



**EAST COAST
WINGS+GRILL.**

**NUTRITIONAL + ALLERGEN
INFORMATION**

FALL 2025



East Coast Wings + Grill® is committed to serving America's Best Wings and Large Variety Menu in a fun family friendly atmosphere. Please use the nutritional facts in this document to help you make your dining decisions. While we are committed to providing as accurate nutritional information as possible, there may be differences between the actual nutritional content of your freshly prepared menu item and the nutritional values provided in this document. The nutritional values we provide are derived using an industry standard database, but do not account for the natural variability that occurs within ingredients, variation that occurs due to the hand-crafted nature of each plate or variation that may occur due to substitutions that guests request. Please keep this in mind when making dining decisions. We are happy to make any modifications or substitutions to your meal that you request, although these adjustments will impact the nutritional information detailed in this document. Information as of 08/2025. Subject to updates.

East Coast Wings + Grill - Common Allergens

Appetizers	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Buffalo Chicken Dip		X	X			X		X
Classic Nachos with beef			X					X
Classic Nachos with chicken			X			X		
Coconut Shrimp					X	X		X
Fiesta Corn R'bz™	X		X					X
Fried Pickle Chips w/Lava Ranch	X	X	X			X		X
Loaded Fries			X					X
Loaded Tots			X					
Mozzarella Stix with Marinara Sauce	X		X			X		X
Onion Rings	X		X					X
Pub Bites™ with Bourbon Honey Mustard	X	X	X			X		X
Pub Bites™ with Craft Beer Cheese Sauce			X			X		X
Sausage And Cheese Tray (Bartlett, TN)			X			X		
Tray of Fresh Sliced Potato Chips								X
Tray of Fries								X

Salads	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Chicken Caesar Salad with Smokey Caesar Dressing	X	X	X			X		X
Cobb Salad with Grilled Chicken - (No Dressing)	X		X			X		X
ECW+G Buffalo Chicken Salad™ - (Heat Added)		X				X		
ECW+G Buffalo Salad with Shrimp - (Heat Added)		X			X	X		
Garden Salad (No Dressing)			X					X
Southwestern Chicken Salad - (Includes Dressing)	X		X			X		X

Salad Dressings	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Balsamic Vinaigrette								
ECW+G Bleu Cheese™	X		X			X		
ECW+G Lava Bleu	X	X	X			X		
ECW+G Lava Ranch®	X	X	X			X		
ECW+G Signature Bourbon Honey Mustard	X					X		X
ECW+G Signature Honey Mustard	X							

East Coast Wings + Grill - Common Allergens

Salad Dressings	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
ECW+G Signature Ranch™	X		X			X		
Fat-free Italian								
Oil & Vinegar								
Parmesan Peppercorn	X		X					
Raspberry Vinaigrette								
Smokey Caesar Dressing	X	X	X					
Thousand Island	X							

Burgers (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bacon Cheddar Burger	X		X			X		X
Classic Hamburger	X					X		X
Cowboy Burger	X		X			X		X
Mac + Cheeseburger	X		X			X		X
The Big "DILL" Burger	X		X			X		X
Add Provolone Cheese			X					
Add American Cheese			X			X		
Add Bleu Cheese			X					
Add Cheddar Cheese			X					
Add Mozzarella Cheese			X					
Add Pepper Jack Cheese			X					

ECW+G Signatures (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Buffalo Shrimp (Breaded) - Heat Added w/ Toast	X	X	X		X	X		X
3 Buffalo Chicken Tenders (Breaded) - Heat Added	X	X	X			X		X
3 Buffalo Chicken Tenders (Grilled) - Heat Added		X				X		
Buffalo Chicken Lettuce Wraps with Lava Ranch - Heat Added	X	X	X			X		
Chicken Avocado Flatbread	X		X			X		X
Chicken Mac+Cheese	X		X			X		X
Philly Steak Flatbread			X			X		X

East Coast Wings + Grill - Common Allergens

SANDWICHES (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
ECW+G Buffalo Chicken Sandwich™ (Breaded) - With Heat	X	X	X			X		X
Chicken Philly			X			X		X
Honey BBQ Chicken Sandwich	X	X	X			X		X
Steak Philly			X					X
The Original Chicken Sandwich	X		X			X		X

TACOS + WRAPS + QUESADILLAS (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bang Bang Shrimp Tacos	X		X		X	X		X
Bacon Cheeseburger Quesadilla with Sour Cream And Salsa			X			X		X
Chicken Quesadilla with Sour Cream And Salsa			X			X		X
ECW+G Buffalo Chicken Wrap™ (Grilled) - Medium	X	X	X			X		X
ECW+G Buffalo Chicken Wrap™ (Grilled) - No Heat	X		X			X		X
ECW+G Buffalo Shrimp Wrap (Grilled) - Heat Added	X	X	X		X	X		X
Santa Fe Quesadilla with Sour Cream And Salsa - Heat Added		X	X			X		X
Southwestern Chicken Wrap	X	X	X			X		X
Sweet Heat Chicken Tacos	X		X			X		X

SIDES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Buffalo Mac+Cheese	X	X	X			X		X
Crispy Ale-Battered French Fries - No Dipping Sauce								X
Freshly Sliced Potato Chips								
Mac+Cheese	X		X					X
Mixed Vegetables								
Onion Rings	X		X					X
Small Caesar Salad	X	X	X			X		X
Small House Salad (No Dressing)								X
Sweet Potato Waffle Fries			X					
Tater Tots								
Tortilla Chips with Pico De Gallo								X
Tortilla Chips with Salsa								X

East Coast Wings + Grill - Common Allergens

DESSERTS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Brownie	X					X		X
Carinval Fries - No Sauce	X		X			X		X
Carnival Fries® with Caramel Sauce	X		X			X		X
Carnival Fries® with Chocolate Sauce	X		X			X		X
Carnival Fries® with Raspberry Sauce	X		X			X		X
Scoop of Vanilla Ice Cream			X					
Scoop of Vanilla Ice Cream with Caramel Sauce			X			X		
Scoop of Vanilla Ice Cream with Chocolate Sauce			X			X		
Scoop of Vanilla Ice Cream with Raspberry Sauce			X					
The Original Cookie Skillet™	X		X			X		X

BEVERAGES	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Diet Pepsi								
Dr. Pepper								
Fruit Punch								
Iced Tea								
Lemonade								
Mountain Dew								
Pepsi								
Starry								
Sweet Tea								
Add Blood Orange Flavor								
Add Mango Flavor								
Add Peach Flavor								
Add Raspberry Flavor								
Add Red Passion Flavor								
Add Strawberry Flavor								

PLAIN WINGS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Boneless Wings (No Sauce)	X		X			X		X
Bone-In Wings (No Sauce)								

East Coast Wings + Grill - Common Allergens

HEAT LEVELS	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Virgin								
Mild		X				X		
Medium		X				X		
Hot		X				X		
X-Hot		X				X		
Volcanic		X				X		
Insanity		X				X		

Flavors	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bacon Ranch	X		X			X		
Bang Bang	X							
Black n Bleu	X		X			X		
Bourbon Honey Mustard	X					X		X
Bourbon Street						X		X
Cajun								
Cajun Garlic								
Cajun Ranch	X		X			X		
Caribbean						X		
Chili Chili Bang Bang	X							
Chili Thai								
Chipotle								
Chipotle HBBQ		X						
Drunken Apple™								
Garlic Parmesan			X					
General Tso's						X		X
Golden BBQ™	X							
Grand Cayman™	X		X			X		
Harvest Apple™								
Hey Mon Honey™						X		X
Honey BBQ		X						
Honey Garlic						X		X
Honey Mustard	X							
Hot Honey						X		X
Jamaican Jerk								

East Coast Wings + Grill - Common Allergens

Flavors	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Kentucky Bourbon	X		X			X		X
Kamikaze™						X		X
Key West						X		
Korean BBQ						X		X
Lemon Pepper								
Mango Bango™	X					X		
Mango Habanero						X		
Mardi Gras™						X		X
Martinique	X					X		X
Maui	X					X		X
Old Bay						X		
Outwest Ranch	X		X			X		
Parmesan Peppercorn	X		X					
Polynesian		X				X		X
Raging Ranch™			X			X		
Santa Fe			X					
Spiked Bourbon Street™						X		X
Spiked Honey BBQ Sauce		X						X
Sweet + Bold BBQ								
Sweet BBQ								
Sweet Chili						X		
Sweet Heat	X					X		X
Sweet Kickin' Polynesian™	X	X	X			X		X
Tajin®								
Teri-Ginger						X		X
Teri-Ginger Garlic						X		X
Teri-Jalapeño™						X		X

Kids (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Bone- In Wings - No Sauce, Flavor or Heat Level								
Boneless Wings - No Sauce, Flavor or Heat Level	X		X			X		X
Burger with Cheese			X			X		X

East Coast Wings + Grill - Common Allergens

Kids (No Sides)	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
Crispy Chicken Tenders - No Sauce	X		X			X		X
Grilled Cheese			X			X		X
Mac + Cheese	X		X					X
Mini Corn Dogs (5 Each)	X		X			X		X
Quesadilla (No Side)			X					X
Add Applesauce			X			X		X
Celery And Carrots with Ranch Dressing			X			X		X
Crispy Ale-Battered French Fries			X			X		X
Fresh Sliced Potato Chips								
Fruit Cup								

Dipping Sauces	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
ECW+G Signature Bourbon Honey Mustard	X					X		X
ECW+G Bleu Cheese ^{1M}	X		X			X		
ECW+G Signature Craft Beer Cheese			X					
ECW+G Signature Lava Bleu	X	X	X			X		
ECW+G Signature Ranch ^{1M}	X		X			X		
ECW+G Signature Sweet Sauce			X					
Lava Ranch [®]	X	X	X			X		
Ketchup								
Nacho Cheese			X					

East Coast Wings + Grill - Nutritional Guide

APPETIZERS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bottomless Tray of Fresh Sliced Potato Chips	1370	770	87	18		41	27		760		132	10	3	14
Buffalo Chicken Dip (No Hot Sauce)	840	530	60	21		1.0	5	115	1670	180	59	6	5	22
Classic Nachos with beef	1510	790	89	22	1	23	15	115	3700	470	145	20	19	42
Classic Nachos with chicken	1200	640	72	25		23	9	190	4250	7990	78	13	15	53
Coconut Shrimp	900	400	46	18		17	6	140	2490	420	104	5	61	25
Fiesta Corn R'bz™	970	585	66	11	0.5	21	8	25	1770		95	9	9	12
Fried Pickle Chips w/Lava Ranch	940	770	87	18		19	7	25	2300		36	6		3
Loaded Fries	1440	740	84	22		22	16	70	4060		149	10	28	27
Loaded Tots	1110	700	79	21		2.0	8	110	2920	300	63	5	3	28
Mozzarella Stix with Marinara Sauce	1000	650	74	20				60	2240	170	58	4	12	32
Onion Rings	900	630	71	10		13	4.5	45	1320	180	58	2	5	6
Pub Bites™ with Bourbon Honey Mustard	960	430	48	10		6	5	25	7840		114	6	12	21
Pub Bites™ with Craft Beer Cheese Sauce	910	320	36	17		6	5	65	8560	50	109	6	7	34
Sausage And Cheese Tray (Bartlett, TN)	1890	1460	165	72				495	4260		21			102
Tray of Fresh Sliced Potato Chips	1370	770	87	18		41	27		760		132	10	3	14
Tray of Fries	880	420	48	10		22	16		1680		104	10	2	9

SALADS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Caesar Salad with Smokey Caesar Dressing	870	480	55	11	0.5	3.0	3.0	95	4220	850	57	6	14	47
Cobb Salad with Grilled Chicken (No Dressing)	920	560	63	17		6	25	355	1780	1960	39	17	7	59
ECW+G Buffalo Chicken Salad™ (Grilled) - Hot	650	350	40	13		7	5	150	2890	1040	24	5	7	50
ECW+G Buffalo Chicken Salad™ (Grilled) - Medium	740	450	51	15		13	8	150	2640	1040	24	5	7	50
ECW+G Buffalo Chicken Salad™ (Grilled) - Mild	830	540	62	17		20	10	150	2380	1040	23	5	7	50

East Coast Wings + Grill - Nutritional Guide

SALADS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
ECW+G Buffalo Chicken Salad™ (Grilled) - X-Hot	560	260	30	11		1.5	3	150	3130	1040	24	5	7	50
Garden Salad (No Dressing)	390	230	26	11		0.5	2	65	830	610	23	5	6	20
Southwestern Chicken Salad (Includes Dressing)	1780	1130	128	34		4.0	21	235	2680	1450	100	27	25	75

PLAIN WINGS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
5 Boneless Wings (No Sauce)	310	150	17	3.5		7	5	50	700		20			19
10 Boneless Wings (No Sauce)	620	300	34	7		15	11	100	1400		40			38
15 Boneless Wings (No Sauce)	930	450	51	11		22	16	150	2100		60			57
25 Boneless Wings (No Sauce)	1550	750	85	18	0.5	37	27	245	3500		100			95
50 Boneless Wings (No Sauce)	3100	1500	170	35	1.0	75	55	495	7000		200			190
5 Bone-In Wings (No Sauce)	270	130	15	4.0		4.0	7	110	120					33
10 Bone-In Wings (No Sauce)	540	270	30	8		8	14	215	240					67
15 Bone-In Wings (No Sauce)	810	400	45	13		12	21	325	360					100
25 Bone-In Wings (No Sauce)	1340	660	75	21		19	35	540	600					167
50 Bone-In Wings (No Sauce)	2690	1330	150	42	0.5	39	70	1075	1200					335

HEAT LEVELS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
5 Wings - Add Mild	450	440	50	9	1.0	29	11		1080					
5 Wings - Add Medium	300	290	33	6		19	7		1480		1			

East Coast Wings + Grill I - Nutritional Guide

HEAT LEVELS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
5 Wings - Add Hot	150	140	16	3.0		9	3.5		1870		1			
5 Wings - Add X-Hot	10								2250		1		1	
5 Wings - Add Volcanic	240	160	18	3.0		10	3.5		1900	530	21	8	12	3
5 Wings - Add Insanity	160	150	17	3.0		9	3.5		1850		1			
10 Wings - Add Mild	600	590	67	12	1.0	39	14		1440		1			
10 Wings - Add Medium	400	390	44	8	0.5	25	9		1970		1			
10 Wings - Add Hot	200	190	22	4.0		12	4.5		2490		2		1	
10 Wings - Add X-Hot	10								3000		2		1	1
10 Wings - Add Volcanic	340	210	24	4.0		14	5.0		2530	790	31	12	19	5
10 Wings - Add Insanity	210	200	23	4.0		12	4.5		2470		2		1	
15 Wings - Add Mild	900	890	100	18	1.5	58	21		2160		1			
15 Wings - Add Medium	590	580	66	12	1.0	38	14		2960		2		1	
15 Wings - Add Hot	300	290	33	6		19	7		3740		2		2	1
15 Wings - Add X-Hot	20	5	0.5						4500		3		2	1
15 Wings - Add Volcanic	490	320	36	6		20	7		3790	1060	42	17	25	7
15 Wings - Add Insanity	310	300	34	6		18	7		3700	5	3		2	1
25 Wings - Add Mild	1200	1180	134	24	2.0	77	28		2870		1			
25 Wings - Add Medium	790	780	88	15	1.5	51	19		3950		2		1	1
25 Wings - Add Hot	400	390	44	8	0.5	25	9		4990		3		2	1
25 Wings - Add X-Hot	25	5	1.0						5990		4		3	1
25 Wings - Add Volcanic	630	420	48	8	0.5	27	9		5050	1330	53	21	31	8
25 Wings - Add Insanity	420	400	45	8	0.5	25	9		4940	10	3		2	1
50 Wings - Add Mild	2390	2370	268	47	4.0	154	57		5750		2		2	1
50 Wings - Add Medium	1590	1560	176	31	2.5	101	37		7900		4		3	1
50 Wings - Add Hot	800	770	87	15	1.5	50	18		9980		6	1	4	2
50 Wings - X-Hot	50	15	1.5						11990		8	1	6	2
50 Wings - Add Volcanic	1080	820	92	16	1.5	52	19		10060	1590	66	25	39	11
50 Wings - Add Insanity	830	800	90	16	1.5	49	18		9870	20	7	1	5	2

East Coast Wings + Grill I - Nutritional Guide

SAVORY	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon Ranch - 5	640	640	73	13		85	1040	125	2		2	6
Bacon Ranch - 10	1280	1280	145	27		165	2090	250	4		3	12
Bacon Ranch - 15	1280	1280	145	27		165	2090	250	4		3	12
Bacon Ranch - 25	1920	1920	218	40		250	3130	370	6		5	18
Bacon Ranch - 50	2560	2560	290	54		330	4170	500	8		6	25
Bang Bang - 5	320	300	34	5		10	420		6		4	
Bang Bang - 10	640	600	68	10		20	840		12		8	
Bang Bang - 15	640	600	68	10		20	840		12		8	
Bang Bang - 25	960	900	102	15		30	1260		18		12	
Bang Bang - 50	1280	1200	136	20		40	1680		24		16	
Black n Bleu - 5	600	600	68	12		60	2220	50	6	2	2	3
Black n Bleu - 10	1210	1200	136	24		120	4430	95	12	4	4	5
Black n Bleu - 15	1210	1200	136	24		120	4430	95	12	4	4	5
Black n Bleu - 25	1810	1810	204	36		175	6650	140	18	6	6	8
Black n Bleu - 50	2410	2410	272	48		235	8860	190	24	8	8	11
Cajun Ranch - 5	600	610	69	12		60	2350	50	6	2	2	2
Cajun Ranch - 10	1210	1210	137	23		115	4710	100	12	4	4	4
Cajun Ranch - 15	1210	1210	137	23		115	4710	100	12	4	4	4
Cajun Ranch - 25	1810	1820	206	35		175	7060	150	18	6	6	6
Cajun Ranch - 50	2410	2420	274	46		230	9410	200	23	9	8	8
Grand Cayman™ - 5	740	570	64	10			3550		21	2	10	6
Grand Cayman™ - 10	1490	1140	129	20			7100		42	5	20	11
Grand Cayman™ - 15	1490	1140	129	20			7100		42	5	20	11
Grand Cayman™ - 25	2230	1710	193	30			10650		64	7	31	17
Grand Cayman™ - 50	2970	2280	258	40			14200		85	10	41	22
Hey Mon Honey™ - 5	260						2850		61	2	50	2
Hey Mon Honey™ - 10	530	5	1				5700		122	5	100	3
Hey Mon Honey™ - 15	530	5	1				5700		122	5	100	3

East Coast Wings + Grill - Nutritional Guide

SAVORY	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Hey Mon Honey™ - 25	790	10	1.5				8550		184	7	151	5
Hey Mon Honey™- 50	1050	15	1.5				11400		245	10	201	6
Honey Garlic - 5	100						270		24		22	
Honey Garlic - 10	200						540		48		44	
Honey Garlic - 15	200						540		48		44	
Honey Garlic - 25	300						810		72		66	
Honey Garlic - 50	400						1080		96		88	
Jamaican Jerk - 5	70						540		16		10	
Jamaican Jerk - 10	140						1080		32		20	
Jamaican Jerk - 15	140						1080		32		20	
Jamaican Jerk - 25	210						1640		48		30	
Jamaican Jerk - 50	280						2160		64		40	
Martinique™ - 5	710	630	71	12		60	2670		25	2	18	2
Martinique™ - 10	1410	1260	143	24		120	5350		50	5	36	3
Martinique™ - 15	1410	1260	143	24		120	5350		50	5	36	3
Martinique™ - 25	2120	1890	214	35		175	8020		76	7	55	5
Martinique™ - 50	2830	2520	286	47		235	10700		101	10	73	6
Outwest Ranch - 5	460	450	51	9		45	1550	35	7		5	1
Outwest Ranch - 10	920	900	102	17		85	3100	75	15		10	2
Outwest Ranch - 15	920	900	102	17		85	3100	75	15		10	2
Outwest Ranch - 25	1380	1350	153	26		130	4660	110	22		16	3
Outwest Ranch - 50	1840	1800	204	34		175	6210	150	30		21	3
Parmesan Peppercorn - 5	680	570	64	10			1240		8		4	4
Parmesan Peppercorn - 10	1360	1130	128	20			2480		16		8	8
Parmesan Peppercorn - 15	1360	1130	128	20			2480		16		8	8
Parmesan Peppercorn - 25	2040	1700	192	30			3720		24		12	12
Parmesan Peppercorn - 50	2720	2260	256	40			4960		32		16	16

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FUSION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
General Tso's - 5	140						1320		36		32	2
General Tso's - 10	280						2640		72		64	4
General Tso's - 15	280						2640		72		64	4
General Tso's - 25	420						3960		108		96	6
General Tso's - 50	560						5280		144		128	8
Kamikaze™ - 5	240						3120		60		54	3
Kamikaze™ - 10	480						6240		120		108	6
Kamikaze™ - 15	480						6240		120		108	6
Kamikaze™ - 25	720						9360		180		162	9
Kamikaze™ - 50	960						12480		240		216	12
Mango Bango™ - 5	200	150	17	2.5		5	360		12		8	
Mango Bango™ - 10	400	300	34	5		10	720		24		16	
Mango Bango™ - 15	400	300	34	5		10	720		24		16	
Mango Bango™ - 25	600	450	51	8		15	1080		36		24	
Mango Bango™ - 50	800	600	68	10		20	1440		48		32	
Mardi Gras™ - 5	60						750		20		11	
Mardi Gras™ - 10	130						1500		40		22	
Mardi Gras™ - 15	130						1500		40		22	
Mardi Gras™ - 25	190						2250		60		33	
Mardi Gras™ - 50	260						3000		80		44	
Maui - 5	190	160	18	3.0		15	570		15		9	
Maui - 10	380	310	35	6		30	1140		30		18	
Maui - 15	380	310	35	6		30	1140		30		18	
Maui - 25	570	470	53	9		45	1710		45		27	
Maui - 50	760	630	71	12		60	2280		60		36	
Polynesian - 5	100						180		24		22	
Polynesian - 10	200						360		48		44	
Polynesian - 15	200						360		48		44	

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FUSION	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Polynesian - 25	300						540		72		66	
Polynesian - 50	400						720		96		88	
Sweet Heat - 5	300	150	17	2.5		5	1000	4	38		31	
Sweet Heat - 10	300	150	17	2.5		5	1000	4	38		31	
Sweet Heat - 15	450	230	26	4		5	1490	6	57		47	
Sweet Heat - 25	450	230	26	4		5	1490	6	57		47	
Sweet Heat - 50	900	450	51	8		15	2990	10	114		93	
Teri-Ginger - 5	120						1920		48		24	
Teri-Ginger - 10	240						3840		96		48	
Teri-Ginger - 15	240						3840		96		48	
Teri-Ginger - 25	360						5760		144		72	
Teri-Ginger - 50	480						7680		192		96	
Teri-Ginger Garlic - 5	150						1930	115	55		24	2
Teri-Ginger Garlic - 10	300						3850	230	110	2	48	3
Teri-Ginger Garlic - 15	300						3850	230	110	2	48	3
Teri-Ginger Garlic - 25	460						5780	350	165	3	73	5
Teri-Ginger Garlic - 50	610						7700	460	220	3	97	6
Teri-Jalapeño™ - 5	120						1920	25	49		24	
Teri-Jalapeño™ - 10	250						3840	50	97		49	
Teri-Jalapeño™ - 15	250						3840	50	97		49	
Teri-Jalapeño™ - 25	370						5760	75	146		73	
Teri-Jalapeño™ - 50	490						7680	95	195	1	98	1

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SWEET + SPICY

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chili Chili Bang Bang - 5	350	260	30	4.5		10	1040	5	24		20	
Chili Chili Bang Bang - 10	700	530	60	9		20	2080	10	48		39	
Chili Chili Bang Bang - 15	700	530	60	9		20	2080	10	48		39	
Chili Chili Bang Bang - 25	1050	790	90	13		25	3120	15	72		59	
Chili Chili Bang Bang - 50	2090	1590	180	26		55	6250	30	144		118	
Chili Thai - 5	240						1320		60		56	
Chili Thai - 10	480						2640		120		112	
Chili Thai - 15	480						2640		120		112	
Chili Thai - 25	720						3960		180		168	
Chili Thai - 50	960						5280		240		224	
Chipotle - 5	50						2020		12		8	
Chipotle - 10	100						4040		24		16	
Chipotle - 15	100						4040		24		16	
Chipotle - 25	150						6060		36		24	
Chipotle - 50	200						8080		48		32	
Chipotle HBBQ - 5	180						2430	10	45		37	
Chipotle HBBQ - 10	350						4860	25	90		74	
Chipotle HBBQ - 15	350						4860	25	90		74	
Chipotle HBBQ - 25	530						7290	35	136		111	
Chipotle HBBQ - 50	710						9720	45	181		148	
Hot Honey - 5	220						930		54		50	
Hot Honey - 10	220						930		54		50	
Hot Honey - 15	330						1390		81		75	
Hot Honey - 25	330						1390		81		75	
Hot Honey - 50	660						2790		162		150	
Korean BBQ - 5	280	50	6				2360		52		4	4
Korean BBQ - 10	560	110	12				4720		104		8	8

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SWEET + SPICY	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Korean BBQ - 15	560	110	12				4720		104		8	8
Korean BBQ - 25	840	160	18				7080		156		12	12
Korean BBQ - 50	1120	210	24				9440		208		16	16
Mango Habanero - 5	80						300		18		12	
Mango Habanero - 10	160						600		36		24	
Mango Habanero - 15	160						600		36		24	
Mango Habanero - 25	240						900		54		36	
Mango Habanero - 50	320						1200		72		48	
Sweet Chili - 5	240						1480		56		48	
Sweet Chili - 10	240						1480		56		48	
Sweet Chili - 15	360						2220		84		72	
Sweet Chili - 25	360						2220		84		72	
Sweet Chili - 50	720						4440		168		144	
Sweet Kickin' Polynesian™ - 5	330	167	19	2.5		15	2140		38		34	1
Sweet Kickin' Polynesian™ - 10	330	167	19	2.5		15	2140		38		34	1
Sweet Kickin' Polynesian™ - 15	500	251	28	4		25	3210		57		51	1
Sweet Kickin' Polynesian™ - 25	500	251	28	4		25	3210		57		51	1
Sweet Kickin' Polynesian™ - 50	1000	502	57	8		50	6420		115		102	2

BBQ FAVORITES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Drunken Apple™ - 5	140						150	0	32		30	
Drunken Apple™ - 10	280						300	0	64		60	

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BBQ FAVORITES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Drunken Apple™ - 15	280						300	0	64		60	
Drunken Apple™ - 25	400						450	0	96		90	
Drunken Apple™ - 50	560						600	0	128		120	
Golden BBQ™ - 5	460	310	35	6		30	740		38		28	
Golden BBQ™ - 10	920	630	71	12		60	1480	5	76		56	
Golden BBQ™ - 15	920	630	71	12		60	1480	5	76		56	
Golden BBQ™ - 25	1390	940	106	18		90	2220	10	114		84	
Golden BBQ™ - 50	1850	1250	142	24		120	2970	15	152		112	
Harvest Apple™ - 5	120						150		32		30	
Harvest Apple™ - 10	240						300		64		60	
Harvest Apple™ - 15	240						300		64		60	
Harvest Apple™ - 25	360						450		96		90	
Harvest Apple™ - 50	480						600		128		120	
Honey BBQ - 5	250						820	25	66		58	
Honey BBQ - 10	510						1640	45	133		116	
Honey BBQ - 15	510						1640	45	133		116	
Honey BBQ - 25	760						2460	70	199		174	
Honey BBQ - 50	1020						3280	90	266		232	1
Spiked Honey BBQ Sauce - 5	280						820	25	66		58	0
Spiked Honey BBQ Sauce - 10	280						820	25	66		58	0
Spiked Honey BBQ Sauce - 15	400						1230	35	100		87	0
Spiked Honey BBQ Sauce - 25	400						1230	35	100		87	0
Spiked Honey BBQ Sauce - 50	810						2460	70	199		174	0
Sweet + Bold BBQ - 5	120	20	2.0				930		27	2	22	1
Sweet + Bold BBQ - 10	230	40	4.5				1860		55	3	44	2
Sweet + Bold BBQ - 15	230	40	4.5				1860		55	3	44	2
Sweet + Bold BBQ - 25	350	60	6				2790		82	5	66	3
Sweet + Bold BBQ - 50	470	80	9				3720		109	6	89	5

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BBQ FAVORITES

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Sweet BBQ - 5	140						560		32		22	
Sweet BBQ - 10	280						1120		64		44	
Sweet BBQ - 15	280						1120		64		44	
Sweet BBQ - 25	420						1680		96		66	
Sweet BBQ - 50	560						2240		128		88	

AMERICAN CLASSICS

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bourbon Honey Mustard - 5	170	160	18	3.0		15	125		5		5	
Bourbon Honey Mustard - 10	340	310	35	6		30	250		10		10	
Bourbon Honey Mustard - 15	340	310	35	6		30	250		10		10	
Bourbon Honey Mustard - 25	510	470	53	9		45	380		15		15	
Bourbon Honey Mustard - 50	680	630	71	12		60	500	5	20		20	
Bourbon Street - 5	40						140		8		8	
Bourbon Street - 10	80						280		16		16	
Bourbon Street - 15	80						280		16		16	
Bourbon Street - 25	120						420		24		24	
Bourbon Street - 50	160						560		32		32	
Honey Mustard - 5	640	630	71	12		60	360	5	12		12	
Honey Mustard - 10	1290	1250	142	24		120	730	15	24		24	
Honey Mustard - 15	1290	1250	142	24		120	730	15	24		24	
Honey Mustard - 25	1930	1880	213	35		175	1090	20	36		36	
Honey Mustard - 50	2570	2510	284	47		235	1450	25	48		48	

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AMERICAN CLASSICS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Kentucky Bourbon - 5	520	420	48	7			960		8		5	3
Kentucky Bourbon - 10	1040	850	96	15			1930		16		10	6
Kentucky Bourbon - 15	1040	850	96	15			1930		16		10	6
Kentucky Bourbon - 25	1560	1270	144	22			2890		24		15	9
Kentucky Bourbon - 50	2080	1700	192	30			3860		32		20	12
Spiked Bourbon Street™ - 5	60						140		8		8	
Spiked Bourbon Street™ - 10	120						280		16		16	
Spiked Bourbon Street™ - 15	120						280		16		16	
Spiked Bourbon Street™ - 25	180						420		24		24	
Spiked Bourbon Street™ - 50	240						560		32		32	

DRY RUB	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Cajun - 5	25		0.5				1630		4	2		1
Cajun - 10	25		0.5				1630		4	2		1
Cajun - 15	50	10	1.0				3260		8	4		2
Cajun - 25	70	15	1.5				4890		12	6	1	3
Cajun - 50	100	20	2.0				6520		16	8	2	3
Cajun Garlic - 5	35		0.5				1630	35	6	2		1
Cajun Garlic - 10	70	10	1				3270	75	12	5	1	3
Cajun Garlic - 15	70	10	1				3270	75	12	5	1	3
Cajun Garlic - 25	100	15	1.5				4900	110	19	7	2	4
Cajun Garlic - 50	140	20	2.5	0.5			6530	150	25	9	2	5

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DRY RUB	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caribbean - 5	60	0	0				2310		13	2	6	2
Caribbean - 10	130	5	1.0				4620		26	5	12	3
Caribbean - 15	130	5	1.0				4620		26	5	12	3
Caribbean - 25	190	10	1.5				6930		40	7	19	5
Caribbean - 50	250	15	1.5				9240		53	10	25	6
Garlic Parmesan - 5	70	35	4.0	2.0		10	150	115	7			6
Garlic Parmesan - 10	100	35	4.0	2.0		10	150	230	14	2		7
Garlic Parmesan - 15	100	35	4.0	2.0		10	150	230	14	2		7
Garlic Parmesan - 25	160	50	6	3.0		15	230	350	21	3		11
Garlic Parmesan - 50	210	70	8	4.0		20	300	460	28	3		14
Key West - 5	30	0	0				910		7	1	4	0
Key West - 10	60	0	0				1820		14	2	9	1
Key West - 15	60	0	0				1820		14	2	9	1
Key West - 25	100	5	0.5				2740		21	3	13	1
Key West - 50	130	10	1.0				3650		28	4	18	2
Lemon Pepper - 5	40	0	0				4620		8	1	3	1
Lemon Pepper - 10	80	5	0.5				4620		16	3	6	2
Lemon Pepper - 15	80	5	0.5				9240		16	3	6	2
Lemon Pepper - 25	120	10	1.0				13860		24	4	9	3
Lemon Pepper - 50	160	15	1.5				23100		32	6	12	4
Old Bay - 5							1680					
Old Bay - 10							3850					
Old Bay - 15							5040					
Old Bay - 25							1680					
Old Bay - 50							8400					

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DRY RUB	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Raging Ranch™ - 5	10						2480		2			
Raging Ranch™ - 10	20						4950		4	1		1
Raging Ranch™ - 15	20						4950		4	1		1
Raging Ranch™ - 25	30						7430		6	2		1
Raging Ranch™ - 50	45						9910		8	2		2
Santa Fe - 5	50	10	1.5	0			1920		9	4		2
Santa Fe - 10	100	20	2.5	0.5			3850		17	7	2	3
Santa Fe - 15	100	20	2.5	0.5			3850		17	7	2	3
Santa Fe - 25	160	35	4	1			5770		26	11	3	5
Santa Fe - 50	210	45	5	1			7700		34	15	4	6
Tajin® - 5	25						2200					
Tajin® - 10	25						2200					
Tajin® - 15	50						4440					
Tajin® - 25	70						6660					
Tajin® - 50	120						11100					

BURGERS (No Sides)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon Cheddar Burger	1250	770	88	29	2	2	13	250	1350	640	47	3	5	73
Classic Cheeseburger	1070	690	78	19	2	15	18	160	870	600	46	3	4	50
Cowboy Burger	2080	1180	134	44	4.0	16	32	385	3850	960	105	4	45	118
Mac + Cheeseburger	2100	1350	153	49	4.0	16	32	390	2820	1150	77	5	8	115
The Big "DILL" Burger	1630	1174	133	33	2	11	17	240	2580		55	3	8	59

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BURGERS (No Sides)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add American Cheese	50	40	4.5	3.0				10	250		7			3
Add Bleu Cheese	50	35	4.0	2.5				10	200					3
Add Cheddar Cheese	60	40	4.5	2.5				15	90					4
Add Mozzarella Cheese	45	30	3.5	2.5				10	95		1			3
Add Pepper Jack Cheese	50	35	4.0	2.5				15	200		1			3
Add Provolone Cheese	50	35	4.0	2.5				10	125		1			4

ECW+G SIGNATURES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Buffalo Shrimp (Breaded) - w/ Toast	1410	930	106	16	0.5	32	12	310	4150	370	67	3	3	45
3 Buffalo Chicken Tenders (Breaded) - Mild	710	410	46	9		22	13	140	4480	45	21		2	54
3 Buffalo Chicken Tenders (Breaded) - Medium	660	360	40	8		19	12	140	4610	45	21		2	54
3 Buffalo Chicken Tenders (Breaded) - Hot	620	310	35	7		16	11	140	4740	45	21		2	54
3 Buffalo Chicken Tenders (Breaded) - X-Hot	570	270	30	6		13	10	140	4850	45	22		2	54
3 Buffalo Chicken Tenders (Grilled) - Mild	500	210	24	5.0		11	6	175	3830	580	3		2	65
3 Buffalo Chicken Tenders (Grilled) - Medium	460	160	18	4.0		8	5.0	175	3960	580	3		2	65
3 Buffalo Chicken Tenders (Grilled) - Hot	410	120	13	3.0		4.5	3.5	175	4080	580	3		2	65
3 Buffalo Chicken Tenders (Grilled) - X-Hot	360	70	8	2.0		1.5	2.5	175	4200	580	4		2	66
5 Buffalo Chicken Tenders (Breaded) - Mild	1220	720	81	16	0.5	40	23	235	5470	45	33		2	90
5 Buffalo Chicken Tenders (Breaded) - Medium	1120	620	71	14	0.5	34	21	235	5720	45	34		2	90
5 Buffalo Chicken Tenders (Breaded) - Hot	1030	530	60	12		28	18	235	5970	45	34		2	90
5 Buffalo Chicken Tenders (Breaded) - X-Hot	940	440	50	10		22	16	235	6210	45	34		2	90
5 Buffalo Chicken Tenders (Grilled) - Mild	880	400	45	9		21	11	295	4380	930	4		2	108
5 Buffalo Chicken Tenders (Grilled) - Medium	780	300	34	7		15	9	295	4630	930	4		2	108

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ECW+G SIGNATURES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
5 Buffalo Chicken Tenders (Grilled) - X-Hot	600	120	13	3.5		2.5	4.5	295	5120	930	4		2	109
Buffalo Chicken Lettuce Wraps with Lava Ranch - Mild	480	300	34	6		10	4.5	100	1550	1160	15	6	6	34
Buffalo Chicken Lettuce Wraps with Lava Ranch - Medium	410	250	29	5		7	3.5	100	1670	980	10	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - Hot	370	210	23	4.0		4.0	2.5	100	1790	980	11	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - X-Hot	320	160	18	3.0		1.0	1.0	100	1910	980	11	5	5	32
Chicken Avocado Flatbread	1290	770	87	23		1.5	5	175	2250	790	72	7	8	63
Chicken Mac+Cheese Skillet	1140	690	78	41	1.5	6	4.5	200	2680		63	4	2	54
Philly Steak Flatbread	810	330	38	14				95	2230	500	72	4	6	41

SANDWICHES (No Sides)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Chicken Philly	870	410	47	15		14	6	130	2300	520	60	3	4	53
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Hot	1350	900	101	18	0.5	21	11	110	3390	620	68	4	4	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Medium	1450	990	112	20	0.5	27	14	110	3130	620	67	4	3	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Mild	1550	1100	124	22	1.0	34	16	110	2860	620	67	4	3	44
ECW+G Buffalo Chicken Sandwich™ (Breaded) - X-Hot	1260	800	91	16		15	9	110	3640	620	68	4	4	44
Honey BBQ Chicken Sandwich	880	410	46	10		15	6	90	2030	530	89	3	40	37
Steak Philly	940	510	58	20		14	5	100	1770	85	62	3	4	42
The Original Chicken Sandwich	790	340	39	7		15	6	110	2390	410	62	3	4	50

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TACOS + WRAPS + QUESADILLAS (No Sides)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bacon Cheeseburger Quesadilla with Sour Cream And Salsa	1220	690	78	40	1.0	1.5	11	265	3290	480	82	4	8	69
Bang Bang Shrimp Tacos	1500	1110	125	26		1		305	2600	570	59	4	15	45
ECW+G Buffalo Shrimp Wrap (Grilled) - Mild	1110	750	85	17	1.0	32	12	195	2310	360	52	4	5	38
ECW+G Buffalo Shrimp Wrap(Grilled) - Medium	1020	660	74	15	0.5	26	9	195	2570	360	52	4	5	38
ECW+G Buffalo Shrimp Wrap (Grilled) - Hot	920	570	64	13	0.5	20	7	195	2810	360	52	4	5	38
ECW+G Buffalo Shrimp Wrap (Grilled) - X-Hot	830	480	54	11		14	5	195	3050	360	52	4	5	38
Chicken Quesadilla with Sour Cream And Salsa	1030	510	57	28		1.5	4.0	220	2590	550	60	4	10	67
ECW+G Buffalo Chicken Wrap™ (Grilled) - Mild	950	570	65	13		19	8	110	2640	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) - Medium	850	480	54	11		13	6	110	2890	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) - Hot	760	380	43	10		7	3.5	110	3140	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) - X-Hot	670	290	33	8		0.5	1.0	110	3380	580	52	4	5	44
Santa Fe Quesadilla with Sour Cream And Salsa - Mild	1140	610	69	30		10	4.5	225	3370	700	62	5	12	65
Santa Fe Quesadilla with Sour Cream And Salsa - Medium	1100	560	63	29		7	3.5	225	3500	700	62	5	12	65
Santa Fe Quesadilla with Sour Cream And Salsa - Hot	1050	510	58	28		3.5	2.5	225	3620	700	62	5	13	65
Santa Fe Quesadilla with Sour Cream And Salsa - X-Hot	1000	470	53	27		0.5	1.0	225	3740	700	62	5	13	65
Southwestern Chicken Wrap	870	340	38	14		1	1.5	165	4660	470	67	5	12	62
Sweet Heat Chicken Tacos	1160	750	84	16		0.5	1	170	3000	850	56	4	21	45

DESSERTS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Brownie	200	110	13	3.5		5	3	25	160	160	41	2	30	3
Carnival Fries®with Caramel Sauce	850	360	41	10		15	5	50	620		104		46	5
Carnival Fries®with Chocolate Sauce	830	380	43	10		15	5	50	480		102	2	44	7
Carnival Fries®with Raspberry Sauce	830	360	41	10		15	5	50	450		104	2	50	5
Mini Cookie Skillet	790	300	34	17				70	370	110	118	4	69	9
Scoop of Vanilla Ice Cream	250	120	13	7				50	75	220	31		21	4

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DESSERTS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Scoop of Vanilla Ice Cream with Chocolate Sauce	360	130	15	8				50	135		56		33	5
Scoop of Vanilla Ice Cream with Raspberry Sauce	350	120	13	7				50	85	220	57	1	35	4
The Original Cookie Skillet™	1390	530	60	30				125	640	220	210	7	122	16

SIDES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Buffalo Mac+Cheese	430	290	33	18	0.5	3.0	1.0	70	1120		20	2		16
Crispy Ale-Battered French Fries	700	340	38	8		17	13		1350		83	8	1	7
Freshly Sliced Potato Chips	730	410	46	10		22	14		410		71	5	1	8
Mac + Cheese	380	240	28	17	0.5			70	880		20	2		16
Onion Rings	375	263	30	4.2		5.5	1.9	19	550	75	24	1	2	2.5
Small Caesar Salad	530	370	41	9				40	1280	210	31	3	4	11
Small House Salad (No Dressing)	110	60	7	1.5			1	15	270	22	9	1	2	5
Sweet Potato Waffle Fries	740	360	41	12		12	16	30	310		86	7	33	5
Tater Tots	690	430	49	9					1290		52	5	3	5
Tortilla Chips with Pico De Gallo	350	190	22	3.0					550	85	39	5	1	5
Tortilla Chips with Salsa	370	190	22	3.0					680		41	4	2	4
Veggie Medley	260	200	23	4		13	5		640	500	12	5	5	2

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BEVERAGES	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi									50	70				
Dr. Pepper	200								80		53		51	
Fruit Punch	220								50	200	60		60	
Iced Tea									15	180	1			
Lemonade	200								210		54		54	
Mountain Dew	220								70	10	58		58	
Pepsi	200								40		56		56	
Starry	200								40	90	54		54	
Sweet Tea	120								15	180	31		30	
Add Blood Orange Flavor	70										18		18	
Add Mango Flavor	130										33		32	
Add Peach Flavor	100										24		24	
Add Raspberry Flavor	90										23		23	
Add Red Passion Flavor	100										25		24	
Add Strawberry Flavor	90										23		22	

Dipping Sauces (3.25 fl. oz.)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
ECW+G Bleu Cheese™	270	180	20	13				65	950	50	5		4	13
ECW+G Signature Craft Beer Cheese	580	600	68	12				60	580	50	2		2	2
ECW+G Signature Bourbon Honey Mustard	310	290	32	5				25	230		9		9	
ECW+G Lava Bleu	520	540	61	11	0	2.5	1.0	50	960	40	2		1	2
ECW+G Signature Ranch™	580	600	68	11				60	720	50	2		2	1
ECW+G Signature Honey Mustard	280	120	14	9				55	40		34		29	3
ECW+G Lava Ranch®	470	480	55	9				45	1170	40	2		2	1
Nacho Cheese	180	110	12	4.0				10	740		12			2

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Kids (No Sides)	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Bone-In Wings (4 Wings, No Sauce, Flavor, Or Heat Level)	210	110	12	3.5		3.0	6	85	95					27
Boneless Wings (4 Wings) - No Sauce	250	120	14	3.0	0	6	4.5	40	560		16			15
Burger with Cheese	690	400	45	14	1.5	13	11	85	1190	230	47	2	2	30
Crispy Chicken Tenders (2 Each) - No Sauce	370	170	20	4.0	0	9	7	95	640		12			36
Grilled Cheese	540	320	36	12	0	13	5.0	30	1300		56		4	14
Mac+Cheese	260	150	17	11	0.5			40	570		17	2		8
Mini Corn Dogs (5 Each)	350	210	23	4.0				40	460		22	1	5	9
Quesadilla with sour cream and salsa	960	510	58	32				155	2210		70	2	13	39
Add Applesauce	50								10		12	2	8	
Add Celery And Carrots with Ranch Dressing	310	300	34	6		0	0	30	400	190	5	1	3	1
Add Fruit Cup	80								5	130	19	1	18	

Kids Drinks	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi									40	55				
Dr. Pepper	150								60		40		38	
Fruit Punch	170								40	150	45		45	
Iced Tea	0								10	130	1			
Lemonade	150								160		40		40	
Mountain Dew	170								55	5	44		44	
Pepsi	150								30		42		42	
Sierra Mist	150								30	65	40		40	
Sweet Tea	90								10	135	24		22	

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Kids Drinks	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Add Mango Flavor	100										25		24	
Add Peach Flavor	80										18		18	
Add Raspberry Flavor	70										17		17	
Add Strawberry Flavor	70										17		16	

TO-GO DRINKS	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Diet Pepsi									60	85				
Dr. Pepper	250								100		66		64	
Fruit Punch	280								65	250	75		75	
Iced Tea	5								20	220	2			
Lemonade	250								260		67		67	
Mt. Dew	270								85	10	72		72	
Pepsi	250								50		70		70	
Starry	250								50	110	67		67	
Sweet Tea	150								20	230	39		37	
Add Mango Flavor	160										41		40	
Add Peach Flavor	130										30		30	
Add Raspberry Flavor	110										29		29	
Add Strawberry Flavor	110										29		27	

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Lunch Features	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Classic Cheeseburger (Includes Lettuce, Mayo And Tomato)	1070	690	78	19	2.0	15	18	160	870	600	46	3	4	50
ECW+G Buffalo Chicken Salad™ with Chicken (Grilled) - Mild	830	540	62	17	0	20	10	150	2380	1040	23	5	7	50
ECW+G Buffalo Chicken Salad™ with Chicken (Grilled) - Medium	740	450	51	15	0	13	8	150	2640	1040	24	5	7	50
ECW+G Buffalo Chicken Salad™ with Chicken (Grilled) - Hot	650	350	40	13	0	7	5	150	2890	1040	24	5	7	50
ECW+G Buffalo Chicken Salad™ with Chicken (Grilled) - X-Hot	560	260	30	11		1.5	3.0	150	3130	1040	24	5	7	50
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Mild	1390	910	103	20	1.0	42	22	175	2390	160	63	3	5	61
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Medium	1290	810	92	18	1.0	36	19	175	2650	160	63	3	5	61
ECW+G Buffalo Chicken Sandwich™ (Breaded) - Hot	1200	720	81	16	0.5	29	17	175	2890	160	64	3	5	61
ECW+G Buffalo Chicken Sandwich™ (Breaded) - X-Hot	1110	630	71	15	0	24	15	175	3130	160	64	3	5	61
ECW+G Buffalo Chicken Wrap™ (Grilled) w/ Flour Tortilla - Mild	950	570	65	13	0	19	8	110	2640	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) w/ Flour Tortilla - Medium	850	480	54	11	0	13	6	110	2890	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) w/ Flour Tortilla - Hot	760	380	43	10	0	7	3.5	110	3140	580	51	4	5	44
ECW+G Buffalo Chicken Wrap™ (Grilled) w/ Flour Tortilla - X-Hot	670	290	33	8		0.5	1.0	110	3380	580	52	4	5	44