	1657	1438	160	42	2	437	1914	12	10	70	562	2	568	10		
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1437	898	100	30	2	317	1794	84	1	82	70	562	2	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Supercharged	1297	916	102	30	2	317	1914	16	5	10	70	7562	7	108	6	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Thai R Cracker	1617	898	100	30	2	317	2074	100	1	94	70	962	2	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice ThaiSain	1657	1060	118	33	2	317	1974	68	1	62	70	962	4	108	4	
Baby Back Ribs and Bone-In Wings Combo (1 serving) with Wing Sauce Choice Triple Atomic	1441	929	103	31	2	317	2299	49	2	40	71	2331	183	120	5	
Bavarian Pretzels, 2 (1 serving)	524	136	15	7	0	24	2164	64	2	4	14	331	1	188	4	
Bone-In Wings, 5 (1 serving)	594	435	48	11	0	157	149	0	0	0	37	300	1	24	2	
Bone-In Wings, 5 (1 serving) with Wing Dust Chipotle BBQ	616	442	49	12	0	157	624	4	0	3	38	781	2	31	2	
Bone-In Wings, 5 (1 serving) with Wing Dust Ghost Pepper Seasoning	625	452	50	13	0	157	845	3	1	1	38	1346	2	31	2	
Bone-In Wings, 5 (1 serving) with Wing Dust Mango Habanero	634	437	49	12	0	157	871	9	0	7	38	964	4	60	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Arizona Ranch	714	543	60	13	0	165	1364	3	2	2	37	900	3	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	759	555	62	14	0	157	719	9	0	8	37	450	3	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Boom Boom Sauce	849	664	74	15	0	180	554	5	0	3	37	450	5	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Buckeye BBQ	684	435	48	11	0	157	569	23	0	21	37	750	7	54	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Cajun	729	556	62	14	0	165	644	3	2	2	37	1050	1	54	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Golden Garlic	729	556	62	14	0	157	749	2	0	0	37	450	3	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Haute 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	639	435	48	11	0	167	1504	2	1	1	37	1514	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 Korean BBQ	699	455	51	11	0	157	1034	20	0	17	39	750	7	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Louisiana Lickers	684	468	52	11	0	157	898	12	0	11	37	750	5	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Medium	759	597	66	14	0	157	899	2	0	0	37	750	1	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Mild	789	624	69	14	0	157	644	0	0	0	37	600	1	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Original BBQ	551	271	30	5	0	67	1761	39	0	10	28	200	2	0	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice Parmesan Pepper	819	637	71	16	0	202	734	0	0	0	37	300	1	204	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice 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 Thai 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 ThaiSain	744	495	55	13	0	157	757	21	0	20	37	450	2	24	2	
Bone-In Wings, 5 (1 serving) with Wing Sauce Choice 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	2621	31	0	2	28	800	2	0	2	
Breaded Boneless Wings, 5 (1 serving) with Wing Sauce Choice Asian Sesame	551	271	30	5	0	67	1781	39	0	10	28	200	2	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	67	1661	31	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				

Tropicana Fruit Punch (1 drink)	210	0	0	0	0	0	88	56	0	53	0	0	0	0	0	0	0
Unleaded Lube-N-Ade (1 drink)	138	0	0	0	0	0	11	34	0	32	0	4	11	7	0	0	0

Hand Crafted Shakes and Sodas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Milkshake (1 shake)	478	134	15	8	0	38	135	80	0	68	5	300	0	150	1
Orange Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0
Salted Caramel Pretzel Shake (1 shake)	619	168	19	11	0	51	906	103	1	67	10	442	0	235	1
Stone Fruit Soda (1 drink)	216	0	0	0	0	0	33	56	0	55	0	0	0	0	0
Vanilla Cream Soda (1 drink)	216	0	0	0	0	0	33	55	0	55	0	0	0	0	0
Vanilla Milkshake (1 shake)	378	134	15	8	0	38	105	56	0	54	5	300	0	150	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

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
Salad Dressings (3 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Balsamic Vinaigrette	180	135	15	2	0	0	570	12	0	12	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Bleu Cheese	421	398	44	6	0	29	738	2	0	2	3	115	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Farmhouse Ranch	300	297	33	5	0	30	810	3	0	3	0	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Fat Free Italian	30	0	0	0	0	0	1470	9	0	6	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice House Caesar	240	189	21	5	0	30	990	6	0	3	3	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Lube Jalapeno Ranch	420	405	45	8	0	45	750	3	45	3	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Northern Italian	390	378	42	6	0	0	1020	3	0	0	0	300	11	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Olive Oil and Balsamic Vinegar	414	378	42	6	0	0	9	0	9	0	0	0	0	0	0
Salad Dressings (3 fluid ounces) with Dressing Choice Pico Ranch	187	171	19	3	0	17	649	5	1	3	1	556	7	43	0
Salad Dressings (3 fluid ounces) with Dressing Choice Sweet Onion	360	243	27	5	0	0	330	27	0	27	0	0	0	60	0
Salad Dressings (3 fluid ounces) with Dressing Choice Wildberry Poppysseed	301	203	23	3	0	34	586	26	1	21	0	0	17	0	0
Wing Sauces (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Arizona Ranch	160	144	16	2	0	10	1620	4	0	2	0	800	2	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Asian Sesame	220	162	18	3	0	0	760	12	0	10	0	200	2	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Boom Boom Sauce	340	306	34	5	0	30	540	6	0	4	0	200	5	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Buckeye BBQ	120	0	0	0	0	0	560	30	0	28	0	600	7	40	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Cajun	180	162	18	3	0	10	660	4	2	2	0	1000	0	40	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Golden Garlic	180	162	18	3	0	0	800	2	0	0	0	200	2	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Haute Pam	175	155	17	3	0	7	897	3	1	0	2	100	14	60	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Hot	16	6	1	0	0	0	1806	2	1	1	0	1085	1	9	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Kentucky Bourbon Glaze	140	0	0	0	0	0	720	32	0	30	0	200	0	0	3
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Korean BBQ	140	27	3	0	0	0	1180	26	0	22	2	600	7	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Louisiana Lickers	120	45	5	0	0	0	1000	16	0	14	0	600	5	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Medium	220	216	24	4	0	0	1000	2	0	0	0	600	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Mild	260	252	28	4	0	0	660	0	0	0	0	400	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Original BBQ	140	0	0	0	0	0	440	34	0	30	0	0	10	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Parmesan Pepper	300	270	30	6	0	60	780	0	0	0	0	0	0	240	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Smoked Jalapeno Honey	140	0	0	0	0	0	720	36	0	36	0	0	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Supercharged	20	9	1	0	0	0	780	2	2	0	0	3500	2	0	1
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thai R Cracker	180	0	0	0	0	0	860	44	0	42	0	200	0	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Thaiian	200	81	9	2	0	0	810	28	0	26	0	200	1	0	0
Wing Sauces (2 fluid ounces) with Wing Sauce Choice Triple Atomic	92	16	2	0	0	0	972	19	1	15	0	884	91	6	0

Quaker Steak and Lube Menu Analysis Book for LTOs

Alcoholic Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
BBQ O-String Burger (1 serving)	902	397	44	18	0	189	1913	67	2	29	53	914	13	328	7
BBQ O-String Burger (1 serving) with French Fries	1246	551	61	22	0	189	2642	109	6	29	57	918	25	329	8
GTO Gyro Burger (1 serving)	1125	678	75	33	0	238	2258	44	5	5	65	632	5	206	8
GTO Gyro Burger (1 serving) with French Fries	1470	831	92	36	0	238	2987	86	9	5	69	636	17	207	9
Mushroom Onion Swiss Burger (1 serving)	739	364	40	16	0	176	1151	41	3	8	51	620	9	272	6
Mushroom Onion Swiss Burger (1 serving) with French Fries	1084	518	58	19	0	176	1881	83	7	8	55	625	21	273	8
Reuben Burger (1 serving)	1456	956	106	32	0	275	2895	45	2	14	70	712	14	273	7
Reuben Burger (1 serving) with French Fries	1801	1110	123	35	0	275	3625	87	6	14	74	716	26	274	8
Baja Burger (1 serving)	1004	595	66	23	0	209	2141	41	3	9	53	1432	13	319	6
Baja Burger (1 serving) with French Fries	1349	749	83	26	0	209	2871	83	7	10	57	1436	25	320	8
Beyond Burger Patty (1 patty)	280	180	20	6	0	0	390	6	2	0	20	0	0	20	5

Quaker Steak and Lube Menu Analysis Book for Catering Items

Sandwiched In Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	18	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Pam	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1435	766	85	20	0	99	2498	131	10	40	38	10085	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985			

Chicken Club Boxed Lunch (1 serving)	1072	573	64	22	0	89	1820	105	5	36	22	895	10	242	4
Chicken Club Boxed Lunch (1 serving) with Fried Chicken Breast	1470	860	73	24	1	188	3571	138	6	42	64	2016	13	290	6
Chicken Club Boxed Lunch (1 serving) with Grilled Chicken Breast	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken Club Wrap Boxed Lunch (1 serving)	1388	675	75	22	0	144	2484	124	8	37	54	739	11	263	6
Custom Sandwich Platter, Serves 12 (1 serving)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Boneless Chicken Wrap	770	341	38	8	0	72	2148	77	8	10	30	9685	6	230	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Breaded Chicken Club	815	352	39	13	0	171	2163	55	2	6	57	736	4	259	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Chicken Caesar Wrap	694	296	33	8	0	79	1892	59	7	9	37	8305	35	343	5
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Chicken Club Wrap	811	401	45	12	0	124	2080	52	4	7	48	539	3	243	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Grilled Boneless Chicken Wrap	728	366	41	8	0	79	1763	59	7	10	32	9685	6	226	4
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Grilled Chicken Club	714	349	39	13	0	168	1696	34	1	6	54	760	4	242	3
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Steak Caesar Wrap	792	383	43	14	0	89	1614	58	7	8	40	8289	34	352	6
Custom Sandwich Platter, Serves 12 (1 serving) with Sandwich Choice Veggie Wrap	758	400	44	16	0	75	1376	65	8	12	25	6384	87	520	4
Custom Sandwich Platter, Serves 12 (12 servings)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Breaded Boneless Chicken Wrap	9235	4086	454	93	0	862	25749	926	90	119	365	116217	69	2764	48
Custom Sandwich Platter, Serves 12 (12 servings) with Sandwich Choice Breaded Chicken Club	9779	4226	470	153	4	2050	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	852	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	4890	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	355	42	60	190	58110	35	1358	22
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Grilled Chicken Club	4284	2092	232	76	2	1009	10174	201	9	35	326	4558	23	1453	19
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Steak Caesar Wrap	4753	2301	256	82	0	534	9686	349	42	49	239	49735	204	2112	34
Custom Sandwich Platter, Serves 6 (6 servings) with Sandwich Choice Veggie Wrap	4551	2401	267	96	0	450	8256	388	46	74	150	38304	520	3121	22
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	18	266	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	266	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2588	132	10	40	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Pam	1393	717	80	20	0	103	2816	133	11	40	39	9935	21	276	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2688	132	10	40	38	10185	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9985	19	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parnesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9985	14	266	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1405	681	76	19	0	99	2573	145	10	53	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6
Steak Caesar Wrap Boxed Lunch (1 serving)	1369	657	73	24	0	109	2019	130	10	38	47	8489	42	372	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving)	1347	614	68	18	0	92	2550	149	11	40	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1427	686	76	19	0	97	3360	151	11	41	37	10285	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1457	695	77	19	0	92	2930	155	11	45	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1517	767	85	20	0	117	2620	152	11	42	37	9985	16	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1407	614	68	18	0	92	2830	164	11	54	37	10185	18	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1437	695	77	19	0	97	2880	151	12	41	37	10385	14	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1437	695	77	19	0	92	2950	150	11	40	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Pam	1434	692	77	19	0	96	2998	151	12	40	38	9935	21	280	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1355	617	69	18	0	92	3453	150	11	40	37	10427	15	255	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1417	614	68	18	0	92	2910	155	11	55	37	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1407	637	71	18	0	92	3050	157	11	47	37	10185	16	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1457	722	80	20	0	92	3050	150	11	40	37	10185	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1477	740	82	20	0	92	2880	149	11	40	37	10085	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1417	614	68	18	0	92	2770	166	11	55	37	9985	19	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parnesan Pepper	1497	749	83	21	0	122	2940	149	11	40	37	9885	14	370	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1417	614	68	18	0	92	2910	167	11	58	37	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1357	619	68	18	0	92	2940	150	12	40	37	11635	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1437	614	68	18	0	92	2980	171	11	61	37	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1447	655	73	19	0	92	2955	163	11	53	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1392	622	69	18	0	92	3036	159	11	48	37	10327	59	253	6
Veghead Wrap Boxed Lunch (1 serving)	1335	674	75	26	0	95	1780	137	11	42	32	6584	95	540	6

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)
QS & L Boneless Chicken Salad (1 serving)	498	118	13	3	0	79	986	54	6	7	39	10303	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	618	208	23	4	0	79	1366	62	6	15	39	10303	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Bleu Cheese	778	384	43	7	0	99	1478	56	7	8	41	10380	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Chipotle Ranch	701	317	35	6	0	99	1585	57	6	9	39	10364	10	258	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Farmhouse Ranch	699	253	28	5	0	95	1368	56	6	9	39	10303	10	258	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Fat Free Italian	518	118	13	3	0	79	1966	60	6	11	39	10303	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	778	388	43	8	0	109	1486	56	6	9	39	10303	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Northern Italian	758	370	41	7	0	79	1666	56	6	7	39	10503	17	258	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	774	370	41	7	0	79	986	60	6	13	39	10303	10	218	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	738	280	31	6	0	79	1208	72	6	25	39	10303	10	258	5
QS & L Boneless Chicken Salad (1 serving) with Dressing Choice Wildberry Poppyseed	699	253	28	5	0	102	1377	71	7	21	39	10303	21	218	5
QS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Arizona Ranch	618	226	25	6	0	87	2201	57	6	8	39	10903	12	218	5
QS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Asian Sesame	663	240	27	5	0	79	1556	63	6	14	39	10453	12	218	5
QS & L Boneless Chicken Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	753	348	39	7	0	102	1391	59	6	10	39	10453	14	218	5

Pulled Chicken Mac and Cheese, 4-6 (1 serving)	725	242	27	14	1	98	2714	79	2	11	42	896	13	570	5
Pulled Chicken Mac and Cheese, 4-6 (6 servings)	4348	1454	162	85	5	587	16281	473	15	64	251	5379	76	3423	28
TGT Mac and Cheese, Serves 10-15 (1 serving)	695	219	24	12	1	88	2607	80	2	9	39	585	10	462	4
TGT Mac and Cheese, Serves 10-15 (15 servings)	10425	3280	364	177	10	1317	39112	1200	34	132	587	8779	146	6936	62
TGT Mac and Cheese, Serves 4-6 (1 serving)	846	268	30	15	1	109	3201	96	3	11	48	732	12	577	5
TGT Mac and Cheese, Serves 4-6 (6 servings)	5077	1606	178	88	5	655	19207	578	16	65	288	4389	73	3461	30

Regular Sidecars	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Mashed Potatoes and Gravy (1 pint)	514	154	17	4	0	0	2893	87	8	8	0	0	5	165	3
Mashed Potatoes and Gravy (1 quart)	1029	309	34	8	0	0	5786	173	16	8	16	0	10	329	6

Finish Line Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Chocolate Chunk Cookies (1 cookie)	370	162	18	8	0	20	280	50	2	30	4	200	0	20	2
Chocolate Chunk Cookies (6 cookies)	2220	972	108	48	0	120	1680	300	12	180	24	1200	0	120	11
Chocolate Chunk Cookies (12 cookies)	4440	1944	216	96	0	240	3360	600	24	360	48	2400	0	240	22
Fudge Brownies (1 brownie)	510	270	30	11	0	15	90	57	3	45	6	0	0	0	1
Fudge Brownies (6 brownies)	3060	1620	180	63	0	90	540	342	18	270	36	0	0	0	6
Fudge Brownies (12 brownies)	6120	3240	360	126	0	180	1080	684	36	540	72	0	0	0	13

Starting Line Up Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (Iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bone-In Wings, 100 (1 serving)	396	290	32	8	0	105	99	0	0	0	25	200	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Dust Chipotle BBQ	436	303	34	8	0	105	954	7	0	5	25	1065	1	28	2
Bone-In Wings, 100 (1 serving) with Wing Dust Ghost Pepper Seasoning	442	316	35	10	0	105	1147	4	1	1	26	1774	2	26	2
Bone-In Wings, 100 (1 serving) with Wing Dust Mango Habanero	434	292	32	8	0	105	780	9	0	6	25	826	3	50	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Arizona Ranch	460	347	39	8	0	109	747	2	0	1	25	520	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Asian Sesame	484	355	39	9	0	105	403	5	0	4	25	280	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Boom Boom	532	412	46	10	0	117	315	2	0	2	25	280	3	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Buckeye BBQ	444	290	32	8	0	105	323	12	0	11	25	440	4	32	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Cajun	468	355	39	9	0	109	363	2	1	1	25	600	1	32	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Golden Garlic	468	355	39	9	0	105	419	1	0	0	25	280	2	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Haute Parm	466	352	39	9	0	108	458	1	0	0	26	240	7	40	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Hot	403	292	32	8	0	105	822	1	0	0	25	634	2	20	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	452	290	32	8	0	105	387	13	0	12	25	280	1	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Louisiana Lickers	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Medium	484	376	42	9	0	105	499	1	0	0	25	440	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Original BBQ	452	290	32	8	0	105	275	14	0	12	25	200	5	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Parmesan Pepper	416	398	44	10	0	129	411	0	0	0	25	200	1	112	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	452	290	32	8	0	105	387	14	0	14	25	200	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Supercharged	404	293	33	8	0	105	411	1	1	0	25	1600	2	16	2
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Thai R Cracker	468	290	32	8	0	105	443	18	0	17	25	280	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Thaisian	476	322	36	8	0	105	423	11	0	10	25	280	1	16	1
Bone-In Wings, 100 (1 serving) with Wing Sauce Choice Triple Atomic	452	296	33	8	0	105	488	7	0	6	25	554	37	19	1
Bone-In Wings, 100 (30 servings)	11888	8692	966	229	1	3143	2960	0	0	0	748	6001	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Dust Chipotle BBQ	13080	9082	1009	246	11	3143	2822	196	12	137	756	31957	44	838	48
Bone-In Wings, 100 (30 servings) with Wing Dust Ghost Pepper Seasoning	13250	9485	1054	292	1	3143	34424	122	24	40	768	53234	74	781	58
Bone-In Wings, 100 (30 servings) with Wing Dust Mango Habanero	13019	8765	974	231	1	3143	23396	257	11	189	756	24775	101	1506	48
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Arizona Ranch	13808	10420	1158	253	1	3263	22420	48	0	24	748	15601	57	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Asian Sesame	14528	10636	1182	265	1	3143	12100	144	0	120	748	8401	57	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Boom Boom	15968	12364	1374	289	1	3503	9460	72	0	48	748	3401	86	480	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Buckeye BBQ	13328	8692	966	229	1	3143	9700	360	0	336	748	13201	115	970	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Cajun	14048	10636	1182	265	1	3263	10900	48	24	24	748	1801	29	970	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Golden Garlic	14048	10636	1182	265	1	3143	12580	24	0	0	748	8401	57	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Haute Parm	13985	10550	1172	265	1	3232	13742	36	14	0	772	7201	201	1210	52
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Hot	12082	8761	973	230	1	3143	24655	27	11	10	753	19021	47	594	41
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	13568	8692	966	229	1	3143	11620	0	0	360	748	8401	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	13328	8692	1026	229	1	3143	14960	192	0	168	748	13201	86	480	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Medium	14528	11284	1254	277	1	3143	14980	24	0	0	748	13201	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	13568	8692	966	229	1	3143	8260	408	0	360	748	6001	144	490	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Parmesan Pepper	15488	11932	1326	301	1	3863	12340	0	0	0	748	6001	29	3370	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	13568	8692	966	229	1	3143	11620	432	0	432	748	6001	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Supercharged	12128	8800	978	229	1	3143	12340	24	24	0	748	4801	57	490	47
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Thai R Cracker	14048	8692	966	229	1	3143	13300	528	0	504	748	8401	29	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Thaisian	14288	9664	1074	247	1	3143	12700	336	0	312	748	8401	43	490	39
Bone-In Wings, 100 (30 servings) with Wing Sauce Choice Triple Atomic	12989	8880	987	235	1	3143	14650	223	11	185	754	16613	1118	564	42
Bone-In Wings, 50 (1 serving)	396	290	32	8	0	105	99	0	0	0	25	200	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Dust Chipotle BBQ	436	303	34	8	0	105	954	7	0	5	25	1065	1	28	2
Bone-In Wings, 50 (1 serving) with Wing Dust Ghost Pepper Seasoning	442	316	35	10	0	105	1147	4	1	1	26	1774	2	26	2
Bone-In Wings, 50 (1 serving) with Wing Dust Mango Habanero	434	292	32	8	0	105	780	9	0	6	25	826	3	50	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Arizona Ranch	460	347	39	8	0	109	747	2	0	1	25	520	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Asian Sesame	484	355	39	9	0	105	403	5	0	4	25	280	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Boom Boom	532	412	46	10	0	117	315	2	0	2	25	280	3	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Buckeye BBQ	444	290	32	8	0	105	323	12	0	11	25	440	4	32	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Cajun	468	355	39	9	0	109	363	2	1	1	25	600	1	32	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Golden Garlic	468	355	39	9	0	105	419	1	0	0	25	280	2	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Haute Parm	466	352	39	9	0	108	458	1	0	0	26	240	7	40	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Hot	403	292	32	8	0	105	822	1	0	0	25	634	2	20	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	452	290	32	8	0	105	387	13	0	12	25	280	1	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Louisiana Lickers	444	308	34	8	0	105	499	6	0	6	25	440	3	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Medium	484	376	42	9	0	105	499	1	0	0	25	440	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Original BBQ	452	290	32	8	0	105	275	14	0	12	25	200	5	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Parmesan Pepper	516	398	44	10	0	129	411	0	0	0	25	200	1	112	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Ranch	476	362	40	9	0	109	339	2	0	1	25	360	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	452	290	32	8	0	105	387	14	0	14	25	200	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	437	290	32	8	0	105	349	10	0	10	25	233	2	22	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Supercharged	404	293	33	8	0	105	411	1	1	0	25	1600	2	16	2
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Thai R Cracker	468	290	32	8	0	105	443	18	0	17	25	280	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Thaisian	476	322	36	8	0	105	423	11	0	10	25	280	1	16	1
Bone-In Wings, 50 (1 serving) with Wing Sauce Choice Triple Atomic	433	296	33	8	0	105	488	7	0	6	25	554	37	19	1
Bone-In Wings, 50 (15 servings)	5944	4346	483	115	1	1572	1490	0	0	0	374	3001	14	245	19
Bone-In Wings, 50 (15 servings) with Wing Dust Chipotle BBQ	6540	4541	505	123	5	1572	14313	98	6	6					

Breaded Boneless Wings, 100 (1 serving)	220	73	8	1	0	44	667	18	0	0	19	0	0	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Dust Chipotle BBQ	232	76	8	1	0	44	920	20	0	1	19	256	0	3	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Dust Ghost Pepper Seasoning	237	82	9	2	0	44	1038	19	0	0	19	558	1	3	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Dust Mango Habanero	242	74	8	1	0	44	1052	23	0	4	19	354	1	19	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Arizona Ranch	284	130	14	2	0	48	1315	19	0	1	19	320	1	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Asian Sesame	308	137	15	2	0	44	971	23	0	4	19	80	1	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Boom Boom	356	195	22	3	0	56	883	20	0	2	19	80	2	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Buckeye BBQ	268	73	8	1	0	44	891	30	0	11	19	240	3	16	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Cajun	292	137	15	2	0	48	931	19	1	1	19	400	0	16	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Golden Garlic	292	137	15	2	0	44	987	19	0	0	19	80	1	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Haute Parm	290	134	15	2	0	47	1026	19	0	0	20	40	6	24	2	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Hot	227	75	8	1	0	44	1390	19	0	0	19	434	1	3	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	276	73	8	1	0	44	955	31	0	12	19	80	0	0	2	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Louisiana Lickers	268	91	10	1	0	44	1067	24	0	6	19	240	2	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Medium	308	159	18	3	0	44	1067	19	0	0	19	240	0	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Original BBQ	276	73	8	1	0	48	843	31	0	12	19	0	4	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Pamesan Pepper	340	181	20	4	0	68	979	18	0	0	19	0	0	96	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	276	73	8	1	0	44	955	32	0	14	19	0	0	0	1	
Breaded Boneless Wings, 100 (1 serving) with Wing Sauce Choice Supercharged	228	76	8	1	0	44	979	19	1	0	19	1400	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 Thaisian	300	105	12	2	0	44	991	29	0	10	19	80	0	0	1	
Breaded Boneless Wings, 100 (30 servings) 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) with Wing Dust Chipotle BBQ	6613	2177	242	38	1	1334	20011	534	0	0	567	0	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Ghost Pepper Seasoning	6966	2292	255	43	3	1334	27611	592	4	41	569	7691	5	103	39	
Breaded Boneless Wings, 100 (30 servings) with Wing Dust Mango Habanero	7095	2458	273	60	1	1334	31148	577	9	14	574	16728	16	103	43	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Arizona Ranch	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 Asian Sesame	8533	3905	434	62	1	1454	39451	582	0	24	567	9600	29	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Asian Sesame	9253	4121	458	74	1	1334	29131	678	0	120	567	2400	29	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Boom Boom	10693	5849	650	98	0	1694	25491	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	8773	4121	458	74	1	1454	27931	582	24	24	567	12000	0	480	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Golden Garlic	8773	4121	458	74	1	1334	29611	582	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	6800	2245	249	38	1	1334	41686	560	11	0	572	13020	18	104	39	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	8293	2177	242	38	1	1334	28651	918	0	360	567	2400	0	0	71	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Louisiana Lickers	8053	2717	302	38	1	1334	32011	726	0	168	567	7200	58	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Medium	9253	4769	530	86	1	1334	32011	558	0	0	567	7200	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Original BBQ	8293	2177	242	38	1	1334	25291	942	0	360	567	0	115	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Pamesan Pepper	10213	5417	602	110	1	2054	29371	534	0	0	567	0	0	0	2880	36
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Smoked Jalapeno Honey	8293	2177	242	38	1	1334	28651	966	0	432	567	0	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Supercharged	6853	2285	254	38	0	331	1558	24	0	0	567	42000	29	0	45	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thai R Cracker	8773	4121	458	74	1	1334	30331	1062	0	504	567	2400	0	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Thaisian	9013	3149	350	56	1	1334	29731	870	0	312	567	2400	14	0	36	
Breaded Boneless Wings, 100 (30 servings) with Wing Sauce Choice Triple Atomic	7714	2364	263	43	1	1334	31681	756	11	185	573	10612	1089	74	39	
Breaded Boneless Wings, 50 (1 serving)	220	73	8	1	0	44	667	18	0	0	19	0	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Chipotle BBQ	232	76	8	1	0	44	920	20	0	1	19	256	0	3	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Ghost Pepper Seasoning	237	82	9	2	0	44	1038	19	0	0	19	558	1	3	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Dust Mango Habanero	242	74	8	1	0	44	1052	23	0	4	19	354	1	19	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Arizona Ranch	284	130	14	2	0	48	1315	19	0	1	19	320	1	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Asian Sesame	308	137	15	2	0	44	971	23	0	4	19	80	1	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Boom Boom	356	195	22	3	0	56	883	20	0	2	19	80	2	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Buckeye BBQ	268	73	8	1	0	44	891	30	0	11	19	240	3	16	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Cajun	292	137	15	2	0	48	931	19	1	1	19	400	0	16	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Golden Garlic	292	137	15	2	0	44	987	19	0	0	19	80	1	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Haute Parm	290	134	15	2	0	47	1026	19	0	0	20	40	6	24	2	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Hot	227	75	8	1	0	44	1390	19	0	0	19	434	1	3	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	276	73	8	1	0	44	955	31	0	12	19	80	0	0	2	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Louisiana Lickers	268	91	10	1	0	44	1067	24	0	6	19	240	2	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Medium	308	159	18	3	0	44	1067	19	0	0	19	240	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Original BBQ	276	73	8	1	0	48	843	31	0	12	19	0	4	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Pamesan Pepper	340	181	20	4	0	68	979	18	0	0	19	0	0	96	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	276	73	8	1	0	44	955	32	0	14	19	0	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Supercharged	228	76	8	1	0	44	979	19	1	0	19	1400	1	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Thai R Cracker	292	73	8	1	0	44	1011	35	0	17	19	80	0	0	1	
Breaded Boneless Wings, 50 (1 serving) with Wing Sauce Choice Thaisian	300	105	12	2	0	44	991	29	0	10	19	80	0	0	1	
Breaded Boneless Wings, 50 (15 servings) 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) with Wing Dust Chipotle BBQ	3306	1088	121	19	0	667	10006	267	0	0	283	0	0	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Ghost Pepper Seasoning	3483	1146	127	21	2	667	13805	296	2	20	285	3845	2	52	19	
Breaded Boneless Wings, 50 (15 servings) with Wing Dust Mango Habanero	3548	1229	137	30	0	667	15574	288	4	7	287	8364	8	52	21	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Arizona Ranch	3626	1109	123	19	0	667	15782	340	3	54	286	5312	21	288	21	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Asian Sesame	4266	1952	217	31	0	727	19726	291	0	12	283	4800	14	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Asian Sesame	4626	2060	229	37	0	667	14566	339	0	60	283	1200	14	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Boom Boom	5346	2924	325	49	0	847	13246	303	0	24	283	1200	29	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Buckeye BBQ	4026	1088	121	19	0	667	13366	447	0	168	283	3600	43	240	22	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Cajun	4386	2060	229	37	0	727	13966	291	12	12	283	6000	0	240	22	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Golden Garlic	4386	2060	229	37	0	667	14806	279	0	0	283	1200	14	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Haute Parm	4355	2017	224	37	0	711	15387	285	7	0	295	600	86	360	24	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Hot	3404	1123	125	19	0	667	20843	280	6	5	286	6510	9	52	19	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	4146	1088	121	19	0	667	14326	459	0	180	283	1200	0	0	35	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Louisiana Lickers	4026	1358	151	19	0	667	16006	363	0	84	283	3600	29	0	22	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Medium	4626	2384	265	43	0	667	16006	279	0	0	283	3600	0	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Original BBQ	4146	1088	121	19	0	667	12646	471	0	180	283	0	58	0	22	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Pamesan Pepper	5106	2708	301	55	0	1027	14688	267	0	0	283	0	0	0	1440	18
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	4146	1088	121	19	0	667	14326	483	0	216	283	0	0	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Supercharged	3426	1142	127	19	0	667	14688	279	12	0	283	21000	14	0	22	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Thai R Cracker	4386	1088	121	19	0	667	15616	531	0	18	283	1200	0	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Thaisian	4504	1574	175	28	0	667	14866	435	0	156	283	1200	7	0	18	
Breaded Boneless Wings, 50 (15 servings) with Wing Sauce Choice Triple Atomic	3857	1182	131	22	0	667	15840	378	6	92	286	5306	545	37	20	
Bucket of Breaded Boneless Wings (1 serving)	180	59	7	1	0	36	546	15	0	0	15	564	0			

Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Boom Boom	3165	1813	201	30	0	480	7617	172	2	18	154	6444	21	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Buckeye BBQ	2285	589	65	10	0	360	7697	268	2	114	154	8044	31	184	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Cajun	2525	1237	137	22	0	400	8097	164	10	10	154	9644	2	184	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Garlic Parm	2838	1553	173	29	0	360	8915	159	3	3	160	8172	5	115	11
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Golden Garlic	2525	1237	137	22	0	360	8657	156	2	2	154	6444	11	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Haute Parnesan	2504	1208	134	22	0	390	9044	160	6	2	162	6044	59	264	14
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Hot	1870	611	68	10	0	360	12682	157	5	6	155	9984	8	59	11
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2365	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	2285	589	65	10	0	360	8457	212	2	58	154	8044	21	24	13
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Medium	2835	1453	161	26	0	360	9457	156	2	2	154	8044	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Mild	2845	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 Parnesan 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 Ranch	2605	1309	145	22	0	400	7857	164	2	10	154	7244	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Smoked Jalapeno Honey	2365	589	65	10	0	360	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	1886	456	55	10	0	360	8577	156	10	2	154	19644	1	24	3
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Thai R Cracker	2525	589	65	10	0	360	8897	324	2	170	154	6444	2	24	10
Bucket of Breaded Boneless Wings (10 servings) with Wing Sauce Choice Thaisian	2605	1193	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
Compact Bucket of Bone-In Wings (1 serving)	445	322	36	9	0	117	121	1	0	0	28	1351	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	473	349	39	9	0	119	170	1	0	1	28	1359	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Dressing Choice Ranch Dressing	465	342	38	9	0	119	175	1	0	1	28	1351	1	27	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Chiptole BBQ	453	325	36	9	0	117	311	2	0	2	28	1544	2	26	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	457	330	37	9	0	117	400	2	1	1	28	1769	2	26	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Dust Mango Habanero	461	324	36	9	0	117	410	4	0	3	28	1617	2	37	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Arizona Ranch	509	380	42	9	0	121	769	2	0	1	28	1671	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Asian Sesame	533	387	43	10	0	117	425	6	0	4	28	1431	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Boom Boom	481	325	36	9	0	121	381	3	0	2	28	1431	3	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	493	322	36	9	0	117	345	13	0	12	28	1591	4	39	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Cajun	517	387	43	10	0	121	385	2	1	1	28	1751	1	39	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Garlic Parm	548	419	47	10	0	117	367	2	0	1	28	1404	2	32	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Golden Garlic	517	387	43	10	0	117	441	2	0	0	28	1431	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Haute Parnesan	515	384	43	10	0	120	480	2	1	0	29	1391	7	47	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Hot	451	325	36	9	0	117	844	2	0	1	28	1785	2	26	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	501	322	36	9	0	117	409	14	0	12	28	1431	1	23	3
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Louisiana Lickers	493	340	38	9	0	117	521	7	0	6	28	1591	3	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Medium	533	409	45	10	0	117	521	2	0	0	28	1591	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Mild	549	423	47	10	0	117	385	1	0	0	28	1511	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Original BBQ	501	322	36	9	0	117	297	14	0	12	28	1351	5	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Parnesan Pepper	565	430	46	11	0	141	433	1	0	0	28	1351	1	119	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Ranch	425	325	36	9	0	121	381	2	0	1	28	1511	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	501	322	36	9	0	117	409	15	0	15	28	1351	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Smoky Gold BBQ	486	323	36	9	0	117	371	11	0	10	28	1384	2	29	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Supercharged	453	326	36	9	0	117	433	2	1	0	28	2751	2	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thai R Cracker	517	322	36	9	0	117	465	18	0	17	28	1431	1	23	2
Compact Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Thaisian	525	355	39	9	0	117	445	12	0	11	28	1431	2	23	2
Compact Bucket of Bone-In Wings (5 servings)	481	329	37	9	0	117	510	8	1	7	28	1705	38	25	2
Compact Bucket of Bone-In Wings (5 servings)	2223	1612	179	43	0	583	606	4	2	2	139	6756	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Dressing Choice Bleu Cheese Dressing	2363	1745	194	44	0	593	852	5	2	3	140	6795	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Dressing Choice Ranch Dressing	2323	1711	190	44	0	593	876	5	2	3	139	6756	7	135	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Chiptole BBQ	2267	1627	181	43	1	583	1556	11	2	8	139	7718	8	128	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Ghost Pepper Seasoning	2284	1648	183	45	0	583	1998	10	3	4	140	8847	9	128	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Dust Mango Habanero	2303	1616	180	43	0	583	2050	22	2	16	140	8084	12	167	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Arizona Ranch	2543	1900	211	47	0	603	5846	12	2	6	139	6756	12	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Asian Sesame	2683	1936	215	49	0	583	2126	28	2	22	139	7156	12	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Boom Boom	2903	2224	247	53	0	643	1686	16	2	10	139	7156	17	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Buckeye BBQ	2463	1612	179	43	0	583	1726	64	2	58	139	7956	22	195	9
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Cajun	2583	1936	215	49	0	603	1926	12	6	6	139	8756	7	195	9
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Garlic Parm	2740	2095	233	52	0	587	1835	10	2	3	142	7020	9	160	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Golden Garlic	2583	1936	215	49	0	603	2006	8	2	13	139	7156	12	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Haute Parnesan	2573	1922	214	49	0	598	2400	10	4	2	143	6956	36	235	10
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Hot	2256	1624	180	43	0	583	4219	9	3	4	140	8926	10	132	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	2503	1612	179	43	0	583	2046	68	2	62	139	7156	7	115	13
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Louisiana Lickers	2463	1702	189	43	0	583	2606	36	2	30	139	7956	17	115	9
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Medium	2663	2044	227	51	0	583	2608	8	2	2	139	7956	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Mild	2743	2116	235	51	0	583	2606	4	2	2	139	7556	4	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Original BBQ	2503	1612	179	43	0	583	1466	72	2	62	139	8756	26	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Parnesan Pepper	2823	2152	239	55	0	703	2166	4	2	2	139	6756	7	595	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Ranch	2623	1972	219	49	0	603	1806	12	2	6	139	7556	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Smoked Jalapeno Honey	2503	1612	179	43	0	583	2046	76	2	74	139	6756	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Smoky Gold BBQ	2428	1614	179	43	0	583	1855	55	2	52	140	8921	11	144	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Supercharged	2263	1630	181	43	0	583	2166	8	6	2	139	13756	12	115	9
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Thai R Cracker	2583	1612	179	43	0	583	2326	24	2	85	139	7156	7	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Thaisian	2623	1774	197	46	0	583	2226	60	2	54	139	7156	10	115	8
Compact Bucket of Bone-In Wings (5 servings) with Wing Sauce Choice Triple Atomic	2407	1644	183	43	0	583	2551	41	3	33	140	8525	189	127	8
Full Bucket of Bone-In Wings (1 serving)	358	259	29	7	0	94	100	1	0	0	22	1308	1	19	1
Full Bucket of Bone-In Wings (1 serving) with Dressing Choice Bleu Cheese Dressing	386	286	32	7	0	96	149	1	0	1	23	1315	1	19	1
Full Bucket of Bone-In Wings (1 serving) with Dressing Choice Ranch Dressing	378	279	31	7	0	96	154	1	0	1	23	1308	1	23	1
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Chiptole BBQ	367	262	29	7	0	94	290	2	0	2	22	1500	1	22	1
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Ghost Pepper Seasoning	370	266	30	7	0	94	378	2	0	1	23	1726	2	22	1
Full Bucket of Bone-In Wings (1 serving) with Wing Dust Mango Habanero	374	260	29	7	0	94	388	4	0	3	23	1573	2	34	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Arizona Ranch	422	317	35	8	0	98	748	2	0	1	22	1628	2	19	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Asian Sesame	444	324	36	8	0	94	404	6	0	4	22	1388	2	19	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Boom Boom	496	382	42	9	0	106	316	3	0	2	22	1388	3	19	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Buckeye BBQ	406	256	29	7	0	94	324	13	0	1	22	1548	4	35	2
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Cajun	430	324	36	8	0	98	364	2	1	1	22	1708	1	35	2
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Garlic Parm	462	356	40	9	0	95	345	2	0	1	23	1361	2	29	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Golden Garlic	430	324	36	8	0	94	420	2	0	0	22	1388	2	19	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Haute Parnesan	428	321	36	8	0	97	458	2	1	0	23	1348	7	43	2
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Hot	365	262	29	7	0	94	822	2	1	1	23	1742	2	23	1
Full Bucket of Bone-In Wings (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	414	259	29	7	0	94	388	14	0						

Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Ranch	4383	3314	368	80	0	977	3396	24	3	13	224	14677	12	194	12
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Smoked Jalapeno Honey	4143	2594	288	68	0	937	3876	152	3	149	224	13077	12	194	12
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Smoky Gold BBQ	3993	2596	288	69	0	937	3494	109	4	104	225	13407	20	253	13
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Supercharged	3653	2830	292	68	0	937	4116	16	11	5	224	27077	22	194	15
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Thai R Cracker	4303	2594	288	68	0	937	4436	184	3	173	224	13877	12	194	12
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Thaiian	4383	2918	324	74	0	937	4236	120	3	109	224	13877	17	194	12
Full Bucket of Bone-In Wings (10 servings) with Wing Sauce Choice Triple Atomic	3951	2656	295	70	0	937	4886	83	7	66	226	16614	375	219	14
Grilled Boneless Wings, 1 Piece (1 piece)	122	31	3	1	0	25	236	11	1	0	11	9	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Dust Chipotle BBQ	139	37	4	1	0	25	592	14	1	2	11	369	1	37	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Dust Ghost Pepper Seasoning	141	42	5	1	0	25	672	13	1	1	12	665	1	36	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Dust Mango Habanero	138	32	4	1	0	25	519	14	1	3	11	270	2	46	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Arizona Ranch	155	61	7	1	0	27	573	12	1	1	11	176	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Asian Sesame	168	65	7	1	0	25	394	13	1	2	11	51	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Boom Boom	193	95	11	2	0	31	348	12	1	1	11	51	2	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Buckeye BBQ	147	31	3	1	0	25	352	17	1	6	11	134	2	40	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Cajun	160	65	7	1	0	27	373	12	1	1	11	217	1	40	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Golden Garlic	160	65	7	1	0	25	402	11	1	0	11	51	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Haute Parmesan	159	64	7	1	0	26	423	11	1	0	12	30	4	44	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Hot	126	33	4	1	0	25	612	11	1	0	11	235	1	34	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Kentucky Bourbon Glaze	151	31	3	1	0	25	386	17	1	6	11	51	1	32	2
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Louisiana Lickers	147	41	5	1	0	25	444	14	1	3	11	134	2	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Medium	168	76	8	1	0	25	444	11	1	0	11	134	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Original BBQ	151	31	3	1	0	25	327	18	1	6	11	9	3	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Parmesan Pepper	185	88	10	2	0	37	398	11	1	0	11	9	1	82	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Smoked Jalapeno Honey	151	31	3	1	0	25	386	18	1	8	11	9	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Supercharged	126	33	4	1	0	25	398	11	1	0	11	738	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Thai R Cracker	160	31	3	1	0	25	415	20	1	9	11	51	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Thaiian	164	48	5	1	0	25	405	17	1	6	11	51	1	32	1
Grilled Boneless Wings, 1 Piece (1 piece) with Wing Sauce Choice Triple Atomic	141	35	4	1	0	25	438	15	1	3	11	193	19	33	1
Grilled Boneless Wings, 12 (1 serving)	366	94	10	2	0	74	707	32	2	1	34	27	2	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Dust Chipotle BBQ	416	110	12	2	0	74	1776	41	2	6	34	1108	2	110	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	97	11	2	0	74	1558	43	2	9	34	809	5	138	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Asian Sesame	504	195	22	4	0	74	1182	40	2	7	34	152	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Boom Boom	579	285	32	5	0	93	1045	36	2	3	34	152	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	454	94	10	2	0	74	1836	34	2	1	34	705	2	101	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	454	94	10	2	0	74	1157	52	2	19	34	152	2	96	5
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Louisiana Lickers	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	982	54	2	19	34	27	8	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Parmesan Pepper	554	263	29	6	0	112	1195	32	2	1	34	27	2	246	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 12 (1 serving) with Wing Sauce Choice 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 Thaiian	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	1604	441	49	8	0	297	7104	162	8	26	137	4433	6	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	287	6232	173	8	35	137	3236	18	553	13
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Arizona Ranch	1866	736	82	12	0	322	6879	140	6	8	136	2107	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Asian Sesame	2016	781	87	15	0	297	4729	160	6	28	136	607	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	73	136	1607	24	483	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Cajun	1964	441	49	8	0	316	4379	160	11	8	136	2607	6	483	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Golden Garlic	1916	761	87	15	0	297	4829	135	6	3	136	607	12	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Haute Parmesan	1903	763	85	15	0	315	5071	137	9	3	141	357	42	533	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Hot	1506	391	43	7	0	297	7345	135	9	5	137	2820	10	405	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1816	376	42	7	0	297	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	816	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	1916	376	42	7	0	297	3929	215	6	78	137	107	30	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Parmesan Pepper	2216	1051	117	22	0	447	4779	130	6	3	136	107	6	983	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Smoked Jalapeno Honey	1816	376	42	7	0	297	4629	220	6	93	136	107	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Supercharged	1516	399	44	7	0	297	4779	135	11	3	136	8857	12	383	14
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thai R Cracker	1916	376	42	7	0	297	4979	240	6	108	136	607	6	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Thaiian	1966	579	64	11	0	297	4854	200	6	88	136	607	9	383	12
Grilled Boneless Wings, 12 (4 servings) with Wing Sauce Choice Triple Atomic	1695	415	46	8	0	297	5260	176	9	41	137	2318	233	399	12
Grilled Boneless Wings, 24 (1 serving)	366	94	10	2	0	74	707	32	2	1	34	27	2	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Chipotle BBQ	416	110	12	2	0	74	1776	41	2	6	34	1108	2	110	3
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Ghost Pepper Seasoning	423	127	14	4	0	74	2017	38	3	2	35	1995	3	108	4
Grilled Boneless Wings, 24 (1 serving) with Wing Dust Mango Habanero	414	97	11	2	0	74	1558	43	2	9	34	809	5	138	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Asian Sesame	504	195	22	4	0	74	1182	40	2	7	34	152	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Boom Boom	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 Parm	476	191	21	4	0	79	1268	34	2	1	35	89	11	133	4
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Hot	454	94	10	2	0	74	1836	34	2	1	34	705	2	101	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	454	94	10	2	0	74	1157	52	2	19	34	152	2	96	5
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Louisiana Lickers	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	982	54	2	19	34	27	8	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Parmesan Pepper	554	263	29	6	0	112	1195	32	2	1	34	27	2	246	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	466	184	20	3	0	80	1720	35	2	2	34	527	3	96	3
Grilled Boneless Wings, 24 (1 serving) with Wing Sauce Choice Supercharged	379	100	11	2	0	74	1195	34	3	1	34	2214			

Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Boom Boom	618	304	34	5	0	99	1114	39	2	3	36	162	5	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Buckeye BBQ	471	100	11	2	0	79	1128	55	2	19	36	429	6	129	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Cajun	511	208	23	4	0	86	1194	37	3	2	36	695	2	129	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Golden Garlic	511	208	23	4	0	79	1288	36	2	1	36	162	3	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Haute Parm	507	204	23	4	0	84	1352	37	2	1	38	95	11	142	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Hot	402	104	12	2	0	79	1959	36	2	1	37	752	3	108	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	484	100	11	2	0	79	1234	56	2	21	36	162	2	102	5
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Louisiana Lickers	471	130	14	2	0	79	1421	45	2	10	36	429	5	102	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Medium	538	244	27	5	0	79	1421	36	2	1	36	429	2	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Original BBQ	484	100	11	2	0	79	1048	57	2	21	36	29	8	102	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Parmesan Pepper	591	280	31	6	0	119	1274	35	2	1	36	29	2	282	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	484	100	11	2	0	79	1234	59	2	25	36	29	2	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Supercharged	404	106	12	2	0	79	1274	36	3	1	36	2362	3	102	4
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Thai R Cracker	511	100	11	2	0	79	1328	64	2	29	36	162	2	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Thaisian	524	154	17	3	0	79	1294	53	2	18	36	162	2	102	3
Grilled Boneless Wings, 48 (1 serving) with Wing Sauce Choice Triple Atomic	552	111	12	2	0	79	1403	47	2	11	37	618	62	106	3
Grilled Boneless Wings, 48 (15 servings)	5863	1500	167	28	0	1597	11147	519	25	12	544	430	25	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Dust Chipotle BBQ	6658	1765	196	40	6	1187	28415	650	33	103	549	17734	35	1765	53
Grilled Boneless Wings, 48 (15 servings) with Wing Dust Ghost Pepper Seasoning	6771	2034	226	70	0	1187	32280	601	41	39	558	31918	55	1728	60
Grilled Boneless Wings, 48 (15 servings) with Wing Dust Mango Habanero	6617	1554	173	29	0	1187	24927	691	32	138	549	12946	73	2211	53
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Arizona Ranch	7463	2945	327	48	0	1287	27517	559	25	32	544	8430	49	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Asian Sesame	8063	3125	347	58	0	1187	18917	639	25	112	544	2430	49	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Boom Boom	9233	4565	507	78	0	1487	16717	579	25	52	544	2430	73	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Buckeye BBQ	7063	1505	167	28	0	1187	16917	819	25	292	544	6430	97	1933	54
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Cajun	7663	3125	347	58	0	1287	17917	559	45	32	544	10430	25	1933	54
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Golden Garlic	7663	3125	347	58	0	1187	19317	539	25	12	544	2430	49	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Haute Parm	7611	3053	339	58	0	1261	20285	549	37	12	564	1430	169	2133	58
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Hot	6025	1562	174	29	0	1187	29379	542	35	20	548	11279	40	1620	49
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	7263	1505	167	28	0	1187	18517	639	25	312	544	2430	25	1533	76
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Louisiana Lickers	7063	1505	167	28	0	1187	21317	679	25	152	544	6430	73	1533	54
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Medium	8063	3665	407	68	0	1187	21317	539	25	12	544	6430	25	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Original BBQ	7263	1505	167	28	0	1187	15717	859	25	312	544	430	121	1533	54
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Parmesan Pepper	8863	2405	467	88	0	1187	19117	519	25	12	544	430	25	3933	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	7263	1505	167	28	0	1187	18517	879	25	372	544	430	25	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Supercharged	6063	1595	177	28	0	1187	19117	539	45	12	544	35430	49	1533	54
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Thai R Cracker	7663	1505	167	28	0	1187	19917	959	25	432	544	2430	25	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Thaisian	7863	2155	257	43	0	1187	19417	799	25	272	544	2430	37	1533	47
Grilled Boneless Wings, 48 (15 servings) with Wing Sauce Choice Triple Atomic	6781	1861	185	33	0	1187	21041	705	34	166	549	9273	932	1595	50
Top Gear Tender Platter, 12 (1 serving)	278	49	5	1	0	63	966	28	1	1	28	26	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Arizona Ranch	358	121	13	2	0	68	1776	30	1	2	28	426	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Asian Sesame	388	130	14	3	0	63	1346	34	1	6	28	128	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Boom Boom	448	202	22	4	0	78	1236	31	1	3	28	126	4	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Buckeye BBQ	338	49	5	1	0	63	1246	43	1	15	28	326	5	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Cajun	368	130	14	3	0	68	1296	30	2	2	28	526	1	47	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Garlic Parm	407	169	19	3	0	64	1273	29	1	1	28	92	2	38	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Golden Garlic	368	130	14	3	0	63	1366	29	1	1	28	126	3	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Haute 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	49	5	1	0	63	1188	45	1	16	28	26	6	27	2
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	1	147	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Ranch	378	139	15	3	0	68	1266	30	1	2	28	226	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	348	49	5	1	0	63	1326	46	1	19	28	26	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	329	49	5	1	0	63	1278	41	1	13	28	68	2	34	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Supercharged	288	53	6	1	0	63	1356	29	2	1	28	1776	3	27	2
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thai R Cracker	368	49	5	1	0	63	1396	50	1	22	28	126	1	27	1
Top Gear Tender Platter, 12 (1 serving) with Wing Sauce Choice Thaisian	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	4	7	111	1705	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Asian Sesame	1553	519	58	10	0	251	5383	136	4	23	111	505	10	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Boom Boom	1793	807	90	14	0	311	4943	124	4	11	111	505	15	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Buckeye BBQ	1353	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	519	58	10	0	271	5183	120	8	7	111	2105	5	188	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Garlic Parm	1629	677	73	13	0	255	5092	117	5	3	111	3089	6	183	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	1145	206	23	4	0	251	7476	116	6	4	111	2275	8	125	6
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	1393	195	22	4	0	251	5303	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	8	3	111	1305	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Mild	1633	699	78	12	0	251	5183	112	4	3	111	905	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Original BBQ	1393	195	22	4	0	251	4743	180	4	63	111	105	25	108	7
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Parmesan Pepper	1713	735	82	16	0	371	5423	112	4	3	111	105	5	588	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice 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	195	22	4	0	251	5303	184	4	75	111	105	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Smoky Gold BBQ	1317	196	22	4	0	251	5112	182	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	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Thai R Cracker	1473	195	22	4	0	251	5583	200	4	87	111	505	5	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Thaisian	1513	357	40	7	0	251	5483	168	4	55	111	505	8	108	5
Top Gear Tender Platter, 12 (4 servings) with Wing Sauce Choice Triple Atomic	1296	226	25	5	0	251	5808	149	6	33	112	1874	187	120	6
Top Gear Tender Platter, 24 (1 serving)	278	49	5	1	0	63	966	28	1	1	28	26	1	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Arizona Ranch	358	121	13	2	0	68	1776	30	1	2	28	426	3	27	1
Top Gear Tender Platter, 24 (1 serving) with Wing Sauce Choice Asian Sesame	388	130	14	3	0	63	1346	34	1	6	28	128	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														

Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Smoky Gold BBQ	2635	392	44	8	0	502	10225	325	8	104	222	541	19	274	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Supercharged	2305	426	47	8	0	502	10847	232	16	5	221	14211	21	215	13
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Thai R Cracker	2945	390	43	8	0	502	11167	400	8	173	221	1011	11	215	11
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Thaiisan	3025	714	19	3	0	79	1246	32	1	2	30	108	3	29	1
Top Gear Tender Platter, 24 (8 servings) with Wing Sauce Choice Triple Atomic	2592	452	50	10	0	502	11617	298	11	67	223	3748	374	240	12
Top Gear Tender Platter, 48 (1 serving)	297	52	6	1	0	67	1030	30	1	1	30	28	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Arizona Ranch	361	110	12	2	0	71	1678	31	1	1	30	348	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Asian Sesame	385	117	13	2	0	67	1334	35	1	5	30	108	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Boom Boom	433	174	19	3	0	79	1246	32	1	2	30	108	3	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Buckeye BBQ	345	52	6	1	0	67	1254	42	1	12	30	268	4	45	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Cajun	369	117	13	2	0	71	1294	31	2	1	30	428	1	45	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Garlic Parm	400	148	16	3	0	68	1276	31	1	1	30	81	2	38	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Golden Garlic	369	117	13	2	0	67	1350	31	1	1	30	108	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Haute Parm	367	114	13	2	0	70	1389	31	1	1	30	68	7	53	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Hot	303	54	6	1	0	67	1753	31	1	1	30	462	2	32	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	353	52	6	1	0	67	1318	43	1	1	30	108	1	29	3
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Louisiana Lickers	345	70	8	1	0	67	1430	36	1	6	30	268	3	29	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Medium	385	138	15	3	0	67	1430	31	1	1	30	268	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Mild	401	153	17	3	0	67	1294	30	1	1	30	188	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Original BBQ	353	52	6	1	0	67	1206	43	1	13	30	28	5	29	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Pamesan Pepper	417	160	18	3	0	91	1342	30	1	1	30	28	1	125	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Garlic Parm	377	124	14	2	0	71	1270	31	1	1	30	188	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	353	52	6	1	0	67	1318	44	1	15	30	28	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Smoky Gold BBQ	338	52	6	1	0	67	1280	40	1	11	30	61	2	35	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Supercharged	305	56	6	1	0	67	1342	31	2	1	30	1428	2	29	2
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Thai R Cracker	369	52	6	1	0	67	1374	47	1	17	30	108	1	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Thaisian	377	84	9	2	0	67	1354	41	1	11	30	108	2	29	1
Top Gear Tender Platter, 48 (1 serving) with Wing Sauce Choice Triple Atomic	533	58	6	1	0	67	1419	37	1	7	30	382	38	31	2
Top Gear Tender Platter, 48 (15 servings)	4450	779	87	16	0	1003	15453	448	15	10	443	422	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Arizona Ranch	5410	1643	183	28	0	1063	25173	472	15	22	443	5222	36	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Asian Sesame	5770	1751	195	34	0	1003	20013	520	15	70	443	1622	36	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Boom Boom	6490	2615	291	46	0	1183	18693	484	15	34	443	1622	51	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Buckeye BBQ	5170	779	87	16	0	1003	18813	628	15	178	443	4022	65	671	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Cajun	5530	1751	195	34	0	1063	19413	472	27	22	443	6422	22	671	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Garlic Parm	6001	2226	247	44	0	1016	19140	464	18	11	452	1214	26	567	22
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Golden Garlic	5530	1751	195	34	0	1003	20253	460	15	10	443	1622	36	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Haute Parm	5499	1708	190	34	0	1048	20834	466	22	10	455	1022	108	791	28
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Hot	4548	813	90	17	0	1003	26291	461	21	15	445	6932	31	483	22
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Kentucky Bourbon Glaze	5290	779	87	16	0	1003	19773	640	15	190	443	1622	22	431	38
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Louisiana Lickers	5170	1049	117	16	0	1003	21453	544	15	94	443	4022	51	431	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Medium	5770	2075	231	40	0	1003	21453	460	15	10	443	4022	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Mild	6010	229	24	4	0	1003	19413	448	15	10	443	2822	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Original BBQ	5290	779	87	16	0	1003	18093	652	15	190	443	422	79	431	26
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Pamesan Pepper	6250	2399	267	52	0	1363	20133	448	15	10	443	422	22	1871	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Ranch	5650	1859	207	34	0	1063	19053	472	15	22	443	2822	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Smoked Jalapeno Honey	5290	779	87	16	0	1003	19773	664	15	226	443	422	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Smoky Gold BBQ	5065	783	87	16	0	1003	19200	599	16	159	444	917	34	519	22
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Supercharged	4570	839	93	16	0	1003	20133	460	27	10	443	1622	36	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Thai R Cracker	5530	779	87	16	0	1003	20613	712	15	262	443	1622	22	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Thaisian	5650	1265	141	25	0	1003	20313	616	15	166	443	1622	29	431	21
Top Gear Tender Platter, 48 (15 servings) with Wing Sauce Choice Triple Atomic	5001	873	97	19	0	1003	21288	559	21	103	446	5728	566	468	23
Vegetable Tray (1 serving)	317	206	23	3	0	20	725	25	8	14	5	23921	246	157	2
Vegetable Tray (6 servings)	1904	1234	137	19	0	120	4352	148	50	86	28	143527	1479	944	15

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Specialty Salads															
Caesar Salad, Serves 10-15 (1 serving)	234	111	12	3	0	16	787	22	3	3	10	7357	30	199	2
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	349	158	18	4	0	56	996	23	3	3	26	7372	31	210	3
Caesar Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	354	189	21	7	0	47	863	22	3	3	27	7358	30	214	3
Caesar Salad, Serves 10-15 (15 servings)	5210	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	5423	2836	315	101	0	711	12939	332	40	40	330	110377	452	3211	49
Caesar Salad, Serves 4-6 (1 serving)	292	139	15	4	0	20	983	28	3	3	12	9197	38	248	3
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Chicken Tenders	437	197	22	5	0	69	1245	28	3	4	32	9215	39	262	4
Caesar Salad, Serves 4-6 (1 serving) with Protein Choice Grilled Top Sirloin Steak	454	216	23	6	0	59	1078	28	3	3	33	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	102	12	6	0	20	370	12	3	7	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Bleu Cheese	267	201	22	6	0	30	430	8	3	3	8	7694	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Chipotle Ranch	226	166	18	6	0	31	487	9	3	4	7	7685	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Farmhouse Ranch	225	165	18	6	0	31	455	9	3	4	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Fat Free Italian	129	60	7	4	0	20	690	11	3	5	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Jalapeno Ranch	267	204	23	7	0	36	434	9	3	4	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Northern Italian	257	194	22	6	0	30	530	9	3	3	7	7760	47	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	256	184	22	6	0	20	167	11	3	6	7	7653	43	209	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Sweet Vidalia Onion	246	146	16	6	0	20	285	17	3	12	7	7653	43	231	3
Garage Salad, Serves 10-15 (1 serving) with Dressing Choice Wildberry Poppysseed	225	132	15	5	0	32	376	17	3	10	7	7653	49	209	3
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Chicken Tenders	243	106	12	5	0	60	377	8	3	3	23	7667	44	220	4
Garage Salad, Serves 10-15 (1 serving) with Protein Choice Grilled Top Sirloin Steak	237	137	15	8	0	51	243	8	3	3	19	7654	43	225	4
Garage Salad, Serves 10-15 (15 servings)	1768	893	99	60	0	300	2512	114	48	41	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Balsamic Vinaigrette	2726	1513	179	63	0	326	2512	178	46	105	108	114796	650	3139	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Bleu Cheese	4011	3017	335	91	0	457	6446	126	50	51	126	115411	651	3139	52
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Chipotle Ranch	3390	2485	276	85	0	460	7307	134	49	60	108	115276	650	3466	51
Garage Salad, Serves 10-15 (15 servings) with Dressing Choice Farmhouse Ranch	3368	2477	275	84	0	460	6832	130	48	57	108	114796	650	3469	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									

Main Features	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Ribs (1 serving)	1326	927	103	37	3	319	411	24	1	19	65	524	1	167	5
Ribs (1 serving) with Wing Sauce Choice Arizona Ranch	1566	1143	127	40	3	334	2841	30	1	22	65	1724	4	167	5
Ribs (1 serving) with Wing Sauce Choice Asian Sesame	1656	1170	130	42	3	319	1551	42	1	34	65	824	4	167	5
Ribs (1 serving) with Wing Sauce Choice Boom Boom Sauce	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	1350	935	104	38	3	319	3120	27	3	21	65	2152	3	180	5
Ribs (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1536	927	103	37	3	319	1491	72	1	64	65	824	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	1656	1251	139	43	3	319	1911	27	1	19	65	1424	1	167	5
Ribs (1 serving) with Wing Sauce Choice Mild	1716	1305	145	43	3	319	1401	24	1	19	65	1124	1	167	5
Ribs (1 serving) with Wing Sauce Choice Original BBQ	1536	927	103	37	3	319	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	926	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	1	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 Thaisian	1626	1048	116	40	3	319	1626	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

Jumbo Wings	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bone In Wings, 1 Piece (1 piece)	119	87	10	2	0	31	30	0	0	0	7	60	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Dust Chipotle BBQ	131	91	10	2	0	31	286	2	0	1	8	320	0	8	0
Bone In Wings, 1 Piece (1 piece) with Wing Dust Ghost Pepper Seasoning	133	95	11	3	0	31	344	1	0	0	8	532	1	8	1
Bone In Wings, 1 Piece (1 piece) with Wing Dust Mango Habanero	130	88	10	2	0	31	234	3	0	2	8	248	1	15	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Arizona Ranch	138	104	12	3	0	33	224	0	0	0	7	156	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Asian Sesame	145	106	12	3	0	31	121	1	0	1	7	84	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Boom Boom	156	110	14	3	0	35	95	1	0	0	7	84	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Buckeye BBQ	133	87	10	2	0	31	97	4	0	3	7	132	1	10	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Cajun	140	106	12	3	0	33	109	0	0	0	7	180	0	10	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Golden Garlic	140	106	12	3	0	31	126	0	0	0	7	84	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Haute Parm	140	105	12	3	0	32	137	0	0	0	8	72	2	12	1
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Hot	121	88	10	2	0	31	247	0	0	0	8	190	0	6	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Kentucky Bourbon Glaze	136	87	10	2	0	31	136	4	0	4	7	116	0	5	1
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Louisiana Lickers	133	92	10	2	0	31	150	2	0	2	7	132	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Medium	145	113	13	3	0	31	150	0	0	0	7	132	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Original BBQ	136	87	10	2	0	31	83	4	0	4	7	60	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Parmesan Pepper	155	119	13	3	0	39	123	0	0	0	7	60	0	34	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Smoked Jalapeno Honey	136	87	10	2	0	31	116	4	0	4	7	60	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Supercharged	121	88	10	2	0	31	123	0	0	0	7	480	1	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Thai R Cracker	140	87	10	2	0	31	133	5	0	5	7	84	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Thaisian	143	97	11	2	0	31	127	3	0	3	7	84	0	5	0
Bone In Wings, 1 Piece (1 piece) with Wing Sauce Choice Triple Atomic	130	89	10	2	0	31	146	2	0	2	8	166	11	6	0

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

Beverages	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Iced Tea (1 gallon)	0	0	0	0	0	0	48	0	0	0	0	0	0	48	0
Sweet Tea (1 gallon)	2731	0	0	0	0	0	71	683	0	683	0	0	0	71	0

Thirst Quenchers	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Lemonade (1 gallon)	1920	0	0	0	0	0	385	486	1	461	1	46	151	75	0

Sandwiched In Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Boneless Chicken Wrap Boxed Lunch (1 serving)	1305	640	71	18	0	99	2168	131	10	40	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1385	712	79	19	0	104	2978	133	10	41	38	10285	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1415	721	80	20	0	99	2548	137	10	45	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1475	793	88	21	0	114	2438	134	10	42	38	9985	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1365	640	71	18	0	99	2448	146	10	54	38	10185	18	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	266	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1313	643	71	18	0	99	3071	132	11	40	39	10428	15	251	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Mild	1435	766	85	20	0	99	2498	131	10	40	38	10085	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9985	19	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Parmesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	366	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9885	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1405	681	76	19	0	99	2573	145	10	53	38	9985	15	246	6
Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6
Chicken BLT Club Boxed Lunch (1 serving)	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken BLT Wrap Boxed Lunch (1 serving)	1389	675	75	22	0	144	2653	125	8	37	54	743	12	264	6
Chicken Caesar Wrap Boxed Lunch (1 serving)	1271	570	63	18	0	99	2296	131	11	39	44	8505	43	363	7
Chicken Club Boxed Lunch (1 serving)	1072	573	64	22	0	89	1820	105	5	36	22	895	10	242	4
Chicken Club Boxed Lunch (1 serving) with Fried Chicken Breast	1470	660	73	24	1	188	3571	138	6	42	64	2016	13	290	6
Chicken Club Boxed Lunch (1 serving) with Grilled Chicken Breast	1291	622	69	23	0	188	2100	106	5	36	61	960	12	262	6
Chicken Club Wrap Boxed Lunch (1 serving)	1388	675	75	22	0	144	2484	124							

Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1395	721	80	20	0	104	2498	133	11	41	38	10385	14	266	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1395	721	80	20	0	99	2568	132	10	40	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1393	717	80	20	0	103	2616	133	11	40	39	9935	21	276	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1313	643	71	18	0	99	2071	132	11	40	39	10428	15	251	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1375	640	71	18	0	99	2528	147	10	55	38	9985	14	246	7
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1365	663	74	18	0	99	2668	139	10	47	38	10185	17	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1415	748	83	20	0	99	2668	132	10	40	38	10185	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1375	640	71	18	0	99	2388	148	10	55	38	9885	19	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Pamesan Pepper	1455	775	86	21	0	129	2558	131	10	40	38	9885	14	366	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1375	640	71	18	0	99	2528	149	10	58	38	9985	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1315	645	72	18	0	99	2558	132	11	40	38	11635	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1395	640	71	18	0	99	2598	153	10	61	38	9985	14	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1405	681	76	19	0	99	2573	145	10	53	38	9985	15	246	6
Grilled Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1351	648	72	19	0	99	2654	141	11	48	39	10327	60	249	6
Steak Caesar Wrap Boxed Lunch (1 serving)	1369	657	73	24	0	109	2019	130	10	38	47	8489	42	372	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving)	1347	614	68	18	0	92	2550	149	11	40	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Arizona Ranch	1427	686	76	19	0	97	3360	151	11	41	37	10285	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Asian Sesame	1457	695	77	19	0	92	2930	155	11	45	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Boom Boom	1517	767	85	20	0	107	2820	152	11	42	37	9985	16	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Buckeye BBQ	1407	614	68	18	0	92	2830	164	11	54	37	10185	18	270	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Cajun	1437	695	77	19	0	92	3050	150	11	40	37	10185	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Golden Garlic	1437	695	77	19	0	92	2950	150	11	40	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Haute Parm	1434	692	77	19	0	96	2998	151	12	40	38	9935	21	280	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Hot	1355	617	69	18	0	92	3453	150	11	40	37	10427	15	255	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1417	614	68	18	0	92	2910	165	11	55	37	9985	14	250	8
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Louisiana Lickers	1407	637	71	18	0	92	3050	157	11	47	37	10185	16	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Medium	1457	722	80	20	0	92	3050	150	11	40	37	10185	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Original BBQ	1417	614	68	18	0	92	2890	149	11	40	37	10085	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Pamesan Pepper	1497	749	83	21	0	122	2940	149	11	40	37	9885	14	370	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1417	614	68	18	0	92	2910	167	11	58	37	9885	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Supercharged	1357	619	69	18	0	92	2940	150	12	40	37	11635	15	250	7
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thai R Cracker	1437	614	68	18	0	92	2980	171	11	61	37	9985	14	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Thaisian	1447	655	73	19	0	92	2955	163	11	53	37	9985	15	250	6
TGT Boneless Chicken Wrap Boxed Lunch (1 serving) with Wing Sauce Choice Triple Atomic	1392	622	69	18	0	92	3036	159	11	48	37	10327	59	253	6
Veghead Wrap Boxed Lunch (1 serving)	1335	674	75	26	0	95	1780	137	11	42	32	6584	95	540	6
QS&L Boneless Wing Boxed Salad (1 serving)	1068	289	32	11	0	99	1686	146	10	37	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Balsamic Vinaigrette	1168	379	42	12	0	99	2066	154	10	45	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Bleu Cheese	1348	555	62	11	0	119	2178	148	11	38	51	10580	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Chipotle Ranch	1271	488	54	14	0	119	2285	149	10	39	49	10564	10	378	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Farmhouse Ranch	1268	487	54	14	0	119	2226	148	10	39	49	10503	10	378	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Fat Free Italian	1088	289	32	11	0	99	2666	152	10	41	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Lube Jalapeno Ranch	1348	559	62	16	0	129	2186	148	10	39	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Northern Italian	1328	541	60	15	0	99	2366	148	10	37	49	10703	17	378	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Olive Oil and Balsamic Vinegar	1344	541	60	15	0	99	1886	152	10	43	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Sweet Vidalia Onion	1308	551	50	14	0	99	1906	164	10	55	49	10503	10	378	9
QS&L Boneless Wing Boxed Salad (1 serving) with Dressing Choice Wildberry Poppysseed	1269	424	47	13	0	122	2077	163	11	51	49	10503	21	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Arizona Ranch	1188	397	44	13	0	97	2901	149	10	38	49	11103	12	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Asian Sesame	1233	411	46	13	0	99	2256	155	10	44	49	10653	12	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Boom Boom Sauce	1323	519	58	15	0	122	2091	151	10	40	49	10653	14	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Buckeye BBQ	1158	289	32	11	0	99	2106	169	10	58	49	10953	16	368	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Cajun	1203	411	46	13	0	107	2181	149	12	38	49	11253	10	368	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Golden Garlic	1262	470	52	15	0	101	2147	148	11	37	50	10602	11	355	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Golden Garlic	1203	411	46	13	0	99	2286	148	10	37	49	10653	12	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Haute Pamesan	1199	405	45	13	0	105	2359	148	11	37	51	10578	21	383	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Hot	1080	293	33	11	0	99	3041	148	11	37	49	11317	11	344	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Kentucky Bourbon Glaze	1173	289	32	11	0	99	2226	170	10	59	49	10653	10	338	11
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Louisiana Lickers	1158	323	36	11	0	99	2436	158	10	47	49	10953	14	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Medium	1233	451	50	14	0	99	2436	148	10	37	49	10953	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Mild	1263	478	53	14	0	99	2181	146	10	37	49	10803	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Original BBQ	1173	289	32	11	0	99	2016	172	10	59	49	10503	17	338	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Pamesan Pepper	1293	492	55	16	0	144	2271	146	10	37	49	10503	10	518	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Ranch	1218	424	47	13	0	107	2138	149	10	38	49	10803	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoked Jalapeno Honey	1173	289	32	11	0	99	2226	173	10	64	49	10503	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Smoky Gold BBO	1145	290	32	11	0	99	2154	165	11	55	49	10654	12	349	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Supercharged	1083	296	33	11	0	99	2271	148	12	37	49	13128	12	338	10
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Thai R Cracker	1203	289	32	11	0	99	2331	179	10	68	49	10653	10	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Thaisian	1218	350	39	12	0	99	2293	167	10	56	49	10653	11	338	9
QS&L Boneless Wing Boxed Salad (1 serving) with Wing Sauce Choice Triple Atomic	1137	301	33	11	0	99	2415	160	11	48	50	11167	78	342	9

Kids' Lube Cruiser Meal Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (IU)	Vit C (mg)	Calcium (mg)	Iron (mg)
Kids Applesauce (1 serving)	68	0	0	0	0	0	8	17	2	14	0	0	0	0	0
Kids Grilled Cheese (1 serving)	358	117	13	5	0	25	995	44	0	6	13	387	0	192	3
Kids Grilled Cheese (1 serving) with Applesauce	425	117	13	5	0	25	1002	61	2	20	13	397	0	192	3
Kids Grilled Cheese (1 serving) with Baby Carrots and Ranch	1189	313	35	8	0	45	1601	53	2	12	14	12115	2	2359	4
Kids Grilled Cheese (1 serving) with Cutie Orange	408	118	13	5	0	25	995	55	2	15	14	603	51	230	3
Kids Grilled Cheese (1 serving) with Fries	444	155	17	6	1	25	1177	55	1	6	14	388	3	192	3
Kids Grilled Cheese (1 serving) with Goldfish Crackers	393	128	14	6	0	25	1057	49	0	6	14	387	0	202	3
Kids Grilled Cheese (1 serving) with Jell-O Cup	418	117	13	5	0	25	1055	58	0	20	15	387	0	192	3
Kids Carrots and Ranch (1 serving)	231	199	22	3	0	20	606	9	2	6	1	11728	2	67	1
Kids Cheeseburger (1 sandwich)	418	189	21	7	1	48	885	35	2	4	21	279	0	190	3
Kids Cheeseburger (1 sandwich) with Applesauce	485	189	21	7	1	48	892	52	4	18	21	279	0	190	3
Kids Cheeseburger (1 sandwich) with Baby Carrots and Ranch	649	388	43	10	1	68	1491	44	5	10	21	12007	2	257	4
Kids Cheeseburger (1 sandwich) with Cutie Orange	468	190	21	7	1	48	885	46	4	13	21	495	51	228	3
Kids Cheeseburger (1 sandwich) with Fries	504	227	25	8	1	48	1067	46	3	4	22	280	3	180	3
Kids Cheeseburger (1 sandwich) with Goldfish Crackers	453	200	22	7	1	48	947	40	2	4	22	279	0	200	3
Kids Cheeseburger (1 sandwich) with Jell-O Cup	478	189	21	7	1	48	945	49	2	18	22	279	0	190	3
Kids Crispy Fries (1 serving)	86	38	4	1	0	0	182	11	1	0	1	1	3	0	0
Kids Top Gear Tenders (1 serving)	418	49	5	1	0	63	1406	62	1	31	28	26	11	27	2
Kids Top Gear Tenders (1 serving) with Applesauce	486	49	5	1	0	63	1413	78	2	44	28	26	11	27	2
Kids Top Gear Tenders (1 serving) with Baby Carrots and Ranch	649	248	28	4											

Kids Goldfish Crackers (1 serving)	35	11	1	0	0	0	63	5	0	0	1	0	0	10	0
Kids Apple Juice (1 drink)	102	0	0	0	0	0	9	25	0	24	0	0	10	17	1
Kids Milk (1 drink)	225	108	12	8	0	53	188	18	0	18	12	450	9	450	0

Quaker Steak & Lube® website was prepared by Nutritional Information Services (NIS, www.nistn.com). The data contained herein was compiled from nutritional information and ingredient and allergen listings provided by our suppliers and distributors, and by an analysis generated using a software analysis program. The menu items listed herein were examined for the presence of the following allergenic proteins and substances: Eggs, Fish, Milk, MSG, Peanuts, Shellfish, Soy, Sulfites, Tree Nuts, and Wheat. (Be further advised that the designation "Wheat" includes the grains Barley, Malt, Oats, Rye and Triticale.)

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