

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)
Basket of Fries	880	420	48	10	0	22	16		1680		104	10	2	9
Basket of Fresh Sliced Potato Chips	1370	770	87	18	0	41	27		760		132	10	3	14
Buffalo Chicken Dip (No Hot Sauce)	840	530	60	21	0	1.0	5	115	1670	180	59	6	5	22
Buffalo Chicken Dip: Add ECW Hot Sauce	5	0	0						1500		1			0
Fried Pickle Spears (No Dipping Sauce)	530	310	35	4.5					1440	200	48	6		6
Buffalo Shrimp (Breaded) - Hot/x-hot	1200	780	88	18	1.0	44	25	505	6870		46		3	57
Buffalo Shrimp (Breaded) - Medium	1490	1070	121	24	1.5	63	32	505	6090		45		2	57
Buffalo Shrimp (Breaded) - Mild	1800	1380	156	30	2.0	83	39	505	5280		44		2	57
Buffalo Shrimp (Grilled) - Hot/x-hot	940	720	81	14	1.0	46	17	345	4820	420	5		2	47
Buffalo Shrimp (Grilled) - Medium	1240	1010	115	20	1.5	65	24	345	4040	420	4		1	46
Buffalo Shrimp (Grilled) - Mild	1540	1320	149	26	2.0	85	31	345	3230	420	4			46
Mozzarella Stix with Marinara Sauce	1000	650	74	20				60	2240	20	58	4	12	32
Nacho Cheese And Bacon Tots	1110	700	79	21		2.0	8	110	2920	300	63	5	3	28
Pub Pretzels	650	140	16	4.0	0	6	5		7610		105	6	3	21
Pub Pretzels: Add Bourbon Honey Mustard	310	290	32	5				25	230	0	9		9	
Pub Pretzels: Add Sam Adams Beer Cheese Sauce	270	180	20	13		0	0	65	950	50	5		4	13
Tuna Crisps	810	350	40	7	0	0		35	3080	410	83	12	49	27
Basket of Loaded Fries	1440	740	84	22	0	22	16	70	4060		149	10	28	27
Buffalo Chicken Lettuce Wraps with Lava Ranch - Hot/x-hot	370	210	23	4.0	0	4.0	2.5	100	1790	980	11	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - Medium	410	250	29	5	0	7	3.5	100	1670	980	10	5	5	32
Buffalo Chicken Lettuce Wraps with Lava Ranch - Mild	480	300	34	6	0	10	4.5	100	1550	1160	15	6	6	34
Popper Dip	2130	1520	172	72		3.0	15	445	7980	460	60	3	14	84
Classic Nachos with Beef (No Cheese)	1220	670	76	21	1.5	1.0	10	145	2640	590	93	13	10	42
Classic Nachos: Add Cheddar Cheese Sauce	180	110	12	4.0				10	740		12			2
Classic Nachos: Add Craft Cheese Sauce	270	180	20	13		0	0	65	950	50	5		4	13

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	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)
Lava Blossom Petals (with Lava Ranch)	740	530	60	9			0	55	1240	270	47	4	9	6
Nacho Cheese And Bacon Tots	1110	700	79	21		2.0	8	110	2920	300	63	5	3	28
Kickin' Joe Tots	1390	860	97	30	1.5	3.0	11	160	3690	420	79	7	23	58
Sausage And Cheese Tray	1890	1460	165	72				495	4260		21			102

SALADS + SOUPS



	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)
Ahi Tuna Salad (Includes Dressing)	1150	910	103	16		90	1910	580	27	9	17	22
Chicken Caesar Salad with Smokey Caesar Dressing	870	480	55	11	0.5	95	4220	850	57	6	14	47
Cobb Salad (No Protein Or Dressing)	760	520	59	16		270	920	1520	39	17	7	29
Cobb Salad: Add Breaded Chicken	440	180	21	4.5	0	150	750		15			47
Cobb Salad: Add Grilled Chicken	160	35	4.0	1.0		90	870	430	1			30
ECWG Buffalo Salad: Add Chicken (Grilled) - Mild	440	320	36	6	0	90	1550	430	1			30
ECWG Buffalo Salad: Add Chicken (Grilled) - Medium	340	220	25	4.5	0	90	1810	430	1			30
ECWG Buffalo Salad: Add Chicken (Grilled) - Hot/x-hot	250	130	14	2.5	0	90	2050	430	1			30
ECWG Buffalo Salad: Add Shrimp (Grilled) - Mild	610	500	56	10	1.0	170	1220	210	2			23
ECWG Buffalo Salad: Add Shrimp (Grilled) - Medium	510	400	45	8	0.5	170	1480	210	2			23
ECWG Buffalo Salad: Add Shrimp (Grilled) - Hot/x-hot	420	310	35	6	0.5	170	1730	210	2			23
Garden Salad (No Dressing)	390	230	26	11		65	830	610	23	5	6	20
Southwest Chicken Salad (Includes Dressing)	1780	1130	128	34	0	235	2680	1450	100	27	25	75

SALAD DRESSINGS (4 FL OZ)



	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)
Balsamic Vinaigrette	200	120	14	2.0	0		760		20		16	
Bourbon Honey Mustard	310	290	32	5		25	230	0	9		9	
ECW Signature Bleu Cheese	580	600	68	12		60	580	50	2		2	2
ECW Signature Ranch	580	600	68	11		60	720	50	2		2	1
Fat-free Italian	40						1880		8		4	
Honey Mustard	640	630	71	12		60	360	5	12		12	
Lava Bleu	520	540	61	11	0	50	960	40	2		1	2
Lava Ranch	470	480	55	9		45	1170	40	2		2	1
Oil & Vinegar	540	500	56	8			15	70	11		10	0
Parmesan Peppercorn	680	570	64	10			1240		8		4	4
Peppadew Ranch	570	590	66	11		55	850	50	3		3	1
Raspberry Vinaigrette	140						320		32		28	
Smokey Caesar Dressing	470	400	45	7	0.5		750		17		11	6
Thousand Island	600	530	59	10		50	1130	25	29	2	25	0

SOUP + CHILI



	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 Hot Sauce - Bowl	25	25	2.5	0		1.5	0.5		310		0			0
Add Hot Sauce - Cup	15	15	1.5	0		1.0	0		200		0			
Add Medium Sauce - Bowl	15	15	1.5	0		1.0	0		200		0			
Add Medium Sauce - Cup	10	10	1.0	0		0	0		100		0			
Add Texas Toast	400	220	24	4.0	0	13	5.0		620		38		4	6
Add X-hot Sauce - Bowl	50	45	5	1.0	0	3.0	1.0		590		0			0
Add X-hot Sauce - Cup	25	25	2.5	0		1.5	0.5		300		0			0
ECW Buff Chicken Soup - Bowl	610	340	39	20	1.5			135	1400	290	30	2	10	36
ECW Buffalo Chicken Soup - Cup	310	170	19	10	0.5			65	700	150	15	1	5	18
ECW Signature Chili - Bowl	730	430	49	19	2.0			105	1570		50	10	4	36
ECW Signature Chili - Cup	370	220	25	9	1.0			55	780		25	5	2	18

BURGERS (NO SIDES)



	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)
50/50 Burger	1550	1010	114	40	0.5	275	3190	270	55	3	12	79
Cowboy Burger	1460	820	93	29	2.0	225	2690	540	88	5	28	71
Dallas Burger	1320	820	93	22	2.0	170	2240	870	76	6	19	52
ECW & G Burger 2.0	1160	760	86	23	2.5	165	2050	640	48	3	6	53
Mac 'n Cheeseburger (with Onion Straws, No Fries)	2000	1280	145	47	4.0	390	2770	1140	71	5	6	114
The Big Stack Burger	1070	630	71	21	2.0	175	1790	640	68	4	14	54
The Ultimate Patty Melt	1820	1260	142	38	2.5	235	3650	450	80	3	7	64
Cheeseburger (Includes Lettuce, Tomato, + Mayo. Add cheese choice below)	1070	690	78	19	2.0	160	870	600	46	3	4	50
American Cheese	50	40	4.5	3.0		10	250		7			3
Bleu Cheese	50	35	4.0	2.5		10	200		0			3
Cheddar Cheese	60	40	4.5	2.5		15	90					4
Mozzarella Cheese	45	30	3.5	2.5		10	95		1			3
Pepper Jack Cheese	50	35	4.0	2.5		15	200		1			3
Provolone Cheese	50	35	4.0	2.5		10	125		1			4
Add Crispy Ale-battered French Fries	700	340	38	8	0		1350		83	8	1	7
Add Fresh Sliced Potato Chips	730	410	46	10	0		410		71	5	1	8

SIGNATURES + FLATBREADS



	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)
3 Buffalo Chicken Fingers Platter (Breaded) - Hot/x-hot	620	310	35	7	0	140	4740	45	21		2	54
3 Buffalo Chicken Fingers Platter (Breaded) - Medium	660	360	40	8	0	140	4610	45	21		2	54
3 Buffalo Chicken Fingers Platter (Breaded) - Mild	710	410	46	9	0	140	4480	45	21		2	54
3 Buffalo Chicken Fingers Platter (Grilled) - Hot/x-hot	410	120	13	3.0	0	175	4080	580	3		2	65
3 Buffalo Chicken Fingers Platter (Grilled) - Medium	460	160	18	4.0	0	175	3960	580	3		2	65
3 Buffalo Chicken Fingers Platter (Grilled) - Mild	500	210	24	5.0	0	175	3830	580	3		2	65
5 Buffalo Chicken Fingers Platter (Breaded) - Hot/x-hot	1030	530	60	12	0	235	5970	45	34		2	90
5 Buffalo Chicken Fingers Platter (Breaded) - Medium	1120	620	71	14	0.5	235	5720	45	34		2	90
5 Buffalo Chicken Fingers Platter (Breaded) - Mild	1220	720	81	16	0.5	235	5470	45	33		2	90
5 Buffalo Chicken Fingers Platter (Grilled) - Hot/x-hot	690	210	23	5	0	295	4880	930	4		2	109
5 Buffalo Chicken Fingers Platter (Grilled) - Medium	780	300	34	7	0	295	4630	930	4		2	108
5 Buffalo Chicken Fingers Platter (Grilled) - Mild	880	400	45	9	0	295	4380	930	4		2	108
Add French Fries	700	340	38	8	0		1350		83	8	1	7
Add Potato Chips	730	410	46	10	0		410		71	5	1	8
Chicken Mac And Cheese	1140	690	78	41	1.5	200	2680		63	4	2	54
ECWG Style Buffalajita Bowl - Hot/x-hot	1070	450	51	9	0	170	3570	840	83	15	9	55
ECWG Style Buffalajita Bowl - Medium	1160	550	62	11	0.5	170	3320	840	83	15	9	55
ECWG Style Buffalajita Bowl - Mild	1260	640	73	13	0.5	170	3070	840	83	15	9	55
ECWG Style Buffalajita Bowl - No Sauce	970	360	41	8	0	170	2390	840	82	15	9	55
BBQ Chicken Pizza	1110	360	40	18		180	4380	610	124	5	52	64
Buffalo Chicken Flatbread with Ranch(no Heat Index)	1180	680	77	24	0	190	2360	500	66	3	8	60
Margerhita Pizza with Chicken	1120	570	65	22		155	2140	870	77	5	11	63
Thai Chicken Pizza	1050	400	45	16		150	3120	770	108	6	39	64
Traditional Margerhita Pizza	960	540	61	21		65	1280	440	77	5	11	34
Kickin' Joe	1390	720	81	30	2.5	190	3440	670	92	5	35	62

SIGNATURES + FLATBREADS



	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)
Texas Chicken Fried Steak - Dinner (Select Markets)	1280	750	85	22		180	1730	1230	64	4	8	59
Texas Chicken Fried Steak - Lunch (Select Markets)	700	400	46	12		90	1020	710	38	3	5	31
Texas Ribeye Steak Select Markets)	1020	670	76	27	4.0	190	2480	1060	24	3		59

SANDWICHES



	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 French Fries	700	340	38	8	0	17	13		1350		83	8	1	7
Add Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8
Buffalo Chicken Sandwich - Hot/x-hot	1350	900	101	18	0.5	21	11	110	3390	620	68	4	4	44
Buffalo Chicken Sandwich - Medium	1450	990	112	20	0.5	27	14	110	3130	620	67	4	3	44
Buffalo Chicken Sandwich - Mild	1550	1100	124	22	1.0	34	16	110	2860	620	67	4	3	44
Classic Club	1030	600	68	16	0	13	5.0	115	2630	300	73	2	10	43
ECWG Buffalo Chicken Sandwich (Breaded) - Mild	1390	910	103	20	1.0	42	22	175	2390	160	63	3	5	61
ECWG Buffalo Chicken Sandwich (Breaded) - Hot/x-hot	1290	810	92	18	1.0	36	19	175	2650	160	63	3	5	61
ECWG Buffalo Chicken Sandwich (Breaded) - Mild	1200	720	81	16	0.5	29	17	175	2890	160	64	3	5	61
The Barnyard	1880	1300	148	35	0	19	23	185	2830	680	75	7	5	62
Traditional Steak Philly	940	510	58	20	0	14	5.0	100	1770	85	62	3	4	42
Little Dippers	1770	1190	135	39	0	13	5.0	220	4130	60	93	4	31	57
Chicken Philly	870	410	47	15	0	14	6	130	2300	520	60	3	4	53
Buffalo Chicken Sliders (Grilled) - Hot/x-hot	1080	590	67	13	0	21	12	140	2780	580	63	4	6	57
Buffalo Chicken Sliders (Grilled) - Medium	1170	680	77	15	0.5	27	14	140	2530	580	63	4	6	57
Buffalo Chicken Sliders (Grilled) - Mild	1260	780	88	17	1.0	33	16	140	2280	580	63	4	5	57

QUESADILLAS + TACOS+ WRAPS



	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)
Add French Fries	700	340	38	8	0		1350		83	8	1	7
Add Potato Chips	730	410	46	10	0		410		71	5	1	8
California Wrap-panini with Ranchamole & Flour Tortilla	810	340	39	10		35	2050	140	88	11	6	26
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Mild	950	570	65	13	0	110	2640	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Medium	850	480	54	11	0	110	2890	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Hot/x-hot	760	380	43	10	0	110	3140	580	51	4	5	44
Chicken Buffalo Wrap (Breaded) w/ Flour Tortilla - Mild	1230	720	82	17	0.5	175	2520	150	66	4	5	62
Chicken Buffalo Wrap (Breaded) w/ Flour Tortilla - Medium	1130	620	71	15	0	175	2780	150	66	4	5	62
Chicken Buffalo Wrap (Breaded) w/ Flour Tortilla - Hot/x-hot	1040	530	60	13	0	175	3030	150	66	4	5	62
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Mild	1110	750	85	17	1.0	195	2310	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Medium	1020	660	74	15	0.5	195	2570	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Hot/x-hot	920	570	64	13	0.5	195	2810	360	52	4	5	38
Shrimp Buffalo Wrap (Breaded) w/ Flour Tortilla - Hot/x-hot	960	550	62	13	0	225	3520	150	68	4	5	37
Shrimp Buffalo Wrap (Breaded) w/ Flour Tortilla - Medium	1050	640	72	15	0	225	3280	150	68	4	5	37
Shrimp Buffalo Wrap (Breaded) w/ Flour Tortilla - Mild	1150	740	83	17	0.5	225	3020	150	68	4	5	37
Steak Buffalo Wrap w/ Flour Tortilla - Mild	1210	840	95	21	1.5	125	2290	540	51	4	5	43
Steak Buffalo Wrap w/ Flour Tortilla - Medium	1110	740	84	19	1.0	125	2550	540	51	4	5	43
Steak Buffalo Wrap w/ Flour Tortilla - Hot/x-hot	1020	650	73	17	1.0	125	2790	540	51	4	5	43
Sweet & Sour BBQ Shrimp Tacos (Grilled)	890	400	45	14	0.5	220	2300	320	74	4	31	39
Hawaiian Chicken Tacos	620	160	19	7	0	110	2320	580	70	3	22	43
Bacon Cheeseburger Quesadilla with Sour Cream And Salsa	1220	690	78	40	1.0	265	3290	480	82	4	8	69
Chicken Quesadilla with Sour Cream And Salsa	1030	510	57	28		220	2590	550	60	4	10	67
Santa Fe Quesadilla with Sour Cream And Salsa - Mild	1140	610	69	30	0	225	3370	700	62	5	12	65

QUESADILLAS + TACOS+ WRAPS



	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)
Santa Fe Quesadilla with Sour Cream And Salsa - Hot/x-hot	1050	510	58	28	0	225	3620	700	62	5	13	65
Santa Fe Quesadilla with Sour Cream And Salsa - Medium	1100	560	63	29	0	225	3500	700	62	5	12	65
Blackened Fish Tacos (Select Markets)	1820	1030	116	24	0.5	115	3940	900	149	15	19	50

A LA CARTE/SIDES



	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)
Buffalo Mac 'n Cheese	430	290	33	18	0.5	70	1120		20	2		16
Crispy Ale-battered French Fries (No Dipping Sauces)	700	340	38	8	0		1350		83	8	1	7
Mac 'n Cheese	380	240	28	17	0.5	70	880		20	2		16
Small House Salad (No Dressing)	110	60	7	1.5		15	270	220	9	1	2	5
Sweet Potato Waffle Fries	750	350	40	11	0	25	310	15	94	7	43	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
Fresh Sliced Potato Chips	730	410	46	10	0		410		71	5	1	8
Tater Tots	690	430	49	9			1160		52	5	3	5

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)
Carnival Fries (No Sauce)	650	360	41	10				50	430		52		22	5
Carnival Fries: Add Caramel Sauce	220	10	1.0	0					150		54		30	2
Carnival Fries: Add Chocolate Sauce	400	35	4.0						100		92	4	52	4
Carnival Fries: Add Raspberry Sauce	200								10		50			
Scoop of Vanilla Ice Cream	260	120	14	8					100		31		26	4
Scoop of Vanilla Ice Cream: Add Caramel Sauce	110	0	0.5	0					75		27		15	1
Scoop of Vanilla Ice Cream: Add Chocolate Sauce	200	20	2.0						50		46	2	26	2
Scoop of Vanilla Ice Cream: Add Raspberry Sauce	100								5		25			
The Original Cookie Skillet	3190	1140	129	69				150	2020	660	478	14	301	38

BOTTOMLESS BEVERAGES



	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)
Add Mango Flavor	130								33		32	
Add Peach Flavor	100								24		24	
Add Raspberry Flavor	90								23		23	
Add Strawberry Flavor	90								23		22	
Diet Pepsi							50	70				
Dr. Pepper	200						80		53		51	
Fruit Punch	220						50	200	60		60	
Iced Tea	0						15	180	1			
Lemonde	200						210		54		54	
Mountain Dew	220						70	10	58		58	
Pepsi	200						40		56		56	
Sierra Mist	200						40	90	54		54	

HEAT INDEX



	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)
Virgin - 5	100	100	11	2.0	0		110					
Virgin - 10	200	200	22	4.0	0		220					
Virgin - 15	300	300	34	6	0.5		330					
Virgin - 25	400	400	45	8	0.5		430		0			
Virgin - 50	500	500	56	10	1.0		540		0			
Mild - 5	570	560	64	11	1.0		1370		1			0
Mild - 10	570	560	64	11	1.0		1370		1			0
Mild - 15	850	840	95	17	1.5		2050		1			0
Mild - 25	850	840	95	17	1.5		2050		1			0
Mild - 50	1710	1690	191	34	3.0		4100		2		1	0
Medium - 5	380	370	42	7	0.5		1880		1			0
Medium - 10	380	370	42	7	0.5		1880		1			0
Medium - 15	570	550	63	11	1.0		2810		2		1	0
Medium - 25	570	550	63	11	1.0		2810		2		1	0
Medium - 50	1130	1110	125	22	2.0		5630		3		2	1
Hot - 5	190	180	21	3.5	0		2370		1		1	0
Hot - 10	190	180	21	3.5	0		2370		1		1	0
Hot - 15	290	280	31	5	0		3560		2		2	1
Hot - 25	290	280	31	5	0		3560		2		2	1
Hot - 50	570	550	62	11	1.0		7110		4		3	1
X-hot - 5	10	0	0				2380		2		1	0
X-hot - 10	10	0	0				2380		2		1	0
X-hot - 15	15	0	0.5	0			3970		3		2	1
X-hot - 25	15	0	0.5	0			3970		3		2	1
X-hot - 50	35	10	1.0	0			7940		5		4	2
Volcanic - 5	15	0	0				2190		1			0
Volcanic - 10	15	0	0				2190		1			0
Volcanic - 15	15	0	0				2190		1			0
Volcanic - 25	25	0	0	0			3640		2		2	1
Volcanic - 50	45	10	1.0	0			7290		4		3	1
Magma - 5	15	0	0				2200		1			0
Magma - 10	15	0	0				2200		1			0
Magma - 15	25	0	0	0			3660		2		2	1
Magma - 25	25	0	0	0			3660		2		2	1
Magma - 50	50	10	1.0	0			7320		4		3	1
Insanity - 5	15	0	0				2210		1			0
Insanity - 10	15	0	0				2210		1			0
Insanity - 15	30	0	0	0			3680		2		1	1
Insanity - 25	30	0	0	0			3680		2		1	1
Insanity - 50	60	10	1.0	0			7360		4		3	1

WINGS (NO SAUCE)



	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	0	7	5	50	700		20			19
10 Boneless Wings (No Sauce)	620	300	34	7	0	15	11	100	1400		40			38
15 Boneless Wings (No Sauce)	930	450	51	11	0	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 Traditional Wings (No Sauce)	270	130	15	4.0	0	4.0	7	110	120					33
10 Traditional Wings (No Sauce)	540	270	30	8	0	8	14	215	240					67
15 Traditional Wings (No Sauce)	810	400	45	13	0	12	21	325	360					100
25 Traditional Wings (No Sauce)	1340	660	75	21	0	19	35	540	600					167
50 Traditional Wings (No Sauce)	2690	1330	150	42	0.5	39	70	1075	1200					335

ASIAN



	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)
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	
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	
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
Korean BBQ - 5	280	50	6				2360		52		4	4
Korean BBQ - 10	560	110	12				4720		104		8	8
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
Sweet N' Sour - 5	140						760		30	2	26	
Sweet N' Sour - 10	280						1520		60	4	52	
Sweet N' Sour - 15	280						1520		60	4	52	
Sweet N' Sour - 25	420						2280		90	6	78	
Sweet N' Sour - 50	560						3040		120	8	104	
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	0	0				1930	115	55		24	2
Teri-ginger Garlic - 10	300	0	0				3850	230	110	2	48	3
Teri-ginger Garlic - 15	300	0	0				3850	230	110	2	48	3
Teri-ginger Garlic - 25	460	0	0	0			5780	350	165	3	73	5
Teri-ginger Garlic - 50	610	0	0	0			7700	460	220	3	97	6
Thai Satay - 5	280	120	14				1360		40		36	4
Thai Satay - 10	560	250	28				2720		80		72	8
Thai Satay - 15	560	250	28				2720		80		72	8
Thai Satay - 25	840	370	42				4080		120		108	12
Thai Satay - 50	1120	500	56				5440		160		144	16
Tikka Masala - 5	420	340	39	6			1480	150	22		4	1
Tikka Masala - 10	840	690	78	12			2970	300	43		9	3
Tikka Masala - 15	840	690	78	12			2970	300	43		9	3
Tikka Masala - 25	1250	1030	117	17			4450	450	65		13	4
Tikka Masala - 50	1670	1370	156	23			5930	600	86		17	6

BAYOU



	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 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	
Cajun - 5	25	0	0.5	0			1630		4	2		1
Cajun - 10	25	0	0.5	0			1630		4	2		1
Cajun - 15	50	10	1.0	0			3260		8	4		2
Cajun - 25	70	15	1.5	0			4890		12	6	1	3
Cajun - 50	100	20	2.0	0			6520		16	8	2	3
Cajun Garlic - 5	35	0	0.5	0			1630	35	6	2		1
Cajun Garlic - 10	70	10	1.0	0			3270	75	12	5	1	3
Cajun Garlic - 15	70	10	1.0	0			3270	75	12	5	1	3
Cajun Garlic - 25	100	15	1.5	0			4900	110	19	7	2	4
Cajun Garlic - 50	140	20	2.5	0.5			6530	150	25	9	2	5
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
Lemon Pepper - 5	40	0	0				9240		8	1	3	1
Lemon Pepper - 10	80	5	0.5				18480		16	3	6	2
Lemon Pepper - 15	80	5	0.5				18480		16	3	6	2
Lemon Pepper - 25	120	10	1.0				27720		24	4	9	3
Lemon Pepper - 50	160	15	1.5				36960		32	6	12	4
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	
Spiked Bourbon Street - 5	60						140	0	8		8	
Spiked Bourbon Street - 10	120						280	0	16		16	
Spiked Bourbon Street - 15	120						280	0	16		16	
Spiked Bourbon Street - 25	180						420	0	24		24	
Spiked Bourbon Street - 50	240						560	0	32		32	

EUROPEAN



	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)
Blue Cheese - 5	10	0	0	0			350		1			0
Blue Cheese - 10	20	5	1.0	0.5		2	690		1			1
Blue Cheese - 15	20	5	1.0	0.5		2	690		1			1
Blue Cheese - 25	25	10	1.5	1.0	0	3	1050		2			1
Blue Cheese - 50	35	15	1.5	1.0	0	4	1390		3			1
Garlic - 5	30	0	0				5	115	7			2
Garlic - 10	60	0	0				10	230	14	2		3
Garlic - 15	60	0	0				10	230	14	2		3
Garlic - 25	100	0	0	0			15	350	21	3		5
Garlic - 50	130	0	0	0			25	460	28	3		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
Parmesan - 5	40	35	4.0	2.0		10	140					4
Parmesan - 10	80	70	8	4.0		20	280					8
Parmesan - 15	80	70	8	4.0		20	280					8
Parmesan - 25	120	110	12	6		30	420					12
Parmesan - 50	160	140	16	8		40	560					16
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

TEX-MEX



	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)
Cheddar Jalapeno - 5	180	110	12	4.0		10	740	25	13			2
Cheddar Jalapeno - 10	370	210	24	8		20	1480	50	25			4
Cheddar Jalapeno - 15	370	210	24	8		20	1480	50	25			4
Cheddar Jalapeno - 25	550	320	36	12		30	2220	75	38		1	6
Cheddar Jalapeno - 50	730	430	48	16		40	2960	95	51	1	2	9
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	
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	
Monterey - 5	30	0	0				1400		6	1	2	1
Monterey - 10	60	0	0				2800		12	3	4	2
Monterey - 15	60	0	0				2800		12	3	4	2
Monterey - 25	90	0	0.5				4200		18	4	5	3
Monterey - 50	120	5	0.5				5600		24	5	7	4
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
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	4.0	1.0			5770		26	11	3	5
Santa Fe - 50	210	45	5	1.0			7700		34	15	4	6

CLASSIC AMERICAN



**EAST COAST
WINGS+GRILL**

	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
Buffalo - 5	20						940		6			
Buffalo - 10	35						1870		12			
Buffalo - 15	35						1870		12			
Buffalo - 25	50						2810		18			
Buffalo - 50	70						3740		24			
Mixed Berry - 5	320						2080		72		72	
Mixed Berry - 10	640						4160		144		144	
Mixed Berry - 15	640						4160		144		144	
Mixed Berry - 25	960						6240		216		216	
Mixed Berry - 50	1280						8320		288		288	
Raging Ranch - 5	10						2480		2			0
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

SOUTHERN BBQ



	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)
Chipotle HBBQ - 5	180						2430	10	45		37	0
Chipotle HBBQ - 10	350						4860	25	90		74	0
Chipotle HBBQ - 15	350						4860	25	90		74	0
Chipotle HBBQ - 25	530						7290	35	136		111	0
Chipotle HBBQ - 50	710						9720	45	181		148	0
Drunken Apple - 5	140						150	0	32		30	
Drunken Apple - 10	280						300	0	64		60	
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	0	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	0
Golden BBQ - 50	1850	1250	142	24		120	2970	15	152		112	0
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	0
Honey BBQ - 10	510						1640	45	133		116	0
Honey BBQ - 15	510						1640	45	133		116	0
Honey BBQ - 25	760						2460	70	199		174	0
Honey BBQ - 50	1020						3280	90	266		232	1
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
Smokey BBQ - 5	80						1040		18		12	1
Smokey BBQ - 10	160						2080		36	2	24	2
Smokey BBQ - 15	160						2080		36	2	24	2
Smokey BBQ - 25	240						3120		54	2	36	2
Smokey BBQ - 50	320						4160		72	3	48	3
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	
Sweet N' Bold BBQ - 5	120	20	2.0				930		27	2	22	1
Sweet N' Bold BBQ - 10	230	40	4.5				1860		55	3	44	2
Sweet N' Bold BBQ - 15	230	40	4.5				1860		55	3	44	2
Sweet N' Bold BBQ - 25	350	60	6				2790		82	5	66	3
Sweet N' Bold BBQ - 50	470	80	9				3720		109	6	89	5

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)
Black & Bleu - 5	600	600	68	12		60	2220	50	6	2	2	3
Black & Bleu - 10	1210	1200	136	24		120	4430	95	12	4	4	5
Black & Bleu - 15	1210	1200	136	24		120	4430	95	12	4	4	5
Black & Bleu - 25	1810	1810	204	36		175	6650	140	18	6	6	8
Black & Bleu - 50	2410	2410	272	48		235	8860	190	24	8	8	11
Bourbon Honey Mustard - 5	170	160	18	3.0		15	125	0	5		5	
Bourbon Honey Mustard - 10	340	310	35	6		30	250	0	10		10	
Bourbon Honey Mustard - 15	340	310	35	6		30	250	0	10		10	
Bourbon Honey Mustard - 25	510	470	53	9		45	380	0	15		15	
Bourbon Honey Mustard - 50	680	630	71	12		60	500	5	20		20	
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	
Honey Mustard - 5	640	630	71	12		60	360	5	12		12	
Honey Mustard - 10	1290	1250	142	24		120	730	15	24		24	0
Honey Mustard - 15	1290	1250	142	24		120	730	15	24		24	0
Honey Mustard - 25	1930	1880	213	35		175	1090	20	36		36	0
Honey Mustard - 50	2570	2510	284	47		235	1450	25	48		48	0
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	
Peppadew Ranch - 5	600	600	68	11		60	1150	50	6		6	1
Peppadew Ranch - 10	1200	1200	136	23		115	2300	100	13		12	2
Peppadew Ranch - 15	1200	1200	136	23		115	2300	100	13		12	2
Peppadew Ranch - 25	1810	1800	204	34		175	3450	150	19		18	3
Peppadew Ranch - 50	2410	2410	272	46		230	4600	200	26		24	5
Teri-jalapeno - 5	120	0	0				1920	25	49		24	0
Teri-jalapeno - 10	250	0	0				3840	50	97		49	0
Teri-jalapeno - 15	250	0	0				3840	50	97		49	0
Teri-jalapeno - 25	370	0	0				5760	75	146		73	0
Teri-jalapeno - 50	490	0	0				7680	95	195	1	98	1

THE ISLANDS



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (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
Coco Mango - 5	100						300	18		12	
Coco Mango - 10	200						600	36		24	
Coco Mango - 15	200						600	36		24	
Coco Mango - 25	300						900	54		36	
Coco Mango - 50	400						1200	72		48	
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	0	0				2850	61	2	50	2
Hey 'mon Honey - 10	530	5	1.0				5700	122	5	100	3
Hey 'mon Honey - 15	530	5	1.0				5700	122	5	100	3
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
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						1620	48		30	
Jamaican Jerk - 50	280						2160	64		40	
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
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
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	
Peppadew - 5	25						430	5		5	
Peppadew - 10	45						860	9		9	
Peppadew - 15	45						860	9		9	
Peppadew - 25	70						1280	14		14	
Peppadew - 50	90						1710	18		18	
Polynesian - 5	100						180	24		22	
Polynesian - 10	200						360	48		44	
Polynesian - 15	200						360	48		44	
Polynesian - 25	300						540	72		66	
Polynesian - 50	400						720	96		88	

KIDS MEALS



	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 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 French Fries	180	80	10	2.0		4.5	3.0		340		21	2		2
Add Fruit Cup	80								5	85	19	1	17	
Add Potato Chips	90	50	6	1.0		2.5	2.0		50		9			1
Traditional Wings (4 Wings, No Sauce, Flavor, Or Heat Index)	210	110	12	3.5		3.0	6	85	95					27
Boneless Wings (4 Wings, No Sauce, Flavor, Or Heat Index)	250	120	14	3.0	0	6	4.5	40	560		16			15
Kid Wings: Add Mild Wing Sauce	70	70	8	1.5	0	4.5	1.5		170		0			
Kid Wings: Add Medium Wing Sauce	45	45	5	1.0	0	3.0	1.0		230		0			
Kid Wings: Add Hot/x-hot Wing Sauce	25	25	2.5	0		1.5	0.5		300		0			0
Crispy Chicken Tenders (2 Each) - No Sauce	370	170	20	4.0	0	9	7	95	640		12			36
Crispy Chicken Tenders - Mild	650	450	51	10	0.5	27	13	95	1330		12			36
Crispy Chicken Tenders - Medium	560	360	41	8	0	21	11	95	1580		13			36
Crispy Chicken Tenders - Hot/x-hot	460	270	30	6	0	15	9	95	1830		13			36
Grilled Chicken Tenders (2 Each) - No Sauce	230	45	5.0	1.5		1.0	1.5	120	210	350	0			43
Grilled Chicken Tenders - Mild	510	320	37	7	0	19	8	120	890	350	1			43
Grilled Chicken Tenders - Medium	420	230	26	5	0	13	6	120	1140	350	1			43
Grilled Chicken Tenders - Hot/x-hot	330	140	15	3.0	0	7	4.0	120	1390	350	1			43
Kid's Mini Burgers with Cheese	690	400	45	14	1.5	13	11	85	1190	230	47	2	2	30
Mac 'n 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
Cheesy Pita Pizza	590	340	38	14	0	13	5.0	40	1020	5	36	5	4	20
Grilled Cheese	540	320	36	12	0	13	5.0	30	1300		56		4	14

KID DRINKS



	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)
Add Mango Flavor	100								25		24	
Add Peach Flavor	80								18		18	
Add Raspberry Flavor	70								17		17	
Add Strawberry	70								17		16	
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	

LUNCH MEALS



	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)
1/2 Colossal BLT (No Drink)	520	370	42	10	0	55	790	100	21		3	16
Buffalo Chicken Wrap (No Heat Index)	660	290	33	8		110	1960	580	51	4	5	44
1/2 BLT And Buffalo Chicken Soup (No Drink)	1090	730	82	26	1.0	165	2000	260	44	6	9	46
1/2 Roast Beef Sandwich And Chili	920	590	67	20	1.5	125	2220	90	48	7	5	44
1/2 Turkey Sandwich And Chili (No Drink)	1050	670	76	23	1.5	145	2750	250	52	8	8	53
Kickin' Joe Sliders (No Drink)	1490	810	92	31	3.5	215	3330	550	95	9	28	71

DIPPING SAUCES (4 FL OZ)



	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	310	290	32	5		25	230	0	9		9	
ECW Signature Bleu Cheese	580	600	68	12		60	580	50	2		2	2
ECW Signature Horseradish Sauce	670	680	77	13		65	660		6		4	0
ECW Signature Lava Bleu	520	540	61	11	0	50	960	40	2		1	2
ECW Signature Lava Ranch	470	480	55	9		45	1170	40	2		2	1
ECW Signature Ranch	580	600	68	11		60	720	50	2		2	1
Ketchup	120						1280		40		32	
Nacho Cheese	180	110	12	4.0		10	740		12			2
Peppadew Ranch	570	590	66	11		55	850	50	3		3	1
Sriracha Ranch	460	450	51	9		45	1400	35	6		6	1

TO GO DRINKS



	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)
Add Mango Flavor	160								41		40	
Add Peach Flavor	130								30		30	
Add Raspberry Flavor	110								29		29	
Add Strawberry Flavor	110								29		27	
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	
Mountain Dew	270						85	10	72		72	
Pepsi	250						50		70		70	
Sierra Mist	250						50	110	67		67	