



NUTRITION INFORMATION

Shareables	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)
Buffalo Cauliflower Wings (1 serving)	896	309	34	13	0	0	2756	126	10	8	21	3752	109	157	3
Buffalo Cauliflower Wings (1 serving) with Dipping Sauce Choice Blue Cheese	1129	527	59	18	0	27	3094	129	10	9	23	3854	109	192	3
Buffalo Cauliflower Wings (1 serving) with Dipping Sauce Choice Ranch	1104	507	56	16	0	20	2992	129	10	9	22	3756	109	178	3
Buffalo Chicken Dip (1 serving)	1329	940	104	42	0	201	2396	53	3	4	44	2013	1	409	1
Cheese Fries (1 serving)	1506	867	96	37	0	148	3123	106	9	1	49	1228	11	826	3
Chips, Fresh Salsa and Guacamole (1 serving)	629	232	26	4	0	0	3296	89	9	4	13	784	19	165	3
Crab Dip (1 serving)	1066	765	85	41	0	239	1672	32	3	1	44	2426	4	924	5
Knockout Shrimp (1 serving)	962	561	62	9	0	402	1336	52	3	19	51	626	40	193	7
Mac 'N Cheese Bites (1 serving)	642	262	29	14	0	79	2877	70	2	26	23	170	4	532	2
Macho Nachos (1 serving)	930	400	44	17	2	69	4130	105	8	10	28	1417	16	473	4
Macho Nachos (1 serving) with Guacamole	1032	479	53	18	2	69	4319	111	12	11	29	1572	25	485	4
Rookie Plate (1 serving)	1389	723	80	19	0	163	7190	118	3	49	46	1331	11	345	5
Slam Dunk Pretzels (1 serving)	1102	421	47	13	0	31	8107	135	4	8	31	938	3	284	7
Best Darn 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)
Boneless Wings, 12 (1 serving)	864	407	45	7	0	150	2787	62	8	12	56	2449	1	85	0
Boneless Wings, 12 (1 serving) with Dipping Sauce Choice Blue Cheese	1097	626	70	11	0	176	3125	65	8	13	58	2550	2	120	0
Boneless Wings, 12 (1 serving) with Dipping Sauce Choice Ranch	1072	605	67	10	0	170	3024	65	8	13	57	2452	1	107	0
Boneless Wings, 12 (1 serving) with Wing Sauce Choice BBQ	1064	407	45	7	0	150	4537	107	8	52	56	2449	1	85	0
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Glory Sauce	1214	407	45	7	0	150	4437	142	8	82	56	2949	13	85	0



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Boneless Wings, 12 (1 serving) with Wing Sauce Choice High Heat	903	415	46	7	0	150	7446	68	11	14	57	5209	5	104	1
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Honey Old Bay	1272	422	47	7	0	150	6019	158	8	99	58	4516	4	158	2
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Hot	1024	547	61	16	0	150	7100	67	10	14	58	4079	24	149	1
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Mild	1289	812	90	30	0	150	5437	67	8	12	56	4949	1	85	0
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1268	409	45	7	0	150	3589	160	9	81	59	2449	1	138	1
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Tangy Buffalo	1455	970	108	15	0	206	4701	72	9	14	58	3244	3	115	0
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Teriyaki	1135	407	45	7	0	150	4658	126	8	68	59	2511	2	146	2
Boneless Wings, 12 (1 serving) with Wing Sauce Choice Thai Chili	1224	407	45	7	0	150	4587	152	8	72	56	2449	1	85	0
Dry Rub Wings, 10 (1 serving)	1445	840	93	23	0	314	11040	68	5	46	78	5680	31	169	6
Dry Rub Wings, 10 (1 serving) with Dipping Sauce Choice Blue Cheese	1912	1277	142	32	0	368	11716	75	5	47	81	5883	31	239	6
Dry Rub Wings, 10 (1 serving) with Dipping Sauce Choice Ranch	1862	1236	137	29	0	355	11513	75	5	48	79	5687	31	212	6
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice BBQ	1545	840	93	23	0	314	11920	90	5	64	78	5680	33	169	6
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Glory Sauce	1585	840	93	23	0	314	11700	100	5	74	78	5880	36	169	6
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice High Heat	1461	843	94	23	0	314	12904	71	6	47	78	6784	32	176	7
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Honey Old Bay	1602	847	94	23	0	314	12656	105	5	78	79	6714	32	205	7
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Hot	1511	896	100	26	0	314	12860	70	5	46	79	6425	40	223	7
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Mild	1615	1002	111	32	0	314	12100	70	5	46	78	6680	31	169	6
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1607	840	93	23	0	314	11361	107	5	73	79	5680	31	190	7
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Tangy Buffalo	1682	1065	118	26	0	337	11806	72	5	46	79	5999	31	181	7
Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Teriyaki	1555	840	93	23	0	314	11789	94	5	68	79	5743	32	196	7



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Dry Rub Wings, 10 (1 serving) with Wing Sauce Choice Thai Chili	1589	840	93	23	0	314	11760	104	5	70	78	5680	31	169	6
Dry Rub Wings, 15 (1 serving)	2168	1259	140	35	0	472	16560	102	7	69	117	8520	46	254	10
Dry Rub Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	3102	2133	237	52	0	579	17912	115	7	72	124	8926	48	394	10
Dry Rub Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	3001	2052	228	47	0	552	17506	115	7	72	119	8533	46	340	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice BBQ	2288	1259	140	35	0	472	17610	129	7	93	117	8520	46	254	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Glory Sauce	2378	1259	140	35	0	472	17550	150	7	111	117	8820	53	254	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice High Heat	2191	1264	140	35	0	472	19356	106	9	70	118	10176	48	265	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	2404	1270	141	35	0	472	18984	157	7	117	118	10071	48	308	11
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Hot	2265	1344	149	40	0	472	19199	105	8	69	118	9549	60	307	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Mild	2423	1502	167	48	0	472	18150	105	7	69	117	10020	46	254	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	2411	1261	140	35	0	472	17042	161	8	110	118	8520	46	285	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	2523	1597	177	40	0	505	17708	108	8	70	118	8998	47	272	10
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	2330	1260	140	35	0	472	17683	140	7	102	119	8541	46	289	11
Dry Rub Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	2384	1259	140	35	0	472	17640	156	7	105	117	8520	46	254	10
Dry Rub Wings, 25 (1 serving)	3618	2099	233	58	0	786	27611	171	12	115	195	15425	77	428	16
Dry Rub Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	4551	2973	330	75	0	893	28963	184	12	118	202	15831	79	569	16
Dry Rub Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	4451	2892	321	70	0	866	28557	184	12	119	197	15438	78	514	16
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice BBQ	3818	2099	233	58	0	786	29361	216	12	155	195	15425	77	428	16
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Glory Sauce	3968	2099	233	58	0	786	29261	251	12	185	195	15925	89	428	16
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice High Heat	3657	2108	234	58	0	786	32270	177	15	117	196	18185	81	446	17



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Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	4026	2114	235	58	0	786	30843	267	12	201	197	17492	81	501	18
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Hot	3778	2240	249	66	0	786	31923	176	14	116	197	17056	100	492	17
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Mild	4043	2504	278	80	0	786	30261	176	12	115	195	17925	77	428	16
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	4022	2101	233	58	0	786	28413	269	13	184	197	15425	77	480	17
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	4209	2662	296	66	0	842	29525	181	13	117	197	16221	79	458	16
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	3889	2100	233	58	0	786	29482	235	12	170	198	15487	79	489	18
Dry Rub Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	3978	2099	233	58	0	786	29411	261	12	175	195	15425	77	428	16
Dry Rub Wings, 6 (1 serving)	942	588	65	15	0	189	6130	38	3	26	47	4261	18	101	4
Dry Rub Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	1175	806	90	20	0	216	6468	42	3	26	48	4362	18	136	4
Dry Rub Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	1150	786	87	18	0	209	6366	42	3	27	47	4264	18	122	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice BBQ	982	588	65	15	0	189	6480	47	3	34	47	4261	18	101	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Glory Sauce	1012	588	65	15	0	189	6460	54	3	40	47	4361	20	101	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice High Heat	950	589	65	15	0	189	7062	40	3	26	47	4813	18	104	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Honey Old Bay	1020	591	66	15	0	189	6938	57	3	42	47	4777	18	119	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Hot	977	616	68	17	0	189	7131	40	3	26	47	4722	23	154	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Mild	1027	669	74	20	0	189	6660	39	3	26	47	4761	18	101	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1023	588	65	15	0	189	6290	58	3	40	47	4261	18	111	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Tangy Buffalo	1060	700	78	17	0	200	6513	40	3	26	47	4420	18	107	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Teriyaki	996	588	65	15	0	189	6504	51	3	37	47	4281	18	113	4
Dry Rub Wings, 6 (1 serving) with Wing Sauce Choice Thai Chili	1014	588	65	15	0	189	6490	56	3	38	47	4261	18	101	4



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Fire Grilled Wings, 15 (1 serving)	2109	1631	181	49	0	354	4548	26	2	14	86	7599	17	114	6
Fire Grilled Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	3042	2505	278	67	0	461	5899	39	2	17	93	8004	19	255	6
Fire Grilled Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	2942	2423	269	61	0	434	5493	40	2	18	88	7612	17	200	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice BBQ	2349	1631	181	49	0	354	6648	80	2	62	86	7599	17	114	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Glory	2529	1631	181	49	0	354	6528	122	2	98	86	8199	32	114	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice High Heat	2156	1641	182	49	0	354	10138	34	6	16	87	10911	21	136	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	2580	1653	184	49	0	354	9395	136	2	111	88	10700	22	223	8
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Hot	2298	1799	200	59	0	354	9460	32	4	16	88	9355	46	114	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Mild	2619	2117	235	76	0	354	7728	32	2	14	86	10599	17	114	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	2594	1633	181	49	0	354	5510	144	4	97	89	7599	17	177	7
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	2819	2306	256	59	0	421	6843	38	4	16	88	8554	19	150	6
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	2432	1631	181	49	0	354	6791	103	2	80	89	7619	18	183	8
Fire Grilled Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	2541	1631	181	49	0	354	6708	134	2	86	86	7599	17	114	6
Fire Grilled Wings, 25 (1 serving)	3519	2718	302	82	0	589	7590	45	4	24	144	13889	29	195	9
Fire Grilled Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	4452	3592	399	99	0	697	8941	58	4	27	150	14294	31	335	9
Fire Grilled Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	4352	3511	390	94	0	670	8535	58	4	27	146	13902	30	281	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice BBQ	3919	2718	302	82	0	589	11090	135	4	104	144	13889	29	195	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Glory Sauce	4219	2718	302	82	0	589	10890	205	4	164	144	14889	53	195	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice High Heat	3597	2735	304	82	0	589	16907	58	10	27	146	19409	36	232	11
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	4336	2748	305	82	0	589	14054	237	4	196	146	18023	36	340	13



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Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Hot	3835	2999	333	99	0	589	15995	54	7	27	146	16936	73	259	11
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Mild	4369	3528	392	127	0	589	12890	55	4	24	144	18889	29	195	9
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	4328	2722	302	82	0	589	9194	241	6	162	148	13889	29	300	11
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	4702	3843	427	98	0	702	11416	65	6	27	146	15480	33	255	10
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	4059	2718	302	82	0	589	11330	173	4	134	149	13951	31	312	14
Fire Grilled Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	4239	2718	302	82	0	589	11190	225	4	144	144	13889	29	195	9
Fire Grilled Wings, 6 (1 serving)	847	653	73	20	0	141	1827	11	1	6	35	4019	7	50	2
Fire Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Blue Cheese	1080	871	97	24	0	168	2165	15	1	7	36	4120	8	85	2
Fire Grilled Wings, 6 (1 serving) with Dipping Sauce Choice Ranch	1055	851	95	23	0	162	2064	15	1	7	35	4022	7	71	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice BBQ	967	653	73	20	0	141	2877	38	1	30	35	4019	7	50	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Garlic Buffalo	993	777	86	24	0	141	3770	16	2	6	35	5069	20	57	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Glory	1057	653	73	20	0	141	2817	59	1	48	35	4319	15	50	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Honey Old Bay	1004	660	73	20	0	141	3443	48	1	38	35	5053	9	86	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Hot	943	737	82	25	0	141	4284	14	2	7	35	4925	23	50	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Korean Number 2	1051	664	74	20	0	141	3663	55	1	48	39	4359	8	50	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Mild	1102	896	100	33	0	141	3417	14	1	6	35	5519	7	50	2
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Nashville Hot	1221	1004	112	26	0	141	3332	18	2	10	35	5719	9	68	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Old Bay	1240	1038	115	27	0	141	3773	13	1	6	35	5653	9	86	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1090	654	73	20	0	141	2309	70	2	47	36	4019	7	81	3
Fire Grilled Wings, 6 (1 serving) with Wing Sauce Choice Teriyaki	1009	653	73	20	0	141	2950	50	1	39	36	4040	8	85	4



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Traditional Wings, 10 (12 pieces)	947	659	73	18	0	236	2197	11	1	6	57	3153	6	67	3
Traditional Wings, 10 (12 pieces) with Dipping Sauce Choice Blue Cheese	1414	1096	122	27	0	290	2873	18	1	8	60	3356	7	137	3
Traditional Wings, 10 (12 pieces) with Dipping Sauce Choice Ranch	1363	1055	117	24	0	276	2670	18	1	8	58	3160	6	110	3
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice BBQ	1107	659	73	18	0	236	3597	47	1	38	57	3153	6	67	3
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Glory Sauce	1227	659	73	18	0	236	3517	75	1	62	57	3553	16	67	3
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice High Heat	978	666	74	18	0	236	5924	16	3	8	58	5361	9	81	4
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Honey Old Bay	1261	674	75	18	0	236	5429	84	1	71	58	5220	10	139	5
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Hot	1075	771	86	25	0	236	5654	15	2	7	58	4465	24	120	4
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Mild	1287	983	109	36	0	236	4317	15	1	6	57	5153	6	67	3
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Stinging Honey Garlic	1270	661	73	18	0	236	2838	90	2	62	59	3153	6	109	4
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Tangy Buffalo	1420	1109	123	25	0	281	3728	19	2	8	58	3790	8	91	4
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Teriyaki	1165	659	73	18	0	236	3694	62	1	51	59	3215	8	116	5
Traditional Wings, 10 (12 pieces) with Wing Sauce Choice Thai Chili	1235	659	73	18	0	236	3637	83	1	54	57	3153	6	67	3
Traditional Wings, 15 (1 serving)	1420	989	110	27	0	354	3295	17	2	9	85	4730	9	100	5
Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Blue Cheese	2354	1863	207	44	0	461	4647	30	2	12	92	5135	11	241	5
Traditional Wings, 15 (1 serving) with Dipping Sauce Choice Ranch	2253	1781	198	39	0	434	4241	30	2	13	88	4743	10	186	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice BBQ	1660	989	110	27	0	354	5395	71	2	57	85	4730	9	100	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Glory	1840	989	110	27	0	354	5275	113	2	93	85	5330	24	100	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice High Heat	1467	999	111	27	0	354	8886	24	5	12	87	8042	14	122	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Honey Old Bay	1891	1011	112	27	0	354	8143	126	2	106	87	7830	14	209	8



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Traditional Wings, 15 (1 serving) with Wing Sauce Choice Hot	1610	1157	129	37	0	354	8208	22	4	11	87	6486	38	100	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Mild	1930	1475	164	54	0	354	6475	23	2	9	85	7730	9	100	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	1906	991	110	27	0	354	4258	134	3	92	88	4730	9	163	6
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Tangy Buffalo	2130	1664	185	37	0	421	5591	29	3	11	87	5684	11	136	5
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Teriyaki	1744	989	110	27	0	354	5539	93	2	76	89	4750	10	169	8
Traditional Wings, 15 (1 serving) with Wing Sauce Choice Thai Chili	1852	989	110	27	0	354	5455	125	2	81	85	4730	9	100	5
Traditional Wings, 25 (1 serving)	2372	1648	183	44	0	589	5503	28	3	16	142	9107	16	171	8
Traditional Wings, 25 (1 serving) with Dipping Sauce Choice Blue Cheese	3305	2522	280	62	0	697	6854	42	3	19	149	9513	18	312	8
Traditional Wings, 25 (1 serving) with Dipping Sauce Choice Ranch	3204	2441	271	56	0	670	6448	42	3	20	144	9120	17	258	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice BBQ	2772	1648	183	44	0	589	9003	118	3	96	142	9107	16	171	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Glory Sauce	3072	1648	183	44	0	589	8803	188	3	156	142	10107	40	171	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice High Heat	2450	1665	185	44	0	589	14821	41	9	20	144	14627	23	209	10
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Honey Old Bay	3189	1678	186	44	0	589	11967	220	3	189	145	13241	23	317	12
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Hot	2687	1929	214	61	0	589	13908	38	6	19	145	12154	60	236	10
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Mild	3222	2458	273	89	0	589	10803	38	3	16	142	14107	16	171	8
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Stinging Honey Garlic	3180	1652	184	44	0	589	7107	225	5	154	147	9107	16	276	10
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Tangy Buffalo	3555	2773	308	61	0	702	9329	48	5	19	145	10698	20	232	9
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Teriyaki	2912	1648	183	44	0	589	9243	156	3	126	148	9169	18	289	13
Traditional Wings, 25 (1 serving) with Wing Sauce Choice Thai Chili	3092	1648	183	44	0	589	9103	208	3	136	142	9107	16	171	8
Traditional Wings, 6 (6 pieces)	572	396	44	11	0	141	1327	7	1	4	34	2871	4	44	2



NUTRITION INFORMATION

Best Darn 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)
Traditional Wings, 6 (6 pieces) with Dipping Sauce Choice Blue Cheese	805	614	68	15	0	168	1664	11	1	5	36	2973	5	79	2
Traditional Wings, 6 (6 pieces) with Dipping Sauce Choice Ranch	780	594	66	14	0	162	1563	11	1	5	35	2875	4	66	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice BBQ	672	396	44	11	0	141	2202	30	1	24	34	2871	4	44	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Glory	747	396	44	11	0	141	2152	47	1	39	34	3121	10	44	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice High Heat	591	400	44	11	0	141	3656	11	2	5	35	4251	6	53	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Honey Old Bay	729	403	45	11	0	141	2943	44	1	36	35	3905	6	81	3
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Hot	652	466	52	15	0	141	3373	10	2	5	35	3636	18	45	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Mild	784	598	66	22	0	141	2652	10	1	4	34	4121	4	44	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Stinging Honey Garlic	774	397	44	11	0	141	1728	56	1	39	35	2871	4	70	3
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Tangy Buffalo	867	677	75	15	0	170	2283	12	1	5	35	3269	5	59	2
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Teriyaki	707	396	44	11	0	141	2262	39	1	32	36	2892	5	74	3
Traditional Wings, 6 (6 pieces) with Wing Sauce Choice Thai Chili	752	396	44	11	0	141	2227	52	1	34	34	2871	4	44	2
Wing Sauce 2 fl oz (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice BBQ	100	0	0	0	0	0	880	22	0	18	0	0	2	0	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Glory Sauce	140	0	0	0	0	0	660	32	0	28	0	200	5	0	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice High Heat	16	3	0	0	0	0	1864	3	1	1	0	1104	1	7	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Honey Old Bay	157	7	1	0	0	0	1616	37	0	32	1	1034	2	36	1
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Hot	66	56	6	3	0	0	1820	2	1	1	1	745	9	54	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Mild	170	162	18	9	0	0	1060	2	0	0	0	1000	0	0	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Stinging Honey Garlic	162	1	0	0	0	0	321	39	0	28	1	0	0	21	0



NUTRITION INFORMATION

Best Darn 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)
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Tangy Buffalo	237	225	25	3	0	23	765	4	0	1	1	318	1	12	0
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Teriyaki	110	0	0	0	0	0	749	26	0	22	1	62	1	27	1
Wing Sauce 2 fl oz (2 fluid ounces) with Wing Sauce Choice Thai Chili	144	0	0	0	0	0	720	36	0	24	0	0	0	0	0
Greens and Bowls	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)
Buffalo Chicken Salad (1 salad)	1165	733	81	19	0	202	3372	51	6	8	57	12977	57	434	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice BBQ	1265	733	81	19	0	202	4252	73	6	26	57	12977	60	434	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Glory Sauce	1305	733	81	19	0	202	4032	83	6	36	57	13177	62	434	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice High Heat	1181	737	82	19	0	202	5236	53	7	9	57	14081	59	441	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Honey Old Bay	1322	741	82	19	0	202	4988	87	6	40	57	14010	59	470	6
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Hot	1231	790	88	22	0	202	5192	53	6	9	57	13722	67	487	6
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Mild	1335	895	99	28	0	202	4432	53	6	8	57	13977	57	434	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Stinging Honey Garlic	1327	734	82	19	0	202	3693	90	6	36	57	12977	57	455	6
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Tangy Buffalo	1402	958	106	22	0	224	4138	55	6	9	57	13295	58	446	5
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Teriyaki	1275	734	82	19	0	202	4121	77	6	30	58	13039	59	461	6
Buffalo Chicken Salad (1 salad) with Wing Sauce Choice Thai Chili	1309	733	81	19	0	202	4092	87	6	32	57	12977	57	434	5
Crave-A-Bowl (1 serving)	898	535	59	8	0	38	1589	76	11	5	17	5113	163	166	4
Crave-A-Bowl (1 serving) with Grilled Chicken	1351	725	81	12	0	185	2122	78	11	7	76	5317	166	200	6
Crave-A-Bowl (1 serving) with Grilled Salmon	1315	799	89	14	0	141	4397	80	11	7	51	5407	169	207	5
Crave-A-Bowl (1 serving) with Grilled Shrimp	1029	581	65	9	0	185	2088	78	11	6	37	5350	165	219	6



NUTRITION INFORMATION

	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)
Greens and Bowls															
Fried Chicken Salad (1 serving)	634	227	25	9	0	130	2402	46	5	6	54	9680	45	380	5
Glory Days Cobb Salad (1 salad)	1512	1027	114	30	0	411	2280	26	5	8	94	11720	54	574	5
Grilled Chicken Caesar Salad (1 salad)	1290	848	94	20	0	201	2070	23	5	7	74	10418	47	363	4
Grilled Chicken Salad (1 salad)	741	381	42	12	0	173	1002	16	5	6	70	9918	47	307	4
Salad Dressings (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Balsamic Vinaigrette	120	90	10	1	0	0	400	10	0	8	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Blue Cheese Dressing	311	291	32	6	0	36	451	4	0	1	2	135	0	47	0
Salad Dressings (2 fluid ounces) with Caesar Dressing	347	295	33	5	0	18	573	5	0	2	2	2	1	42	0
Salad Dressings (2 fluid ounces) with Honey Mustard Dressing	180	81	9	1	0	0	560	24	0	24	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Oil and Vinegar	253	252	28	4	0	0	3	0	0	0	0	0	0	2	0
Salad Dressings (2 fluid ounces) with Orange Citrus Vinaigrette	285	254	28	4	0	0	465	7	0	6	0	18	5	6	0
Salad Dressings (2 fluid ounces) with Ranch Dressing	278	264	29	4	0	27	315	4	0	1	1	4	0	29	0
Strawberry Salmon Salad (1 serving)	789	500	56	11	0	132	3731	29	6	18	43	13022	77	214	4
Soups															
Baked Potato Soup, Bowl (1 serving)	236	142	16	9	0	51	653	23	2	3	6	563	17	90	1
Baked Potato Soup, Cup (1 serving)	158	95	11	6	0	34	435	15	2	2	4	375	11	60	1
Boston Clam Chowdah, Bowl (1 bowl)	415	251	28	15	0	96	1197	30	1	6	12	949	6	170	4
Boston Clam Chowdah, Cup (1 bowl)	299	173	19	10	0	64	818	24	1	4	9	668	4	114	3
Chili with Cornbread, Bowl (1 bowl)	666	320	36	13	0	70	498	58	7	27	28	817	9	297	4



NUTRITION INFORMATION

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)
Chili with Cornbread, Cup (1 bowl)	511	239	27	9	0	43	318	49	5	24	19	526	6	174	3
Classics	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)
1988 Sirloin Steak (1 serving)	1052	541	60	23	0	153	2056	60	4	2	63	719	65	159	7
BBQ Ribs, Full Rack (1 serving)	1596	938	104	31	0	257	3567	102	6	37	59	1975	24	208	7
BBQ Ribs, Full Rack (1 serving) with BBQ Sauce	1796	938	104	31	0	257	5317	147	6	77	59	1975	24	208	7
BBQ Ribs, Full Rack (1 serving) with Glory Sauce	1946	938	104	31	0	257	5217	182	6	107	59	2475	36	208	7
BBQ Ribs, Half Rack (1 serving)	1157	622	69	19	0	137	2618	97	6	33	35	1748	22	152	6
BBQ Ribs, Half Rack (1 serving) with BBQ Sauce	1317	622	69	19	0	137	4018	133	6	65	35	1748	22	152	6
BBQ Ribs, Half Rack (1 serving) with Glory Sauce	1437	622	69	19	0	137	3938	161	6	89	35	2148	31	152	6
Chicken Tenders Platter (1 serving)	1288	568	63	11	0	218	2368	98	7	11	76	1350	24	192	7
Filet Medallions, 3 (1 serving)	455	280	31	10	0	108	1282	3	0	1	35	420	1	21	4
Filet Medallions, 4 (1 serving)	584	356	40	12	0	140	1791	4	0	1	47	507	1	28	5
Grilled Chicken Dinner (1 serving)	936	458	51	17	0	194	1734	47	7	6	69	5450	137	104	5
Mr Richard's Meatloaf (1 serving)	1305	759	84	32	0	181	2495	88	8	29	45	5967	143	163	8
Penne Pasta with Garlic Cream Sauce and Grilled Chicken (1 serving)	2077	1159	129	68	0	442	2922	114	10	11	94	8890	144	695	8
Penne Pasta with Garlic Cream Sauce and Grilled Shrimp (1 serving)	1997	1140	127	67	0	442	3255	137	12	11	60	9654	148	743	10
Ribeye Steak (1 serving)	1496	749	83	33	0	520	2290	61	4	2	118	621	65	168	10
Smothered Chicken (1 serving)	1185	623	69	30	0	248	2855	53	8	9	83	6789	168	492	5
T-Bone Steak (1 serving)	1496	836	93	38	0	302	2320	61	4	2	98	621	65	124	12



NUTRITION INFORMATION

Off The Hook 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)
Fried Shrimp Platter (1 serving)	1282	605	67	11	0	407	2149	113	7	10	55	1621	35	212	9
GDG's Fabulous Fish Fry (1 serving)	1239	475	53	10	0	190	3404	120	8	11	66	1605	29	178	8
GDG's Fabulous Fish Fry (1 serving) with Fried Shrimp	1483	538	60	10	0	284	4298	148	9	12	82	1716	30	221	10
Glory Glazed Salmon (1 serving)	915	400	44	10	0	137	1549	75	3	24	54	4803	141	121	4
Grilled Shrimp Platter (1 serving)	794	336	37	7	0	312	2015	67	7	16	45	1742	43	160	7
Handhelds	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)
Chicken Cheesesteak (1 serving)	1172	640	71	17	0	147	2905	89	7	9	46	1066	18	248	5
Glory Days Cheesesteak (1 sandwich)	1240	650	72	18	0	195	2936	93	8	7	53	948	16	227	7
Grilled Chicken Sandwich (1 serving)	1450	685	76	19	0	199	3307	100	6	26	84	1960	18	244	6
Monte Cristo Sandwich (1 serving)	1189	360	40	14	0	120	2919	145	7	11	56	610	5	382	8
Ranchero Wrap (1 sandwich)	1803	975	108	30	0	247	4137	107	9	16	97	1939	19	550	6
Turkey BLT Sandwich (1 serving)	1221	557	62	15	0	135	4119	108	7	13	54	694	8	223	6
Turkey BLT Wrap (1 serving)	1074	515	57	11	0	112	3596	92	8	8	48	760	12	76	4
Fresh Grilled 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)
All-American Cheeseburger (1 sandwich)	1101	518	58	19	0	156	1958	89	6	6	51	1248	12	215	8
Bacon and Cheddar Burger (1 sandwich)	1259	599	67	22	0	178	3201	98	7	13	61	1459	14	223	8
Blue Burger (1 sandwich)	1197	534	59	20	0	158	2403	105	7	21	52	1335	13	219	8
Cheeseburger Sliders (1 serving)	1214	503	56	18	0	177	3792	123	5	37	53	936	6	295	10



NUTRITION INFORMATION

Fresh Grilled 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)
Hero Burger (1 serving)	1376	645	72	28	0	233	3243	115	8	23	63	1410	9	320	9
Mac Burger (1 serving)	1362	627	70	25	0	183	3385	117	7	15	60	1380	13	401	9
Swiss Mushroom Onion Burger (1 sandwich)	1128	527	59	19	0	152	2111	92	7	8	52	1417	14	220	8
The Glory Burger (1 sandwich)	1584	668	74	24	0	390	4535	149	8	42	69	2040	21	261	10
The Impossible Burger (1 serving)	1003	432	48	18	0	33	3084	103	10	8	36	1287	14	365	9

Sides	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 Potato (1 serving)	285	23	3	0	0	0	977	59	4	2	7	3	64	43	3
Basmati Rice (1 serving)	228	50	6	1	0	0	2	42	0	0	4	0	0	2	1
Freshly Prepared Coleslaw (1 serving)	189	156	17	2	0	16	136	8	1	6	1	1125	13	29	0
Frizzled Onions (1 serving)	269	34	4	1	0	0	1486	52	3	4	7	302	6	38	3
Garlic Mashed Potatoes (1 serving)	329	165	18	11	0	46	878	37	4	2	5	732	0	0	2
Jasmine Rice (1 serving)	228	47	5	1	0	0	3	41	0	0	4	93	2	9	0
Mac 'N Cheese (1 serving)	421	208	23	11	0	43	1284	37	2	5	16	282	0	343	2
Seasoned Fries (1 serving)	353	121	13	3	0	0	828	49	5	0	5	12	6	2	2
Steamed Broccoli (1 serving)	101	53	6	3	0	0	602	8	3	2	4	4621	132	69	1
Yeast Rolls, 2 (1 serving)	410	195	22	8	0	20	587	45	2	15	6	934	0	0	2
Yeast Rolls, 6 (1 serving)	1071	463	51	19	0	60	1583	126	6	35	18	1884	0	0	5



NUTRITION INFORMATION

Extras	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)
Basket of Seasoned Fries (1 serving)	454	156	17	4	0	0	1065	64	6	0	6	16	7	3	2
Caesar Salad (1 salad)	393	310	34	7	0	26	710	9	2	2	7	3382	14	154	1
Cornbread with Butter (1 serving)	1194	622	69	21	0	43	346	128	5	80	14	951	0	121	4
Homemade Guacamole (1 serving)	102	80	9	1	0	0	189	6	4	1	1	155	9	11	0
House Salad (1 salad)	201	135	15	7	0	25	308	8	2	2	9	4957	21	237	1
Loaded Baked Potato (1 serving)	472	182	20	8	1	30	1274	60	4	2	12	630	65	93	3
Sweet Potato Fries (1 serving)	432	170	19	3	0	0	734	60	8	18	3	8760	12	52	0

Sweets	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)
Bourbon Butter Cake (1 serving)	1134	602	67	36	0	238	692	119	1	98	9	1596	0	203	1
Cookie Sundae (1 serving)	747	327	36	19	0	110	285	103	3	76	8	666	0	158	3
Funnel Cake Fries (1 serving)	418	147	16	8	0	33	528	63	1	29	4	5	0	41	1
Warm Chocolate Lava Cake (1 serving)	1030	414	46	27	0	105	533	143	5	103	10	700	0	160	6

Refreshment Stand 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)
Bottled Still Water (1 bottle)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Cherry Coke (1 serving)	156	0	0	0	0	0	6	42	0	42	0	0	0	0	0
Chocolate Milk (1 serving)	270	34	4	2	0	15	315	48	0	45	12	750	0	450	0
Classic Coke Bottle (1 bottle)	149	0	0	0	0	0	9	41	0	41	0	0	0	0	0
Coffee (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0



NUTRITION INFORMATION

Refreshment Stand 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)
Cranberry Raspberry Mocktail (1 drink)	187	1	0	0	0	0	31	47	2	41	0	236	68	25	1
Diet Coke (1 serving)	0	0	0	0	0	0	15	0	0	0	0	0	0	0	0
Freshly Brewed Iced Tea (1 serving)	0	0	0	0	0	0	8	0	0	0	0	0	0	8	0
Glory Days Arnold Palmer (1 serving)	123	0	0	0	0	0	3	32	0	31	0	2	16	5	0
Hot Tea (1 serving)	0	0	0	0	0	0	5	0	0	0	0	0	0	5	0
Milk (1 serving)	165	34	4	2	0	23	188	20	0	18	12	750	0	450	0
Peach Iced Tea (1 serving)	110	0	0	0	0	0	8	27	1	24	1	1168	56	10	0
Peach Lemonade (1 serving)	305	0	0	0	0	0	0	77	1	75	1	1168	75	2	0
Raspberry Iced Tea (1 serving)	103	0	0	0	0	0	8	26	1	22	0	2	52	10	0
Raspberry Lemonade (1 serving)	298	0	0	0	0	0	0	76	1	72	0	2	71	2	0
Root Beer Bottle (1 bottle)	170	0	0	0	0	0	35	42	0	42	0	0	0	0	0
Signature Lemonade (1 serving)	180	0	0	0	0	0	0	47	0	47	0	0	18	0	0
Sparkling Water (1 bottle)	0	0	0	0	0	0	3	0	0	0	0	0	0	26	0
Sprite (1 serving)	146	0	0	0	0	0	33	39	0	39	0	0	0	0	0
Strawberry Iced Tea (1 serving)	103	0	0	0	0	0	8	25	2	21	0	2	44	10	0
Strawberry Lemonade (1 serving)	298	0	0	0	0	0	0	76	2	71	0	2	63	2	0
XXX Acai Blueberry Pomegranate Vitamin Water (1 serving)	75	0	0	0	0	0	0	20	0	20	0	750	90	0	0
Kids Menu 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)	50	0	0	0	0	0	10	12	2	6	0	0	0	0	0



NUTRITION INFORMATION

Kids Menu 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 Boneless Wings (1 serving)	500	140	16	3	0	105	2256	40	3	3	48	4481	134	178	4
Kids Boneless Wings (1 serving) with Dipping Sauce Choice Blue Cheese	734	359	40	7	0	132	2594	43	3	4	49	4582	135	213	4
Kids Boneless Wings (1 serving) with Dipping Sauce Choice Ranch	709	339	38	6	0	125	2492	43	3	4	48	4484	135	199	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice BBQ	600	140	16	3	0	105	3136	62	3	21	48	4481	137	178	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Glory Sauce	640	140	16	3	0	105	2916	72	3	31	48	4681	139	178	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice High Heat	516	144	16	3	0	105	4119	42	5	4	48	5585	136	185	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Honey Old Bay	657	148	16	3	0	105	3872	76	3	36	48	5514	136	214	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Hot	566	196	22	6	0	105	4075	42	4	4	48	5226	144	231	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Mild	670	302	34	12	0	105	3316	42	3	3	48	5481	134	178	4
Kids Boneless Wings (1 serving) with Wing Sauce Choice Stinging Honey Garlic	662	141	16	3	0	105	2577	79	4	31	48	4481	134	199	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Tangy Buffalo	737	365	41	6	0	128	3021	44	4	4	48	4799	135	190	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Teriyaki	610	140	16	3	0	105	3005	66	4	26	49	4543	136	205	5
Kids Boneless Wings (1 serving) with Wing Sauce Choice Thai Chili	644	140	16	3	0	105	2976	76	3	27	48	4481	134	178	4
Kids Cheeseburger Sliders (1 serving)	605	310	34	13	0	116	1053	38	3	22	34	4908	132	248	5
Kids Chocolate Milk (1 serving)	270	34	4	2	0	15	315	48	0	45	12	750	0	450	0
Kids Coke (1 serving)	99	0	0	0	0	0	6	27	0	27	0	0	0	0	0
Kids Crispy Chicken Tenders (1 serving)	566	186	21	3	0	109	1285	46	3	20	46	4436	134	163	4
Kids Diet Coke (1 serving)	0	0	0	0	0	0	10	0	0	0	0	0	0	0	0
Kids Fresh Lemonade (1 serving)	120	0	0	0	0	0	0	31	0	31	0	0	12	0	0
Kids Fresh Lemonade (1 serving) with Blueberry Flavor	150	0	0	0	0	0	2	38	0	38	0	0	13	7	0



NUTRITION INFORMATION

Kids Menu 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 Fresh Lemonade (1 serving) with Peach Flavor	173	0	0	0	0	0	0	44	0	43	0	583	38	0	0
Kids Fresh Lemonade (1 serving) with Raspberry Flavor	170	0	0	0	0	0	0	44	0	42	0	0	36	0	0
Kids Fresh Lemonade (1 serving) with Strawberry Flavor	170	0	0	0	0	0	0	43	1	41	0	0	32	0	0
Kids Grilled Cheese (1 serving)	597	238	26	11	0	30	1583	64	5	4	22	5053	132	308	5
Kids Grilled Chicken (1 serving)	607	294	33	6	0	148	856	10	3	4	63	4719	137	104	3
Kids Homemade Mac and Cheese (1 serving)	522	261	29	14	0	43	1886	44	4	7	21	4904	132	412	3
Kids Ice Cream Slider (1 serving)	430	104	12	4	0	30	223	80	1	56	4	250	0	50	3
Kids Ice Cream Sundae (1 serving)	275	126	14	9	0	60	53	33	0	31	3	500	0	100	0
Kids Mashed Potatoes (1 serving)	329	165	18	11	0	46	878	37	4	2	5	732	0	0	2
Kids Milk (1 serving)	165	34	4	2	0	23	188	20	0	18	12	750	0	450	0
Kids Pasta with Butter (1 serving)	459	288	32	6	0	4	319	34	2	2	7	436	0	54	1
Kids Root Beer (1 bottle)	170	0	0	0	0	0	35	42	0	42	0	0	0	0	0
Kids Seasoned Fries (1 serving)	146	47	5	1	0	0	355	21	2	0	2	5	2	1	1
Kids Sprite (1 serving)	97	0	0	0	0	0	22	26	0	26	0	0	0	0	0
Kids Stadium Hot Dog (1 serving)	607	366	41	13	0	60	1218	38	4	7	20	4523	133	89	4
Kids Steamed Broccoli (1 serving)	101	53	6	3	0	0	602	8	3	2	4	4621	132	69	1