

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)
Popper Skillet	2130	1520	172	72		3.0	15	445	7980	460	60	3	14	84
Basket of Fresh Sliced Potato Chips	1370	770	87	18	0	41	27		760		132	10	3	14
Bottomless Basket of Fresh Sliced Potato Chips	1370	770	87	18	0	41	27		760		132	10	3	14
Basket of Fries	880	420	48	10	0	22	16		1680		104	10	2	9
Basket of Loaded Fries	1440	740	84	22	0	22	16	70	4060		149	10	28	27
Mozzarella Stix with Marinara Sauce	1000	650	74	20				60	2240	170	58	4	12	32
Buffalo Chicken Dip (No Hot Sauce)	840	530	60	21	0	1.0	5	115	1670	180	59	6	5	22
Buffalo Chicken Stix w/Lava Ranch	830	615	70	16.5	0			90	2550	40	17	0	5	43
Classic Nachos with beef	1510	790	89	22	1	23	15	115	3700	470	145	20	19	42
Crispy Green Beans	1390	1080	122	19		19	7	45	2840	410	85	7	8	8
Fried Pickle Spears (No Dipping Sauce)	530	310	35	4.5					1440	200	48	6		6
Nacho Cheese And Bacon Tots	1110	700	79	21		2.0	8	110	2920	300	63	5	3	28
Philly Stix w/sweet Chili Thai Au Jus	840	210	24	7.5	0			150	2190		117	3	59	33
Pub Bites with Bourbon Honey Mustard	960	430	48	10	0	6	5	25	7840	0	114	6	12	21
Pub Bites with Craft Beer Cheese Sauce	910	320	36	17	0	6	5	65	8560	50	109	6	7	34
Lrg Buffalo Shrimp (Breaded) - Mild w/ Toast & Veggies	2020	1400	158	30	2.0	83	39	505	5750	250	87	2	8	63
Lrg Buffalo Shrimp (Breaded) - Medium w/ Toast & Veggies	1720	1090	124	24	1.5	63	32	505	6550	250	88	2	9	64
Lrg Buffalo Shrimp (Breaded) - Hot w/ Toast & Veggies	1430	800	90	18	1.0	44	25	505	7330	250	89	2	9	64
Lrg Buffalo Shrimp (Breaded) - X-hot w/ Toast & Veggies	1140	510	58	12	0	25	18	505	8090	250	90	3	10	64
Bacon Cheeseburger Quesadilla with Sour Cream And Salsa	1220	690	78	40	1.0	1.5	11	265	3290	480	82	4	8	69
Santa Fe Quesadilla with Sour Cream And Salsa - Mild	1140	610	69	30	0	10	4.5	225	3370	700	62	5	12	65
Santa Fe Quesadilla with Sour Cream And Salsa - Medium	1100	560	63	29	0	7	3.5	225	3500	700	62	5	12	65
Santa Fe Quesadilla with Sour Cream And Salsa - Hot	1050	510	58	28	0	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
Chicken Quesadilla with Sour Cream And Salsa	1030	510	57	28		1.5	4.0	220	2590	550	60	4	10	67
Sausage And Cheese Tray (Bartlett, TN)	1890	1460	165	72				495	4260		21			102
Fresh Mushrooms (Pleasanton, TX)	970	800	90	14		0	0	45	1880	760	35	3	6	11
Lava Petals with Lava Ranch	1430	1050	118	20			0	45	1950	390	84	4	25	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
Cobb Salad with Grilled Chicken (No Dressing)	920	560	63	17		6	25	355	1780	1960	39	17	7	59
ECW+G Buffalo Salad with Chicken (Grilled) - Mild	830	540	62	17	0	20	10	150	2380	1040	23	5	7	50
ECW+G Buffalo Salad with Chicken (Grilled) - Medium	740	450	51	15	0	13	8	150	2640	1040	24	5	7	50
ECW+G Buffalo Salad with Chicken (Grilled) - Hot	650	350	40	13	0	7	5	150	2890	1040	24	5	7	50
ECWG Buffalo Salad with Chicken (Grilled) - X-hot	560	260	30	11		1.5	3.0	150	3130	1040	24	5	7	50
ECW+G Buffalo Salad with Shrimp (Grilled) - Mild	1000	720	82	21	1.0	33	14	235	2060	820	24	5	7	43
ECW+G Buffalo Salad with Shrimp (Grilled) - Medium	900	630	71	19	0.5	26	12	235	2310	820	24	5	7	43
ECW+G Buffalo Salad with Shrimp (Grilled) - Hot	810	540	61	17	0.5	20	9	235	2560	820	25	5	7	44
ECWG Buffalo Salad with Shrimp (Grilled) - X-hot	720	450	50	15	0	14	7	235	2800	820	25	5	7	44
Garden Salad (No Dressing)	390	230	26	11		0.5	2.0	65	830	610	23	5	6	20
Southwest Chicken Salad (Includes Dressing)	1780	1130	128	34	0	4.0	21	235	2680	1450	100	27	25	75
SOUP	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 Soup - Bowl	610	340	39	20	1.5			135	1400	290	30	2	10	36
ECW+G Buffalo Chicken Soup - Cup	310	170	19	10	0.5			65	700	150	15	1	5	18
Add X-hot Sauce - Bowl	0	0	0						790		1			0
Add X-hot Sauce - Cup	0	0	0						400		0			0
Add Inferno Sauce - Bowl	35	35	4.0	0.5	0	2.0	1.0		410	0	0			0
Add Inferno Sauce - Cup	15	15	2.0	0		1.0	0		210	0	0			0
Add Texas Toast (2 Slices)	400	220	24	4.0	0	13	5.0		620		38		4	6

SALAD DRESSINGS (4 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)
Balsamic Vinaigrette	200	120	14	2.0	0				760		20		16	
ECW+G Signature Bourbon Honey Mustard	310	290	32	5				25	230	0	9		9	
ECW+G Signature Bleu Cheese	580	600	68	12			0	60	580	50	2		2	2
ECW+G Signature Ranch	580	600	68	11			0	60	720	50	2		2	1
Fat-free Italian	40								1880		8		4	
ECW+G Signature Honey Mustard	640	630	71	12				60	360	5	12		12	
ECW+G Signature Lava Bleu	520	540	61	11	0	2.5	1.0	50	960	40	2		1	2
ECW+G Signature Lava Ranch	470	480	55	9			0	45	1170	40	2		2	1
ECW+G Signature Lime Honey Mustard Dressing	520	490	56	9				45	290	40	12		10	0
Oil & Vinegar	540	500	56	8		12	36		15	70	11		10	0
Parmesan Peppercorn	640	570	64	12					1160		8		4	4
ECW+G Signature Peppadew Ranch	570	590	66	11			0	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
ECW+G Signature Thousand Island	600	530	59	10				50	1130	25	29	2	25	0

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)
50/50 Burger	1550	1010	114	40	0.5	15	10	275	3190	270	55	3	12	79
Cowboy Burger	2080	1180	134	44	4.0	16	32	385	3850	960	105	4	45	118
Island Burger	1090	650	73	22	1.0	11	21	200	2790	950	60	6	11	54
Jack'd Burger	900	450	51	19	2.0	3.0	17	170	1250	750	55	5	10	56
Mac 'n Cheeseburger (with Onion Petals, No Fries)	2100	1350	153	49	4.0	16	32	390	2820	1150	77	5	8	115
Sonoma White Turkey Burger	820	460	52	11	0	14	5.0	145	1530	160	50	4	5	45
The Ultimate Patty Melt	1820	1260	142	38	2.5	27	28	235	3650	450	80	3	7	64
Brisket Burger	1400	780	89	32	1.5	14	12	210	3010	450	91	6	40	65
Cheeseburger (Includes Lettuce, Mayo And Tomato)	1070	690	78	19	2.0	15	18	160	870	600	46	3	4	50
Add American Cheese	50	40	4.5	3.0				10	250		7			3
Add Bleu Cheese	50	35	4.0	2.5				10	200		0			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
Add Crispy Ale-battered French Fries	700	340	38	8	0	17	13		1350		83	8	1	7
Add Fresh Sliced Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8

SIGNATURES+ FLATBREADS	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)
3 Buffalo Chicken Fingers Platter (Breaded) - Mild	710	410	46	9	0	22	13	140	4480	45	21		2	54
3 Buffalo Chicken Fingers Platter (Breaded) - Medium	660	360	40	8	0	19	12	140	4610	45	21		2	54
3 Buffalo Chicken Fingers Platter (Breaded) - Hot	620	310	35	7	0	16	11	140	4740	45	21		2	54
3 Buffalo Chicken Fingers Platter (Breaded) - X-hot	570	270	30	6	0	13	10	140	4850	45	22		2	54
3 Buffalo Chicken Fingers Platter (Grilled) - Mild	500	210	24	5.0	0	11	6	175	3830	580	3		2	65
3 Buffalo Chicken Fingers Platter (Grilled) - Medium	460	160	18	4.0	0	8	5.0	175	3960	580	3		2	65
3 Buffalo Chicken Fingers Platter (Grilled) - Hot	410	120	13	3.0	0	4.5	3.5	175	4080	580	3		2	65
3 Buffalo Chicken Fingers Platter (Grilled) - X-hot	360	70	8	2.0		1.5	2.5	175	4200	580	4		2	66
5 Buffalo Chicken Fingers Platter (Breaded) - Mild	1220	720	81	16	0.5	40	23	235	5470	45	33		2	90
5 Buffalo Chicken Fingers Platter (Breaded) - Medium	1120	620	71	14	0.5	34	21	235	5720	45	34		2	90
5 Buffalo Chicken Fingers Platter (Breaded) - Hot	1030	530	60	12	0	28	18	235	5970	45	34		2	90
5 Buffalo Chicken Fingers Platter (Breaded) - X-hot	940	440	50	10	0	22	16	235	6210	45	34		2	90
5 Buffalo Chicken Fingers Platter (Grilled) - Mild	880	400	45	9	0	21	11	295	4380	930	4		2	108
5 Buffalo Chicken Fingers Platter (Grilled) - Medium	780	300	34	7	0	15	9	295	4630	930	4		2	108
5 Buffalo Chicken Fingers Platter (Grilled) - Hot	690	210	23	5	0	9	6	295	4880	930	4		2	109
5 Buffalo Chicken Fingers Platter (Grilled) - X-hot	600	120	13	3.5		2.5	4.5	295	5120	930	4		2	109
Add Crispy Ale-Battered French Fries	700	340	38	8	0	17	13		1350		83	8	1	7
Add Freshly Sliced Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8
Brisket Mac+Cheese	1070	610	69	34	1.0			175	3100		73	5	36	39
Buffalo Chicken Lettuce Wraps with Lava Ranch - Mild	480	300	34	6	0	10	4.5	100	1550	1160	15	6	6	34
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 - Hot	370	210	23	4.0	0	4.0	2.5	100	1790	980	11	5	5	32

SIGNATURES+ FLATBREADS	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 Chicken Lettuce Wraps with Lava Ranch - X-hot	320	160	18	3.0		1.0	1.0	100	1910	980	11	5	5	32
Buffalajita Skillet	900	470	53	11	0	13	20	105	2740	800	67	10	10	41
Cajun Chicken Flatbread	1680	1120	127	37		2.0	5.0	245	4330	630	81	6	12	68
Chicken Mac+Cheese	1140	690	78	41	1.5	6	4.5	200	2680		63	4	2	54
Chicken Avocado Flatbread	1290	770	87	23		1.5	5	175	2250	790	72	7	8	63
BBQ Brisket Flatbread	1300	570	64	29				170	4060	160	123	5	52	53
Pepperoni Flatbread	740	330	37	17				75	1910		71	6	12	32
Chicken Fried Steak - Dinner (Pleasanton, TX)	1280	750	85	22		4.0	23	180	1730	1230	64	4	8	59
Chicken Fried Steak - Lunch (Pleasanton, TX)	700	400	46	12		2.5	13	90	1020	710	38	3	5	31
Ribeye Steak (Pleasanton, TX)	1020	670	76	27	4.0	15	30	190	2480	1060	24	3		59

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)
Buffalo Chicken Sandwich (Breaded) - Mild	1550	1100	124	22	1.0	34	16	110	2860	620	67	4	3	44
Buffalo Chicken Sandwich (Breaded) - Medium	1450	990	112	20	0.5	27	14	110	3130	620	67	4	3	44
Buffalo Chicken Sandwich (Breaded) - Hot	1350	900	101	18	0.5	21	11	110	3390	620	68	4	4	44
Buffalo Chicken Sandwich (Breaded) - X-hot	1260	800	91	16	0	15	9	110	3640	620	68	4	4	44
Buffalo Chicken Sliders (Grilled) - Mild (3 Each)	1260	780	88	17	1.0	33	16	140	2280	580	63	4	5	57
Buffalo Chicken Sliders (Grilled) - Medium (3 Each)	1170	680	77	15	0.5	27	14	140	2530	580	63	4	6	57
Buffalo Chicken Sliders (Grilled) - Hot (3 Each)	1080	590	67	13	0	21	12	140	2780	580	63	4	6	57
Buffalo Chicken Sliders (Grilled) - X-hot (3 Each)	990	500	56	11	0	15	9	140	3020	580	64	4	6	57
ECW+G Club	1040	600	68	16	0	13	5.0	125	2360	300	73	2	10	47
Little Dippers (No Fries)	1880	1340	152	47	0	13	5.0	235	3470	55	80	4	20	55
Turkey Melt	1110	790	90	16				150	2960	45	47	3	9	42
Buffalo Chicken Fried Steak Sandwich (No Sides) w/ Ranch (Pleasanton, TX)	1100	720	82	15	0	13	20	55	2110	125	72	3	6	30
The Barnyard	1880	1300	148	35	0	19	23	185	2830	680	75	7	5	62
Steak Philly	940	510	58	20	0	14	5.0	100	1770	85	62	3	4	42
Chicken Philly	870	410	47	15	0	14	6	130	2300	520	60	3	4	53
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

TACOS+WRAPS	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)
Cali Panini (No Fries)	990	430	49	13		0	0	50	2270	190	113	14	13	30
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Mild	950	570	65	13	0	19	8	110	2640	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Medium	850	480	54	11	0	13	6	110	2890	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Hot	760	380	43	10	0	7	3.5	110	3140	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - X-hot	670	290	33	8		0.5	1.0	110	3380	580	52	4	5	44
Hawaiian Chicken Tacos	620	160	19	7	0	0.5	1.0	110	2320	580	70	3	22	43
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Mild	1110	750	85	17	1.0	32	12	195	2310	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Medium	1020	660	74	15	0.5	26	9	195	2570	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - Hot	920	570	64	13	0.5	20	7	195	2810	360	52	4	5	38
Shrimp Buffalo Wrap (Grilled) w/ Flour Tortilla - X-hot	830	480	54	11	0	14	5	195	3050	360	52	4	5	38
Steak Buffalo Wrap w/ Flour Tortilla - Mild	1210	840	95	21	1.5	32	17	125	2290	540	51	4	5	43
Steak Buffalo Wrap w/ Flour Tortilla - Medium	1110	740	84	19	1.0	26	15	125	2550	540	51	4	5	43
Steak Buffalo Wrap w/ Flour Tortilla - Hot	1020	650	73	17	1.0	20	12	125	2790	540	51	4	5	43
Steak Buffalo Wrap w/ Flour Tortilla - X-hot	930	560	63	16	1.0	14	10	125	3030	540	51	4	5	43
Sweet+Sour BBQ Shrimp Tacos (Grilled)	890	400	45	14	0.5	14	5	220	2300	320	74	4	31	39
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
Add Tortilla Chips	260	140	16	2.0					370		28	3		3
Serrano Chicken Tacos (3 Each)	1340	780	88	31	0	7	5.0	210	2730	410	74	7	21	65

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	0	17	13		1350		83	8	1	7
Green Beans	150	100	12	2.0	0	7	2.5		300	300	10	4	5	3
Mac+Cheese	380	240	28	17	0.5			70	880		20	2		16
Vegetable Medley	60								210		14	6	8	2
Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8
Small House Salad (No Dressing)	110	60	7	1.5		0	1.0	15	270	220	9	1	2	5
Sweet Potato Waffle Fries	740	360	41	12	0	12	16	30	310		86	7	33	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
Tater Tots	690	430	49	9					1290		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)
The Original Cookie Skillet	3190	1140	129	69				150	2020	660	478	14	301	38
Carnival Fries with Caramel Sauce	870	360	41	10				50	630		108		48	5
Carnival Fries with Chocolate Sauce	1050	390	45	10				50	530		144	4	74	9
Carnival Fries with Raspberry Sauce	850	360	41	10				50	450		104	2	50	5
Scoop of Vanilla Ice Cream	260	120	14	8					100		31		26	4
Scoop of Vanilla Ice Cream with Chocolate Sauce	460	140	16	8					150		77	2	52	6
Scoop of Vanilla Ice Cream with Raspberry Sauce	360	120	14	8					110		57	1	40	4
Scoop of Vanilla Ice Cream with Caramel Sauce	370	120	14	8					200		59		39	4

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	0								15	180	1			
Lemonade	200								210		54		54	
Mountain Dew	220								70	10	58		58	
Pepsi	200								40		56		56	
Sierra Mist	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	

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	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

HEAT INDEX	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		0			0
5 Wings - Add Medium	300	290	33	6	0	19	7		1480		1			0
5 Wings - Add Hot	150	140	16	3.0	0	9	3.5		1870		1			0
5 Wings - Add X-hot	10	0	0						2250		1		1	0
5 Wings - Add Volcanic	240	160	18	3.0	0	10	3.5		1900	530	21	8	12	3
5 Wings - Add Insanity	160	150	17	3.0	0	9	3.5		1850	0	1			0
10 Wings - Add Mild	600	590	67	12	1.0	39	14		1440		1			0
10 Wings - Add Medium	400	390	44	8	0.5	25	9		1970		1			0
10 Wings - Add Hot	200	190	22	4.0	0	12	4.5		2490		2		1	0
10 Wings - Add X-hot	10	0	0	0					3000		2		1	1
10 Wings - Add Volcanic	340	210	24	4.0	0	14	5.0		2530	790	31	12	19	5
10 Wings - Add Insanity	210	200	23	4.0	0	12	4.5		2470	0	2		1	0
15 Wings - Add Mild	900	890	100	18	1.5	58	21		2160		1			0
15 Wings - Add Medium	590	580	66	12	1.0	38	14		2960		2		1	0
15 Wings - Add Hot	300	290	33	6	0	19	7		3740		2		2	1
15 Wings - Add X-hot	20	5	0.5	0					4500		3		2	1
15 Wings - Add Volcanic	490	320	36	6	0	20	7		3790	1060	42	17	25	7
15 Wings - Add Insanity	310	300	34	6	0	18	7		3700	5	3		2	1
25 Wings - Add Mild	1200	1180	134	24	2.0	77	28		2870		1			0
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	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 - Add X-hot	50	15	1.5	0					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

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)
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
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	
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
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
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
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
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

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 - 25	1920	1920	218	40		250	3130	370	6		5	18
Bacon Ranch - 50	2560	2560	290	54		330	4170	500	8		6	25
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
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
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
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
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	
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	

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
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
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	
Polynesian - 25	300						540		72		66	
Polynesian - 50	400						720		96		88	
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

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)
Teri-jalapeno - 50	490	0	0				7680	95	195	1	98	1
Korean Sweet+Sour 5	210	20	2.0				1410		42	2	23	1
Korean Sweet+Sour 10	420	35	4.0				2820		84	3	45	3
Korean Sweet+Sour 15	420	35	4.0				2820		84	3	45	3
Korean Sweet+Sour 25	630	50	6				4230		126	5	68	4
Korean Sweet+Sour 50	1250	110	12				8470		252	10	136	8
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	
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	
Serrano Pepper - 5	352	292	33	10.5		45	870		7	1	6	7
Serrano Pepper - 10	704	585	66	21		90	1740		15	1.5	12	13.5
Serrano Pepper - 15	704	585	66	21		90	1740		15	1.5	12	13.5
Serrano Pepper - 25	1057	877	99	31		135	2610		22	2.3	18	20
Serrano Pepper - 50	2115	1755	198	63		270	5220		45	40.5	36	40.5

SWEET + HEAT	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 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	
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	
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
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 - 5	280	50	6				2360		52		4	4
Korean BBQ - 50	1120	210	24				9440		208		16	16
Chili Chili Bang Bang 10	700	530	60	9			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 5	350	260	30	4.5		10	1040	5	24		20	
Chili Chili Bang Bang 50	2090	1590	180	26		55	6250	30	144		118	
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		

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)
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
Spiked Honey BBQ Sauce (4 fl Oz)	260						770	20	63		55	0
Spiked Honey BBQ Sauce (8 fl Oz)	520						1550	45	125		110	0
Smoky BBQ - 5	80						1040		18		12	1
Smoky BBQ - 10	160						2080		36	2	24	2
Smoky BBQ - 15	160						2080		36	2	24	2
Smoky BBQ - 25	240						3120		54	2	36	2
Smoky 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	
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
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
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	
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	

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
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	
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	
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	
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

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	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
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
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
Monterey - 5	30	0	0				1400		6	1	2	1
Monterey - 10	60	0	0				2800		12	3	4	2

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)
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
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
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
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
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
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	

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)
Boneless Wings (4 Wings, No Sauce, Flavor, Or Heat Index)	250	120	14	3.0	0	6	4.5	40	560		16			15
Boneless Wings with Mild Wing Sauce	320	190	22	4.0	0	11	6	40	730		16			15
Boneless Wings with Medium Wing Sauce	290	170	19	3.5	0	9	6	40	790		16			15
Boneless Wings with Hot Wing Sauce	270	140	16	3.5	0	7	5.0	40	860		16			15
Boneless Wings with X-hot Wing Sauce	250	120	14	3.0	0	6	4.5	40	920		16			15
Crispy Chicken Tenders (2 Each) - No Sauce	370	170	20	4.0	0	9	7	95	640		12			36
Crispy Chicken Tenders with Mild	650	450	51	10	0.5	27	13	95	1330		12			36
Crispy Chicken Tenders with Medium	560	360	41	8	0	21	11	95	1580		13			36
Crispy Chicken Tenders with Hot	460	270	30	6	0	15	9	95	1830		13			36
Crispy Chicken Tenders with X-hot	370	180	20	4.0	0	9	7	95	2070		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 with Mild	510	320	37	7	0	19	8	120	890	350	1			43
Grilled Chicken Tenders with Medium	420	230	26	5	0	13	6	120	1140	350	1			43
Grilled Chicken Tenders with Hot	330	140	15	3.0	0	7	4.0	120	1390	350	1			43
Grilled Chicken Tenders with X-hot	240	45	5	1.5		1.0	1.5	120	1630	350	1			43
Kid's Mini Burgers with Cheese	690	400	45	14	1.5	13	11	85	1190	230	47	2	2	30
Kid's 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
Traditional Wings (4 Wings, No Sauce, Flavor, Or Heat Index)	210	110	12	3.5		3.0	6	85	95					27
Traditional Wings with Mild Wing Sauce	290	180	20	5.0	0	8	7	85	270		0			27
Traditional Wings with Medium Wing Sauce	260	150	17	4.5	0	6	7	85	330		0			27
Traditional Wings with Hot Wing Sauce	240	130	15	4.0	0	4.5	6	85	390		0			27
Traditional Wings with X-hot Wing Sauce	220	110	12	3.5		3.0	6	85	450		0			27

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)
Grilled Cheese	540	320	36	12	0	13	5.0	30	1300		56		4	14
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 Crispy Ale-Battered French Fries	180	80	10	2.0		4.5	3.0		340		21	2		2
Add Fruit Cup	80								5	130	19	1	18	
Add Fresh Sliced Potato Chips	90	50	6	1.0		2.5	2.0		50		9			1

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

LUNCH FEATURES	NUTRITIONAL INFORMATION													
	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 Chicken Soup, House Salad (No Dressing) And Texas Toast	620	250	28	12	0.5	0	1.0	80	1370	360	61	3	11	29
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Mild	950	570	65	13	0	19	8	110	2640	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Medium	850	480	54	11	0	13	6	110	2890	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - Hot/x-hot	760	380	43	10	0	7	3.5	110	3140	580	51	4	5	44
Chicken Buffalo Wrap (Grilled) w/ Flour Tortilla - X-hot	670	290	33	8		0.5	1.0	110	3380	580	52	4	5	44
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
ECWG Buffalo Chicken Sandwich (Breaded) - X-hot	1110	630	71	15	0	24	15	175	3130	160	64	3	5	61
ECW+G Buffalo Salad with Chicken (Grilled) - Mild	830	540	62	17	0	20	10	150	2380	1040	23	5	7	50
ECW+G Buffalo Salad with Chicken (Grilled) - Medium	740	450	51	15	0	13	8	150	2640	1040	24	5	7	50
ECW+G Buffalo Salad with Chicken (Grilled) - Hot	650	350	40	13	0	7	5	150	2890	1040	24	5	7	50
ECWG Buffalo Salad with Chicken (Grilled) - X-hot	560	260	30	11		1.5	3.0	150	3130	1040	24	5	7	50
Buffalo Chicken Sliders (Grilled) - Mild (2 Each)	840	520	59	11	0.5	22	11	95	1520	390	42	3	4	38
Buffalo Chicken Sliders (Grilled) - Medium (2 Each)	780	450	51	10	0	18	9	95	1690	390	42	3	4	38
Buffalo Chicken Sliders (Grilled) - Hot (2 Each)	720	390	44	9	0	14	8	95	1850	390	42	3	4	38
Buffalo Chicken Sliders (Grilled) - X-hot (2 Each)	660	330	38	8	0	10	6	95	2010	390	42	3	4	38
Burger Sliders with French Fries - 2 Each	1670	970	109	28	1.5	28	23	140	3300	440	126	12	5	48
Cheeseburger (Includes Lettuce, Mayo And Tomato)	1070	690	78	19	2.0	15	18	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
Pepper Jack Cheese	50	35	4.0	2.5				15	200		1			3

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)
Mozzarella Cheese	45	30	3.5	2.5				10	95		1			3
Provolone Cheese	50	35	4.0	2.5				10	125		1			4
ECW Buffalo Chicken Soup - Cup	310	170	19	10	0.5			65	700	150	15	1	5	18
Crispy Ale-battered French Fries (No Dipping Sauces)	700	340	38	8	0	17	13		1350		83	8	1	7
Add Fresh Sliced Potato Chips	730	410	46	10	0	22	14		410		71	5	1	8
Small House Salad (No Dressing)	110	60	7	1.5		0	1.0	15	270	220	9	1	2	5
Little Dippers (No Fries)	1254	893	101	31	0	9	3	157	2313	37	711	3	45	37

DIPPING SAUCES (4 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 Signature Bourbon Honey Mustard	310	290	32	5				25	230	0	9		9	
ECW+G Signature Craft Beer Cheese	270	180	20	13		0	0	65	950	50	5		4	13
ECW+G Signature Bleu Cheese	580	600	68	12			0	60	580	50	2		2	2
Horseradish Sauce	670	680	77	13				65	660		6		4	0
ECW+G Signature Lava Bleu	520	540	61	11	0	2.5	1.0	50	960	40	2		1	2
ECW+G Signature Lava Ranch	470	480	55	9			0	45	1170	40	2		2	1
ECW+G Signature Ranch	580	600	68	11			0	60	720	50	2		2	1
Ketchup	120								1280		40		32	
Nacho Cheese	180	110	12	4.0				10	740		12			2
ECW+G Signature Peppadew Ranch	570	590	66	11			0	55	850	50	3		3	1
ECW+G Signature Sriracha Ranch	460	450	51	9			0	45	1400	35	6		6	1
ECW+G Signature Sweet Sauce	280	120	14	9				55	40		34		29	3

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	
Mountain Dew	270								85	10	72		72	
Pepsi	250								50		70		70	
Sierra Mist	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	